EXPERIENCE AND EXPRESSION OF EMOTIONS IN MARITAL CONFLICT: AN ATTACHMENT THEORY PERSPECTIVE

A THESIS SUBMITTED TO
THE GRADUATE SCHOOL OF SOCIAL SCIENCES
OF
MIDDLE EAST TECHNICAL UNIVERSITY

BY

AYÇA ÖZEN

IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE
OF DOCTOR OF PHILOSOPHY
IN
THE DEPARTMENT OF PSYCHOLOGY

OCTOBER 2012

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. Nebi Sümer
Supervisor

Examining Committee Members

Prof. Dr. Deniz Şahin . (HÜ, PSY) _____

Prof. Dr. Nebi Sümer . (METU, PSY) _____

Prof. Dr. Nuray Sakallı-Uğurlu. (METU, PSY) _____

Prof. Dr. Hürol Fışıloğlu (METU, PSY) _____

Associate Prof. Ayda Büyükşahin-Sunal (AÜ, PSY) _____

I hereby declare that all information in this document has been obtained and presented in accordance with academic rules and ethical conduct. I also declare that, as required by these rules and conduct, I have fully cited and referenced all material and results that are not original to this work.

Name, Last name: Ayça Özen

Signature :

ABSTRACT

EXPERIENCE AND EXPRESSION OF EMOTIONS IN MARITAL CONFLICT: AN ATTACHMENT THEORY PERSPECTIVE

Özen, Ayça
Ph.D., Department of Psychology
Supervisor: Prof. Dr. Nebi Sümer

October 2012, 293 pages

The current study aims to explore the potential mediating role of emotional experiences and expression during conflictual situations in marital relationships. Past studies have documented a strong relationship between attachment dimensions and/or styles and relationship satisfaction. It was also shown that negative emotions and dysfunctional and destructive expression of emotions have detrimental effect on marital functioning. The current study aims to empirically tie these two areas of research by exploring the mediating role of emotional experience and expression in the relationship between attachment dimensions (i.e., attachment anxiety and avoidance) and marital adjustment of couples using the Actor-Partner Interdependence Model (APIM, Kashy & Kenny, 2000). It was expected that attachment dimensions of wives and husbands would predict the experience of three negative emotions, namely, anger, sadness, and guilt and destructive expression of these emotions, and in turn, these emotions would predict both partners' marital dissatisfaction. Initially, two pilot studies using both qualitative and quantitative methods were conducted to see whether there were culture-specific ways of emotional experience and expression in Turkish cultural context. The findings confirmed the reliability and validity of the three separate emotional experiences scales assessing anger, sadness, and guilt.

Based on the findings of the initial studies, the main study involving a sample of 167 married couples who were in the early years of their marriages was conducted. Couples separately completed multiple measures of adult attachment and experience and expression of emotions, and marital quality. Mediating effects of emotional experience and expression in the relationship between the attachment dimensions and marital adjustment were tested utilizing a series of path analyses using the APIM analyses. The results revealed that attachment avoidance, rather than attachment anxiety, of both wives and husbands was the strongest predictor of own and partners' marital adjustment in the conflictual situations. In terms of emotional experience, wives' regret and husbands' anger were the marker mediating emotions. Regarding anger expression, wives' and husbands' distributive aggression styles mediated the relationship between attachment dimensions and marital adjustment. Analyses on sadness expression yielded only one significant actor mediation effect suggesting that avoidant husbands used more solitude/negative behavior, and this in turn, decreased their marital adjustment. However, guilt expression styles of wives and husbands did not mediate the relationship between attachment dimensions and marital adjustment of both partners. The current study extended the previous studies by providing evidence on the influence of the each partner's attachment orientation on the emotional experience and expression during marital conflict and marital adjustment of both spouses. The implications of the study for theory, practice, and future research were discussed.

Keywords: Attachment anxiety and avoidance, emotional experience and expression, marital conflict, marital adjustment.

ÖZ

EVLİLİKTE YAŞANAN ÇATIŞMALARDA HİSSEDİLEN VE İFADE EDİLEN DUYGULAR: BAĞLANMA TEORİSİ PERSPEKTİFİ

Özen, Ayça
Doktora, Psikoloji Bölümü
Tez Yöneticisi: Prof. Dr. Nebi Sümer

Ekim 2012, 293 sayfa

Bu çalışmanın amacı, evlilikte yaşanan çatışmada hissedilen ve ifade edilen duyguların, eşlerin bağlanma yönelimleri ve evlilik uyumları arasındaki ilişkideki aracı rolünü araştırmaktır. Geçmiş araştırmalar, bağlanma boyutları ve/ya stilleri ile ilişki doyumu arasında güçlü bir ilişki olduğunu göstermiştir. Ayrıca, geçmiş çalışmalar yaşanan olumsuz duyguların ve bu duyguların işlevsiz şekilde ifade edilmesinin ilişkinin kalitesi bakımından yıkıcı etkisini ortaya koymaktadır. Bu çalışmada, Aktör-Partner Bağımlılık Modeli (APIM, Kashy & Kenny, 2000) kapsamında evlilik çatışmalarında yaşanan duyguların ve bunların ifade edilme biçimlerinin karı ve kocanın bağlanma boyutları (kaçınmacı ve kaygılı bağlanma) ve her iki eşin ikili uyumu arasındaki ilişkide aracı değişken rolü incelenmiştir. Böylece iki farklı çalışma alanı görgül olarak ilişkilendirilmiştir. Genel olarak karı ve kocanın kaygı ve kaçınma boyutlarının olumsuz duygu deneyimi (kızgınlık, üzüntü ve suçluluk) ve bu duyguların yıkıcı şekilde ifade edilmesi ile olumlu ilişki göstermesi beklenmektedir. Bu etkinin de her iki eşin evlilik uyumunu olumsuz bir şekilde etkilemesi beklenmektedir. İlk olarak, Türk kültürüne özgü yaşanılan duygu türleri ve bunların kültüre özgü dışavurumlarının olup olmadığını incelemek amacıyla hem nicel hem de nitel ön çalışmalar yapılmıştır. Ön çalışma sonuçları

dikkate alınarak kızgınlık, üzüntü ve suçluluk duygularının ifadelerini kapsayan üç ayrı ölçeğin güvenirliği ve geçerliği sınanmıştır.

Ana çalışmaya erken dönem evlilik yıllarında olan 167 çift katılmıştır. Evli çiftler temel çalışma değişkenleri olan bağlanma, duygular ve evlilik doyumuna ilişkin çok sayıda ölçeği ayrı ayrı doldurmuşlardır. Yaşanan duyguların ve bunların ifade edilme stillerinin, karı ve kocanın bağlanma boyutları ile her iki eşin evlilik uyumu arasındaki ilişkide aracı değişken rolünü araştırmak için APIM modeli kullanılarak bir dizi iz (path) analizi yapılmıştır. Bulgular hem karı hem de kocaların kaçınmacı bağlanma boyutunun eşlerin evlilik uyumunu yordamada en güçlü değişken olduğunu göstermiştir. Eşlerin hissettiği duyguların aracı rolü incelendiğinde ise, kadınların hayal kırıklığı duygusu ve erkeklerin kızgınlık duygusunun temel aracı değişkenler olarak öne çıktığı bulunmuştur. Kızgınlık ifadesi açısından bakıldığında, sonuçlar kadınların ve erkeklerin yaygın kızgınlık stilinin, bağlanma boyutları ve evlilik uyumu arasındaki ilişkide aracı rolü oynadığını göstermiştir. Üzüntü ifadesinin aracı rolüne ilişkin analizler, sadece bir aktör aracı rolünün anlamlı olduğunu göstermiştir. Kaçınan bağlanma yönelimi yüksek olan kocaların üzüntülerini ifade ederken daha çok yalnızlık/olumsuz davranış tarzını kullandıkları ve bu davranış tarzının kendi evlilik uyumlarını düşürdüğü bulunmuştur. Ancak, karı ve kocaların suçluluk ifade stillerinin, eşlerin bağlanma stilleri ve evlilik uyumları arasındaki aracı rolü istatistiksel olarak anlamlı değildir. Bu çalışma her bir eşin bağlanma boyutunun hem kişinin kendisinin hem de eşinin hissettiği duyguyu ve bu duyguyu nasıl ifade edildiğini yordamadaki gücünü ve bunun eşlerin evlilik uyumunu belirlemedeki rolünü araştırarak geçmiş araştırmalara katkı sağlamaktadır. Çalışma bulguları, hem kuramsal ve pratik uygulamalar hem de gelecek araştırmalar bakımından tartışılmıştır.

Anahtar Kelimeler: Kaygılı ve Kaçınmacı Bağlanma, duygusal deneyim ve ifade, evlilikte çatışma, evlilik uyumu

To my lovely parents ***Hüseyin Ali & Raziye***

To my hero ***Ali Afşin***

&

To my beloved life companion ***Mustafa***

ACKNOWLEDGEMENTS

Several people have contributed to the embodiment of this dissertation, and their contributions are all appreciated. My goals could not have been realized without the help and support of many people. First of all, I would like to offer my most sincere thanks to my advisor, Prof. Dr. Nebi Sümer. Without your guidance and support, this project would not become real. It has been a pleasure to work with you over the last five years and the things that you have taught me during these years are invaluable. I consider myself one of the lucky ones to had the privilege of working with you. Thanks again for being a wonderful educator/mentor. I am also much grateful to my dissertation committee, Prof. Dr. Deniz Şahin, Prof. Dr. Nuray Sakallı-Uğurlu, Prof. Dr. Hürol Fışıloğlu, and Assoc. Prof. Dr. Ayda Büyükşahin-Sunal for their insightful feedbacks, valuable contributions on the thesis, as well as their generosity in taking time from their busy schedules.

The very special thanks go to my family. I am blessed to have such parents like you. You provided me a strong "secure base" and "safe haven" from the very beginning. To my mother, you are the strongest and yet softhearted woman I have ever met and I always admire you. It would be more than wonderful if I could become half of you. To my father, thank you for your wisdom and guidance throughout my life. Whenever I have questions about my problems or life, you always have the answers and it is very comfortable to feel both of you behind me if I need any support or help. To my hero, my second half, my unique brother, I could not imagine a life and world without you in it. No matter the distance between us, I am incomplete without you and I feel you always close to me. Lastly, my deeply thanks and love goes to my fiancé. Words inadequately express my deepest and most profound love, gratitude, and respect for you. You hold an everlasting and irreplaceable place in my heart. Thank you for the encouragement throughout the process. I would like to also thank to my mother and father in law for their endless

affection and support. Thank you all for believing in me. Your continual love, support, and encouragement have given me the strength to pursue my dreams and to become the woman I am today.

I want to express my deepest thanks to my second family, my friends. First, I am thankful to my lovely sister Emine who supported me in countless ways throughout my graduate education from the very beginning. You are always like my second advisor in both academic and personal issues. Thanks for listening and giving advice to me in the middle of a hard and difficult period during this process. I would like to express my gratitude to Meriç & Özge being always with me and for their endless support from the very beginning of my psychology education to the end of my dissertation. I also give my heartfelt appreciation to Tuğba, Elçin, Selin, Pınar, Gaye, Burak, Nevin, Alican, my junior Gaye, Canan, İlker, Elif, and Dilek who were there when I need a hug, a shoulder to cry on, encouragement during times of procrastination, and you make me laugh when I needed it most. Without your love, fun, and support, it would have been impossible to endure this meaningful but sometimes painful process. My special thanks also go to my last housemates Ayda & Filiz (also Melike & Gizem), although you generally reminded me how I get older, I know you are the motivators behind my dreams. Especially Aydam, thank you so much for sharing the most stressful times with me and for your endless support. I feel very lucky to meet you in the last year of my Ph.D. I love you girls.…

Dear Ece & Güneş, I could not forget the times we spent together. You were there in the most stressful times during the process and we spent the most amazing times together. You always supported me and make me feel like I can manage every challenge in this process, thank you so much sisters. I would like to express my gratitude to Zümrüt, for her guidance and help for the content analyses. Thanks are also due Mehmet Harma, for your patience with me as I had many questions and did not hesitate to contact you, you always had the answers. All my dear friends you are like my second family and have influenced me in many important ways and hope will continue to guide my life in the future. Most special thanks go to Asya

baby, thank you so much for waiting me to finish my dissertation and also welcome to the new world, as an aunt I love you so much.

Thank you to the undergraduate & graduate professors who believed in me from the very beginning. Thank you for your guidance and teachings throughout these long scholarly years. To all the teachers who educated me from the very beginning, thank you for being the root to my scholarly journey. Last but not least, my heartfelt thanks go to all members of METU Psychology Department. Although I am happy and proud of myself to finish one of the most challenging parts in my academic career, I am deeply sad to leave this lovely home. I have spent the most wonderful times over the last 9 years in this department and will miss each of the memory. Thank you so much my lovely research assistants and my professors. Especially, I am grateful to our head of department, Prof. Dr. Tülin Gençöz, who always believes in my abilities, encourages and supports me for the next academic steps in my life. When I feel desperate about the future, you were always there to shake me and make my motivations and self-esteem high. Thank you so much for everything.

TABLE OF CONTENTS

PLAGIARISM……...……..…..iii
ABSTRACT . …..……..……..……..iv
ÖZ……...……..……..……...……vi
DEDICATION…….……..…….……...…viii
ACKNOWLEDGMENTS……...……...……..…….ix
TABLE OF CONTENTS……..…….…..…...xii
LIST OF TABLES…….……..…….....xviii
LIST OF FIGURES…….……...…….xix
CHAPTER
1. INTRODUCTION.....1
1.1 General Introduction…….1
1.2 Theoretical Background of Attachment Theory and Adult Attachment……...5
1.2.1 Attachment System and Development of Attachment Bond.....5
1.2.2 Internal Working Models of Attachment 6
1.2.3. General vs. Relationship-Specific Attachment Representations 8
1.2.4 Attachment Patterns in Adulthood 10
1.2.4.1 Secondary Attachment Strategies.....12
1.2.5 Attachment in Romantic and Marital Relationships 14
1.3 Conflict and Emotion in Marital Relationships……..16
1.4 Attachment Processes and Emotions in Marital Relationships……..18
1.4.1 Emotional Experiences in Marital Relationships 18
1.4.1.1 Emotional Experiences and Adult Attachment 20
1.4.2 Emotion Expression in Marital Relationships.....23
1.4.2.1 Emotional Expression and Adult Attachment 26
1.4.2.1.1 Attachment Anxiety and Emotional Expression.....26

1.4.2.1.2 Attachment Avoidance and Emotional Expression 30
1.4.2.1.3 Attachment Security and Emotional Expression 32
1.5 Dyadic Level of Analysis in Conflictual Situations……...35
1.5.1 Couple as a Dynamic System 35
1.5.2 Configurations of Partner's Attachment Styles 36
1.5.3 Gender and Cultural Effects on Attachment 39
1.5.4 Duration of the Relationship 44
1.6 Summary of Purposes and Research Hypotheses of the Study……45
2. PILOT STUDIES 53
2.1 Introduction……53
2.1.1 Emotion and Culture 54
STUDY I 60
2.2 Method of the Qualitative Study……60
2.2.1 Participants 60
2.2.2 Procedure and Data Analysis 61
2.3 Results of the Qualitative Study……63
2.3.1 Descriptive Information 63
2.3.2 The General Conflict Areas in Marriages 64
2.3.3 The Specific Conflict Areas that cause Anger, Sadness, and Guilt in Marriages 67
2.3.4 The Anger Expression in Marriages 69
2.3.5 The Sadness Expression in Marriages 71
2.3.6 The Guilt Expression in Marriages 73
STUDY II 75
2.4 Method of the Quantitative Study……...75
2.4.1 Participants 75
2.4.2 Measures 76
2.4.2.1 Communicating Anger 77
2.4.2.2 Responses to Guilt 77
2.4.2.3 Responses to Sadness 78
2.4.2.4 Dyadic Adjustment Scale 79

2.4.2.5 Marital satisfaction 79
2.5 Results of the Quantitative Study 80
2.5.1 Factor Structure Analyses of the Scales 80
2.5.1.1 Anger Expression Scale 80
2.5.1.2 Guilt Expression Scale 84
2.5.1.3 Sadness Expression Scale 86
2.5.2 Inter Correlations between Expression Scales, Marital Adjustment, and Marital Satisfaction 89
2.6 General Discussion of the Pilot Studies 92
2.6.1 The Conflict Areas in Marriages: Interviews 92
2.6.2 The Emotional Expression in Marriages: The Results of the Quantitative and the Qualitative Studies 96
2.6.2.1 Anger Expression 96
2.6.2.2 Sadness Expression 98
2.6.2.3 Guilt Expression 103
2.6.3 The Couple as a Dynamic System 104
2.6.4 Conclusion 106
3. METHOD 108
3.1 Participants 108
3.2 Instruments 109
3.2.1 Measures of Emotional Experiences in Conflictual Situations 110
3.2.2 Anger Expression Scale 111
3.2.3 Sadness Expression Scale 114
3.2.4 Guilt Expression Scale 115
3.2.5 Experiences in Close Relationships-Revised 117
3.2.6 Dyadic Adjustment Scale 118
3.2.7 Marital Satisfaction Scale 118
3.3 Procedure 118
3.4 Overview of Data Analysis: The Actor-Partner-Interdependence Model (APIM) 119
4. RESULTS 121

4.1 Data Screening and Cleaning……121

4.2 Descriptive Statistics……122

4.3 Testing Main Hypotheses……135

4.4 Actor-Partner Effects of Married Couples in Predicting Marital Adjustment (Hypothesis ≠ 1)……..136

4.5 The Mediating Role of Emotional Experience in the relationship between Attachment and Marital Adjustment (Hypothesis ≠ 2)……...138

4.5.1 Actor Effects 138

4.5.2 Partner Effects 139

4.5.3 Gender Differences 140

4.6 The Mediating Role of Anger Expression in the relationship between Attachment Dimensions and Marital Adjustment (Hypothesis ≠ 3)……...142

4.6.1 Actor Effects 143

4.6.2 Partner Effects 144

4.6.3 Gender Differences 145

4.7 The Mediating Role of Sadness Expression in the relationship between Attachment and Marital Adjustment (Hypothesis ≠ 4)……...147

4.7.1 Actor Effects 148

4.7.2 Partner Effects 149

4.7.3 Gender Differences 149

4.8 The Mediating Role of Guilt Expression in the relationship between Attachment and Marital Adjustment (Hypothesis ≠ 5)……...151

4.8.1 Actor Effects 151

4.8.2 Partner Effects 152

4.8.3 Gender Differences 152

4.9 Summary of the Results of the Proposed Models……154

4.10 Testing Interactions among Attachment Dimensions of Wives and Husbands (Hypothesis ≠ 6)……..157

4.10.1 The Effects of Attachment Dimensions on Anger Expression 158

4.10.2 The Effects of Attachment Dimensions on Sadness Expression..... 161

4.10.3 The Effects of Attachment Dimensions on Guilt Expression 165

4.10.4 The Effects of Attachment Dimensions on Emotion Experience 168

4.10.5 The Effects of Attachment Dimensions on Marital Adjustment and Marital Satisfaction 172
5. DISCUSSION 176
5.1 Preliminary Statistics of Main Variables 177
5.1.1 Descriptive Information about the Study Variables 177
5.1. 2 Gender Differences on Main Study Variables 181
5.2 Hypotheses Testing 184
5.2.1 Attachment and Marital Adjustment 184
5.2.2 Attachment and Emotional Experience 185
5.2.2.1 Attachment Styles and Emotional Experience 186
5.2.2.2 The Mediating Role of Emotional Experience in the Dyadic Model 187
5.2.2.3 The Interactions among Attachment Dimensions of Wives and Husbands on Emotional Experience 192
5.2.3. Attachment and Anger Expression 193
5.2.3.1. Attachment Styles and Anger Expression 193
5.2.3.2 The Mediating Role of Anger Expression in the Dyadic Model 194
5.2.3.3 The Interactions among Attachment Dimensions of Wives and Husbands on Anger Expression 196
5.2.4 Attachment and Sadness Expression 197
5.2.4.1 Attachment Styles and Sadness Expression 197
5.2.4.2 The Mediating Role of Sadness Expression in the Dyadic Model 199
5.2.4.3 The Interactions among Attachment Dimensions of Wives and Husbands on Sadness Expression 201
5.2.5 Attachment and Guilt Expression 201
5.2.5.1 Attachment Styles and Guilt Expression 201
5.2.5.2 The Mediating Role of Guilt Expression in the Dyadic Model 202
5.3 Limitations and Suggestions for Future Research 203
5.4 Contributions and Implications of the Study 206
5.5 Conclusion 208
REFERENCES 210

APPENDICES.....228
A. Interview Questions……...228
B. Conflict Areas……229
C. Anger Conflict Areas……231
D. Sadness Conflict Areas……..233
E. Guilt Conflict Areas……..…….....235
F. Anger Expression…….……...236
G. Sadness Expression…….……...239
H. Guilt Expression…….…241
I. The Inform Consent…….……243
J. Demographic Questions…….……245
K. Emotional Experience Scale……..…246
L. Anger Expression Scale…….……247
M. Sadness Expression Scale…….……250
N. Guilt Expression Scale…….……..253
O. Experiences in Close Relationships-Revised…….……255
P. Dyadic Adjustment Scale……...257
R. Marital Satisfaction Scale…….……..258
S. Factor Analysis Results of the Emotional Experience Scale…….…259
T. Factor Analysis Results of the Anger Expression Scale……260
U. Factor Analysis Results of the Sadness Expression Scale……264
V. Factor Analysis Results of the Guilt Expression Scale……..266
W.Tezin Türkçe Özeti……268
Y. CURRICULUM VITAE…….....291
Z. THESIS PHOTOCOPYING PERMISSION FORM…….293

LIST OF TABLES

TABLES

Table 2.1. Demographic Characteristics of Interviewees……60
Table 2.2. Demographic Characteristics of the Pilot Sample.....76
Table 2. 3. The Results for the Factor Analysis of the Anger Expression Scale.....83
Table 2. 4. The Results for the Factor Analysis of the Guilt Expression Scale 85
Table 2. 5. The Results for the Factor Analysis of the Sadness Expression Scale...87
Table 2.6. Means and Standard Deviations for the Study Variables.....90
Table 2.7. Bivariate Correlations between Emotion Expression Subscales, Dyadic Adjustment, and Marital Satisfaction……...91
Table 3.1. Demographic Characteristics of the Sample……..109
Table 4.1. Gender Differences on the Main Study Variables…….……126
Table 4.2. Bivariate Correlations between Study Variables.....127
Table 4.3. Attachment Style and Gender Differences on Main Study Variables...134
Table 4.4. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Anger Expression.....16094
Table 4.5. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Sadness Expression.....164
Table 4.6. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Guilt Expression.....167
Table 4.7. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Emotion Experience.....170
Table 4.8. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Marital Adjustment and Marital Satisfaction 174

LIST OF FIGURES

FIGURES

Figure 1. The Proposed Model for Mediating Effects of Emotional Experience.....51
Figure 2. The Proposed Model for Mediating Effects of Emotional Expression.....52
Figure 3. Actor and Partner Effects in Predicting Marital Adjustment.....137
Figure 4. Structural Model using Emotion Experience as a Mediator 141
Figure 5. Structural Model using Anger Expression as a Mediator 146
Figure 6. Structural Model using Sadness Expression as a Mediator 150
Figure 7. Structural Model using Guilt Expression as a Mediator.....153
Figure 8. The Interaction between Wives' Avoidance and Husbands' Avoidance in Predicting Husbands' Positive Activity 165
Figure 9. The Interaction between Wives' Anxiety and Husbands' Avoidance in Predicting Husbands' Sadness Experience 171
Figure 10. The Interaction between Wives' and Husbands' Anxiety in Predicting Wives' Guilt Experience 171
Figure 11. The Interaction between Wives' and Husbands' Avoidance in Predicting Wives' Marital Satisfaction.....175

CHAPTER 1

INTRODUCTION

"When we come into contact with the other person, our thoughts and actions should express our mind of compassion, even if that person says and does things that are not easy to accept. We practice in this way until we see clearly that our love is not contingent upon the other person being lovable."

Thich Nhat Hanh

1.1 General Introduction

The current study aims to systematically tie two areas of research, namely attachment and emotion, by examining how attachment security, experience and expression of emotions predict dyadic adjustment in marital relationships. On the one hand, an extensive body of empirical research on marital relationships has revealed that how partners experience and express emotions during disagreements is one of the critical predictors of marital stability and satisfaction (e.g., Cordova, Gee, & Warren, 2005; Guerrero, Farinelli, & McEwan, 2009; Lafontaine & Lussier, 2005). Emotions experienced in the intimate relationships are important in the sense that they are the main determinants of behavior in intimate relationships, which in turn, impact the quality of interactions. The response to partner's behaviors evokes new emotions that qualify the relationship between emotions and behaviors to be bi-directional (Gross & Thompson, 2007). Attachment theory (Bowlby, 1973/1982), on the other hand, seeks to understand how "*working models*", which are formed on the basis of early experiences with the caregiver, affect the ways people think, feel, and behave in close relationships. Emotion regulation is thought to be a central component of attachment. Specifically, attachment theory makes

specific assumptions regarding how different attachment styles are related to experience and expression of negative emotions (see Cassidy, 1994; Mikulincer & Shaver, 2007).

Emotions are formed through the ongoing transactions between the individuals' inner psychological worlds and their social and physical environments (Thompson, 1994). Our experiences and behavior patterns are shaped by emotions we feel throughout our lives. Both own prior and partner's experiences during the day have an influence on the affective experiences and behaviors in marital relationships (Schoebi, 2008). Various feelings, such as fear of rejections, frustration, jealousy, security, joy, and gratitude experienced in close relationships are strong and diverse emotions that can have both short-term and long-term effects on one's own behaviors. These emotions in turn affect the partner's responses and determine the quality of dyadic interaction (Mikulincer & Shaver, 2005).

With its deep roots in relationship concept, attachment theory offers a unique and comprehensive account of the inter-individual differences in emotional experience and emotion regulation in close relationships (e.g., Mikulincer & Shaver, 2005; Mikulincer, Shaver, & Pereg, 2003). A growing body of attachment literature illustrates that individual differences in attachment orientations affect how partners feel and behave in love relationships, hence the quality of the relationship (e.g., Collins & Read, 1990; Kobak & Hazan, 1991). Specifically, individual differences in attachment styles influence the quality of intimate interactions in dyadic relationships in several ways, especially in situations where attachment system is triggered (Collins & Feeney, 2004).

Conflict as the most stressful situation in marriage activates the attachment system. Attachment theory has the potential to offer rich theoretical framework to explain why conflict arouses certain emotions and affects resulting satisfaction (Mikulincer & Shaver, 2003). Through development, attachment orientation is encapsulated cognitively as *working models* and depending on the positivity of working model of the individual, the attachment system is likely to be triggered if the partner response to the conflict is perceived as a threat. In such a case, the

behavior of the individual is directed by a number of emotion (affect) management strategies, which affect both the self and the partner (e.g., Pistole & Arricale, 2003).

Based on the documented evidence in the previous research, the current dissertation aims to examine certain antecedents and consequences of emotional experience and expression during a conflict in marital relationships. Although, previous work has consistently documented the detrimental effects of attachment insecurity on marital satisfaction (e.g., Mikulincer, Florian, Cowan, & Cowan, 2002), the current study aims to reveal the underlying mechanisms involved in this association. Specifically, the potential mediating effects of emotional experience and expression will be investigated in the dyadic association between attachment security and relationship adjustment considering both actor and partner effects. Although the existing literature provides abundant evidence regarding how people with different attachment dimensions and/or styles feel and behave in their relationships, past studies generally included the actor's perspective only (e.g., Meyers & Landsberger, 2002; Shi, 2003; Sümer & Cozzarelli, 2004). However, in dyadic relationships, partners are not independent from one another (Fincham, Stanley, & Beach, 2007). Indeed, their behaviors are interdependent and reciprocally related (Agnew & Etcheverry, 2006; Rusbult, Arriaga, & Agnew, 2001). Thus, the current study aims to include both partners' individual characteristics (e.g., attachment dimensions) and relationship outcomes (e.g., marital adjustment and satisfaction) into the analyses. Moreover, the existing literature suggests that people with different attachment styles experience different kinds of emotions in conflictual situations and regulate these emotions in different ways (e.g., Consedine & Magai, 2003; Mikulincer & Shaver, 2005). Although the effects of attachment (in)security on the experienced emotions have been extensively investigated, its effects on the expressed emotions have been left largely unexamined. Considering the role of expressed emotions in the marital dispute, this study will shed light on the extent to which how attachment dynamics shape the expressed emotions, and in turn, if these emotions affect marital adjustment.

This dissertation consists of two related studies. In the first study, the aspects of emotion experience and expression specific to Turkish culture will be explored. In the second study, specific proposed models on the dyadic associations between attachment dimensions, emotions, and marital adjustment will be tested.

People in different cultures differ in how they experience and express emotions in close relationships. Specifically, the ways of experiencing, regulating, as well as expressing emotions vary across cultures depending on the meanings attached to these emotions and associated values and social norms shaping how to express emotions. In the first part, using qualitative and quantitative methods two pilot studies were conducted to identify whether there are culture-specific ways of emotional experience and expression in the Turkish cultural context.

The purpose of the second part is indeed threefold. First aim is to examine the mediating role of emotional experience in the relationships between attachment insecurity and marital adjustment. Second is to investigate the systematic associations between the fundamental attachment dimensions (i.e., attachment anxiety and avoidance) and the expressions of anger, guilt, and sadness. More specifically, emotion expression styles were considered as the potential mediators of the association between attachment dimensions and marital adjustment. Thus, the dyadic link between both partners' attachment orientations and marital satisfaction, and whether this link is mediated by emotional expression will be explored. Although the primary focus in this study is to test the dyadic effects, their interactive effects will also be examined. Third, the moderator role of one partner's attachment dimension in the relationship between other partner's attachment dimension and emotion experience and expression, as well as marital adjustment and marital satisfaction will be investigated.

In the following sections, first a brief overview of the attachment theory focusing on the effect of early attachment experiences on adult close relationships and the role of attachment in marital relationships will be presented. And then, the studies on the interplay between the attachment processes and emotions will be summarized. In the last section, the importance of dyadic level of analysis in

examining marital relationships will be discussed and the specific hypotheses of the study will be presented.

1.2 Theoretical Background of Attachment Theory and Adult Attachment

1.2.1 Attachment System and Development of Attachment Bond

Attachment theory (Bowlby, 1973; 1982) asserts that children have an innate *attachment behavioral system,* which is triggered under the conditions of threat or danger, has evolutionary value to increase the chance of survival. This system leads children to seek proximity to the main caregiver *(attachment figure)* when needed in order to reduce stress and to achieve felt security. In this sense, availability, sensitivity, and responsiveness of the attachment figure to the child's proximity seeking behaviors are critical for optimal psychosocial functioning. The achievement of proximity and protection gives rise to the feelings of relief and assurance of security.

Every child becomes emotionally attached to his/her primary caregivers regardless of the quality of bond between caregiver and the child (Cassidy, 2008). However, the quality of the bond results in individual differences in attachment security. Following Bowlby's conceptualizations, Ainsworth, Blehar, Waters, and Wall (1978) examined individual differences in attachment quality with a procedure called the *"Strange Situation"*. In this procedure, the behavior of infants was observed during the two separation-reunion episodes with the primary caregiver, who is the mother most of the time. Based on their reactions to these episodes, infants were classified into one of three categories, namely, secure, insecure/ambivalent, or insecure/avoidance. Infants who explored the environment confidently in the presence of their mothers, and felt distressed during the separation period, however were easily comforted after reunion were classified as secure. Mothers of these infants were usually sensitive and responsive to the child's needs. However, infants who felt frustrated and distressed during the separation, became inconsolable and preoccupied with their mothers' absence, and had little interest in exploring the environment after reunion were classified as

anxious/ambivalent. Mothers of these infants showed inconsistent behaviors in their interactions with the child, such as being unavailable, intrusive or excessively affectionate. Lastly, those infants showing little distress during both separation and reunion and did not seek contact with their mothers were classified as avoidant. Mothers of avoidant infants were found to be commonly rejecting to the needs of their children (Cassidy, 2008; Solomon & George, 2008).

Attachment classification of the infants indeed reflect how they manage the balance between satisfaction of their needs that arouse from their attachment system and exploration system, which is another innate system that increases the chances of infant survival. Cassidy (2008) purports that the exploration system has evolutionary value in the sense that through development it enables the individuals to adapt to their environment. In that sense, application of secure strategy which refers to the balance between attachment and exploration experienced during childhood is predictive of the capacity to balance autonomy and relatedness needs in adulthood years. Furthermore, any deviation from this balance reflects the application of secondary strategies of attachment which will be discussed in detail in the following sections (Cassidy, 1994; 2008).

1.2.2 Internal Working Models of Attachment

Bowlby (1973) asserts that children develop the working models of attachment through their interactions with the caregivers. The working models of attachment correspond to the mental representations of the world and significant individuals as well as representations of the self. These representations are formed throughout infancy and early childhood, and the quality or positivity of these representations depends on the caregiver's emotional availability and responsiveness to the child's needs in early interactions (Collins, Guichard, Ford, & Feeney, 2004; Sroufe & Waters, 1977). These early experiences construct the blueprints of working models of self and others (see Mikulincer & Shaver, 2003; 2007).

Working models of attachment are assumed to have two components, one referring to the attachment figure, the other referring to the self. The degree of availability, sensitivity, and responsiveness of the attachment figure determine the working model of attachment figure (or others). Based on the quality of these parental care-giving characteristics, the mental representation of the self is valued as either worthy or unworthy of love and care, which represents the working model of the self. Bowlby (1973) states that if a child is exposed to a consistent pattern of care-giving during childhood and adolescence, these repeated experiences make working models to become less sensitive to change. Indeed, consistent positive and responsive care-giving during childhood fosters child to become secure both in childhood and adulthood years. In that sense, if the quality of care-giving experiences changes in the early childhood, attachment models are rather apt to change (Collins et al., 2004).

Early negative emotional experiences and associated behaviors aiming to manage these emotions are all internalized in the form of working models (Bowlby, 1973, 1982). Thus, working models are also affect-laden constructs. When the working models are activated, the associated affect is expected to be automatically triggered (Collins & Read, 1990). Essentially, in the course of time, the child learns how to regulate affect in times of stress by using these mental representations of the self and the others. Their coping mechanisms constitute their unique characteristics that are represented in the attachment styles.

In conclusion, working models, consciously or unconsciously, guide perceptions and determine what kinds of emotions to be experienced, and thus influence emotion regulation strategies, behaviors as well as defense mechanisms (Shaver, Collins, & Clark, 1996). Furthermore, once structured, these mental representations become activated automatically and unconsciously making them relatively resistant to change (Collins et al., 2004). Thus, the quality of early interactions with parents results in the positivity or negativity of internal working (mental) models of the self and others and the feeling of competence in both

personal and interpersonal domains, having implications for future close relationships.

Whether or not the quality of early relationship between infant and caregiver would provide a base for later relationships with significant others (e.g., friends, partners, spouses etc.) is a controversial issue in attachment literature (e.g., Mikulincer & Shaver, 2007; Roisman, Collins, Sroufe, & Egeland, 2005; Simpson, Collins, Tran, & Haydon, 2007a). According to attachment theorists, early attachment bond with parents which is reflected in the internal working models is predictive of the quality and functioning of other close relationships later in life (Ainsworth, 1989; Bartholomew & Horowitz, 1991; Bowlby, 1973, Waters & Cummings, 2000). However, Bowlby (1973) posits that besides the assimilation of early parent-child attachment relationship effects to later close relationships, the accommodation process is also important. Internal working models of relationships also accommodate into the current relationship partner. Changing life circumstances and experiences may lead to accommodation and updating of working models in childhood and adulthood. Revising and updating working models concordant with the characteristics of a partner might also contribute to the relationship adjustment. Thus, the attachment orientation in adulthood can be seen as a product of both earlier and current interpersonal relationships. In the following section, the effects of early attachment experiences on later close relationships are discussed in detail.

1.2.3. General vs. Relationship-Specific Attachment Representations

Extended literature has explored the predictive value of early attachment relationships on the quality of close relationships in adulthood (e.g., Fraley & Davis, 1997; Roisman et al., 2005; Roisman, Madsen, Hennighausen, Sroufe, & Collins, 2001; Simpson et al., 2007a). For example, Fraley and Davis (1997) studied the transference of early attachment relationships to peer relationships (best friends and romantic partners), and found that secure adults, rather than insecure ones, were more likely to form attachment bonds with their partners. Additionally, the transference of the attachment function from parents to romantic partners depended on the duration of the romantic relationships. As the duration of the

current relationship increased so did the influence of current relation on current attachment representations. Similarly, Simpson and colleagues (2007a) examined the early experiences with caregivers and their effects on peer and friend relationship with a developmental perspective in a longitudinal study. They tested a double meditational model and found that secure attachment at 12 months of age led to increased social competence in peer relationships (as rated by their teacher) when they were in elementary school. Social competence then resulted in secure close friendships at age 16. This, in turn, resulted in more positive experience of emotions in romantic relationships. Those who were secure in the early relationships showed less negative affect toward their romantic partners in the videotaped interaction tasks.

However, there are also studies showing that there is a weak or moderate association between parent attachment and peer or romantic attachment (e.g., Bartholomew & Horowitz, 1991; Simpson, Rholes, Oriña, & Grich, 2002). Collins and Read (1994) explained the attachment across the relationships in a network model and argued that attachment working models are conceptualized as an interconnected network, which was organized hierarchically. At the bottom of the hierarchy, *relationship-specific* models that correspond to interactions with particular relationship partners (e.g., best friend, romantic partner, parents) are placed. At the medium level, *domain-specific* models that include particular kinds of relationships (e.g., romantic, parental or friend relationships in general) take place. Lastly, at the top of the hierarchy, generic representations of attachment relationships are placed. Supporting this network model, previous studies have shown that domain specific measures of relationships and attachment were better predictors of outcome variables than the general measures of the given constructs (e.g., Cozzarelli, Hoekstra, & Bylsma, 2000; Miller & Hoicowitz, 2004; Sibley & Overall, 2008). More specifically, Cozzarelli et al. (2000) found that general working models were highly correlated with overall psychological adjustment. However, specific working models were strongly associated with relationship specific satisfaction. They also found that general and relationship specific models

were moderately associated. Further, Sibley and Overall (2008) found that domain-specific attachment representations (e.g., attachments within romantic relations in general) predicted relationship-specific attachment representations of the same domain (e.g., attachments within a specific romantic relationship), but did not predict relationship-specific attachment representations of other domains. Thus, these studies overall highlight the importance of domain differentiation in the multiple attachment representations.

In sum, the available evidence suggests that attachment styles may vary among relationship partners regardless of the fact that the generalized attachment style may influence their workings (Cook, 2000; La Guardia, Ryan, Couchman, & Deci, 2000). Thus, it can be proposed that when the interest lies on the analyzing and understanding the dynamics of existing close relationships, concentrating on relationship-specific working models are more reasonable and informative (e.g., Cozzarelli et al., 2000). Therefore, depending on the documented evidence it can be argued that partner attachment in marital relationships, rather than early attachment bonds, is more predictive of current marital adjustment.

1.2.4 Attachment Patterns in Adulthood

Adults get involved in relationships with a unique set of memories, beliefs, expectations and a history of interpersonal experiences. These experiences shape how they think, feel about, and behave in those relationships. Basically, attachment related needs are the basic motivators of the behaviors and feelings in close relationships, and these needs normatively function for the maintenance of closeness and security feelings in close relationships (Collins, Ford, Guichard, & Allard, 2006; Collins & Read, 1990).

The seminal study of Hazan and Shaver (1987) acted as a vanguard opening the pathway for the adult attachment research. This study carried the attachment research into the adulthood by adopting the three categories of infant attachment styles of Ainsworth et al.'s (1978) into the adult romantic relationships. Similar to early attachment patterns, these adult attachment styles were named as secure,

avoidant, and anxious/ambivalent. According to the results of this study, participants who were classified into the two insecure groups, namely avoidant and anxious/ambivalent, reported more negative experiences and beliefs about love, had a history of relatively short romantic relationships, presented less positive descriptions of their childhood and relationships with parents than those in the secure group. Following Hazan and Shaver's initial study, Bartholomew and Horowitz (1991) proposed a four-category model of attachment (secure, preoccupied, dismissing, and fearful) in adult close relationships as a matrix derived from two dimensions of mental (working models) representations, and extended earlier three category approach. The first dimension, the model of self, named as dependence reflects the degree to which individuals worry about being rejected, abandoned, or unloved by significant others. The second dimension, model of others, corresponds to avoidance in close relationships. Individuals high in this dimension are characterized with the avoidance of contact with others in order to prevent aversive consequences of possible rejection, or of discomfort with being close (Bartholomew & Horowitz, 1991) Later studies have shown that model of self represents the dimension of attachment-related anxiety and model of others represents the dimension of attachment-related avoidance (Brennan, Clark, & Shaver, 1998; Collins et al., 2004; Mikulincer & Shaver, 2007).

Four attachment patterns were defined at the intersection of these two fundamental dimensions. Secure individuals have positive mental models of self and others or are low on both attachment anxiety and avoidance dimensions, implying that the self was considered as worthy of love (lovability), and other individuals were generally considered as accepting and responsive. Individuals in this category report being comfortable with closeness and they have a functional level of interdependence in close relationships. Preoccupied individuals were high on anxiety (negative model of self) and low on avoidance dimension (positive model of others), suggesting that the self is seen as unworthy of love (unlovability), whereas other individuals are generally considered as accepting and responsive. Anxious or preoccupied individuals generally strive for self-acceptance by gaining

the acceptance or approval of valued others as well as being characterized with lack of attachment security, a strong need for closeness, worries about relationships, and exhibiting hyperactivating strategies for satisfying attachment related needs in case of an attachment related threat (Bartholomew & Horowitz, 1991; Mikulincer & Shaver, 2003). Bartholomew and Horowitz (1991) differentiated between the dismissing avoidance and fearful avoidance. Dismissing avoidants were high on avoidance and low on anxiety. For dismissing avoidants, whereas self is considered as worthy of love, others are expected to be untrustworthy and rejecting. Fearful avoidants, however, have both a negative model of self and a negative model of others or they have high levels both attachment anxiety and avoidance making them the most disadvantaged group in close relationships.

Bowlby (1973) originally argued that proximity and support seeking are the primary strategies when people experience stress. When this strategy is blocked, alternative strategies are acquired that haunt the individuals all through life cycle. When the attachment system of secure individuals gets activated under distressful situations, they can more easily calm themselves through their easy access to earlier positive interaction memories with their attachment figures, and thus, they can alleviate distress by turning literally or cognitively to others for comfort and support they need. However, when the attachment system of insecures gets activated, their early insensitive caretaking experiences can augment the accessibility of worries about rejection and separation, and thus they could not engage in effective support seeking behaviors (see also Mikulincer & Shaver, 2003, 2007, for review). These dysfunctional strategies of insecure individuals are labeled as secondary attachment strategies (Main, 1990), which are discussed in the next section.

1.2.4.1 Secondary Attachment Strategies

Depending on their conceptualization of attachment, previous researchers have utilized dimensional or categorical approaches having either four or three categories. However, recently attachment researchers have commonly classified attachment behaviors in terms of two basic dimensions; the attachment *anxiety*

experienced in close relationships and *avoidance* of others (Brennan et al., 1998; Mikulincer & Shaver, 2007), and related emotional/behavioral regulation strategies.

Specifically, attachment anxiety and avoidance are regulated by two behavioral/emotional strategies. Specifically, being high on at least one of these two dimensions leads to the application of secondary strategies for satisfying attachment related needs (see Main, 1990). These are basically two distinct behavioral strategies used in regulating interpersonal behaviors and coping with stress. One of them is the *hyperactivating strategy* representing attachment anxiety dimension, which is the key characteristic of the anxious attachment style. This strategy reflects a *"fight"* strategy in the case of stress. Individuals using hyperactivating strategies, aggravate their proximity seeking attempts in order to force attachment figures for providing love and support needed. This strategy also keeps the attachment system in a chronically activated state, which forces the individuals to exaggerate threats and threat appraisals. Exaggeration of threat appraisals causes the individual to think that their own self is the source of threat, hence promotes the chronic doubts about self-worth, trapping the individual in a vicious cycle. In terms of close relationships, hyperactivating strategies are closely linked with continuous monitoring of the relationship partner and sturdy attempts to sustain proximity. These individuals are also overdependent on the relationship partner to attain comfort. Consequently, they show intense demands for care and attention, cling and try to control behaviors to attain partner's affection and support. These anxious individuals are also highly sensitive to rejection cues and show intense worries about separation and abandonment and use emotion-focused coping strategies in the case of conflict (Mikulincer & Shaver, 2003; 2007).

The second strategy is called *deactivating strategy* representing the attachment avoidance dimension and it reflects a *"flight"* strategy in the case of stress. Deactivating strategy is defined as the key characteristic of the avoidant attachment style and this strategy results in having negative core beliefs about the relationship partner as a source of security and relationships in general, along with the distorted positive beliefs about the self as capable of coping with stress without

social support. Individuals using deactivating strategies ignore or avoid the attachment relevant negative events, repress any threat-related thoughts that may activate the attachment system, and deny their attachment related needs. They turn their attention away from self-relevant sources of threat and hinder negative appraisal of the self. These individuals try to view the self more positively than others and this can be achieved at the cost of negative beliefs and thoughts about others. These individuals also perceive their close relationships as not warm enough and emotionally involved. On the one hand, deactivation of threat appraisals causes the individual to think that their partner is the source of threat, hence try to distance them from relationship partners. On the other hand, they also show defensive behavior patterns to promote self-enhancement and to emphasize their uniqueness and self-strength (see Mikulincer & Shaver, 2003, 2007, for a review).

The detrimental effects of hyperactivating and deactivating strategies on anxious and avoidant people's relationship functioning have been extensively studied in the past literature. Before presenting the empirical findings regarding the effects of attachment insecurity on conflict in marital relationships, attachment relationship in romantic and marital relationships is discussed in the next section.

1.2.5 Attachment in Romantic and Marital Relationships

Close relationships, in which partners have spent some time together, are generally considered as attachment relationships. Although it is imperative to test whether the romantic relationship provides attachment-related functions for each partner, this postulation has not been tested directly. Reviewing the related literature Fraley and Shaver (2000) proposed three features of attachment relationships that differentiate attachment relationships from other kinds of emotional and nonattachment relationships in adulthood. First, the individual should have a propensity to stay in close contact with the partner. This refers to the *proximity maintenance* feature. When the attachment figure is seen as unavailable or separation occurs, the individual feels distress and protests it. Second, when it is needed, especially in times of illness, stress or threat, attachment figure could be used as haven of safety and this refers to the *safe haven* feature. Lastly, the

attachment figure should provide a secure base for the individual's unrestrained and undistracted exploration of the environment, which refers to the *secure base* feature.

Further, Fraley and Davis (1997) argued that transference of the attachment functions from parents to romantic partners took roughly two years and secure attachment was more likely to be transferred to romantic partners than insecure attachment. Specifically, Fraley and Davis found that dismissing avoidants were less likely to establish attachment bonds with their partners as compared to secure ones when relationship duration was controlled. Thus, they suggest that the lack or delay of transference of attachment related functions is specific to the dismissing attachment style and this constitutes a critical characteristic of avoidant individual. Similarly, George and West (1998) also highlighted the importance of relationship duration and argued that in the early stages of the relationship, couples had not yet developed an attachment relationship with each other. If partners see each other as the primary source of emotional support (as in the early attachment relationships), then this type of relationship may be considered as an attachment relationship (cited in Bouthillier, Julien, Dubé, Bélanger, & Hamelin, 2002).

Individuals differ in the degree of intimacy that they experience, and of their use of the partner as a safe haven in adult romantic relationships. Therefore, the partner should be perceived as both willing and responsive to one's needs and also provide attachment relevant functions to feel secure in intimate relationships (Collins & Feeney, 2000). Collins and Feeney (2004) defined 'relationship-specific felt security' as *"individual's overall sense of confidence in the partner's love and commitment, and expectations concerning the partner's responsiveness to need"* (p. 170). In sum, whether the self is perceived as worth of love and cared for by the relationship partner and whether the partner is emotionally available when needed, and responsive to the one's needs are critical features of attachment that make partners feel secure in romantic relationships.

Marriage, which is one of most committed relationships, has potential to fully enable the functioning of attachment system in adulthood. Past studies have documented a strong relationship between attachment dimensions or styles and

marital quality and these studies support the theoretical expectation that secure attachment is strongly related with better marital functioning than insecure attachment (e.g., Feeney, 2008; Simpson, Rholes, & Nelligan, 1992). Based on the available evidence, marriage could be qualified as an attachment relationship. Therefore, married couples are included in the current study assuming that attachment bond between married partners has been developed and experienced and expressed emotions are systematically related with attachment functioning.

In the next section, first a review of empirical findings regarding the relationship between conflict and emotion in marital relationships is presented, and then the effect of attachment dimensions on this relationship is provided.

1.3 Conflict and Emotion in Marital Relationships

Conflict is an unavoidable part of all human interactions. Past researchers have extensively studied conflict in dyadic relationships, especially by concentrating on how partners handle conflict in their relationships (e.g., Christensen & Heavey, 1990; Fincham & Beach, 1999; Gottman, 1993). The stability and quality of relationships is dependent on the behavior patterns displayed in couple conflict. Thus communication abilities are important to manage conflictual areas successfully and to sustain long-term dyadic stability and satisfaction. Deficiency in communication and problem-solving skills gives rise to dyadic distress. Specifically, if partners avoid conflict and negotiation of conflictual issues, resolution of these conflicts will be hindered, which in turn may cause a conflict in the future (Gottman & Krokoff, 1989). Similarly, if partners handle conflictual issues in a destructive way, this may prevent resolution of conflict and produce negative affect in the relationship (Christensen & Shenk, 1991). However, some researchers argued that certain amount of conflict might in fact help to reinforce the harmony of the couple and in general it might assuage the boredom caused by excessive dyadic consensus (e.g., Sprey, 1969). In a similar vein, Vuchinich (1987) asserts that some degree of verbal conflict could be functional since it provides a catharsis and enhances open communication.

Sentiment override is also important in understanding the couples' reactions during marital interaction (Weiss, 1980). Weiss defined sentiment override as a positivity or negativity toward one's partner and one's marriage rather than the objective qualities of the interaction. On the one hand, positive sentiment override is defined as one's perceiving and interpreting partner's message and/or behavior in a positive manner rather than it is evident by observed behavior. On the other hand, Weiss defined negative sentiment override as perceiving and interpreting partner's message and/or behavior in a negative manner. Previous research indicated that couples perceive the partner responses depending on the positivity or negativity of their sentiments. For instance, while neutral message (as judged by independent observers) is perceived as positive by spouses with positive sentiment override, it is perceived as negative by spouses with negative sentiment override. Past research also found that sentiment override is associated with marital satisfaction. In such a way, highly satisfied couples rated their partner's behavior as more positive as judged by observers (Floyd & Markman, 1983).

Perceptions of emotions in relationships also vary for husbands and wives using sentiment override. Specifically, newlywed wives who are low on marital bond reported their partners' expression of anger as a negative emotion indicating negative sentiment override. However, wives who are high on marital bond reported their partners' expression of negative affect (e.g., anger and domineering) as a neutral emotion, suggesting positive sentiment override (Hawkins, Carrère, & Gottman, 2002).

Past research has mainly focused on the key role of emotions in understanding the effect of conflict on couple interaction. Emotion expression during conflict has important and lasting effect on the quality of the relationships. It is argued that when conflict reveals negative affect, partners are more likely to be distressed (Johnson et al., 2005). Furthermore, while lower marital satisfaction is related to more hostility (e.g., angry, critical, domineering, contemptuous) and more distress (e.g., anxious/fearful, sad, withdrawn), higher marital satisfaction is related to more empathy (e.g., interest in understanding partner, acknowledges partner's

perspective) (Waldinger, Schulz, Hauser, Allen, & Crowell, 2004). Gottman, Markman, and Notarious (1977) found that distressed couples show more negative affect as compared to nondistressed couples. Reciprocity of negative affect is commonly observed in distressed couples. Furthermore, negative and neutral affect have a greater effect on the predictability of divorce in married couples (Gottman & Levenson, 2002). Inability to regulate negative emotions was also found to be related with intimate partner violence in newlyweds (McNulty & Hellmuth, 2008).

In conclusion, emotions, being positive or negative, have in depth effects on dyadic relationships. In the current dissertation, attachment theory is used as a framework to understand the mediating role of experience and expression of emotions. In the next section, a review of empirical findings regarding the relationship between attachment system and emotions is presented.

1.4 Attachment Processes and Emotions in Marital Relationships

A significant amount of research has documented the effects of attachment orientations on relationship satisfaction in both dating (e.g., Collins & Feeney, 2000) and married couples (see Mikulincer et al., 2002). Attachment theory is critical for understanding the centrality of emotion in development and reveals the antecedents and consequences of emotions aroused by attachment (Collins, 1996; Mikulincer & Shaver, 2008). Collins (1996) argued that emotion is strongly related with working models of attachment and influences cognitive and behavioral strategies which are related to particular attachment dimensions or styles.

1.4.1 Emotional Experiences in Marital Relationships

Past researchers have generally used clusters of negative emotions (such as angry, rejected, and worried etc.) as an index of emotional distress or negative states in studying the relationship between emotional experiences and attachment dimensions or styles (e.g., Collins, 1996; Collins et al., 2006; Gross & John, 2003; Kerr, Melley, Travea, & Pole, 2003). Several studies have documented the effects of different emotions on partner or self behavior. For instance, although both anger and sadness are defined as negative emotions, they do not have same or similar

meanings as well as they may have different effects on relationship-related cognitions and behavior (e.g., Bell & Song, 2005; Rivers, Brackett, Katulak, & Salovey, 2007).

Previous studies showed that the emphasis should be on discrete negative emotional experiences rather than the cluster of negative emotions. For instance, Sanford and Rowatt (2004) found that although anger and sadness were highly positively associated, they had opposite effects on marital functioning. More specifically, emotions like sadness, disappointment, and hurt were grouped as soft emotions and emotions like anger and annoyance were grouped as hard emotions. Sanford and Rowatt found that although soft and hard emotions were highly positively associated, the former one was positively correlated with high satisfaction, low conflict, and low avoidance in marriage, whereas the latter one was associated with low satisfaction and high conflict as well as avoidance. They also argued that soft emotions like sadness might signal the need for support from a partner which might result in intimacy between partners. Soft emotions might indicate vulnerability and these emotions might repress self-protective and aggressive behavior patterns during conflict in close relationships. Thus, the experience and expression of certain negative emotions, such as sadness, can positively affect relationship outcomes and serve a positive function in relationships.

Similarly, previous studies have demonstrated that hard emotions were negatively related with positive communication, low conflict resolution, and power assertion, whereas soft emotions were related with minimal increase in negative communication, pursuit of prosocial goals, and positive communication (Sanford, 2007a, 2007b). Although the effects of emotional clusters on behavior have been examined, the studies investigating the effects of discrete emotions are rather scarce. In the next section, studies investigating the relationship between attachment and discrete emotions are presented.

1.4.1.1 Emotional Experiences and Adult Attachment

According to the attachment framework, the attachment system is most likely to be triggered upon experiencing negative emotions and internal working models of attachment lead to the way of expressing and regulating emotions (Mikulincer & Shaver, 2005; Simpson & Rholes, 1994). Thus, people with different attachment orientations experience different kinds of emotions during conflict. In their detailed review, Mikulincer and Shaver (2005) argued that people with different attachment styles experience distinct emotions in distress situations. For example, although partner's relationship relevant distress elicits emotions like *shame* and *despair* for anxiously attached individuals, the same situation elicits emotional reactions like *resentment* and *hostility* for avoidantly attached ones. On the contrary, partner's relationship irrelevant distress elicits *personal distress* and *despair* for anxiously attached individuals and *pity, hostility, contempt,* and *gloating* for avoidantly attached individuals. Mikulincer and Shaver argued that hyperactivating strategies lead anxious individuals to augment the degree of personal distress in situations of relationship irrelevant distress whereas deactivating strategies result in an increase in the feelings of *disdain* and *pity* for the avoidant ones. For the secure individuals, partner's relationship relevant distress results in emotions like *guilt* and *reparation* and partner's relationship irrelevant distress elicits emotions like *empathic compassion*.

In that sense, attachment styles have an effect on the experienced discrete emotions in response to the context and also influence the applied strategies in conflict. Creasey and Hesson-McInnis (2001) examined the effects of emotions such as sadness, anger, and fear on conflict resolution tactics and found that anxious and avoidant individuals use different affective-cognitive routes to select conflict management tactics. Anxious individuals perceived more negative emotions (anger and sadness) and had less confidence in controlling these emotions. However, fear did not have a significant effect in the relationship between attachment anxiety and problematic conflict tactics. Avoidant individuals also reported less emotional

distress in the conflict process. Furthermore, avoidant individuals reported anger but not sadness in conflictual situations.

Feeney (1998) found that although partners with high anxiety in relationships were more likely to feel despair and anger during physical separations from dating partners, they were less likely to talk about these feeling with their partners. Moreover, Gentzler and Kerns (2006) examined the relationship between attachment anxiety and avoidance and memory for recalled positive and negative events. They hypothesized that avoidant people would underestimate earlier negative affect whereas anxious people overestimate the same negative affect. However, contrary to their hypotheses, they found that both attachment anxiety and avoidance were related to underestimation of negative affect. Avoidant individuals also underestimate earlier positive affect for interpersonal events. Gentzler and Kerns argued that since close relationships are very critical for anxious people's self worth, they may recall negative interpersonal events positively after a while.

Attachment styles may also influence the intensity of the emotions as well as their expression and inhibition. Kerr and his colleagues (2003) found that while individuals with secure and anxious attachment styles reported higher levels of emotional experience (both positive and negative), avoidant individuals reported the lowest level of emotional experience. When the negative and positive emotional experience was examined separately, it was found that anxious individuals experienced higher levels of negative emotions like anger, guilt, fear, and nervousness compared to both secure and avoidant individuals. Further, although anxious individuals' negative emotional experience was higher than avoidant ones, anxious and avoidant individuals were not significantly different in terms of emotional expressivity.

Past studies using older samples also revealed the similar patterns regarding the relations between attachment and emotional experience. For example, Consedine and Magai (2003) examined how people in older ages with different attachment styles experience different kinds of emotions in their day to day experiences. Results showed that attachment security was associated with both high

levels of joy, interest, sadness, fear, anger and also low levels of guilt, contempt, and shame. They argued that secure people are capable of expressing and experiencing both negative and positive emotions in interpersonal relationships and they have an open style of emotion regulation. They can openly face with their negative emotions (i.e., guilt and shame) and may handle the emotions and the conflictual situations constructively rather than being destructive and passive in handling them in their daily lives. However, dismissing attachment was found to be related with lower levels of joy, shame, and fear. Consedine and Magai argued that this negative association between dismissing attachment and emotions like shame and fear is indicative of an affect minimization process because these emotions might evoke feelings like interpersonal weakness and need of dismissed people and these feelings might deteriorate their positive model of self. Similar findings were also obtained in Consedine and Fiori's (2009) study, such that higher attachment anxiety predicted higher anger, sadness, fear, shame, disgust, guilt, and contempt. High attachment avoidance, however, predicted lower levels of shame and fear.

Other studies have also confirmed that attachment security (i.e., low anxiety and avoidance) is related with high levels of positive affect and secures usually report more affect directed toward social connectedness with others when compared to dismissing participants (Alford, Lyddon, & Schreiber, 2006) and secures also recall high levels of positive emotions regarding positive events (Gentzler & Kerns, 2006). Davila, Bradbury, and Fincham (1998) studied the mediating role of negative affectivity in the relationship between attachment insecurity and relationship satisfaction. They defined negative affectivity as "*the stable tendency to experience and express negative emotion*" (p. 467). Data from two samples of married couples provided support for the hypothesis that negative affectivity mediated the relationship between both avoidance and anxiety and marital satisfaction for both wives and husbands. Therefore, avoidant and anxious spouses had more negative emotions in their marriages and this, in turn, predicted less marital satisfaction. However, the authors assessed negative affectivity in general; they did not differentiate specific negative emotions. Furthermore, although they

measured the experience of negative affect, they did not assess the expression of emotion. Negative emotion can be expressed in many different ways such as distributive aggression and withdrawal from conversation. Their effects on marital satisfaction can also potentially differ. Therefore, varying effects of discrete emotions and different pathways to express these emotions should be clarified to better understand the link between emotions and attachment processes.

Consequently, the reviewed literature suggests that attachment anxiety and avoidance were systematically associated with different kinds of emotions in conflictual situations. Mikulincer and Shaver (2005) argued that negative emotions like anger, guilt, and sadness have particular importance for attachment system and partner's relationship relevant distress elicits these three emotions for secure, anxious, and avoidant individuals. Hence, three particular types of negative emotions—anger, guilt, and sadness—were particularly focused in the current thesis.

1.4.2 Emotion Expression in Marital Relationships

In the previous studies, it is commonly emphasized that experience of emotions does not necessarily mean the expression of these emotions in the relationships though both experience and expression of emotions are important in the construction and maintenance of the relationships. Specifically, experience of emotions does not imply that partners automatically exhibit them. As mentioned above, experience of emotions refers to the intrapsychic processes and expression of emotions refers to the interpersonal processes (Diamond & Fagundes, 2008). Recent research has shown that intrapsychic perspective of emotions has shifted to a more relational perspective. Consistent with this, Madden-Derdich (2002) argues that emotions are critical in the sense that they determine how people perceive their partners and attach meaning to their partner's behaviors and actions, and also how partners respond to one another. Emotions also predict the duration that partners remain connected. In sum, emotions are integral part of couple interaction system. Hence, how people experience and express their emotions in conflictual situations is important and has implications especially for marital satisfaction and stability.

Available studies showed that expression of negative emotions does not always necessarily affect relationship quality in a negative way; it may even be beneficial to the relationship depending on how emotions are expressed. Indeed, constructive expressions of negative emotions, such as anger and sadness, were found to be positively related with marital satisfaction (Guerrero, La Valley, & Farinelli, 2008). Therefore, the same emotion might signify different psychological states to different individuals. For instance, while anger can be challenging for some, it may be hampering for others and interferes with their daily lives. Thus, for latter ones, anger is something to be avoided or denied. Given that people may inflate or lessen the intensity of their emotional responses, how people regulate their emotions is an important part of individual differences (Thompson, 1994).

Researchers also showed that expression of the same emotion might vary according to the type of the marriage. Specifically, Guerrero and colleagues (2008) found that expression of the same emotions might vary in equitable versus inequitable relationships (e.g., Guerrero et al., 2008). Considering these findings, Guerrero (1994) defined four types of anger expression depending on whether a given emotion is destructive or constructive and active or passive. Partners using *distributive aggression* show more assertive, hostile, and attacking behaviors, such as throwing objects or slamming doors. *Passive aggression* includes destructive but passive behaviors like physically pulling away and giving cold or angry looks. *Assertion* includes behaviors that are constructive and the focus of the people using this type of anger expression is problem solving and self disclosure. People using *avoidance/denial* hide or reject their angry feelings (cited in Guerrero et al., 2008).

After reviewing the related literature, Guerrero and colleagues (2008) defined four types of guilt expression and five types of sadness expression. *Apology/concession* (e.g., admitting responsibility), *explanations/justifications* (e.g., giving an explanation for the actions), *appeasement* (e.g., being extra nice to the partner), and *denial/withdrawal* (e.g., avoiding to talk about the issue) constitute the four responses to guilt. *Positive activity* (e.g., keeping busy with things one likes to do), *social support seeking* (e.g., talking over the problems with the spouse),

immobilization (e.g., staying in bed), *solitude* (e.g., spending time alone), and *dependent behavior* (e.g., waiting for someone to help) comprise five types of sadness expression. Depending on this differentiation Guerrero and her colleagues (2008) found that couples who perceived their relationships as equitable reported using more constructive and prosocial expression of anger, sadness, and guilt emotions. However, people who perceived inequity in their relationships used more destructive and antisocial expression of anger, sadness, and guilt emotions in the marriage. To summarize, whether negative emotions are expressed in a constructive or destructive manner depends on how people perceive their partner and their relationship and closely influenced by their attachment orientation.

How people express their emotion in their relationships is one of the key concepts in close relationships since the way emotion is communicated (or not communicated) affects relationship satisfaction and stability to a great extent (Gottman & Levenson, 1986; Gottman et al., 1977). Further, it is argued that the expression of negative emotions like contempt and the occurrence of negative behavior cycle between partners make it possible to predict the likelihood of divorce from a 15 minute conflict discussion (Gottman, 1994). Therefore, determining the factors that affect the experienced and expressed emotions is critical in close relationship research area.

Apart from the relationship quality, attachment orientations also influence how people perceive their relationships and the way they express their emotions during interactions with partners. According to the attachment theory, working models affect both how to organize the behavior and how to perceive and process emotionally significant information (see Collins & Read, 1994; Simpson & Rholes, 1994). Thus, depending on the hyperactivating and deactivating strategies, anxious and avoidant individuals, respectively, express their emotions differently. Specifically, anxious individuals intensify their emotions while expressing them, whereas avoidant individuals suppress their emotions (intensification and suppression). Both strategies, however, lead to dysfunctional emotions even though the resulting problems may differ (Mikulincer & Shaver, 2007). Collins (1996)

found that both anxious and avoidant individuals provide negative explanations regarding relationship events. However, whereas anxious individuals reported emotional stress, avoidant ones did not report any stress at all. Thus, these different strategies lead anxious and avoidant individuals to express their negative emotions differently in conflictual situations. In the next three sections, how people with different attachment orientations express emotions are discussed.

1.4.2.1 Emotional Expression and Adult Attachment

1.4.2.1.1 Attachment Anxiety and Emotional Expression

Anxious/ambivalent individuals cope with conflict in line with their hyperactivating strategies targeting maximal closeness. They wish to have high levels of proximity, look for approval from others, and depend on their relationships for happiness (Guerrero & Jones, 2005). Anxious individuals are generally concerned about their partner's availability and dependability (Hazan & Shaver, 1987). Anxious individuals are indiscriminately and inappropriately expressive and disclosing in their emotions and relationships (Bartholomew & Horowitz, 1991; Mikulincer & Nachshon, 1991). In conflictual situations, anxious individuals are inclined to put pressure on their partners and dominate conflict resolution processes (Corcoran & Mallinckrodt, 2000), express less positive affect (Paley, Cox, Burchinal, & Payne, 1999), and show greater hostility (Simpson, Rholes, & Phillips, 1996). Additionally, Mikulincer and Shaver (2003) state that hyperactivating strategies of anxious individuals result in exaggerating the conflict and fight aggressively with a partner (dominating strategy), and use emotion focused coping, which increases distress more. Thus, their maladaptive conflict management strategies put them in a vicious cycle and hinder the development of autonomy and self-confidence (Bartholomew & Horowitz, 1991; Kobak & Sceery, 1988; Mikulincer & Shaver, 2003). Anxious individuals were also found to be high both on emotional expressivity (Kerr et al., 2003) and negative emotional experience (Kerr et al., 2003; Simpson, 1990).

Overall, past studies have demonstrated that hyperactivation of the attachment system lead anxious individuals to sustain and intensify vigilant

emotional states making the relationship problems difficult to solve. As stated by Mikulincer and Shaver (2007) *"problem solving may thwart an anxious person's wish to perpetuate problematic situations and continue expressing needs and dissatisfactions"* (p. 194). Furthermore, studies revealed a positive correlation between dysfunctional anger and anxious attachment. Indeed, attachment anxiety was found to be related with intimate violence. Especially, female anxiety was found to be directly associated with the use of both psychological and physical violence in married and cohabiting couples (Lafontaine & Lussier, 2005). Anxious people's dysfunctional anger expression was also observed in experimental studies. For instance, while discussing an unresolved problem with a dating partner, anxious people were found to express more anger and hostility (Simpson et al., 1996). Anxious people further have difficulty in controlling their angry feelings (e.g., Mikulincer & Shaver, 2007; Shaver & Mikulincer, 2004).

Mikulincer and Shaver (2007) suggest that anxious individuals experience ambivalent feelings, which cause them to behave inconsistently in times of conflict. They desire to receive constant attention, affection, and love from their partners and compulsively approach them to attain these needs. When these needs are not met, they put pressure on their partners in order force them to meet these needs.

Anxious people experience doubts about their ability to get what they want from their partners and feel a strong fear of rejection. Thus, when they feel the possibility of rejection by their relationship partner, their approach tendencies may be hampered and they tend to get away from their partner. This ambivalence is named as *approach-avoidance conflict*. In other words, they either behave in a dominant manner or submissively to their partners in conflictual situations depending on the situation. Anxious people's doubts about how to react in social situations cause problems in adaptively regulating interpersonal relationships. This ambivalence also makes them vulnerable for abuse or domestic violence (Mikulincer & Shaver, 2007).

Mikulincer and Shaver (2007) argued that anxious people experience and express anger in a complex manner and anger may include a mixture of other

emotions such as resentment, hostility, fear, sadness, and depression. Studies have provided evidence for both approach and avoidance tendencies of anxious individuals. For instance, on the one side, some researchers found that anxious individuals generally express negative affect in their romantic relationships (Guerrero & Jones, 2005; Kobak & Sceery, 1988). Indeed, Guerrero and colleagues (2009) found that preoccupation is highly positively related with distributive aggression. Furthermore, destructive anger expression (i.e., distributive and passive aggression) fully mediated the relationship between preoccupied attachment and relationship satisfaction. On the other side, some researchers found that anxious people sometimes withdraw when conflict occurs and become inexpressive because of fear of abandonment (Tucker & Anders, 1998). Consistent with this ambivalence, Feeney (1995; 1998) argued that although anxious individuals experience greater anger, they avoid expressing these angry feelings in conflictual situations. As a result, anxious ambivalent individuals' preoccupation with relationships is associated with both active and passive manifestations of anger (see, Guerrero et al., 2009).

Regarding the sadness in romantic relationships, Feeney (1995) found that compared to secure or mixed couples, insecure couples hindered sadness expressions and they were more likely to control sadness feelings. Guerrero and colleagues (2009) also found that preoccupied partners were dependent on their partners to help them cope with sadness. They are unable to handle sadness feelings on their own due to their negative model of self, thus rely on relationship partners in conflictual situations.

Anxious-ambivalent people were found to seek support especially in an anxiety producing situations (Simpson et al., 1992). Their need for social support in times of stress reflects their desire for close relationships but they are not capable enough in maintaining their relationships. Although anxious people ask for social support more than their secure counterparts, they cannot effectively use the support they receive (e.g., Collins & Feeney, 2000; Feeney & Collins, 2001; Kane, Jaremka, Guichard, Ford, Collins, & Feeney, 2007). Consequently, attachment anxiety is

generally related with emotional ups and downs and people with anxious style seem to use both active/destructive and dependent behavior patterns while expressing their sadness (e.g., Guerrero et al., 2009).

Although past studies have provided evidence regarding anxious individuals' anger and sadness expression in conflictual situations, the relationship between guilt expression and attachment anxiety was left unexamined. Earlier studies found a positive relationship between reported frequency of felt guilt and anxious and fearful attachment (e.g., Consedine & Fiori, 2009). Thus, feelings of guilt are mostly related with the negative model of self. In terms of guilt expression, when anxious people feel guilt during a conflict, they may prefer to apologize or make explanations for their behaviors because of their positive model of others. However, more studies are needed to explore how anxious individuals express their guilt.

In conclusion, as compared to secures, anxious people appear to show more destructive behavior patterns while expressing their negative emotions. They usually put pressure on their partners and show nagging behaviors in facing negative life events to achieve closeness in their relationships. However, if they feel strong fear of rejection and they perceive the possibility of rejection during the interaction with the partner, they may behave submissively towards the partner. The existing research provides empirical evidence for both approach and avoidance behavior patterns of anxious individuals while expressing their anger and sadness. However, it is imperative to reveal the conditions in which they behave destructively and/or submissively. Furthermore, past studies have not examined the relationship between attachment anxiety and guilt expression. Although they are more likely to feel guilt when compared to avoidant people, it is not clear how they express those feelings towards their partners. Therefore, the current study aims to fill these gaps by exploring the interplay between guilt expression and attachment via including both partners concurrently.

1.4.2.1.2 Attachment Avoidance and Emotional Expression

While anxious people cope with conflict in line with their hyperactivating strategies, avoidant individuals handle conflict in line with their deactivating strategies. Avoidantly attached individuals may exhibit behaviors which are at odds with the behaviors that are required for the optimal functioning of the relationship and for keeping a close interpersonal connection with the partner. Specifically, avoidants are inclined to withdraw from conflict resolution and distress, avoid confronting the partner because of their deactivating strategies (Mikulincer & Shaver, 2003; Paley et al., 1999).

Because of their positive model of self avoidant people feel independent and strong, and therefore, generally do not experience greater emotional ups and downs like anxious people (Mikulincer & Shaver, 2007). Avoidant individuals when compared to anxious and secure ones usually report low levels of both emotional experience and expressivity, suggesting less need for support seeking (Kerr et al., 2003). Avoidant individuals also exhibit less confidence in regulating their negative moods (Creasey, Kershaw, & Boston, 1999).

Negative emotions usually activate attachment system (e.g., Suslow, Dannlowski, Arolt, & Ohrmann, 2010). Thus, deactivation of the attachment system leads avoidant individuals to generally ignore or repress negative emotions and acknowledgement of distress and deny their needs for intimacy. Simply they draw their attention away from conflict and negative attachment issues (Bartholomew & Horowitz, 1991; Mikulincer & Shaver, 2003). The inhibition is mostly intended for emotions like anger, sadness, shame, guilt, and fear since these emotions may cause them to feel weak or vulnerable, which deteriorate their positive model of self. Furthermore, avoidant individuals may decrease the intensity of positive emotions like happiness and joy within close relationships not to enhance closeness and/or investment to the relationship (Cassidy, 1994).

Regarding the anger in romantic relationships, Guerrero and colleagues (2009) found that dismissive attachment was significantly and negatively associated with passive aggression. Although preoccupation positively predicted passive

aggression, dismissiveness negatively predicted passive aggression. While expressing anger during a conflict, dismissing people might not prefer to behave manipulative and furious towards the partner, which might increase the involvement to the relationship. Although Guerrero et al. hypothesized that dismissing attachment would be associated with avoidant aggression they could not find such an association. However, further analyses revealed that detached communication in general (i.e., low social support seeking and low positive affect) fully mediated the relationship between dismissing attachment and relationship satisfaction. In the present study, Guerrero et al.'s study will be expanded by including both emotional experience and expression in married couples considering actor and partner effects. Furthermore, guilt expression styles will also be included in the model.

Although deactivating strategies lead to suppression of negative emotions for avoidant people, they might also show domineering and destructive behavior patterns when they could not suppress those feelings. Avoidant attachment was also found to be related with active expression of anger (e.g., Feeney, 1995; Guerrero et al., 2009). Indeed, Lafontaine and Lussier (2005) found that when compared to security, avoidance of intimacy was related with both experience and expression of dysfunctional anger, which resulted in intimate violence. Especially, male avoidance was found to be directly associated with psychological intimate violence in married and cohabiting couples. When avoidant individuals could not withdraw from conflictual situations, they might show dominating behaviors toward their partners. These behaviors are consistent with their negative model of others and narcissistic confidence in their self views (Mikulincer & Shaver, 2007). Consistent with this view, Campbell, Simpson, Kashy, and Rholes (2001) found that avoidant partners were less relationship dependent and behaved more negatively towards their partners (e.g., criticism). Avoidant spouses' negative behavior in turn elicited negative behavior from their partners.

In terms of sadness expression, although dismissiveness is associated with social support seeking and dependent behavior negatively, it is associated with solitude behavior positively. Therefore, unlike preoccupieds, dismissings are not

dependent on their partners to help them cope with sadness. Indeed, their negative model of others thwarts them to seek social support when they feel sad. They prefer to handle sadness feelings on their own.

As discussed above, guilt experience is mainly related with anxious and fearful attachment rather than avoidant attachment. However, the relationship between guilt expression and avoidant attachment was unclear in the past literature. Since feeling guilty, admitting their guilt, and/or making explanations for their behavior are not compatible with the positive self-model of avoidant people; they prefer to deny their guilt during marital conflict, rather than apologizing and making explanations. Therefore, more studies are needed to explore how avoidant people express their guilt in close relationships, especially during marital disputes.

In conclusion, avoidant people generally consciously or unconsciously avoid expressing and acknowledging their both positive and negative emotions. They tend to inhibit their emotional states to prevent the activation of attachment system. Especially, they hinder negative emotions, such as anger, sadness, and guilt since these emotions may require emotional involvement and interpersonal closeness, and also they are not consistent with their positive model of self. These emotions further might signal vulnerability and weakness. Hence, in order to avoid such a conflicting situation, they attempt to block those emotional reactions (Cassidy, 1994). However, if they are unable to suppress (deactivate) these emotions in their close relationships, they can behave destructively in both active and passive ways (Mikulincer & Shaver, 2007).

1.4.2.1.3 Attachment Security and Emotional Expression

Secure attachment strategy is considered as the optimal (primary) strategy among the available affect-management strategies since the application of this strategy enables the individual to alleviate his/her stress effectively and to stay connected with others at the same time. Although individuals with secure strategy may sometimes exhibit anxious or avoidant behavior, they have the ability to choose the best possible response rather than compulsively being stuck to a dysfunctional behavior pattern like anxious and avoidant individuals do. Supporting

their effective communication skills, secure individuals have been found to be higher in verbal engagement (Collins & Read, 1990) and self disclosure (Mikulincer & Nachson, 1991) as compared to their insecure counterparts. As a primary strategy used in alleviating stress, they are more likely to depend on or seek support from others and also effectively use the support they receive in stressful situations (Collins & Feeney, 2000; Feeney & Collins, 2001).

Simpson (1990) studied the effects of attachment styles on romantic relationships and found that secure individuals experience higher levels of relationship interdependence, positive emotions, trust, and they have higher levels of relationship commitment and satisfaction than insecure individuals. Other studies also showed a significant association between positive emotions and attachment security (e.g., Mehta, Cowan, & Cowan, 2009). Additionally, Guerrero et al. (2009) found that prosocial emotional communication (i.e., integrative aggression, positive activity, social support seeking, and general positive affect) fully mediated the relationship between secure attachment and relationship satisfaction in dating and marital relationships.

The stress buffering effect of secure attachment was also found in couple relationships. More specifically, if an actor had low depressive symptoms and securely attached to their partner, the partner expresses less sadness during conflictual situations (Mehta et al., 2009). Secure people use constructive attempts to solve conflict and engage in mutual discussion and understanding (Mikulincer & Shaver, 2003). They generally use integrating and compromising strategies in conflictual situations (Corcoran & Mallinckrodt, 2000). They are less likely to use withdrawal and verbal aggression in case of conflict (Creasey et al., 1999). Additionally, secure individuals were found to be high on emotional and social expressivity indicating that they both show their emotions, verbally express feelings, and use their body language and other social signals to express their feelings (e.g., DiTommaso, Brannen-McNulty, Ross, & Burgess, 2003; Kerr et al., 2003). Such an emotional expressivity indicates that they naturally expect others to care about them.

In addition, they have low levels of negative emotional experiences (Kerr et al., 2003). This may imply that unlike anxious and avoidant individuals, secure individuals usually receive the care they are looking for and show constructive responses such as negotiation and expression when expressing negative emotions like anger and sadness (Feeney, 1995; Guerrero et al., 2009). Hence, secure representation of attachment is both related to constructive communication within the dyadic relationship and competence in depending on the extended network (Dainton, 2007; Guerrero et al., 2009).

So far the importance of expression of discrete emotions in terms of relationship functioning and satisfaction has been highlighted. The reviewed literature suggests that attachment anxiety and avoidance are related to experience and expression of different kinds of emotions. Guerrero and colleagues' (2009) study is very innovative in terms of studying the relationship between attachment styles and expression of sadness and anger. They found that attachment anxiety was positively associated with both passive and active expressions of anger. However, they did not discern the factors that could explain both anxious and avoidant individuals' ambivalence in expressing different kinds of emotions. For example, it is not clear under which conditions anxious and avoidant attachment are related with active expression of negative emotions like yelling and under which conditions attachment dimensions are associated with passive expression of negative emotions like withdrawal. Moreover, the relationship between attachment dimensions and guilt expression has not been studied in the past studies. The current study aims to reveal how anxious and avoidant partners express guilt during couple interaction. Furthermore, although Guerrero and colleagues included partner effects in emotional expression, they did not take into account the actor effects in the observed relationship. Considering that past studies have shown the importance of the actor's individual characteristic (i.e., actor's attachment dimension) in understanding individual differences in emotional expression besides the partner effects, both actor and partner effects will be extensively examined in the current study.

In the present study, it is proposed that the attachment dimensions of both partners in an interaction have an effect on emotions and outcome behaviors. Although individuals bring their own qualities into their relationships, partners' behaviors are reciprocally related (Agnew & Etcheverry, 2006; Rusbult et al., 2001). Thus, not only the "self" (or actor), but also the "partner" and the interaction effect between actor and partner are imperative in analyzing the couple data and trying to see the complete picture of dyadic process in conflictual situations. Moreover, attachment anxiety and avoidance may have differential effects in marriages, especially in collectivist cultures such as Turkey. Considering that attachment anxiety is more common in collectivist cultures (e.g., Schmitt et al., 2004) and thus can be functional as compared to the individualist cultures, especially wives' anxiety in marital relationships may not be detrimental for the relationship functioning. In addition to examining dyadic level of analysis on married couples, effect of culture and gender on attachment dimensions and emotions will be addressed in the following sections.

1.5 Dyadic Level of Analysis in Conflictual Situations

1.5.1 Couple as a Dynamic System

One's representations of the partner and his/her relationship shape the interaction patterns at the dyadic level (Fincham et al., 2007). Hence, it is almost impossible to completely understand the underlying dynamics of the emotional processes in marriage without taking into account both partners. As argued by Reis, Collins, and Berscheid (2000), although identifying relations between the individual characteristics (e.g., attachment style) and relationship outcomes (e.g., marital satisfaction) are important, it does not give the full picture of the dyadic processes. Specifically, initiation and maintenance of dyadic relationships require both partners, thus only one partner's individual characteristics is not enough to determine the nature of their interaction. Rather, the interaction of both partners' individual characteristics and the social and physical environments in which interaction occurs determine the nature of dyadic interaction. To summarize, taking both partners simultaneously into account and examining the effects of one

partner's affect or behavior on their own outcome (i.e., actor effects) as well as on the his/her partner's outcome (i.e., partner effects) is important.

Reviewed studies suggest that in the dyadic level of analysis, three important factors are critical in predicting the behaviors of partners in relationship conflict. These factors are attachment style configuration of the relationship partners, cultural effects including the gender roles, and duration of the relationship (e.g., Feeney, 1994; Kirkpatrick & Davis, 1994; Mikulincer & Shaver, 2005; 2007;). In the following sections, the effects of these factors will be briefly reviewed and discussed.

1.5.2 Configurations of Partner's Attachment Styles

As presented before, hyperactivating and deactivating strategies are assumed to stem from the internalization of attachment figure's response to the experienced negative and stressful situations, and in turn, that make attachment styles to some extent an individual difference characteristic (Mikulincer & Shaver, 2003; 2007). However, considering that these strategies are associated with sufficient or insufficient response from the partner, hence are acquired through interaction with attachment figures, they are expected to closely link with dyadic aspect of emotional experience and expression in conflictual situations. Hence, including the attachment styles of both relationship partners in studying close relationships can depict a more complete picture in understanding the between person variability in attachment anxiety and avoidance. Majority of previous studies from attachment theory perspective have generally concentrated on one partner's attachment style and its effects. Collins and Read (1990) argued that in dyadic relationships, one partner's attachment style acts as a filter determining how the other partner and the partner's behavior are perceived, it is important to discern whether there are qualitative differences in relationship outcomes between couples having partners with different attachment styles. In that sense, it is imperative to study the compatibility of attachment patterns of partners in intimate relationships.

People seem to select partner on the basis of compatibility and/or verification of their mental models of attachment. For example, avoidant individuals may tend to select avoidant partners in order not to experience problems in intimacy issues, and so, they easily keep distance with their partners. Alternatively, they might choose anxious/ambivalent partners to verify and validate their expectations that partners are depending and demanding. Recent studies have yielded evidence for partner similarity of attachment security (e.g., Collins & Read, 1990; Feeney, 1994; Senchak & Leonard, 1992; Volling, Notaro, & Larsen, 1998). However, studies also suggest that anxious-ambivalent partners rarely matched with ambivalent partners and avoidant-avoidant pairings were also rare (Kirkpatrick & Davis, 1994; Senchak & Leonard, 1992; Sümer, 2000).

When both partners have anxious attachment styles they may have high risk for experiencing dysfunctional behaviors and detrimental relationship outcomes. Actually, the partners' insecurities may cause them to have a vicious interactive cycle that makes their relationship problems difficult to solve (Feeney, 1994). The partners in these insecure dyads, especially when both partners have anxious (preoccupied) style, continually seek closeness from each other, excessively concentrate on their own insecurities, and use their efforts to control their partner's behavior (Mikulincer & Shaver, 2007). As a result, they may become even more distressed and they may turn again in vain to their relationship to reduce this aggravated distress. However, researchers overall have found that secure-secure dyads is higher in the population and both anxious-anxious and avoidant-avoidant dyads are very rare in dating and marital relationships. Insecure dyads seem to mostly consist of anxious women and avoidant men which are consistent with gender roles (Kirkpatrick & Davis, 1994; Senchak & Leonard, 1992; Volling et al., 1998). In that sense, the lack or infrequency of both insecure couples may suggest that these relationships are more likely to prone to dissolution. Future studies should explore this issue in detail.

It is obvious that secure-secure dyads have a number of advantages in their relationships. Senchak and Leonard (1992) found that marriages in which both

partners were securely attached displayed greater marital satisfaction and perceived more intimacy in their marriages than couples in which one or both partners were insecurely attached. These couples also demonstrated more favorable evaluations of their partner. Although Senchak and Leonard's study is important in terms of understanding the dynamics of dyad pairings, it is limited because this study only assign couples into one of three groups, "secure", "mixed" (one insecure and one secure partner) and "insecure".

Tucker and Anders (1998) found that during interaction, secure couples were perceived as being more *"in love"* than insecure-insecure and insecure-secure couples by independent observers. Similarly, Volling and colleagues' (1998) study on married couples that had one-year-old infants found that secure dyads reported loving their partners more and feeling less ambivalent about their relationships than couples in which both spouses were insecure. Secure dyads also reported having more attachment relationships with others in their social network, and being more competent in their parenting roles than insecure dyads.

Secure relationship partner can mitigate the negative and destructive effects of a potentially insecure partner. For instance, couples in which at least one partner was secure scored higher in marital functioning (Volling et al., 1998) and reported more positive emotions in conflictual situations than couples in which both partners were insecure (Paley et al., 1999). Additionally, research has illustrated that the partners of insecure individuals reported less commitment to their relationship than the partners of secure individuals (Kirkpatrick & Davis, 1994; Simpson, 1990). However, these studies have not identified the influence of specific insecure types or specific combinations on relational outcomes.

The recent studies taking into account both partners' attachment dimensions have shown how attachment insecurity predicts own or partner's relationship functioning. For instance, Kane et al. (2007) found that both anxious and avoidant partners were less satisfied in their relationships in part because they perceived their partners as less effective caregivers. Specifically, women reported less satisfaction when their partners were highly avoidant since women perceived their avoidant

partners as poor caregivers. Men also perceived their anxious partners as poor caregivers, which in turn decreased their relationship satisfaction. In a similar vein, Monin, Feeney, and Schultz (2011) examined how people perceive, interpret, and react partners' anxiety expression and how this affects care-giving effectiveness in dating and marriage relationships. They found that while anxious people were more likely to perceive partners' expression of anxiety and they feel more personal distress, avoidant people were less likely to perceive partners' anxiety expression and they feel more anger. Moreover, the relationship between avoidant attachment and effective caregiving was mediated by negative interpretations of partners' anxiety.

Besides specific attachment style combinations of partners, gender and cultural differences in attachment orientation may have critical effects on relationship outcomes. In other words, attachment avoidance and anxiety are expected to have different effects on relationship outcomes depending on gender (role) of the partner and the cultural context (individualist or collectivist/relational).

1.5.3 Gender and Cultural Effects on Attachment

Women's attachment insecurity in relationships may be more critical for relationship functioning since they are more relationally oriented than men (Gilligan, 1982). Actually, Senchak and Leonard (1992) found that secure couples involved in less withdrawal and verbal aggression during relational interactions than couples, in which both partners were insecure or only the wife was insecure. Moreover, Simpson et al. (2002) found that women with secure attachment representations provided more support when their partners sought more support and they provided less support when their partners sought less support. However, Kobak and Hazan (1991) did not find any moderating effect of gender on attachment insecurity in marital interaction. Specifically, they found that secure husbands and wives handle conflictual issues more constructively than insecure couples. Both husbands and wives' insecurities were found to be associated with wives' dysfunctional displays of anger in conflict situations.

Past studies on couple interactions reveal that although some attachment qualities are gender independent to further influence relational outcomes, some other partner attachment qualities interactively determine the outcome based on gender. For example, Feeney (1994) found that in couples, one spouse's anxiety was positively associated with their partner's anxiety and it was negatively associated with their partner's comfort. Yet, some gender specific interaction qualities were also identified in Feeney's study. Specifically, husbands' anxiety level was negatively related with both wives' and husbands' marital satisfaction and this finding was independent of the wives comfort with intimacy. However, anxiety level of wives negatively affected both own and their husbands' marital satisfaction only if their husband was uncomfortable with intimacy. In a similar vein, Sümer (2000) found evidence showing that wives' security was more critical than husbands' security in marital relationships. Specifically, wives' security alleviated the negative effect of husbands' insecurity, whereas the security of the husband was not predictive of marital satisfaction. When mixed secure-insecure couples were examined, if wife was securely attached and husband was insecurely attached they were similar to both secure partners. However, when the wife was insecure and husband was secure, they were more likely to similar to both insecure partners.

Attachment literature suggests that certain combination of partners' attachment styles can be more detrimental for intimate relationships than the others via creating destructive interpersonal behavioral cycle. Roberts and Noller (1998) found that the combination of a couple in which one partner, either wife or husband, is anxious and the other partner is avoidant amplified the effects of each partner's tendency to act violently against the partner. Combination of an anxious person with an avoidant partner generally produces *destructive pursuit/distancing* or *demand/withdrawal* patterns (Mikulincer & Shaver, 2007).

In demand-withdraw pattern, one partner demands, and the other withdraws. Withdrawal of the partner results in more intense demands from the other, and that is followed by increased withdrawal of self from the other (Christensen & Heavey, 1990). From an attachment theory perspective, the anxious partner's needs and

demands for intimacy and fear related with abandonment aggravate the avoidant partner's withdrawal tendencies (deactivation). In turn, avoidant partner's wish for and attempt to distancing behaviors and their lack of response intensifies anxious one's proximity seeking attempts and need for closeness (hyperactivation). As a consequence, behavior patterns of partners negatively reinforce the other, they tend to be abusive and violent, and they are also dissatisfied from their marriage (Feeney, 1994; Mikulincer & Shaver, 2007).

Alternatively, interpersonal behaviors that are congruent with the socially accepted traditional gender roles, even though they are conflictual, may be functional in the relationships. Kirkpatrick and Davis (1994) conducted a three year longitudinal study and found that although romantic couples matched with anxious women and avoidant men experienced high levels of distress, they had created relatively stable relationships. This result was also replicated with dating couples (e.g., Collins & Read, 1990; Simpson, 1990). Attachment anxiety may result in less harmful effects on relationship when it is experienced by women because clinging and demanding behaviors of females are not inconsistent with gender stereotypes (Feeney, 1994).

Although couples with gender typical attachment style combinations may experience certain relationship problems, the ones with gender atypical combinations are more likely to experience more damaging problems in their relationships. Women are generally accepted as experts in relationship management and couples with avoidant female partners may be more prone to experience relationship problems. Kirkpatrick and Davis (1994) argued that women are *"the maintainers and breakers of relationships"* (p. 510). They showed that when compared with anxious or secure women, avoidant women have necessary skills to maintain their relationships to a lesser degree. Thus, couples with avoidant wife had the higher risk for relationship dissolution. This finding also suggests that romantic or marital relationships with avoidant wives (either their partner being secure or anxious) might experience more relational difficulties and be more at risk for relationship dissolution than couples with avoidant husband (either their partner

being secure or anxious). For example, in the study of Volling et al. (1998), avoidant husbands married to secure wives were found to be more depressed and less integrated to their social networks outside the family than secure husbands married with either secure or avoidant wives. However, avoidant husband and secure wife dyads reported higher levels of reciprocal love for one another. Conversely, the love experiences are not reciprocal in marriages with secure husband and avoidant wife that may further deteriorate relationships. Studies showed that although, secure husbands loved their avoidant wives, avoidant wives did not love their secure husbands any more than insecure wives married to insecure husbands. Above all, the couples with most gender atypical combination of attachment styles, namely males being anxious and females being avoidant, may be prone to experience the most dysfunctional relationship difficulties. It was shown that couples matched with anxious men and avoidant women had the highest breakup rates during the 3 year study period (Kirkpatrick & Davis, 1994). Consistently, Feeney and Noller (1996) argued that relationship distress was more pronounced by couples matched with anxious men and avoidant women.

Although aforementioned studies have documented evidence for the harmful effects of gender atypical combinations on marital satisfaction when compared to gender typical combinations, there exist also conflicting findings. Recently, Collins, Cooper, Albino, and Allard (2002) found that although attachment avoidance decreased satisfaction for both women and men, the effect was greater for women when they were coupled with avoidant husband. Other studies also replicated these findings by showing that men reported less satisfaction when their wives were anxious and women reported less satisfaction when their husbands were avoidant (Banse, 2004; Collins & Read, 1990; Kane et al., 2007; Simpson, 1990). In another study, Brassard Lussier, and Shaver (2009) investigated the mediating role of perceived conflict in the relationship between attachment dimensions and couple satisfaction. They found that, in terms of actor effects, partners' own attachment anxiety and avoidance predicted their own perceptions of conflict. However, partner effects reveal differences in these perceptions. Such that, although wives' anxiety

was related with husbands' reported conflict, husbands' avoidance was related with wives' experience of conflict only, this is consistent with previous studies conducted in Western cultures.

In Western cultures, attachment anxiety seemed to be associated with more frequent and higher intensity of relationship conflict than secure and avoidant attachment (Banse, 2004; Collins et al., 2002; Creasey et al., 1999), and much of this conflict is driven by basic insecurities about love and abandonment issues (Feeney, 2008). These findings seem to suggest that besides the effect of gender, culture can be another key factor in explaining observed differences. Specifically, although attachment anxiety is relatively more common in collectivist cultures where interdependence is valued and highlighted, attachment avoidance is more prevalent in individualist cultures (Schmitt, Alcalay, Allensworth, Allik, Ault, Austers, et al., 2003; 2004; Sümer & Kağıtçıbaşı, 2010). Therefore, women's anxiety may not be more detrimental than their avoidance in collectivist cultures since anxiety can be considered as culturally congruent in collectivist cultures. Emotional interdependence and interpersonal validation were valued in the Turkish cultural context, (Kağıtçıbaşı, 2007) and expectations from wives were more traditional and gender stereotypic in collectivist cultures. Thus, emotional distance, independence, and unresponsiveness to the husbands' needs are conflicting situations and wives' attachment avoidance can be especially maladaptive for marriage quality in Turkish culture (Harma, Sümer, & Hazan, 2012).

Therefore, although wives' anxiety and husbands' avoidance are more strongly associated with relationship problems in Western cultures, wives' avoidance and husbands' anxiety might be more problematic in collectivist cultures. Supporting this cultural point of view, recent studies have found evidence for the adverse effects of culturally incongruent patterns of attachment on relationships functioning. For instance, Harma and his colleagues (2012) investigated the relationship between attachment dimensions and relationship satisfaction and conflict in a large sample of Turkish married couples. They found that gender incongruent attachment dimensions had more detrimental effects on relationship

outcomes, thus highlight the importance of culture on relationship functioning. More specifically, wives' avoidance rather than husbands' avoidance was more strongly related with marital conflict and attachment anxiety of husbands increased marital conflict more than wives' anxiety. In terms of marital satisfaction, attachment avoidance rather than attachment anxiety seemed to be especially maladaptive for Turkish married couples. In a similar direction, Friedman, Rholes, Simpson, Bond, Diaz-Loving, and Chan (2010) investigated the effects of attachment avoidance on dating relationship outcomes in both collectivist and individualist cultures. They found that although attachment avoidance had deleterious effect on relationship satisfaction both in collectivist and individualist cultures, the association between avoidance and relationship problems (e.g., heightened conflict, less perceived support and investment, and poorer relationship satisfaction) was stronger in collectivist cultures (i.e., Hong Kong and Mexico) than individualist one (i.e., US) while controlling for participants' age and relationship length.

In conclusion, aforementioned studies suggest that gender and culture may have critical effects while studying the effects of attachment system on relationship maintenance and satisfaction. The majority of previous studies in this arena have been conducted in North American or Western European cultures. Since attachment functionalities differ across cultures (Schmitt et al., 2003; 2004), and culture can exert an important role in understanding the interplay between attachment dimensions and couple functioning.

1.5.4 Duration of the Relationship

Duration of relationships, especially transition to marriage, can also play a role via strengthening and accommodating the attachment orientations of partners. In a study using the dyadic level of analysis, Davila, Karney, and Bradbury (1999) found that if partners evaluated their relationships in a positive way, both partners managed to acquire a more secure attachment style regarding their relationship through transition to marriage. In line with the findings of Davila and colleagues, Feeney (1994) found that, couples who were married for up to 10 years showed

higher levels of anxiety than couples who were married for more than 20 years. Feeney argued that long-term relationships might decrease the detrimental effects of attachment anxiety. In other words, anxious state of mind in the beginning of the relationship may become relatively secure during long-term relationships. Yet, making inferences about the results of these studies require caution in determining causal assumptions. Specifically, it may be that anxious individuals become more secure through years of relationship due to the fact that the current relationship provides the support required and this may alter their insecurities into securities or that they become more secure since through years the chances to exit from a relationship decreases.

In conclusion, the early years of marriage are especially susceptible to the effects of attachment style of couples (Feeney, 1994). In fact, Davila et al. (1999) found that individuals became more secure over time in marital relationships. Similarly, it was also found that over time, marriages become increasingly positive and more affectionate, a finding that is attributed in part to the partners becoming more similar to each other with increasing age (Cartensen, Gottman, & Levenson, 1995; Levenson, Cartensen, & Gottman, 1993). Thus, in order to discern the effects of attachment dimensions, the present study includes the spouses who are in the early years of their marriages.

1.6 Summary of Purposes and Research Hypotheses of the Study

The main aim of the current thesis is to tie two areas of research, namely attachment and emotion and to examine the interplay between attachment dimensions and experience and expression of emotions in predicting marital adjustment by including both actor and partner effects.

In order to fulfill this aim the dissertation includes two main parts. The first part aims to reveal how people experience and express their emotions in Turkish culture. Specifically, the aim is to examine what kinds of emotions people experience towards their partner during conflictual situations and also how they react to these specific kinds of emotions in marital relationships. There seems to be

various ways of experiencing, regulating, as well as expressing emotions in different cultures depending on the meanings attached to these emotions and associated values and social norms. Therefore, in the next chapter both qualitative and quantitative studies are presented. The aim of the qualitative study is to identify whether there are culture-specific emotions and/or emotion expressions arising during marital conflicts in Turkish culture. The aim of the quantitative study is to adapt Guerrero's (1994; Guerrero and her colleagues 2008; 2009) three scales measuring anger, sadness, and guilt expression in close relationships into Turkish. Such a procedure will enable to capture potential emotional expressions in conflictual situations in the Turkish cultural context. Depending on the results of the pilot studies, the main study was conducted by using the culture-specific emotion expression scales that were retrieved from the first two pilot studies. The research questions regarding the pilot studies are as follows:

RQ 1: What are the most prevailing emotions that married couples experienced most often when they had conflict with their partners?

RQ 2: Whether there are culture specific conflict areas among Turkish married couples that lead to the feelings of anger, sadness, and guilt?

RQ 3: How do Turkish married couples express their anger towards the partner during conflict?

RQ 4: How do Turkish married couples express their sadness towards the partner during conflict?

RQ 5: How do Turkish married couples express their guilt feelings towards the partner during conflict?

RQ 6: Whether or not Guerrero's (1994; Guerrero and her colleagues 2008; 2009) three scales measuring anger, sadness, and guilt expression in close relationships are applicable to Turkish context?

Past studies have provided abundant evidence about how individuals perceive themselves, others, and their relationships are mainly determined by their

working models of attachment. In close relationships, attachment working models also determine the capacity for trust, and intimacy, as well as the exhibition of particular behaviors in conflictual and distressful situations (Feeney, 2008; Mikulincer & Shaver, 2007). Previous findings summarized above highlight the importance of reciprocity between individual attachment working models in dyadic relationships. In other words, attachment dimensions of both partners interact to predict relationship quality. Previous studies showed a significant association between attachment security and relationships satisfaction (e.g., Harma et al., 2012; Kane et al., 2007). Thus, the first hypothesis aims to replicate the findings of the previous studies by investigating the relationship between attachment dimensions and marital adjustment of couples. Furthermore, considering that emotional interdependence, closeness, interpersonal validation, and relationship harmony are more highlighted in the Turkish cultural context, (Kağıtçıbaşı, 2007; Sümer & Kağıtçıbaşı, 2010), attachment avoidance, rather than attachment anxiety, is expected to be strongly and negatively related with marital adjustment.

H 1: Attachment anxiety and avoidance of wives and husbands would predict marital adjustment of couples negatively.

H 1a: The effects of attachment avoidance would be stronger than the effects of attachment anxiety while predicting marital adjustment of couples.

The strong relationship between attachment dimensions and/or styles and relationship satisfaction raises questions about the potential mediators and/or moderators involved in this association. For instance, what do avoidant people do different or similar to anxious people that decrease relationship satisfaction? Past studies have tried to explore the potential variables that could account for the relationship between attachment and relationship functioning. These studies found that mutual negotiation of conflict (Feeney, 1994), negative affectivity (Davila et al., 1998), psychological distress, social support (Meyers & Landsberger, 2002), attributions for negative partner behavior (Collins et al., 2006; Sümer & Cozarelli, 2004), tendency to forgive (Kachadourian, Fincham, & Davila, 2004), sexual satisfaction (Birnbaum, 2007), emotional communication (Guerrero et al., 2009),

perceptions of partner care (Kane et al., 2007), perceived conflict (Brassard et al., 2009) are potential mediators and/or moderators of the relationship between attachment and relationship functioning.

The current study aims to examine the role of emotional experience and expression as potential mediators of the relationship between attachment dimensions and marital adjustment. As mentioned previously, negative emotionality is strongly related with marital satisfaction and dissolution. Emotions are also central to attachment theory and attachment theory makes specific arguments regarding how different attachment styles are related to experience and expression of negative emotions (see Cassidy, 1994; Mikulincer & Shaver, 2007). Thus, attachment theory would provide a better understanding on how attachment security is related with emotional experience and expression, and in turn, how it affects marital satisfaction.

Previous studies revealed that although attachment anxiety was positively associated with experiences of anger, sadness, and guilt, attachment avoidance was positively associated with experiences of anger (e.g., Consedine & Fiori, 2009; Consedine & Magai, 2003; Creasey & Hesson-McInnis 2001). However, the mediating role of emotional experience by including both actor and partner effects has not been explored yet in the previous literature. By including both partners, it is aimed to reveal how anxious and avoidant partners feel during conflictual situations and how these emotions affect marital adjustment. Based on the reviewed literature, the following hypotheses are proposed (see Figure 1).

H 2: Emotional experience would mediate the relationship between attachment dimensions and marital adjustment of couples.

H 2a: Attachment anxiety would be positively associated with anger, sadness, and guilt.

H 2b: Attachment avoidance would be positively associated with anger, and negatively associated with sadness and guilt.

Besides that, how couples express specific types of emotions in conflictual situations is another key concept in close relationships to enhance the quality of marital relationships. Satisfied and dissatisfied couples differ in terms of emotional expression (Gottman & Levenson, 1986; Gottman et al., 1977). At that point, it is important to determine what factors explain which strategy will be used in expressing specific emotions in conflictual situations. However, relatively little research has investigated how individuals with different attachment orientations respond to the emotions of anger, sadness, and guilt in the literature. As stated previously, anxious people generally put pressure on their partner to attain their needs for closeness and intimacy and are hypervigilant to the relationship problems (Mikulincer & Shaver, 2007). Past literature provides evidence that anxious individuals are more likely to use dominative and distributive style while expressing their anger (Guerrero et al., 2009; Mikulincer & Shaver, 2007). However, their fear of abandonment and high rejection sensitivity may sometimes lead them to withdraw from the conflict (Feeney, 1995; 1998). In terms of sadness expression, attachment anxiety is generally related with emotional ups and downs and may reflect both active/destructive and dependent behavior patterns while expressing their sadness (e.g., Guerrero et al., 2009).

Whereas anxious people cope with conflict in line with their hyperactivating strategies, avoidant individuals handle conflict in line with their deactivating strategies. Avoidant people do not activate attachment-related needs and prefer to withdraw from conflict rather than actively engaging in discussion (Mikulincer & Florian, 1998). Therefore, deactivation of the attachment system leads avoidant individuals generally repress their negative emotions and deny their needs for intimacy because of their negative model of others. However, when avoidant individuals could not escape from conflictual situations, they might show dominating behaviors toward their partners. Indeed, they are more likely to employ domineering strategies to end the discussion quickly (Creasey & Ladd, 2005). Past studies have provided both withdrawal and active/destructive behavior patterns of avoidant people while expressing their anger and sadness (e.g., Guerrero et al.,

2009; Lafontaine & Lussier, 2005). These behaviors are consistent with their negative model of others and narcissistic confidence in their self views (Mikulincer & Shaver, 2007).

Although past literature provided evidence regarding how anxious and avoidant people express their anger and sadness in conflict situations by including only actor effects, the relationship between guilt expression and attachment dimensions have not been studied yet. Although there is evidence that feeling guilty is more related with attachment anxiety rather than attachment avoidance (Consedine & Fiori, 2009; Consedine & Magai, 2003), considering both actor and partner effects it is not clear how anxious and avoidant people express these feelings towards their partners. While expressing their guilt after a conflict; anxious people might use apology and explanations towards the partner because of their negative model of self. While expressing their guilt after a conflict, attachment avoidance may be positively associated with denial because of their positive model of self. Based on these arguments, the following hypotheses are proposed and the full model for emotion expression is presented in Figure 2.

Furthermore, the potential moderating effects of attachment dimensions of wives and husbands on emotional experience and expression and marital adjustment and satisfaction will also be investigated.

H 3: Anger expression would mediate the relationship between fundamental attachment dimensions and marital adjustment of both couples.

H 3a: Attachment anxiety would be positively related with reported use of destructive anger expression (the strongest relationship) in both active and passive ways and avoidant aggression.

H 3b**:** Attachment avoidance would be positively related with reported use of avoidant aggression (the strongest relationship) and destructive anger expression in both active and passive ways.

H 4: Sadness expression would mediate the relationship between attachment dimensions and marital adjustment of both couples.

H 4a: Attachment anxiety would be positively associated with negative expression of sadness and social support seeking and dependent behavior.

H 4b: Attachment avoidance would be positively related with negative expression of sadness and negatively associated with social support seeking and dependent behavior.

H 5: Guilt expression would mediate the relationship between attachment dimensions and marital adjustment of couples.

H 5a: Attachment anxiety would be positively related with apology and explanations while expressing guilt during marital conflict.

***H 5b*:** Attachment avoidance would be positively related with denial while expressing guilt during marital conflict.

H 6: Husbands' attachment dimension would moderate the relationship between wives' attachment dimension and all outcome variables of couples.

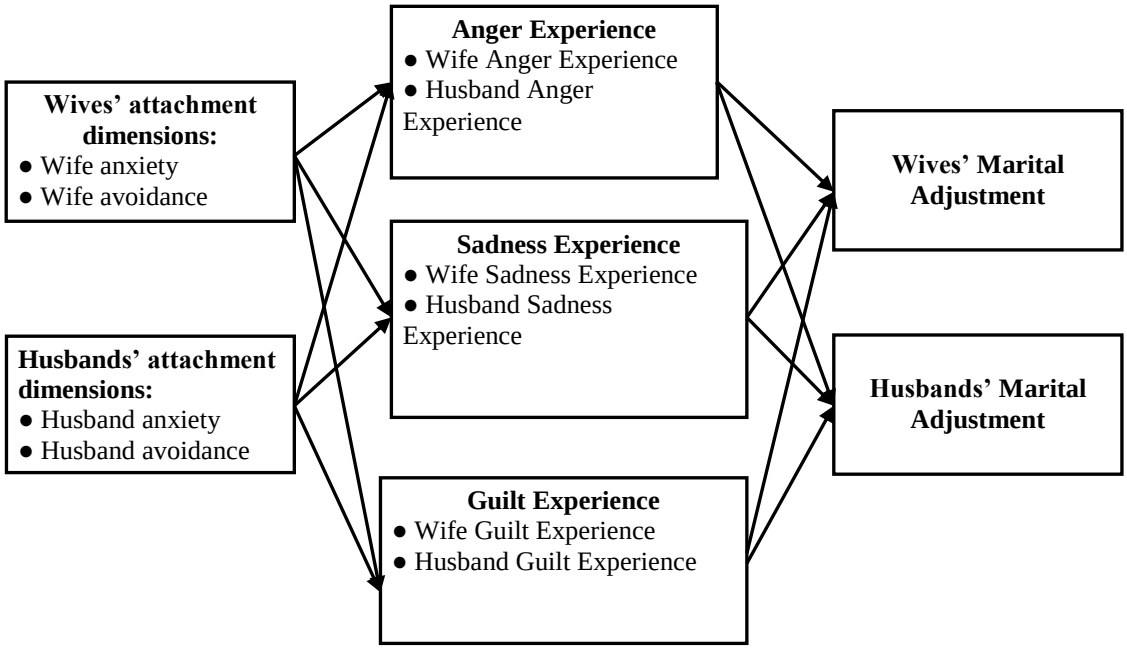


Figure 1. *The Proposed Model for Mediating Effects of Emotional Experience*

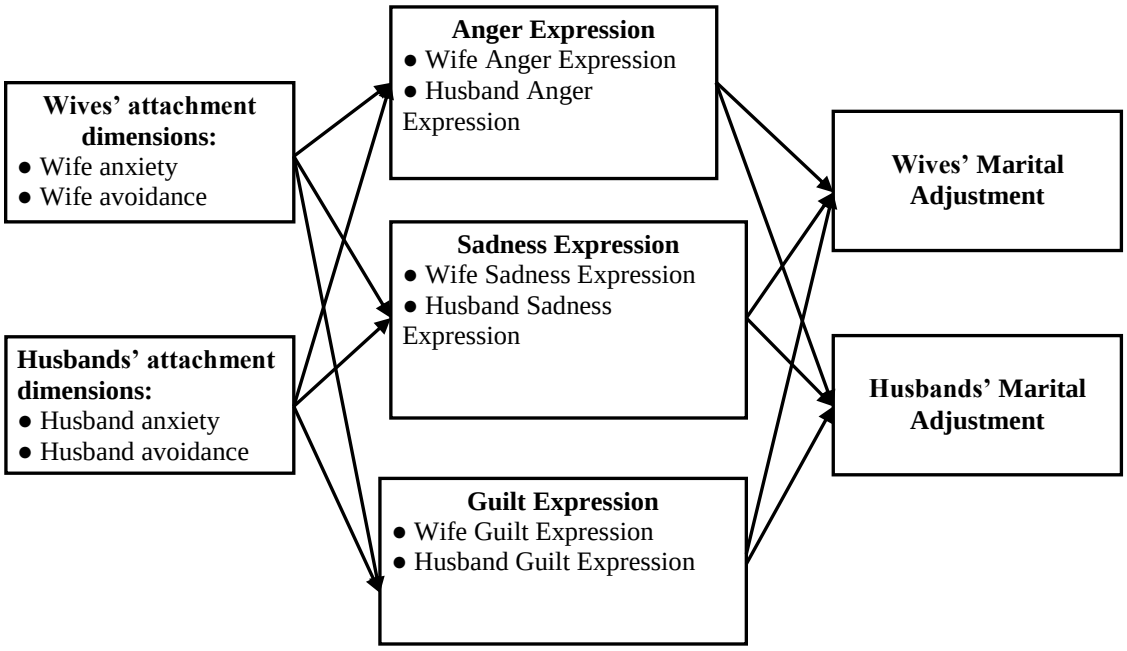


Figure 2. *The Proposed Model for Mediating Effects of Emotional Expression*

CHAPTER II

PILOT STUDIES

2.1 Introduction

The main purpose of this chapter is to reveal how people experience and express their emotions in Turkish culture. Specifically, the aim is to examine what kinds of emotions people experience towards their partner during conflictual situations and also how they react to these specific kinds of emotions in marital relationships.

Whether expressed emotions and behaviors related to the experienced emotions vary in different languages can be critical factor in relationship functioning. Russell (1991) argued that although English is commonly used as a standard of comparisons in the literature, some other languages may not have equivalent corresponding words used in English or vice versa. However, in the literature, researchers generally prefer to translate the scales in different languages and/or to adapt the scales in different cultures by using the same scoring procedures according to the norms derived in the original culture. However, it does not guarantee that the instrument would give reliable and valid results of a given concept in that different culture; on the contrary, it might produce ambiguous or false interpretations for the data collected. Obtaining different factor structures on the same measure in different cultures may also stem from the translation or language equivalence limitations. English may not offer an adequate meaning of words or situations that are applicable to all other languages. Therefore, using qualitative analyses in studying emotions in a given culture can be imperative to capture culture specific ways of experiencing and expressing emotions. In other words, researchers should document valid principles that portray behaviors in one

culture and should identify the behavior patterns that might be similar in both cultures and those that might vary among cultures.

Consistently, Brislin (1976) specifies the *core items,* which are meaningful, answerable, and relevant to all cultures, and also the *culture specific items,* which might be different for all cultures and tap important aspects of the culture under study. Comparing emotions cross-culturally requires identifying both core and culture specific items. For example, the Japanese word *amea* including feelings of being lovingly cared for and dependent on another's indulgence doesn't exist in Western cultures. However, it is an important other-focused emotion that defines the mutual interdependence between two people (Markus & Kitayama, 1991). Considering that such culture-specific emotions may exist and influence the expression of emotions, the goal is to investigate whether people in marital relationships differ in their experience and expression of emotions in conflictual situations in the Turkish cultural context. Relevant literature on the cultural variations in emotions will be summarized below before stating the specific expectations.

2.1.1 Emotion and Culture

The research on emotions has been a great concern in many different cultures since emotions play a significant role in defining the self, coping with relationships, and managing behaviors in many social settings (Kitayama, Markus, & Matsumoto, 1995). One of the main research areas in psychology is how individuals differ in their experiences and regulation of their emotions. Thompson (1994) suggests that the experience and expression of emotions as well as its regulation are inseparable aspects of emotion processes affecting each other. Both proximal context, such as parents and family and distal context, such as social environment and culture have critical effects on the development of emotion regulation through childhood (Saarni, 1990; Thompson, 1994).

The effect of culture in the experience and expression of emotions have been studied by focusing on different micro distal contexts, such as social

environment, antecedent situations, overt behavior, and culture specific ways of both experiencing and expressing emotions. Mesquita and Frijda (1992) argued that findings from the different research traditions should be combined to have an integrated and comprehensive view of universal and cultural nature of emotions by focusing on the micro distal contexts. These researchers have tried to integrate different research areas on emotions in their detailed review and have concluded that different event types or schemas, culture specific appraisal, predispositions in behavior patterns, and regulation processes seem to be the main determinants of the differences between cultures. Specifically, the researchers explained seven consecutive processes in the experience and expression of emotions; namely, (1) antecedent events, (2) event coding, (3) appraisal, (4) physiological reaction patterns, (5) action readiness, (6) emotional behavior, and (7) regulation. They also argued that culture has important effects on all of these processes. First of all, the range of events that people show emotional sensitivity in part depends on one's culture. Then, these events are coded in particular ways and these particular codings give rise to differences in the appraisal processes. People consider both their subjective well-being and their ability to manage events in the appraisal processes. Since emotions also include physiological changes, emotional experience is highly affected by not only the appraisal process but also the degree of expectations of physiological changes. Available readiness for the modes of action may differ depending on individual's or group's characterization, which determine the acceptable action tendencies in any given situation. The culture influences the way we perceive and handle emotions as well as the action tendencies in each step throughout these processes. These action tendencies then are expressed through different behavior patterns including facial and vocal expressions. In fact, culture determines the acceptable latitude of behavioral patterns and their effectiveness in a given situation in line with their values and norms.

According to Mesquita and Frijda (1992) the culture not only determines how one experiences emotion and the associated behavioral tendencies, but also the routes for emotion regulation. In fact, social experiences, cultural values, and norms

are the main guidelines for teaching people how to regulate their emotions. There exist both similarities and differences in all of the processes of experiencing and expressing emotions. Regarding cultural similarities, there is a set of universal emotional reaction modes, such as the response inhibition and expression control as well as specific coping responses (e.g., fight and flight strategies) including facial expressions, voice intonations, and physiological response modes. For instance, profound events like the loss of close ones or rejection from a social group may not only create similar emotions but also be appraised and responded similarly in majority of the cultures.

Regarding cultural differences, a great variation has been shown in the emotion regulation process (Mesquita & Frijda, 1992). Individuals demonstrate differences in recognizing events depending on the specific norms and values attached to these events in their cultures. In turn, they lead to differences in how they code the event, and eventually leading to differences in the appraisal, behavior modes, and regulation of those events. For instance, in a culture where positive emotions are valued, people may be more alert to positive emotions, may look for situations that boost positive feelings, and also may stay in positive situations longer. When a given situation emphasizes the inappropriateness of positive feelings, people may suppress their positive feelings and avoid positive situations. In sum, both a universal and culture-specific patterns of expressive behaviors can be seen depending on the nature of the event and the specific norms and values in a given culture.

There are a number of studies emphasizing the cultural differences in the emotional responses and behavior patterns during the evaluations of events (e.g., Mauro, Sato, & Tucker, 1992; Russell, 1991; Semin, Görts, Nandram, & Semin-Goossens, 2002). For instance, Mauro et al. (1992) propose at least three factors about how cultures differ in terms of emotional responses to a particular event. First, various meanings may be attributed to the same events in different cultures. Since people evaluate the same events differently in different cultures, their emotional responses could also vary. Second, different emotional responses may

result in different evaluations by the members of another culture. For example, a person may feel guilty when he/she exerts a great deal of control over events; however similar perceptions of control may not evoke guilt in a person from a different culture. On the contrary, having little control over events might cause guilty feelings for the person in that culture. Third, cultures may vary in terms of responses related to the emotional states. More specifically, individuals from different cultures may evaluate the same events in a similar way and may feel the same way but their expressions may be dissimilar.

A variety of cultural differences were found in both facial and vocal experience and expression of emotions in empirical studies (e.g., Jack, Caldara, & Schyns, 2011; Matsumoto, 1992; Novin, Rieffe, & Mo, 2010). More recently, Novin et al. (2010) examined the role of individualistic vs. collectivistic goals and presence of an authority figure (father vs. peer) on emotional experience and expression of Dutch and Korean children. The researchers found that although emotional experience did not change between cultures, emotional expression were different in these cultures. Specifically, the presence of an authority figure in a hypothetical situation affected how Korean children expressed their negative emotions verbally. Although Korean children felt more intense negative emotions than Dutch children, they exhibited more pro-social behaviors than Dutch counterparts in the presence of a father-figure. While expressing negative emotions they were more cautious in both father and peer conditions. In another study, Tsai, Levenson, and McCoy (2006) investigated the effects of cultural and temperamental factors on expression of emotions. They observed the emotional responses of European American and Chinese American dating couples during conversations on conflict topics in their relationships. They found that culture rather than the temperament had greater impact on emotional responses than emotional experiences. Specifically, they found that European American participants expressed more positive and less negative emotional behavior during their conversations with their partners as compared to Chinese American couples. They

further found that cultural values and practices rather than temperament mediated the differences in emotional behavior.

Eid and Diener (2001) also found that there are different norms for the experience and expression of various emotions in between and within cultures. In their work, the main difference was found in emotions of pride and guilt between different nations. Accordingly, individuals in individualistic cultures gave more importance to pride, whereas individuals in collectivistic cultures were more likely to believe that guilt was more important. Eid and Diener also noted that their results showed that grouping emotions as either positive or negative detached from the cultural context might be misleading since an emotion that was considered as positive in one culture might be considered as negative in another culture. Similarly, Mesquita (2001) investigated the differences between emotions in individualist (i.e., Dutch people) and collectivist individuals (i.e., Surinamese and Turkish people) living in the Netherlands. Respondents were compared in terms of different emotion components, namely, concerns and appraisals, action readiness, social sharing, and belief changes. In general, results revealed that people in collectivist cultures appraised emotions more obvious and shared more by others as compared to individualist cultures. Additionally, collectivist individuals were higher on action readiness and social sharing of emotions than individualist people. Thus, Mesquita argued that emotions were shaped and expressed depending on the ideas and practices of cultures in which they occur.

In sum, people in different cultures can differ substantially in how they experience and express emotions. There seems to be various ways of experiencing, regulating, as well as expressing emotions in different cultures depending on the meanings attached to these emotions and associated values and social norms. Therefore, before quantitatively examining the emotional reactions to conflictual situations in marriage, a qualitative study was conducted to ascertain experienced and expressed emotions that are specific to Turkish culture among married people.

As summarized in the general introduction, Guerrero (1994) defined different ways of expressing anger, guilt, and sadness (cited in Guerrero et al.,

2008). Specifically, Guerrero defined four types of anger expression, namely integrative assertion, distributive aggression, passive aggression, and avoidance/denial. Moreover, after reviewing the related literature they defined four types of guilt expression and five types of sadness expression. Apology/concession, explanations/justifications, appeasement, and denial/withdrawal constitute the four responses to guilt. Positive activity, social support seeking, immobilization, solitude, and dependent behavior comprise five types of sadness expression. The main aim of this study is to extend her work further and to find out whether there are different ways of expressing these discrete emotions (i.e., anger, sadness, and guilt) in the Turkish cultural context.

For this aim, two pilot studies, one using a qualitative and the other a quantitative design have been conducted. The qualitative study was composed of semi-structured interviews about emotional experiences and their expressions during conflictual situations in marital relationships. Thus, it would be possible to identify the culture-specific emotional patterns and use them as additional items in the original study. The aim of the quantitative study was to adapt Guerrero's (1994; Guerrero et al., 2008; 2009) three scales measuring anger, sadness, and guilt expression in close relationships into Turkish by using translation and back-translation technique, and to compare its structure to that of its original structures. Such a procedure would enable to capture all the related emotional expressions in conflictual situations in the Turkish cultural context.

STUDY I

2.2 Method of the Qualitative Study

2.2.1 Participants

Thirty three (21 women and 12 men) married people in their early years of marriage were interviewed using a semi-structured interview technique. The age of the participants ranged between 24 and 45 with a mean of 31.03 (*SD* = 4.52) (*M* age of women = 30.81, *SD* = 4.72; *M* age of men=31.42, *SD* = 4.34). All of the participants had a university degree. The length of the marriages varied between 5 months and 13 years (*M*=3.84; *SD*=3.42 for women, *M* = 2.97; *SD* = 2.05 for men). Of participants, 26 people were working in the public sector and 7 were working in the private sector. Whereas 23 participants had no children, 10 had one child or two children (see Table 2.1).

Table 2.1. Demographic Characteristics of Interviewees

	Women	**Men**	**Total participants**
Number of Participants	21 (63.6%)	12 (36.4%)	33
Mean Age (Range)	30.81 (24-45)	31.42 (27-42)	31.03 (24-45)
Mean Duration of Marriage (Range)	3.84 (5 months-13 years)	2.97 (5 months-7 years)	5 months-13 years
Mean Duration of Dating (Range)	4.52 (6 months-8 years)	3.35(6 months-7 years)	4.09 (6 months-8years)
Occupation			
Public Employee (%)	17 (81% of women)	9 (75% of men)	26 (78.8% of total N)
Private Sector (%)	4 (19%)	3 (25%)	7 (21.2%)
The Number of Children			
No Children (%)	15 (71.4%)	8 (66.7%)	23 (69.7%)
1 child (%)	4 (19%)	4 (33.3%)	8 (24.2%)
2 children (%)	2 (9.5%)	0 (0%)	2 (6.1%)

2.2.2 Procedure and Data Analysis

All participants were interviewed using a semi-structured interview schedule. At the beginning of each interview, the participants were informed about the aim of the study and were ensured about the confidentiality of information they would provide. When necessary, probing questions were asked to improve comprehension. The duration of the interviews was between 30 minutes to an hour. All interviews were audio-taped for transcription. The participants were asked 17 questions in a logical sequence; from more general questions to the specific ones. Specifically, the interviewees were first asked how they defined their marriage in general, how frequently they argued with their spouses, and what kinds of emotions they experienced during these conflictual situations. Following these general questions, they were asked to indicate the specific conflictual situations in which they felt anger, guilt, and sadness towards their partners, respectively. They were also asked how they behaved towards their partners while experiencing each emotion they reported after the conflict. Finally, the participants answered the questions about how their partners reacted to their retrospective behavior patterns, and how they resolved their conflict after experiencing each emotional state, respectively. To sum up, following the general questions, specific questions addressing anger was asked first, and then, it is followed by questions regarding guilt, and finally sadness (see Appendix A).

In the analyses, firstly, all of the taped interviews were transcribed into the written form by the author, and then, the transcriptions were reexamined sentence by sentence. Second, the meaningful sentences or words that seem reasonable in relation to the subject under study were screened and these sentences were identified as thematic units. For each individual interview, the synonymous thematic units across the interviewees were identified and codes were developed accordingly. After coding the thematic units, the main categories were searched in the third step. Specifically, it was investigated that whether the coded thematic units could be grouped under broader main categories. In the fourth step, all the main categories and thematic units under the main categories were reviewed and refined

again to reach a final decision. Then, final decision was achieved and all the themes and main categories were defined and named.

In the final step, in order to achieve the most reliable and valid results, three independent raters also evaluated the adequacy of each thematic unit to the main category. Specifically, these raters were asked to read all the thematic units and to assign each thematic unit to the main categories. Then, whether these main categories were appropriate to cover all of the topics and behavior patterns within the transcribed interviews were discussed between the author and the raters. Inter-rater reliabilities were computed depending on the similarities between the author and the raters on assigning each thematic unit into the same main category.

2.3 Results of the Qualitative Study

2.3.1 Descriptive Information

In the beginning of all interviews, all participants were asked to define their relationship with the partner. Specifically, they were asked whether they were happy or not in their relationship in general and also how often they experienced conflict in their relationships. Almost all the participants reported that they had prosperous relationships with their partners. Although they quarreled from time to time, they indicated that they were satisfied with their relationship in general. Nine participants (27.27%) reported that they experienced conflict rarely like once in a month or in every two months. These people reported that they were highly satisfied with their relationships. However, 72.72% (24/33) of the participants indicated that they often experienced conflict in their marital relationships as frequent as more than once in a week. Seven of them reported that they had conflict more frequently during the first months and/or years of their relationship due to the experienced adjustment problems to their marital relationships.

Participants were also asked that what emotion they experienced most often when they had conflict with their partners. The reports of the 87.88% (29/33) of the interviewees showed that anger was the most prevailing emotion that they felt during their arguments. However, 4 (12.12%) participants mentioned that they felt sadness including disappointment more than anger during conflict. In addition, 11 (33.33%) participants stated that after feeling angry they felt depression and disappointment. Also, they expressed that they felt desperation because they believed that their problems would never be solved. Interviewees were also asked to report whether the conflict with their partner affects their other relationships and/or their daily mood negatively. Results revealed that 19 (57.58%) participants reported that the conflict within their households affected their other social relationships like friendships negatively. They stated that they were not capable of leaving the problems at home and move on with their normal daily lives. On the contrary, they

brought their problems to their jobs and these problems not only spilled on to their relationships with their friends but they also influenced their daily mood negatively. However, 14 (42.42%) participants indicated that they were able to leave their problems at home and to continue their daily lives without thinking about these problems. Further, they argued that nobody could understand that they had problems at home unless they told others.

2.3.2 The General Conflict Areas in Marriages

In order to specify conflict areas in marriages, participants were asked to indicate the conflict topics in general that they had experienced in their relationships. Content analyses results revealed 9 conflict domains and these were named as *different personalities and expectations*, *sharing chores/acting responsibly*, *communication problems*, *intimacy/support*, *extended family*, *children/childrearing issues*, *spending time together*, *privacy/boundaries*, and lastly *addictions* (see Appendix B).

The most pronounced conflict category that the participants reported as the cause of their problem was *different personalities and expectations*. Majority of the participants (19/33, 57.58%) said that they had problems emanating from their different personalities and expectations. Specifically, 10 women (47.62% of women) and 9 men (75% of men) mentioned problems about this category. They thought that they had different personalities and different expectations from their relationship and life in general, and they could not fulfill each other's expectations. The different opinions including religion and political stance, different points of view regarding life, unrealistic expectations from the partner and about relationship as well as different areas of interest caused conflict in their relationship.

The second most pronounced category was *sharing chores/acting responsibly*, which is mainly related to inequality in division of household chores (i.e., not taking the responsibility of the housework promptly) and also adjustment issues emanating from living in the same house. More than half of the participants (18/33, 54.55%) claimed that that they had experienced problems on these issues.

This category was also more pronounced by women than men (13 women, 61.91% of women and 5 men, 41.67% of men). The participants reported that being in a marriage was completely different from being in a dating relationship. When they started to live in the same house, they experienced problems regarding lack of responsibility that marriages required like informing the partner about own activities and including the partner in the decision making process on issues like handling family finances.

The third category was *communication problems* and 12 (36.36%) people reported conflict about this issue (9 women, 42.86% of women and 3 men, 25% of men). In this category, people had problems about resolving differences or communicating about their selves. For example, the partner was not willing to listen to his/her partner or did not desire for more conversation and even shows anger when communicating about petty issues. In addition, participants argued that they had conflicts when their partner behaved in inappropriate ways towards them or hurt their feelings in front of other people. They further complained about the selfish behavior patterns of their partner during conflict that was independent from the topic discussed.

Conflict about *intimacy/support issues* was said by one-third of the interviewees (11/33, 33.33%) and emerged as the fourth most pronounced category. Problems regarding intimacy and support were reported by 8 women (38.10% of women) and 3 men (25% of men). They claimed that their partner did not pay attention to their emotional and sexual needs, and also did not show enough affection, companionship, and love towards them. Further, participants complained about their partner for not being supportive enough when they needed it during crises and for not appreciating them for the thing they did well. Jealousy was another issue that caused conflict between the partners.

Moreover, 9 (27.27%) participants also reported that they had problems regarding *extended family*. Although they did not live under a single roof, the over control of the extended family members on their lives and their marriage led to quarrels in the marriage. If one of the partners gives permission to the extended

family to interfere in to the decisions on their daily lives and affairs, the other partner feels frustrated and perceives it as a violation of their private lives. This category was pronounced by 6 women (28.58% of women) and 3 men (25% of men).

Out of 33 participants, 21.21% of them reported that they had experienced conflict on *childrearing issues* (3 women, 14.29% of women and 4 men, 33.33% of men). In other words, out of 10 interviewees who had a child or children, 7 (70%) of them reported experiencing problems about how to educate children, to allocate responsibilities on childcare, or taking sufficient responsibility of the child/children. In fact, these participants indicated that they had much more conflicts after the birth of their first child and defined this stage as thoroughly different from the first years of their marriages without a child. When asked for the reasons of such a change, they mentioned that after having a baby, both they and their partners became more intolerant towards each other and they encountered with the different face of their partner that they had never seen before.

The seventh main category was named as *spending time together* which was reported by 6 (18.18% of total sample; 2 women, 9.52% of women and 4 men, 33.33% of men) participants. Conflicts experienced in this category were disagreements about how to spent time as well as the low quality of time that they spent together. For instance, one of partners wants to spend time with his/her friends, or relatives, but the other partner does not want to spend his/her spare time with them or spend time only with the partner.

The last two categories were called *privacy/boundaries* and *addictions*. The eighth main category, *privacy/boundaries*, was expressed by 6 (18.18% of total sample; 2 women, 9.52% of women and 4 men, 33.33% of men) participants. These participants argued that although sometimes marriage required them to act as a united single body, they felt that they also should have their own private lives and the partner should allow to have enough freedom to be their selves. They expected their partners to show some respect to their privacy. The last category that was reported to cause conflict was *addictions*. 4 (12.12% of total sample; 2 women,

9.52% of women and 2 men, 16.67% of men) participants argued that either they or their partner had serious addiction problems like alcohol use and smoking and the conflict was emanating from these issues.

2.3.3 The Specific Conflict Areas that cause Anger, Sadness, and Guilt in Marriages

Participants were also asked to indicate specific conflict areas that caused them specifically to feel anger, sadness (depressive mood), and guilt towards their partners during the arguments/conflict in their marriages.

There were some prominent conflict areas that led the participants to feel angry towards their partners. The majority of women and men (21/32, 65.63% of total sample; 15 women, 75% of women and 6 men, 50% of men) expressed that they felt anger towards their partners on *communication problems* issues. Specifically, interviewees argued that when their partners behaved stubbornly, aggressively, and inappropriately, they expressed anger towards their partner. In fact, independent of the topic of the argument, these behavior patterns led them to feel and express their anger. The second most pronounced category that interviewees felt anger in their relationship was *intimacy/support*. Half of the participants (16/32, 50%) argued that, if their partners did not show emotional and physical intimacy to a certain degree, and spend time together, they became angry. Additionally, if they perceived that their partners did not appreciate them decently and criticized them constantly, they showed anger towards their partner, and these issues led to quarrels. Problems about intimacy were more pronounced by women than men (12 women, 60% of women and 4 men, 33.33% of men).

Almost one third of the participants (6 women, 30% of women and 4 men, 33.33% of men, 31.25% of total sample) felt anger towards their partner when the partner showed less *responsibility* in the house. The reasons originating from extended family were expressed by 7 (21.88% of total sample, 5 women, 25% of women and 2 men, 16.67% of men) participants as an anger provoking category. *Different personalities/expectations* and *children/childrearing issues* were pronounced by 3 (9.38%, 2 women and a man) and 2 (6.25%, a woman and a man)

participants, respectively. 2 (6.25%) participants expressed that they felt anger due to their partners' *addictive* behaviors. Finally, topics related to *spending time together, privacy/boundaries* were reported as anger unveiling domains by a female participant for each (3.13% and 3.13%, respectively) (see Appendix C).

Like in the anger conflict domains, most of the participants expressed sadness in case of disagreement with their partners associated with *communication problems* (9 women, 52.94% of women and 5 men, 62.5% of men, 56% of total sample) and *intimacy/support* (6 women, 35.29% of women and 5 men, 62.5% of men, 44% of total sample) main categories. After these categories, quarrels related to *extended family* triggered sadness for 6 (24% of total sample, 5 women, 29.41% of women and a man, 12.5% of men) participants. Finally, topics related to *different personalities/expectations, addictions* (4%), *privacy/boundaries* (4%) were reported as sadness unveiling domains by 1 participant for each (see Appendix D).

The conflict domains emanating guilt were mostly associated with blaming self for not behaving in an appropriate manner towards their partner within each domain. *Communication problems* issue was the most prominent category that caused guilt in 87.5% (21/24; 13 women, 86.67% of men and 8 men, 88.89% of men) of the participants. Different from the anger and sadness domains, these participants felt guilty because of their own negative behavior and communication patterns. For example, when they behaved in an aggressive and provoking manner and raised their voice at their partners, criticized him/her, and attacked the partner with words, they felt guilty afterwards. The second most pronounced category was *extended family* and 4 (16.67% of total sample, 26.67% of women) female participants expressed that when they argue regarding the partner's family, they feel guilty after discussion. Only 2 female (8.33% of total sample, 13.33% of women) participants indicated that when they did not show enough emotional and physical attention to the partner or when they argued about the *intimacy/support* issues, they blamed their selves and thus feel guilty. Lastly, topics related to *children/childrearing issues* (4.17%) and *addictions* (4.17%) were reported as guilty unveiling domains by 1 participant for each (see Appendix E).

2.3.4 The Anger Expression in Marriages

In order to specify how people expressed their anger towards the partner during conflict, interviewees were asked to indicate how they showed their anger behaviorally after conflictual situations. Content analyses results revealed 4 main categories and these were named as *distributive aggression, passive aggression, integrative assertion,* and *avoidance* (see Appendix F).

The first main category was *distributive aggression*. The participants stated that sometimes they could not control their anger and behaved destructively like raising voice to the partner, insulting and blaming the partner for the issue under discussion. They told that without listening the partner's side of the story, they aggressively tried to prove their point and took every opportunity to make their partners feel bad. At extreme cases, they reported that they even showed physical aggression and perceived this situation as a battle.

The second main category was *passive aggression,* which includes passive but destructive behavior patterns instead of the active ones. The participants reported that sometimes they showed their anger passively. Specifically, rather than confronting with the partner about the problem under discussion actively, they pointed the partner as the guilty party, gave them a silent treatment, and behaved coldly. In other words, although they showed their anger to their partners, they did it without raising their voice or insulting their partners. Rather, they implied that they were angry by getting involved in the documented negative behavior patterns.

The *integrative assertion* main category includes constructive and positive behavior patterns. The interviewees argued that independent from the topic that they argued, when they felt anger, they tried to take things calmly and behave in a positive and constructive manner towards their partners. Specifically, the participants stated that they tried to control their anger feelings, to discuss the issue positively, and to explain the partner why they were angry for calmly. Further, they stated that they were willing to listen to the partner's side of the story. If they felt that they could not control their anger and their behaviors, they were able to delay

discussion to some other time in a constructive way without avoiding to discuss the issue or pointing him/her.

The fourth main category was named as *avoidance*. When the interviewees declared that they did not give importance to the issue or partner's feelings or tried to avoid any quarrels, they preferred to stay away from their partner. Specifically, they actively avoided discussing the issue rather than delaying the discussion of the issue at a later time and preferring neither to defend their selves nor to support their point of views. The participants stated that they did not believe that neither the conflict nor the problem could be solved, thus they preferred to deny their angry feelings and sometimes tried to act as normal as possible like there was nothing wrong in their relationships. In fact, they tried to convince both themselves and their partners that they did not experience any serious problems and did not show any anger towards their partner; rather they tried to solve the issue by themselves. All these behavior patterns were subsumed under the same category of avoidance.

The most pronounced main categories were distributive aggression, passive aggression, integrative assertion, and avoidance respectively. More than one third of the participants reported that they showed these behavior patterns based on not only the conflict issue but also the reactions that their partner shows (84.85%, 81.82%, and 78.79% of total sample for distributive aggression, passive aggression, and integrative assertion, respectively; 90.48%, 85.71%, and 90.48% of women for distributive aggression, passive aggression, and integrative assertion, respectively; 75%, 75%, and 58.33% of men for distributive aggression, passive aggression, and integrative assertion, respectively). Relatively less pronounced category was avoidance (54.55% of total sample, 61.91% of women, and 41.67% of men). The most pronounced thematic units were raising voice to the partner (18 participants) and a silent treatment (24 participants) (see Appendix F).

In order to confirm the accuracy of the results, after deciding about the main categories and the thematic units related with these categories, inter-rater reliability was also computed. Three independent raters evaluated the main categories and the related thematic units. The percentages of inter-rater reliability were 94.97%,

86.93%, and 95.98%. The differences among evaluations were discussed and a final decision was achieved with the raters.

2.3.5 The Sadness Expression in Marriages

Interviewees were also asked to indicate how they expressed their sadness in their behavior after conflictual situations. Content analyses results revealed 6 main categories and these were named as *silence/suppression, constructive response, depressive mood, negative behavior, social support seeking,* and *engaging in distracting activities* (see Appendix G).

The first main category was *silence/suppression*. In this condition, the participants said that they suppressed their sadness and preferred not to share their feelings and thoughts with the partner or to show them. In other words, they do not show any negative or positive behaviors and act like as if everything is fine and let things slide. These participants kept away from the partner in order not to discuss the issue. They preferred to stay by themselves and wanted to handle the issue by their own.

The *constructive response* main category includes positive and constructive behavior patterns. In conflictual situations, if their partners made them to feel sad, they preferred to handle this situation in a positive manner. They preferred to talk over the problems and tried to communicate and solve the problem. The third main category was named as *depressive mood*. This category subsumes behaviors exhibiting depressive behavior patterns such as feeling worthless and insignificant, being sick, tired, and sleepless all the time. They also indicated that they did not feel any desire to do something in such times.

The fourth main category was *negative behavior*. The participants reported that they showed destructive behaviors. If they felt sad after discussion with the partner, they mishandled the situation by blaming their partners, standing aloof from the partner, and ignoring their partner for the next couple days. In fact, the behavior patterns in this category included both active and passive negative behavior patterns.

Social support seeking was the fifth main category. Participants argued that when they were sad, they tried to seek social support from their partner. However, instead of directly asking for support from their partners, they sought this comfort in an indirect way such as feign reluctance to do daily activities, implying their sadness with their behaviors and voice, and passively waiting for the partner's attention and care. Within the last main category, *engaging in distracting activities*, the participants stated that rather than talking about the issue with the partner or showing their sadness to the partner, they preferred to engage in other activities like reading a book, watching a TV, or concentrating on their work.

In order to determine the most pronounced categories of expressing sadness, the main categories were examined comparatively. The most pronounced main category was *silence/suppression*. The 56.67% (17/30, 47.62% of women and 77.78% of men) of the participants argued that when they felt sad because of the conflict with their partner, they suppressed their sadness and tried to handle this problem on their own. The second most pronounced category was *constructive response*. Half of the participants (15/30, 50% of total sample, 61.91% of women and 22.22% of men) indicated that after a conflict, they handled their sadness feelings in a *constructive* way. 12 people (40% of total sample, 42.86 of women, and 33.33% of men) argued that they felt *depressive* and behaved accordingly. *Negative behavior* and *social support* were pronounced by 6 people for each (20% for each). The least relatively endorsed category was *engaging in distracting activities*, which was reported only by 4 (13.33%) of the participants.

A similar procedure as in the case of anger expression was followed to ensure the adequacy of the categories and thematic items. Specifically, inter-rater reliability was computed for the evaluations of three observers and this procedure yielded 90%, 82.5%, and 98.75% inter-rater reliabilities respectively. The differences were discussed to reach a final decision with the raters.

2.3.6 The Guilt Expression in Marriages

Participants were also asked to indicate the conflictual situations where they felt guilty towards their partner. If they experienced guilt, they were asked to specify how they expressed their guilt feelings towards the partner after conflict. Content analyses results revealed 3 main categories and these were named *as apology/explanation, appeasement,* and *denial* (see Appendix H).

The *apology/explanation* main category includes constructive behavior patterns. Most of the participants argued that whenever they felt guilty due to their behavior patterns or the topic that they argued, they apologized and admitted their fault and told their partner that they regret what they had done. Additionally they got involved in self-criticism and explained the reasons for their actions.

The second main category was *appeasement.* Some of the participants argued that it was hard to say that they were wrong. Thus, instead of a verbal apology, they preferred to show their regret with their behavior. This category includes behaviors such as being and behaving extra nice to partner, doing extra things for the partner, or showing more affection and care to the partner than usual.

The third main category was named as *denial*. Some participants stated that although they knew that they were wrong, they did not want to accept their fault and to appease the situation. Thus, instead of accepting their fault, they preferred to avoid discussing the issue. Even when they were confronted, they denied doing anything seriously wrong and downplayed the seriousness of their acts or situation. Further, they tried to conceal their faulty behaviors, to pretend as if nothing had happened, and to behave as usual and normal as possible.

The analysis revealed the most pronounced categories for guilt expression. The most pronounced category was *apology/explanations*. Almost all the participants (30/33, 90.91% of total sample, 90.48% of women, and 91.67% of men) stated that if they were wrong, they took the responsibility of their actions and did constructive things to make the situation up. The second most pronounced category was *appeasement* (19/33, 57.58% of total sample, 61.91% of women, and

50% of men). In such cases, the participants behaved as if nothing was wrong and everything in their relationships were fine, and rather than acknowledging their fault and apologizing verbally, they preferred to show their regret by behaving extremely nice towards their partners. Respectively the less pronounced category was *denial*. Almost one third of the participants (10/33, 30.30% of total sample, 38.10% of women, and 16.67% of men) stated that they denied that they were wrong. Following similar procedures as stated above yielded 100%, 100%, and 95.40% inter-rater reliabilities by three observers, respectively.

STUDY II

2.4 Method of the Quantitative Study

2.4.1 Participants

One hundred and thirty married people who were in the early years of their marriages from Ankara and Antalya participated in this study. Of the participants, 96 (73.8%) were from Antalya and 34 (26.2%) were from Ankara. Among these participants, 87 were female (66.92%) and 43 were male (33.08%). The age range of the participants were between 20 and 41 with a mean of 30 (*SD* = 4.08) (mean age of women = 29.26, *SD* = 4.07; mean age of men = 31.49, *SD* = 3.72). Of the total sample, 3.8% had primary school education, 3.8% had secondary school education, 10.8% had high school education, and 81.5% had university or higher education. The length of the marriages of the participants ranged from 4 months to 10 years. 73 (56.2%) of the participants had no children, 42 (32.3%) of them had only one child, 14 (10.8%) of them had two children, 1 (0.8%) of the participants had three children. With regard to the participants' perceived economic class, 9 (6.9%) participants reported as being in the low SES class, 111 (85.4%) of them reported as being middle class, and 10 (7.7%) of them reported as being upper class. Table 2.2 shows the demographic characteristics of the participants.

Table 2.2. *Demographic Characteristics of the Pilot Sample*

	Women	Men	Total participants
Number of Participants	87 (66.92%)	43 (33.08%)	130
Mean Age (Range)	29.26 (20-41)	31.49 (24-39)	30 (20-41)
Mean of Marriage Duration (Range)	3.58 (4 months-10 years)	3.49 (6 months-10 years)	3.54 (4 months-10 years)
Education			
Primary School	2 (2.3% of women)	3 (7% of men)	5 (3.8% of total N)
Secondary School	4 (4.6%)	1 (2.3%)	5 (3.8%)
High School	10 (11.5%)	4 (9.3%)	14 (10.8%)
University or More	71 (81.6%)	35 (81.4%)	106 (81.5%)
The Number of Children			
No Children (%)	49 (56.3%)	24 (55.8%)	73 (56.2%)
1 child (%)	29 (33.3%)	13 (30.2%)	42 (32.3%)
2 children (%)	9 (10.3%)	5 (11.6%)	14 (10.8%)
3 children (%)	0 (0%)	1 (2.3%)	1 (0.8%)
Perceived Economic Class			
Lower Class (%)	4 (4.6%)	5 (11.6%)	9 (6.9%)
Middle Class (%)	74 (85.1%)	37 (86%)	111 (85.4%)
Upper Class (%)	9 (10.3%)	1 (2.3%)	10 (7.7%)
City			
Antalya (%)	67 (77%)	29 (67.4%)	96 (73.8%)
Ankara (%)	20 (23%)	14 (32.6%)	34 (26.2%)

2.4.2 Measures

Participants completed the measures of demographic questions, anger, sadness, and guilt expressions, dyadic adjustment, and marital satisfaction.

The main aim of the current study was to adapt Guerrero (1994; Guerrero et al., 2008; 2009) anger, guilt, and sadness scales into Turkish by employing standard translation and back translation procedures. Specifically, the items of these three scales were translated from English into Turkish independently by three social psychologists and then translated items were discussed collaboratively by acknowledging culture-specific features. Then, the Turkish versions of these scales were translated back to English by a bilingual social psychologist. These

translations were compared and after discussing the differences in the translations, necessary changes were made.

Moreover, after translation and back-translation procedure, the scale was administered 5 social psychologists and they were asked whether these items were fluent and whether there could be additional items which tap the culture specific ways of anger expression. After discussion, additional culture specific items were also added to the scales.

2.4.2.1 Communicating Anger

In order to measure anger expression, Guerrero's (1994) scale was used. Respondents reported the degree of their agreement with each behavioral item in exhibiting their anger towards their partners by thinking the last few times they felt angry with their partner. Guerrero (1994) categorizes four main forms of anger expression, which can be grouped by using the dimensions of constructive-destructive and active-passive behaviors (cited in Guerrero et al., 2008). The scale includes a total of 20 items, which were subsumed under four subscales. Specifically the subscale of integrative assertion has 6 items (e.g., I calmly share my feelings with my partner), distributive assertion has 6 items (e.g., I show my anger through behaviors such as clenching my fist or slamming doors), passive aggression has 4 items (e.g., I give him/her the silent treatment), and finally avoidance/denial has 4 items (e.g., I say that I don't feel angry with him/her even if I really do). The respondents rated the items by using a 7-point Likert-scale with the anchors ranging from *strongly disagree* (1) to *strongly agree* (7).

When the scale was discussed with the colleagues after translation and back translation procedure, two additional items were also added to the scale (i.e., "I would rather show my anger by crying" and "I would break and smash the domestic utensils").

2.4.2.2 Responses to Guilt

Guerrero and colleagues (2009) developed the Guilt Expression Scale on the basis of Aune et al.'s (1998) study. Respondents reported how they expressed their

guilt towards their partners by thinking about the last few times they had felt guilty about something they said, did, or did not say or do in their relationships. The scale includes 20 items, which were subsumed under four subscales. The subscales were apology/concession with 4 items (e.g., I say "I'm sorry" or something similar), explanations/justifications with 4 items (e.g., I try to do something to fix the situation), appeasement with 7 items (e.g., I give my partner more affection and/or compliments than usual), and denial with 5 items (e.g., I downplay the seriousness of the situation). The participants reported the degree of their agreement with each behavioral item by using a 7-point Likert scale with anchors ranging from *strongly disagree* (1) to *strongly agree* (7).

After the discussion of the scale with other colleagues considering that culture may influence the expression of guilt, one additional item was also added to the scale (i.e., "I would try to win over by reminding his/her previous faults.").

2.4.2.3 Responses to Sadness

Sadness expression was measured by Guerrero and Reiter's (1998) the revised Responses to Sadness scale (cited in Guerrero et al., 2008). Respondents rated how they communicated their sadness to their partners by thinking about the last few times they were sad or depressed on a 7-point Likert scale, which has seven anchors (starting from 1= *disagree strongly*, to 7= *agree strongly*). The scale includes 26 items subsumed under five subscales. The subscales are positive activity (e.g., I try to act cheerful so my mood will change) with 8 items, social support seeking (e.g., I wait for my partner to help me) with 5 items, solitude (e.g., I spend time alone) with 4 items, dependent behavior (e.g., I cling to my partner to try to get over it) with 5 items, and immobilization (e.g., I hang around the house doing nothing in particular) with 4 items.

When the scale was discussed with the colleagues after translation and back translation procedure, one additional item was also added to the guilt scale (i.e., "I would expect to get attention by saying I am sick or that I have a headache, etc.").

2.4.2.4 Dyadic Adjustment Scale

The Dyadic Adjustment Scale (DAS) was developed by Spanier (1976) to assess the dyadic adjustment of spouses. The scale consists of 32 items and factor analysis indicates that the instrument measures dyadic adjustment related with four relational aspects, namely dyadic satisfaction, dyadic cohesion, dyadic consensus, and affectional expression.

The DAS was adapted into Turkish by Fışıloğlu and Demir (2000). The scale is Likert-type questionnaire with anchors varying from 5 to 7 point with an additional two items having a yes-no answer format. The spouses reported their level of agreement with each item reflecting diverse relationship issues. The answer for each items were usually added to yield total scores starting from 0 to 151 and higher scores indicate a higher perception of the relationship quality. The DAS is generally used with a total score to evaluate the overall quality of the dyadic relationship. In the Turkish version of the scale, the authors reported internal consistency as .92, a value, which was very close to the value of the original scale (.96) (Spanier, 1976). Reliability scores of the subscales of the DAS were .83 for dyadic satisfaction, .75 for dyadic cohesion, .75 for dyadic consensus, and .80 for affectional expression. The split half reliability coefficient was .86. The correlation between the Turkish version of the Locke-Wallace Marital Adjustment Test and the Turkish version of the DAS was .82 that indicates the high criterion validity. Cronbach alpha was .95 in the current study.

2.4.2.5 Marital satisfaction

Marital satisfaction was assessed by using 6-item the Relationship Happiness Scale (RHS; Fletcher, Fitness, & Blampied, 1990). The scale measures the perception of love, happiness, general satisfaction, relationship stability, and commitment on a 5-point Likert scale with anchors from *not describes me* (1) to *absolutely describes me* (5). The sample item is “My marriage with my husband/wife makes me happy”. The scale was adapted into Turkish by Tutarel-Kışlak (2002). In the Turkish version of the scale, the author reported internal

consistency as .90, split half reliability as .80, and test re-test reliability as .86. In the present study, the alpha coefficient was .93.

2.5 Results of the Quantitative Study

2.5.1 Factor Structure Analyses of the Scales

All of the scales were factor analyzed using a standard procedure by using SPSS (version 15). A principle component analysis with varimax rotation was run on items of the scales separately for anger, guilt, and sadness scales. The number of factors to rotate was based on the criterion eigenvalues, the scree plot, the number of items in the factor, the ease of interpretation, and the placement of the items being compared to the original factors solutions in the current study. Lastly, parallel analysis was also conducted to decide the number of factors. Parallel analysis (Horn, 1965) is considered as one of the most accurate methods for extracting the correct number of factors. In this method, like in the real raw data matrix, a random data matrix is generated with the same number of subjects and variables. Then, eigenvalues of both of the two data sets are compared. If an eigenvalue of the real raw data is greater than the corresponding eigenvalue from the random data matrix, this factor is retained; however if an eigenvalue does not exceed the corresponding value, this factor is not retained. In order to conduct parallel analysis, syntax provided by O'Connor (2000) was used.

2.5.1.1 Anger Expression Scale

The principle component analysis with varimax rotation was performed on the total of 22 items of anger expression revealed an initial six factor solution with eigenvalues greater than 1. Scree test solution indicated four to six solutions. The results of the parallel analysis revealed that a five factor solution was more appropriate for the scale (eigenvalues from the real data matrix are 3.98, 2.53, 2.48, 1.76, 1.50, and 1.22; eigenvalues from the random data matrix are 1.97, 1.78, 1.65, 1.53, 1.45, and 1.37). Depending on all these analyses conducted to extract the correct number of factors, possible four-factor, five-factor, and six-factor solutions were applied to the scale.

Although the factor solution of the original scale yielded a four factor structure, the current data being forced to a four factor structure produced dimensions that restricted the interpretations of the dimensions. Especially, passive aggression and distributive aggression items were loaded on a single factor. A six factor solution resulted in overfactoring problems with having only one item included in the last factor. Thus, a five-factor solution was suitable for the aim of the study. Specifically, the four factors were similar to those of the Guerrero's (1994) study with an additional factor subsuming the physically aggressive behavioral items. Thus, these factors were called as integrative assertion, distributive aggression, avoidance/denial, passive aggression, and physical aggression and they accounted for the 55.72% of the total variance as can be seen in Table 2.3.

Similar to the findings of Guerrero (1994), the integrative assertion includes 6 items and accounts for the 18.10% of the total variance. Factor loadings of the items ranged from .65 and .75. The distributive aggression has 6 items with 5 of items being placed similar to the original factor solution. The item stating "pointedly him/her" that was a passive aggressive item in the original solution, loaded on distributive aggression. Since it had really high loading and also could be interpreted as negative behavior, this item was left under distributive aggression factor. This factor accounted for the 11.49% of the total variance. Item loadings ranged from .51 and .74.

Avoidance/denial factor, which was similar to that in the original factor structure, included 4 items and accounted for the 11.27% of the total variance. Item loadings ranged from .56 and .76. The passive aggression factors subsumed 2 items of the similar factor in the original scale and an additional culture-specific item. This sub factor with 3 items accounted for the 6.84% of the total variance and the item loadings ranged from .49 and .86. The last factor called physical aggression and it has 3 items; 2 items from the original scale (these items were in the distributive and passive aggression factors in the original scale) and an additional

culture-specific item. This factor accounted for the 8.02% of the total variance. Item loadings ranged from .57 and .80.

The internal consistency values of the sub scales were computed. Cronbach's Alpha values were .81, .72, .65, .60, and .62 for integrative assertion, distributive aggression, avoidance/denial, physical aggression, and passive aggression, respectively.

Table 2. 3. *The Results for the Factor Analysis of the Anger Expression Scale*

	Integrative Assertion	Distributive Aggression	Avoidance /Denial	Physical aggression	Passive aggression
11. Try to be fair.	**.75**				
20. Attempt to work things out.	**.74**				
17. Try to patch things up.	**.74**				
1. Listen to his/her side of the story.	**.70**				
6. Discuss problems with him/her.	**.69**				
14. Calmly share my feelings with him/her.	**.65**				
13. Attack my partner with words		**.74**			
10. Try to prove that I am right.		**.67**			
5. Criticize him/her.		**.65**			
2. Raise my voice at him/her.		**.60**		.38	
16. Try to make my partner feel bad.		**.54**			.39
7. Pointedly him/her.		.51			
8. Say that I don't feel angry with him/her even if I really do.			**.76**		
4. Hide feelings of anger from him/her.			**.76**		
9. Keep angry feelings to myself.			**.65**	.36	
19. Deny feeling angry.			**.56**		
18. Show my anger through behaviors such as clenching my fist or slamming doors.				.80	
21. Evdeki eşyaları vurup kırarım (I would break and smash the domestic utensils)				.65	
15. Angrily leave the scene or situation.				.57	
3. Give him/her the silent treatment.					**.856**
12. Give him/her the cold shoulder					**.775**
22. Daha çok ağlayarak kızgınlığımı gösteririm (I would rather show my anger by crying)					.490
Eigenvalues:	**3.98**	**2.53**	**2.48**	**1.76**	**1.50**
Explained Variance %:	**18.10**	**11.49**	**11.27**	**8.02**	**6.84**
Cronbach Alpha:	**.81**	**.72**	**.65**	**.60**	**.62**

* Factor loadings written bold refer to the items similar to the original factor structure.

2.5.1.2 Guilt Expression Scale

The principle component analysis with varimax rotation was performed on the total of 21 items of guilt expression. Results revealed that five eigenvalues were greater than 1. Scree test solution indicated three to four solutions. The results of the parallel analysis revealed that a two factor solution was more appropriate for the scale (eigenvalues from the real data matrix are 7.19, 3.18, and 1.44; eigenvalues from the random data matrix are 1.94, 1.75, and 1.62). Depending on all these analyses, possible two-factor, three-factor and four-factor solutions were applied to the scale.

A five factor solution was not suitable for the data since only two items included in the last factor and also produced dimensions restricted the interpretations of them. Although a two factor solution produced interpretable results, it might indeed cause underfactoring problem. A four factor solution produced the most interpretable and meaningful results. As presented in Table 2.4, the factor solution is quite different from the original factor structure. Apology/concession and explanations/justification subscales in the original factor were emerged as a single factor and named as apology/explanations. Further, the original denial factor included 5 items. With an addition of the one cultural item in the current study, denial factor divided in two factors, namely avoidance and denial. Appeasement factor is similar to the original appeasement factor. These four factors accounted for the 62.53% of the total variance.

First, second, third, and fourth factor explained the 34.24%, 15.14%, 6.84%, and 6.31% of the total variance, respectively. Factor loadings of the items ranged from .49 and .88. Cronbach's Alpha values were .90, .85, .71, and .70 for apology/explanation, appeasement, avoidance, and denial, respectively.

Table 2. 4. *The Results for the Factor Analysis of the Guilt Expression Scale*

	Apology/explanations	Appeasement	Avoidance	Denial
4. Say "I'm sorry" or something similar	.87			
3. Try to do something to fix the situation	.81			
2. Give an explanation for my actions	.78			
1. Apologize	.72			
17. Tell my partner why it happened	.70		-.46	
10. Admit responsibility for my actions	.66			
7. Tell my partner I regret what I did (or failed to do)	.65			
12. Tell my partner the reason(s) I did what I did	.55		-.48	
14. Discuss the circumstances that surrounded my actions	.53		-.45	
8. Give my partner more affection and/or compliments than usual		.88		
9. Do extra things for my partner		.81		
5. be extra nice to my partner		.81		
15. Try to "make it up" to my partner	.45	.64		
13. Promise to be a better partner in the future		.63		
19. Be on my "best behavior" around my partner	.42	.49		
18. Avoid talking about it			.76	.36
6. Avoid talking about the issue with my partner			.68	
20. Be quiet and not say much about it			.68	
21. Onun da önceden yaptığı hataları hatırlatarak üste çıkmaya çalışırım. (I would try to win over by reminding his/her previous faults.)				.78
16. Downplay the seriousness of the situation				.72
11. Deny doing anything seriously wrong if I am confronted				.65
Eigenvalues:	**7.19**	**3.18**	**1.44**	**1.32**
Explained Variance %:	**34.24**	**15.14**	**6.84**	**6.31**
Cronbach Alpha:	**.90**	**.85**	**.71**	**.70**

2.5.1.3 Sadness Expression Scale

The principle component analysis with varimax rotation was performed on the total of 27 items of sadness expression. Results revealed that six eigenvalues were greater than 1 suggesting a six-factor solution. Moreover, scree test was examined and results revealed that three to four solutions were acceptable. The results of the parallel analysis revealed that a three-factor solution was more appropriate for the scale (eigenvalues from the real data matrix are 7.75, 3.58, 3.00, and 1.51; eigenvalues from the random data matrix are 2.11., 1.90, 1.77, and 1.66).

First, data were forced to six-factor and five factor solutions, however only one item was loaded on the last factor. When the data were forced to a four-factor, again results produced confusing interpretations of the dimensions and the sub factors could not be interpreted. Therefore, a sequence of factor analysis starting with six factors solution up to 3 factor solution revealed that three factors fits the data the most with interpretable results.

Although the original scale has five factors named as positive activity, social support seeking, solitude, dependent behavior, and immobilization; in the current solution, items of dependent behavior and social support seeking sub scales loaded on a single factor. Furthermore, one factor subsumed the items of solitude and immobilization in the current study. Positive activity was emerged as a single factor, as in the original factor structure.

The three factors were named as social support seeking, positive activity, and solitude and they accounted for the 53.05% of the total variance. First, second, and third factor explained the 28.70%, 13.25%, and 11.11% of the total variance, respectively. Factor loadings of the items ranged from .38 and .84. Cronbach's Alpha values were .90, .86, and .81 for these three subscales, respectively (see Table 2.5).

Table 2. 5. *The Results for the Factor Analysis of the Sadness Expression Scale*

	Social support seeking	Positive activity	Solitude
21. Depend on my partner for help	.84		
11. Ask my partner for support	.82		
12. Wait for my partner to help me	.78		
13. Cling to my partner to try to get over it	.76		
2. Seek comfort from my partner	.75		
9. Spend extra time with my partner	.70		
24. Try to get my partner's attention so he or she will help me	.64		
25. Talk over my problems with my partner	.62		
22. Rely on my partner to see me though the problem times	.55		
16. Spend quality time with my partner	.54		
27. Hasta olduğumu, başımın ağrıdığını vs. söyleyerek benimle ilgilenmesini beklerim (I would expect to get attention by saying I am sick or that I have a headache, etc.)	.46		
23. Do something enjoyable		.81	
26. Do something to get my mind off the situation		.78	
14. Take on a fun or challenging activity		.77	
4. Try to act cheerful so my mood will change		.74	
8. Plan something pleasant to do		.69	
1. Keep busy with things that I like to do		.67	
18. Do something to try and distract myself from problems		.52	
17. Try and forget about my problems and act happy		.37	

Table 2.5. *The Results for the Factor Analysis of the Sadness Expression Scale Continued…*

	Social support seeking	Positive activity	Solitude
6. Keep away from people			.75
19. Avoid other people			.70
7. Stay by myself			.77
15. Hang around the house doing nothing in particular			.65
10. Stay in bed or mope around the house			.64
20. Have trouble engaging in my normal activities			.52
3. Spend time alone			.48
5. Skip school or work			.44
Eigenvalues:	**7.75**	**3.58**	**3.00**
Explained Variance %:	**28.70**	**13.25**	**11.11**
Cronbach Alpha:	**.90**	**.86**	**.81**

2.5.2 Inter Correlations between Expression Scales, Marital Adjustment, and Marital Satisfaction

Means and standard deviation of the items were presented in Table 2.13. Further, in order to enhance the criterion validity of the scales, correlations between emotional expression scales, dyadic adjustment and marital satisfaction scales were examined.

The comparison of the means of different anger expression styles revealed that the mean integrative assertion scores (5.00) and the mean distributive aggression scores (3.73) were higher than the scale midpoints (3.50). The mean scores for passive aggression (3.41), avoidance/denial (2.63), and physical aggression (2.60) were lower than the scale mid-points. In terms of sadness expression, the mean social support seeking scores (4.60) and the mean positive activity scores (4.28) were higher than the scale midpoints (3.50). The one with the lowest mean score was solitude (3.26). The apology/explanations (5.33) and appeasement (4.51), which were the sub-scales of guilt expression, had higher mean scores but the mean scores for avoidance (2.69) and denial (2.92) were lower than the scale mid-points (3.50). The means for marital adjustment and marital satisfaction were relatively higher than the scale mid-points (see Table 2.6).

As can seen in Table 2.14, dyadic adjustment was positively related with integrative assertion (r = .31, p < .01), and negatively related with distributive aggression (r = -.20, p < .05) and physical aggression (r = -.38, p < .01). However, marital satisfaction was positively related with integrative assertion (r = .31, p < .01) and negatively related with physical aggression (r = -.44, p < .01). When the correlations between sadness expression, dyadic adjustment and marital satisfaction were examined, the results were mostly in the expected directions. While dyadic adjustment was positively related with social support seeking (r = .40, p < .01) and negatively correlated with solitude (r = -.24, p < .01), marital satisfaction was correlated positively only with social support seeking (r = .38, p < .01).

The correlations between guilt expression scale and the quality of marital relationship were also in line with the expectations. Although dyadic adjustment

was positively associated with apology/explanation (r = .38, p < .01) and appeasement (r = .18, p < .05) subscales, it is negatively related with avoidance (r = -.26, p < .01) and denial (r = -.28, p < .01). The similar pattern was also observed in marital satisfaction. Specifically, marital satisfaction was positively associated with apology/explanation (r = .38, p < .01) and appeasement (r = .25, p < .01), it was negatively related with avoidance (r = -.27, p < .01) (see Table 2.7).

Table 2.6. *Means and Standard Deviations for the Study Variables*

	Means	**Std. Dev.**	**Min.**	**Max.**
Integrative Assertion	5.00	1.11	1.33	7.00
Distributive Aggression	3.73	1.09	1.50	6.50
Avoidance/Denial	2.63	1.17	1.00	6.00
Physical Aggression	2.60	1.28	1.00	7.00
Passive Aggression	3.41	1.41	1.00	7.00
Social Support Seeking	4.60	1.24	1.30	6.73
Positive Activity	4.28	1.17	1.50	7.00
Solitude	3.26	1.17	1.00	6.25
Apology/Explanations	5.33	1.15	1.44	7.00
Appeasement	4.51	1.31	1.00	7.00
Avoidance	2.69	1.28	1.00	6.33
Denial	2.92	1.34	1.00	7.00
Dyadic Adjustment	113.70	21.37	38.00	147.00
Marital Satisfaction	4.38	.84	1.00	5.00

Table 2.7. *Bivariate Correlations between Emotion Expression Subscales, Dyadic Adjustment, and Marital Satisfaction*

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1.Int-Ass	1													
2.Dist-Agg	-.16	1												
3.Avo/Den	.03	-.00	1											
4.Phy-Agg	-.21*	.16	.27**	1										
5.Pass-Agg	-.20*	.35**	.13	.24**	1									
6.Soc-Supp	.42**	.06	.06	-.11	-.09	1								
7.Pos-Act	.37**	.05	.07	-.04	-.09	.39**	1							
8.Solit	-.13	.28**	.17*	.31**	.37**	-.11	-.19*	1						
9.App/Exp	.44**	.10	-.20*	-.27**	-.12	.43**	.23**	-.04	1					
10.Appeas	.13	.22*	.18*	-.12	-.01	.46**	.17	.05	.53**	1				
11.Avoid	-.24**	0.07	.27**	.32**	.17	-.18*	-.03	.25**	-.42**	-.11	1			
12.Denial	-.21*	.48**	.03	.11	.35**	-.04	-.01	.31**	-.18*	.19*	.37**	1		
13.DAS	.31**	-.20*	-.08	-.38**	-.16	.40**	.10	-.24**	.38**	.18*	-.26**	-.28**	1	
14.Satis	.31**	-.10	-.14	-.44**	-.12	.38**	.09	-0.10	.38**	.25**	-.27**	-0.15	.81**	1

Note. Int-Ass=Integrative Assertion; Dist-Agg=Distributive Aggression; Avo/Den=Avoidance/Denial; Phy-Agg=Physical Aggression; Pass-Agg=Passive Aggression; Soc-Supp=Social Support; Pos-Act=Positive Activity; Solit=Solitude; App/Exp=Apology/Explanation; Appeas=Appeasement; Avoid=Avoidance; Denial=Denial; DAS=Dyadic Adjustment; Satis=Marital Satisfaction.

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

2.6 General Discussion of the Pilot Studies

2.6.1 The Conflict Areas in Marriages: Interviews

The results of the content analysis revealed nine conflict areas that couples, who were in the early stage of marriage cycle, experienced problems in their marriages. Specifically, these problems were grouped as issues related to different personalities and expectations, sharing chores/acting responsibly, communication problems, intimacy/support, extended family, children/childrearing issues, spending time together, privacy/boundaries, and lastly addictions.

Among these different conflict areas, majority of the men and almost half of the women participants reported that they had problems in their marriages emanating from their personality differences, different expectations from their life and also relationships, whereas majority of the women and almost half of the male participants mentioned problems about sharing chores/acting responsibly.

Especially, most of the participants defined two periods that they went through in their relationships with their partners; namely dating and marriage. In the dating stage, their relationship and conflict issues were quite different and the degree of the conflict was relatively low as compared to the marital stage. Participants expressed that after being married, especially during the first months and/or years of their relationships, the amount of conflict increased. When they started to live under the same roof with the marriage bond, adjustment as well as the responsibilities that marriage required became burdens for the relationships. Three related examples from the interviews were presented below.

Interviewee 6. *(Female, married for 10 months)*

…we often have problems, we are very different people and perhaps because of this we have conflict on even the smallest thing...But at the beginning of course it wasn't like that and in those three years (before we got married), when we were engaged, at the beginning of our marriage it wasn't	….Çok sık sorun yaşarız, çok farklı insanlarız belki de ondan kaynaklanıyor olabilir yani en ufak şey de bile çatıştığımız oluyor….Ama ilk başlarda böyle değildi tabii ki ve o üç sene (evlenmeden önce) içerisinde, nişanlılık dönemimizde, evlendiğimiz ilk zamanlarında hiç böyle değildi.

like that at all. We started to have problems very often...they used to tell me but I didn't believe it, that they would be a totally different person as a lover, as a fiancé and become a totally different person after getting married as they say...I used to say how much can a person change, he would certainly reveal himself in some way but it wasn't so...	Çok sık sorun yaşamaya başladık… …..söylerlerdi de inanmazdım, işte sevgiliyken bambaşka bir insan, nişanlanınca bambaşka, evlendikten sonra bambaşka bir insan olur derler ya, ben derdim ki bir insan ne kadar değişebilir, mutlaka kendini bir şekilde gösterecektir ama değilmiş….

Interviewee 10. *(Male, married for 5 years)*

… you don't give importance (to problems) during the flirtation period because after all you back to your own house. You breathe and take a respite there, she is in her own house and you are in your own...When you are in the same house it is different... it is a pity to know that now you do not have such a luxury. Before the choice was up to you but now it isn't...	…flört döneminde önemsemiyorsunuz (*sorunları*) çünkü sonuçta kendi evine gidiyorsun. Orada nefes alıyorsunuz, soluklanıyorsunuz, o kendi evinde siz kendi evinizde…. Aynı evde olunca farklı oluyor…. şimdi öyle bir lüksünün olmadığını bilmek kötü. Önceden seçim size aitti ama şimdi değil….

Interviewee 12. *(Male, married for 4 years)*

…I mean the first three years were difficult....Actually living together is a little different from dating... every day in the same house I started to feel that were boring one and other every day…	…ilk üç yılı zordu yani… Birlikte yaşamaya başlamak çıkıyor olmaktan biraz farklı aslında… her gün aynı evin içinde birbirimizi sıkmaya başladığımızı hissetmiştim her gün her gün….

The other most important conflict area comprises of children/childrearing issues. Actually, out of ten interviewees who had a child or children, seven of them reported experiencing problems about this issue. Hortaçsu (1999; 2007) also indicated problems regarding division of labor and decision making in Turkish marriages. Partners showed less emotional involvement and inequalities in division of labor in the later stages of their marriages, which in turn affected the qualities of their relationship (Hortaçsu, 2007). After transition to parenthood, there was an increase in a gender stereotypic labor of division, which put women in a disadvantaged position.

Further, when couples with and without children were compared, parents reported higher levels of conflict with both their partners and extended families than childless couples (Hortaçsu, 1999). Consistent with this, in the current study, almost all the participants who became parents indicated that transition to parenthood brought major changes and problems into their lives. Other studies in the literature also define transition to parenthood as a period of crisis in family life and reported the negative effects of this period on partnership quality (see Twenge, Campbell, & Foster, 2003 for a review). Thus, when compared to men, women are considered to be more responsible for childcare and homemaking issues at the same time. In sum, becoming a parent seems to increase conflict at home and also decrease positive feelings regarding marriage and satisfaction (see the example below).

Interviewee 13. *(Female, married for 8 years)*

…I used to think that there was a more solid marriage before the child, I used to think that I was the closest person in my spouse's life...it changed after the child because both of us lacked patience and lacked energy...our communication with each other decreased very very much...on the other hand there was also the stress of not being able to continue my life outside of my home, therefore I was quite negative... the fights started to happen more often compared to the past, there were more frequent fights, more frequent arguments bitterness that was not there before...I do not feel my husband close to me anymore. Probably he doesn't feel me close either... Before I didn't think of our relationship as expendable, but now I feel myself to be more expendable... he criticizes me more often than he used to. He has more demands and I make him feel ever more that I cannot answer them, I cannot answer his expectations very much...	… Çocuktan öncesi daha sağlam bir evliliğim olduğunu düşünüyordum, eşimin hayatındaki en yakın kişi olduğumu düşünüyordum….çocuktan sonra değişti çünkü her ikimizde de sabır kalmadı, enerji kalmadı..birbirimizle iletişimimiz çok çok azaldı….diğer taraftan ev dışındaki hayatımı sürdürememenin getirdiği stres de vardı, o yüzden ben kişisel olarak baya olumsuz durumdaydım… kavgalar eskisine göre daha sık olmaya başladı, daha sık tartışma çıkmaya başladı ve eskiden olmayan küslükler ortaya çıktı.... eskisi kadar ben eşimi çok yanımda hissetmiyorum. Muhtemelen o da beni kendi yanında hissetmiyordur…. Eskiden ilişkimizi kolay harcanamaz diye düşünüyordum ama şimdi daha kolay harcanabilir gibi hissediyorum kendimi...eskisinden daha fazla eleştiriyor beni. Daha fazla talepleri var ve yetişemediğimi ona çok fazla hissediyorum, beklentilerini karşılayamıyorum çok fazla….

Problems related with communication problems and intimacy/support issues were also declared by one-third of the participants. The other conflict areas like spending time, privacy/boundaries, and addictions were relatively less pronounced by the participants.

The specific conflict areas that caused them specifically to feel angry, sad/depressive, and guilty towards their partners during arguments in their marriages were also investigated in the current study. The most pronounced category by both men and women was the communication related problems, which resulted in these three emotional states. Specifically, participants get angry or feel sad when their partners behave in inappropriate ways towards them or hurt their feelings in front of other people or the partner show anger and behave badly even when communicating about petty issues. Also, when the partner raises his/her voice and insults them, they feel either angry or sad. Actually, independent from the issue they argue, the behavior patterns of the partner lead participants to feel and also show anger or sadness more. However, different from the anger and sadness domains, the participants feel guilty because of their own negative communication and behavior patterns. Specifically, if they thought that they behaved wrong and inappropriately towards the partner, they felt guilty.

The second most important category that caused anger or sadness was distinct from the one that caused guilt. The intimacy/support is found to be the second most pronounced conflict domain which results in anger or depressive feelings in the participants. Particularly, when their partners do not show affection and love towards them or do not spend time with them or criticize them constantly instead of appreciating the things they have done well, they feel anger or depressive. Interestingly, majority of women participants reported that when they had problems regarding intimacy, they felt anger the most, whereas the majority of the male participants argued that when they had problems regarding intimacy, they felt sadness the most. Thus, intimacy might be a greater concern for female participants which results in anger.

The second most pronounced category that participants feel guilty towards their partner was related to problems about the extended family.

However, this was true only for female participants. Hortaçsu (1999) argued that positive feelings for the extended family were related to positive feelings for spouse. In fact, she found that conflict with the extended family negatively predicted both wives' and husbands' perception of spouse as the best alternative. Since the relations with the extended family are important in determining marital satisfaction, conflict revolving around extended family should be considered as an important issue in an interdependent culture like Turkish culture. Thus, having problems with the partner about extended family may cause people to feel guilty.

2.6.2 The Emotional Expression in Marriages: The Results of the Quantitative and the Qualitative Studies

How people express their specific emotions like anger, sadness, and guilt during conflictual situations were also examined in the current study. As expected, the content analyses results of the interviews revealed different types of behavior patterns for different emotions. Further, Guerrero's (1994) anger, sadness, and guilt expression scales were adapted to Turkish from English. The results of the qualitative study, Turkish version of the emotion expression scales, and the original factor structure of the Guerrero's scales are compared in the next section.

2.6.2.1 Anger Expression

Anger expression revealed the most consistent results across cultures. Both Guerrero's (1994) original scale and the results of the qualitative and quantitative analyses revealed the similar behavior patterns for anger expression. However, with addition of two cultural items, an additional physical aggression sub-factor emerged (e.g., I would break and smash the domestic utensils) in the factor analysis results of the adapted version of the anger scale.

The analysis of the qualitative study suggested that the common behavior patterns in Turkish culture were similar to those found in the Guerrero's (1994) analysis, namely, integrative assertion, distributive aggression, passive aggression, and avoidance. Integrative assertion means that although people feel anger towards the partner, they actively and constructively handle topic under discussion. They stay calm and try to solve the problem with their partner

without behaving subversively. On the contrary, distributive aggression leads to the exaggeration of conflict between partners. While partners feel anger during conflict, they show intense and destructive behavior patterns, individuals behave actively but insist on outcomes that are not equitable (e.g., coercion, criticism).

The other common behavior patterns in three studies and across cultures are passive aggression and avoidance. Passive aggression means passive but destructive behaviors in all three studies. When angry, some people do not prefer to actively and destructively discuss the issue, instead of this they prefer to imply their feelings with their behaviors, which may have a destructive effect. In this type of expressing anger, in spite of using words or the tone of voice to show anger, the person put a distance between self and the partner while increasing the tension with the partner at home by using body language as well as attitudes. Lastly, avoidance was also observed across three studies. People using avoidance strategy try to control their anger by avoiding the situation or the partner. They show withdrawal pattern, want to stay alone, and behave like everything is normal as if there is nothing to argue because they disguise their angry feelings from the partner. They believe that nothing will change even if they urge to discuss the issue. Thus, they try to solve it introspectively. In conclusion, these four different behavior patterns seem to be universal across cultures.

The qualitative analysis supports and extents these findings by exploring additional behavior styles that may be subsumed under these four main categories, namely integrative assertion, distributive aggression, passive aggression, and avoidance. These additional thematic units could be interpreted as culture specific ways of expressing anger. The most pronounced main categories in Turkish culture are distributive aggression, passive aggression, and integrative assertion, whereas avoidance is relatively the least pronounced category in Turkish culture. Although the most pronounced category is distributive aggression, the most pronounced thematic unit is a silent treatment towards the partner which is under the passive aggression main category. Majority of the participants argued that while angry, they give a silent treatment towards the partner. Further, the other most pronounced thematic unit is raising

voice to the partner which is under the distributive aggression main category. More than half of the participants argued that when they feel anger during conflict, they could not control their anger and they raised their voice to the partner.

In conclusion, Turkish participants prefer active or passive confrontation with the partner in anger situation rather than avoidance. Emotional interdependence and interpersonal validation were valued in the Turkish cultural context, (Kağıtçıbaşı, 2007), thus people might prefer to show their anger either in active or passive ways rather than avoiding both the partner and their angry feelings.

2.6.2.2 Sadness Expression

Guerrero and Reiter (1998) defined five behavior patterns that people exhibited towards their partner when they were sad or depressed. These are positive activity, social support seeking, solitude, dependent behavior, and immobilization. However, the results of the content analyses of the qualitative data in Turkish culture revealed six main categories for sadness expression during conflict, namely constructive response, negative behavior, silence/suppression, passive social support seeking, depressive mood, and engaging in distracting activities. Lastly, quantitative analysis of the translated sadness scale revealed three main categories, namely social support seeking/dependent behavior, positive activity, and solitude/immobilization.

The main aims of the original and the current study in determining the conditions in which the sadness is expressed to the partner are different. Actually, in Guerrero and Reiter's (1998) the Responses to Sadness Scale, unlike the anger expression scale, the main aim is to determine how individuals express their sadness when the source of the sadness is not the partner. They asked people to indicate how they generally communicate their sadness to their partner. However, the main aim of the current thesis is to reveal how individual's behavior change according to the specific types of emotions they feel toward the partner in response to conflict. Thus, in the qualitative study, participants were asked to indicate how they show their sadness during conflict

when their partners are the cause of their sadness. Therefore, since these two viewpoints revealed quite different categories for sadness expression, they were discussed independently.

As expected, responses to how sadness was expressed revealed different behavior patterns than expression of anger in the qualitative analysis. The results of the qualitative content analysis revealed constructive versus destructive forms of sadness. The constructive behavior patterns are constructive response and social support seeking. Some people communicate and show their emotions openly to the partner. When they are sad due to their partner's behavior or words, they prefer to actively discuss the issue with their partner in a positive manner. Some of the participants also argued that when they experience partner related sadness, they indirectly seek social support from the partner. In that case, they do not directly communicate with their partner, but they try to get the partner's interest and care by showing needy and implicit behaviors. Destructive behavior patterns are negative behavior, silence/suppression, and depressive mood. While sad, some people prefer to behave negatively and aggressively towards the partner. However, some of them suppress their sadness and try to handle it alone. In the depressive mood category, participants reported being in a depressive mood when they experience partner related sadness.

The last category revealed in the content analysis is engaging in distracting activities, which is in between constructive and destructive behavior patterns. Actually, a few people argued that they engaged in irrelevant activities like reading a book and watching a TV while they are sad in order not to think about the problem.

The comparison between the factor structures of the original and current studies reveal that the cluster of items are similar although the items loading on four dimensions in the original study produced only two dimensions in the current study. Positive activity emerges as a factor in both cultures. However, social support seeking and dependent behavior loaded on a single factor in the Turkish culture. When the items were examined they implied quite similar things. Social support items include behavior patterns like seeking comfort, asking support from the partner, and spending extra time with the partner.

Although the dependent behavior includes also relying on the partner for help, it is expressed in a clingy and dependent manner. Both of the sub-categories were related to seeking and expecting help and support from the partner, so these two categories were combined in the Turkish version of the scale. Moreover, solitude and immobilization factors loaded on the same factor in the Turkish sample although Guerrero and Reiter (1998) identified them as separate behavioral patterns. Consistent with the Turkish version of the scale, Guerrero and her colleagues (2008) also combined immobilization and solitude factors due to the high correlation between the factors and reliability concerns.

In Turkish culture, the qualitative analysis results suggest that the most pronounced main category is silence/suppression to be followed by other categories. More than half of the participants reported that they suppressed their sadness and tried to handle this problem on their own. The other most pronounced categories are constructive response, depressive mood, negative behavior, and social support seeking. The least pronounced category is engaging in distracting activities. Thus, engaging in distracting activities, like watching a TV or going out to do other activities were not dominant patterns in the current study.

In conclusion, the content analyses revealed different prominent reactions to different emotional states. For instance, when people feel anger towards the partner, the most pronounced main categories are distributive aggression, passive aggression, and integrative assertion, respectively. However, when they feel sad or depressed due to their partners, the most pronounced behavior pattern is silence/suppression. As can be seen from the examples below, people show different behavior patterns towards their partner depending on their prevailing emotion. Therefore, it can be argued that emotions play a significant role in deciding the conflict management strategies in interpersonal conflict. The feelings of anger, sadness, and guilt might be the cause of which behavioral strategies to be employed during conflict. In other words, these core emotions might affect the individuals' access to a range of different behavior options.

Consistent with the perspective presented above, Sanford (2007b) examined the expression of *hard* and *soft* emotions during times of relationship conflict. While, the former one comprises anger and aggravated negative emotions, the latter one consists of feelings of sadness and hurt. Sanford found that hard emotions were associated with power assertion and negative communication like being demanding, whereas soft emotions related to withdrawal patterns, expressions of vulnerability, and positive communication.

Interviewee 10. *(Male, married for 5 years)*

….I mean rage and anger pass away with a touch but this disappointment does not pass easily, I mean that is the hard past, you always carry it with you, it is unforgivable. She would say something rude, for instance she would swear and that would be forgotten. It is very interesting that those things would be forgotten very easily. But disappointment and sadness are feelings and they last very long, they are more individual feelings, I mean rage and anger are actually reactions. You do something and your wife gets angry, but in disappointment you actually become the subject that which causes disappointment would be directed against you, actually it is you causing it, that's why it lasts long... When she is rude and argues, she is the subject, on the other hand both the object and the subject are you, I mean that feeling completely belongs to you….	….öfke kızgınlık geçiyor hani bir dokunuşla geçiyor ama bu hayal kırıklığı çok kolay geçmiyor hani zor olan o zaten, siz onu hep yanınızda taşıyorsunuz, affedilir bir tarafı yok. Kaba bir laf söyler, küfreder atıyorum onlar unutulur gider. İşin çok ilginç tarafı en kolay onlar unutuluyor. Ama hayal kırıklığı, üzüntü bir duygu ve uzun süren bir duygu, biraz daha bireysel bir duygu, öfke ve kızgınlık aslında bir tepki oluyor hani. Bir şey yapıyorsunuz ve kızıyor eşin sana, ama hayal kırıklığında artık özne siz oluyorsunuz, size dönük oluyor hani hayal kırıklığını yaratan, yaratmasına vesile olan sizsiniz aslında, o yüzden uzun sürüyor….Kaba davrandığında, tartıştığında öznesi o, öteki tarafta hem özne hem nesne sizsiniz hani o duygu tamamıyla size ait..….

Interviewee 25. *(Female, married for 7 years)*

…(if I am angry) I would tell my husband ... Sometimes very calmly, sometimes it would not be so calm... I wouldn't know how to tell you, express to you the reactions I have when he hurts me, but he cannot cope with my feelings. I mean when I am	…. (*kızgınsam*) eşime söylerim….Bazen çok sakin bir şekilde, bazen sakin bir şekilde olmayabiliyor… üzdüğü zamanki gösterdiğim tepkileri size nasıl anlatacağımı, ifade edeceğimi bilmiyorum ama o duygularımla baş

angry or bitter he may kind of come and pamper me, he may do something to console, buy me presents and in a way have himself forgiven but when I am sad I don't accept any of that. Then I think he would prefer to make me angry rather than make me sad. When I am sad, I try to cope with it myself, when I am angry it is easier but when I am sad it is a more problematic process. It takes a longer time than when I am angry... When I am angry, I shout, I have an attitude, stop talking and he in a way apologizes or claims his rightness, he does not even apologize all the time, he defends his rightness, he says things about why this process goes on like this. But when I am sad, he also does not know what to do, there are times when he doesn't know how to cope with it. When a certain time passes I talk to my husband more easily….	edemiyor. Yani kızdığım zaman küstüğüm zaman gelip işte şımarabiliyor, gönlümü alacak bir şey yapabiliyor, bana hediyeler alıp bir şekilde kendini affettirmeye çalışabiliyor ama üzüldüğüm zaman bunların hiçbirisini kabul etmiyorum. O zaman üzmektense kızdırmayı tercih eder herhalde. Üzüldüğüm zaman kendi kendime halletmeye çalışıyorum, kızdığım zaman o daha kolay halloluyor ama üzüldüğüm zaman biraz daha problemli süreç olabiliyor. Kızgınlığımın geçmesinden daha uzun bir süreç gerekiyor…Kızdığım zaman bağırıyorum, çağırıyorum, tavır yapıyorum, küsüyorum ve o da bir şekilde geliyor ve özür diliyor veya haklılığını savunuyor, her zaman da özür dilemez, haklılığını savunuyor, bir şekilde niye sürecin bu şekilde işlediğini anlatan bir takım söyledikleri oluyor. Ama üzüldüğüm zaman onun da eli ayağına dolaşıyor, nasıl üstesinden geleceğini şaşırdığı zamanlar oluyor. Belli zaman geçtiği zaman eşimle daha rahat konuşuyorum…

Interviewee 21. *(Female, married for 2 years)*

.. (if I am angry) I say it immediately. I show it and tell him immediately. I usually do not shout very much, of course now it is like that. In a certain year it wasn't like that, there were times I shouted very seriously... There is a great difference between when I am angry and when I am sad. When I am sad I prefer not to talk at all I mean I usually keep silent. I try to pretend as if there is nothing... My husband actually is calmer at those times. My husband usually tries to talk in this case, he tries I mean...	…. (*kızgınsam*) Hemen söylerim. Beklemeden, hemen belli edip söylüyorum. Genelde çok bağırmam, şu sıra tabi öyle. Bir yılımızda böyle değildi, çok ciddi bağırdığım zamanlar oldu..… Kızgınken olduğum halimle üzgünken olduğum halim arasında çok fark var. Üzgünken böyle hiç konuşmamayı tercih ediyorum, genelde hani susarım. Hiç bir şey yokmuş gibi davranmaya çalışırım…. Eşim o zamanlarda daha sakin oluyor aslında. Eşim genelde konuşmaya çalışır bu durumda, uğraşır yani..

Interviewee 30. *(Female, married for 5 months)*

…. When I am angry with him I show my anger directly by shouting, even if I cannot cope with this feeling most of the time, sometimes I manage to calm myself...When I am sad or depressive I can cry, I first show my feelings and then I can talk. Although after being angry I talk to my husband first and tell him the emotions that he caused to, when I am sad first I cure my emotions than I talk to him.....	…. Ona öfkelendiğimde öfkemi direk göstererek bağırıyorum çoğu zaman bu duyguyla baş edemesem de zaman zaman kendimi sakinleştirmeyi başarıyorum....Üzüntülü ve depresif olduğum zamanlarda ağlayabiliyorum, ilk önce duygumu gösterip sonra konuşabiliyorum. Oysaki kızgınlık sonrasında ilk önce konuşup bana hissettirdiği duyguları söylerken üzüntülü durumlarda ilk önce duygu sağaltımını yapıp sonra konuşabiliyorum…

2.6.2.3 Guilt Expression

Guerrero and her colleagues (2008) defined four behavior domains when people felt guilty towards their partner about something they said, did, or did not say or do in their relationships. These are apology/concession, explanations/ justifications, appeasement, and denial. The results of the content analyses of the qualitative data in Turkish culture revealed three main categories for guilt expression, namely apology/explanations, appeasement, and denial. Lastly, the Turkish version of the guilt scale revealed four factor structures, namely apology/explanations, appeasement, denial, and avoidance.

The comparison of the results from the two pilot studies and the original study revealed that there are some similarities as well as differences between the revealed categories. Apology/concession and explanations/justification subscales in the original study emerged as a single factor both in the content analysis of the qualitative data and quantitative study. Thus, in Turkish culture, when people apologize from the partner; it is generally followed by expressing the reasons for their actions. Specifically, apologizing and providing explanations for own behavior were not perceived as separate behaviors. Although the factor analysis of the original study produced denial as a single factor, the addition of a culture-specific item caused this factor to split into two. Thus, the first factor was denial and the second factor was avoidance. On the one hand, the dimension of denial includes behaviors like denying that one did anything seriously wrong and downplaying the seriousness of the situation. On

the other hand, the dimension of avoidance includes behaviors like avoiding to talk about the issue with the partner and preferring to stay quiet and not to say much about it. In sum, the findings of the factor structure suggested that avoidance and denial should be considered as separate behavioral responses in guilt expression in Turkish culture.

According to the results of the content analyses, the most pronounced category is apology/explanations followed by appeasement and denial in cases where people feel guilty towards their partner. Almost all the participants mentioned that if they were wrong, they apologized, gave explanations, and reacted constructively to make up with the partner. The second most pronounced category is appeasement. In that case, participants prefer to show their regret by behaving extremely nice rather that vocalizing their apologies. The least pronounced category in Turkish culture is denial, meaning not to accept own fault and to downplay the seriousness of the issue. Thus, it can be argued that feeling of guilt evokes more constructive behavior patterns in the relationship rather than destructive behaviors like reported in anger and sadness situations.

2.6.3 The Couple as a Dynamic System

In a dyadic relationship, partners cannot be considered as fully independent from each other because their relational contexts mold each partner. Although they bring their own qualities into their relationships, their behaviors are reciprocal (Agnew & Etcheverry, 2006; Rusbult et al., 2001). Thus, the resolution of the conflict in relationship partly depends on the other partner's reactions. People do not use only one conflict resolution strategy during conflict. So, although they may start with their dominant strategy, based on the response of their partner they may change their behavior patterns. The first two examples demonstrate the changes of behavior patterns of participants during conflict and show how constructive patterns may evolve into negative patterns throughout the interaction. The last example shows how dyadic conflict acquires a positive tone throughout the interaction.

Interviewee 6. *(Female, married for 10 months)*

… I never quit without resolving...of course it has to be resolved because when it is not resolved [the problem] augments and then it seems as if he does not give you importance. He tells you repeatedly but this time he forgets, that is as if he does not give you importance. Perhaps he hurts you there, it absolutely reemerges after a few days because it makes you sad and he is aware of it but nevertheless does not give it importance, and this makes you even angrier and sadder. That's why I never quit without resolving it...I am tired of consoling him after every argument, how shall I put it, I am a little tired of letting him have the upper hand and of consoling him when he is angry. Because when I see things that I don't deserve, one is discouraged, I am really discouraged and tired; I just let it be....	…ben çözümlemeden kesinlikle bırakmam… illaki tabii ki çözülmesi gerekir çünkü bu çözülmediği zaman bu sefer daha çok büyüyor, seni bu sefer önemsemiyormuş gibi geliyor. Sana söylüyor söylüyor ama bu sefer unutuyor, yani önemsemiyormuş gibi seni. Belki seni orada kırdı, kesinlikle bir kaç gün sonra yine patlak veriyor çünkü seni üzüyor ve bunun farkında ama yine de üstünde durmuyor, bu seni daha çok sinirlendiriyor, daha çok üzüyor. O yüzden kesinlikle çözmeden bırakmıyorum……Yoruldum, her tartışmanın sonunda gidip ben gönlünü almaktan, işte ne bileyim o sinirlendiği zaman onu alttan alıp, dediğim gibi yine gönlünü almaktan yoruldum artık biraz. Çünkü dediğim gibi hak etmediğim şeyleri görünce insanın şevki kırılıyor, gerçekten şevki kırılıyor yani yoruldum, akışına bıraktım….

Interviewee 10. *(Male, married for 5 years)*

… When I am angry I first start to talk and a dialog starts and then it turns into a monologue, nobody listens to each other. I mean continuously attack-defense, attack-defense... In these periods we don't talk to each other, we used to, but it does not happen for the past one year, let me say it on my own behalf, I am tired of carrying it [on my own shoulders], I mean I have seen it does not resolve it, it does not bring any solution... I mean it will end up in divorce ... that's how my wife is.... she doesn't change, I mean I also don't change. You accept it but that is also another contradiction, why should I accept it, there is no obligation. When you accept it is very bad I mean this doesn't happen voluntarily, fights, arguments, all feelings are the same, and then well...so it is. Well... you knew that it was so... why did you remain for ten years?	….Ben sinirlenince konuşuyorum önce diyalogla başlıyor, sonra monologa dönüyor, kimse birbirini dinlemiyor. Hani sürekli saldırı savunma, saldırı savunma. Bu dönemlerde çok küs kalıyoruz, kalıyorduk, ama son bir yıldır pek olmuyor, kendi adıma söyleyeyim ben yoruldum hani taşımaktan yoruldum, şey anlamda hani sona ulaştırmadığını gördüm, çözüme ulaştırmıyor….hani boşanmaya kadar gidecek…..benim eşim böyle biri…değişmiyor hani ben de değişmiyorum. Kabulleniyorsunuz ama o da başka türlü bir çelişki yani niye kabulleniyorsunuz, kabullenmek zorunda değilsiniz, işte o biraz yorucu oluyor, niye kabulleneyim ki, öyle bir mecburiyet yok. Mecbur hissettiğiniz zaman çok kötü bir şey oluyor hani bu gönül rızasıyla olmuyor, kavga, tartışma bütün duygular aynı ondan sonra ee böyleymiş. Ee böyle olduğunu biliyordun 10 yıl niye kaldın yani..…

Interviewee 9. *(Female, married for 5 years)*

… Actually what was established in our relationship in all these years was this. We could not articulate it so well before. Now we can express it well. I mean without offending the other party, in a way that he or she can understand, we can express and explain to each other; to explain why we react like that or what we feel is actually nice. Recognizing him. While we used to have angry or impulsive reactions, now we can react more calmly and moderately. As a result of getting to know each other... You know your limits, both he and I. Therefore with anticipation maybe you adjust yourself, I don't exactly know....	….Aslında ilişkimizde yıllarla oturan aslında buydu. Daha önceden bu kadar iyi ifade edemiyorduk. Şimdi iyi ifade edebiliyoruz. Yani karşı tarafı da kırmayacak şekilde, onun da anlayabileceği bir şekilde, birbirimize ifade edip anlatabiliyoruz; ne hissettiğimizi, neden böyle bir tepki verdiğimizi anlatabilmek aslında güzel. Onu görmek. Daha önceden, daha sinirli ve fevri çıkışlar yapabiliyorken, şu an daha sakin ve daha ılımlı yaklaşabiliyoruz. Ve birbirimizi tanımanın verdiği şeyle. Neyi ne kadar yapabileceğinizi biliyorsunuz, ben de o da. O yüzden beklentiyle belki de o şekilde ayarlıyorsunuz bilmiyorum tam olarak…..

2.6.4 Conclusion

The current study extends the previous work and contributes to it by providing a detailed analysis of the emotional experiences and expressions during conflict in Turkish marriages. The qualitative content analyses of the interviews as well as the quantitative analyses of the translated scales revealed both cultural similarities and differences in terms of how people react to specific emotions in their relationships. In terms of similarities, independent of the topic argued and the emotion experienced during conflict, all analyses revealed three universal behavior tendencies, namely positive and constructive behaviors, negative and destructive behaviors, and avoidance. Besides, these three general behavior tendencies, additional behavior patterns for guilt and sadness emerged in the content analyses. Moreover, in the content analyses different thematic units for each universal pattern emerged. These different thematic units can be treated as culture-specific ways of emotion expression and may enrich the universal main categories. Thus, depending on culture-specific behavior repertoires, culture-specific behavior modes emerged. These modes may be

received from culturally based expectations regarding behavior that is appropriate under particular circumstances (e.g., Mesquita & Frijda, 1992).

In conclusion, it is believed that the current two studies revealed important aspects of emotion experience and expression in Turkish culture. Cultures may differ in how they experience and express emotions. Without qualitative analyses specific to culture, the important aspects of the behavior patterns under study would be ignored. In order to find out both cultural similarities and differences, qualitative and quantitative studies are required. In that sense, this study fills this gap by exploring culture-specific behavior patterns in reaction to specific emotions.

CHAPTER III

METHOD

3.1 Participants

Initially, 170 married couples who were in the early years of their marriages participated in the study. After controlling for the accuracy of data (outliers, normality, linearity, and multicollinearity assumptions) 3 cases (wives) were identified as multivariate outlier and these participants together with their partners were excluded from the study. Data from a total of 167 married couples (totaling 334 participants) who were living in Ankara, Turkey were used in the remaining analyses. As seen in Table 3.1, the length of the marriages of the participants ranged from 1 year to 15 years (M = 80.44 months, SD = 55.26). The age range of the participants were between 23 and 52 with a mean of 33.18 (*SD* = 5.18) (mean age of wives = 31.59, *SD* = 4.52; mean age of husbands = 34.78, *SD* = 5.32). Of the total sample, 28.4% had high school education, 12% had vocational school education, and 59.6% had university or higher education. Of the couples, 55 (32.9%) had no children, 68 (40.7%) had only one child, 41 (24.6%) of them had two children, 3 (1.8%) of the couples had three children. Regarding couples' perceived socio-economic status, 12 (7.2%) wives reported as being in the low SES, 124 (74.3%) of them reported as being middle SES, and 31 (18.6%) of them reported as being upper SES. Of husbands, 10 (6%) reported as in the low SES, 132 (79%) reported middle SES, and 25 (15%) reported to have upper SES. Couples were also asked that in general, who starts the conflict in their relationships. Finally, 21 wives (12.6%) perceived their partner as the main source of conflict, 55 of the them (32.9%) perceived themselves as the source of conflict, and 91 (54.5%) perceived both themselves and their partners as the source of conflict. Fifty seven husbands (34.1%) perceived their wives as the source of conflict, 22 of the them (13.2%) perceived themselves as the source of conflict, and 88 (52.7%) perceived both themselves and their partners as the source of conflict.

Table 3. 1. *Demographic Characteristics of the Sample*

	Wives (N=167)	**Husbands (N= 167)**	**Total (N=334)**
Number of Participants	167 (50%)	167 (50 %)	334
Mean Age (Range)	31.59 (23-46)	34.78 (25-52)	33.18 (23-52)
Education			
High School	48 (28.7% of wives)	47 (28.1% of husbands)	95 (28.4% of total N)
Vocational School	20 (12%)	20 (12%)	40 (12%)
University or More	99 (59.3%)	100 (28.8%)	199 (59.6%)
The Number of Children			
No Children (%)	55 (32.9%)	55 (32.9%)	-
1 child (%)	68 (40.7%)	68 (40.7%)	-
2 children (%)	41 (24.6%)	41 (24.6%)	-
3 children (%)	3 (1.8%)	3 (1.8%)	-
Perceived Economic Status			
Lower SES	12 (7.2%)	10 (6%)	22 (6.6%)
Middle SES	124 (74.3%)	132 (79%)	256 (76.6%)
Upper SES	31 (18.6%)	25 (15%)	56 (16.8%)
Monthly Family Income			
1000-1500 TL (%)	-	-	6 (1.8%)
1500-2000 TL (%)	-	-	65 (19.5%)
2000-2500 TL (%)	-	-	42 (12.6%)
2500-3000 TL (%)	-	-	30 (9%)
3000-4000 TL (%)	-	-	11 (33.2%)
<5000 TL (%)	-	-	73 (21.9%)

3.2 Instruments

Both husbands and wives completed the measures of demographic questions (Appendix J), emotional experiences in conflictual situations, anger, sadness, and guilt expressions, marital adjustment, and marital satisfaction. Both husbands and wives completed the questionnaires in the same order.

In the current study, before the main inferential analyses, the factor structure of all scales used in study was examined separately for wives and husbands through a series of exploratory factor (principal) analyses. The final number of factors or factor structure was decided by considering eigenvalues, Catell's scree plot test, consistency between parallel forms (wife and husband

reports), and the interpretability of the factor solution. The results of factor analyses of the wives' data were used as the target reference point in the final decision for the factor structure of a given measure to have a consistency between wives and husbands.

First, the items were selected in an iterative fashion based on the three criteria: if factor loadings were higher than .30, had higher inter-item correlations, or contributed significantly to the internal consistency of the scales. Similar procedure was followed for the factor analysis solution of the husbands' data. Furthermore, when there was any inconsistency between the factor solutions of the wives' and husbands' data, the items that were omitted in the factor analysis of the wives' data were also removed from the husbands' data.

3.2.1 Measures of Emotional Experiences in Conflictual Situations

In order to measure emotional experiences regarding anger, sadness, and guilt during a conflict in marital relationships, 16 items from Power and Dalgleish's (2008) Basic Emotions Scale and 4 items from Nowlis' (1965) Mood Adjective Checklist were used. Participants were asked to respond to the items in the following format; "Over the last six months, when I argue with my partner, I feel……" with endpoints of *"not at all"* (1) and *"to a great extent"* (7) (see Appendix K).

Exploratory factor analyses on 20 items of the Emotional Experience Scale with varimax rotation revealed four interpretable factors, namely *sadness, regret, anger,* and *guilt* for both wives and husbands. These four factors accounted for the 65.50% of the total variance for wives and 62.78% of the total variance for husbands. The sadness dimension consisted of 6 items (i.e., *worried, mournful, gloominess, anxiety, sad,* and *nervousness*) and explained 40.35% of the total variance with an eigenvalue of 8.07 for wives and it explained the 13.85% of the total variance for husbands with an eigenvalue of 2.77.

The second dimension representing the regret consisted of 5 items (i.e., *misery, humiliated, despair, frustration,* and *disappointment*) and explained 12.56% of the total variance with an eigenvalue of 2.51 for wives and it explained the 34.47% of the total variance (as the first factor) for husbands with

an eigenvalue of 6.89. The third factor representing the anger consisted of 4 items (i.e., *aggression, anger, irritation*, and *tense*) and explained 6.46% of the total variance with an eigenvalue of 1.29 for wives and it explained the 5.73% of the total variance for husbands with an eigenvalue of 1.15. Lastly, the fourth factor corresponding to the guilt subscale consisted of 5 items (i.e., *self-reproach, guilt, shame, blameworthy,* and *remorse*) and explained 6.14% of the total variance with an eigenvalue of 1.23 for wives and it explained the 8.73% of the total variance for husbands with an eigenvalue of 1.75(see Appendix S).

The sadness sub-scale had acceptable internal consistency coefficients (Cronbach's alpha) with .89 for wives and .85 for husbands. Internal consistency coefficients were .84 for wives and .78 for husbands for the regret sub-scale, .85 for wives and .86 for husbands for the anger sub-scale, and .78 for wives and .82 for husbands for the guilt sub-scale.

Moreover, in order to estimate the consistency of factor loadings of wives and husbands for each sub-factor, the factor congruence coefficients were calculated. The range of congruence coefficients should be between -1.0 and +1.0 and the higher scores represents higher factor congruency. Results revealed that the congruence coefficients were .98, .99, 1.00, and .99 for the sadness, regret, anger, and guilt factors, respectively; indicating a high similarity between the factor structures across the two sub-samples.

3.2.2 Anger Expression Scale

Guerrero's (1994) 20-item measure from the Communicating Anger Scale as well as 39 items that were obtained from the content analyses of the first study were utilized and named as the Anger Expression Scale to assess how couples express their anger in conflictual situations. Respondents were asked in the following format, "When I felt angry with my partner over the last six months, I tended to….." with endpoints ranging from *strongly disagree* (1) to *strongly agree* (7) (see Appendix L).

In the final version, 59 items (20 from the Communicating Anger Scale and 39 from the content analyses obtained by the researcher) were factor analyzed together using varimax rotation for wives and husbands, separately. Results revealed a four-factor solution similar to the Guerrero's original scale.

These four factors accounted for the 46.29% of the total variance for wives and 48.22% of the total variance for husbands. The *distributive aggression* (e.g., "raise my voice at him/her") consisted of 19 items and explained 22.75% of the total variance for wives and 27.32% of the total variance for husbands. The distributive aggression includes intense and destructive behavior patterns such as raising voice to the partner, insulting and blaming the partner for the issue under discussion. Individuals using distributive style, aggressively try to prove their point and take every opportunity to make their partners feel bad without listening the partner's side of the story.

The *passive aggression* consisted of 11 items (e.g., "I give him/her the silent treatment") and accounted for the 10.89% of the total variance for wives and it explained the 8.39% of the total variance for husbands. The passive aggression includes passive but destructive behavior patterns. People using passive aggression do not prefer to actively confront with the partner to discuss the problem, instead of this they prefer to point the partner as the guilty party, give them a silent treatment, and behave coldly. In other words, although they show their anger to their partners, they do it without raising their voice or insulting their partners. They prefer to imply their feelings with their behaviors, which may have a destructive effect. Specifically, in spite of using words or the tone of voice to show anger, the person put a distance between self and the partner while increasing the tension with the partner at home by using body language as well as attitudes.

The third factor, *avoidance/denial*, consisted of 13 items (e.g., "keep angry feelings to myself") and explained 7.46% and 4.68% of the total variance for wives and husbands, respectively. People using avoidance strategy try to control their anger by avoiding the situation or the partner. They show withdrawal pattern, want to stay alone, and behave like everything is normal as if there is nothing to argue because they disguise their angry feelings from the partner. Specifically, they actively avoid discussing the issue rather than delaying the discussion of the issue at a later time and prefer neither to defend their selves nor to support their point of views. Thus, they try to solve it introspectively.

Lastly, the factor representing *integrative assertion* sub-scale consisted of 9 items (e.g., "listen to his/her side of the story") and explained 5.18% and 7.83% of the total variance for wives and husbands, respectively. The integrative assertion includes active constructive and positive behavior patterns. Although people using integrative assertion feel anger towards the partner, they actively and constructively handle topic under discussion. They stay calm and try to solve the problem with their partner without behaving subversively.

Considering the factor solution for wives as a reference point and following the predetermined item selection criteria (eigenvalue over 1, .30 cutoff points for loadings, consistency among wives and husbands, and eliminating redundant items), 7 items, which came from the content analysis of the pilot study, were excluded in the final scale. One item ("15.Angrily leave the scene or situation") loaded on the avoidance/denial sub-factor, although it loaded on the passive aggression in the original scale. This item was cross-loaded on both sub-scales and to be consistent with the original scale, this item was included in the passive aggression sub-scale. Although 3 items in the husband form ("49. I would try to delay to talk about the problem or try to end the conversation."; "44. I would go to another room and I would want to be alone."; "26. I control my anger by escaping (I would get out of the house or go on the balcony)") were cross loaded both on the passive aggression and the avoidance/denial factors, they were placed into the avoidance/denial dimension considering the solution in the wives' version. Item number 5 ("criticize him/her") was also cross loaded both on the passive aggression and the distributive aggression factors in the husbands' data. Considering that it was in the Guerrero's (1996) measure, it was placed in the distributive aggression sub-scale for the sake of consistency (see Appendix T).

Internal consistencies of the sub-scales were all in the acceptable ranges. Cronbach's alpha coefficients were .92 for wives and .94 for husbands for the distributive aggression; .88 for wives and .88 for husbands for the passive aggression; .83 for wives and .76 for husbands for the avoidance/denial; and .82 for wives and .89 for husbands for the integrative assertion sub-scale.

Furthermore, the factor congruence coefficients were .99 for distributive aggression, passive aggression, integrative assertion, and avoidance/denial, indicating almost identical solution for both sub-samples.

3.2.3 Sadness Expression Scale

Guerrero and Reiter's (1998) 26 item from the Revised Responses to Sadness scale as well as 35 items that were obtained from the content analyses of the pilot study were utilized and named as the Sadness Expression Scale to measure how couples communicate their sadness in the conflictual situations. Respondents were asked in the following format, "Following a conflict, when I am sad or depressed with my partner over the last six months, I tend to….." with endpoints ranging from *strongly disagree* (1) to *strongly agree* (7) (see Appendix M).

In the final version, 61 items (26 from Guerrero and Reiter's (1998) the Revised Responses to Sadness Scale and 35 from the content analyses obtained by the researcher) were factor analyzed together using varimax rotation for wives first and then for husbands. Results revealed a three-factor solution which is quite similar with the pilot study. These three factors accounted for the 41.98% and 45.26% of the total variance for wives and husbands, respectively. The *solitude/negative behavior* includes 27 items (e.g., "stay in bed or mope around the house; keep away from people"; "accuse my partner") and explained 19.81% of the total variance for wives and 23.07% of the total variance for husbands. The solitude/negative behavior includes both active and passive negative/destructive behavior patterns. People using solitude/negative behavior mishandle the situation by blaming their partners, standing aloof from the partner, and ignoring their partner for the next couple days. On the one hand, they show aggressive and negative behaviors towards the partner and also accuse them. On the other hand, they also try to handle the situation alone and sometimes try to avoid the partner. They also exhibit depressive behavior patterns such as being sick and tired all the time.

The *social support/dependent behavior* consisted of 16 items (e.g., "spend extra time with my partner"; "wait for my partner to help me") and accounted for the 13.44% and 14.64% of the total variance for wives and

husbands, respectively. The social support/dependent behavior includes active and constructive behaviors. People using social support/dependent behavior, seek and expect help and support from the partner when they are sad after a conflict. They ask support from the partner and spend extra time with the partner. They also try to get the partner's interest and care by showing needy and implicit behaviors, and sometimes passively wait for the partner's attention and care.

Lastly, the factor representing *positive activity* consisted of 10 items (e.g., "keep busy with things that I like to do") and explained 8.73% and 7.52% of the total variance for wives and husbands, respectively. People using positive activity rather than talking about the issue with the partner or showing their sadness to the partner, they prefer to engage in irrelevant activities like reading a book, watching a TV, or concentrating on their work in order not to think about the problem. They try to forget the problem, and act happy and try to distract their selves from the problem.

Considering the factor solution for wives as a reference point and following the predetermined item selection criteria, 8 items, which came from the content analysis of the pilot study, were excluded in the final scale. Although 1 item in the husband form ("41.I get out of there") loaded higher on the solitude/negative behavior factor than the positive activity; it was included in the positive activity dimension in order to be consistent with the wives version (see Appendix U).

Internal consistencies of the sub-scales were all high. It was .92 for wives and .92 for husbands for the solitude/negative behavior sub-scale, .90 for wives and .92 for the social support/dependent behavior, and .82 for wives and .86 for husbands for the positive activity sub-scale. The factor congruence coefficients were .99 for all subscales, indicating almost identical solution for both sub-samples.

3.2.4 Guilt Expression Scale

Guerrero and colleagues' (2009) 20 item from the Guilt Expression Scale as well as 19 items that were obtained from the content analyses of the pilot study were utilized and named as the Guilt Expression Scale to measure how

couples express their guilt towards their partners in the conflictual situations. Respondents were asked in the following format "When I felt guilty about something I said, did, or failed to do in my relationship with my partner over the last six months, I tend to….." with endpoints ranging from *strongly disagree* (1) to *strongly agree* (7) (see Appendix N).

In the final version, 39 items (20 from Guerrero and colleagues' (2009) the Guilt Expression Scale and 19 items from the content analyses obtained by the researcher) were factor analyzed together for wives and husbands, separately. Results revealed a three-factor solution. These three factors accounted for the 48.33% and 53.29% of the total variance for wives and husbands, respectively. The *apology/appeasement* consisted of 17 items (e.g., "tell my partner I regret what I did (or failed to do)"; "give my partner more affection and/or compliments than usual") and explained 28.42% of the total variance for wives and 12.45% of the total variance for husbands. This category includes behaviors such as apologizing and admitting the fault and telling the partner that they regret what they have done. People using apology/appeasement prefer to behave extra nice to partner, do extra things for the partner, or show more affection and care to the partner than usual.

The *denial* consisted of 12 items (e.g., "downplay the seriousness of the situation") and accounted for the 14.38% and 4.54% of the total variance for wives and husbands, respectively. The dimension of denial includes behaviors like denying that one did anything seriously wrong. Instead of accepting the fault, people prefer to avoid discussing the issue. Even when they are confronted, they deny doing anything seriously wrong and downplay the seriousness of their acts or situation. Further, they try to conceal their faulty behaviors, to pretend as if nothing had happened, and to behave as usual and normal as possible.

The third factor representing *explanations* consisted of 6 items (e.g., "discuss the circumstances that surrounded my actions") and explained 5.54% and 36.20% of the total variance for wives and husbands, respectively. The dimension of explanations includes behaviors like self-criticism and explaining

the reasons for their actions and discussing the circumstances that surrounded their actions.

Considering the factor solution for wives as a reference point and following the predetermined item selection criteria, 4 items which came from the content analysis of the pilot study, were excluded in the final scale. One item ("10. Admit responsibility for my actions") loaded in the explanations factor in the wives' data, however in the original scale it loaded on the apology factor. This item was cross loaded on both sub-scales in the final version, however to be consistent with the original scale, this item was included in the apology/appeasement sub-scale. Although 6 items in the husband data (item number 1, 3, 4, 7, 10, and 15) loaded higher on the explanations than the apology/appeasement, they were placed into the apology/appeasement dimension considering the solution in the wives' version (see Appendix V).

The internal consistencies were .91 for wives and .89 for husbands for the apology/appeasement sub-scale, .84 for wives and .88 for husbands for the denial, and .85 for wives and .89 for husbands for the explanation sub-scale. Moreover, the factor congruence coefficients were calculated in order to estimate the similarity of factor loadings of wives and husbands for each sub-factor. Results showed that the factor congruence coefficients were .99, .75, and .99 for apology/appeasement, denial, and explanations, respectively.

3.2.5 Experiences in Close Relationships-Revised

Experiences in Close Relationships-Revised (ECR-R; Fraley, Waller, & Brennan, 2000) was used to measure attachment related anxiety and avoidance in marital relations. Originally, the ECR-R is a 36-item self-report inventory assessing adult attachment in romantic relationships and composed of two subscales measuring attachment-related anxiety and avoidance on a 7-point Likert scale with anchors from *strongly disagree* (1) to *strongly agree* (7) (see Appendix O). Attachment-related anxiety corresponds to the degree to which individuals are vigilantly attuned to availability of attachment figures. The anxiety subscale contains items assessing fear of abandonment and rejection, desire to merge and preoccupation in relationships (e.g., "I worry that romantic partners won't care about me as much as I care about them"). Attachment-

related avoidance refers to individuals' tendencies to use compulsive self-reliance and avoidant strategy to regulate their behaviors, thoughts, and emotions in close relationships. Therefore, the avoidance subscale measures discomfort with intimacy and dependency in relationships, and excessive self-reliance (e.g., "I prefer not to show a partner how I feel deep down"). Previous studies have shown the anxiety and avoidance subscales of the ECR-R have high internal consistency and good construct validity (Fraley et al., 2000).

The ECR-R was adapted to Turkish by Selcuk, Gunaydin, Sumer, and Uysal (2005) and it was found that both subscales of the ECR-R Turkish had high internal consistency (.86 for the anxiety and .90 for the avoidance subscale) and high test-retest reliability (.82 and .81 for anxiety and avoidance, respectively). In the present study, the alpha coefficients were .83 and .78 for wives and husbands for the anxiety subscale; .89 and .90 for wives and husbands for the avoidance subscale. In this study, items were reworded considering marital relationships so that the term "partner" was replaced with "your spouse".

3.2.6 Dyadic Adjustment Scale

The Dyadic Adjustment Scale (DAS; Spanier, 1976) was used. The DAS was adapted into Turkish by Fışıloğlu and Demir (2000). Detailed information regarding this scale was provided in the method section of the pilot study (see Appendix P).

3.2.7 Marital Satisfaction Scale

Marital satisfaction was assessed by using 6-item the Relationship Happiness Scale (RHS; Fletcher, Fitness, & Blampied, 1990). Detailed information regarding this scale was provided in the method section of the pilot study (see Appendix R). In the present study, the alpha coefficients were .94 and .95 for wives and husbands.

3.3 Procedure

The questionnaires used in the current study were first submitted for the approval of Middle East Technical University, Human Participants Ethic Committee (IRB). After receiving the IRB approval, snowball technique was used to collect data. The announcements for participants were made in

introductory psychology courses at Middle East Technical University. Students were announced that married couples were required for a PhD study and they would receive one point bonus if they could get the phone numbers of married couples who were agreed to participate in the study. These couples who were solicited by students were contacted and appointments were made. Ten undergraduate psychology students assisted the researcher and visited these couples to deliver the questionnaires. The questionnaire packages for wives and husbands were placed in separate envelopes. Couples were informed that the research was about their marital relationship and different emotions in the relationships, and then, they were asked to fill out the questionnaires separately. Those who married less than fifteen years only were included in the study. Couples meeting the criteria and both partners agreeing to participate were given the surveys in the sealed envelopes. After contacting with the couples, they were also asked whether they could give the contact information of the acquainted married couples (snowball technique). Data were collected on a voluntary basis, and informed consent was obtained from each participant. Finally, couples were debriefed after completing the questionnaires and thanked for their participation.

3.4 Overview of Data Analysis: The Actor-Partner-Interdependence Model (APIM)

In order to test the mediating effects of emotional experience and expression in the relationship between the attachment dimensions and marital adjustment, a series of path analyses using APIM analyses (Kenny, 1996) were conducted. Data from married couples are considered as interdependent; and thus, a dyadic approach was employed based on the assumption that each member of the couple influences the functioning and outcomes for both members of the dyad. In other words, it is possible to estimate the effects for both partners at the same time with this model controlling for the statistical interdependence between dyad members. Specifically, with this model, the interpersonal effects of one partner's attachment dimension on the other partner's experiences (a partner effect), controlling for the individual's own attachment dimension (an actor effect) can be estimated. "Actor effect" estimates the degree of member's predictor variables on their own outcome

variables and "partner effect" estimates the degree of one partner's predictor variables on the other partner's outcome variables.

Furthermore, this approach enables to test the statistical equivalency of the effects across dyad members allowing an assessment of whether the observed actor and partner effects differ significantly between dyad members (Kenny, Kashy, & Cook, 2006). Two additional features of the APIM should be considered in these analyses. First, each of the predictor variables should be permitted to correlate with each other, second the outcome disturbances should be added to the model to represent interdependence between all outcome variables (Cook & Kenny, 2005; Kenny & Cook, 1999; Kenny et al., 2006).

The interactions between the attachment dimensions of wives and husbands were not included in the proposed models. However, these interaction effects on the major study variables were tested using separate moderated regression analyses. Specifically, multiple hierarchical regression techniques were employed for testing the moderating effects of attachment dimension of one spouse on the relationship between the other partner's attachment dimension and outcome variables via SPSS.

CHAPTER IV

RESULTS

In this section, the results of the statistical analysis of the main study were presented. First, the results regarding data screening and cleaning were provided. Second, descriptive statistics on the major study variables were presented. Third, the findings regarding the testing of specific hypotheses were presented. Hypotheses were tested by using Analysis of Variance (ANOVA), dyadic path modeling (APIM), and multiple regression analyses. All analyses in the present study were conducted using SPSS 15.0 for Windows except for the dyadic path modeling with LISREL 8.5.

4.1 Data Screening and Cleaning

All of the variables were examined for the accuracy of data entry before the main analyses. Examination of missing values revealed that only a few variables have missing values. Specifically, all participants fully completed all of the measures except for a few items and those items were scattered randomly. The highest percent for the missing values was 1.8% in the anger, regret, sadness, and guilt sub-scales (3 wives did not fill out the emotional experience scale). If missing values are less than 5%, any procedure to handle missing values can be applied to the data set (Tabachnic & Fidell, 2001). Therefore, missing values were replaced with the item means for the computed scale scores to keep the full sample for the further analyses. Following mean replacement of missing values, the data were analyzed for univariate and multivariate outliers. Although there was no univariate outlier, 3 cases (wives) were identified as multivariate outliers due to high Mahalonobis distance values. Thus, three couples (three wives and their husbands) were excluded from the data set, leaving 167 couples for the data analyses. The skewness and kurtosis values were all in acceptable ranges, suggesting the normality of the distributions.

Additionally, in all analyses except for mediation analyses both the measures of marital satisfaction and marital adjustment were included representing relationship outcome variables. Although these two measures are largely overlapping constructs, marital adjustment assessed via the DAS captures more comprehensive aspects of the relationship by including the sub-dimensions of dyadic satisfaction, dyadic cohesion, dyadic consensus, and affectional expression.

4.2 Descriptive Statistics

Descriptive statistics (means, standard deviations, and ranges) for the major study variables and correlations among those variables were presented in Table 4.1 and Table 4.2, respectively. Mean scores of the subscales were roughly compared with the given scale's absolute midpoint to see how common (or frequent) the observed emotions are experienced among Turkish couples. The comparison of the means of different anger expression styles revealed that the mean passive aggression scores for wives (4.05) and the mean integrative assertion scores for both wives (4.82) and husbands (4.80) were higher than the scale midpoints (3.50). The mean scores for distributive aggression (2.83 for wives and 2.54 for husbands) and avoidance/denial (2.82 for wives and 3.07 for husbands) were lower than the scale mid-points for wives and husbands, the one with the lowest mean score was from avoidance/denial for wives. In terms of sadness expression, social support/dependent behavior had the highest mean scores for both partners (4.10 for wives and 3.87 for husbands) and they were higher than the scale mid-points (3.50). However, the mean scores for solitude/negative behavior (3.10 for wives and 2.89 for husbands) were lower than the mid-point of the scales. The explanations (5.65 for wives and 5.12 for husbands) and apology/appeasement (4.91 for wives and 4.74 for husbands), which were the sub-scales of guilt expression, had higher mean scores but the mean scores for denial (2.70 for wives and 2.75 for husbands) were lower than the scale mid-point (3.50) for both partners. When the means for emotion experience variables were examined, the means for anger (4.27) and sadness (3.76) for wives and the mean score of anger (3.98) for husbands were higher than the mid-point of the scales (3.50). The other emotion expression variables

had lower mean scores than the scales mid-points. The means for marital adjustment and marital satisfaction were relatively higher for both partners. Both attachment anxiety and avoidance had lower than the mid-point of the scales.

Before testing the main hypotheses, a series of analyses of variance (ANOVAs) were conducted in order to examine potential gender differences. As can be seen in Table 4.1, the ANOVAs with gender revealed that husbands reported higher attachment avoidance than wives (M_{wives} = 2.04 and $M_{husbands}$ = 2.35) although they did not differ on attachment anxiety. Wives reported using more distributive aggression (M_{wives} = 2.83 and $M_{husbands}$ = 2.54) and passive aggression (M_{wives} = 4.05 and $M_{husbands}$ = 3.39) while expressing their anger, more solitude/negative behavior (M_{wives} = 3.10 and $M_{husbands}$ = 2.89) while feeling sad, and more explanations (M_{wives} = 5.65 and $M_{husbands}$ = 5.12) while feeling guilty as compared to their husbands. Wives also reported feeling more sadness (M_{wives} = 3.76 and $M_{husbands}$ = 3.28) and regret (M_{wives} = 2.62 and $M_{husbands}$ = 2.21) during a conflict as compared to their husbands. On the other hand, husbands reported using more avoidance/denial aggression (M_{wives} = 2.82 and $M_{husbands}$ = 3.07) while expressing anger and feeling more guilt (M_{wives} = 2.53 and $M_{husbands}$ = 2.95) during a conflict than their wives. As seen in the Eta^2 (strength of associations) in Table 4.1, although there were significant gender differences, they were relatively weak. The largest difference between husbands and wives was on passive aggression.

The valance and size of correlations between the study variables were all in the expected directions for both husbands and wives. There was no indication of multicollinearity in both samples. Examination of correlations revealed that attachment anxiety and avoidance scores for both wives and husbands were moderately strongly and negatively correlated with their marital adjustment (ranging from -.28 to -.74) and marital satisfaction (ranging from -.27 to -.71). Both attachment anxiety and avoidance of wives and husbands significantly positively correlated with distributive, passive and avoidant/denial aggression and negatively correlated with integrative assertion. Only three correlations among these variables were insignificant; the correlation between husbands' avoidant/denial aggression and wives' attachment anxiety, husbands' integrative

assertion and wives' attachment anxiety, and lastly, husbands' attachment avoidance and wives' avoidant/denial aggression.

Comparison of the correlations between attachment dimensions and sadness expression sub-scales indicated that anxious and avoidant wives and husbands reported high levels solitude/negative behavior patterns (all correlations were significant and ranged from .29 to .56). Wives' use of social support/dependent behavior pattern was negatively correlated with wives' avoidant attachment (r = -.37, p < .01). Husbands' use of social support/dependent behavior pattern, however, was only negatively correlated with wives' avoidant attachment (r = -.19, p < .05) and husbands' avoidant attachment (r = -.48, p < .01).

The correlations between attachment dimensions and guilt expression sub-scales were also all in the expected direction. Specifically, whereas attachment dimensions were all positively correlated with denial, they were negatively correlated with the explanations sub-scale. Although husbands' use of apology/appeasement behavior pattern was significantly and negatively correlated with the both attachment dimensions of wives and husbands (ranging from -.19 to -.51), wives' use of apology/appeasement behavior pattern was only significantly and negatively correlated with wives' avoidant attachment (r = -.43, p < .01). Moreover, whereas attachment anxiety and avoidance of both wives and husbands were positively related with sadness, regret, and anger experiences during a conflict, guilt experience was not significantly correlated with either attachment anxiety or avoidance.

The correlations between emotion expression scales were also in the expected direction. In general, positive correlations were observed between the subscales of constructive emotion expression. For example, wives' use of social support/dependent behavior pattern was positively and significantly related with wives' use of integrative assertion (r = .53, p < .01), apology/appeasement (r = .56, p < .01), explanations (r = .25, p < .01), and husbands' use of integrative assertion (r = .17, p < .05) and apology/appeasement (r = .19, p < .05). Furthermore, although wives' use of denial when they felt guilty was negatively correlated with wives' use of integrative assertion (r = -.33, p < .01) and

positively correlated with wives' use of distributive aggression (r = .38, p < .01), passive aggression (r = .39, p < .01), avoidant/denial aggression (r = .52, p < .01), solitude/negative behavior (r = .64, p < .01), positive activity (r = .23, p < .01). Wives' use of denial was also positively correlated with husbands' use of distributive aggression (r = .27, p < .01), passive aggression (r = .21, p < .01), avoidant/denial aggression (r = .30, p < .01), solitude/negative behavior (r = .31, p < .01), positive activity (r = .18, p < .05). Husbands' use of denial when feel guilty also showed similar pattern.

The size correlations suggested that the relationship between IVs and DVs were stronger than the correlations between mediating variables and DVs. Specifically, marital adjustment and marital satisfaction of wives and husbands had higher correlation coefficients with the attachment anxiety and avoidance dimensions of husbands and wives (ranging from -.27 to -.74), as compared to anger expression sub-scales (ranging from -.06 to -.53), sadness expression sub-scales (ranging from -.03 to -.53), guilt expression sub-scales (ranging from .10 to .40) and emotion experience sub-scales (ranging from -.00 to -.63) of husbands and wives.

As can be seen in Table 4.2, the correlations between wives' and husbands' variables were relatively lower than the within group correlations. For instance, although there was a negative correlation between wives' marital adjustment and their use of avoidance/denial anger expression (r = -.30, p < .01), there was no significant correlation between husbands' marital adjustment and wives' use of avoidance/denial anger expression. Moreover, husbands who reported higher levels of marital adjustment also reported using higher levels of apology behavior pattern when they felt guilty during a conflict (r = .40, p < .01). The correlation between wives' marital adjustment and husbands' apology behavior was also positive and significant (r = .30 p < .01).

Table 4. 2. *Gender Differences on the Main Study Variables*

	Wives (N = 167)		**Husbands (N = 167)**				
	Mean	SD	Mean	SD	Range	F	Eta^2
Attachment Anxiety	2.89	.92	2.80	.82	1-7	.89	.00
Attachment Avoidance	2.04	.93	2.35	1.02	1-7	8.47**	.03
Distributive aggression	2.83	1.08	2.54	1.10	1-7	5.93*	.02
Passive aggression	4.05	1.23	3.39	1.20	1-7	24.30**	.07
Avoidance/denial	2.82	.97	3.07	.86	1-7	6.31*	.02
Integrative assertion	4.82	1.01	4.80	1.23	1-7	.03	.00
Solitude/Negative behavior	3.10	.99	2.89	1.01	1-7	3.63^{t}	.01
Social support/Dependent behavior	4.10	1.17	3.87	1.24	1-7	3.21	.01
Positive activity	3.73	1.06	3.78	1.15	1-7	.17	.00
Apology/Appeasement	4.91	1.11	4.74	1.12	1-7	1.99	.01
Denial	2.70	1.03	2.75	1.06	1-7	.20	.00
Explanations	5.65	1.05	5.12	1.24	1-7	17.26**	.05
Sadness	3.76	1.60	3.28	1.34	1-7	8.83**	.03
Regret	2.62	1.49	2.21	1.13	1-7	7.72**	.02
Anger	4.27	1.53	3.98	1.56	1-7	2.81	.01
Guilt	2.53	1.13	2.95	1.21	1-7	10.75**	.03
Marital Adjustment	113.83	19.96	113.77	20.44	0-151	.00	.00
Marital Satisfaction	2.11	.50	2.09	.45	1-5	.10	.00

Note. $*p < .05$; $**p < .01$; $^{t}p = .07$

Table 4.3. *Bivariate Correlations between Study Variables*

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1.DAS_W	1																	
2.DAS_H	.62**	1																
3.SAT_W	.79**	.58**	1															
4.SAT_H	.43**	.79**	.50**	1														
5.ANX_W	-.49**	-.28**	-.39**	-.27**	1													
6.AVO_W	-.73**	-.41**	-.66**	-.30**	.50**	1												
7.ANX_H	-.35**	-.43**	-.31**	-.45**	.26**	.32**	1											
8.AVO_H	-.50**	-.74**	-.47**	-.71**	.30**	.36**	.58**	1										
9.DISAG_W	-.43**	-.34**	-.31**	-.31**	.41**	.25**	.31**	.33**	1									
10.PASAG_W	-.30**	-.26**	-.28**	-.19*	.32**	.20*	.28**	.21**	.59**	1								
11.AVAG_W	-.30**	-.15	-.27**	-.06	.28**	.36**	.23**	.11	.08	.30**	1							
12.INTAG_W	.38**	.36**	.33**	.25**	-.26**	-.48**	-.15*	-.29**	-.28**	-.18*	-.01	1						
13. .DISAG_H	-.35**	-.53**	-.33**	-.45**	.28**	.16*	.39**	.55**	.39**	.30**	.17*	-.21**	1					
14.PASAG_H	-.34**	-.45**	-.28**	-.35**	.22**	.18*	.28**	.44**	.33**	.32**	0.14	-.15	.63**	1				
15.AVAG_H	-.15*	-.14	-.16*	-.17*	.12	.20*	.22**	.29**	.18*	.15	.21**	.04	.13	.35**	1			
16.INTAG_H	.31**	.44**	.26**	.36**	-.10	-.21**	-.19*	-.52**	-.11	-.12	-.05	.21**	-.40**	-.39**	-.01	1		
17.SONE_W	-.42**	-.32**	-.36**	-.25**	.46**	.40**	.35**	.28**	.51**	.62**	.57**	-.29**	.29**	.24**	.22**	-.12	1	
18.SOSUP_W	.35**	.28**	.38**	.15	-.01	-.37**	-.15	-.15	-.10	-.13	.10	.53**	-.05	-.07	.08	.17*	-.03	1

Table 4.2. *Bivariate Correlations between Study Variables Continued…*

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19.POAC_W	-.12	-.08	-.04	-.03	.19*	.09	.06	.07	.06	.16*	.30**	.15	.04	.09	.10	.02	.17*	.06
20.SONE_H	-.39**	-.53**	-.36**	-.47**	.31**	.29**	.46**	.56**	.34**	.25**	.22**	-.15	.65**	.71**	.47**	-.37**	.32**	-.07
21. SOSUP_H	.31**	.51**	.32**	.41**	-.11	-.19*	-.06	-.48**	-.06	-.14	.01	.26**	-.22**	-.29**	.03	.59**	-.14	.25**
22.POAC_H	-.06	-.17*	-.08	-.15	.05	.09	.27**	.17*	.10	.05	.14	-.01	.23**	.10	.36**	.13	.07	.01
23.APO_W	.33**	.25**	.35**	.19*	-.12	-.43**	-.03	-.13	-.05	-.09	.07	.44**	-.05	-.06	-.07	.12	-.01	.56**
24.DEN_W	-.33**	-.25**	-.22**	-.21**	.41**	.49**	.30**	.24**	.38**	.39**	.52**	-.33**	.27**	.21**	.30**	-.03	.64**	-.05
25.EXP_W	.34**	.21**	.20*	.10	-.17*	-.46**	-.11	-.16*	.03	.01	-.09	.42**	-.04	-.03	-.07	.22**	-.13	.25**
26.APO_H	.30**	.40**	.32**	.34**	-.23**	-.29**	-.19*	-.51**	-.04	-.01	-.14	.29**	-.32**	-.26**	-.01	.58**	-.09	.19*
27.DEN_H	-.19*	-.36**	-.23**	-.33**	.13	.12	.38**	.56**	.27**	.21**	.05	-.14	.59**	.59**	.46**	-.39**	.17*	-.04
28.EXP_H	.26**	.38**	.29**	.32**	-.18*	-.28**	-.16*	-.53**	-.04	-.06	-.16*	.19*	-.33**	-.25**	-.14	.63**	-.11	.12
29.SAD_W	-.38**	-.22**	-.34**	-.20*	.35**	.24**	.32**	.25**	.40**	.52**	.40**	-.08	.36**	.34**	0.11	-.23**	.49**	.06
30.REG_W	-.63**	-.41**	-.60**	-.32**	.49**	.46**	.34**	.37**	.46**	.46**	.39**	-.24**	.43**	.28**	.10	-.25**	.54**	-.19*
31.ANG_W	-.41**	-.30**	-.32**	-.19*	.27**	.20*	.19*	.21**	.60**	.62**	.15	-.20**	.39**	.34**	.06	-.22**	.45**	-.19*
32.GUI_W	-.16*	-.03	-.00	-.02	.13	.02	.09	.00	.32**	.10	.20**	.00	.08	.08	.08	.06	.16*	.19*
33.SAD_H	-.29**	-.21**	-.30**	-.21**	.24**	.29**	.33**	.24**	.24**	.24**	.21**	-.07	.27**	.30**	.25**	-.01	.27**	-.07
34.REG_H	-.42**	-.46**	-.42**	-.43**	.35**	.38**	.35**	.42**	.29**	.24**	.24**	-.14	.44**	.32**	.18*	-.10	.31**	-.16*
35.ANG_H	-.30**	-.45**	-.20*	-.33**	.18*	.15	.26**	.36**	.36*	.19*	.09	-.20*	.62**	.63**	.15*	-.26**	.23**	-.05
36.GUI_H	-.11	.04	-.09	.05	.15	.11	.09	-.02	.03	.03	.16*	.09	.12	.12	.18*	.10	.11	.02

Table 4.2. *Bivariate Correlations between Study Variables Continued…*

	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
19.POAC_W	1																	
20.SONE_H	.11	1																
21. SOSUP_H	.00	-.26**	1															
22.POAC_H	.31**	.27**	.16*	1														
23.APO_W	.05	-.07	.22**	-.03	1													
24.DEN_W	.23**	.31**	-.10	.18*	-.10	1												
25.EXP_W	-.04	-.13	.16*	-.02	.56**	-.30**	1											
26.APO_H	-.04	-.23**	.57**	.08	.17*	-.14	.24**	1										
27.DEN_H	.08	.62**	-.23**	.22**	-.05	.24**	-.06	-.32**	1									
28.EXP_H	-.09	-.30**	.49**	-.03	.14	-.15	.24**	.75**	-.44**	1								
29.SAD_W	.08	.31**	-.09	.02	.08	.29**	-.00	-.13	.19*	-.14	1							
30.REG_W	.11	.39**	-.17*	.06	-.16*	.34**	-.14	-.23**	.23**	-.20**	.70**	1						
31.ANG_W	.07	.28**	-.11	.02	-.12	.22**	-.02	-.05	.24**	-.07	.64**	.63**	1					
32.GUI_W	.03	.15	.04	.02	.15	.20*	.03	.06	.04	.10	.37**	.21**	.25**	1				
33.SAD_H	-.04	.41**	-.01	.00	-.07	.19*	-.16*	-.01	.22**	-.06	.27**	.21**	.15*	.13	1			
34.REG_H	.08	.51**	-.17*	.07	-.25**	.29**	-.20*	-.17*	.35**	-.18*	.19*	.33**	.24**	.10	.63**	1		
35.ANG_H	.10	.57**	-.21**	.13	-.04	.19*	-.06	-.21**	.45**	-.20*	.21**	.24**	.31**	.18*	.40**	.44**	1	
36.GUI_H	.04	.09	.20*	.04	.08	.04	-.03	.18*	.05	.09	.20**	.12	.07	.03	.43**	.25**	.15	1

Note. DAS_W= Wives' Dyadic Adjustment; DAS_H=Husbands' Dyadic Adjustment; SAT_W= Wives' Marital Satisfaction; SAT_H=Husbands' Marital Satisfaction; ANX_W= Wives' Attachment Anxiety; AVO_W= Wives' Attachment Avoidance; ANX_H=Husbands' Attachment Anxiety; AVO_H= Husbands' Attachment Avoidance; DISAG_W=Wives' Distributive aggression; PASAG_W=Wives' Passive aggression; AVAG_W= Wives' avoidance/denial; INTAG_W=Wives' integrative assertion; DISAG_H= Husbands' Distributive aggression; PASAG_H= Husbands' Passive aggression; AVAG_H= Husbands' avoidance/denial; INTAG_H= Husbands' integrative assertion; SONE_W=Wives' Solitude/Negative behavior; SOSUP_W=Wives' Social support/Dependent behavior; POAC_W=Wives' positive activity; SONE_H= Husbands' Solitude/Negative behavior; SOSUP_H= Husbands' Social support/Dependent behavior; POAC_H= Husbands' positive activity; APO_W=Wives' Apology/Appeasement; DEN_W=Wives' Denial; EXP_W=Wives' explanations; APO_H= Husbands' Apology/Appeasement; DEN_H= Husbands' Denial; EXP_H= Husbands' explanations; SAD_W=Wives' sadness; REG_W=Wives' regret; ANG_W= Wives' anger; GUI_W=Wives' guilt; SAD_H= Husbands' sadness; REG_H= Husbands' regret; ANG_H= Husbands' anger; GUI_H= Husbands' guilt.
*p< .05; **p< .01.

To better understand the effects of attachment dynamics on the main study variables, participants were categorized into attachment groups using the two attachment dimensions. For this purpose, cluster analysis was used with two continuous variables of attachment anxiety and avoidance to classify participants into the four attachment categories (i.e., secure, dismissing, preoccupied, and fearful), following the procedure suggested by Brennan et al. (1998). Briefly, participants with low scores on both the subscales of attachment anxiety and avoidance were classified as secure, individuals with high scores on both subscales were classified as fearful, individuals with low scores on the attachment anxiety subscale and high scores on the avoidance subscale were classified as dismissive, and individuals with high scores on the anxiety subscale and low scores on the avoidance subscale were classified as preoccupied. According to the cluster analysis, 152 (45.5%, 79 wives and 73 husbands) participants were classified as secure, 106 (31.7%, 61 wives and 45 husbands) were preoccupied, 34 (10.2%, 8 wives and 26 husbands) were dismissing, and 42 (12.6%, 19 wives and 23 husbands) were fearful.

Following these classifications, a series of 4 (attachment groups) X 2 (gender) between-subject ANOVAs on the main study variables were conducted in order to examine the effects of attachment style and gender differences, and also their interactions on the main variables. As can be seen in Table 4.3, results showed that there were significant attachment style and gender effect on main study variables.

For marital adjustment and marital satisfaction, results indicated that there was a main effect of attachment styles on both marital adjustment and marital satisfaction. Post hoc analysis with Tukey revealed that secure participants (M = 125.66 and M = 4.86 for DAS and SAT) reported higher levels of marital adjustment and marital satisfaction than fearfuls (M = 92.90 and M = 3.52 for DAS and SAT), dismissings (M = 88.76 and M = 3.34 for DAS and SAT), and preoccupieds (M = 113.07 and M = 4.50 for DAS and SAT); preoccupieds reported higher levels of marital adjustment and marital satisfaction than fearfuls and dismissings. The main effect of gender was only significant on marital satisfaction. Husbands (M = 4.16) reported higher marital

satisfaction than wives (*M* = 3.96). There was no significant interaction effect between attachment styles and gender.

Main effect of attachment styles and the interaction effects of attachment styles and gender on distributive aggression were significant. Post hoc analyses revealed that secure partners (*M* = 2.21) reported using lower levels of distributive aggression than fearful (*M* = 3.49), dismissing (*M* = 3.23), and preoccupied partners (*M* = 2.75); preoccupied partners reported using lower levels of distributive aggression than fearful and dismissing partners. Post hoc analyses for the interaction effect of attachment styles and gender on distributive aggression revealed that secure wives (*M* = 2.45) reported using lower levels of distributive aggression than fearful wives (*M* = 3.62) and preoccupied wives (*M* = 3.08). Secure husbands (*M* = 1.96) also reported using lower levels of distributive aggression than fearful husbands (*M* = 3.34), dismissing husbands (*M* = 3.67), and preoccupied husbands (*M* = 2.40). Preoccupied husbands reported using lower levels of distributive aggression than fearful and dismissing husbands. Secure wives (*M* = 2.45) reported using higher levels of distributive aggression than secure husbands (*M* = 1.96). Preoccupied wives (*M* = 3.08) also reported using higher levels of distributive aggression than preoccupied husbands (*M* = 2.41).

There was a significant main effect of attachment styles and gender on passive aggression. Secure people (*M* = 3.25) reported using lower levels of passive aggression than fearful (*M* = 4.33), dismissing (*M* = 4.27), and preoccupied (*M* = 3.88) people. Wives (*M* = 4.23) also reported using higher levels of passive aggression than husbands (*M* = 3.64). There was only a significant main effect of attachment styles on both avoidance/denial and integrative assertion. Neither gender nor interaction effect was significant in predicting avoidance/denial and integrative assertion. As expected, secure people (*M* = 2.70) reported using lower levels of avoidance/denial aggression than fearful (*M* = 3.50) and dismissing (*M* = 3.31) people; fearful people also reported using higher levels of avoidance/denial aggression than preoccupied people (*M* = 2.98). Secure partners (*M* = 5.24) reported using higher levels of integrative assertion when compared to fearfuls (*M* = 4.18), dismissing (*M* =

3.72), and preoccupied partners (*M* = 4.84); preoccupieds also reported using higher levels of integrative assertion than fearfuls and dismissings.

When sadness expression sub-scales were examined separately, only attachment styles had significant main effect on solitude/negative behavior, social support/dependent behavior, and positive activity. Specifically, secures (*M* = 2.49) reported using lower levels of solitude/negative behavior than fearfuls (*M* = 3.83), dismissings (*M* = 3.53), and preoccupieds (*M* = 3.17); fearfuls also reported using higher levels of solitude/negative behavior than preoccupieds. For social support/dependent behavior, secures (*M* = 4.36) reported using higher levels of social support/dependent behavior as compared to dismissings (*M* = 2.72) and preoccupieds (*M* = 3.86); fearfuls (*M* = 3.98) and preoccupieds reported using higher levels of social support/dependent behavior than dismissings. Finally, secure people (*M* = 3.50) reported using lower levels of positive activity as compared to fearfuls (*M* = 4.11) and preoccupieds (*M* = 3.97).

Regarding guilt expression, only attachment styles had a significant main effect on apology/appeasement and denial. Gender, however, had a significant main effect on explanations. As expected, secure partners (*M* = 5.24) reported more apology/appeasement as compared to fearful (*M* = 4.48), dismissing (*M* = 3.72), and preoccupied partners (*M* = 4.75); dismissings also reported less apology/appeasement behavior patterns than fearful and preoccupied partners. Secures (*M* = 2.15) also reported using less denial as compared to fearfuls (*M* = 3.53) dismissings (*M* = 3.41), and preoccupieds (*M* = 2.98); preoccupieds also reported using less denial than fearfuls and dismissings. For explanations, secure people (*M* = 5.81) reported higher levels of explanations than other groups (*M* = 4.93, *M* = 4.38, *M* = 5.35 for fearfuls, dismissings, and preoccupieds, respectively); dismissings reported using less explanations than fearfuls and preoccupieds. Wives (*M* = 5.37) also reported using higher levels of explanations than husbands (*M* = 4.86) when they feel guilty during a conflict.

Analyses on the emotional experience sub-scales during a conflict showed that there were significant main effects of attachment styles and gender on sadness experience. As expected, secure people (*M* = 3.05) reported lower

levels of sadness than fearfuls (*M* = 4.28), dismissings (*M* = 3.96), and preoccupieds (*M* = 3.75). Wives (*M* = 4.05) also reported feeling more sadness than husbands (*M* = 3.46). For regret, both main effects of attachment styles and gender and interaction effect was significant. Secures (*M* = 1.80) reported lower levels of regret than fearfuls (*M* = 3.49), dismissings (*M* = 3.22), and preoccupieds (*M* = 2.61); fearfuls reported higher levels regret than preoccupieds. Wives (*M* = 3.11) also reported feeling more regret than husbands (*M* = 2.45). Post hoc analysis for the interaction effect of attachment styles and gender on regret experience revealed that secure wives (*M* = 1.87) reported lower levels of regret than fearful wives (*M* = 4.05), dismissing wives (*M* = 3.50), and preoccupied wives (*M* = 3.01). Fearful wives also reported higher levels of regret experience than preoccupied wives. Secure husbands (*M* = 1.72), however, reported lower levels of regret than fearful husbands (*M* = 2.93) and dismissing husbands (*M* = 2.94). Preoccupied husbands (*M* = 2.21) also reported lower levels of regret experience than fearful and dismissing husbands. Fearful wives (*M* = 4.05) reported higher levels of regret than fearful husbands (*M* = 2.93). Preoccupied wives (*M* = 3.01) reported higher levels of regret than preoccupied husbands (*M* = 2.21).

The main effect of attachment styles on anger and the main effect of gender on guilt were significant. Interaction effects were not significant for both anger and guilt. As expected, secure people (*M* = 3.61) reported experiencing lower levels of anger as compared to fearfuls (*M* = 4.81), dismissings (*M* = 4.71), and preoccupieds (*M* = 4.31). Husbands (*M* = 2.99) reported feeling more guilt than their wives (*M* = 2.49).

Table 4.4. *Attachment Style and Gender Differences on Main Study Variables*

	Independent Variables											
	Attachment Style						Gender				Attachment*Gender	
Dependent Variables	Secure	Fearful	Dismissing	Preoccupied	*F*	*Eta*^{2}	Wives	Husbands	*F*	*Eta*^{2}	*F*	*Eta*^{2}
Marital Adjustment	125.66^{a}	92.90^{b}	88.76^{b}	113.07^{c}	78.69**	.42	103.00	107.20	3.74	.01	.49	.00
Marital Satisfaction	4.86^{a}	3.52^{b}	3.34^{b}	4.50^{c}	70.94**	.40	3.96^{a}	4.16^{b}	4.59*	.01	.83	.01
Distributive aggression	2.21^{a}	3.49^{b}	3.23^{b}	2.75^{c}	24.99**	.19	2.98	2.85	1.03	.00	4.62**	.04
Passive aggression	3.25^{a}	4.33^{b}	4.27^{b}	3.88^{b}	15.42**	.12	4.23^{a}	3.64^{b}	13.71**	.04	1.72	.02
Avoidance/denial	2.70^{a}	3.50^{b}	3.31^{bc}	2.98^{ac}	10.83**	.09	3.08	3.17	.51	.00	1.05	.01
Integrative assertion	5.24^{a}	4.18^{b}	3.72^{b}	4.84^{c}	23.70**	.18	4.46	4.53	.26	.00	.51	.01
Solitude/Negative behavior	2.49^{a}	3.83^{b}	3.53^{bc}	3.17^{c}	34.59**	.24	3.36	3.15	2.99	. 01	1.13	.01
Social support/Dependent behavior	4.36^{a}	3.98^{ac}	2.72^{b}	3.86^{c}	16.51**	.13	3.78	3.67	.44	.00	.14	.00
Positive activity	3.50^{a}	4.11^{b}	3.72^{ab}	3.97^{b}	5.51**	.05	3.78	3.87	.29	.00	.31	.00
Apology/Appeasement	5.24^{a}	4.48^{b}	3.72^{c}	4.75^{b}	19.52**	.15	4.60	4.49	.53	.00	.46	.00
Denial	2.15^{a}	3.53^{b}	3.41^{b}	2.98^{c}	40.86**	.27	3.01	3.03	.03	.00	.55	.01
Explanations	5.81^{a}	4.94^{b}	4.38^{c}	5.35^{b}	18.38**	.15	5.37^{a}	4.86^{b}	11.98**	.04	1.49	.01
Sadness	3.05^{a}	4.27^{b}	3.96^{b}	3.76^{b}	11.36**	.10	4.05^{a}	3.46^{b}	8.79**	.03	.88	.01
Regret	1.80^{a}	3.49^{b}	3.22^{bc}	2.61^{c}	30.96**	.22	3.11^{a}	2.45^{b}	15.68**	.05	2.73*	.03
Anger	3.61^{a}	4.81^{b}	4.71^{b}	4.31^{b}	11.12**	.09	4.44	4.28	.64	.00	1.09	.01
Guilt	2.69	2.94	2.58	2.75	.66	.01	2.49^{a}	2.99^{b}	8.78**	.03	.98	.01

Note. *p< .05; **p< .01.

Pos-hoc tests using Tukey adjustments were on the means. Values with the same subscript on the rows were not significantly different from each other.

4.3 Testing Main Hypotheses

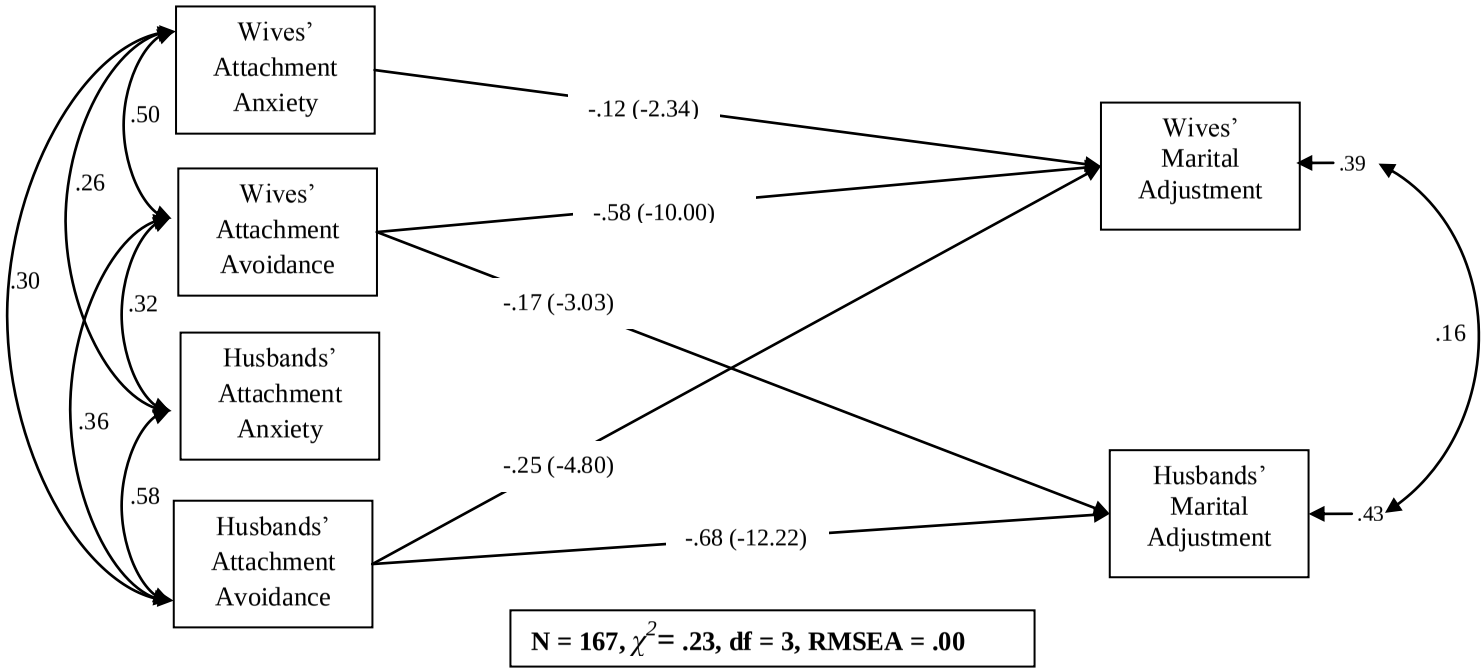
The mediating effects of emotion experience and expression in the relationship between attachment dimensions and marital adjustment were tested by a series of path analyses using APIM framework for distinguishable partners (i.e., wives and husbands). The analyses for anger, guilt, and sadness expression were conducted in separate path models. First, the effects of attachment dimensions on marital adjustment were tested. Next, the results regarding emotional experience are presented, and then, results regarding anger, sadness, and guilt expression are provided, respectively. In these analyses, attachment dimensions of wives and husbands were used as predictor variables, the subscales of emotional experience and expression as the mediating variables, and marital adjustment of wives and husbands were employed as the outcome variables. The correlations among IVs (attachment anxiety and avoidance) and correlated errors between mediating (emotion experience and emotion expression sub-scales) and outcome variables (marital adjustment) were added to the model. Second actor and partner effects were set equal to each other in predicting all dependent variables in order to see whether these effects differ significantly from each other. Chi square difference test was used to compare the magnitude of differences.

Since attachment dimensions were theoretically related to relationship outcomes, following Kenny and his colleagues' (2006) suggestions, first fully saturated models were examined. If any path from predictors to outcome variables was insignificant, this path was dropped from the model and this procedure was kept until all the paths in the model were significant. During this procedure, if any of the trimmed paths became significant as reflected in the modification index, it was introduced into the analyses again. Specifically, the final model included only the significant paths by trimming the insignificant paths in a standardized fashion.

4.4 Actor-Partner Effects of Married Couples in Predicting Marital Adjustment (Hypothesis ≠ 1)

The conceptual model was specified as attachment anxiety and avoidance would have direct effects on marital adjustment, no restrictions were allowed. Thus, the model was saturated indicating observed and implied covariance matrixes fitted exactly. The saturated model indicated that the links between husbands' attachment anxiety and both wives' and husbands' marital adjustment were insignificant. Wives' attachment anxiety also did not predict marital adjustment of husbands. Thus, the three insignificant links were dropped from the model. As can be seen in Figure 3, the final model fit the data very well (χ^2 *(3, N = 167) = .23, p = ns. GFI =1.00, AGFI =.997, NNFI =1.00, CFI = 1.00, RMSEA =.00).*

As seen in Figure 3, the APIM analysis revealed significant effects of both actor and partner attachment avoidance on marital adjustment. Specifically, wives high in attachment avoidance reported lower marital adjustment (β = -.58, p < .05) and their husbands also reported lower marital adjustment (β = -.17, p < .05). Similarly, husbands' attachment avoidance predicted their own and wives' marital adjustment negatively (β = -.68, p < .05; β = -.25, p < .05, respectively). For attachment anxiety, only wives' actor effect was significant, indicating wives higher in attachment anxiety were less satisfied with their relationships (β = -.12, p < .05). Overall, attachment dimensions explained 61% and 57% of the total variances in wives' and husbands' marital adjustment.



Note: Error terms represent percent of unexplained variance. *T* values are presented in the parentheses.

Figure 3. *Actor and Partner Effects in Predicting Marital Adjustment*

4.5 The Mediating Role of Emotional Experience in the relationship between Attachment and Marital Adjustment (Hypothesis ≠ 2)

The proposed model suggested that attachment dimensions would predict marital adjustment both directly and indirectly through emotional experience (i.e., sadness, regret, anger, and guilt). However, when the correlation matrixes of the variables were examined, wives' and husbands' experience of guilt were not significantly related with wives and husbands' attachment anxiety and avoidance. When guilt experience added to model, the suppressor effect was occurred. Thus, including guilt to the proposed model would not improve the model fit and thus it was removed from the rest of the analyses. First, a saturated model, which included all the paths from attachment dimensions to emotion experience and marital adjustment as well as the paths from emotion experience variables to marital adjustment, was tested and the insignificant paths were trimmed. The final model with standardized parameter estimates was given in Figure 4. The goodness-of-fit statistics indicated that this model fit the data very well (χ^2 *(27, N = 167) = 34.28, p = ns. GFI =.97, AGFI =.90, NNFI =.98, CFI = .99, RMSEA =.04).*

4.5.1 Actor Effects

As can be seen in Figure 4, there were a number of actor effects between an individual's attachment style and his/her emotion experience and marital adjustment. Specifically, higher attachment anxiety of wives predicted their sadness (β = .30, p < .05), regret (β = .34, p < .05), and anger (β = .24, p < .05) experiences, suggesting that, on the one hand, wives with higher attachment anxiety tended to experience higher levels of sadness, regret, and anger during marital conflict. On the other hand, when the anxiety level of husbands was high, they only experienced sadness during a conflict (β = .20, p < .05). Attachment avoidance of wives predicted their high levels of regret experiences (β = .23, p < .05) only, and similarly attachment avoidance of husbands predicted their own regret (β = .27, p < .05) and anger (β = .31, p < .05) experiences during a conflict. Additionally, both avoidant wives and avoidant husbands were less satisfied with their relationships (β = -.54, p < .05 and β = -.62, p < .05, respectively). Wives' regret also predicted

their marital adjustment negatively (β = -.29, p < .05) and also husbands' anger predicted their marital adjustment negatively (β = -.18, p < .05).

Moreover, actor effects revealed three important mediations. First, wives' experience of regret during a conflict fully mediated the effect of wives' anxious attachment on wives' marital adjustment (*indirect effect* = -.10, t = -3.73, p < .05). Second, wives' experience of regret during a conflict also partially mediated the effect of wives' avoidant attachment on wives' marital adjustment (*indirect effect* = -.07, t = -3.33, p < .05). These results suggest that anxious and avoidant wives experienced higher levels of regret during a conflict, and this in turn, decreased their marital adjustment. Lastly, husbands' experience of anger during a conflict partially mediated the effect of husbands' avoidant attachment on husbands' marital adjustment (*indirect effect* = -.06, t= -2.82, p < .05), indicating that when the avoidance level of husbands was high, they experienced anger more during a conflict and this in turn, decreased their marital adjustment both directly and indirectly.

4.5.2 Partner Effects

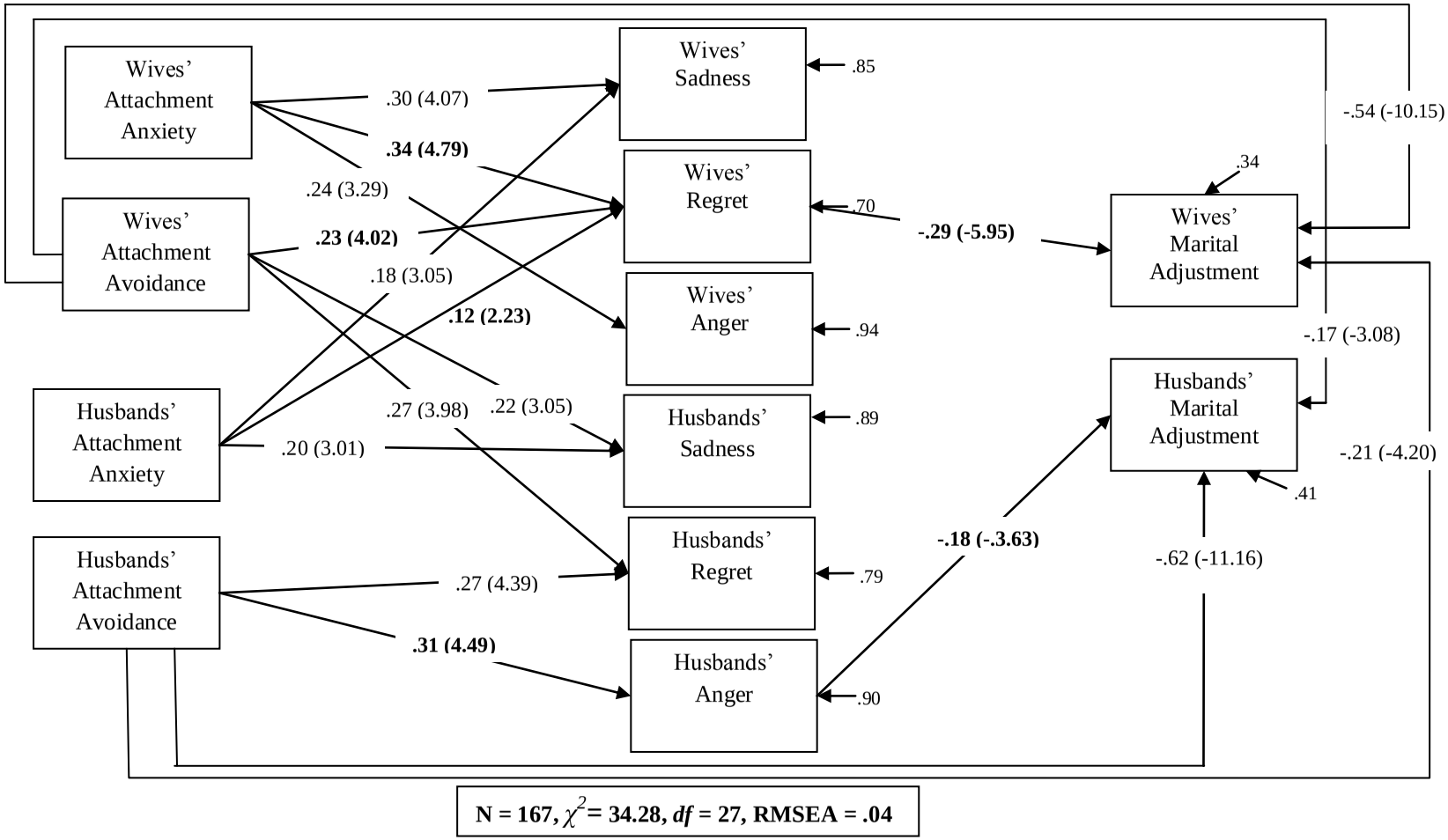
There were also a number of partner effects between attachment dimensions and partner's emotion experience and marital adjustment. Specifically, higher attachment avoidance of wives predicted husbands' sadness (β = .22, p < .05) and regret (β = .27, p < .05) experiences during a conflict. However, higher attachment anxiety of husbands predicted wives' sadness (β = .18, p < .05) and regret (β = .12, p < .05) experiences during a conflict. Additionally, wives' attachment avoidance predicted husbands' marital adjustment negatively (β = -.17, p < .05) and husbands' attachment avoidance predicted wives' marital adjustment negatively (β = -.21, p < .05). There was only one significant mediation effect regarding the partner effect. Wives were less satisfied with their relationship if their husbands had high attachment anxiety and this association was fully mediated by wives' experience of regret (*indirect effect* = -.04, t = -2.09, p < .05). That is to say, when the anxiety level of husbands was high, their wives experienced regret more during

a conflict, and this in turn, decreased wives' marital adjustment both directly and indirectly.

Overall, attachment dimensions explained 15%, 30%, 6%, 11%, 21%, and 10% of the total variance in wives' sadness, regret, and anger experiences and husbands' sadness, regret, and anger experiences, respectively. 66% and 59% of the total variances in wives' and husbands' marital adjustment were explained by the full model.

4.5.3 Gender Differences

Additional analyses were run to test whether actor and partner effects on the outcome variables are equivalent. Specifically, a series of nested models were conducted in which the corresponding paths for husbands and wives were set equal, one pair at a time and the chi-square test was used to test the model significance. Results revealed that the paths for husbands and wives were comparable and there was no significant gender difference. Actor and partner effects did not differ from each other.



Note: Error terms represent percent of unexplained variance. For ease of interpretation, correlation among IVs and correlated errors within mediating variables (i.e., emotion experience sub-scales) and within outcome variables (i.e., marital adjustment) are not shown. *T* values are presented in the parentheses.

Figure 4. *Structural Model using Emotion Experience as a Mediator*

4.6 The Mediating Role of Anger Expression in the relationship between Attachment Dimensions and Marital Adjustment (Hypothesis ≠ 3)

Hypothesis 3 states that attachment dimensions would predict marital adjustment both directly and indirectly through anger expression (i.e., distributive aggression, passive aggression, avoidance/denial aggression, and integrative assertion). For this aim, a saturated model including all the paths from attachment dimensions to the anger expression sub-scales and marital adjustment as well as the paths from the anger expression variables to marital adjustment was tested. However, results of the preliminary analyses showed that the sign of the beta weight of the link between husbands' attachment anxiety and husbands' integrative assertion was in the opposite direction, suggesting a potential suppressor effect. Specifically, the model suggested that anxious husbands reported using higher integrative assertion (β = .16, t = 2.15, p < .05). Furthermore, the beta weight of the link between husbands' attachment anxiety and wives' integrative assertion was also positive (β = .09, t = 1.16, although nonsignificant) though the correlation between these two variables were initially negative (r =-.19, p < .05 for husbands' attachment anxiety and husbands' integrative assertion and r =-.15, p < .05 for husbands' attachment anxiety and wives' integrative assertion), suggesting that integrative assertion was the potential suppressor. Therefore, integrative assertion of both husbands and wives were removed from the further analyses, leaving three anger-expression sub-scales as mediators.

The proposed model with six mediators (i.e., three anger expression sub-scales for both wives and husbands) was tested and the insignificant paths were trimmed. The final model with standardized parameter estimates was shown in Figure 5. The goodness-of-fit statistics indicated that this model fit the data very well (χ^2 *(29, N = 167) = 35.70, p= ns. GFI =.97, AGFI =.91, NNFI =.98, CFI = .99, RMSEA =.03).*

4.6.1 Actor Effects

As can be seen in Figure 5, there were a number of actor effects between an individual's attachment style and his/her anger expression and marital adjustment. Specifically, higher attachment anxiety of wives predicted their usage of high levels of passive aggression (β = .25, p < .05) and their usage of high levels of distributive aggression (β = .32, p < .05). Attachment avoidance of wives predicted their high levels of avoidant aggression (β = .35, p < .05) and their low levels of marital adjustment (β = -.61, p < .05). For husbands, attachment avoidance of husbands predicted their high levels of distributive aggression (β = .55, p < .05), high levels of passive aggression (β = .43, p < .05), high levels of avoidant/denial aggression (β = .29, p < .05), and their low levels of marital adjustment (β = -.59, p < .05). Wives' distributive aggression also predicted their marital adjustment negatively (β = -.19, p < .05) and also husbands' distributive aggression predicted their marital adjustment negatively (β = -.16, p < .05). These results suggest that, on the one hand, wives with higher attachment anxiety tended to use higher levels of passive aggression and distributive aggression styles while expressing their anger during marital conflict. On the other hand, husbands with higher attachment anxiety only tended to use higher levels of passive aggression style while expressing their anger during marital conflict. Wives with higher attachment avoidance reported using higher levels of avoidant/denial aggression styles while expressing their anger during marital conflict. However, husbands with higher attachment avoidance reported using higher levels of distributive, passive, and avoidant/denial aggression while expressing their anger during marital conflict.

Furthermore, actor effects revealed two significant mediation effects. First, distributive aggression of wives fully mediated the effect of wives' anxious attachment on wives' marital adjustment (*indirect effect* = -.06, t = -3.02, p < .05), suggesting that wives with higher attachment anxiety tended to use high levels of distributive aggression while expressing their anger, and this in turn, decreased their marital adjustment directly. Second, distributive aggression of husbands partially mediated the effect of husbands' avoidant attachment on husbands' marital

adjustment (*indirect effect* = -.09, t = -2.67, $p < .05$), suggesting that when the avoidance level of husbands was high, they used more distributive aggression styles while expressing their anger, and this in turn, decreased their marital adjustment both directly and indirectly.

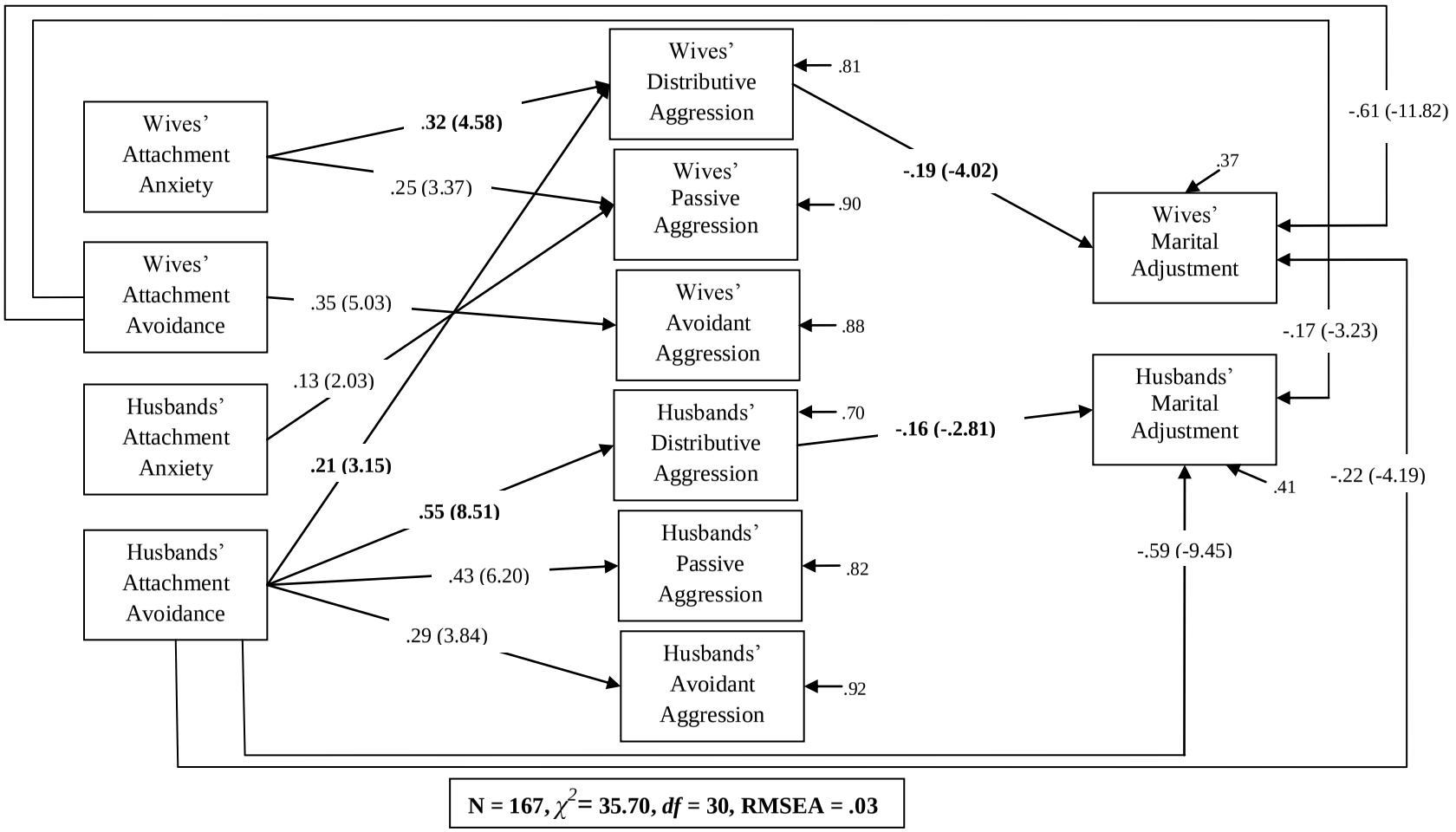
4.6.2 Partner Effects

Four partner effects were emerged. Specifically, higher attachment anxiety of husbands predicted high levels of passive aggression of their wives (β = .13, $p <$ .05), indicating that when the anxiety level of husbands was high, their wives tended to use high levels passive aggressive style while expressing their anger during marital conflict. Higher attachment avoidance of husbands predicted high levels of distributive aggression of their wives (β = .21, $p < .05$), indicating that while the avoidance level of husbands was high; their wives tended to use high levels of distributive aggression while expressing their anger. Additionally, wives' attachment avoidance predicted husbands' marital adjustment negatively (β = -.17, $p < .05$) and husbands' attachment avoidance predicted wives' marital adjustment negatively (β = -.22, $p < .05$). There was only one significant mediation effect regarding partner effect. Wives were less satisfied with their relationship if their husbands had high attachment avoidance and this association was partially mediated by distributive aggression of wives (*indirect effect* = -.04, t = -2.48, $p <$ .05). That is to say, when the avoidance level of husbands was high, their wives tended to use high levels of distributive aggression styles while expressing their anger during a conflict, and this in turn, decreased wives' marital adjustment both directly and indirectly.

Overall, attachment dimensions explained 19%, 10%, 12%, 30%, 18%, and 8% of the total variance in wives' distributive aggression, passive aggression, avoidance/denial aggression and husbands' distributive aggression, passive aggression, avoidance/denial aggression, respectively. 63% and 59% of the total variances in wives' and husbands' marital adjustment were explained by the full model.

4.6.3 Gender Differences

Further analyses were also run to test whether actor and partner effects on the outcome variables are equivalent. Specifically, a series of nested models were conducted in which the corresponding paths for husbands and wives were set equal. Results revealed that the paths for husbands and wives were comparable and there was no significant gender difference.



Note: Error terms represent percent of unexplained variance. For ease of interpretation, correlation among IVs and correlated errors within mediating variables (i.e., anger expression sub-scales) and within outcome variables (i.e., marital adjustment) are not shown. *T* values are presented in the parentheses.

Figure 5. *Structural Model using Anger Expression as a Mediator*

4.7 The Mediating Role of Sadness Expression in the relationship between Attachment and Marital Adjustment (Hypothesis ≠ 4)

Hypothesis 4 states that attachment dimensions would predict marital adjustment both directly and indirectly through sadness expression (i.e., solitude/negative behavior, social support/dependent behavior, and positive activity). For this aim, a saturated model, including all the paths from attachment dimensions to the sadness expression sub-scales and marital adjustment as well as the paths from the sadness expression variables to marital adjustment, was tested. However, results of the preliminary analyses showed that the sign of the beta weight of the link between husbands' attachment anxiety and husbands' social support/dependent behavior and the link between wives' attachment anxiety and wives' social support/dependent behavior were in the opposite direction, suggesting a potential suppressor effect. Specifically, the model suggested that anxious husbands reported high levels of social support/dependent behavior (β = .34, t = 4.36, p < .05) and anxious wives reported high levels of social support/dependent behavior (β = .22, t = 2.78, p < .05). However the correlation between these two variables were negative and nonsignificant (r =-.06, p = ns. for husbands' attachment anxiety and husbands' social support/dependent behavior and r =-.01, p = ns. for wives' attachment anxiety and wives' social support/dependent behavior). Like the situation in the anger expression, the sadness-expression sub-scales were all negative except social support/dependent behavior. Thus, being the only positive sadness expression sub-scale, social support/dependent behavior was the potential suppressor and thus it was removed from the further analyses, leaving three sadness-expression sub-scales as mediators.

The proposed model with four mediators (i.e., two sadness expression sub-scales for both wives and husbands) was tested and insignificant paths were removed. As can be seen in Figure 6, the model fit the data very well (χ^2 *(18, N = 167) = 7.88, p = ns. GFI =.99, AGFI =.97, NNFI =1.04, CFI = 1.00, RMSEA =.00).*

4.7.1 Actor Effects

As can be seen in Figure 6, when the actor effects were examined, results revealed that higher attachment anxiety of wives predicted their usage of high levels of solitude/negative behavior (β = .32, p < .05), their usage of high levels of positive activity (β = .19, p < .05), and their low levels of marital adjustment (β = -.13, p < .05). Similarly higher attachment anxiety of husbands predicted their usage of high levels of solitude/negative behavior (β = .18, p < .05) and their usage of high levels of positive activity (β = .27, p < .05). Attachment avoidance of wives predicted their usage of high levels of solitude/negative behavior (β = .17, p < .05) and their low levels of marital adjustment (β = -.57, p < .05). Similarly, higher attachment avoidance of husbands predicted only their usage of high levels of solitude/negative behavior (β = .41, p < .05) and their low levels of marital adjustment (β = -.61, p<.05). Husbands' solitude/negative behavior also predicted their marital adjustment negatively (β = -.13, p < .05). These results suggest that anxious wives and husbands reported using more both solitude/negative behavior and positive activities while expressing their sadness during a conflict. Avoidant wives and husbands reported using solitude/negative behavior more while expressing their sadness during marital conflict.

Additionally, actor effects revealed only one of the mediation was significant. Specifically, although solitude/negative behavior of husbands seemed to fully mediated the effect of husbands' anxious attachment on husbands' marital adjustment, it was not significant (*indirect effect* = -.02, t = -1.65, p = ns.). The only significant mediation was that solitude/negative behavior of husbands partially mediated the effect of husbands' avoidant attachment on husbands' marital adjustment (*indirect effect* = -.05, t = -2.08, p < .05), suggesting that when the avoidance level of husbands was high, they used more solitude/negative behavior while expressing their sadness this in turn, decreased their marital adjustment both directly and indirectly.

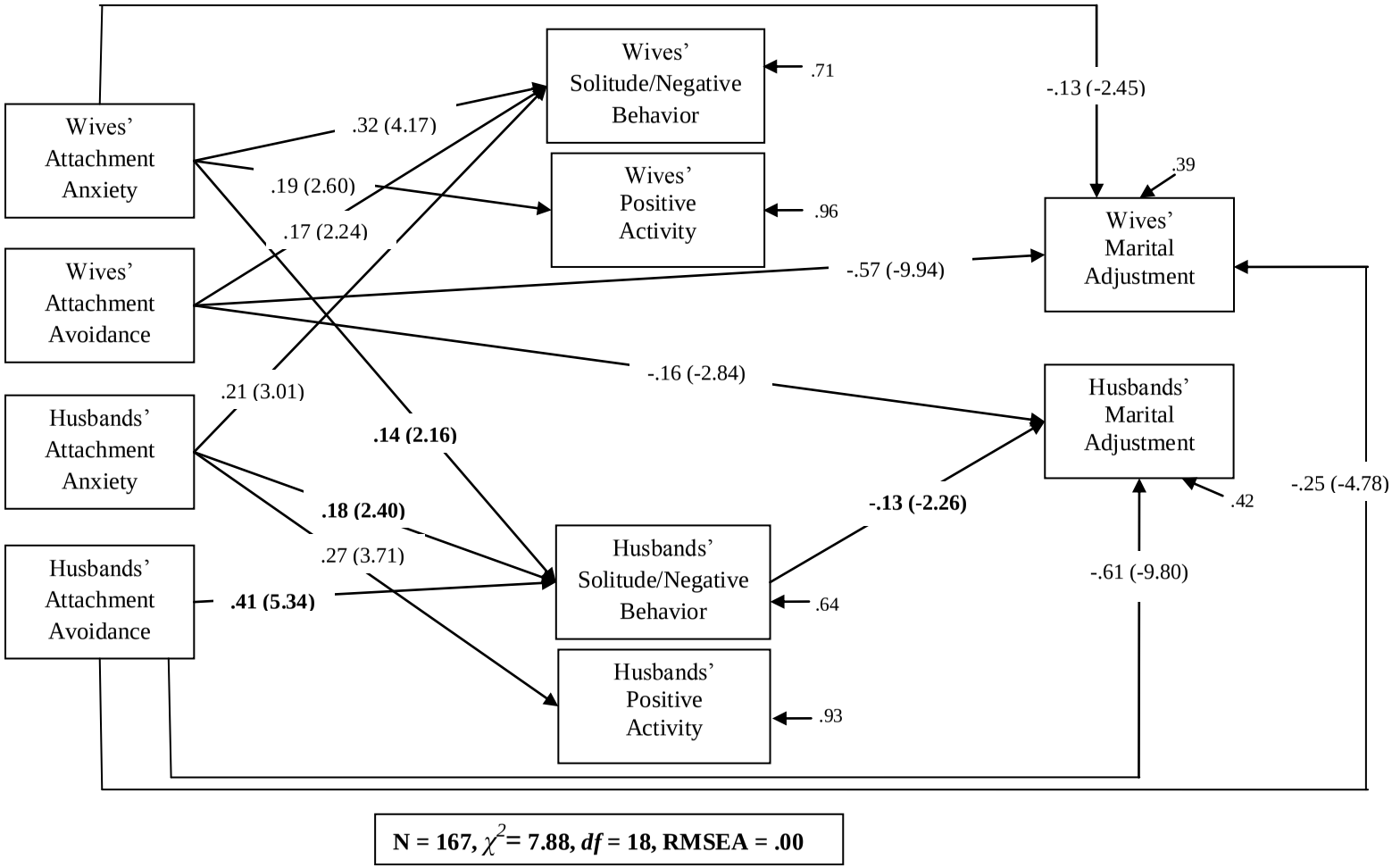
4.7.2 Partner Effects

When the actor effects were examined, results revealed that higher attachment anxiety of wives predicted high levels of solitude/negative behavior of their husbands (β = .14, p < .05), suggesting that when the anxiety level of wives was high, their husbands used more solitude/negative behavior style while expressing their sadness. Similarly, higher attachment anxiety of husbands predicted high levels of solitude/negative behavior of their wives (β = .21, p < .05), indicating that when the anxiety level of husbands was high, their wives used more solitude/negative behavior style while expressing their sadness during a conflict. Additionally, wives' attachment avoidance predicted husbands' marital adjustment (β = -.16, p < .05) and husbands' attachment avoidance predicted wives' marital adjustment negatively (β = -.25, p < .05). Although there seems to be one partner mediation effect, it was not significant. Specifically, although solitude/negative behavior of husbands seemed to fully mediated the effect of wives' anxious attachment on husbands' marital adjustment, it was not significant (*indirect effect* = -.02, t = -1.56, p = ns.).

Overall, attachment dimensions explained 29%, 4%, 26%, and 7% of the total variance in wives' and husbands' solitude/negative behavior and positive activity, respectively. 61% and 58% of the total variances in wives' and husbands' marital adjustment were explained by the full model.

4.7.3 Gender Differences

Again, a series of nested models were conducted in which the corresponding paths for husbands and wives were set equal, one pair at a time and the chi-square test was used to test the model significance. There was no significant gender difference. Actor and partner effects did not differ from each other.



Note: Error terms represent percent of unexplained variance. For ease of interpretation, correlation among IVs and correlated errors within mediating variables (i.e., sadness expression sub-scales) and within outcome variables (i.e., marital adjustment) are not shown. *T* values are presented in the parentheses.

Figure 6. *Structural Model using Sadness Expression as a Mediator*

4.8 The Mediating Role of Guilt Expression in the relationship between Attachment and Marital Adjustment (Hypothesis ≠ 5)

The proposed model predicted that attachment dimensions would predict marital adjustment both directly and indirectly through guilt expression (i.e., apology/appeasement, denial, and explanations). For this aim, a saturated model, which included all the paths from attachment dimensions to the guilt expression sub-scales and marital adjustment as well as the paths from the guilt expression variables to marital adjustment, was tested. However, result revealed again a suppression effect. Specifically, the results of the proposed model showed that husbands' attachment anxiety positively predicted husbands' explanations (β = .14, t =2.42, p < .05). However, the correlation between these two variables was negative (r = -.16, p < .05), thus this variable was removed from the model.

The proposed model with four mediators (i.e., two guilt expression sub-scales for both wives and husbands) was tested and the insignificant paths were trimmed. The final model with standardized parameter estimates was given in Figure 7. The goodness-of-fit statistics indicated that this model fit the data very well (χ^2 *(22, N =167) =27.44, p= ns. GFI=.97, AGFI=.92, NNFI=.98, CFI= .99, RMSEA=.04).*

4.8.1 Actor Effects

As can be seen in Figure 7, there were a number of actor effects between an individual's attachment style and his/her anger expression and marital adjustment. Specifically, higher attachment anxiety of wives predicted their usage of high levels of denial (β = .20, p < .05) and their low levels of marital adjustment (β = -.12, p < .05). Higher attachment avoidance of wives predicted their usage of low levels of apology/appeasement (β = -.42, p < .05) and their usage of high levels of denial (β = .41, p < .05) and their low levels of marital adjustment (β = -.58, p < .05). For husbands, their higher attachment avoidance predicted their usage of low levels of apology/appeasement (β = -.51, p < .05), usage of high levels of denial (β = .56, p < .05), and their low levels of marital adjustment (β = -.68, p < .05). These results

suggest that, on the one hand, wives with higher attachment anxiety tended to use higher levels of denial style while expressing their guilt. On the other hand, wives with higher attachment avoidance tended to use lower levels of both apology/appeasement and higher levels of denial styles while expressing their guilt during marital conflict. Husbands with higher attachment avoidance tended to use lower levels of apology/appeasement and higher levels of denial styles while expressing their guilt during marital conflict. However, no mediation effect of guilt expression styles was evident. There were only direct effects.

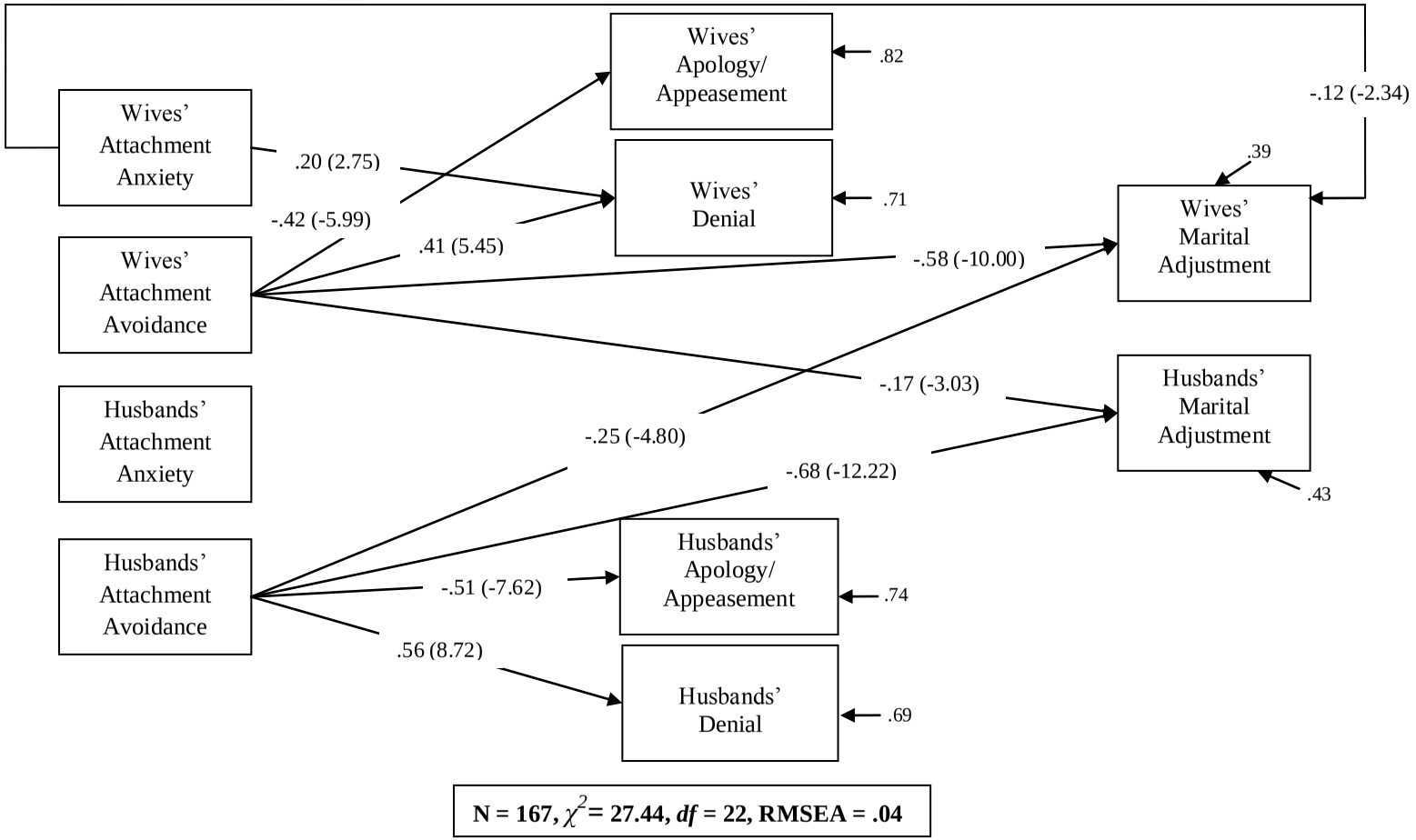
4.8.2 Partner Effects

When the partner effects were examined, only two direct partner effects were observed. Specifically, wives' attachment avoidance predicted husbands' marital adjustment negatively (β = -.17, p < .05) and husbands' attachment avoidance predicted wives' marital adjustment negatively (β = -.25, p < .05).

Overall, attachment dimensions explained 18%, 29%, 26%, and 31% of the total variance in wives' and husbands' apology/appeasement and denial sub-scales. 61% and 57% of the total variances in wives' and husbands' marital adjustment were explained by the full model.

4.8.3 Gender Differences

Further analyses were also run to test whether actor and partner effects on the outcome variables are equivalent. Again, there was no significant gender difference.



Note: Error terms represent percent of unexplained variance. For ease of interpretation, correlation among IVs and correlated errors within mediating variables (i.e., guilt expression sub-scales) and within outcome variables (i.e., marital adjustment) are not shown. *T* values are presented in the parentheses.

Figure 7. *Structural Model using Guilt Expression as a Mediator*

4.9 Summary of the Results of the Proposed Models

To sum up, in the first model, direct effects of attachment anxiety and avoidance of wives and husbands on marital adjustment of couples were tested. Results showed that attachment avoidance of wives and husbands was the strongest predictor of both wives' and husbands' marital adjustment. Although actor effects were stronger than the partner effects, all direct links between attachment avoidance and marital adjustment were significant. However, only attachment anxiety of wives predicted their marital adjustment negatively. A total of 61% and 57% of the variances were explained by attachment dimensions.

When the mediating effect of emotional experience of spouses were examined, out of 22 actor effects 11 of them were significant and out of 22 partner effects 6 of them were significant. On the one hand, wives with higher attachment anxiety tended to experience higher levels of sadness, regret, and anger during marital conflict. On the other hand, husbands with high anxiety tended to experience higher levels of sadness during a conflict and also their wives tended to experience higher levels of sadness and regret. In terms of attachment avoidance, wives with high attachment avoidance tended to experience higher levels of regret and their husbands tended to experience higher levels of sadness and regret. High avoidant husbands tended to experience regret and anger during a conflict. Therefore, only husbands' anxiety and wives' avoidance revealed partner effects. Four mediations (3 actor and 1 partner effects) were also observed in the proposed model. Specifically, in terms of actor effects, anxious and avoidant wives experienced higher levels of regret during a conflict and this in turn, decreased their marital adjustment. When the avoidance level of husbands was high, they experienced anger more during a conflict and this in turn, decreased their marital adjustment. In terms of partner effect, when the anxiety level of husbands was high, their wives experienced regret more during a conflict, and this in turn, decreased wives' marital adjustment. The effect of attachment avoidance was also stronger than the effect of attachment anxiety because attachment avoidance of spouses both directly and indirectly predicted both own and their partners marital adjustment. A

total 66% and 59% of the total variances in wives' and husbands' marital adjustment were explained respectively, by the full model.

When the mediating effect of anger expression styles of spouses was examined, out of 22 actor effects 10 of them were significant and out of 22 partner effects 4 of them were significant. On the one hand, wives with higher attachment anxiety tended to use distributive and passive aggression while expressing their anger towards partner. On the other hand, when the anxiety level of husbands was high, their wives tended to use passive aggression. Although wives with high avoidance tended to use avoidant aggression, husbands with high avoidance tended to use high levels of distributive (the strongest one), passive, and avoidant aggression. Wives of avoidant husbands also used distributive aggression. Only husbands' anxiety and avoidance revealed partner effects.

Three mediations (2 actor and 1 partner effects) were also observed in the proposed model. Specifically, wives with higher attachment anxiety reported high levels of distributive aggression while expressing their anger, and this in turn, decreased their marital adjustment. When the avoidance level of husbands was high, both they and their wives reported using distributive aggression style, and this in turn, decreased both own and their wives' marital adjustment. The effect of attachment avoidance was again stronger than the effect of attachment anxiety because attachment avoidance of spouses both directly and indirectly predicted both own and their partners' marital adjustment. A total of 63% and 59% of variances in wives' and husbands' marital adjustment, respectively, were explained by the full model.

When the mediating effect of sadness expression styles of spouses was examined, out of 16 actor effects 10 of them were significant and out of 16 partner effects 4 of them were significant. On the one hand, both wives and husbands with higher attachment anxiety reported solitude/negative behavior and positive activity while expressing their sadness towards partner and their partners also tended to use high levels of use solitude/negative behavior. On the other hand, wives and husbands with higher attachment avoidance tended to use only high levels of

solitude/negative behavior. Thus, only wives' and husbands' anxiety revealed partner effects. Furthermore, there was only one significant actor mediation, suggesting that when the avoidance level of husbands was high, they used more solitude/negative behavior while expressing their sadness this in turn, decreased their marital adjustment**.** Again, both wives and husbands higher in attachment avoidance were less satisfied with their relationships, and also their partners were less satisfied with the relationship. In addition, wives higher in attachment anxiety were less satisfied with their relationships**.** A total of 61% and 58% of variances in wives' and husbands' marital adjustment, respectively, were explained by the full model.

When the mediating effect of guilt expression styles of spouses was examined, out of 16 actor effects 8 of them were significant and out of 16 partner effects 2 of them were significant. The model suggested that guilt expression styles of wives and husbands did not mediate the relationship between attachment dimension of wives and husbands and marital adjustment of spouses. There were only direct effects of attachment avoidance of wives and husbands on both own and their partners' marital adjustment. Further, attachment anxiety of wives also directly predicted their marital adjustment. Although, wives' anxiety predicted their usage of denial, husbands' anxiety did not predict any guilt expression styles. However, wives and husbands with high attachment avoidance used high levels of denial and low levels of apology/appeasement while expressing their guilt during marital conflict. Overall, 61% and 57% of the total variances in wives' and husbands' marital adjustment were explained by the full model. Thus, guilt expression styles did not add any significant variance to the first model (i.e., direct effects of attachment dimensions on marital adjustment).

4.10 Testing Interactions among Attachment Dimensions of Wives and Husbands (Hypothesis ≠ 6)

Potential moderating effects between coupes' attachment anxiety and avoidance were not tested via the APIM analyses. Therefore, a series of hierarchical moderated regression analyses were conducted to test the moderating effects of attachment dimensions of couples on the major study variables. In these analyses, wives' attachment dimensions were used as independent variables (IVs) and husbands' attachment dimensions were accepted as moderator variables in predicting the given outcome variable after controlling for demographic variables, namely, duration of marriage, the number of children, and education level of wives and husbands. There were 32 dependent variables (DVs; four anger expression, three sadness expression, three guilt expression, marital adjustment, marital satisfaction, and three emotional experience sub-scales of wives and husbands) and therefore, 32 separate hierarchical moderated regression analyses were conducted.

Following the procedure suggested by Aiken and West (1991), attachment dimensions of wives and husbands were mean-centered and two interaction terms were computed by multiplying each centered IV with the moderator. Furthermore, demographic variables were also centered. In these analyses, the number of children, duration of marriage, and education level of wives and husbands were entered in the first step to control for their effects. The main effects of attachment anxiety and avoidance of wives and husbands (four variables) were entered in the second step and all possible two-way interactions (six interaction terms) were entered to the equation in the third step. The values represented in the tables were obtained from the last (third) step of the regression analyses, representing unique variances of each variable.

4.10.1 The Effects of Attachment Dimensions on Anger Expression

As presented in Table 4.4, results revealed that neither demographic variables nor interaction effects were significant in predicting wives' distributive aggression. For the main effects, only wives' anxiety level (β = .36, p < .01) predicted wives' distributive aggression, F (8, 166) = 7.06, p < .001. For husbands' distributive aggression, both demographic and interaction variables were insignificant. For the main effects, wives' anxiety (β = .17, p < .05) and husbands' avoidance (β = .47, p < .01) significantly predicted husbands' distributive aggression, F (8, 166) = 10.58, p < .001.

For passive aggression of wives and husbands, neither demographic variables nor interaction effects were significant. When the main effects were examined, although anxiety level of both wives (β = .32, p < .01) and husbands (β = .21, p < .05) predicted passive aggression of wives, F (8, 166) = 4.68, p < .001; only husbands' avoidance (β = .42, p < .01) had significant main effect on husbands' passive aggression, F (8, 166) = 5.51, p < .001. For avoidance/denial of wives neither demographic variables nor interaction effects were significant; wives' avoidance and husbands' anxiety had significant main effect on wives' avoidant aggression (β = .24, p < .05 and β = .19, p < .05, respectively, F (8, 166) = 5.19, p < .001). For husbands' avoidance/denial, demographic variables predicted husbands' avoidance/denial, F (4, 166) = 7.86, p < .001. Specifically, education level of wives and husbands predicted husbands' avoidant aggression negatively (β = -.19, p < .05 and β = -.21, p < .05). Unique effects also showed that only husbands' avoidance had significant main effect on husbands' avoidant aggression (β = .21, p<.01, F (8, 166) = 5.52, p < .001). Lastly for integrative aggression, although avoidance level of both wives and husbands predicted wives' integrative aggression (β = -.49, p < .01 and β = -.19, p < .05, respectively, F (8, 166) = 6.79, p < .001), only avoidance level of husbands predicted husbands' integrative aggression (β = -.63, p < .01, F (8, 166) = 9.05, p < .001).

To sum up, demographic variables were generally insignificant while predicting anger expression sub-scales. Only, higher education level of wives and

husbands predicted lower levels of avoidant aggression of husbands. In terms of unique effects of attachment dimensions, on the one hand, wives with high attachment anxiety showed more distributive and passive aggression, and their husbands also showed more distributive aggression. Husbands' attachment anxiety, on the other hand, predicted their wives' passive and avoidant aggression. Wives with high attachment avoidance showed more avoidant and less integrative aggression styles while expressing their anger. However, husbands' attachment avoidance predicted their usage of higher levels of distributive, passive, and avoidant aggression, and their usage of lower levels of integrative aggression. Wives of avoidant husbands also used low levels of integrative aggression.

Table 4.5. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Anger Expression

	Dependent Variables															
	Wives' Distributive Aggression		**Wives' Passive Aggression**		**Wives' Avoidant Aggression**		**Wives' Integrative Assertion**		**Husbands' Distributive Aggression**		**Husbands' Passive Aggression**		**Husbands' Avoidant Aggression**		**Husbands' Integrative Assertion**	
	β	$R^2\ \Delta$	β	$R^2\ \Delta$	B	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$
Step 1:		-.01		.00		.06*		-.01		-.00		.01		.14**		-.01
Marriage Duration	-.08		-.23		-.10		.06		-.14		-.06		-.08		-.08	
The Number of Children	-.05		.11		.15		-.04		.06		-.02		-.01		-.01	
Education of Wives	.13		.15		-.12		.02		.03		-.02		-.19*		-.08	
Education of Husbands	-.16		-.10		-.04		-.08		-.04		-.10		-.21*		.12	
Step 2:		.23**		.15**		.17**		.22**		.32**		.18**		.18*		.28**
Wife Anxiety	.36**		.33**		.10		-.01		.17*		.15		.00		.07	
Wife Avoidance	.02		.03		.24*		-.49**		-.13		-.01		.11		-.07	
Husband Anxiety	.12		.21*		.19*		.12		.13		.00		.02		-.13	
Husband Avoidance	.15		.03		-.17		-.19*		.47**		.42**		.21*		-.63**	
Step 3		.21		.15		.17		.22		.30		.18		.20		.27
Wife Anxiety ×Husband Anxiety	-.10		-.06		.06		.14		-.09		-.01		.20		-.03	
Wife Anxiety× Husband Avoidance	.05		-.18		-.12		-.16		.05		-.16		-.15		.09	
Wife Avoidance× Husband Anxiety	.06		-.07		-.16		-.09		.08		-.02		-.11		.06	
Wife Avoidance × Husband Avoidance	-.14		.08		.11		.13		-.06		.06		-.07		-.14	
Wife Anxiety× Wife Avoidance	.03		.02		.15		.13		.04		-.08		.01		-.03	
Husband Anxiety× Husband Avoidance	.10		.01		-.01		-.09		-.03		.03		.04		.11	

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

4.10.2 The Effects of Attachment Dimensions on Sadness Expression

As presented in Table 4.5, neither demographic variables nor interaction effects were significant in predicting wives' and husbands' solitude/negative behavior. For unique effects, anxiety level of wives and husbands, and also avoidance level of wives had significant main effect on wives' solitude/negative behavior (β = .31, p < .01, β = .25, p < .05, β = .21, p < .05, respectively, F (8, 166) = 8.79, p < .001). However, anxiety level of wives and avoidance level of husbands predicted husbands solitude/negative behavior (β = .16, p < .05 and β = .42, p < .01, F (8, 166) = 11.09, p < .001).

The fact that the attachment dimensions were correlated highly with each other caused a suppressor effect on some the analyses. Specifically, although the analysis revealed that that wives' anxiety had significant effect on wives' social support and husbands' anxiety had significant main effect on husbands' social support (β = .20, p < .05 and β = .16, p < .05, for wives and husbands, respectively), this finding was opposite to the correlation between these variables (r = -.01 for wives and r = -.06 for husbands) suggesting a suppressor effect. To assess the source of suppressor effect, the regression analysis was run by using only the anxiety levels of wives and husbands to predict social support. As expected, anxiety dimension did not predict social support and this finding supported that the existence of suppressor effect. In fact, here were high correlations between anxiety and avoidance variables (r = .50 for wives and r = .58 for husbands). Additionally, avoidance was highly negatively correlated with social support variables of wives and husbands (r = -.37 for wives and r = -.48 for husbands). In this case, depending on its positive correlation with avoidance, anxiety seemed to positively predict social support. Therefore, the positive main effect of anxiety should be disregarded. The only significant main effects were duration of marriage (β = -.22, p < .05) and wives' attachment avoidance (β = -.50, p < .01) in predicting wives' social support/dependent behavior. However, husbands' avoidance (β = -.67, p < .01) negatively predicted husbands' social support/dependent behavior.

Demographic variables, main effects of attachment dimensions, and interaction effects were insignificant in predicting wives' positive activity. However, only demographic variables were insignificant in predicting husbands' positive activity. The unique effects of attachment showed that, husbands' anxiety had significant main effect on husbands' positive activity (β = .29, p < .01). Furthermore, the interaction between avoidance level of wives and husbands significantly predicted husbands' positive activity in the third step, F (14, 166) = 2.04, p < .05. To further probe the interaction following the directions of Aiken and West (1991), whether the slope of each of the two regression lines was significantly different from zero was tested. As seen in Figure 8, when husbands' avoidance was used as a moderating variable, regression coefficient for high avoidance was not significant (t = -1.30, p = ns.). However, regression coefficient for low avoidance was significant (t = 2.27, p < .05), indicating that if husbands had lower levels avoidance and their wives had higher levels avoidance; they (husbands) reported highest level of positive activity when they were sad.

Demographic variables in the first step were generally insignificant while predicting sadness expression sub-scales. Only one of them was significant, suggesting that the higher the duration of marriage the lower the social support/dependent behavior of wives. In terms of unique effects of attachment dimensions, on the one hand, wives with high attachment anxiety showed more solitude/negative behavior, and their husbands also showed more solitude/negative behavior patterns while expressing their sadness. On the other hand, husbands with high attachment anxiety showed more positive activity, and their wives showed more solitude/negative behavior patterns while expressing their sadness. Wives with high attachment avoidance reported using more solitude/negative behavior and using less social support/dependent behavior. Similarly, husbands with high attachment avoidance reported using more solitude/negative behavior and using less social support/dependent behavior while expressing their sadness during marital conflict. Only one interaction effect was significant, suggesting that low avoidant husbands who had high avoidant wives reported using higher levels of positive

activity when compared to low avoidant husbands coupled with low avoidant wives.

Table 4.6. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Sadness Expression

	Dependent Variables											
	Wives' Solitude/ Negative Behavior		**Wives' Social Support/ Dependent behavior**		**Wives' Positive Activity**		**Husbands' Solitude/ Negative Behavior**		**Husbands' Social Support/ Dependent behavior**		**Husbands' Positive Activity**	
	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$
Step 1:		.02		.02		.01		.00		.02		-.01
Marriage Duration	-.13		-.22*		.09		-.04		-.08		-.10	
The Number of Children	.19		.09		.04		.04		-.12		.07	
Education of Wives	-.05		-.15		-.06		.01		-.01		.02	
Education of Husbands	-.05		-.00		.08		-.01		-.08		-.07	
Step 2:		.27**		.18**		.01		.33**		.30**		.04*
Wife Anxiety	.31**		.20[i]		.16		.16[i]		.05		-.04	
Wife Avoidance	.21*		-.50**		.06		.04		-.06		.04	
Husband Anxiety	.25*		-.02		.01		.16		.32[i]		.29**	
Husband Avoidance	-.02		-.08		.01		.42**		-.67**		.00	
Step 3		.26		.19		.01		.32		.29		.08*
Wife Anxiety ×Husband Anxiety	.01		-.01		.14		.10		.02		-.01	
Wife Anxiety× Husband Avoidance	.05		.16		-.00		-.14		.06		.21	
Wife Avoidance× Husband Anxiety	-.05		.12		-.05		-.12		.07		.18	
Wife Avoidance × Husband Avoidance	-.05		-.13		-.05		.00		-.15		-.43**	
Wife Anxiety× Wife Avoidance	-.03		.08		.01		.03		.08		.04	
Husband Anxiety× Husband Avoidance	-.06		-.10		-.16		.04		.08		-.04	

*p< .05; **p< .01, [i] These beta values should not be interpreted as significant because of the suppressor effect

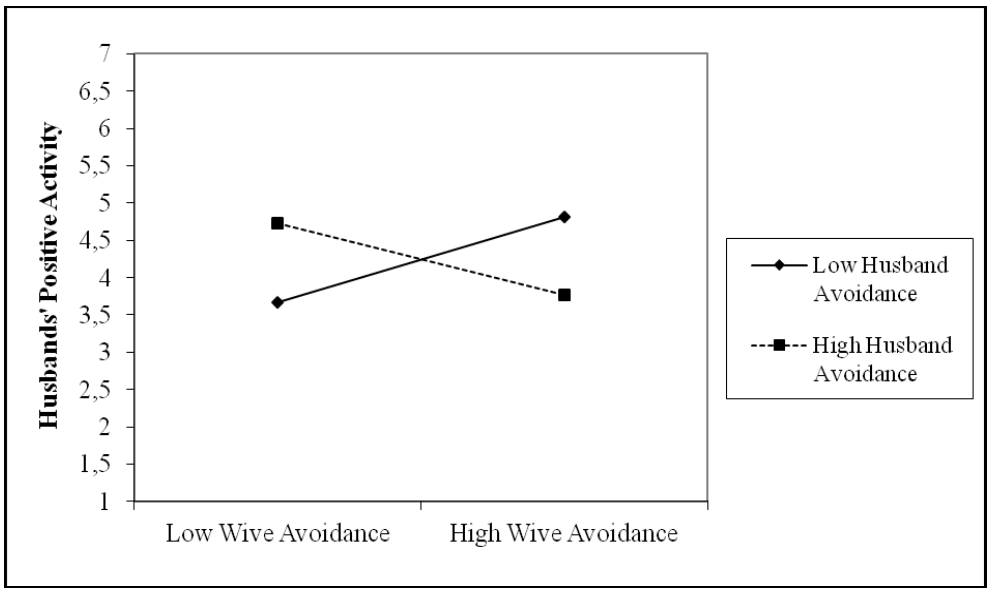


Figure 8. *The Interaction between Wives' Avoidance and Husbands' Avoidance in Predicting Husbands' Positive Activity*

4.10.3 The Effects of Attachment Dimensions on Guilt Expression

The high correlation between anxiety and avoidance level of husbands again led to suppression effect while predicting husbands' apology/appeasement and explanations. Although husbands' anxiety was negatively correlated with husbands' apology/appeasement and explanations (r = -.19 and r = -.16), they positively predicted these variables (β = .13, p = ns. and β = .21, p < .01).

As presented in Table 4.6, neither demographic variables nor interaction effects were significant in predicting wives' and husbands' apology/appeasement behavior patterns. For unique effects, wives' avoidance predicted wives' apology/appeasement and husbands' avoidance negatively predicted husbands' apology/appeasement behaviors (β = -.52, p < .01 and β = -.55, p < .01, respectively, F (8, 166) = 5.86, p < .001 and F (8, 166) = 9.15, p < .001, respectively).

For denial, both demographic variables and unique effects of attachment were significant in predicting wives' (F (4, 166) = 6.50, p < .001 and F (8, 166) =

10.14, $p < .001$, respectively) and husbands' denial (F (4, 166) = 2.83, $p < .05$ and F (8, 166) = 11.49, $p < .001$, respectively). However, interaction effects were insignificant. Specifically, wives' education level negatively and their anxiety and avoidance level positively predicted wives' denial (β = -.22, $p < .05$, β = .17, $p < .05$ and β = .37, $p < .01$, respectively). However, husbands' education level negatively and their avoidance level positively predicted husbands' denial (β = -.16, $p < .05$ and β = .55, $p < .01$, respectively). Neither demographic variables nor interaction variables were significant in predicting wives' and husbands' apology/appeasement. Only main effect of attachment were significant for both wives and husbands, F (8, 166) = 6.34, $p < .001$ and F (8, 166) = 10.52, $p < .001$, respectively. Specifically, wives' avoidance predicted wives' explanations and husbands' avoidance negatively predicted husbands' explanation behaviors (β = -.52, $p < .01$ and β = -.63, $p < .01$, respectively).

To sum up, demographic variables were generally insignificant while predicting guilt expression sub-scales. Only, wives with higher education showed less denial and similarly husbands with higher education showed less denial. Wives with higher attachment anxiety showed more denial while expressing their guilt. Wives with higher attachment avoidance showed more denial, and less apology/appeasement and fewer explanations towards the partner. Similarly, husbands with higher attachment avoidance showed more denial, and less apology/appeasement and fewer explanations towards the partner. However, none of the interactions were significant.

Table 4.7. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Guilt Expression

	Dependent Variables											
	Wives' Apology/ Appeasement		**Wives' Denial**		**Wives' Explanations**		**Husbands' Apology/ Appeasement**		**Husbands' Denial**		**Husbands' Explanations**	
	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$	β	$R^2\ \Delta$
Step 1:		.00		.12**		.03		.04		.04*		.02
Marriage Duration	-.08		-.12		.04		-.02		-.10		-.02	
The Number of Children	-.02		.17		-.17		-.14		.08		-.10	
Education of Wives	-.05		-.22*		.01		.04		-.01		-.13	
Education of Husbands	-.09		.09		-.13		-.08		-.16*		.14	
Step 2:		.19**		.31**		.21**		.28**		.34**		.31**
Wife Anxiety	.11		.17*		.10		-.03		.02		.00	
Wife Avoidance	-.52**		.37**		-.52**		-.04		-.12		-.11	
Husband Anxiety	.17		.11		.05		.13[i]		.13		.21[i]	
Husband Avoidance	-.08		-.07		-.02		-.55**		.55**		-.63**	
Step 3		.17		.32		.20		.30		.35		.31
Wife Anxiety ×Husband Anxiety	-.10		.00		-.08		.17		.09		-.01	
Wife Anxiety× Husband Avoidance	.14		.03		.02		.05		-.18		.13	
Wife Avoidance× Husband Anxiety	.12		-.09		.14		-.13		.02		.05	
Wife Avoidance × Husband Avoidance	-.06		-.17		.06		-.08		-.06		-.09	
Wife Anxiety× Wife Avoidance	-.05		.04		-.10		-.08		.06		-.08	
Husband Anxiety× Husband Avoidance	-.07		.11		-.02		.12		-.10		.10	

*p< .05; **p< .01, [i] These beta values should not be interpreted as significant because of the suppressor effect.

4.10.4 The Effects of Attachment Dimensions on Emotion Experience

As presented in Table 4.7, results revealed that none of the demographic variables were significant in predicting wives' and husbands' emotion experience. For wives' sadness experience only unique effects of attachment were significant, F (8, 166) = 4.83, $p < .001$. Specifically, anxiety level of wives and husbands positively predicted wives' sadness experience during a conflict ($\beta = .29$, $p < .01$ and $\beta = .26$, $p < .05$). For husbands' sadness experience both unique effects of attachment and interactions effects were significant, F (8, 166) = 4.28, $p < .001$ and F (14, 166) = 2.85, $p < .005$, respectively. Only husbands' anxiety positively predicted husbands' sadness experience ($\beta = .24$, $p <. 01$). Moreover, the interaction between wives' anxiety and husbands' avoidance significantly predicted husbands' sadness experience in the third step ($\beta = -.24$, $p < .05$). Simple slope analysis revealed that although the effect of wives' anxiety on husbands' sadness experience was significant for low husbands' avoidance ($t = 2.65$, $p < .05$), it was not significant for high husbands' avoidance ($t = -1.28$, p = ns.). As presented in Figure 9, low avoidant husbands with high anxious wives reported the highest level of sadness experience.

Main effects of attachment were significant for both wives' regret and husbands' regret experience, F (8, 166) = 11.44, $p < .001$ and F (8, 166) = 7.39, $p < .001$, respectively. Although, wives' anxiety and avoidance had significant main effects on wives' regret ($\beta = .29$, $p < .01$ and $\beta = .20$, $p < .05$, respectively), wives' anxiety and husbands' avoidance predicted husbands' regret experience during a conflict ($\beta = .18$, $p < .05$ and $\beta = .25$, $p < .01$, respectively). Again, only main effects of attachment were significant for both wives' and husbands' anger experience, F (8, 166) = 2.86, $p < .01$ and F (8, 166) = 3.56, $p < .01$, respectively. Although wives' anxiety had significant main effect on wives' anger experience ($\beta = .24$, $p < .05$), husbands' avoidance predicted husbands' anger experience during marital conflict ($\beta = .31$, $p < .01$).

Regardless of the fact that none of the main effects were significant in predicting both wives' and husbands' guilt experience, the interaction between anxiety level of wives and husbands significantly predicted wives' guilt experience (β = -.25, p<.01). Simple slope analysis revealed that although the effect of wives' anxiety on wives' guilt experience was significant for low husbands' avoidance (t = 2.03, p < .05), it was not significant for high husbands' anxiety (t = -.16, p = ns.). As presented in Figure 10, high anxious wives with low anxious husbands reported the highest level of guilt experience.

Therefore, demographic variables were all insignificant while predicting emotion experience of wives and husbands. In terms of unique effects of attachment dimensions, on the one hand, wives with high attachment anxiety experienced higher levels of sadness, regret, and anger, and their husbands also experienced higher levels of regret. On the other hand, husbands with high attachment anxiety experienced higher levels of sadness and also their wives experienced higher levels of sadness. Wives with high attachment avoidance experienced only higher levels of regret. However, husbands with high attachment avoidance experienced higher levels of both regret and anger during marital conflict. There were two significant interaction effects. Specifically, husbands experienced the highest level of sadness if they were low avoidant and their wives were high anxious. Wives experienced the highest level of guilt if they were high anxious and their husbands were low anxious.

Table 4.8. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Emotion Experience

	Dependent Variables															
	Wives' Sadness		**Wives' Regret**		**Wives' Anger**		**Wives' Guilt**		**Husbands' Sadness**		**Husbands' Regret**		**Husbands' Anger**		**Husbands' Guilt**	
	β	R^2 Δ	*β*	R^2 Δ	*B*	R^2 Δ	*β*	R^2Δ	*β*	R^2 Δ	*β*	R^2 Δ	*β*	R^2 Δ	*β*	R^2 Δ
Step 1:		-.00		.04*		-.01		-.01		-.01		.00		-.00		.00
Marriage Duration	-.10		-.01		.05		.14		-.09		-.04		-.14		.11	
The Number of Children	.17		.16		.00		-.16		-.08		.02		-.00		-.13	
Education of Wives	.18		.16		.14		-.05		.03		-.02		-.02		.06	
Education of Husbands	-.11		-.08		-.13		.03		-.05		.09		-.04		-.16	
Step 2:		.16**		.34**		.08**		-.01		.14**		.24**		.11**		.01
Wife Anxiety	.29**		.29**		.24*		.14		.14		.18*		.11		.13	
Wife Avoidance	-.00		.20*		.04		-.11		.16		.14		.02		.06	
Husband Anxiety	.26*		.13		.05		.13		.24**		.14		.05		.13	
Husband Avoidance	.02		.13		.12		-.13		.03		.25**		.31**		-.15	
Step 3		.16		.33		.09		.02		.14		.23		.09		.00
Wife Anxiety ×Husband Anxiety	-.19		-.10		-.18		-.25*		.07		-.02		.09		.14	
Wife Anxiety× Husband Avoidance	-.06		.02		-.06		.17		-.24*		-.10		-.12		-.07	
Wife Avoidance× Husband Anxiety	.03		-.03		-.02		.14		-.14		.11		-.11		-.20	
Wife Avoidance × Husband Avoidance	.01		.15		.07		-.12		.11		-.01		.05		.06	
Wife Anxiety× Wife Avoidance	.11		-.02		.05		.15		.15		.10		-.03		.08	
Husband Anxiety× Husband Avoidance	-.03		-.02		.05		.05		.03		-.07		.01		-.03	

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

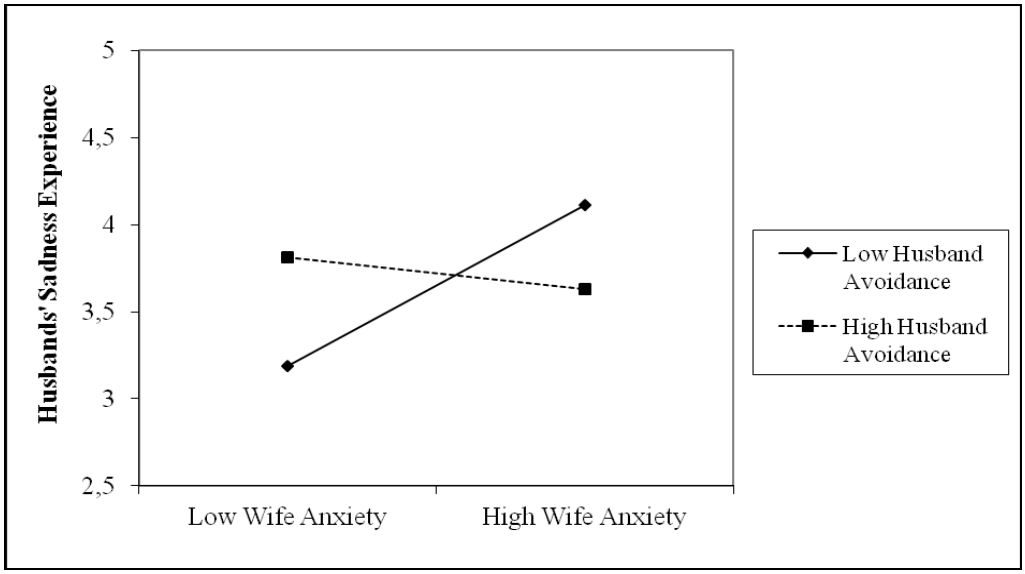


Figure 9. *The Interaction between Wives' Anxiety and Husbands' Avoidance in Predicting Husbands' Sadness Experience*

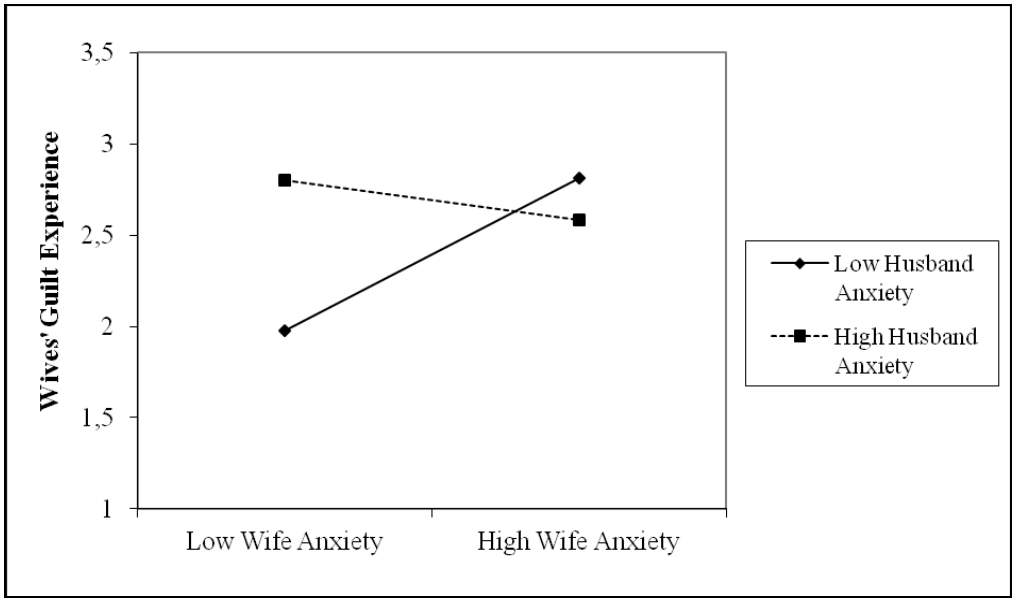


Figure 10. *The Interaction between Wives' and Husbands' Anxiety in Predicting Wives' Guilt Experience*

4.10.5 The Effects of Attachment Dimensions on Marital Adjustment and Marital Satisfaction

For wives marital adjustment, both demographic variables and the main effects of attachment were significant, F (4, 166) = 3.03, $p < .05$ and F (8, 166) = 32.63, $p < .001$, respectively. However, for husbands' marital adjustment only main effects of attachment were significant, F (8, 166) = 28.34, $p < .001$. Specifically, although duration of marriage, wives' avoidance, and husbands' avoidance negatively predicted wives' marital adjustment (β = -.15, $p < .05$, β = -.58, $p < .01$, and β = -.26, $p < .05$, respectively), avoidance level of wives and husbands negatively predicted husbands' marital adjustment (β = -.16, $p < .05$, and β = -.70, $p < .01$). However, there were no significant interaction effects in predicting marital adjustment of wives and husbands (see Table 4.8).

For marital satisfaction, there were no significant effects of demographic variables on wives' and husbands' marital satisfaction. However, the main effects of attachment were significant for both wives and husbands, F (8, 166) = 21.48, $p < .001$ and F (8, 166) = 21.37, $p < .001$, respectively. While husbands' avoidance had significant main effect on their marital satisfaction (β = -.67, $p < .01$), avoidance level of wives and husbands had significant main effect on wives' marital satisfaction (β = -.58, $p < .01$, and β = -.26, $p < .05$, respectively). In addition, the interaction between avoidance level of wives and husbands significantly predicted marital satisfaction of wives (β = -.28, $p < .01$, F (14, 166) = 13.67, $p < .001$). Simple slope analysis revealed that he effect of wives' avoidance on their marital satisfaction was significant for both high husbands' avoidance (t = -10.31, $p < .01$) and low high husbands' avoidance (t = -3.06, $p < .05$). As seen in Figure 11, if the both wives and husbands had high level of avoidance, wives had the lowest level of marital satisfaction. However, if wives had low avoidance, their husbands' avoidance level did not affect their marital satisfaction.

To sum up, most of the demographic variables were insignificant while predicting marital adjustment and marital satisfaction of wives and husbands. Only, high levels of duration of marriage negatively predicted wives' marital adjustment. Anxiety of

wives and husbands were all insignificant in predicting marital adjustment and marital satisfaction of both spouses. Wives with high attachment avoidance were less satisfied with their relationships and their husbands also less satisfied with their relationships. Only one interaction effect was observed, suggesting that if both spouses had high level of avoidance then wives reported lowest level of marital satisfaction.

Table 4.9. Model Summary of Hierarchical Regression Analyses Examining the Effects of Attachment Dimensions on Marital Adjustment and Marital Satisfaction

	Dependent Variables							
	Wives' Marital Adjustment		**Wives' Marital Satisfaction**		**Husbands' Marital Adjustment**		**Husbands' Marital Satisfaction**	
	B	R^2 Δ	*β*	R^2 Δ	*β*	R^2 Δ	*β*	R^2 Δ
Step 1:		.05*		-.00		.02		.00
Marriage Duration	-.15*		-.01		-.08		.05	
The Number of Children	.08		.01		-.02		-.07	
Education of Wives	-.05		.03		-.02		-.09	
Education of Husbands	.01		.11		-.12		.04	
Step 2:		.60**		.50**		.57**		.50**
Wife Anxiety	-.09		-.00		.01		-.07	
Wife Avoidance	-.58**		-.56**		-.16*		-.01	
Husband Anxiety	.03		.01		.02		-.02	
Husband Avoidance	-.26*		-.30**		-.70**		-.67**	
Step 3		.62*		.54**		.57		.52*
Wife Anxiety ×Husband Anxiety	.11		.04		.07		.02	
Wife Anxiety× Husband Avoidance	-.12		-.09		-.06		.03	
Wife Avoidance× Husband Anxiety	.06		.07		-.14		-.13	
Wife Avoidance × Husband Avoidance	-.10		-28**		-.02		-.11	
Wife Anxiety× Wife Avoidance	.03		.13		.08		.09	
Husband Anxiety× Husband Avoidance	-.03		.05		-.01		-.06	

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

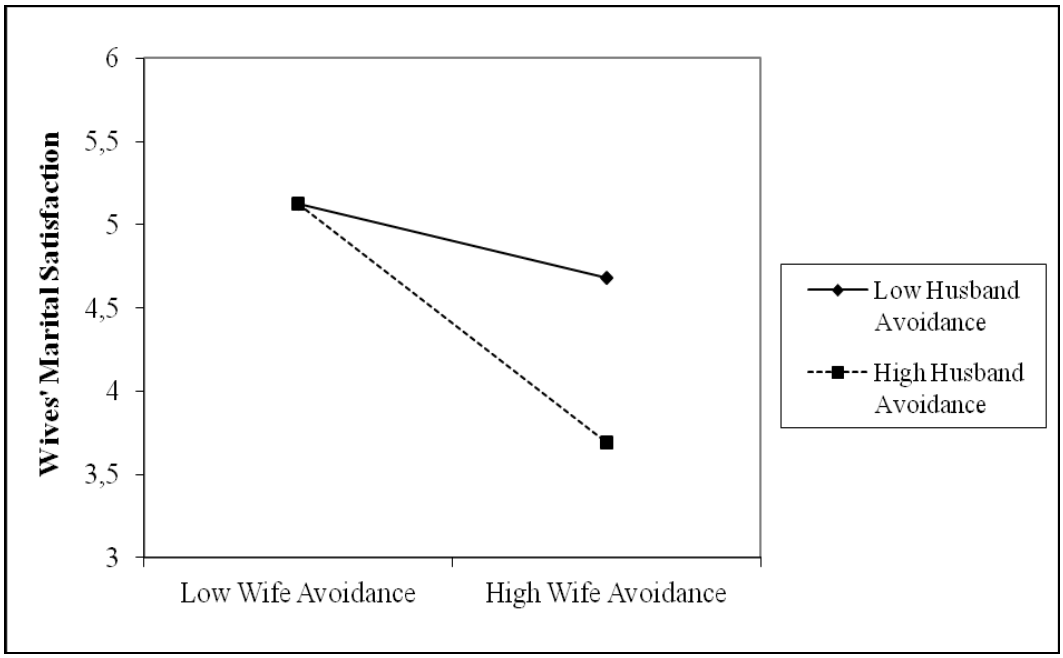


Figure 11. *The Interaction between Wives' and Husbands' Avoidance in Predicting Wives' Marital Satisfaction*

CHAPTER V

DISCUSSION

The primary goal of the present study was to examine the interplay between emotional experience and expression during a conflict in marital relationships, attachment (in)security, and marital functioning. Based on the previous theoretical and empirical work on attachment studies (see Mikulincer & Shaver, 2007), the current dissertation proposed an extended model that the emotional experience and expression would mediate the association between attachment insecurity and marital adjustment considering both actor and partner effects. In dyadic relationships, emotions, cognitions, and behaviors of the partners are reciprocally related and couple relationships cannot be understood fully by considering only the individual level factors. Thus, the current study included both of the partners' individual characteristics (e.g., attachment dimensions), emotional experiences and expressions, and relationship outcomes (e.g., marital adjustment and satisfaction).

Culturally relevant emotional experiences and expressions were also considered in the present study. In that sense, both qualitative and quantitative studies were conducted to explore the culture-specific emotional patterns in Turkish context. Examination of the findings has revealed important implications for understanding how attachment insecurity influences affective processes of married couples as well as their behavior patterns in response to the experienced emotions. The results also suggested that these affective response patterns in turn mostly affect marital satisfaction in Turkish culture. The present chapter discusses the findings of the study related with each research question and hypothesis. It is followed by limitations and suggestions for future research, and the major contributions of the present study.

5.1 Preliminary Statistics of Main Variables

5.1.1 Descriptive Information about the Study Variables

According to the mean scores of the anger expression variables, the integrative assertion scores of both wives and husbands and the passive aggression scores of wives had higher mean values than the distributive aggression and the avoidance/denial aggression of wives and husbands. These findings suggest that, overall, constructive anger expression is more common than destructive expression in Turkish culture. Additionally, wives reported using higher levels of passive aggression rather than avoidance and distributive aggression. Indeed, the one of the emotion expression with the lowest mean value was avoidance/denial for wives. This finding is consistent with the results of the both qualitative and quantitative pilot studies of the current study. In the pilot studies, it was also found that Turkish married couples prefer to show their anger either in active or passive ways rather than avoiding the partner. Moreover, previous studies suggested that women's expression of emotions is a more normative social process than men's expression of the same emotions because of the gender differences in the socialization process (e.g., Cordova et al., 2005; Dindia & Allan, 1992). Therefore, avoidance pattern might be less prevalent in collectivist culture, especially for women where mutual emotional interdependence and closeness is valued. Similarly, Cai and Fink (2002) explored the differences between conflict management skills in collectivist and individualist cultures and found that avoidant strategy is more prevalent in individualist cultures as compared to collectivist cultures, including Turkey in their sample.

Regarding sadness expression, the social support/dependent behavior pattern for wives and husbands had the highest mean values as compared to the solitude/negative behavior. For guilt expression, the explanations and apology/appeasement had the highest means than denial for both partners. These findings suggest that similar to the anger expression, the constructive expression of sadness and guilt emotions are more prevalent in Turkish culture than the destructive expression of these emotions. Since people in collectivist culture define themselves mainly in terms of their relationships (Kağıçıbaşı, 2005;

Markus & Kitayama, 1991), they seem to more likely to behave constructively during a conflict for the wellbeing of their relationship than to behave destructively. In a similar vein, Cai and Fink (2002) also obtained evidence for collectivist people using more compromising and integrating style during conflictual situations than their individualist counterparts.

Additionally, the anger and sadness experiences had the highest mean values as compared to guilt and regret emotions. Both spouses reported relatively higher levels of marital adjustment in this study, indicating that couples were overall happy in their relationships they may not have experienced destructive conflicts very frequently. Lastly, the attachment anxiety and avoidance had lower mean scores than the mid-point of the given scales, which is consistent with the *normativity hypothesis* of the attachment theory. Specifically, according to this hypothesis, attachment security is more common than insecurity in the majority of cultures even though there are differences in the pattern of attachment insecurity, especially on attachment anxiety and avoidance (Van Ijzendoorn & Sagi-Schwartz, 2008, Schmitt et al., 2004, Sümer & Kağıçıbaşı, 2010). As expected, however, attachment avoidance was lower than attachment anxiety in Turkish culture.

The valance and size of correlations between the quantitative study variables were all in the expected directions for both husbands and wives. First, as expected, high attachment anxiety and avoidance of wives and husbands were related with low levels of both their own and their partners' marital adjustment and satisfaction. When the unique effects of attachment styles were examined, they also revealed consistent results with the attachment dimensions. Specifically, secure people reported higher levels of marital adjustment and marital satisfaction than those with fearful, dismissing, and preoccupied styles and preoccupieds reported higher levels of marital adjustment and marital satisfaction than the fearful and dismissing ones. These results showed that attachment insecurity deteriorates marital functioning among Turkish couples, consistent with the well documented previous work in Western cultures. The previous literature on attachment has shown that anxious (preoccupied) people, being high on anxiety dimension, exaggerate their stress level through their use

of hyperactivating strategy and the avoidant ones, being high on avoidance dimension, underestimate their stress level through their use of deactivating strategy (Kobak & Sceery, 1988; Mikulincer & Shaver, 2003; 2007). Hence, both anxious and avoidant people experience relationship problems due to the application of their strategies even though the roots of their problems seemed to differ. As a result, these dysfunctional strategies they employ in their relationships cause problems and affect relationship satisfaction negatively in both dating (e.g., Collins & Feeney, 2000) and marital relationships (e.g., Kane et al., 2007).

Furthermore, both attachment anxiety and avoidance were positively associated with the dyscfunctional expression of negative emotions, and negatively associated with the constructive expression of negative emotions. Mikulincer and Shaver (2008) suggested that both anxious and avoidant people distort and damage their own emotion regulation processes caused by their application of hyperactivating and deactivating strategies, and their disturbed emotion regulation processes in turn are related with their psychological problems. In line with the findings of the current study, previous studies corroborated the disturbing effects of attachment insecurity on emotion regulation (e.g., Creasey et al., 1999) as well as care-giving patterns (e.g., Feeney & Collins, 2001). Additionally, studies consistently found that although attachment security predicts constructive regulation of negative emotions, insecure people rely on inefficient emotion regulation of negative moods, such as distancing or avoidant coping and emotion-focused strategies (e.g., Corcoran & Mallinckrodt, 2000; Creasey & Hesson-McInnis, 2001; Creasey et al., 1999; Pistole & Arricale, 2003).

Correlation analyses also demonstrated that the correlations between emotion expression scales were in the expected direction. In general, positive correlations were observed between the subscales of constructive emotion expression for anger, sadness, and guilt. For instance, wives' use of social support/dependent behavior pattern (while feeling sad) was positively related with wives' use of integrative styles as they express their anger, apology/appeasement and explanation behavior patterns if they feel guilty.

Therefore, these findings suggest that if people tend to use constructive emotion regulation, it seems to include all types of negative emotions that are employed constructively in general in conflictual situations whether they perceive their point of view as right or wrong.

Moreover, the correlations between the constructive and destructive emotional expression subscales were negative although the destructive ones were positively correlated with each other. Additionally, the destructive expression styles of each spouse were positively associated with each other. For instance, wives' use of denial was positively correlated with husbands' use of destructive anger and sadness expression styles. These findings have critical implications and suggest that including only one partner's perception may not be sufficient to understand the whole relationship dynamics which is largely ignored in the past studies. The current findings revealed that one partner's positive or negative behavior pattern seemed to be reciprocated by the same response from the other partner. Thus, partners' behavioral patterns either positive or negative seem to activate and strengthen each other's behavior.

To sum up, all these findings suggest that discrete emotions were expressed in different ways and if one partner express his/her negative emotion destructively; it reveals the destructive patterns from the other partner also. This pattern is consistent with the dyadic approach suggesting that since partners are interdependent in dyadic relationships, their behavior patterns are reciprocally related. Previous studies highlight the dyadic aspect of emotion regulation in conflictual situations (Diamond & Fagundes, 2008; Rusbult et al., 2001) suggesting that the behavior of one partner affects the other partner's action, in turn the other partner's action influences the partner's behavior. This becomes a reciprocal process that influences cognitions, perceptions, emotions and behaviors.

Finally, the findings suggested that negative emotional experiences and destructive expression of these negative emotions were negatively related with both marital satisfaction and adjustment. These findings were also consistent with the previous studies suggesting that negative emotions and inability to

regulate these emotions caused relationship problems, which in turn diminished relationship satisfaction (e.g., Johnson et al., 2005; Waldinger et al., 2004).

5.1. 2 Gender Differences on Main Study Variables

The results of the current study revealed gender differences on the majority of the study variables. In terms of emotional experience, although wives reported feeling more sadness and regret as compared to their husbands, husbands reported higher levels of guilt feeling than their wives during marital conflict. Consistent with the current findings, Sanford (2007b) found that wives reported higher soft emotions (i.e., hurt, sad, concerned, and disappointed) than husbands during marital conflict. Therefore, women may feel more sadness and regret during a relationship conflict since they are socialized to be more emotional and relationship oriented (Basow, 1992; Gilligan, 1982). Although previous studies did not find a significant gender difference on guilt experience (e.g., Consedine & Fiori, 2009; Guerrero et al., 2008), husbands reported higher levels of guilt than wives in the current study. In the current study, all married couples had at least high school degree, and majority of the participants had university degree or more and they usually work outside their home. Therefore, they may not reflect typical or traditional gender roles (Kulik, 2007; Myers & Booth, 2002; Ybarra, 1982). However, although there has been a sharp increase in education level and partially in SES, traditional expectations and attitudes toward roles are still pervasive, especially among men (Kızılaslan & Diktaş, 2011). Thus, in terms of marital relationships, men who behave in a more traditional and gender stereotypic way may feel guilty if they recognize relationship partner's standards and expectations. Another explanation might be related with the different perceptions in collectivist and individualist cultures. The literature associates the emotion of guilt with more individualistic orientation, while shame with more collectivist orientation (Wallbott & Scherer, 1995). In that sense, it can be suggested that even in a relatively collectivistic Turkish culture men are socialized to be more individualistic and agentic than women. Supporting cultural arguments on the development of emotions (Markus & Kitayama, 1991), the current finding corroborates with the effect of socialization.

There were also gender differences in terms of emotional expression subscales. Specifically, in terms of anger expression, husbands reported using more avoidance/denial aggression than their wives. Consistent with these findings, previous studies have shown that men reported higher levels of suppression (Gross & John, 2003), withdrawal patterns (Christensen & Heavey, 1990), and avoidance/denial aggression (Guerrero et al., 2008). Men are more likely to be autonomous, independent, and self-focused in their relationships than women (Gilligan, 1982; Kirsch & Kuiper, 2002), and thus while communicating their anger instead of confronting with the partner about the problem; they may prefer to stay away from the situation, or from their partner.

Wives reported using more distributive aggression and passive aggression (anger expression styles), solitude/negative behavior (sadness expression style), and explanations (guilt expression style) as compared to their husbands. It appears that wives use more adaptive and constructive expression style only if they felt guilty. However, when they feel sadness and anger, they express their emotions more destructively either in active or passive ways. Consistently, past studies reported that women are more emotionally expressive than men (Cartensen et al., 1995; Christensen & Heavey, 1990; Nolen-Hoeksema & Aldao, 2011). Men experience higher difficulty in communicating their emotions which might be a result of socialization process (Cordova et al., 2005). For instance, Nolen-Hoeksema and Aldao (2011) examined the differences between men and women in terms of a wide range of emotion regulation strategies in all age groups. They found that when compared to men, women reported different emotion regulation strategies, such as rumination, reappraisal, problem-solving, acceptance, and social support, most of which were adaptive. However, they also found that these constructive emotion regulation strategies were not associated with lower depression symptoms. Indeed, only maladaptive emotion regulation strategies predicted higher depression symptoms. In the current study, consistent with the study of Nolen-Hoeksema and Aldao, wives used a number of emotion expression styles and as compared to men, wives were found to use more adaptive and constructive expression style only if they felt guilty.

However, the results suggested that wives also use more destructive emotion expression styles for anger and sadness. These results are consistent with the study of Lafontaine and Lussier (2005) showing that women were not able control their anger feelings in their relationships. In fact, they express their anger towards the partner externally like criticizing, insulting, threatening, and assaulting the partner. Similarly, Christian, O'Leary, and Vivian (1994) examined the depressive symptomatology in martially discordant men and women and found that women experienced higher levels of depressive symptomatology and more discordant than men. In that sense, high levels of experienced anger and sadness seem to have more detrimental effects on wives' emotional expression and resulting relationship dissatisfaction as compared to husbands.

In the present study, husbands reported higher attachment avoidance than wives whereas there was no sex difference on attachment anxiety. Although attachment theory does not make any speculations about gender differences (e.g., Mikulincer & Shaver, 2003), previous studies conducted in Western cultures have generally documented that women reported higher anxiety and lower avoidance than men (e.g., Brassard, Shaver, & Lussier, 2007; Feeney, 1998; Molero, Shaver, Ferrer, Cuadrado, & Alonso-Arbiol, 2011). Similarly, a recent meta-analytic study also demonstrated that in romantic attachment males reported higher attachment avoidance and lower attachment anxiety than females (Del Guidice, 2011). Specifically, the largest difference was observed in community sample rather than college samples. Del Guidice further found the moderating effect of geographic region in sex differences. Highlighting the importance of cultural effects, the largest sex difference on romantic attachment was observed in Europe and the Middle East. The present study did not show a significant sex difference on attachment anxiety suggesting a cultural effect. Specifically, previous studies have overall demonstrated that attachment anxiety is more common in collectivist cultures (Schmitt et al., 2004) and attachment anxiety might be acceptable in collectivist cultures where interdependence is valued and highlighted (e.g., Özen, Sümer, & Demir, 2011). Thus, it can be suggested that in collectivistic cultures, attachment anxiety as a

factor for fostering relationship interdependence is being instilled in both men and women.

5.2 Hypotheses Testing

5.2.1 Attachment and Marital Adjustment

The first aim of the present study was to replicate previous studies, which showed the effects of attachment on marital adjustment and/or satisfaction in the Western cultural context. Overall results showed that both wives' and husbands' attachment avoidance were linked with both their own and their partners' marital dissatisfaction with strong effect sizes. Consistent with the previous studies (e.g., Harma et al., 2012; Kane et al., 2007; Molero et al., 2011), results showed that attachment avoidance of wives and husbands was the strongest predictor of both own and partner's marital adjustment. Similarly, Friedman et al. (2010) found that although attachment avoidance had deleterious effect on relationship satisfaction both in collectivist and individualist cultures, the association between avoidance and relationship problems and satisfaction was stronger in collectivist cultures than individualist ones. Thus, in collectivist cultures where relationship harmony and interdependence are highlighted, attachment avoidance seems to be a critical risk factor for relationship satisfaction (Harma et al., 2012; Sümer & Kağıtçıbaşı, 2010). Regardless of the fact that the partner effect for attachment anxiety was non-significant, the wives with high levels of attachment anxiety were also less satisfied with their relationship in the current study.

Sümer and Kağıtçıbaşı (2010) previously have shown that attachment anxiety is more common in collectivist cultures; hence it may be tolerated in Turkish culture. Consistent with the present findings, using dyadic level analyses, Harma et al. (2012) did not find a significant effect of attachment anxiety on relationship satisfaction among a large sample of Turkish married couples. These findings suggest that attachment anxiety of the partner may not pose a serious threat to relationship satisfaction of the spouse in collectivistic cultures since it might be perceived as culturally congruent even "functional" by fostering relationship interdependence. However, it still can affect the person's own outcomes to certain extend. In fact, individual's attachment anxiety might

influence their own relationship satisfaction negatively via disturbing emotion regulation function of the individual.

Furthermore, findings of the current study suggested that although actor effects were stronger than the partner effects, all direct links between attachment avoidance and marital adjustment were significant, indicating that one's behavior or cognitions rather than the partner's primarily affect their own outcomes.

The moderation analysis revealed an interaction effect of avoidance level of wives and husbands in predicting wives' marital satisfaction. Specifically, when wives were highly avoidant, they reported the lowest relationship satisfaction if their husbands were also high in avoidance. However, when wives were low in avoidance, their husbands' avoidance level did not affect their wives' marital satisfaction. This finding implies that wives' avoidance rather than husbands' avoidance is a key factor in predicting wives' marital satisfaction. Women are perceived as the maintainers of the relationships thus they are experts in relationship management (Kirkpatrick & Davis, 1994). Therefore, wives' level of avoidance might influence the relationship satisfaction more in marital relationships. As stated previously, emotional interdependence is important in collectivistic cultures (Kağıtçıbaşı, 2007) and women are expected to be more traditional in those cultures, where gender stereotypes are more prevalent. Thus, the wives' emotional distance, independence, and unresponsiveness to the husbands' needs, signifying attachment avoidance, seems to be in conflict with the values of the collectivist cultures and wives' attachment avoidance can be especially maladaptive for the marital quality in Turkish culture (Harma et al., 2012).

5.2.2 Attachment and Emotional Experience

The second aim of the current study was to examine the mediating role of emotional experience in the relationship between attachment dimensions and marital adjustment of spouses. Since the previous literature highlights the importance of discrete emotion perspective (e.g., Bell & Song, 2005; Rivers et al., 2007; Harmon-Jones, Harmon-Jones, Amodio, & Gable, 2011), four types of

emotions, namely, anger, sadness, regret, and guilt were used as the fundamental emotional experience in the current study.

5.2.2.1 Attachment Styles and Emotional Experience

Before testing the mediating model, a series of ANOVAs were conducted to see how categorical attachment styles and gender were related with the emotional experience. Results showed that, as expected, secure people reported lower levels of anger, sadness, and regret than the fearful, dismissing, and preoccupied individuals during marital conflict. Fearful individuals also reported higher levels regret than the preoccupied ones. These findings are consistent with the previous studies, suggesting that attachment insecurity is linked with the negative emotional experience, whereas attachment security is linked with high levels of positive and low levels of negative emotions (e.g., Consedine & Magai, 2003; Creasey & Hessen-McInnis, 2001; Kerr et al., 2003; Torquati & Vazsonyi, 1999).

Furthermore, fearful individuals have been found to have the highest level of regret feeling in the relationships. Post hoc analysis for the significant interaction effect of attachment styles and gender on regret experience revealed that secure wives and husbands reported lower levels of regret than fearful, dismissing, and preoccupied wives and husbands. Fearful wives and husbands also reported higher levels of regret experience than preoccupied and dismissing wives and husbands. Fearful and preoccupied wives reported higher levels of regret than fearful and preoccupied husbands, respectively. The regret sub-scale includes emotions like misery, humiliation, frustration, despair, and disappointment. Considering that fearful attachment is defined by high levels of both attachment anxiety and avoidance, fearful individuals seem to experience more intense negative emotions such as despair during marital conflict. In a similar vein, Fraley and Bonanno (2004) found that fearful attachment was related with the most severe distress and they experienced the most difficult time than the ones with other attachment styles in the case of adapting to the loss of a loved one. Consistently, fearful attachment was also found to be related with depression and trauma-related symptoms (Mikulincer & Shaver, 2007; Simpson, Rholes, Campbell, Tran, & Wilson, 2003) and they reported being

more tense, depressed, confused, and more attached to their former partners (Pistole, 1995). In that sense, it can be argued that fearful individuals experience high levels of regret as a result of conflict and this feeling may spread onto other negative emotions. This process may overwhelm their already dysfunctional emotion regulation system and make it harder for them to get rid of these negative feelings where there is neither the support of positive self nor the positive other representations.

5.2.2.2 The Mediating Role of Emotional Experience in the Dyadic Model

The dyadic analysis testing the mediating role of emotional experience during marital conflict showed that most of the actor effects and some of the partner effects were associated with attachment dimensions. The findings of the present study suggested that attachment avoidance was the strongest predictor of marital adjustment rather than attachment anxiety. Specifically, attachment avoidance of spouses both directly and indirectly through emotional experience predicted both own and their partners' marital adjustment.

On the one hand, wives with higher attachment anxiety tended to experience higher levels of sadness, regret, and anger during marital conflict. On the other hand, husbands with high anxiety reported experiencing high level of sadness only during a conflict. Although previous studies have well documented the effects of attachment on emotional experience, these studies consider only one individual's perspective (e.g., Creasey & Hesson-McInnis, 2001; Kerr et al., 2003) or consider negative emotionality as a general construct (e.g., Davila et al., 1998). Therefore, the findings of the current study are unique in terms exploring how attachment anxiety and avoidance is associated with experience of discrete emotions considering dyadic effects. Specifically in line with the findings of the current study, higher attachment anxiety was found to be related with negative emotions like anger, sadness, and regret in the previous studies considering only actor perspective (Consedine & Fiori, 2009; Creasey & Hessen-McInnis, 2001; Joel, MacDonald, & Plaks, 2012; Magai, Distel, & Liker, 1995). Attachment anxiety, unlike secure and avoidant attachment, intensify their undesirable emotions. Indeed, Cassidy (1994) argued that anxious people hyperactivate their emotions to get the partner's attention. However, their

intensification of negative emotions may make conflict resolution impossible. Their continuous expression of their needs and dissatisfactions regarding their relationship, their chronic doubts about their own self worth, and the availability of relationship partners cause them to experience more intense and prolonged distress in their relationships (Collins & Read 1990; Mikulincer & Shaver, 2007).

Avoidant people, however, generally suppress their emotional experience, such as shame, guilt, and anxiety, all of which might signal vulnerability and weakness (Kerr et al., 2003; Mikulincer & Shaver, 2007). Additionally, there is evidence in the literature that avoidant people experience high levels of negative emotions like anger (Calamari & Pini, 2003; Creasey & Hessen-McInnis, 2001), which is also consistent with their negative model of others. In the current study, wives with high attachment avoidance reported experiencing higher levels of regret whereas husbands with high avoidant reported experiencing higher levels of both regret and anger during a conflict. Therefore, findings partially support the previous studies only for husbands. However, aforementioned studies considered only actor perspective in their studies. Therefore, considering both partners in a dyadic relationships, anxious and avoidant individuals might experience different emotions depending on the other partner's response. Avoidant partners might use their avoidance as a shield from stress since they are incapable of regulation effectively. Thus, in these situations, both wives and husbands may feel desperate to solve the conflict and this might in turn, lead them to the feelings of regret regarding their relationship and also about the situation

Furthermore, the current study found partner effects only for husbands' anxiety and wives' avoidance. Specifically, husbands reported feelings of sadness and regret when their wives were avoidant and wives experienced sadness and regret when their husbands were anxious. Culture seems to play a critical role especially via culture specific gender differences. As stated previously attachment anxiety is more common in collectivist cultures, therefore anxiety experienced by wives in collectivist cultures might not be seen as detrimental for relationship functioning. However, avoidance of women in the

relationship can be perceived as culturally discrepant and dysfunctional in collectivist cultures where expectations from wives were more traditional and gender stereotypic, and thus avoidance of women might be more harmful for relationship functioning. A close examination suggests that the husband who exhibits dependent and clingy behaviors, extensive closeness seeking and the wife who exhibits independent behaviors, discomfort with closeness, and unresponsiveness to the partners' needs, are both engaging in gender atypical behavior patterns especially in collectivist Turkish context. These findings are critical and suggests that culturally incongruent attachment patterns (i.e., husbands' anxiety and wives' avoidance) predicted sadness and regret towards the partner during marital conflict in Turkish culture. These findings are also in line with the findings of Harma et al. (2012). Harma and his colleagues found that wives' avoidance and husbands' anxiety increased marital conflict in Turkish culture. Therefore, it can be confidently argued that gender atypical combinations revealed the most devastating effects for relationship functioning in Turkish culture. Avoidant wives' and anxious husbands' behavior patterns during marital conflict seem to intensify conflict and may lead partner to feel more sadness and regret. Thus, these gender incompatible patterns of attachment insecurity in the collectivist cultures may have more deteriorating effect on marital functioning for both own and partner outcomes.

Partially supporting the expectations, mediating role of emotional experience in the association between the attachment dimensions and marital adjustment was also found in the current study. The analysis showed that only wives' regret and husbands' anger experiences were significant mediators in the relationship between attachment dimensions and marital adjustment. Four significant mediations were found. Specifically, in terms of actor effects, anxious (1) and avoidant wives (2) experienced higher regret during a conflict, and this in turn, predicted their own low levels of marital adjustment. In terms of partner effect, when the anxiety level of husbands (3) was high, their wives experienced regret during a conflict, and this in turn, was associated with low levels of wives' marital adjustment. Therefore, regret fully mediated the relationship between attachment anxiety of the self and the partner and the relationship adjustment for wives. Consistent with the findings of the current

study, previous studies found that attachment anxiety predicted regret proneness in a college sample (Joel et al., 2012). Similarly, Feeney (1998) argued that anxious partners feel more despair (which is under regret sub-scale in the current study) and anger during physical separations from dating partners. Consistently, Saffrey and Ehrenberg (2007) studied with young adults who involved in a romantic relationship at least 3 months and separated in the last 12 months. They found that anxious people experienced more relationship regret and their regret-oriented thinking mediated the relationship between attachment anxiety and negative adjustment after break-up. Therefore, anxious people reported heightened negative emotionality to negative partner behaviors and they also made self-focused attributions for those behaviors (Collins, 1996). To sum up, consistent with the current findings, aforementioned studies found a strong association between attachment anxiety and regret feeling. However, previous studies included only one partner's attachment style or dimension and emotional experiences and it is not clear whether wives' or husbands' anxiety is related with regret experiences. Current study extends their findings and shows that both wives' and husbands' anxiety were associated with wives' experience of regret during marital conflict, and this in turn, decreased wives' marital adjustment. The direct link between attachment anxiety of wives and husbands and marital adjustment of wives were also insignificant, suggesting that the relationship between attachment anxiety and marital adjustment was fully explained via regret experiences of wives.

Considering the findings of the current study, it can be argued that anxious wives and these wives having anxious husbands (i.e., both actor and partner anxiety) were more prone to experience regret in conflictual situations in Turkish culture. Previous studies showed that attachment anxiety rather than avoidance was significant predictor of depression (e.g., Conde, Figueiredo, & Bifulco, 2011; Marchand-Reilly, 2012; Surcinelli, Rossi, Montebarocci, Baldaro, 2010). Volling et al. (1998) further found that both own and partner anxiety predicted individual's depression in married couples. A feeling of regret was also found to be associated with anxiety and depression (e.g., Roese et al., 2009). Therefore, it might be argued that anxious wives and wives with anxious husbands may be more prone to depression following conflictual situations

because of their maladaptive interaction patterns, and this depression might result in feelings of regret, which in turn decrease their marital adjustment.

However, for avoidant wives, regret was also a significant mediator. This may have resulted from the traditional gender roles. Specifically, avoidant wives might have experienced high levels of regret because they are considered as house makers and relationship maintainers especially in traditional collectivist cultures and their role as relationship maintainers are conflicting with their deactivating strategies. Thus, inability to meet the expectations of the partner in the relationship might result in regret feelings for especially avoidant wives, but not for avoidant husbands. Similarly, since their attachment orientation is not in line with the cultural values, they may be more likely to get overwhelmed by stress that causes them to act like fearful individuals who experienced regret more. These gender specific cultural findings should be investigated further in the future studies.

Anger was also a significant mediator. Specifically, when the avoidance level of husbands (4) was high, they experienced more anger during a conflict, and this in turn, led to their marital maladjustment. Consistent with the current finding, Mikulincer (1998) examined the relationship between attachment and dysfunctional experiences of anger and found that avoidant people reported higher hostility and higher selfish motives than secure people. However, the current study extended the previous work and found that anger experience acted as a mediator as well between attachment avoidance and marital adjustment during marital conflict by including both partners, but only for husbands. Thus, it may be argued that the selfish motives of avoidant men while experiencing anger during a conflict may also affect their own marital satisfaction negatively.

In conclusion, present study showed that wives' regret and husbands' anger were the marker mediating emotions. Previous studies have documented that females express the feelings of disappointment and sadness more than males (e.g., Sanford, 2007b) and males express aggression more than their female counterparts during conflicts (Archer, 2004). The current study extended the findings of previous studies by showing that these emotions have critical implications for marital adjustment. It can be speculated that interdependent

self-construals of females (need for relatedness and emotional involvement) and independent self-construals of males (need for independence and assertiveness) (Cross & Madson, 1997) may lead to experience these two distinct emotions for both genders. Specifically, conflict may prime regret feelings for women who have major concerns for relationship maintenance whereas conflict may prime anger for men who are in need to control the environment. Therefore, lower levels of marital adjustment reported by husbands and wives may be resulted from distinct emotional pathways.

5.2.2.3 The Interactions among Attachment Dimensions of Wives and Husbands on Emotional Experience

Furthermore, the moderation analyses revealed two significant interactions for couples' attachment dimensions on emotional experience. First, husbands experienced the highest level of sadness if they were low in avoidance and their wives were high in anxiety. Consistent with the previous findings (e.g., Creasey & Hessen-McInnis, 2001), sadness was related with high anxiety and low avoidance in the current study. However, the current study extended the previous work by showing the effects of gender in the interactive effects of spouses' attachment dimensions on sadness experience. Specifically, couples with low avoidant husbands and high anxious wives were more prone to experience sadness in conflictual situations. Thus, it might be argued that wives' anxiety during a conflict might result in showing clingy and attacking behaviors in order to get closeness during a conflict. However, their maladaptive behavior patterns and exaggerating of their negative emotions may cause to the feelings of sadness for their husbands who do not have negative model of others.

Second, wives experienced the highest level of guilt if they were high in anxiety and their husbands were low in anxiety. Although there is no previous studies that reported the interactive effects of spouses' attachment dimensions on emotional experiences during a marital conflict, there exists, evidence showing the link between experience of guilt and attachment anxiety (Consedine & Fiori, 2009). Therefore, consistent with the past studies, wives' guilt experience was highly related with their anxiety level.

5.2.3. Attachment and Anger Expression

5.2.3.1. Attachment Styles and Anger Expression

The preliminary analyses showed that attachment styles were related with anger expression styles during a conflict. Specifically, both secure wives and husbands reported using lower levels of distributive, passive, and avoidant/denial aggression and reported higher levels of integrative assertion than their fearful, dismissing, and preoccupied counterparts. Consistent with the previous studies, the present findings suggested that secure people regulated their negative emotions in the most functional way by focusing on solving the relationship problems. Previous studies showed that secure people do not suppress, deny, or hyperactivate their emotions (Cassidy, 1994), they use integrating and compromising strategies (Corcoran & Mallinckrodt, 2000), and negotiate and express their emotions constructively during conflict (Guerrero et al., 2009). In line with these studies, secure partners reported higher levels of constructive anger expression and lower levels of destructive anger expression during marital conflict in the current study. Furthermore, fearful and dismissing attachment was found to be related with higher levels of distributive aggression than preoccupied attachment. This finding again suggested that attachment anxiety (preoccupation) might not be perceived as a serious threat for the relationship in collectivist cultures and in line with the previous studies arguing that attachment avoidance have more deleterious effect on relationship functioning and produce higher levels of relationship problems in collectivist cultures (e.g., Friedman et al., 2010; Harma et al., 2012). Indeed, the significant interaction between gender and attachment style revealed that preoccupied husbands reported using lower levels of distributive aggression than fearful and dismissing husbands. In line with the findings of the current study, previous studies showed attachment avoidance was related with higher levels of dysfunctional anger expression (Mikulincer & Shaver, 2007) and psychological intimate violence (Lafontaine & Lussier, 2005). Thus, it can be suggested that when avoidant people, especially men, could not withdraw from a marital conflict, they show their anger destructively like showing hostile and manipulative behaviors.

5.2.3.2 The Mediating Role of Anger Expression in the Dyadic Model

The mediating role of anger expression styles in the relationship between attachment dimensions and marital adjustment of wives and husbands was also tested. Results revealed 10 significant actor (out of 22) and 4 significant partner (out of 22) effects. On the one hand, wives with higher attachment anxiety reported using higher levels of distributive and passive aggression as they express their anger towards the partner. On the other hand, when the attachment anxiety level of husbands was high, their wives tended to use passive aggression. Consistent with the previous studies, attachment anxiety was found to be associated with both active and passive destructive expression of anger during conflict (e.g., Guerrero et al., 2009; Simpson et al., 1996). Hyperactivation strategies of anxious people result in intense and extended bouts of anger, however, their strong fear of rejection and separation may also cause them to direct their anger toward themselves (i.e., *approach-avoidance conflict*; Mikulincer & Shaver, 2007). Although attachment anxiety was expected to be strongly related with destructive anger expression styles (primary approach strategy), they were also expected to show avoidant aggression. However, attachment anxiety did not predict avoidant aggression in the current study. Therefore, anxious wives primarily used destructive patterns as they express their anger in Turkish culture. Consistent with previous studies, it was found that anxious wives experienced intense anger, ruminated on threats, and expressed hostile and manipulative behaviors toward their husbands. However, husbands' anxiety was only found to be related with wives' passive aggression. Wives who had anxious husbands (who are gender atypical) might show manipulative and passive aggressive behavior patterns in response to husbands' anxiety. From a cultural point of view, attachment anxiety is considered as a factor that fosters interdependence in a relationship. In that sense, the wives with high levels of anxiety may show more subtle types of anger expression. However, when wives had husbands with high anxiety, the culture may induce wives to adhere to more subtle forms of anger expression. The findings of the current study extended the previous studies by showing that not only attachment anxiety of an individual related with destructive expression of anger, but also partner's attachment anxiety exerted destructive patterns from the individual.

The attachment dimension of avoidance was also related with the type of own and partner anger expression. Although wives with high avoidance reported using high levels of avoidant aggression, husbands with high avoidance reported using high levels of distributive (the strongest one), passive, and avoidant aggression. Wives of avoidant husbands also reported high levels of distributive aggression in the current study. As stated previously, attachment avoidance is highly related with minimization and suppression of emotions (Mikulincer & Shaver, 2007). However, attachment avoidance was also found to be related with hostility, dysfunctional anger expression (Calamiri & Pini, 2003; Mikulincer & Shaver, 2007), and even violence against partner (Lafontaine & Lussier, 2005), which is consistent with their negative model of others and narcissistic confidence in their self views. Supporting previous findings, in the current study attachment avoidance was found to be related with both types of anger expression (i.e., active, passive, and avoidant anger expression). Furthermore, extending the findings of the previous studies, the current study found how attachment avoidance was related with anger expression by including both partners in marital relationships. Specifically, the findings of the current study add more on these studies by suggesting that avoidant husbands' dysfunctional and destructive anger expression in turn elicited negative behavior patterns from their wives, which might cause a vicious interactive cycle that intensifies and makes the problems difficult to solve. Furthermore, although attachment avoidance was expected to be more strongly related with avoidant aggression rather than distributive aggression, this was only supported by wives' avoidant attachment. Indeed, husbands' avoidance was more strongly related with distributive aggression. As stated before, wives' withdrawal tendencies were not common during conflictual situations due to their relationship oriented socialization process (e.g., Gross & John, 2003; Guerrero et al., 2008). Furthermore, avoidant attachment is also less common in collectivist cultures (e.g., Sümer & Kağıtçıbaşı, 2010). Therefore, when wives were high avoidant which is gender atypical in collectivist cultures, they may be more prone to use avoidant strategy (which is the primary strategy of avoidant individuals) during conflict, rather than destructively expressing their anger. However, when husbands were high on attachment avoidance (which is gender typical), they

used more distributive aggression and passive aggression (rather than avoidant aggression), and in turn, their wives responded them destructively.

Three mediations (2 actor and 1 partner effects) were also observed in the proposed model. Specifically, wives with higher attachment anxiety (1) reported using high levels of distributive aggression while expressing their anger and this fully mediated the association between attachment anxiety and marital adjustment of the wives. When the avoidance level of husbands was high, both they (2) and their wives (3) reported using high levels of distributive aggression style, which acted as a partial mediator in the association between husband's avoidance and marital adjustment of both partners. Thus, results mainly showed that active and especially destructive anger expressions of anxious wives and avoidant husbands were detrimental for marital satisfaction. Consistently, previous studies found that hard emotions including anger was associated highly with low levels of satisfaction and conflict resolution, and high levels of conflict, and power assertion (Sanford, 2007a; 2007b; Sanford & Rowatt, 2004). Therefore, wives' anxiety and husbands' avoidance resulted in dysfunctional expression of anger which was consistent with their working models. Avoidant husbands' wives also showed dysfunctional anger towards their partners. This destructive cycle during a marital conflict, in turn, lead to lower levels of marital adjustment for both husbands and wives. Therefore, the findings of the present study have broadened the previous findings by showing how attachment avoidance affects both own and partner's behaviors, in turn, their marital adjustment.

5.2.3.3 The Interactions among Attachment Dimensions of Wives and Husbands on Anger Expression

The moderation analyses also revealed generally consistent results with the mediation analysis in terms of anger expression. Similarly, wives with high attachment anxiety showed more distributive and passive aggression. Different from the mediation analysis, husbands of anxious wives also showed more distributive aggression behavior pattern. Husbands' anxiety predicted not only wives' passive aggression, but also wives' avoidant aggression. Therefore, attachment anxiety predicted destructive anger expression for the individual in

conflictual situations, and in turn, exerted destructive behavior patterns from partners of the anxious individual.

In terms of attachment avoidance results revealed the same patterns for wives and husbands with one exception. Integrative assertion was not included in the mediational model because of the suppressor effect. With the inclusion of integrative assertion to the moderation analyses, results showed that wives and husbands with high attachment avoidance showed less integrative aggression while expressing their anger. Wives of avoidant husbands also used low levels of integrative aggression. These findings suggest that both attachment anxiety and avoidance were related with high levels of active and passive as well as destructive expression of anger, and low levels of constructive and functional anger expression, which is consistent with the previous studies (see Mikulincer & Shaver, 2007 for a review).

The current study extends previous findings by showing the actor and partner effects of attachment insecurity (i.e., attachment anxiety and avoidance). More specifically, it was found that one partner's attachment anxiety and/or avoidance elicited destructive behavior patterns from the other party, which in turn, predicted both own and their partner's lower levels of relationship adjustment. In conclusion, while the presence of secure partner buffers the harmful effects of insecurity in the partner (e.g., Mehta et al., 2009; Paley et al., 1999; Volling et al., 1998), the presence of anxious and avoidant partner extract destructive behavior cycle in the relationship for both wives and husbands.

5.2.4 Attachment and Sadness Expression

5.2.4.1 Attachment Styles and Sadness Expression

The preliminary analyses with attachment styles indicated that attachment styles were related with sadness expression styles during marital conflict. Specifically, secure spouses reported using lower levels of solitude/negative behaviors and positive activity, and higher levels of social support/dependent behavior than fearful, dismissing, and preoccupied spouse. Additionally, fearful spouses reported using higher levels of solitude/negative behaviors than preoccupied spouses, whereas both fearful and preoccupied spouses reported using higher levels of social support/dependent behavior than

dismissing spouses. These findings were consistent with the previous studies suggesting that secure people are capable of regulating their negative emotions and elicit optimal functioning in the relationship (Mikulincer & Shaver, 2007). In line with other studies, the secure people in the current study depend on or seek social support from others in order to alleviate their stress as they feel sadness (Collins & Feeney, 2000; Feeney & Collins, 2001; Guerrero et al., 2009). Their positive model of self and others lead them to perceive others as trustable and to perceive them as to be worthy of care. Consistent with the study of Guerrero et al. (2009), it was found that preoccupied people reported using more dependent behavior than dismissing people while expressing their sadness towards the partner. Furthermore, the present study demonstrated that both preoccupied and fearful people reported higher levels of social support/dependent behavior than dismissing ones. Therefore, it might be argued that negative model of self is more related with seeking support from one's partner. Although secure people reported higher levels of social support/dependent behavior than any other attachment styles, their reasons to use this behavior pattern might be different. Secure ones seem to use social support/dependent behavior to handle and solve the conflict with the partner constructively. However, anxious and fearful people prefer to depend on their partners in cases of sadness, rather than to handle their sadness feelings on their own because of their inability to regulate their negative emotions and to get closeness during a conflict.

Although Guerrero and her colleagues (2009) found that preoccupied people reported using less positive activity, in the current study a positive correlation between attachment anxiety (preoccupation) and positive activity and a negative correlation between attachment security and positive activity were found. Positive activity was considered as constructive sadness expression style in Guerrero et al.'s study since it had a positive correlation with secure attachment. They defined positive activity as a proactive strategy that uses other resources like friends and engaging in enjoyable activities in order to regulate sadness feelings. However, the items of positive activity do not refer to actively resolving feelings of sadness, but rather they refer to a preference to go outside activities, to do something for distracting themselves from the problems. The

items of this scale (e.g., *try to act cheerful so my mood will change*; *do something to get my mind off the situation*; *try and forget about my problems and act happy*; *do something enjoyable*) only reflect the suspension of sadness and forgetting about the problem. These behavior patterns might be considered as constructive in individualist cultures. People in individualist cultures might avoid the partner and also the conflictual situation and engage in distracting positive activities rather than actively confronting with the partner and showing destructive behaviors (e.g., Cai & Fink, 2002).

However, in collectivistic cultures like Turkish culture where interdependence is important especially in the family context (Sümer & Kağıtçıbaşı, 2010), positive activity might be perceived as something negative for the relationship. The problem is just postponed, not resolved by getting engaged in these activities. Actually, dyadic open communication and constructive behavior patterns should be considered as optimal and positive for healthy way of regulating emotions in an attachment relationship (Thompson, 1994). Indeed, in the current study secure people reported lower levels of positive activity. Secure people might think that engaging in positive activities is not something positive for regulating sadness, thus they prefer actively discuss the issue. However, when anxious people could not solve feelings of sadness constructively with their partners, they might prefer to use positive activity, and therefore might use other resources to handle sadness, instead of resolving feelings of sadness on their own or with the partner. In that sense, although preoccupied spouses may rely on dependence on relationship partner primarily as a form of expressing their sadness, in cases when they feel that they may overwhelm their partners, they may follow an alternate path and may use other resources like friends. This should be investigated further.

5.2.4.2 The Mediating Role of Sadness Expression in the Dyadic Model

When the mediating effect of sadness expression styles of spouses were examined, out of 16 actor effects 10 of them were significant and out of 16 partner effects 4 of them were significant. On the one hand, both wives and husbands with high attachment anxiety reported using more solitude/negative behavior and positive activity while expressing their sadness towards the

partner, and their partners also reported using high levels of solitude/negative behavior. On the other hand, wives and husbands with high attachment avoidance reported using only high levels of solitude/negative behavior. Therefore, both attachment anxiety and avoidance of wives and husbands elicited destructive expression of sadness, which is in line with other studies showing that insecure people experienced problems while regulating their negative emotions, which in turn undermine their relationships (e.g., Creasey & Hesson-McInnis, 2001; Creasey et al., 1999; Guerrero et al., 2009). Furthermore, attachment anxiety also elicited negative and destructive behavior patterns from the relationship partner. Therefore, the presence of anxious partner for both genders extracts destructive behavior cycle in the relationship.

Additionally, avoidant wives and husbands only preferred to use solitude/negative behavior as they express their sadness, rather than positive activity and social support/dependent behavior (evidenced in attachment styles). Thus, their negative model of others prevents them to depend on their partners or to use other resources like friends while expressing their sadness. Consistent with the study of Guerrero et al. (2009), their positive model of self results in seeing themselves as adequate and independent. There was only one significant actor mediation in the current study, suggesting that when the avoidance level of husbands was high, they reported using more solitude/negative behavior while expressing their sadness, this in turn, mediated the link between attachment avoidance and their marital adjustment. Although attachment avoidance was primarily associated with emotional suppression (Mikulincer & Shaver, 2003; 2007), they might not able to suppress the negative emotions in relationship conflict, especially in committed relationships like marriage. Their negative model of others and narcissistic confidence in their selves might cause showing negative and destructive behavior patterns, which in turn diminished their relationship satisfaction. Consistently, past studies showed that avoidant partners usually act more negatively, aggressively (e.g., Calamari & Pini, 2003; Magai, Hunziker, Mesias, & Culver, 2000), and even criticize the partner more often (Campbell et al., 2001). As a consequence, although the relationship between attachment avoidance and solitude/negative behavior was stronger than the relationship between attachment anxiety and solitude/negative behavior,

attachment anxiety seemed to be more detrimental in sadness expression because attachment anxiety revealed both own and partner destructive behavior patterns.

5.2.4.3 The Interactions among Attachment Dimensions of Wives and Husbands on Sadness Expression

The moderation analyses revealed the same pattern with the mediation analyses. Social support/dependent behavior was not included in the mediational model because of the suppressor effect. With the inclusion of social support/dependent behavior to the moderation analyses, the findings revealed that both wives' and husbands' attachment avoidance predicted their usage of low levels of social support/dependent behavior, which is consistent with their negative model of others.

Only one interaction effect was significant suggesting that husbands with low attachment avoidance and also having avoidant wives reported using higher levels of positive activity. Therefore, when husbands with low attachment avoidance could not express their sadness feelings to their wives with high avoidance and so, could not solve their problems in conflictual situations, they may prefer to engage in positive activity and use their friends or other resources to alleviate their feelings of sadness. In line with this, highly avoidant people were found to be less competent and less likely to give emotional support to their partners in stressful situation and showed less warmth to their partners (e.g., Rholes, Simpson, & Stevens, 1998). For instance, Simpson and colleagues (2002) argued that the degree of avoidance was more critical in predicting not only support seeking behaviors but also support giving behaviors as compared to the degree of anxiety. Therefore, individuals with avoidant partners might engage in positive activities with other people and try to repress their problem in their relationships.

5.2.5 Attachment and Guilt Expression

5.2.5.1 Attachment Styles and Guilt Expression

The preliminary analyses with attachment styles revealed that attachment styles were related with guilt expression styles during marital conflict. Specifically, secure partners reported more apology/appeasement and

explanations, and less denial as compared to fearful, dismissing, and preoccupied partners. Dismissing partners reported less apology/appeasement and explanations behavior patterns than fearful and preoccupied partners. Preoccupied ones reported using less denial than fearful and dismissing partners. In line with the other studies, attachment security predicted constructive emotion regulation and application of more problem solving behavior (e.g., Mikulincer & Sheffi, 2000; Mikulincer & Shaver, 2007). They used these strategies even when they feel guilty towards the partner in the relationship. The findings of the current study suggest that preoccupation (attachment anxiety) should not be seen as a critical risk factor for relationship functioning as dismissing (attachment avoidance) and fearful attachment styles in collectivist cultures. Indeed, preoccupied partners use less denial and more apology and explanations than fearful and dismissing counterparts. Thus, in collectivist/relational cultures, where attachment anxiety is more prevalent, being anxious in the relationship might be tolerated more. Furthermore, anxious partners may behave in a more positive manner during a conflict because of fear of rejection and loosing the partner in these cultures.

5.2.5.2 The Mediating Role of Guilt Expression in the Dyadic Model

Unlike the other emotion expression styles, guilt expression styles did not mediate the relationship between attachment dimensions and marital adjustment of both spouses in the current study. Attachment anxiety of wives directly predicted their marital adjustment. Furthermore, attachment avoidance of wives and husbands predicted both own and their partners' marital adjustment, suggesting that attachment avoidance rather than attachment anxiety seems to be a critical risk factor for relationship satisfaction in Turkish culture. However, the proposed model revealed that attachment dimensions predicted guilt expression styles. Specifically, wives and husbands with high attachment avoidance reported using high levels of denial and low levels of apology/appeasement while expressing their guilt during marital conflict. Although, wives' anxiety predicted their high levels of denial, husbands' anxiety did not predict guilt expression styles.

In conclusion, avoidantly attached people generally avoid behaviors and cognitions which may activate the attachment system. They especially inhibit emotions like guilt, shame, fear, and anxiety which can imply vulnerability, weakness, and dependence. These emotions undermine their self reliance, positive self views, and can also challenge their independence (Cassidy, 1994; Mikulincer & Shaver, 2007). Therefore, consistent with these conceptualizations, avoidant partners reported using higher levels of denial than anxious partners in the current study. They may protect their positive self views by not admitting doing anything seriously wrong, and they may further downplay the seriousness of the situation and avoid talking about it. Consistently, avoidant people also reported using less apology/appeasement behavior patterns when they feel guilty and giving less explanation for their actions or discuss the circumstances that surrounded their actions. All these behavior patterns (i.e., accepting their fault) might promote interpersonal closeness which is not the primary concern for avoidant people. These behavior patterns are not acceptable for avoidant people because admitting their limitations during a conflict might deteriorate their positive self views.

Although attachment anxiety was expected to be positively correlated with apology/appeasement and explanations, this pattern was not observed in the current study. Only, wives anxiety predicted their usage of high levels of denial. Although attachment anxiety found to be related with higher levels of guilt experience in the previous studies (Consedine & Fiori, 2009; Sherry, 2007), it did not reveal constructive behavior patterns for anxious people in the current study. Therefore, hyperactivating strategy of anxious people might intensify their need to be soothed to the point where they feel the need to deny doing anything wrong. In extreme cases, such denial may even lead to domineering and aggressive behavior patterns in the relationship in order to elicit the needed soothing behavior from the partner.

5.3 Limitations and Suggestions for Future Research

The present study has made some important contributions to the available literature by investigating the mediating role of emotional experience and expression in marital relationships between attachment dimensions and

marital adjustment of both partners. However, the current study has also limitations that should be considered while interpreting the findings. First, despite APIM (The Actor-Partner-Interdependence Model) framework was used in the current study, its cross-sectional nature prevents any argument on the causal directions of attachment and emotional experience and expression on marital adjustment. Although conceptually different emotions are expected to have significant effects on relationship satisfaction, discrete emotions and their expressions might also be the indicators of relationship satisfaction, not its cause. However, our findings were consistent with theoretical expectations and previous research. In that sense, future research should use longitudinal design to reveal the causal direction of effects and to replicate the present findings to be able to safely generalize the findings. In that sense, these studies should also include not only married couples but also cohabitating, dating couples, or gay/lesbian couples to see the pattern of the associations vary depending on the relationship types.

The second limitation of the current study is the fact that the findings are subject to common method bias. The study used self-report measures for each variable in the main study. However, a qualitative approach was used in the pilot study to better understand how married couples experienced and expressed their emotions during marital conflict in their relationships. Thirty-three married couples were interviewed using a semi-structured interview technique, in order to develop self-report scales that were used in the main study. However, using observational methods would be more informative to see whether observable expressions of emotions are also predictive of relationship adjustment. The future studies should consider a combination of a self-report measure and a recorded interaction method to avoid these limitations and to have the interactive nature of couple's expression of emotions during marital conflict.

The third limitation is that emotion experience and expressions of couples were assessed retrospectively. Married couples were asked to respond on these variables considering the last six months in their relationships. Retrospective approach might include recall biases and this method only captures couples' memories of emotional experiences and expressions and not

their actual emotional experiences during a conflict. Future research should employ other methods like diary studies in order to deal with the problem of memory biases and to capture the actual emotional experiences and expressions.

Fourth, snowball technique was also used in collecting data in the present study that limits the external validity of the findings. Although this technique is useful to reach populations with specific properties, there is little control over the sampling method. With this sampling technique, representativeness of the sample is questioned. However, married couples who are in their early years of marriage were required in the present study; snowball technique was considered as a useful tool for collecting the data by reaching out more participants.

Fifth, both wives and husbands were highly satisfied in their relationships in the current study, which may limit the generalization of the results to whole types of marriages. The experienced negative emotions and their destructive expression in conflict may not be so detrimental in happy marriages where destructive conflicts are infrequent. Therefore, future research should examine the effects of the experienced and expressed negative emotions in conflictual situations in distressed marriages to reveal the detrimental effect of negative emotions in their relationships. Furthermore approximately one third of the participants had no children and it may have an effect on both the emotions expressed in the relationships and their potential effects on marital quality. Future research should also explore differential effects of emotions during conflict for couples with and without children.

Finally, the two attachment dimensions (measured by ECR-R) were highly correlated with each other. The correlations were .50 for wives' anxiety and avoidance and .58 for husbands' anxiety and avoidance dimensions regardless of the fact that previous studies reported these as orthogonal dimensions (Brennan et al., 1998; Mikulincer & Shaver, 2007). However, other studies in Western cultures also found high correlations between the two ECR-R subscales (r = .51 Study 1, Joel et al., 2012). High correlation was also observed in both dating (e.g., r =.43 for women's anxiety and avoidance and r = .55 for men's anxiety and avoidance; Sierau & Herzberg, 2012) and marital

relationships in Western cultures (e.g., *r* =.72 for wives' anxiety and avoidance and *r* = .68 for husbands' anxiety and avoidance; Millings & Walsh, 2009). Other studies conducted in Turkey also found high correlation between these two attachment dimensions in different populations investigating marriage (*r* =.44 for wives' anxiety and avoidance and *r* = .42 for husbands' anxiety and avoidance; Harma et al., 2012) and friendship relationships (*r* = .43; Özen et al., 2011). Therefore, in committed relationships like marriage, people might experience these attachment motives in an interrelated fashion, especially in collectivist cultures.

5.4 Contributions and Implications of the Study

The present study has contributed to the current literature and has many implications for marital functioning. First of all, considering the cultural influences on experiencing, regulating, as well as expressing emotions, the conducted pilot studies have explored the culturally related emotional expressions in conflictual situations of married couples within the Turkish context. Through semi-structured interviews, the emotion expression scales for discrete emotions in Turkish culture were developed and it could be considered as one of the valuable contributions of the present study. These scales can be used for understanding emotional communication during a conflict, which is crucial to understand in determining marital problems and interventions addressed to these problems.

The major critical contribution of the study is to show the importance of attachment system from a dyadic perspective that sheds light on the process – experience and expression of discrete emotions– through which partners influence one another's relationship outcomes. Furthermore, participants were married couples in an established relationship and all of the analyses were performed at both the dyadic and the individual levels. Previous studies generally considered the intrapersonal perspective on the links between adult attachment, emotion regulation, and relationship satisfaction. Therefore, the current study extended the previous studies by providing evidence about the influence of the each partner's attachment on the emotional experience and expression during conflict, and on marital adjustment of both spouses.

Findings in general contributed the previous literature by showing that attachment avoidance rather than attachment anxiety had more detrimental effects on marital adjustment in Turkish culture. In all of the mediational analyses, the direct links between attachment avoidance of both partners and outcome variables were significant. Both attachment anxiety and avoidance of wives and husbands were found to be related with different emotional experiences. Furthermore, partner's attachment dimension had also an influence on other partner's emotional experience. Specifically, the current study showed the partner effects only for husbands' anxiety and wives' avoidance in emotional experience. Thus, culturally incongruent attachment patterns for wives and husbands in collectivist cultures seem to more dysfunctional for emotional experience.

Attachment dimensions also had an effect on emotional expression of anger, sadness, and guilt. Overall, although destructive anger and sadness expression styles mediated the relationship between attachment dimensions and marital adjustment, guilt expression styles were not significant mediators in this relationship. However, the unique effects of attachment anxiety and avoidance in predicting guilt expression styles were found in the current study.

Therefore, the current study had two important contributions to the past literature. First, it highlights the need to make distinction between emotional experience and their expressions. The current study supports the view of discrete emotional experience. Specifically, people experience different kinds of negative emotions in conflictual situations depending on their attachment dimensions and each negative emotion was expressed in different ways, and their effects on marital adjustment were also different. Second, although extant research provides support for a link between attachment and emotional experience and expression, these studies mostly considered only one individual's perspective without giving consideration to partner attributes. Therefore, the findings of the current study are unique in terms exploring how attachment anxiety and avoidance is associated with experience and expression of discrete emotions considering dyadic effects in marital relationships.

The present study also has crucial implications for clinical practice in couple counseling and family therapy. The findings support prior studies that attachment anxiety and avoidance may have detrimental effects on marital adjustment and add more on these studies by suggesting that emotional experience and expression are important mediators on this association by including both actor and partner effects. The findings further revealed that certain attachment dimensions were related to a particular negative emotion expression styles in marital relationship that have important effects on relationship functioning. Couple counseling and family therapy using attachment perspective may utilize this information in their therapies to help couples to understand why they communicated with each other in particular ways in conflictual situations, teach how to alter negative communication patterns, and also teach better ways of communication and interaction.

5.5 Conclusion

The present study extends the previous studies and contributes to it by providing a detailed analysis of emotional experiences and expression in marital context. First, the effects of attachment anxiety and avoidance on marital adjustment were investigated. Second, the role of attachment dimensions on emotional experience and marital adjustment was examined. Third, the role of anger expression during marital conflict in the relationship between attachment dimensions and marital adjustment was demonstrated. Fourth, the role of sadness expression during a conflict on these associations was examined. Lastly, the role of guilt expression of partners on these associations was investigated. In all analyses, both actor and partner effects were included. Taken together, the present study supported the important role of attachment and emotional experience and expression on marital functioning.

This study also provides preliminary evidence that research on emotions should consider discrete emotional framework and investigate different routes to express them in order to fully understand how people communicate and manage their emotions during conflict. To sum up, the current study revealed that wives' regret and husbands' anger experiences were the marker mediating emotions. In terms of emotional expression, wives' and husbands' destructive and active

anger expression (i.e., distributive aggression) and husbands' destructive sadness expression (i.e., solitude/negative behavior) mediated the relationship between attachment dimensions and marital adjustment. Therefore, the current study supported the important role of emotional experience and constructive expression of these emotions in marital conflict as the basic determinants of marital adjustment. Furthermore, including both partners in dyadic context to test these associations have provided more parsimonious approach on marital conflict and revealed critical implications for marital functioning.

REFERENCES

Agnew, C. R., & Etcheverry, P. E. (2006). Cognitive interdependence: Considering self-in-relationship. In K. D. Vohs & E. J. Finkel (Eds.), *Self and relationships: Connecting intrapersonal and interpersonal processes* (pp. 274-293). New York: Guilford Press.

Aiken, L. S., & West, S. G. (1991). *Multiple regression: Testing and interpreting interactions*. Newbury Park, CA: Sage.

Ainsworth, M. D. S. (1989). Attachments beyond infancy. *American Psychologist, 44*, 709-716.

Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, S. (1978). *Patterns of attachment: Assessed in the strange situation and at home.* Hillsdale, NJ: Erlbaum.

Alford, D. J., Lyddon, W. J., & Schreieber, R. (2006). Adult attachment and working models of emotion. *Counseling Psychology Quarterly, 19*(1), 45-56.

Archer, J. (2004). Sex differences in aggression in real-world settings: A meta analytic review. *Review of General Psychology, 8*(4), 291-322.

Banse, R. (2004). Adult attachment and marital satisfaction: Evidence for dyadic configuration effects. *Journal of Social and Personal Relationships, Brief Article, 21*, 273-282.

Barholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: A test of four-category model. *Journal of Personality and Social Psychology, 61*(2), 226-244.

Basow, S. A. (1992). *Gender stereotypes and roles.* Pacific Grove, CA: Brooks/Cole.

Bell, C., & Song, F. (2005). Emotions in the conflict process: An application of the cognitive appraisal model of emotions to conflict management. *The International Journal of Conflict Management, 16*, 30-54.

Birnbaum, G. E. (2007). Attachment orientations, sexual functioning, and relationship satisfaction in a community sample of women. *Journal of Social and Personal Relationships, 24*(1), 21-35.

Bouthillier, D., Julien, D., Dubé, M., Bélanger, I., & Hamelin, M. (2002). Predictive validity of adult attachment measures in relation to emotion

regulation behaviors in marital interactions. *Journal of Adult Development, 9*(4), 291-305.

Bowlby, J. (1973). *Attachment and loss: Vol. 2. Separation*. New York: Basic Books, Inc., Publishers.

Bowlby, J. (1982). *Attachment and loss: Vol.1, Attachment* (2nd Ed.). New York: Basic Books, Inc., Publishers. (Original ed. 1969).

Brassard, A., Lussier, Y., & Shaver, P. R. (2009). Attachment, perceived conflict, and couple satisfaction: Test of a mediational dyadic model. *Family Relations, 58*, 634-646.

Brassard, A., Shaver, P. R., & Lussier Y. (2007). Attachment, sexual experience, and sexual pressure in romantic relationships: A dyadic approach. *Personal Relationships, 14*, 475-493.

Brennan, K. A., Clark, C. L., & Shaver, P. R. (1998). Self-report measurement of adult attachment: An integrative overview. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 46-76). New York: Guilford.

Brislin, W. R. (1976). Comparative research methodology: Cross-cultural studies. *International Journal of Psychology, 11*(3), 215-259.

Cai, D. A., & Fink, E. L. (2002). Conflict style differences between individualists and collectivists. *Communication Monographs, 69*(1), 67-87.

Calamari, E., & Pini, M. (2003). Dissociative experiences and anger proneness in late adolescent females with different attachment styles. *Adolescence, 38*, 287-303.

Campbell, L., Simpson, J. A., Kashy, D. A., & Rholes, W. S. (2001). Attachment orientations, dependence, and behavior in a stressful situation: An application of the actor–partner interdependence model. *Journal of Social and Personal Relationships, 18*, 821-843.

Cartensen, L. L., Gottman, J. M., & Levenson, R. W. (1995). Emotional behavior in long-term marriage. *Psychology and Aging, 10*(1), 140-149.

Cassidy, J. (1994). Emotion regulation: Influences of attachment relationships. *Monographs of the Society for Research in Child Development, 59*, 228-253.

Cassidy, J. (2008). The nature of the child's ties. In J. Cassidy & P. R. Shaver (Eds. 2nd Ed.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 3-23). New York: Guilford Press. (Original ed. 1999).

Christian, J. L., O'Leary, K. D., & Vivian, D. (1994). Depressive symptomatology in marital discordant women and men: The role of individual and relationship variables. *Journal of Family Psychology, 8*(1), 32-42.

Christensen, A., & Heavey, C. L. (1990). Gender and social structure in the demand/withdraw pattern of marital interaction. *Journal of Personality and Social Psychology, 59*(1), 73-81.

Christensen, A., & Shenk, J. L. (1991). Communication, conflict, and psychological distance in nondistressed, clinic, and divorcing couples. *Journal of Consulting and Clinical Psychology, 59*(3), 458-463.

Collins, N. L. (1996). Working models of attachment: Implications for explanation, emotion, and behavior. *Journal of Personality and Social Psychology, 71*, 810-832.

Collins, N. L., Cooper, M. L., Albino, A., & Allard, L. (2002). Psychosocial vulnerability from adolescence to adulthood: A prospective study of attachment style differences in relationship quality and partner choice. *Journal of Personality, Special Issue on Personality in Close Relationships, 70*, 965-1008.

Collins, N. L., & Feeney, B. C. (2000). A safe haven: An attachment theory perspective on support seeking and caregiving in intimate relationships. *Journal of Personality and Social Psychology, 78*(6), 1053-1073.

Collins, N. L., & Feeney, B. C. (2004). Working models of attachment shape perceptions of social support: Evidence from experimental and observational studies. *Journal of Personality and Social Psychology, 87*, 363-383.

Collins, N. L., Ford, M. B., Guichard, A., & Allard, L. M. (2006). Working models of attachment and attribution processes in intimate relationships. *Personality and Social Psychology Bulletin, 32*, 201-219.

Collins, N. L., Guichard, A., Ford, M., & Feeney, B. (2004). Working models of attachment: new developments and emerging themes. In W. S. Rholes and J. A. Simpson (Eds.), *Adult attachment: Theory, research and clinical implications* (pp. 196-239). New York: Guilford Press.

Collins, N. L., & Read, S. J. (1990). Adult attachment, working models, and relationship quality in dating couples. *Journal of Personality and Social Psychology, 58*(4), 644-663.

Collins, N. L., & Read, S. J. (1994). Cognitive representations of attachment: The structure and function of working models. In K. Bartholomew & D. Perlman (Eds.), *Advances in personal relationships: Attachment processes in adulthood* (Vol. 5, pp. 53-92). London: Jessica Kingsley.

Conde, A., Figueiredo, B., Bifulco, A. (2011). Attachment style and psychological adjustment in couples. *Attachment & Human Development, 13*(3), 271-291.

Consedine, N. S., & Fiori, K. L. (2009). Gender moderates the associations between attachment and discrete emotions in late middle age and later life. *Aging and Mental Health, 13*(6), 847-862.

Consedine, N. S., & Magai, C. (2003). Attachment and emotion experience in later life: The view from emotions theory. *Attachment and Human Development, 5*(2), 165-187.

Cook, W. L. (2000). Understanding attachment security in family context. *Journal of Personality and Social Psychology, 78*(2), 285-294.

Cook, W. L., & Kenny, D. A. (2005). The Actor-Partner Interdependence Model: A model of bi directional effects in developmental studies. *International Journal of Behavioral Development, 29*(2), 101-109.

Corcoran, K. O., & Mallinckrodt, B. (2000). Adult attachment, self-efficacy, perspective taking, and conflict resolution. *Journal of Consulting and Development, 78*, 473-483.

Cordova, J. V., Gee, C. B., & Warren, L. Z. (2005). Emotional skillfulness in marriage: Intimacy as a mediator of the relationship between emotional skillfulness and marital satisfaction. *Journal of Social and Clinical Psychology, 24*(2), 218-235.

Cozzarelli, C., Hoekstra, S. J., & Bylsma, W. H. (2000). General versus specific mental models of attachment: Are they associated with different outcomes? P*ersonality and Social Psychology Bulletin, 26*(5), 605-618.

Creasey, G., & Hesson-McInnis, M. S. (2001). Affective responses, cognitive appraisals, and conflict tactics in late adolescent romantic relationships: Associations with attachment orientations. *Journal of Counseling Psychology, 48*, 85-96.

Creasey, G., Kershaw, K., & Boston, A. (1999). Conflict management with friends and romantic partners: The role of attachment and negative mood regulation expectancies. *Journal of Youth and Adolescence, 28*(5), 523-543.

Creasey, G., & Ladd, A. (2005). Generalized and specific attachment representations: Unique and interactive roles in predicting conflict behaviors in close relationships. *Personality and Social Psychology Bulletin, 31*(8), 1026-1038.

Cross, S., & Madson, L. (1997). Models of the self: Self construals and gender.

Psychological Bulletin, 122(1), 5-37.

Dainton, M. (2007). Attachment and marital maintenance. *Communication Quarterly, 55*(3), 283-298.

Davila, J., Bradbury, T. N., & Fincham, F. (1998). Negative affectivity as a mediator of the association between adult attachment and marital satisfaction. *Personal Relationships, 5*, 467-484.

Davila, J., Karney, B. R., & Bradbury, T. N. (1999). Attachment change processes in the early years of marriage. *Journal of Personality and Social Psychology, 76*(5), 783-802.

Del Guidice, M. (2011). Sex differences in romantic attachment: A Meta-analysis. *Personality and Social Psychology Bulletin, 37*(2), 193-214.

Diamond, L. M., & Fagundes, C. P. (2008). Developmental perspectives on links between attachment and affect regulation over the lifespan. *Advances in Child Development and Behavior, 36*, 83-134.

Dindia, K., & Allan, M. (1992). Sex differences in self-disclosure: A meta–analysis. *Psychological Bulletin, 112*, 106-124.

DiTommaso, E., Brannen-McNulty, C., Ross, L., & Burgess, M. (2003). Attachment styles, social skills, and loneliness in young adults. *Personality and Individual Differences, 35*, 303-312.

Eid, M., & Diener, E. (2001). Norms for experiencing emotions in different cultures: Inter- and intranational differences. *Journal of Personality and Social Psychology, 81*(5), 869-885.

Feeney, J. A. (1994). Attachment style, communication patterns, and satisfaction across the life cycle of marriage. *Personal Relationships, 1*, 333-348.

Feeney, J. A. (1995). Adult attachment and emotional control. *Personal Relationships, 2*, 143-159.

Feeney, J. A. (1998). Adult attachment and relationship-centered anxiety: Responses to physical and emotional distancing. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 189-219). New York: Guilford Press.

Feeney, J. A. (2008). Adult romantic attachment: Developments in the study of couple relationships. In J. Cassidy & P. R. Shaver (Eds. 2nd Ed.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 456-482). New York: Guilford Press. (Original ed. 1999).

Feeney, B. C., & Collins, N. L. (2001). Predictors of caregiving in adult intimate relationships: An attachment theoretical perspective. *Journal of*

Personality and Social Psychology, 80, 972-994.

Feeney, J.A., & Noller, P. (1996). *Adult attachment*. Thousand Oaks: Sage.

Fışıloğlu, H., & Demir, A. (2000). Applicability of the dyadic adjustment scale for measurement of marital quality of Turkish couples. *European Journal of Psychological Assessment, 16*(3), 214-218.

Fincham, F. D., & Beach, S. R. H. (1999). Conflict in marriage: Implications for working with couples. *Annual Review of Psychology, 50*, 47-77.

Fincham, F. D., Stanley, S. M., & Beach, S. R. H. (2007). Transformative process in marriage: An analysis of emerging trends. *Journal of Marriage and Family, 69*, 275-292.

Fletcher, G. J., Fitness, J., & Blampied, N. M. (1990). The link between attributions and happiness in close relationships: The roles of depression and explanatory styles. *Journal of Social & Clinical Psychology, 9*(2), 243-255.

Floyd, F. J., & Markman, H. J. (1983). Observational biases in spouse observation: Toward a cognitive/behavioral model of marriage. *Journal of Consulting and Clinical Psychology, 51*, 450-457.

Fraley, R. C., & Bonanno, G. A. (2004). Attachment and loss: A test of three competing models on the association between attachment-related avoidance and adaptation to bereavement. *Personality and Social Psychology Bulletin, 30*, 878-890.

Fraley, R. C., & Davis, K. E. (1997). Attachment formation and transfer in young adults' close friendships and romantic relationships. *Personal Relationships, 4*(2), 131-144.

Fraley, R. C., & Shaver, P. R. (2000). Adult romantic attachment: Theoretical developments, emerging controversies, and unanswered questions. *Review of General Psychology, 4*(2), 132-154.

Fraley, R. C., Waller, N. G., & Brennan, K. A. (2000). An item response theory analysis of self-report measures of adult attachment. *Journal of Personality and Social Psychology, 78*(2), 350-365.

Friedman, M., Rholes, W. S., Simpson, J., Bond, M., Diaz-Loving, R., & Chan, C. (2010). Attachment avoidance and the cultural fit hypothesis: A cross-cultural Investigation. *Personal Relationships, 17*, 107 - 126.

Gentzler, A. L., & Kerns, K. A. (2006). Adult attachment and memory of emotional reactions to negative and positive events. *Cognition and Emotion, 20*(1), 20-42.

Gilligan, C. (1982). *In a different voice: Psychological theory and women's development*. Cambridge, MA: Harvard University Press.

Gottman, J. M. (1993). The roles of conflict engagement, escalation, and avoidance in marital interaction: A longitudinal view of five types of couples. *Journal of Consulting and Clinical Psychology, 61*(1), 6-15.

Gottman, J. M. (1994). *What predicts divorce? The relationship between marital process and marital outcomes.* Hillsdale, NJ: Lawrence Erlbaum Associates.

Gottman, J. M., & Krokoff, L. J. (1989). Marital interaction and satisfaction: A longitudinal view. *Journal of Consulting and Clinical Psychology, 57*(1), 47-52.

Gottman, J.M. & Levenson, R.W. (1986). Assessing the role of emotion in marriage. *Behavioral Assessment, 8*, 31-48.

Gottman, J. M., & Levenson, R. W. (2002). A two-factor model for predicting when a couple will divorce: Exploratory analyses using 14-year longitudinal data. *Family Process, 41*, 83- 96.

Gottman, J., Markman, H., & Notarius, C. (1977). The topography of marital conflict: A sequential analysis of verbal and nonverbal behavior. *Journal of Marriage and the Family, 39*(3), 461-477.

Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation process: Applications for affect, relationships, and well-being. *Journal of Personality and Social Psychology, 85*(2), 348-362.

Gross, J. J., & Thompson, R. A. (2007). Emotion regulation: Conceptual foundations. In J. J. Gross (Ed.), *Handbook of Emotion Regulation* (pp. 3-24). New York: Guilford Press.

Guerrero, L. K., Farinelli, L., & McEwan, B. (2009). Attachment and relational satisfaction: The mediating effect of emotional communication. *Communication Monographs, 76*(4), 487-514.

Guerrero, L. K., & Jones, S. M. (2005). Differences in conversational skills as a function of attachment style: A follow-up study. *Communication Quarterly, 53*(3), 305-321.

Guerrero, L. K., La Valley, A. G., & Farinelli, L. (2008). The experience and expression of anger, guilt, and sadness in marriage: An equity theory explanation. *Journal of Social and Personal Relationships, 25*(5), 699-724.

Harma, M., Sümer, N., & Hazan, C. (2012, under review). Are avoidant wife and anxious husband unhappy in collectivist context? An examination

among Turkish couples.

Harmon-Jones, E., Harmon-Jones, C., Amodio, D. M., & Gable, P. A. (2011). Attitudes towards emotions. *Journal of Personality and Social Psychology, 101*(6), 1332-1350.

Hawkins, M. W., Carrère, S., & Gottman, J. M. (2002). Marital sentiment override: Does it influence couples' perceptions? *Journal of Marriage and Family, 64,* 193-201.

Hazan, C., & Shaver, P. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology, 52*, 511-524.

Horn, J.L. (1965). A rationale and test for the number of factors in factor analysis, *Psychometrika, 30*, 179-185.

Hortaçsu, N. (1999). Transition to parenthood: The Turkish case. *Journal of Social Behavior and Personality, 14*(3), 325-343.

Hortaçsu, N. (2007). Family- versus couple-initiated marriages in Turkey: Similarities and differences over the family life cycle. *Asian Journal of Social Psychology, 10*, 103-116.

Jack, R. E., Caldara, R., & Schyns, P. G. (2011). Internal representations reveal cultural diversity in expectations of facial expressions of emotion. *Journal of Experimental Psychology: General, 141*(1), 19-25.

Joel, S., MacDonald, G., & Plaks, J. E. (2012). Attachment anxiety uniquely predicts regret proneness in close relationship context. *Social Psychological and Personality Science, 3*(3), 348-355.

Johnson, M. D., Cohan, C. L., Davila, J., Lawrence, E., Rogge, R. D., Karney, B. R., Sullivan, K. T., & Bradbury, T. N. (2005). Problem-solving skills and affective expressions as predictors of change in marital satisfaction. *Journal of Consulting and Clinical Psychology, 73*(1), 15-27.

Kachadourian, L. K., Fincham, F., & Davila, J. (2004). The tendency to forgive in dating and married couples: The role of attachment and relationship satisfaction. *Personal Relationships, 11*, 373-393.

Kağıtçıbaşı, Ç. (2005). Autonomy and relatedness in cultural context: Implications for self and family. *Journal of Cross-Cultural Psychology, 36*, 403-422.

Kağıtçıbaşı, Ç. (2007). *Family, self, and human development across cultures: Theory and applications* (2nd Ed.). Lawrence Erlbaum.

Kane, H. S., Jaremka, L. M., Guichard, A. C., Ford, M. B., Collins, N. L., &

Feeney, B. C. (2007). Feeling supported and feeling satisfied: How one partner's attachment style predicts the other partner's relationship experiences. *Journal of Social and Personal Relationships, 24*(4), 535-555.

Kashy, D. A., & Kenny, D. A. (2000). The analysis of data from dyads and groups. In H. T. Reis, & C. M. Judd (Eds.), *Handbook of research methods in social and personality psychology.* Cambridge: Cambridge University Press.

Kenny, D. A. (1996). Models of non-independence in dyadic research. *Journal of Social and Personal Relationships, 13*, 279–294.

Kenny, D. A., & Cook, W. (1999). Partner effects in relationship research: Conceptual issues, analytic difficulties, and illustrations. *Personal Relationships, 6*, 433-448.

Kenny, D. A., Kashy, D. A., & Cook,W. L. (2006). *Dyadic data analysis*. New York: Guilford Press.

Kerr, S. L., Melley, A. M., Travea, L., & Pole, M. (2003). The relationship of emotional expression and experience to adult attachment style. *Individual Differences Research, 1*(2), 108-123.

Kızılaslan, İ., & Diktaş, İ. Ö. (2011). The role of university education in changing the gender role perceptions of Turkish ELT student teachers. *International Online Journal of Educational Sciences, 3*(2), 510-525.

Kirkpatrick, L. A., & Davis, K. E. (1994). Attachment style, gender, and relationship stability: A longitudinal analysis. *Journal of Personality and Social Psychology, 66*(3), 502-512.

Kirsch, G. A., & Kuiper, N. A. (2002). Individualism and relatedness themes in the context of depression, gender, and a self-schema model of emotion. *Canadian Psychology, 43*, 76-90.

Kitayama, S., Markus, H. R., & Matsumoto, H. (1995). Culture, self, and emotion: A cultural perspective on 'self-conscious' emotions. In J. P. Tangley & K. W. Fisher (Eds.), *Self-conscious emotions: The psychology of shame, guilt, embarrassment, and pride* (pp. 439-465). New York: Guilford Press.

Kobak, R., & Hazan, C. (1991). Attachment in marriage: Effects of security and accuracy of working models. *Journal of Personality and Social Psychology, 60*(6), 861-869.

Kobak, R. R., & Sceery, A. (1988). Attachment in late adolescence: Working models, affect regulation, and representations of self and others. *Child Development, 59*(1), 135-146.

Kulik, L. (2007). Equality in the division of household labor: A comparative study of Jewish women and Arab Muslim women in Israel. *The Journal of Social Psychology, 147*(4), 423-440.

La Guardia, J. G., Ryan, R. M., Couchman, C. E., & Deci, E. L. (2000). Within-person variation in security of attachment: A self-determination theory perspective on attachment, need fulfillment, and well-being. *Journal of Personality and Social Psychology, 79*, 367-384.

Lafontaine, M. F., & Lussier, Y. (2005). Does anger towards the partner mediate and moderate the link between romantic attachment and intimate violence? *Journal of Family Violence, 20*(6), 349-361.

Levenson, R. W., Carstensen, L. L., & Gottman, J. M., (1993). Long-term marriage: Age, gender and satisfaction. *Psychology and Aging, 8*(2), 301-313.

Madden-Derdich, D. A. (2002). The role of emotions in marriage and family therapy: Past, present, and future. *Marriage and Family Review, 34*(1/2), 165-179.

Magai, C., Distel, N., & Liker, R. (1995). Emotion socialization, attachment, and patterns of adult emotional traits. *Cognition & Emotion, 9*, 461 – 481.

Magai, C., Hunziker, J., Mesias, W., & Culver, L. (2000). Adult attachment styles and emotional biases. *International Journal of Behavioral Development, 24*, 301-309.

Main, M. (1990). Cross-cultural studies of attachment organization: Recent studies, changing methodologies, and the concept of conditional strategies. *Human Development, 33*(1), 48-61.

Marchand-Reilly, J. F. (2012). Attachment anxiety, conflict behaviors, and depressive symptoms in emerging adults' romantic relationships. *Journal of Adult Development, 19*, 170-176.

Markus, H. R., & Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. *Psychological Review, 98*, 224-253.

Matsumoto, D. (1992). American-Japanese cultural differences in the recognition of universal facial expressions. *Journal of Cross-Cultural Psychology, 23*, 72-84.

Mauro, R. Sato, K., & Tucker, J. (1992). The role of appraisal in human emotions: A cross-cultural study. *Journal of Personality and Social Psychology, 62*(2), 301-317.

McNulty, J. K., & Hellmuth, J. C. (2008). Emotion regulation and intimate partner violence in newlyweds. *Journal of Family Psychology, 22*(5), 7 94-797.

Mehta, N., Cowan, P. A., & Cowan, C. P. (2009). Working models of attachment to parents and partners: Implications for emotional behavior between partners. *Journal of Family Psychology, 23*(6), 895-899.

Mesquita, B. (2001). Emotions in collectivist and individualist contexts. *Journal of Personality and Social Psychology, 80*(1), 68-74.

Mesquita, B., & Frijda, N. H. (1992). Cultural variation in emotions: A review. *Psychological Bulletin, 112*(2), 179-204.

Meyers, S. A., & Landsberger, S. A. (2002). Direct and indirect pathways between adult attachment style and marital satisfaction. *Personal Relationships, 9*, 159-172.

Mikulincer, M. (1998). Adult attachment style and individual differences in functional versus dysfunctional experiences of anger. *Journal of Personality and Social Psychology, 74*(2), 513-524

Mikulincer, M., & Florian, V. (1998). The relationship between adult attachment styles and emotional and cognitive reactions to stressful events. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 143-165). New York: Guilford.

Mikulincer, M., & Florian, V. (2004). Attachment style and affect regulation: Implications for coping with stress and mental health. In M. B. Brewer & Miles Hewstone (Eds.), *Applied social psychology* (pp. 28-49). Oxford: Blackwell.

Mikulincer, M., Florian, V., Cowan, P. A., & Cowan, C. P. (2002). Attachment security in couple relationships: A systemic model and its implications for family dynamics. *Family Process, 41*, 405-434.

Miller, J. B., & Hoicowitz, T. (2004). Attachment contexts of adolescent friendship and romance. *Journal of Adolescence, 27*(2), 191-206.

Mikulincer, M., & Nachshon, O. (1991). Attachment styles and patterns of self-disclosure. *Journal of Personality and Social Psychology, 61*(2), 321-331.

Mikulincer, M., & Shaver, P. R. (2003). The attachment behavioral system in adulthood: Activation, psychodynamics, and interpersonal process. In M. P. Zanna (Ed.), *Advances in experimental psychology* (Vol. 35, pp. 53-152). New York: Academic Press.

Mikulincer, M., & Shaver, P. R. (2005). Attachment theory and emotions in

close relationships: Exploring the attachment-related dynamics of emotional reactions to relational events. *Personal Relationships, 12*(2), 149-168.

Mikulincer, M., & Shaver, P. R. (2007). *Attachment in adulthood: Structure, dynamics, and change.* New York: Guilford.

Mikulincer, M., & Shaver, P. R. (2008). Adult attachment and affect regulation. In J. Cassidy & P. R. Shaver (Eds. 2nd Ed.), Handbook of attachment: Theory, research, and clinical applications (pp. 503-532). New York: Guilford Press. (Original ed. 1999).

Mikulincer, M., Shaver, P. R., & Pereg, D. (2003). Attachment theory and affect regulation: The dynamics, development, and cognitive consequences of attachment-related strategies. *Motivation and Emotion, 27*(2), 77-102.

Mikulincer, M., & Sheffi, E. (2000). Adult attachment style and cognitive reactions to positive affect: A test of mental categorization and creative problem solving. *Motivation and Emotion, 24*(3), 149-174.

Millings, A., & Walsh, J. (2009). A dyadic exploration of attachment and caregiving in long-term couples. *Personal Relationships, 16*, 437-453.

Molero, F., Shaver, P. R., Ferrer, E., Cuadrado, I., & Alonso-Arbiol, I. (2011). Attachment insecurities and interpersonal process in Spanish couples: A dyadic approach. *Personal Relationships, 18*, 617-629.

Monin, J. K., Feeney, B. C., & Schulz, R. (2011). Attachment orientation and reactions to anxiety expression in close relationships. *Personal Relationships* (Online published).

Myers, S., & Booth, A. (2002). Forerunners of change in nontraditional gender ideology. *Social Psychology Quarterly, 65*(1), 18-37.

Nolen-Hoeksema, S., & Aldao, A. (2011). Gender and age differences in emotion regulation strategies and their relationship to depressive symptoms. *Personality and Individual Differences, 51*(6), 704-708.

Novin, S., Rieffe, C., & Mo, T. J. H. (2010). The role of situational goals and audience on self-reported emotion experience and expression: Dutch and South Korean children compared. *Infant and Child Development, 19*, 406-421.

Nowlis, V. (1965). Research with the Mood Adjective Check List. In S. S. Tomkins & C. E. Izard (Eds.), *Affect, cognition, and personality: Empirical studies* (pp. 352–389). New York: Springer.

O'Connor, B. P. (2000). SPSS and SAS programs for determining the number of

components using parallel analysis and Velicer's MAP test, *Behavior Research Methods, Instruments, & Computers, 32*(3), 396-402.

Özen, A., Sümer, N., & Demir, M. (2011). Predicting friendship quality with rejection sensitivity and attachment security. *Journal of Social and Personal Relationships, 28*(2), 163-181.

Paley, B., Cox, M. J., Burchinal, M. R., & Payne, C. (1999). Attachment and marital functioning: Comparison of spouses with continuous-secure, earned-secure, dismissing, and preoccupied attachment stances. *Journal of Family Psychology, 13*(4), 580-597.

Pistole, M. C. (1995). College students' ended love relationships: Attachment style and emotion. *Journal of College Student Development, 36*, 53–60.

Pistole, M. C., & Arricale, F. (2003). Understanding attachment: Beliefs about conflict. *Journal of Counseling and Development, 81*, 318-328.

Power, M. J., & Dalgleish, T. (2008). *Cognition and emotion: From order to disorder*. New York: Psychology Press.

Reis, H. T., Collins, W. A., & Berscheid, E. (2000). The relationship context of human behavior and development. *Psychological Bulletin, 126*(6), 844-872.

Rholes, W. S., Simpson, J. A., & Stevens, J. G. (1998). Attachment orientation, social support and conflict resolution in close relationships. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships.* (pp. 166-188). New York: Guilford.

Rivers, S., Brackett, M. A., Katulak, N. A., & Salovey, P. (2007). Regulating anger and sadness: An exploration of discrete emotions in emotion regulation. *Journal of Happiness Studies, 8*, 393- 427.

Roberts, N., & Noller, P. (1998). The associations between adult attachment and couple violence: The role of communication patterns and relationship satisfaction. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships* (pp. 317-350). New York: Guilford Press.

Roese, N. J., Epstude, K., Fessel, F., Morrison, M., Smallman, R., Summerville, A., et al. (2009). Repetitive regret, depression, and anxiety: Findings from a nationally representative survey. *Journal of Social and Clinical Psychology, 28*(6), 671-688.

Roisman, G. I., Collins, W. A., Sroufe, L. A., & Egeland, B. (2005). Predictors of young adults' representations of and behavior in their current romantic relationship: Prospective tests of the prototype hypothesis. *Attachment and Human Development, 7*(2), 105-121.

Roisman, G. I., Madsen, S. D., Hennighausen, K. H., Sroufe, L. A., & Collins, W. A. (2001). The coherence of dyadic behavior across parent-child and romantic relationships as mediated by the internalized representation of experience. *Attachment and Human Development, 3*(2), 156-172.

Rusbult, C. E., Arriaga, X. B., & Agnew, C. R. (2001). Interdependence in close relationships. In G. J. O Fletcher & M. S. Clark (Eds.), *Blackwell handbook of social psychology: Interpersonal processes* (pp. 359-387). Oxford: Blackwell.

Russell, J. A. (1991). Culture and the categorization of emotions. *Psychological Bulletin, 110*(3), 426-450.

Saarni, C. (1990). Emotional competence: How emotions and relationships become integrated. In R. A. Thompson (Ed.), *Socioemotional development* (Nebraska Symposium on Motivation, Vol. 36, pp. 115-182). Lincoln: University of Nebraska Press.

Saffrey, C., & Ehrenberg, M. (2007). When thinking hurts: Attachment, rumination, and postrelationship adjustment. *Personal Relationships, 14*, 351-368.

Sanford, K. (2007a). Hard and soft emotion during conflict: Investigating married couples and other relationships. *Personal Relationships, 14*, 65-90.

Sanford, K. (2007b). The couples emotion rating form: Psychometric properties and theoretical associations. *Psychological Assessment, 19*(4), 411-421.

Sanford, K., & Rowatt, W. C. (2004). When is negative emotion positive for relationships? An investigation of married couples and roommates. *Personal Relationships, 11*, 329-354.

Schmitt, D., Alcalay, L., Allensworth, M., Allik, J., Ault, L., Austers, I., et al. (2003). Are men universally more dismissing than women? Gender differences in romantic attachment across 62 cultural regions. *Personal Relationships, 10*, 309-333.

Schmitt, D. P., Alcalay, L., Allensworth, M., Allik, J., Ault, L., Austers, I., et al. (2004). Patterns and universals of adult romantic attachment across 62 cultural regions: Are models of self and other pancultural constructs? *Journal of Cross-Cultural Psychology, 35*, 367-402.

Schoebi, D. (2008). The coregulation of daily affect in marital relationships. *Journal of Family Psychology, 22*(3), 595-604.

Selcuk, E., Gunaydin, G., Sumer, N., & Uysal A. (2005). Yetişkin bağlanma boyutları için yeni bir ölçüm: Yakın İlişkilerde Yaşantılar Envanteri-II'nin Türk örnekleminde psikometrik açıdan değerlendirilmesi [A new

measure for adult attachment styles: The psychometric evaluation of Experiences in Close Relationships - Revised (ECR-R) on a Turkish sample]. *Türk Psikoloji Yazıları [Turkish Psychological Articles], 8*, 1-11.

Semin, G. R., Görts, C. A., Nandram, S., & Semin-Goossens, A. (2002). Cultural perspectives on the linguistic representation of emotion and emotion events. *Cognition and Emotion, 16*(1), 11-28.

Senchak, M., & Leonard, K. E. (1992). Attachment styles and marital adjustment among newlywed couples. *Journal of Social and Personal Relationships, 9*, 51-64.

Shaver, P. R., Collins, N. J., & Clark, C. L. (1996). Attachment styles and internal working models of self and relationship partners. In G. J. O. Fletcher & J. Fitness (Eds.), *Knowledge structures in close relationships: A social psychological approach.* Mahwah, NJ: Erlbaum.

Shaver, P. R., & Mikulincer, M. (2004). What do self-report attachment measures assess? In W. S. Rholes & J. A. Simpson (Eds.), *Adult attachment: Theory, research, and clinical implications* (pp. 17-54). New York: Guilford Press.

Sherry, A. (2007). Internalized homophobia and adult attachment: Implications for clinical practice. *Psychotherapy: Theory, Research, Practice, Training, 44*(2), 219-225.

Shi, L. (2003). The association between adult attachment styles and conflict resolution in romantic relationships. *The American Journal of Family Therapy, 31*, 143-157.

Sibley, C. G., & Overall, N. C. (2008). Modeling the hierarchical structure of attachment representations: A test of domain differentiation. *Personality and Individual Differences, 44*(1), 238-249.

Sierau, S., & Herzberg, P. Y. (2012). Conflict resolution as a dyadic mediator: Considering the partner perspective on conflict resolution. *European Journal of Personality, 26*, 221-232.

Simpson, J. A. (1990). Influence of attachment styles on romantic relationships. *Journal of Personality and Social Psychology, 59*(5), 971-980.

Simpson, J. A., Collins, W. A., Tran, S., & Haydon, K. C. (2007a). Attachment and the experience and expression of emotions in romantic relationships: A developmental perspective. *Journal of Personality and Social Psychology, 92*(2), 355-367.

Simpson, J. A., & Rholes, W. S. (1994). Stress and secure base relationships in

adulthood. In D. Perlman and K. Bartholomew (Eds.) *Attachment in Close Relationships*, London, Kingsley.

Simpson, J. A., Rholes, W. S., Campbell, L., Tran, S., & Wilson, C. L. (2003). Adult attachment, the transition to parenthood, and depressive symptoms. *Journal of Personality and Social Psychology, 84*, 1172–1187.

Simpson, J. A., Rholes, W. S., & Nelligan, J. S. (1992). Support seeking and support giving within couples in an anxiety provoking situation: The role of attachment styles. *Journal of Personality and Social Psychology, 62*(3), 434-446.

Simpson, J. A., Rholes, W. S., Oriña, M. M., & Grich, J. (2002). Working models of attachment, support giving, and support seeking in a stressful situation. *Personality and Social Psychology Bulletin, 28*(5), 598-608.

Simpson, J. A., Rholes, W. S., & Phillips, D. (1996). Conflict in close relationships: An attachment perspective. *Journal of Personality and Social Psychology, 71*(5), 899-914.

Solomon, J., & George, C. (2008). The measurement of attachment security and related constructs in infancy and early childhood. In J. Cassidy & P. R. Shaver (Eds. 2nd Ed.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 383-419). New York: Guilford Press. (Original ed. 1999).

Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family, 38*, 15-28.

Sprey, J. (1969). The family as a system in conflict. *Journal of Marriage and the Family, 31*(4), 699-706.

Sroufe, L. A., & Waters, E. (1977). Attachment as an organizational construct. *Child Development, 48*, 1184-1199.

Surcinelli, P., Rossi, N., Montebarocci, O., & Baldaro, B. (2010). Adult attachment styles and psychological disease: Examining the mediating role of personality traits. *The Journal of Psychology, 144*(6), 523-534.

Suslow, T., Dannlowski, U., Arolt, V., & Ohrmann, P. (2010). Adult attachment and automatic affective response to sad facial expressions. *Australian Journal of Psychology, 62*(4), 181-187.

Sümer, N. (2000). *The interplay between attachment mental models and interpersonal schemas among married couples*. Paper presented at Second Joint Conference of ISSPR and INPR, Brisbane, Australia.

Sümer, N., & Cozarelli, C. (2004). The impact of adult attachment on partner and self attributions and relationship quality. *Personal Relationships, 11*, 355-371.

Sümer, N., & Kağıtçıbaşı, Ç. (2010). Culturally relevant parenting predictors of attachment security: Perspectives from Turkey. In P. Erdman, and K-M. Ng (Eds.), *Attachment: Expanding the cultural connections* (157-180). New York: Routledge Press.

Tabachnick, B. G. & Fidell, L. S. (2001). *Using multivariate statistics.* Fourth Edition. United States, Allyn & Bacon Press.

Thompson, R. A. (1994). Emotion regulation: A theme in search of definition. *Monographs of the Society for Research in Child Development, 59*(2/3), 25-52.

Torquati, J. C., & Vazsonyi, A. T. (1999). Attachment as an organizational construct for affect, appraisals, and coping of late adolescent females. *Journal of Youth and Adolescence, 28*(5), 545-562.

Tsai, J. L., Levenson, R. W., & McCoy, K. (2006). Cultural and temperamental variation in emotional response. *Emotion, 6*(3), 484-497.

Tucker, J. S., & Anders, S. L. (1998). Adult attachment style and nonverbal closeness in dating couples. *Journal of Nonverbal Behavior, 22*(2), 109-124.

Tutarel-Kışlak, Ş. (2002). İlişkilerde mutluluk ölçeği (İMÖ): Güvenirlik ve geçerlik çalışması. *Kriz Dergisi, 10*, 37-44.

Twenge, J. M., Campbell, W. K., & Foster, C. A. (2003). Parenthood and marital satisfaction: A meta-analytic review. *Journal of Marriage and Family, 65*, 574-583.

Van Ijzendoorn, M. H., & Sagi-Schwartz, A. (2008). Cross-cultural patterns of attachment: Universal and contextual dimensions. In J. Cassidy & P. R. Shaver (Eds. 2nd Ed.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 880-906). New York: Guilford Press. (Original ed. 1999).

Volling, B. L., Notaro, P. C., & Larsen, J. J. (1998). Adult attachment styles: Relations with emotional well-being, marriage, and parenting. *Family Relations, 47*(4), 355-367.

Vuchinich, S. (1987). Starting and stopping spontaneous family conflicts. *Journal of Marriage and the Family, 49*(3), 591-601.

Waldinger, R. J., Schulz, M. S., Hauser, S. T., Allen, J. P., & Crowell, J. A.

(2004). Reading others' emotions: The role of intuitive judgments in predicting marital satisfaction, quality, and stability. *Journal of Family Psychology, 18*(1), 58-71.

Wallbott, H. G., & Scherer, K. R. (1995). Cultural determinants in experiencing shame and guilt. J. P. Tangeney, & K.W. Fischer (Eds.), *Self-conscious emotions. The psychology of shame, guilt, embarrassment, and pride* (pp. 465-487). Guilford Press, New York.

Waters, E., & Cummings, E. M. (2000). A secure base from which to explore close relationships. *Child Development, 71*(1), 164-172.

Weiss, R. L. (1980). Strategic behavioral marital therapy: Toward a model for assessment and intervention. In J. P. Vincent (Ed.), *Advances in family intervention, assessment and theory* (Vol. 1 pp. 229-271). Greenwich, CT: JAJ Press.

Ybarra, L. (1982). When wives work: The impact on the Chicano family. *Journal of Marriage and the Family, 44*(1), 169-178.

APPENDICES

APPENDIX A. Interview Questions

1) Evliliğinizi genel olarak nasıl tanımlarsınız?
2) Evliliğinizde ne kadar sıklıkla sorun yaşarsınız?
3) Bu sorunlar genelde hangi konularda oluyor? Yani daha çok hangi konularda eşinizle tartışırsınız ya da eşinize küsersiniz?
4) Peki, bu tartışmalarınız sırasında veya sonrasında genellikle nasıl hissedersiniz? Ne tür duygular hissediyorsunuz?
5) Bu tartışmalarınızdan sonra genellikle eşinize nasıl davranırsınız? Tartışmadan sonraki günleriniz nasıl geçer? Diğer ilişkileriniz bu durumdan etkilenir mi?

   ---

6) Her evlilikte insanların birbirine kızgın ve/veya öfkeli oldukları durumlar vardır. Peki, siz ne tür tartışmalardan sonra eşinize karşı kızgın ve öfkeli hissedersiniz? Diğer bir deyişle, hangi sorun ya da sorunlardan dolayı tartışırken eşinize daha çok kızıyorsunuz? Bir örnek verebilir misiniz?
7) Tartışma sonrasında eşinize kızgın ve öfkeli hissettiğinizde, bu duygunuzu eşinize nasıl yansıtıyorsunuz? Bu duyguyla nasıl baş edersiniz? Eşinize nasıl davranırsınız, tepkinizi nasıl gösterirsiniz?
8) Eşiniz bu duygunuza (kızgınlık) ve bu tepkilerinize nasıl karşılar? Size nasıl davranır?
9) Yaptığınız bu tür tartışmalar, sorunlar genellikle nasıl çözümleniyor?

   ---

10) Eşinizle kavgalarınız sırasında kendinizi suçlu hissettiğiniz durumlar var mı? Bir örnek verebilir misiniz?
11) Tartışma sonrasında suçluluk hissettiğinizde, bu duygunuzu eşinize nasıl yansıtıyorsunuz? Bu duyguyla nasıl baş edersiniz? Eşinize nasıl davranırsınız, tepkinizi nasıl gösterirsiniz?
12) Eşiniz bu duygunuza (suçluluk) ve bu tepkilerinize nasıl karşılık verir? Size nasıl davranır?
13) Yaptığınız bu tür tartışmalar genellikle nasıl çözümleniyor?

    ---

14) Hangi tür tartışmalarınızdan sonra kendinizi daha çok üzgün ve depresif hissediyorsunuz?
15) Tartışma sonrasında üzgün, depresif hissettiğinizde, bu duygunuzu eşinize nasıl yansıtıyorsunuz? Bu duyguyla nasıl baş edersiniz? Eşinize nasıl davranırsınız, tepkinizi nasıl gösterirsiniz?
16) Eşiniz bu duygunuza (üzüntü) ve bu tepkilerinize nasıl karşılık verir? Size nasıl davranır?
17) Eşinizle yaptığınız bu tür tartışmalarınız genellikle nasıl çözümleniyor?

APPENDIX B. Conflict Areas

Main Categories and Thematic Units of Conflict Areas (a total of 33 participants, 21 women and 12 men)

Main Categories and Thematic Units	Number of participants	Frequency
1. Different personalities and expectations	**19/33 (10 of them female)**	
• Hayattan farklı isteklerimizin beklentilerimizin ve bakış açılarımızın olması	12	2
• Kişiliklerimizin farklı olması	8	15
• Beklentileri karşılayamama, yetersizlik	3	7
• Karakterim bu deyip istemediğim şeyleri ısrarla yapması	1	1
• Fikirlerimizin uyuşmaması	1	1
• Dini inançlarımız farklı	1	1
2. Sharing chores/acting responsibly	**18/33 (13 of them female)**	
• Evdeki görev/iş bölümü/dağılımı ile ilgili	10	17
• Sorumlulukların yerine getirilmesi	8	10
• Evliliğe, aynı evde yaşamaya uyum sorunları	5	9
• Paranın nasıl kullanılacağı, maddi sorumsuzluklar	3	5
• Habersiz eve birilerini çağırmak	3	3
• Habersiz plan yapılması	1	2
• Eve geç gelmesi	1	2
• Dağınıklığı	1	1
3. Communication problems	**12/33 (9 of them female)**	
• Başkalarının yanındaki davranışlarımız (birbirimizi rencide etmemiz gibi)	5	12
• Sinirli ve agresif çıkışlar	2	4
• İletişim problemi	2	2
• Konudan bağımsız davranış tarzlarımızın farklılığı	2	2
• Benim dediğim senin dediğin olsun (inatçı davranışlar)	2	2
• Birbirimizi dinleyip anlamama	2	2
• Yanlış anlaşılmalar yüzünden	1	1

• Onun bencil davranışları	1	1
4. Intimacy/support	**11/33 (8 of them female)**	
• İlgi göstermeme (umursamaz, anlayışsız davranışlar)	4	5
• Beni sürekli eleştirmesi, takdir etmemesi	3	4
• Benim yaptığım fedakârlıkların farkında olmaması	2	4
• Birbirimizi fazla önemsemediğimizi düşünmek	1	3
• Cinsel konular	1	1
• Kıskançlık	1	1
5. Extended family	**9/33 (6 of them female)**	
• Aileler yüzünden	9	20
6. Children/childrearing issues	**7/33 (3 of them female)**	
• Çocuğun bakımı, eğitimi, görev dağılımı sorumluluklarıyla ilgili	7	17
7. Spending time together	**6/33 (2 of them female)**	
• Evde birlikte geçirilen/birbirimize ayırdığımız vakidi nasıl geçireceğimizle ilgili	3	6
• Birimiz sosyalleşmeyi, diğerimiz baş başa kalmaktan keyif alır	3	3
• Farklı ilgi alanlarımızın olması, farklı şeylerden keyif alma	2	3
8. Privacy/boundaries	**6/33 (2 of them female)**	
• Hayatlarımıza çok fazla müdahale etmemiz, müdahaleci davranışlar	3	3
• Sürekli hesap sormamız (neredeydin gibi)	2	4
• Özel yaşam alanlarına saygı duymama	1	2
• Sınırlarla ilgili	1	1
9. Addictions	**4/33 (2 of them female)**	
• Alkol	2	3
• Sigara	2	2

APPENDIX C. Anger Conflict Areas

Main Categories and Thematic Units of Anger Conflict Areas (a total of 32 participants, 20 women and 12 men)

Main Categories and Thematic Units	Number of participants	Frequency
1. Communication problems	**21/32 (15 of them women)**	
• Başkalarının yanındaki bana karşı davranışları (rencide etmek, eleştirmek)	4	7
• Konudan bağımsız davranış tarzlarımızın farklılığı, düşüncesizce yapılan hareketler	4	6
• Kendi fikirlerini empoze etmeye/dikte ettirmeye çalışması, beni dinlememesi	4	4
• Tartışma sırasında hakaret ve saldırı boyutundaki davranışları	3	5
• Bencilce sabit fikirli davranışları	2	4
• Gereksiz agresif çıkışları, üslubundan dolayı	2	3
• Çifte standart davranışları (kendisi istediğini yaparken benim yapmamamı beklemesi)	2	2
• Yapılmasını istemediğim, onaylamadığım şeylerin tekrar tekrar yapılması	2	2
• Ukalalık yapılması, üstünlük taslaması	2	2
• Benim adıma karar vermesi, fikrimi almaması	1	2
• Hoşgörüsüz davranışları	1	1
• İnatçılığı	1	1
• Her şeyi benimle paylaşmaması, kendi içine atması	1	1
• Sürekli savunmaya geçmesi	1	1
• Sürekli söylenmesi (dırdırcılık)	1	1
• Verilen sözlerin tutulmaması	1	1
2. Intimacy/support	**16/32 (12 of them women)**	
• Beni beğenmemesi ve sürekli eleştirip kusur bulması	5	7
• Yeterince ilgi göstermemesi, önemsemesi	5	6
• Yaptığım fedakârlıkları görmezden	3	6

gelmesi, takdir etmemesi		
• Bana yeterince vakit ayırmaması	3	5
• Ailesine ve başkalarına benden daha fazla öncelik vermesi (birinci sırada olmaları)	2	7
• Duygularımı ve beni anlamadığı zaman	2	3
• Cinsellikle ilgili	2	2
• Kıskançlıkları	1	1
3. Sharing chores/acting responsibly	**10/32 (6 of them women)**	
• Evdeki görev/iş bölümü/dağılımı ile ilgili (yardım etmemesi)	4	7
• Maddi sıkıntılar, sorumsuzlukları	4	4
• Bana danışmadan plan program yapılması, emri vaki yapılması	4	4
• Dağınıklığı	2	3
• Sorumlulukların yerine getirilmemesi	2	2
• Habersiz eve geç gelmesi	1	1
4. Extended family	**7/32 (5 of them women)**	
• Aileler yüzünden	7	10
5. Different personalities and expectations	**3/32 (2 of them women)**	
• Hayata bakış açılarımızın farklılığı	2	2
• Politik bakış açılarındaki farklılık	2	2
6. Children/childrearing issues	**2/32 (1 of them women)**	
• Çocukla hep benim ilgilenmem	2	3
7. Addictions	**2/32 (2 of them women)**	
• Alkol	2	3
8. Privacy/boundaries	**1/32 (woman)**	
• Hayatlarımıza ve diğer ilişkilerimize çok fazla müdahale etmemiz	1	1
9. Spending time together	**1/32 (woman)**	
• Ben sosyalleşmeyi seviyorum, o sürekli baş başa kalmak istiyor	1	1

APPENDIX D. Sadness Conflict Areas

Main Categories and Thematic Units of Sadness Conflict Areas (a total of 25 participants, 17 women and 8 men)

Main Categories and Thematic Units	Number of participants	Frequency
1. Communication problems	**14/25 (9 of them women)**	
• Beni anlamadığı, haksızlık ettiği zaman	4	5
• Sorunlarımızı çözemediğimizde, çözümsüz tartışmalarda	3	4
• Başkalarının yanında ya da birlikteyken gururumu rencide edecek davranışlarda bulunduğunda	3	4
• Saygısızca ve düşüncesizce davranışlarına	2	6
• İlişkimizin kavgalarla yıpranması durumu	2	3
• Tartışma sırasında ağır sözler söyleyerek beni kırdığı zaman	2	2
• Kişiliğime yönelik laflar söylediğinde	1	2
• Gerektiği zaman beni alttan almadığında	1	1
• Bana emri vaki yaptığı zaman	1	1
• Yalan söylediğinde	1	1
• Tartışmalarımızdan sonra uzun süre iletişimi kopardığımızda	1	1
2. Intimacy/Support	**11/25 (6 of them women)**	
• Duygularımı, fikirlerimi ve beni önemsemediğinde/yok saydığında	6	12
• Beni beğenmediğini düşündüğümde	3	3
• Bana genel olarak destek olmadığında	2	3
• Beni az sevdiğini ya da sevmediğini hissetmek	2	2
• Bana vakit ayırmadığı, ilgilenmediği zaman	2	2
• Beni sürekli eleştirdiğinde	1	1
• Ailesine ve başkalarına benden daha fazla öncelik vermesi (birinci sırada olmaları)	1	1
• Cinsellikle ilgili sorunlarda	1	1
• Onu mutlu edemediğimi düşündüğümde	1	1

3. Extended family	**6/25 (5 of them women)**	
• Ailevi konularda	6	15
4. Different personalities and expectations	**1/25 (woman)**	
• Eşimin çocuk istemesi	1	1
5. Privacy/boundaries	**1/25 (man)**	
• Özgürlük alanım kısıtlandığında, bireysel sınırları aştığında	1	3
6. Addictions	**1/25 (man)**	
• İçki içmem	1	1

APPENDIX E. Guilt Conflict Areas

Main Categories and Thematic Units of Guilt Conflict Areas (a total of 24 participants, 15 women and 9 men)

Main Categories and Thematic Units	Number of participants	Frequency
1. Communication problems	**21/24 (13 of them women)**	
• Tartışırken haddini aşan, saldırgan, hakaret içeren sözler söylediğimde	11	18
• Gereksiz agresif ani çıkışlarda bulunduğumda, sinirli davrandığımda	4	6
• Onun ve zaaflarının üstüne gittiğimde	3	3
• Tartışma sırasında onu dinlemediğim, kendimi iletişime kapattığım zaman	2	3
• Becerisizliklerine, sakarlıklarına karşı öfke gösterdiğimde	2	2
• Suçlayıcı ve kışkırtıcı tavırlarda bulunduğumda	1	3
• İtham edip, genellemelerde bulunduğum zaman	1	2
• Ona haklıyken hak vermediğim zaman	1	2
• Patavatsızlıklarım	1	1
• Onu değiştirmeye çalıştığım zaman	1	1
• Eksik veya yanlış yaptığım şeyler yüzünden	1	1
2. Extended family	**4/24 (all of them women)**	
• Ailevi konularda	4	5
3. Intimacy/Support	**2/24 (all of them women)**	
• Duygularına ve ihtiyaçlarına fazla ilgi göstermediğimde, onu ihmal ettiğim zaman	2	4
4. Children/childrearing issues	**1/24 (woman)**	
• Çocukla ilişkisine müdahale ettiğim zaman	1	1
5. Addictions	**1/24 (men)**	
• İçki içtiğim zaman	1	1

APPENDIX F. Anger Expression

Main Categories and Thematic Units of Anger Expression (a total of 33 participants, 21 women and 12 men)

Main Categories and Thematic Units	Number of participants	Frequency
1. Distributive aggression	**28/33 (19 of them women)**	
• Eşime karşı sesimi yükseltirim, bağırıp çağırırım.	18	51
• Öfkemi kontrol edemem, tartışmayı tansiyonu yüksek bir şekilde sürdürürüm.	7	12
• Kontrolümü kaybederim, fevri ve sinirli çıkışlarda bulunurum.	7	10
• Eşime haklı olduğumu ikna etmeye çalışırım.	6	5
• Tartışmayı erteleyip sakinliğimi koruyamam, çok üstüne giderim, mevzuyu çok uzatırım.	5	16
• Üslubumu sertleştiririm, yıpratıcı boyutta tartışırım.	5	11
• Hakaret ederim.	5	10
• Onu sinir etmek için onun zaaflarının üzerine giderim, tahrik/provoke edici davranırım.	5	5
• Ağır, hoş olmayan sözlerle, kırıcı kelimelerle saldırırım.	3	6
• Dominant/baskın davranıp, sert bir şekilde üste çıkmaya çalışırım.	3	5
• Eşimi suçlarım.	3	3
• Ciddi olarak düşünmediğim şeyleri sırf onu üzmek, canını acıtmak için söyleyebilirim.	2	7
• Dilim hiç durmaz, sürekli laf sokarım, söylenirim.	2	4
• Benim için olay savaş haline döner, gemileri yakarım.	2	2
• Kapıları yumruklarım, eşyaları duvara fırlatırım.	1	4
• Onu küçümserim.	1	2
• Sinirlendiğimde cezasını vermek isterim.	1	1
• Özellikle onu kıracak şeyler yaparım.	1	1

• Direk savunmaya geçerim.	1	1
• Kendime de ona da eziyet ederim.	1	1
• Onu dinlermiş gibi yapıp kendim odaklı hareket ederim.	1	1
2. Passive aggression	**27/33 (18 of them women)**	
• Eşime küserim, bir süre sessiz kalırım.	24	65
• Kızgınlığımı tavırlarımla, hareketlerimle, yüzümle belli ederim, trip atarım.	8	13
• Somurturum, surat asarım.	5	9
• Onu kısa ve sert cevaplarla geçiştiririm, terslerim.	5	8
• İletişim kurmam, muhatap olmam, hiçbir şeyiyle ilgilenmem.	4	11
• Onu görmezden gelirim, göz teması bile kurmam (yemeği bile ayrı yerim).	4	6
• Eşime çok soğuk, ciddi ve ilgisiz davranırım.	4	6
• Ağlarım.	3	3
• İçimden sıcak davranmak gelmez, içimin soğumasını beklerim.	2	3
• Daha mesafeli davranırım.	1	3
• Onun istediği bir şeyi yapmam.	1	1
3. Integrative Assertion	**26/33 (19 of them women)**	
• Eşimle mutlaka konuşup sorunu halletmeye çalışırım, onunla uzlaşmaya çalışırım.	10	30
• Eşimin çok üstüne gitmem, alttan alırım, olay büyümesin diye konuyu çok uzatmam.	10	24
• Kızgınlık duygumu ve davranışlarımı kontrol eder, sakin ve ılımlı olmaya çalışırım (gerekirse tartışmayı erteleyebilirim).	8	12
• Sinirim geçip sakinleştikten sonra eşimle mutlaka konuşurum, kendimi ifade etmeye çalışırım.	7	15
• Duygularımı onunla sakince (bağırıp çağırmadan) paylaşırım, kendimi ifade etmeye çalışırım.	5	14
• Kavga şeklinde değil olumlu ve sakin bir şekilde konuşur, olayı tartışırım, onu anlamaya çalışırım.	5	13
• Olaya iki taraflı, onun gözünden de	4	9

bakmaya anlamaya çalışırım, kendimde de suç ararım.		
• Sonradan oturup mantıklı düşündüğümde kendimi kızmakta haklı mıyım diye de sorgularım, hatalı davrandıysam eşime bunu da ifade ederim.	2	3
• Sorunun üstünü örtmem, geçiştirmem	2	2
4. Avoidance	**18/33 (13 of them women)**	
• Öfkemi kaçarak kontrol ederim (evden çıkarım ya da balkona çıkarım).	7	10
• Kendi içime atarım/kapanırım, kendi içimde halletmeye çalışırım.	5	9
• Kızgınlığımı eşimden saklarım, hiçbir şey olmamış gibi davranırım.	5	8
• Eşimle pek kavga etmem, geri çekilirim, çatışmadan kaçınırım.	4	5
• Eşimi ve sorunu çok fazla umursamam/aldırış etmem, yok sayarım.	3	7
• Başka bir odaya geçip, yalnız kalmak isterim.	3	5
• Sorun hakkında konuşmayı sürekli ertelerim ya da konuyu kapatmaya çalışırım.	3	3
• Sinirli olduğumu eşime belli etmem, rahatsız olduğum şeyi eşime söylemem.	3	3
• Hiç tepki vermem, kendimi savunmam.	2	3
• Sorunun çözüleceğine inanmadığım için bu konuda konuşmaya gerek duymam.	1	2
• Kitap okurum.	1	2

APPENDIX G. Sadness Expression

Main Categories and Thematic Units of Sadness Expression (a total of 30 participants, 21 women and 9 men)

Main Categories and Thematic Units	Number of participants	Frequency
1. Silence/suppression	**17/30 (10 of them women)**	
• Eşimle bunu konuşmamayı tercih ederim, benim için bunu konuşmanın bir anlamı yok (susarım, konuşmam).	14	32
• Kendi kendime tamir etmek, halletmek isterim.	8	14
• Kendi içime dönerim/kapanırım, kendimle daha fazla baş başa kalıyorum.	8	12
• Ondan uzaklaşırım, olayları zamana bırakırım (kaçınırım).	3	7
• Hiçbir şey yokmuş gibi davranırım, duygularımı bastırıp kayıtsız davranırım.	2	4
• Zamana ihtiyacım olur, önce kendi içimde sindirmem gerekir.	2	4
• Kolay kolay açılamam, direk söyleyemem.	1	4
• Bu duygumu, üzüntümü ona belli etmem.	1	2
• Herhangi bir tepki vermem, bunun bir çözümü yoktur.	1	2
2. Constructive response	**15/30 (13 of them women)**	
• Ne hissediyorsam ona açıkça söylerim, konuşmaya, ifade etmeye çalışırım, bunu kendime saklamam.	12	27
• Üstünden biraz zaman geçtikten sonra ona beni üzen şeyi anlatırım, konuşurum.	4	7
• Üzüntümü diğer duygularıma nazaran daha rahat aktarırım.	1	1
• Önce duygumu gösterip sonra konuşurum.	1	2
• Onunla iletişim kurmaya çalışırım.	1	1
3. Depressive mood	**12/30 (9 of them women)**	
• Ağlarım, gözümün yaşı durmaz.	6	14
• Depresif olurum, kendimi değersiz	2	3

hissederim.		
• Hiçbir şey yapmak, paylaşmak istemiyorum.	1	3
• Hasta oluyor gibi oluyorum, başım ağrıyor, belim tutuluyor.	1	1
• İçimden bir şey gelmiyor, yorgun oluyorum.	1	1
• Uyuyamam.	1	1
4. Negative behavior	**6/30 (all of them women)**	
• Onu suçlayıcı davranırım.	1	2
• Ne yaparsa yapsın kabul etmem, olayı uzatırım.	1	2
• Onu ve/veya durumu umursamam.	1	1
• Birkaç gün onu görmezden gelirim.	1	1
• Ona kötü davranırım (şirretlik yaparım).	1	1
• Ona soğuk davranırım.	1	1
5. Social support seeking	**6/30 (5 of them women)**	
• Nazlı olurum, naz yaparım.	2	3
• Ses tonumla belli ederim, sitemkâr konuşurum.	2	2
• Sessiz ve düşünceli olurum, onun benimle ilgilenmesini beklerim.	1	2
• Onun dikkatini çekecek şeyler yaparım, dikkatini çekmeye çalışırım.	1	1
• Ona söylemem ama onun anlamasına beklerim.	1	1
• Onun üstelemesi, benimle ilgilenmesi gerekir, bunu beklerim.	1	1
6. Engaging distracting activities	**4/30 (2 of them women)**	
• Başka şeylerle ilgilenirim, başka uğraşlarla meşgul olurum.	3	3
• Daha çok işimle ilgilenirim, kendimi tamamen işime veririm.	1	2
• Kitap okurum.	1	2
• Uyurum ya da TV izlerim.	1	1
• Kendimi dışarı atarım.	1	1

APPENDIX H. Guilt Expression

Main Categories and Thematic Units of Guilt Expression (a total of 33 participants, 21 women and 12 men)

Main Categories and Thematic Units	Number of participants	Frequency
1. Apology/Explanation	**30/33 (19 of them women)**	
• Özür dilerim.	26	36
• Haksız, hatalı olduğumu ve pişmanlığımı ifade ederim.	8	13
• Yaptığım/yapmadığım şey için bir açıklama getiririm (neden niçin yaptığımı açıklarım).	6	6
• Hatalı olduğumu kabul eder, geri adım atarım.	3	4
• Bir şekilde konuşur, onun gönlünü alırım.	3	3
• Yaptığım hatayı fark edince olayı toparlamak için elimden geleni yaparım.	2	2
• Özeleştiri yaparım ve yaptıklarımın sorumluluğunu üstlenirim.	1	1
2. Appeasement	**19/33 (13 of them women)**	
• Telafi etmek için onun hoşuna gidecek, seveceği bir şeyler yaparım (yalakalık yapmak, şımartmak, jest yapmak gibi).	9	14
• Alttan alırım/almaya çalışırım.	6	7
• Daha yumuşak, sevecen ve ilgili davranırım.	3	3
• Fiziksel yakınlık kurarım, sırnaşırım.	3	4
• Sarılıp, öperim.	3	3
• Gönlünü alacak şeyler yapmaya çalışırım.	3	3
• Onunla normalde ilgilendiğimden daha fazla ilgilenirim.	2	2
• Özrümü sözlerimle değil davranışlarımla dile getiririm, kendimi affettirmeye çalışırım.	2	2
3. Denial	**10/33 (8 of them women)**	
• Çok nadir haksız olduğumu kabul ederim,	5	6

özür dilemem.		
• Hatamı kabul etmem, suçsuzmuş gibi üste çıkmaya çalışırım, suç bastırırım.	5	5
• Hiçbir şey yapmam, tepki vermem, unutur giderim.	2	2
• Konunun üstünü örtmeye çalışır, konuyu hatırlatacak şeyler yapmamaya çalışırım.	2	2
• Baktım ki işler yolunda gidiyor, o zaman hiçbir şey olmamış gibi davranırım.	1	1
• Çok öfkeli davranır üstüme gelirse, susarım.	1	1

APPENDIX I. The Inform Consent

Gönüllü Katılım Formu

Sayın Katılımcı;

Bu araştırma ODTÜ Sosyal Psikoloji Doktora Programı öğrencisi Araş. Gör. Ayça Özen'in (Danışmanı, Prof. Dr. Nebi Sümer) doktora tezi kapsamında yürütülmektedir. Araştırmanın amacı, evlilik ilişkilerinde yaşanan çeşitli duyguların nasıl ifade edildiği ve bu duyguların evlilik doyumu üzerine etkilerini araştırmaktır. Çalışmaya katılım tamamıyla gönüllülüğe dayanmaktadır ve sizden, kimlik belirleyici hiçbir bilgi istenmemektedir. Cevaplarınız tamamıyla gizli tutulacak ve sadece araştırmacılar tarafından toplu olarak değerlendirilecektir ve bulgular sadece bilimsel yayımlarda kullanılacaktır. Her bölümdeki ölçeğin nasıl cevaplanacağı konusunda, ilgili bölümün başında bilgi verilmiştir. Anketin cevaplanması yaklaşık 30 dakika sürmekte olup herhangi bir süre kısıtlaması bulunmamaktadır.

Anket, genel olarak kişisel rahatsızlık verecek sorular içermemektedir. Ancak, katılım sırasında sorulardan ya da herhangi başka bir nedenden ötürü kendinizi rahatsız hissederseniz katılımcılıktan ayrılma hakkına sahipsiniz. Böyle bir durumda anketi uygulayan kişiye, anketi tamamlamak istemediğinizi söylemeniz yeterli olacaktır. Anket sonunda, bu çalışmayla ilgili sorularınız cevaplanacaktır. Bu çalışmaya katıldığınız için şimdiden teşekkür ederiz. Çalışma hakkında daha fazla bilgi almak için Psikoloji Bölümü araştırma görevlisi Ayça Özen (Oda: B35; Tel: 210 3138; E-posta: ayozen@metu.edu.tr) ile iletişim kurabilirsiniz.

Katılımınız için şimdiden çok teşekkür ederiz.

Sorularınız için;

Araş. Gör. Ayça Özen
ODTÜ Psikoloji Bölümü
E-posta: ayozen@metu.edu.tr

Prof. Dr. Nebi Sümer
ODTÜ Psikoloji Bölümü
E-posta: nsumer@metu.edu.tr

Bu çalışmaya tamamen gönüllü olarak katılıyorum ve istediğim zaman yarıda kesip çıkabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayımlarda kullanılmasını kabul ediyorum. (Formu doldurup imzaladıktan sonra uygulayıcıya geri veriniz).

İsim Soyadı (İsim belirtmek zorunda değilsiniz) Tarih

İmza _____ ----/----/-----

Değerli Katılımcı,

Öncelikle çalışmaya katılmayı kabul ettiğiniz için çok teşekkür ederiz. Lütfen her soru grubunun başındaki açıklamaları dikkatlice okuyunuz ve değerlendirmelerinizi buna göre yapınız. Soruları cevaplarken acele etmeyin. Rahatsız edilmeyeceğiniz ve tek başınıza olabileceğiniz bir zaman seçiniz. Hiçbir sorunun doğru ya da yanlış cevabı yoktur. Bu nedenle lütfen değerlendirmelerinizi gerçek duygu ve düşüncelerinizi yansıtacak şekilde yapınız. Soruları gerçek durumunuzu ve duygularınızı yansıtacak şekilde içten cevaplamanız **bulgularının doğruluğu ve gerçek durumu yansıtması bakımından büyük önem taşımaktadır**. Lütfen **soru atlamayınız**; araştırmanın analizi için soruların tamamının cevaplanmış olması gerekmektedir. Cevaplarınız kesinlikle **gizli tutulacak** ve bu anketten elde edilen bilgiler yalnızca araştırma amacına yönelik olarak kullanılacaktır. Anketi **tek başınıza ve eşinizle paylaşmadan** doldurunuz.

Dolduracağınız ölçekler genellikle 7 veya 9 aralıklıdır. Örneğin, aşağıdaki 7 aralıklı soruda eşinizle tartıştığınız zaman hissettiğiniz duygu sorulmaktadır.

"Son altı ay içinde eşimle ne zaman tartışsak kendimi.....hissederim" cümlesindeki noktalı yere aşağıdaki duyguyu getirerek okuyunuz. **"7" sayısı** bu duyguyu (öfke) **çok fazla hissettiğinizi** gösterecektir. **"1" sayısı** ise bu duyguyu (öfke) **çok az veya hiç hissetmediğinizi** gösterecektir. Sayı yükseldikçe (2,3,4,5,6,7) bu duyguyu çok yoğun yaşadığınız anlaşılacaktır**.** Eğer 4'ü işaretlerseniz eşinizle tartıştığınızda ara sıra öfkelendiğiniz anlaşılacaktır. 5'i işaretlerseniz, biraz daha fazla öfkelendiğiniz anlaşılacaktır. Buna göre size en uygun sayıyı belirleyip bu sayıyı yuvarlak içine almanız veya çarpı(X) koymanız yeterli olacaktır.

SON ALTI AY İÇİNDE, EŞİMLE NE ZAMAN TARTIŞSAK KENDİMİ ..... HİSSEDERİM.

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

Çok az veya hiç			**Ara sıra**			**Çok fazla**
1. Öfkeli	1	2	3	4	5	6	7

Soruların tamamını cevapladıktan sonra, anketi zarfa koyup, zarfın ağzını yapıştırarak araştırmacıya geri dönmesini sağlayınız.

Değerli katkınız ve zaman ayırdığınız için çok teşekkür ederiz...

Araş. Gör. Ayça Özen

APPENDIX J. Demographic Questions

1) Cinsiyetiniz: ( ) Kadın ( ) Erkek **2) Yaşınız: _____**

3) Yaşadığınız Yer: _____ **4) Mesleğiniz: _____**

5) Evlenmeden önce eşinizle ne kadar süredir tanışıyordunuz? _____

6) Kaç yıldır evlisiniz? Yıl ve ay olarak _____ _____

7) Bu sizin ilk evliliğiniz mi?_____Evet ____Hayır**;** Hayır ise kaçıncı evliliğiniz? _____

8) Evlenme şekliniz ile ilgili olarak aşağıdaki seçeneklerden sizi en iyi tanımlayan seçeneği işaretleyiniz veya yazınız.

 Görücü usulü evlendik

Kendi başına tanışarak

Eğer kendi başına/tanışarak evlendiyseniz aşağıdaki seçeneklerden hangisi sizin evlenme şekliniz en iyi tanımlar. Lütfen bir seçeneği işaretleyiniz. Eğer hiçbir seçenek uygun değilse durumunuzu diğer seçeneğine yazarak belirtiniz.

- Tanıştıktan sonra duygusal olarak aşk yaşadığımızdan
- Tanıştıktan sonra birbirimizi evlenmek için uygun gördüğümüzden
- Arkadaşlığımız zaman içersinde sevgiye dönüştüğünden
- Diğer (Lütfen kısaca yazınız).....

9) Çocuğunuz var mı? _____Evet _____Hayır**; Evet** ise kaç çocuğunuz var?_____

10) Eğitim durumunuz:

 Okuma-yazma bilmiyor Okuma yazma biliyor İlkokul Ortaokul

 Lise 2 yıllık yüksek okul Üniversite Yüksek lisans veya Doktora

11) Eşinizin eğitim durumu:

 Okuma-yazma bilmiyor Okuma yazma biliyor İlkokul Ortaokul

 Lise 2 yıllık yüksek okul Üniversite Yüksek lisans veya Doktora

12) Eve giren aylık gelir miktarını işaretleyiniz.

1	2	3	4	5	6	7
1000TL ve altı	1000 – 1500 TL	1500 – 2000 TL	2000 – 2500 TL	2500 – 3000 TL	3000 – 4000 TL	5000 TL ve üzeri

13) Ekonomik açıdan kendinizi aşağıdaki ölçek üzerinde nereye yerleştireceğinizi işaretleyiniz.

Alt gelir grubu 1 2 3 4 5 6 7 Üst gelir grubu

14) Eşinizle ne kadar sık sorun (çatışma) yaşarsınız?

Hiç sorun yaşamayız 1 2 3 4 5 6 7 Çok sorun yaşarız

15) Eşinizle yaşadığınız çatışma ya da sorun genellikle ne kadar sürer?

Çok kısa sürer 1 2 3 4 5 6 7 Çok uzun sürer

16) Çatışmayı genellikle kimin daha çok başlattığını düşünüyorsunuz?

a) Eşim başlatır b) Ben başlatırım c) Hemen hemen eşit oranda ikimiz de başlatırız

APPENDIX K. Emotional Experience Scale

Bu ölçek farklı duyguları tanımlayan bir takım sözcükler içermektedir. Lütfen **son altı ay içinde** eşinizle **tartıştığınız veya kavga ettiğiniz** zamanları düşünün. Lütfen her bir maddeyi dikkatlice okuduktan sonra, duygu ve düşüncelerinizi yansıtan en uygun rakamı daire içine alınız.

Her bir maddeyi, aşağıda yazan **"Son altı ay içinde eşimle ne zaman tartışsak kendimi.....hissederim"** cümlesindeki noktalı yere gelecek şekilde okuyunuz.

SON ALTI AY İÇİNDE, EŞİMLE NE ZAMAN TARTIŞSAK KENDİMİ ..... HİSSEDERİM. **1--------2--------3--------4--------5--------6--------7** **Çok az veya hiç** **Ara sıra** **Çok fazla**	**Çok az veya hiç**			**Ara sıra**			**Çok fazla**
1. Öfkeli	1	2	3	4	5	6	7
2. Utanmış	1	2	3	4	5	6	7
3. Kabahatli	1	2	3	4	5	6	7
4. Gergin	1	2	3	4	5	6	7
5. Suçlanmayı hak eden	1	2	3	4	5	6	7
6. Zavallı	1	2	3	4	5	6	7
7. Tedirgin	1	2	3	4	5	6	7
8. Kederli	1	2	3	4	5	6	7
9. Engellenmiş	1	2	3	4	5	6	7
10. Suçlu	1	2	3	4	5	6	7
11. Aşağılanmış	1	2	3	4	5	6	7
12. Umutsuz	1	2	3	4	5	6	7
13. Kaygılı	1	2	3	4	5	6	7
14. Hüzünlü	1	2	3	4	5	6	7
15. Kızgın	1	2	3	4	5	6	7
16. Endişeli	1	2	3	4	5	6	7
17. Hiddetli	1	2	3	4	5	6	7
18. Yaptığına pişman	1	2	3	4	5	6	7
19. Düş kırıklığına uğramış	1	2	3	4	5	6	7
20. Üzgün	1	2	3	4	5	6	7

APPENDIX L. Anger Expression Scale

Herkesin eşine kızdığı ve/veya öfkelendiği zamanlar vardır. Lütfen **son altı ay içinde** eşinize karşı kızgın veya öfkeli hissettiğiniz anları düşününüz. Aşağıda eşlerin bu duygularla baş etmek için kullandıkları çeşitli yollar listelenmiştir. Lütfen her bir maddeyi dikkatlice okuduktan sonra, sizin duygu ve düşüncelerinizi yansıtan en uygun rakamı daire içine alınız. Burada belirtilen baş etme yollarının hepsi sizin evliliğiniz için geçerli olmayabilir. Yinede ilişkinizi düşünerek en yakın olabilecek duruma göre görüşünüzü belirtiniz. Her bir maddeyi, başına aşağıda yazan **"Son altı ay içinde ne zaman eşime kızgın veya öfkeli olsam;...."** cümlesini ekleyerek okuyunuz.

SON ALTI AY İÇİNDE NE ZAMAN EŞİME KIZGIN VEYA ÖFKELİ OLSAM; ..... **1--------2--------3--------4--------5--------6-----** **Hiçbir zaman Bazen Her zam Sürekli o**	**Hiçbir zaman**			**Bazen**			**Her zaman/Sürekli**
1. Olaya bir de eşimin gözünden bakmaya çalışırım.	1	2	3	4	5	6	7
2. Eşime karşı sesimi yükseltirim.	1	2	3	4	5	6	7
3. Hiç yüz vermeyerek sessiz ve soğuk davranırım.	1	2	3	4	5	6	7
4. Kızgınlığımı ve öfkemi eşimden saklarım.	1	2	3	4	5	6	7
5. Eşimi eleştiririm.	1	2	3	4	5	6	7
6. Sorunlarımızı eşimle tartışırım.	1	2	3	4	5	6	7
7. Tepkimi her fırsatta imalı olarak gösteririm.	1	2	3	4	5	6	7
8. Kızgın olduğum halde, eşime kızgın olmadığımı söylerim.	1	2	3	4	5	6	7
9. Öfke ve kızgınlığımı kendime saklarım.	1	2	3	4	5	6	7
10. Eşime haklı olduğumu kanıtlamaya çalışırım.	1	2	3	4	5	6	7
11. Adil olmaya çalışırım.	1	2	3	4	5	6	7
12. Eşime yüz vermem.	1	2	3	4	5	6	7
13. Ağır sözlerle saldırırım.	1	2	3	4	5	6	7
14. Duygularımı sakince eşimle paylaşırım.	1	2	3	4	5	6	7
15. Kızgın bir şekilde ortamdan veya durumdan uzaklaşırım.	1	2	3	4	5	6	7

16. Eşime kendini kötü hissettirmeye çalışırım.	1	2	3	4	5	6	7
17. Anlaşmaya/uzlaşmaya çalışırım.	1	2	3	4	5	6	7
18. Yumruğumu sıkarak veya kapıları çarparak kızgınlığımı gösteririm.	1	2	3	4	5	6	7
19. Kızgın hissettiğimi inkâr ederim.	1	2	3	4	5	6	7
20. Problemi çözmeye/durumu düzeltmeye çalışırım.	1	2	3	4	5	6	7
21. Evdeki eşyaları vurup kırarım.	1	2	3	4	5	6	7
*22. Daha çok ağlayarak kızgınlığımı gösteririm.	1	2	3	4	5	6	7
23. Eşimin çok üstüne gitmem, büyütmemek için alttan alırım.	1	2	3	4	5	6	7
*24. Öfkemi kontrol edemem, tartışmayı sürdürürüm.	1	2	3	4	5	6	7
25. Eşime küserim, bir süre sessiz kalırım.	1	2	3	4	5	6	7
26. Öfkemi kaçarak kontrol ederim (evden çıkarım ya da balkona çıkarım)	1	2	3	4	5	6	7
27. Kendi içime atarım/kapanırım, kendi içimde halletmeye çalışırım.	1	2	3	4	5	6	7
*28. Kendimi kontrol eder, sakin ve ılımlı olmaya çalışırım.	1	2	3	4	5	6	7
29. Sinirim geçip sakinleştikten sonra, eşimle mutlaka konuşurum.	1	2	3	4	5	6	7
*30. Kızgınlığımı eşimden saklarım, hiçbir şey olmamış gibi davranırım.	1	2	3	4	5	6	7
31. Kızgınlığımı tavırlarımla, hareketlerimle, yüzümle belli ederim.	1	2	3	4	5	6	7
32. Somurturum, surat asarım.	1	2	3	4	5	6	7
33. Eşimle pek kavga etmem, geri çekilirim, çatışmadan kaçınırım.	1	2	3	4	5	6	7
34. Kontrolümü kaybederim, fevri ve sinirli çıkışlarda bulunurum.	1	2	3	4	5	6	7
35. Tartışmayı uzatırım.	1	2	3	4	5	6	7
36. Hakaret ederim.	1	2	3	4	5	6	7
37. Çok fazla umursamam/aldırış etmem, yok sayarım.	1	2	3	4	5	6	7
38. Olaya iki taraflı, onun gözünden de bakmaya anlamaya çalışırım, kendimde de suç ararım.	1	2	3	4	5	6	7
39. Onu sinir etmek için zaaflarının üzerine	1	2	3	4	5	6	7

giderim, tahrik edici davranırım.							
40. Onu geçiştiririm, terslerim.	1	2	3	4	5	6	7
41. Sinirli olduğumu ya da rahatsız olduğum şeyi eşime belli etmem.	1	2	3	4	5	6	7
42. Üste çıkmaya çalışırım.	1	2	3	4	5	6	7
43. Sonradan düşündüğümde kendimi kızmakta haklı mıyım diye sorgularım ve gerekirse eşime bunu da ifade ederim.	1	2	3	4	5	6	7
44. Başka bir odaya geçer, yalnız kalmak isterim.	1	2	3	4	5	6	7
45. İletişim kurmam, muhatap olmam, hiçbir şeyiyle ilgilenmem.	1	2	3	4	5	6	7
46. Eşimi suçlarım.	1	2	3	4	5	6	7
47. Ciddi olarak düşünmediğim şeyleri sırf onu üzmek, canını acıtmak için söyleyebilirim.	1	2	3	4	5	6	7
48. Onu görmezden gelirim, göz teması bile kurmam.	1	2	3	4	5	6	7
49. Sorun hakkında konuşmayı ertelerim ya da konuyu kapatmaya çalışırım.	1	2	3	4	5	6	7
*50. Sorunun çözüleceğine inanmadığım için konuşmaya gerek duymam.	1	2	3	4	5	6	7
51. Dilim hiç durmaz, sürekli laf sokarım, söylenirim.	1	2	3	4	5	6	7
*52. Kapıları yumruklarım, eşyaları duvara fırlatırım.	1	2	3	4	5	6	7
*53. Eşime çok soğuk, ciddi ve ilgisiz davranırım.	1	2	3	4	5	6	7
54. Hiç tepki vermem, kendimi savunmam.	1	2	3	4	5	6	7
55. İçimden sıcak davranmak gelmez, içimin soğumasını beklerim.	1	2	3	4	5	6	7
56. Sinirlendiğimde cezasını vermek isterim.	1	2	3	4	5	6	7
57. Daha mesafeli davranırım.	1	2	3	4	5	6	7
58. Özellikle onu kıracak şeyler yaparım.	1	2	3	4	5	6	7
59. Onu dinlermiş gibi yaparak aslında kendime yoğunlaşırım.	1	2	3	4	5	6	7

***** The 7 items, which came from the content analysis of the pilot study, were excluded in the final scale.

The first 20 items were from Guerrero's (1994) the Communicating Anger Scale.

APPENDIX M. Sadness Expression Scale

Bu anketteki maddeler daha çok ilişkilerde hissedilen üzüntü ve bunalım üzerinedir. Lütfen **son altı ay içinde** eşinizle tartıştıktan sonra kendinizi üzgün veya bunalımda hissettiğiniz anları düşününüz. Bu üzüntünüzü veya bunalımınızı eşinize nasıl yansıttığınızı dikkate alarak aşağıdaki sorulara cevap veriniz. Lütfen cevaplarınızı mümkün olduğu kadar eşinizle olan ilişkinizde yaşadığınız üzüntü ve bunalımlı anları göz önüne alarak cevaplandırınız. Her bir maddeyi, başına aşağıda yazan **"Son altı ay içinde eşimle tartıştıktan sonra kendimi ne zaman üzgün veya bunalımda hissetsem;...."** cümlesini ekleyerek okuyunuz.

SON ALTI AY İÇİNDE EŞİMLE TARTIŞTIKTAN SONRA KENDİMİ NE ZAMAN ÜZGÜN VE BUNALIMDA HİSSETSEM;..... **1--------2--------3--------4--------5--------6-----** **Hiçbir zaman olarak** **Bazen** **Her za Sürekli**	**Hiçbir zaman**			**Bazen**			**Her zaman/Sürekli olarak**
1. Yapmayı sevdiğim şeylerle meşgul olurum.	1	2	3	4	5	6	7
2. Eşimden teselli ararım.	1	2	3	4	5	6	7
3. Tek başıma vakit geçiririm.	1	2	3	4	5	6	7
4. Ruh halimi değiştirmek için neşelenmeye çalışırım.	1	2	3	4	5	6	7
5. İşimi (veya okulumu) veya ev işlerini asmaya başlarım.	1	2	3	4	5	6	7
6. İnsanlardan uzaklaşırım.	1	2	3	4	5	6	7
7. Kendi başıma kalmak isterim.	1	2	3	4	5	6	7
8. Keyifli bir şeyler yapmayı planlarım.	1	2	3	4	5	6	7
9. Eşimle daha fazla zaman geçiririm.	1	2	3	4	5	6	7
10. Yataktan çıkmak istemem ya da evde bir şey yapmadan vakit geçiririm.	1	2	3	4	5	6	7
11. Eşimden destek isterim.	1	2	3	4	5	6	7
12.Eşimin bana yardım etmesini beklerim.	1	2	3	4	5	6	7
13. Durumu atlatmak için eşime adeta yapışırım.	1	2	3	4	5	6	7
14. Eğlenceli ya da ilgi çekici bir faaliyete	1	2	3	4	5	6	7

girişirim.							
15. Evin içinde pek bir şey yapmadan oyalanırım.	1	2	3	4	5	6	7
16. Eşimle iyi zaman geçiririm.	1	2	3	4	5	6	7
17. Sorunlarımı unutmaya çalışır, mutluymuş gibi davranırım.	1	2	3	4	5	6	7
18. Sorunlarımdan uzaklaşmak için başka şeyler yapmaya çalışırım.	1	2	3	4	5	6	7
19. Diğer insanlardan uzak dururum.	1	2	3	4	5	6	7
20. Günlük yaşamıma devam etmekte zorlanırım.	1	2	3	4	5	6	7
21. Yardım için eşimin desteğini ararım.	1	2	3	4	5	6	7
22. Sıkıntılı zamanlarımızda eşimin beni anlayacağına güvenirim.	1	2	3	4	5	6	7
23. Eğlenceli bir şeyler yaparım.	1	2	3	4	5	6	7
24. Bana yardım etmesi için eşimin dikkatini çekmeye çalışırım.	1	2	3	4	5	6	7
25. Sorunlarımı eşimle paylaşırım.	1	2	3	4	5	6	7
26. Kafamı dağıtmak için bir şeyler yaparım.	1	2	3	4	5	6	7
27. Hasta olduğumu, başımın ağrıdığını vs. söyleyerek benimle ilgilenmesini beklerim.	1	2	3	4	5	6	7
28. Daha çok işimle ya da evimle ilgilenirim, kendimi tamamen bunlara veririm.	1	2	3	4	5	6	7
*29. Ne hissediyorsam ona açıkça söylerim, kendime saklamam.	1	2	3	4	5	6	7
30. Nazlı olurum, naz yaparım.	1	2	3	4	5	6	7
31. Onu suçlayıcı davranırım.	1	2	3	4	5	6	7
*32. Benim için bunu konuşmanın bir anlamı yok. Susarım, konuşmam.	1	2	3	4	5	6	7
*33. Ağlarım, gözümün yaşı durmaz.	1	2	3	4	5	6	7
34. Ses tonumla belli ederim, sitemkâr konuşurum.	1	2	3	4	5	6	7
35. Üstünden biraz zaman geçtikten sonra ona beni üzen şeyi anlatırım.	1	2	3	4	5	6	7
36. Ne yaparsa yapsın kabul etmem, olayı uzatırım.	1	2	3	4	5	6	7
37. Uyurum ya da TV izlerim.	1	2	3	4	5	6	7
38. Kendi kendime tamir etmek, halletmek isterim.	1	2	3	4	5	6	7
39. Kendi içime dönerim/kapanırım.	1	2	3	4	5	6	7

*40. Bunalıma girerim, kendimi değersiz hissederim.	1	2	3	4	5	6	7
41. Kendimi dışarı atarım.	1	2	3	4	5	6	7
42. Onu ve/veya durumu umursamam.	1	2	3	4	5	6	7
*43. Üzüntümü diğer duygularıma nazaran daha rahat aktarırım.	1	2	3	4	5	6	7
*44. Sessiz ve düşünceli olurum, onun benimle ilgilenmesini beklerim.	1	2	3	4	5	6	7
45. Ondan uzaklaşırım, olayları zamana bırakırım (kaçınırım).	1	2	3	4	5	6	7
46. Hiçbir şey yokmuş gibi davranırım, duygularımı bastırıp kayıtsız davranırım.	1	2	3	4	5	6	7
47. Hiçbir şey yapmak, paylaşmak istemem.	1	2	3	4	5	6	7
48. Birkaç gün onu görmezden gelirim.	1	2	3	4	5	6	7
49. Zamana ihtiyacım olur, önce kendi içimde sindirmem gerekir.	1	2	3	4	5	6	7
50. Hasta oluyor gibi olurum. Örneğin, başım ağrır, belim tutulur.	1	2	3	4	5	6	7
*51. İçimden bir şey gelmez, yorgun olurum.	1	2	3	4	5	6	7
52. Kolay kolay açılamam, doğrudan söyleyemem.	1	2	3	4	5	6	7
53. Ona kasten kötü davranırım.	1	2	3	4	5	6	7
*54. Önce duygumu gösterip sonra konuşurum.	1	2	3	4	5	6	7
55. Bu duygumu, üzüntümü ona belli etmem.	1	2	3	4	5	6	7
56. Onun dikkatini çekecek şeyler yaparım, dikkatini çekmeye çalışırım.	1	2	3	4	5	6	7
57. Ona soğuk davranırım.	1	2	3	4	5	6	7
58. Herhangi bir tepki vermem, bunun bir çözümü yoktur.	1	2	3	4	5	6	7
59. Ona söylemem ama onun anlamasına beklerim.	1	2	3	4	5	6	7
60. Onunla iletişim kurmaya çalışırım.	1	2	3	4	5	6	7
61. Benimle ilgilenmesini beklerim.	1	2	3	4	5	6	7

***** The 8 items, which came from the content analysis of the pilot study, were excluded in the final scale.

The first 26 items were from Guerrero and Reiter's (1998) the Revised Responses to Sadness Scale.

APPENDIX N. Guilt Expression Scale

Evlilikte eşlerin birbirlerine söyledikleri sözler veya yaptığı, yapamadığı şeyler yüzünden suçlu hissettikleri anlar vardır. **Örneğin**, bir kişi eşinin özel bir gününü unuttuğunda ya da kaba, gereksiz, yersiz bir söz söylediğinde veya eşinin kıskanmasına yol açacak bir hareket yaptığında kendini suçlu hissedebilir. Lütfen **son altı ay içinde** yukarıdaki şekilde eşinizle ilişkinizde söylemiş bulunduğunuz, yaptığınız veya yapamadığınız herhangi bir şey için suçlu hissettiğiniz olayları aklınıza getiriniz. Daha sonra suçlu hissettiğiniz bu durumlarda aşağıdaki davranışları ne ölçüde yaptığınızı, 1=Hiçbir zaman ve 7=Her zaman/Sürekli olarak aralığını kullanarak işaretleyiniz. Her bir maddeyi, başına aşağıda yazan **"Son altı ay içinde ne zaman kendimi eşime söylediğim, yaptığım veya yapamadığım (yapmadığım) şeyler için suçlu hissetsem;...."** cümlesini ekleyerek okuyunuz.

SON ALTI AY İÇİNDE, NE ZAMAN KENDİMİ EŞİME SÖYLEDİĞİM, YAPTIĞIM VEYA YAPAMADIĞIM (YAPMADIĞIM) ŞEYLER İÇİN SUÇLU HİSSETSEM;..... **1--------2--------3--------4--------5--------6--------7** **Hiçbir zaman Bazen Her zaman/ Sürekli olarak**	**Hiçbir zaman**			**Bazen**			**Her zaman/Sürekli olarak**
1. Özür dilerim.	1	2	3	4	5	6	7
2. Yaptıklarım için bir açıklama getiririm.	1	2	3	4	5	6	7
3. Durumu düzeltmek için bir şeyler yapmaya çalışırım.	1	2	3	4	5	6	7
4. Üzgün olduğumu belirten şeyler söylerim.	1	2	3	4	5	6	7
5. Eşime normalde olduğumdan daha iyi davranırım.	1	2	3	4	5	6	7
6. İlgili konu/durum hakkında eşimle konuşmaktan kaçınırım.	1	2	3	4	5	6	7
7. Eşime yaptığımdan (ya da yapmadığım şeyden) pişmanlık duyduğumu söylerim.	1	2	3	4	5	6	7
8. Eşime normalden daha fazla sevgi ve ilgi gösteririm.	1	2	3	4	5	6	7
9. Eşim için fazladan bir şeyler yaparım.	1	2	3	4	5	6	7
10. Yaptıklarımın sorumluluğunu kabul ederim/üstlenirim.	1	2	3	4	5	6	7
11. Yüzüme vurur ya da üstüme gelirse önemli bir şey yaptığımı inkâr ederim.	1	2	3	4	5	6	7
12. Eşime yaptığım şeyin nedenlerini/gerekçelerini anlatırım.	1	2	3	4	5	6	7
13. İleride daha iyi bir eş olacağıma dair söz veririm.	1	2	3	4	5	6	7

14. Öyle davranmamı gerektiren koşulları anlatırım.	1	2	3	4	5	6	7
15. Yaptıklarımı telafi etmeye çalışırım.	1	2	3	4	5	6	7
16. Durumun ciddiyetini azaltmaya/önemsiz göstermeye çalışırım.	1	2	3	4	5	6	7
17. Eşime olayın neden böyle olduğunu açıklarım.	1	2	3	4	5	6	7
18. Olay hakkında konuşmaktan kaçınırım.	1	2	3	4	5	6	7
19. Eşimin yanında davranışlarıma daha özen gösteririm, dikkat ederim.	1	2	3	4	5	6	7
20. Sessiz kalır ve konu hakkında pek bir şey söylemem.	1	2	3	4	5	6	7
21. Onun da önceden yaptığı hataları hatırlatarak üste çıkmaya çalışırım.	1	2	3	4	5	6	7
*22. Haksız, hatalı olduğumu ve pişmanlığımı ifade ederim.	1	2	3	4	5	6	7
23. Telafi etmek için onun hoşuna gidecek, seveceği bir şeyler yaparım (şımartmak, jest yapmak gibi).	1	2	3	4	5	6	7
24. Haksız olduğumu pek kabul etmem, kolay kolay özür dilemem.	1	2	3	4	5	6	7
25. Neyi neden yaptığımı açıklarım.	1	2	3	4	5	6	7
26. Alttan alırım/almaya çalışırım.	1	2	3	4	5	6	7
27. Hatamı kabul etmem, suçsuzmuş gibi üste çıkmaya çalışırım.	1	2	3	4	5	6	7
28. Fiziksel yakınlık kurarım, ona sokulurum.	1	2	3	4	5	6	7
29. Hatalı olduğumu kabul eder, geri adım atarım.	1	2	3	4	5	6	7
*30. Bir şekilde konuşur, onun gönlünü alırım.	1	2	3	4	5	6	7
31. Hiçbir şey yapmam, tepki vermem, unutur giderim.	1	2	3	4	5	6	7
32. Sarılıp, öperim.	1	2	3	4	5	6	7
33. Konunun üstünü örtmeye çalışır, konuyu hatırlatacak şeyler yapmamaya çalışırım.	1	2	3	4	5	6	7
*34. Yaptığım hatayı fark edince olayı toparlamak için elimden geleni yaparım.	1	2	3	4	5	6	7
35. Hiçbir şey olmamış gibi davranırım.	1	2	3	4	5	6	7
36. Çok öfkeli davranır üstüme gelirse, susarım.	1	2	3	4	5	6	7
37. Gönlünü alacak şeyler yapmaya çalışırım.	1	2	3	4	5	6	7
38. Özeleştiri yaparım ve yaptıklarımın sorumluluğunu üstlenirim.	1	2	3	4	5	6	7
*39. Özrümü sözlerimle değil davranışlarımla dile getiririm, kendimi affettirmeye çalışırım.	1	2	3	4	5	6	7

***** The 4 items, which came from the content analysis of the pilot study, were excluded in the final scale.

The first 20 items were from Guerrero and colleagues' (2009) the Guilt Expression Scale

APPENDIX O. Experiences in Close Relationships-Revised

Aşağıdaki maddeler eşinizle ilişkinizde hissettiğiniz duygularla ilgilidir. Bu araştırmada sizin yalnızca şu anda değil, genel olarak **eşinizle** neler yaşadığınızla ilgilenmekteyiz. Her bir maddenin evliliğinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını aşağıdaki 7 aralıklı ölçek üzerinde ilgili rakamı yuvarlak içine alarak belirtiniz

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

Hiç katılmıyorum — **Kararsızım/ fikrim yok** — **Tamamen katılıyorum**

1. Eşimin sevgisini kaybetmekten korkarım.	1	2	3	4	5	6	7
2. Gerçekte ne hissettiğimi eşime göstermemeyi tercih ederim.	1	2	3	4	5	6	7
3. Sıklıkla, eşimin artık benimle olmak istemediği korkusuna kapılırım.	1	2	3	4	5	6	7
4. Özel duygu ve düşüncelerimi eşimle paylaşmak konusunda kendimi rahat hissederim.	1	2	3	4	5	6	7
5. Sıklıkla, eşimin beni gerçekten sevmediği kaygısına kapılırım.	1	2	3	4	5	6	7
6. Eşime güvenip inanmak konusunda kendimi rahat bırakmakta zorlanırım.	1	2	3	4	5	6	7
7. Eşimin beni, benim onu önemsediğim kadar önemsemediğinden endişe duyarım.	1	2	3	4	5	6	7
8. Eşime yakın olma konusunda çok rahatımdır.	1	2	3	4	5	6	7
9. Sıklıkla, eşimin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.	1	2	3	4	5	6	7
10. Eşime 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. Eşime fazla yakın olmamayı tercih ederim.	1	2	3	4	5	6	7
13. Benden uzakta olduğunda, eşimin başka birine ilgi duyabileceği korkusuna kapılırım.	1	2	3	4	5	6	7
14. Eşim benimle çok yakın olmak istediğinde rahatsızlık duyarım.	1	2	3	4	5	6	7
15. Eşime duygularımı gösterdiğimde, onun benim için aynı şeyleri hissetmeyeceğinden korkarım.	1	2	3	4	5	6	7
16. Eşimle kolayca yakınlaşabilirim.	1	2	3	4	5	6	7

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

Hiç katılmıyorum | **Kararsızım/ fikrim yok** | **Tamamen katılıyorum**

17. Eşimin beni terk edeceğinden pek endişe duymam.	1	2	3	4	5	6	7
18. Eşimle yakınlaşmak bana zor gelmez.	1	2	3	4	5	6	7
19. Eşim kendimden şüphe etmeme neden olur.	1	2	3	4	5	6	7
20. Genellikle, eşimle 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, eşimden yardım istemek bana iyi gelir.	1	2	3	4	5	6	7
23. Eşimin, bana benim istediğim kadar yakınlaşmak istemediğini düşünürüm.	1	2	3	4	5	6	7
24. Eşime hemen hemen her şeyi anlatırım.	1	2	3	4	5	6	7
25. Eşimin bazen bana olan duygularını sebepsiz yere değiştirdiğini hissederim.	1	2	3	4	5	6	7
26. Başımdan geçenleri eşimle 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. Eşim benimle çok yakınlaştığında gergin hissederim.	1	2	3	4	5	6	7
29. Eşim beni yakından tanırsa, "gerçek ben"i sevmeyeceğinden korkarım.	1	2	3	4	5	6	7
30. Eşime güvenip inanma konusunda rahatımdır.	1	2	3	4	5	6	7
31. Eşimden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkelendirir.	1	2	3	4	5	6	7
32. Eşime güvenip dayanmak 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. Eşime şefkat göstermek benim için kolaydır.	1	2	3	4	5	6	7
35. Eşim beni sadece kızgın olduğumda önemser.	1	2	3	4	5	6	7
36. Eşim beni ve ihtiyaçlarımı gerçekten anlar.	1	2	3	4	5	6	7

APPENDIX P. Dyadic Adjustment Scale

Çift Uyum Ölçeği'nden örnek maddeler aşağıda verilmiştir. Ölçeğe Prof. Dr. Hürol Fışıloğlu'na başvurarak ulaşılabilir.*

"10. Önemli olduğuna inanılan amaçlar, hedefler ve konular"

Her zaman anlaşırız	Hemen hemen her zaman anlaşırız	Nadiren anlaşamayız	Sıkça anlaşamayız	Hemen hemen her zaman anlaşamayız	Her zaman anlaşamayız

"Eşinizi öper misiniz?"

Her gün	Hemen hemen her zaman	Arasıra	Nadiren	Hiçbir zaman

*Prof. Dr. Hürol Fışıloğlu

Orta Doğu Teknik üniversitesi

Psikoloji Bölümü

APPENDIX R. Marital Satisfaction Scale

Aşağıda eşinizle olan ilişkiniz hakkında cümleler verilmiştir. Eşinizle olan ilişkinizi göz önünde bulundurarak bu cümlelere ne ölçüde katıldığınızı belirtiniz. Her bir ifadenin evliliğinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılarındaki 5 aralıklı cetvel üzerinde ilgili rakamı yuvarlak içine alarak belirtiniz. **1----------2----------3----------4----------5** **Hiç katılmıyorum Biraz katılmıyorum Kararsızım/ fikrim yok Biraz katılıyorum Tamamen katılıyorum**	**Hiç Katılmıyorum**	**Biraz Katılmıyorum**	**Kararsızım/fikrim yok**	**Biraz Katılıyorum**	**Tamamen Katılıyorum**
1. Eşimle iyi bir ilişkim var.	1	2	3	4	5
2. Eşimle ilişkim çok istikrarlı.	1	2	3	4	5
3. Eşimle ilişkim çok güçlü.	1	2	3	4	5
1. Eşimle ilişkim beni mutlu ediyor.	1	2	3	4	5
5. Eşimle kendimi gerçekten bir bütünün parçası gibi hissediyorum.	1	2	3	4	5
6. Genel olarak evliliğimdeki her şeyden çok memnunum.	1	2	3	4	5

	Wives' Emotional Experience (N= 167)				Husbands' Emotional Experience (N= 167)			
20 Items:	Sadness	Regret	Anger	Guilt	Sadness	Regret	Anger	Guilt
16. Endişeli	**0.736**				**0.544**	0.489		
8. Kederli	**0.735**	0.431			**0.665**	0.386		
14. Hüzünlü	**0.700**	0.395			**0.741**			
13. Kaygılı	**0.675**	0.494			**0.592**	0.542		
20. Üzgün	**0.643**		0.352		**0.655**			0.345
7. Tedirgin	**0.429**				**0.706**			
6. Zavallı		**0.791**				**0.720**		
11. Aşağılanmış		**0.749**				**0.736**		
12. Umutsuz	0.360	**0.719**				**0.790**		
9. Engellenmiş		**0.594**	0.370		0.374	**0.396**		
19. Düş kırıklığına uğramış		**0.572**				**0.641**		
15. Kızgın	0.374		**0.764**				**0.861**	
1. Öfkeli			**0.761**				**0.807**	
17. Hiddetli			**0.735**				**0.820**	
4. Gergin	0.495		**0.640**				**0.719**	
3. Kabahatli				**0.777**				**0.873**
10. Suçlu				**0.754**				**0.692**
2. Utanmış				**0.734**				**0.674**
5. Suçlanmayı hak eden				**0.732**				**0.708**
18. Yaptığına pişman	0.387			**0.627**				**0.741**
Eigenvalues:	8.07	2.51	1.29	1.23	2.77	6.89	1.15	1.75
Explained Variance %:	40.35	12.56	6.46	6.14	13.85	34.47	5.73	6.73
Cronbach Alpha:	.89	.84	.85	.78	.85	.78	.86	.82
Factor Congruence Scores:	.98	.99	1.00	.99	-	-	-	-

APPENDIX T. Factor Analysis Results of the Anger Expression Scale

	Wives' Anger Expression (N= 167)				Husbands' Anger Expression (N= 167)			
52 Items:	Distributive Aggression	Passive Aggression	Avoidance/Denial	Integrative Assertion	Distributive Aggression	Passive Aggression	Avoidance/Denial	Integrative Assertion
47. Ciddi olarak düşünmediğim şeyleri surf onu üzmek, canını acıtmak için söyleyebilirim.	**0.751**				**0.807**			
35. Tartışmayı uzatırım.	**0.714**				**0.636**			
51. Dilim hiç durmaz, sürekli laf sokarım, söylenirim.	**0.712**				**0.807**			
36. Hakaret ederim.	**0.710**				**0.601**			-0.316
13. Ağır sözlerle saldırırım.	**0.701**				**0.685**			
58. Özellikle onu kıracak şeyler yaparım.	**0.678**				**0.821**			
39. Onu sinir etmek için zaaflarının üzerine giderim, tahrik edici davranırım.	**0.676**				**0.784**			
40. Onu geçiştiririm, terslerim.	**0.675**	0.316			**0.608**	0.284		
46. Eşimi suçlarım.	**0.638**				**0.597**			
34. Kontrolümü kaybederim, fevri ve sinirli çıkışlarda bulunurum.	**0.635**				**0.676**	0.379		
16. Eşime kendini kötü hissettirmeye çalışırım.	**0.614**				**0.607**	0.361		
2. Eşime karşı sesimi yükseltirim.	**0.599**				**0.538**	0.454		
42. Üste çıkmaya çalışırım.	**0.575**				**0.688**			
56. Sinirlendiğimde cezasını vermek isterim.	**0.563**	0.339			**0.673**	0.312		
10. Eşime hakli olduğumu kanıtlamaya çalışırım.	**0.464**				**0.387**			
18. Yumruğumu sıkarak veya kapıları çarparak kızgınlığımı gösteririm.	**0.455**				**0.570**	0.331		
59. Onu dinlermiş gibi yaparak	**0.444**		0.304		**0.532**	0.370		

aslında kendime yoğunlaşırım.						
5. Eşimi eleştiririm.	**0.441**			**0.392**	0.407	
21. Evdeki eşyaları vurup kırarım.	**0.418**			**0.551**		
3. Hiç yüz vermeyerek sessiz ve soğuk davranırım.		**0.776**			**0.707**	
12. Eşime yüz vermem.		**0.741**			**0.631**	
32. Somurturum, surat asarım.		**0.732**			**0.701**	
25. Eşime küserim, bir sure sessiz kalırım.		**0.707**			**0.661**	
45. İletişim kurmam, muhatap olmam, hiçbir şeyiyle ilgilenmem.		**0.696**		0.308	**0.556**	-0.342
57. Daha mesafeli davranırım.		**0.678**		0.380	**0.563**	
55. İçimden sıcak davranmak gelmez, içimin soğumasını beklerim.	0.327	**0.615**		0.308	**0.605**	
48. Onu görmezden gelirim, göz teması bile kurmam.	0.380	**0.606**		0.374	**0.512**	-0.255
31. Kızgınlığımı tavırlarımla, hareketlerimle, yüzümle belli ederim.		**0.569**			**0.489**	
7. Tepkimi her fırsatta imali olarak gösteririm.	0.380	**0.390**			**0.418**	
15. Kızgın bir şekilde ortamdan veya durumdan uzaklaşırım.		**0.362**	0.374		**0.541**	
27. Kendi içime atarım/kapanırım, kendi içimde halletmeye çalışırım.			**0.741**			**0.619**
9. Öfke ve kızgınlığımı kendime saklarım.			**0.740**			**0.636**
8. Kızgın olduğum halde, eşime kızgın olmadığımı söylerim.			**0.677**			**0.495**
4. Kızgınlığımı ve öfkemi eşimden saklarım.			**0.638**			**0.491**
41. Sinirli olduğumu ya da rahatsız olduğum şeyi eşime belli etmem.			**0.577**			**0.643**

54. Hiç tepki vermem, kendimi savunmam.			**0.574**			0.344	**0.444**	
49. Sorun hakkında konuşmayı ertelerim ya da konuyu kapatmaya çalışırım.			**0.568**			0.484	**0.354**	
19. Kızgın hissettiğimi inkâr ederim.			**0.517**				**0.581**	
33. Eşimle pek kavga etmem, geri çekilirim, çatışmadan kaçınırım.			**0.512**				**0.435**	
26. Öfkemi kaçarak kontrol ederim (evden çıkarım ya da balkona çıkarım)			**0.480**		0.346	0.375	**0.297**	
44. Başka bir odaya geçer, yalnız kalmak isterim.		0.364	**0.469**			0.443	**0.310**	
23. Eşimin çok üstüne gitmem, büyütmemek için alttan alırım.			**0.463**	0.325			**0.437**	0.366
37. Çok fazla umursamam/aldırış etmem, yok sayarım.			**0.433**				**0.422**	
20. Problemi çözmeye/durumu düzeltmeye çalışırım.				**0.741**				**0.805**
17. Anlaşmaya/uzlaşmaya çalışırım.				**0.713**				**0.712**
11. Adil olmaya çalışırım.				**0.674**				**0.575**
6. Sorunlarımızı eşimle tartışırım.				**0.667**				**0.751**
38. Olaya iki taraflı, onun gözünden de bakmaya anlamaya çalışırım, kendimde de suç ararım.				**0.659**				**0.686**
43. Sonradan düşündüğümde kendimi kızmakta hakli miyim diye sorgularım ve gerekirse eşime bunu da ifade ederim.				**0.590**				**0.682**
29. Sinirim geçip sakinleştikten sonra, eşimle mutlaka konuşurum.				**0.574**				**0.727**
14. Duygularımı sakince eşimle	-0.375			**0.551**			0.306	**0.621**

paylaşırım.								
1. Olaya bir de eşimin gözünden bakmaya çalışırım.				**0.510**				**0.688**
Eigenvalues:	11.83	5.66	3.88	2.70	14.21	4.36	2.43	4.07
Explained Variance %:	22.75	10.89	7.46	5.18	27.32	8.39	4.68	7.83
Cronbach Alpha:	.92	.88	.83	.82	.94	.88	.76	.89
Factor Congruence Scores:	.99	.99	.99	.99	-	-	-	-

APPENDIX U. Factor Analysis Results of the Sadness Expression Scale

53 Items:	Wives' Sadness Expression (N= 167)			Husbands' Sadness Expression (N= 167)		
	Solitude /Negative behavior	Social Support /Dependent behavior	Positive Activity	Solitude /Negative behavior	Social Support /Dependent behavior	Positive Activity
39. Kendi içime dönerim/kapanırım.	**0.753**			**0.721**		
47. Hiçbir şey yapmak, paylaşmak istemem.	**0.711**	-0.303		**0.798**		
6. İnsanlardan uzaklaşırım.	**0.700**			**0.528**		
48. Birkaç gün onu görmezden gelirim.	**0.689**			**0.665**	-0.414	
19. Diğer insanlardan uzak dururum.	**0.683**			**0.572**		
45. Ondan uzaklaşırım, olayları zamana bırakırım (kaçınırım).	**0.668**			**0.490**	-0.451	
49. Zamana ihtiyacım olur, önce kendi içimde sindirmem gerekir.	**0.651**			**0.656**		
52. Kolay kolay açılamam, doğrudan söyleyemem.	**0.637**			**0.706**		
57. Ona soğuk davranırım.	**0.630**			**0.671**	-0.336	
7. Kendi başıma kalmak isterim.	**0.618**			**0.487**		
10. Yataktan çıkmak istemem ya da evde bir şey yapmadan vakit geçiririm.	**0.616**			**0.570**		
59. Ona söylemem ama onun anlamasını beklerim.	**0.596**			**0.590**		
37. Uyurum ya da TV izlerim.	**0.578**			**0.479**		
58. Herhangi bir tepki vermem, bunun bir çözümü yoktur.	**0.577**			**0.578**		
46. Hiçbir şey yokmuş gibi davranırım, duygularımı bastırıp kayıtsız davranırım.	**0.559**			**0.557**		
15. Evin içinde pek bir şey yapmadan oyalanırım.	**0.549**			**0.541**		
50. Hasta oluyor gibi olurum. Örneğin, başım ağrır, belim tutulur.	**0.549**			**0.485**	0.386	
3. Tek başıma vakit geçiririm.	**0.546**			**0.622**		
34. Ses tonumla belli ederim, sitemkâr konuşurum.	**0.544**			**0.549**		
20. Günlük yaşamıma devam etmekte zorlanırım.	**0.527**			**0.628**		
38. Kendi kendime tamir etmek, halletmek isterim.	**0.505**		0.318	**0.479**		0.352
42. Onu ve/veya durumu umursamam.	**0.489**		0.326	**0.538**		
5. İşimi (veya okulumu) veya ev işlerini asmaya başlarım.	**0.487**			**0.354**		
53. Ona kasten kötü davranırım.	**0.484**			**0.631**		
31. Onu suçlayıcı davranırım.	**0.454**			**0.650**		
36. Ne yaparsa yapsın kabul etmem, olayı uzatırım.	**0.407**			**0.460**		
55. Bu duygumu, üzüntümü ona belli etmem.	**0.378**		0.311	**0.344**		

21. Yârdim için eşimin desteğini ararım.		**0.791**			**0.817**	
2. Eşimden teselli ararım.		**0.771**			**0.726**	
12.Eşimin bana yârdim etmesini beklerim.		**0.758**			**0.799**	
11. Eşimden destek isterim.		**0.734**			**0.794**	
9. Eşimle daha fazla zaman geçiririm.	-0.306	**0.694**		-0.328	**0.708**	
24. Bana yardım etmesi için eşimin dikkatini çekmeye çalışırım.		**0.685**			**0.735**	
25. Sorunlarımı eşimle paylaşırım.		**0.679**		-0.477	**0.665**	
16. Eşimle iyi zaman geçiririm.		**0.613**			**0.721**	
61. Benimle ilgilenmesini beklerim.	0.338	**0.600**			**0.735**	
13. Durumu atlatmak için eşime adeta yapışırım.		**0.576**			**0.746**	
56. Onun dikkatini çekecek şeyler yaparım, dikkatini çekmeye çalışırım.	0.312	**0.566**			**0.653**	
22. Sıkıntılı zamanlarımızda eşimin beni anlayacağına güvenirim.	-0.339	**0.565**		-0.351	**0.609**	
30. Nazlı olurum, naz yaparım.		**0.502**			**0.490**	
27. Hasta olduğumu, başımın ağrıdığını vs. söyleyerek benimle ilgilenmesini beklerim.	0.415	**0.500**			**0.467**	
35. Üstünden biraz zaman geçtikten sonra ona beni üzen şeyi anlatırım.		**0.464**			**0.422**	
60. Onunla iletişim kurmaya çalışırım.	-0.350	**0.445**			**0.540**	
23. Eğlenceli bir şeyler yaparım.			**0.787**			**0.725**
8. Keyifli bir şeyler yapmayı planlarım.			**0.767**			**0.762**
26. Kafamı dağıtmak için bir şeyler yaparım.			**0.740**			**0.737**
4. Ruh halimi değiştirmek için neşelenmeye çalışırım.			**0.716**			**0.718**
14. Eğlenceli ya da ilgi çekici bir faaliyete girişirim.			**0.700**			**0.745**
18. Sorunlarımdan uzaklaşmak için başka şeyler yapmaya çalışırım.			**0.583**			**0.735**
41. Kendimi dışarı atarım.			**0.530**	0.547		**0.453**
28. Daha çok isimle ya da evimle ilgilenirim, kendimi tamamen bunlara veririm.			**0.494**			**0.392**
1. Yapmayı sevdiğim şeylerle meşgul olurum.			**0.461**			**0.627**
17. Sorunlarımı unutmaya çalışır, mutluymuş gibi davranırım.			**0.364**			**0.475**
Eigenvalues:	10.50	7.12	4.63	12.23	7.78	3.99
Explained Variance %:	19.81	13.44	8.73	23.07	14.64	7.52
Cronbach Alpha:	.92	.90	.82	.92	.92	.86
Factor Congruence Scores:	.99	.99	.99	-	-	-

35 Items:	Wives' Guilt Expression (N= 167)			Husbands' Guilt Expression (N= 167)		
	Apology /Appeasement	Denial	Explanations	Apology /Appeasement	Denial	Explanations
9. Eşim için fazladan bir şeyler yaparım.	**0.742**			**0.729**		0.349
8. Eşime normalden daha fazla sevgi ve ilgi gösteririm.	**0.700**			**0.753**		
29. Hatalı olduğumu kabul eder, geri adim atarim.	**0.690**			**0.543**		0.442
37. Gönlünü alacak şeyler yapmaya çalışırım.	**0.688**		0.301	**0.720**		
15. Yaptıklarımı telafi etmeye çalışırım.	**0.665**		0.342	**0.437**		0.650
23. Telafi etmek için onun hoşuna gidecek, seveceği bir şeyler yaparım (şımartmak, jest yapmak gibi).	**0.642**		0.306	**0.692**		
32. Sarılıp, öperim.	**0.632**			**0.686**		
5. Eşime normalde olduğumdan daha iyi davranırım.	**0.629**			**0.700**		
3. Durumu düzeltmek için bir şeyler yapmaya çalışırım.	**0.623**		0.404	**0.487**		0.685
28. Fiziksel yakinlik kurarım, ona sokulurum.	**0.615**		0.301	**0.609**		
26. Alttan alırım/almaya çalışırım.	**0.589**			**0.445**		
7. Eşime yaptığımdan (ya da yapmadığım şeyden) pişmanlık duyduğumu söylerim.	**0.581**			**0.445**		0.599
19. Eşimin yanında davranışlarıma daha özen gösteririm, dikkat ederim.	**0.557**			**0.466**		0.353
1. Özür dilerim.	**0.552**			**0.419**		0.494
13. İleride daha iyi bir es olacağıma dair söz veririm.	**0.530**			**0.442**		0.342
4. Üzgün olduğumu belirten şeyler söylerim.	**0.512**		0.486	**0.442**		0.694
10. Yaptıklarımın sorumluluğunu kabul ederim/üstlenirim.	**0.371**		0.558	**0.321**		0.625
21. Onun da önceden yaptığı hataları hatırlatarak üste çıkmaya çalışırım.		**0.667**			**0.657**	
35. Hiçbir şey olmamış gibi davranırım.		**0.662**			**0.702**	-0.398
20. Sessiz kalır ve konu hakkında pek bir şey söylemem.		**0.660**			**0.655**	
16. Durumun ciddiyetini azaltmaya/önemsiz göstermeye çalışırım.		**0.641**			**0.639**	
27. Hatamı kabul etmem, suçsuzmuş gibi üste çıkmaya çalışırım.		**0.627**			**0.596**	-0.331
11. Yüzüme vurur ya da üstüme gelirse önemli bir şey yaptığımı inkâr ederim.		**0.619**			**0.599**	
31. Hiçbir şey yapmam, tepki vermem, unutur giderim.		**0.598**	-0.363		**0.664**	
18. Olay hakkında konuşmaktan kaçınırım.		**0.578**	-0.325		**0.649**	
33. Konunun üstünü örtmeye çalışır, konuyu hatırlatacak şeyler yapmamaya çalışırım.		**0.535**			**0.664**	

6. İlgili konu/durum hakkında eşimle konuşmaktan kaçınırım.		**0.502**			**0.621**	
24. Haksiz olduğumu pek kabul etmem, kolay kolay özür dilemem.	-0.355	**0.489**			**0.680**	
36. Çok öfkeli davranır üstüme gelirse, susarım.		**0.429**			**0.565**	
12. Eşime yaptığım şeyin nedenlerini/gerekçelerini anlatırım.			**0.800**			**0.808**
14. Öyle davranmamı gerektiren koşulları anlatırım.			**0.739**			**0.819**
25. Neyi neden yaptığımı açıklarım.			**0.718**			**0.712**
17. Eşime olayın neden böyle olduğunu açıklarım.			**0.703**			**0.751**
2. Yaptıklarım için bir açıklama getiririm.	0.465		**0.611**	0.455		**0.548**
38. Özeleştiri yaparım ve yaptıklarımın sorumluluğunu üstlenirim.		-0.311	**0.490**	0.304		**0.504**
Eigenvalues:	9.95	5.03	1.94	4.36	1.62	12.67
Explained Variance %:	28.42	14.38	5.54	12.45	4.64	36.20
Cronbach Alpha:	.91	.84	.85	.93	.88	.89
Factor Congruence Scores:	.99	.75	.99	-	-	-

APPENDIX W.

Tezin Türkçe Özeti

Evlilikte eşlerin tartışma ya da çatışma sırasında hissettikleri duygular, bu duyguları bilişsel olarak nasıl düzenledikleri ve sonuçta çatışma boyunca ne tür davranış örüntüleri sergiledikleri evlilikten algılanan doyum ve evliliğin sürekliliği açısından belirleyicidir (örn. Cordova, Gee ve Warren, 2005; Lafontaine ve Lussier, 2005). Duygular, kişinin içsel psikolojik dünyası ile birlikte sosyal ve fiziksel çevrenin etkileşimi sonucunda ortaya çıkar. Yakın ilişkilerde kişilerin ilişki içerisinde hissettikleri duygular davranışı belirleyen temel öğelerden biridir. Eşin sergilenen duygulara verdiği tepkiler ise kişide yeni duyguların oluşmasına yol açar. Böylece, eşlerin gösterdiği duygu ve davranış arasındaki ilişki iki yönlü olarak ilişki dinamiğini etkiler (Gross ve Thompson, 2007). Yakın ilişkilerde reddedilme korkusu, kıskançlık, kızgınlık, suçluluk ve mutluluk gibi pek çok duygu hissedilir ve bu duygular çatışma sırasında bireyin eşine karşı nasıl davranacağını ve ne tür tepkiler göstereceğini belirler. Özetle, yakın ilişkilerde bir tarafın hissettiği duygular eşinin sergileyeceği davranışı da belirler ve etkileşimin ortaya çıkardığı örüntü ilişkilerin sürekliliğini ve kalitesini etkiler (Mikulincer ve Shaver, 2005).

Bağlanma kuramı yakın ilişkilerde yaşanılan duygular ve duygu düzenlemesindeki bireysel farklılıklara yönelik kapsamlı bir açıklama getirmektedir (Mikulincer ve Shaver, 2003). Bağlanma stillerindeki bireysel farklılıklar ilişkiden algılanan doyum ve ikili ilişkilerin uyumu ile sistematik olarak ilişkilidir. Özellikle güvensiz bağlanmanın ilişki üzerindeki yıkıcı etkisi geçmiş araştırmalarda kapsamlı olarak gösterilmiştir (örn. Mikulincer, Florian, Cowan ve Cowan, 2002). Bu çalışmanın amacı farklı güvensiz bağlanma yönelimlerinin ilişki üzerindeki olumsuz etkisinin hangi süreçler aracılığı ile gerçekleştiğini incelemektir. Spesifik olarak, bu çalışma çatışma sırasında hangi duyguların yaşandığının ve bunların nasıl ifade edildiğinin, karı ve kocanın bağlanma boyutları (kaygı ve kaçınma) ve her iki

eşin evlilik uyumu arasındaki ilişkideki aracılık rolünü araştırmaktır. Geçmiş çalışmalarda her ne kadar bağlanma stillerinin ve/ya boyutlarının ilişkide hissedilen duygular ve davranışlar üzerindeki rolü yaygın olarak çalışılmış olsa da bu çalışmalar genellikle tek bir eşin perspektifi dikkate alınarak yürütülmüştür (örn, Meyers ve Landsberger, 2002; Shi, 2003). Ancak, ilişkilerde tarafların sergiledikleri davranışlar karşılıklı etkileşim sonucunda birbiriyle bağlantılı olarak ortaya çıktığından ikili ilişkilerde eşler birbirinden tamamen bağımsız ve yalıtılmış olarak değerlendirilemez (Agnew ve Etcheverry, 2006; Rusbult, Arriaga ve Agnew, 2001). Bu tez çalışmasında her iki eşin duygu ve davranışları bir arada ele alınarak yazındaki eksiklik giderilmeye çalışılmıştır. Ayrıca, bağlanma boyutları ve hissedilen duygular arasındaki ilişki geçmiş çalışmalarda yaygın olarak incelenmesine karşın, hissedilen duyguların nasıl ifade edildiği ve ifade tarzı üzerinde bağlanma yönelimlerinin olası etkisi yeterince çalışılmamıştır. Geçmiş çalışmalardaki söz konusu eksiklikler dikkate alınarak bu çalışmada eşlerin bağlanmada kaygı ve kaçınma yönelimlerinin hem kendi hem de eşin yaşadığı duygular ve ifade etme tarzları üzerindeki etkisi ve devamında bu etkilerin her iki eşin evlilik uyumunu yordama gücü incelenmiştir.

Bu tez iki temel bölümden oluşmaktadır. İlk bölümde, Türk kültüründe evlilikte yaşanan çatışmalar sırasında yaşanılan başat duygular ve bu duyguların kültüre özgü dışavurum biçimlerini saptamak amacıyla nicel ve nitel yöntemlerle ön çalışmalar yapılmıştır. İkinci bölümde ise ön çalışmalarda elde edilen veriler kullanılarak önerilen aracı değişkenli modeller test edilmiştir. Araştırmada ele alınan temel konuların kuramsal çerçevesi, kısa yazın özeti ve görgül çalışmalardan elde edilen bulgular aşağıdaki bölümlerde özetlenmektedir. Daha sonra ise çalışmanın temel amacı ve araştırma soruları sunulmuştur.

Bağlanma Kuramı ve Yetişkinlikte Bağlanma

Bağlanma kuramına (Bowlby, 1973; 1982) göre her çocuk ona temel bakımı veren bağlanma kişisi (genellikle anne) ile duygusal bir bağ kurar. Bağlanma kişisi ile kurulan ilişkinin kalitesine bağlı olarak (örn, çocuğun ihtiyaç duyduğu zamanlarda ulaşılabilir olması ve ihtiyaçlarına duyarlılık göstermesi) çocuklar

olumlu ya da olumsuz içsel benlik ve başkaları modelleri geliştirirler. Ainsworth ve arkadaşlarının (1978) "yabancı ortam" yöntemi kullanarak elde ettikleri bulgularına göre güvenli bağlanan çocuklar, bağlanma kişileri (çoğunlukla ebeveynler) yanlarında iken ortamı araştırmak için istek duyar ve stres durumunda ise ebeveynlerinin ulaşılabilir ve ihtiyaçlarına duyarlı olduklarını düşünürler. Böylece çocuk hem kendi değerlik duygusunu geliştirirken hem de ebeveynlerini de stres durumunda sığınabilecekleri güvenli bir üs olarak görürler. Güvensiz, özellikle kaygılı-dirençli bağlanan çocukların ebeveynlerinin ise çocukların ihtiyaçlarına karşı tutarsız tepkiler verdikleri bilinmektedir. Diğer bir deyişle, çocuğun ihtiyaçlarına bazen olumlu tepki gösteren bazen de ulaşılabilir olmayan ebeveynler, çocuğun güven ve değerlik duygusunun oluşumunu olumsuz etkilerler. Çocuğun ihtiyaçlarına tamamen duyarsız kalmak veya reddedici davranışlar ise çocukta kaçınmacı bağlanmaya yol açar. Bu tür bağlanma kişileri tarafından büyütülen bir çocuk stres durumunda ebeveyni güvenli bir üs olarak algılamaz ve ebeveynle güvenli bir ilişki kurmakta zorluk çeker. Özetle, bağlanma kuramına göre, tutarlı bir şekilde olumlu ve duyarlı ebeveyn davranışları çocuklukta olumlu benlik ve başkaları modelleri ve güvenli bağlanma ile ilişkili iken, tutarsız, ilgisiz ve reddedici ebeveyn davranışları olumsuz bağlanma modelleri ve güvensiz bağlanmayla ilişkilidir.

Geçmiş araştırmalar erken bağlanma örüntülerinin, yetişkinlikte kurulan ilişkilerinin kalitesini yordamadaki rolünü araştırmışlardır. Ebeveynle kurulan genel bağlanma örüntülerinin her ne kadar daha sonraki ilişkileri etkilediği gösterilse de yetişkinlikte kurulan ilişkilerde ilişki dinamiğine bağlı olarak farklı bağlanma örüntülerinin de gelişebileceği ve değişebileceği gösterilmiştir (Miller ve Hoicowitz, 2004; Sibley ve Overall, 2008). Özetle, genel bağlanma örüntüleri daha çok kişinin genel psikolojik uyumu ile yakından ilişkili bulunurken, spesifik ilişkilerin uyumunda (arkadaşlık veya romantik ilişki gibi) ilişki partnerine bağlanma stilinin önemi vurgulanmaktadır (Cozzarelli ve ark., 2000).

Bağlanma üzerine yapılan son dönemdeki araştırmalar yetişkinlikteki bağlanma davranışlarının, bağlanmaya ilişkin kaygı ve bağlanmaya ilişkin kaçınma

olmak üzere iki farklı boyut üzerinden tanımlanabileceğini göstermiştir. Bu iki boyut özellikte ilişkide yaşanan stresli durumlarda gösterilen farklı davranışsal/duygusal stratejilerle ilişkilidir.

Kaygılı bağlanan bireyler, çatışma durumunda yüksek düzeyde *bağlanmayı etkinleştirme* (hyperactivation) stratejileri kullanarak eşlerini daha fazla ilgi ve destek vermeleri için sürekli zorlarlar. Yakın ilişkiler açısından kaygılı bağlanan kişiler kendi değerlikleri hakkında sürekli şüphe duyduklarından yüksek tehdit algısı yaşarlar. Ayrılık ve terk edilme korkuları yüksek olduğu için eşlerine sürekli baskı uygulayarak yakın olmaya çalışırlar ve onlardan sürekli ilgi ve şefkat beklerler. Diğer taraftan kaçınmacı bağlanan kişiler *etkinleştirmeyi engelleme* (deactivation) stratejileri kullanarak başkalarının yardımına ihtiyaç duymaksızın stresle baş etmede kendi kendine yetmeye odaklanırlar. Bu kişilerin genel olarak eşlerine ve ilişkiye karşı olumsuz algıları ve beklentileri vardır. Bu yüzden de eşlerine daha mesafeli ve uzak dururlar. Diğer taraftan da kendi öz yeterliklerine ve bağımsızlıklarına aşırı vurgu yaparlar (Main, 1990; Mikulincer ve Shaver, 2003; 2007).

Evlilik İlişkilerinde Bağlanma ve Hissedilen Duygular

Eşlerin çatışma sırasındaki davranışları ve çatışmayla baş etme stratejileri ilişkilerde mutluluğu ve ilişkilerin sürekliliğini etkiler. Eşlerin olumlu ve yapıcı iletişim becerileri uzun dönemde ilişkinin sürekliliği ve evlilikten algılanan doyumla ilişkili iken, olumsuz ve yıkıcı davranış örüntüleri mutsuzluk ile ilişkili olduğu bulunmuştur (Gottman ve Krokoff, 1989).

Yakın zamanda yapılan çalışmalar çatışmanın ilişki üzerindeki etkisini daha iyi anlayabilmek için özellikle eşlerin hissettikleri ve ifade ettikleri duygulara yoğunlaşmışlardır. Araştırmalar olumsuz ve nötr duyguların evli çiftlerde boşanmayı yordadığını (Gottman ve Levenson, 2002) ve hatta olumsuz duyguların işlevsiz ve yıkıcı olarak ifade edilmesinin yeni evli çiftlerde şiddet eğilimi ile yakından ilişkili olduğunu göstermiştir (McNulty ve Hellmuth, 2008). Sonuç olarak, olumlu ya da olumsuz duygu deneyimi ikili ilişkilerin devamlılığı açısından

kritik bir rol oynamaktadır. Yazındaki bulgular kişilerin hissettikleri olumsuz duygu ve bu duyguları düzenleme biçimlerinin bağlanma boyutları ile ilişkili olduğunu ya da sonuç değişkenlerine aracılık ettiğini göstermiştir (Collins, 1996; Mikulincer ve Shaver, 2008).

Geçmiş çalışmalar, bağlanma kuramı ve duygular arasındaki ilişkiyi incelerken genellikle bütün olumsuz duyguları tek bir çatı altında kümelendirerek, duygusal stres ya da olumsuz duygu durumu değişkeni olarak ele alarak bağlanma stillerinin duyguları belirlemedeki rolünü araştırmışlardır (örn., Collins, 1996; Collins ve ark., 2006; Gross ve John, 2003).). Ancak, yakın dönemdeki pek çok araştırma farklı duyguların ilişkilerde hem duyguyu ifade eden kişinin hem de eşinin davranışları üzerinde farklı etkilere neden olabileceğini göstermektedir. Örneğin, kızgınlık ve üzüntü gibi duygular genel olarak olumsuz duygu durumu olarak gruplandırılsa da bu iki olumsuz duygu durumunun ilişkilerde farklı sonuçlara yol açtığı bulunmuştur. Üzüntü ve hayal kırıklığı gibi duygular evlilikte mutluluk, olumlu iletişim ve düşük düzeyde çatışma ile ilişkili bulunurken, kızgınlık, öfke ve hiddet gibi duyguların evlilikte çatışma, olumsuz iletişim ve mutsuzluk gibi sonuç değişkenleriyle ilişkili olduğu bulunmuştur (örn., Bell ve Song, 2005; Rivers, Brackett, Katulak ve Salovey, 2007). Üzüntü ve hayal kırıklığı gibi duygular çatışma sırasında eşten yardım isteğini çağrıştırabilir ve hatta eşler arasında yakınlığın artmasına neden olabilir. Kısacası geçmiş çalışmalarda yakın ilişkilerde duyguların etkisi incelenirken duygular kümelenerek incelenmiştir. Oysa, farklı duyguların neden olabileceği farklı etkilere odaklanmanın ilişki dinamiğine ilişkin daha kapsamlı bilgi vereceği öne sürülmektedir (Sanford ve Rowatt, 2004).

Bağlanma kuramına göre olumsuz duygu deneyimi bağlanma sistemini harekete geçirir ve içsel çalışan modelleri kişilerin bağlanma boyutlarına göre duygularını farklı şekillerde düzenlemelerine ve ifade etmelerine neden olur. Mikulincer ve Shaver (2005) eşle ilişkili sorunlar kaygılı bağlanan kişiler için *utanç* ve *umutsuzluk* duygularına yol açarken, kaçınmacı bağlanan kişiler için *kızgınlık* ve *düşmanlık* duygularını ortaya çıkarmaktadır. Eşle ilişkili olmayan sorunlar ise kaygılı bağlanan kişiler için daha çok kişisel *huzursuzluk* ve *umutsuzluk*

duygularına yol açarken, kaçınmacı bağlanan eşlerde daha çok *acıma, düşmanlık* ve *aşağılama* gibi duyguları ortaya çıkarmaktadır. Benzer şekilde Feeney (1998) romantik ilişkilerden fiziksel ayrılma sürecinde kaygılı bağlanan eşlerin *umutsuzluk* ve *kızgınlık* hissederken, bu duyguları hakkında daha az konuşma eğilimleri olduğunu bulmuştur. İlgili yazında ayrıca kaygılı bağlanan eşlerin güvenli ve kaçınmacı bağlanan eşlere göre daha çok kızgınlık, suçluluk, korku ve gerginlik gibi olumsuz duygu deneyimi yaşarken (Kerr ve ark., 2003), kaçınmacı bağlanan eşlerin daha az utanma ve korku hissettikleri bulunmuştur (Consedine ve Fiori, 2009).

Buna karşılık güvenli bağlanmanın ise daha çok mutluluk, merak, üzüntü, korku, kızgınlık gibi duygularla ilişkisi bulunmuştur. Consedine ve Magai (2003) güvenli bağlanan kişilerin yakın ilişkilerde hem olumlu hem de olumsuz duygular hissederken, olumsuz duygularını güvensiz bağlanan kişilere göre daha yapıcı şekilde düzenlediklerini ve açık ve olumlu iletişim becerilerinin olduğunu göstermişlerdir. Bununla tutarlı olarak, Davila, Bradbury ve Fincham (1998) evlilik ilişkilerinde yaşanan çatışmada, kaygılı ve kaçınmacı bağlanan karı ve kocaların daha çok olumsuz duygu durumu hissettiklerini ve bu duyguların hem kadının hem de erkeğin evlilik doyumunu olumsuz etkilediğini bulmuşlardır. Ancak bu araştırmacılar olumsuz duygu durumunu bütün olumsuz duyguları tek bir çatı altında toplayarak ölçmüşler ve farklı olumsuz duyguların neden olabileceği farklı etkileri göz ardı etmişlerdir. Sonuç olarak, güvensiz bağlanmanın evlilik ilişkilerinde yol açtığı etkileri anlayabilmek için bu etkilerin hangi duygular aracılığıyla oluştuğunu ortaya çıkarmak önem kazanmaktadır. Mikulincer ve Shaver'in (2005) kızgınlık, üzüntü ve suçluluk duygularının bağlanma sistemi ile doğrudan ilişkili olduğu görüşünden hareketle bu çalışmada özellikle bu üç temel duygu üzerine odaklanılmıştır.

Evlilik İlişkilerinde Bağlanma ve İfade Edilen Duygular

Geçmiş çalışmalar olumsuz duyguların ilişkide her zaman için yıkıcı bir rol oynamadığını göstermektedir. Önemli olan bu duyguların nasıl ifade edildiğidir. Diğer bir deyişle, kızgınlık ve üzüntü gibi olumsuz duygular yapıcı bir şekilde ifade

edildiğinde, aslında ilişkide yakınlık duygusunu pekiştirerek evlilikte doyumu arttırıcı bir rol oynayabildiği gözlenmiştir (Guerrero, La Valley ve Farinelli, 2008). Sonuç olarak evlilik ilişkilerinin sürekliliği için, çatışmalarda yaşanılan olumsuz duygulardan öte kişilerin bu duyguları nasıl ifade ettikleri önem kazanmaktadır. Kişilerin duygularını nasıl ifade ettikleri ise bağlanma boyutları ile yakından ilişkili bulunmuştur (örn., Guerrero ve ark., 2009).

Kaygılı bağlanan kişiler ilişkilerinde yüksek etkinleştirme stratejileri kullanarak yoğun bir şekilde olumsuz duygu deneyimi yaşarken, bunları yıkıcı ve olumsuz bir şekilde ifade etme eğilimindedirler (Mikulincer ve Nachshon, 1991). Bu kişiler eşlerinin ulaşılabilirliği ve güvenirliği ile ilgili sürekli kaygı yaşadıkları ve reddedilme duyarlılıkları çok yüksek olduğu için çatışma sırasında eşlerinin üzerinde sürekli baskı kurarak onlara hükmetme eğilimindedirler (Corcoran ve Mallinckrodt, 2000). Yüksek düzeyde bağlanmayı etkinleştirme stratejileri çatışmayı daha da yoğun hale getirmelerine ve daha saldırgan tavırlar göstermelerine ve duygu odaklı baş etme stratejileri kullanmalarına neden olmaktadır (Mikulincer ve Shaver, 2003). Kaygılı bağlanan kişiler bir taraftan eşlerinin ilgi, destek ve sevgisini kazanmak için zorlayıcı, hatta yıkıcı ve duygu odaklı çatışma stratejileri kullanırlarken diğer taraftan da eşlerinin terk etme ya da reddetme eğilimlerini hissederlerse onlarla bütünleşmek için çaba sarf ederler. Bu çelişki bağlanma yazınında yaklaşma-kaçınma çelişkisi olarak adlandırılmaktadır (Mikulincer ve Shaver, 2007). Araştırmacılar, kaygılı bağlanan kişilerin hem yaklaşma hem de kaçınma stratejilerini destekleyen bulgular elde etmişlerdir. Bir taraftan, bazı araştırmacılar bu kişilerin eşlerine kızgınlıklarını ifade ederken daha çok yaygın (distributive) kızgınlık stilini kullandıklarını bulurken (Guerrero ve ark., 2009), bazı araştırmacılar ise bu kişilerin yoğun bir şekilde kızgınlık hissetmelerine karşın reddedilme korkusu yüzünden ilişkide bunu ifade etmekten kaçındıklarını bulmuşlardır (Feeney, 1995; 1998).

Yakın ilişkilerde kaygılı bağlanan kişiler çatışma durumunda genellikle yüksek düzeyde bağlanma etkinleştirme stratejileri ile uyumlu davranış örüntüleri gösterirken, kaçınmacı bağlanan kişiler etkinleştirmeyi engelleme stratejileri ile

uyumlu davranışlar göstermektedirler. Spesifik olarak, bu kişiler genellikle çatışma ve stres durumunda bunu yaratan ortamdan kaçınma eğilimi göstermektedirler (Mikulincer ve Shaver, 2003). Kaçınmacı, özellikle kayıtsız kaçınmacı, bağlanan kişiler olumlu benlik modellerine sahip olduklarından kendilerini genellikle diğer insanlardan bağımsız ve kendi başlarına yeterli hissederler. Kendi kendilerine yetmeye fazla odaklandıkları için de kaygılı bağlanan kişiler gibi duygusal olarak sürekli iniş çıkış yaşamazlar (Mikulincer ve Shaver, 2007). Güvenli ve kaygılı bağlanmaya göre, kaçınmacı bağlanma genellikle düşük düzeyde duygu deneyimi ve duygu ifadesi ile ilişkili bulunmuştur (Kerr ve ark., 2003). Etkinleştirmeyi engelleme stratejileri, kaçınmacı bağlanan kişilerin genellikle olumsuz duygularını göz ardı etmelerine veya bastırmalarına ve yakınlık duygusuna ilişkin ihtiyaçlarını inkâr etmelerine neden olmaktadır (Mikulincer ve Shaver, 2003). Bu bastırma eğilimleri, özellikle onları güçsüz kılarak olumlu benlik modellerini zedeleme ihtimali bulunan kızgınlık, üzüntü, utanç, suçluluk ve korku duyguları için geçerlidir. Ayrıca, bu kişiler ilişkide yakınlığı arttırabilecek ve ilişkide daha fazla yatırıma neden olabilecek mutluluk ve eğlence gibi duyguları da fazla göstermek istemezler (Cassidy, 1994). Kaçınmacı bağlanan kişilerin temel eğilimi kaçınmacı stratejiler olsa da, bu duygularını bastıramadıkları durumlarda baskıcı ve yıkıcı şekilde davranabilirler. Hatta ilgili yazında kaçınmacı bağlanma şiddet eğilimine neden olan aktif ve yıkıcı kızgınlık stili ile doğrudan ilişkili bulunmuştur. Özellikle erkeklerin kaçınmacı bağlanma yöneliminin evlilik ve yakın ilişkilerde psikolojik şiddet eğilimlerini doğrudan yordadığı gözlenmiştir (Lafontaine ve Lussier, 2005).

Evlilikteki Bağlanma İlişkilerinde Cinsiyet ve Kültürün Rolü

Geçmiş araştırmalar evlilik ilişkilerinde her iki eşin de güvenli bağlandığı çiftlerin daha yaygın olmasına karşın her iki eşin de kaçınmacı ya da kaygılı bağlandığı çiftlerin daha nadir olduğunu göstermiştir. İki eşin de farklı güvensiz bağlandığı koşullarda ise bu eşleşmenin daha çok kaçınan erkek ve kaygılı bağlanan kadın çift bileşimi olduğu bulunmuştur (örn., Kirkpatrick ve Davis, 1994).

Her iki eşin de güvenli bağlandığı çiftler ilişki istikrarı ve uyumu açısında en avantajlı konuma sahiptir. Bu çiftler, güvensiz bağlanan çiftlere oranla

ilişkilerinde daha fazla mutluluk ve bağlılık hissettiklerini, eşlerine daha yakın olduklarını, çatışma durumunda çatışmanın yarattığı olumsuz duyguları daha yapıcı şekilde ifade edebildiklerini ve ebeveynlik rollerinde kendilerini daha yetenekli ve yetkin hissettiklerini belirtmişlerdir (Senchak ve Leonard, 1992; Volling ve ark., 1998).

Buna karşılık geçmiş çalışmalar, eşlerden birinin kaçınan, diğerinin kaçınmacı olduğu çiftlerin daha yıpratıcı davranış örüntüleri sergileyerek ilişkilerinde daha çok sorun yaşadıklarını göstermektedir. Bu çiftlerden biri yakınlık ve ilgi ihtiyacı ile diğer eşe yaklaşmaya çalışırken, bu davranışları eşlerinin kaçınmacı davranışlarını pekiştirmektedir. Eşlerinin geri çekilme davranışları ise bu kişinin zorlayıcı ve baskıcı davranış örüntülerini daha da arttırmaktadır. Batı kültüründe son dönemde yapılan çalışmalar, kadının kaygılı, erkeğin kaçınmacı bağlandığı çiftlerin ilişki açısından daha çok sorun yarattığını göstermektedir. Kadınlar, eşleri kaçınmacı bağlandığında ilişkilerinden daha mutsuz olduklarını ve daha fazla çatışma yaşadıklarını ifade ederken, erkekler ise eşleri kaygılı bağlandıklarında ilişkilerinden daha mutsuz olduklarını ve ilişkilerinde daha fazla çatışma yaşadıklarını ifade etmektedirler (Banse, 2004; Brassard ve ark., 2009; Kane ve ark., 2007). Bu örüntünün tersine, toplulukçu kültürlerde yapılan çalışmalarda ise kadının kaçınmacı, erkeğin kaygılı bağlandığı ilişkilerin ilişki dinamiği açısından daha sorunlu olduğu belirtilmiştir. Örneğin, Harma ve arkadaşları (2012) Türk kültüründe, kadınlarda kaçınmacı bağlanmanın erkeklerde kaçınmacı bağlanmaya göre ilişki doyumunu daha olumsuz etkilediğini göstermişlerdir. Ayrıca, toplulukçu kültürlerdeki evlilik ilişkilerinde kaygılı bağlanmadan ziyade kaçınmacı bağlanmanın daha yıkıcı etkilere yol açabileceği ileri sürülmüştür (Sümer ve Kağıçıbaşı, 2010). Türk kültüründe duygusal bağlılık ve ilişki uyumu daha fazla değerli görüldüğü ve vurgulandığı için (Kağıtçıbaşı, 2007), özellikle kadınların kültürel beklentilere ve cinsiyet rollerine karşıt bir şekilde, evliliklerinde bağımsız ve kendi kendine yeterliliğine çok fazla vurgu yapan, kaçınmacı davranış örüntüleri ilişkilerde daha olumsuz sonuçlar ortaya çıkarabilir.

Çalışmanın Amacı ve Araştırma Soruları

Bu çalışmanın amacı Türk kültüründe evlilik ilişkilerinde her iki eşin özelliklerini de dikkate alarak bağlanma boyutları ve çatışmada hissedilen ve ifade edilen farklı duyguların eşlerin evlilik uyumları üzerindeki etkisini incelemektir. Araştırma iki ana bölümden oluşmaktadır. İlk bölümde hem niteliksel hem de niceliksel ön çalışmalar yoluyla evlilikte olası çatışmalarda gözlenen Türk kültürüne özgü duygu ifade tarzları incelenmiştir.

Niteliksel yönteme dayalı ön çalışmada, Türk kültüründe evli kişilerin çatışma sırasında en çok hangi duyguları yaşadığı, hangi konularda daha fazla sorun yaşadıkları ve eşlerine karşı kızgınlık, üzüntü ve suçluluk duygularını nasıl ifade ettiklerini araştırmak için yarı yapılandırılmış mülakatlar yapılmıştır. Niceliksel yöntemle yapılan ön çalışmada ise Guerrero'nun (1994; Guerrero ve ark. 2008; 2009) yakın ilişkilerde kızgınlık, üzüntü ve suçluluk duygularının ifade tarzlarını ölçmek amacıyla geliştirdiği ölçeklerinin Türkçeye uyarlanması yapılmıştır.

Bağlanma yazınında güvenli bağlanma ile ilişki doyumu arasındaki güçlü bir ilişkinin bulunması, bu ilişkiye aracı olabilecek farklı değişkenlerin araştırılmasına yol açmıştır. İlgili yazında, olumsuz duyguların ve bunların işlevsel olmayan biçimde ifade edilmesinin ilişkinin sonlanması ya da boşanma ile yakından ilişkili olması da, bu tür duyguların bağlanma boyutları ve evlilik uyumu arasındaki ilişkiye aracılık edebileceğine işaret etmektedir. Geçmiş araştırmalarda ele alınan ilişkiler genellikle tek bir eşten elde edilmiştir. Ayrıca, duygular arasındaki niteliksel veya işlevsel farklılıklar yeterince dikkate alınmamıştır. Özellikle suçluluk duygusunun nasıl ifade edildiği ve bunun bağlanma boyutlarıyla olan ilişkisi daha önce çalışılmamıştır. Bu çalışmada evlilik ilişkilerinin dinamik yapısı ve eşlerin karşılıklı etkisi göz önüne alınarak ilgili yazındaki bu eksikler giderilmeye çalışılmıştır.

Özetle ana çalışmada ön çalışmalardan elde edilen bulgulara dayanarak hissedilen ve ifade edilen duyguların eşlerin bağlanma boyutları ve evlilik uyumu

arasındaki ilişkideki aracı rolü incelenmiştir. Ana çalışma kapsamında yanıtlanması öngörülen hipotezler şunlardır:

H1: Evli çiftlerin bağlanma boyutları hem kendilerinin (aktör etkisi) hem de eşlerinin (partner etkisi) evlilik uyumlarını yordayacaktır.

H2: Eşlerin bağlanma boyutları ve evlilik uyumları arasındaki ilişkide eşlerin çatışma sırasında hissettikleri kızgınlık, suçluluk ve üzüntü duyguları aracı değişken rolü oynayacaktır.

H3: Eşlerin bağlanma boyutları evlilik uyumlarını hem doğrudan hem de kızgınlık ifade stilleri aracılığıyla yordayacaktır.

H4: Eşlerin bağlanma boyutları evlilik uyumlarını hem doğrudan hem de üzüntü ifade stilleri aracılığıyla yordayacaktır.

H5: Eşlerin bağlanma boyutları evlilik uyumlarını hem doğrudan hem de suçluluk ifade stilleri aracılığıyla yordayacaktır.

H6: Erkeklerin bağlanma boyutları kadınların bağlanma boyutları ve sonuç değişkenleri arasındaki ilişkide anlamlı bir rol oynayacaktır.

Yöntem

Ön Çalışmalar

Ana çalışma öncesi yürütülen ön çalışmalarda hem Türk kültürüne özgü kızgınlık, suçluluk ve üzüntü ifade stilleri ortaya çıkarılmış hem de Guerrero'nun (1994; Guerrero ve ark. 2008; 2009) duygu ifade stilleri ölçeklerinin uyarlama çalışması yapılmıştır.

İlk niteliksel ön çalışmada 33 evli kişi ile yarı yapılandırılmış mülakatlar yapılmış ve bu kişilere evlilik ilişkileri ile ilgili genelden özele doğru 17 soru sorulmuştur. Öncelikle genel olarak evliliklerini nasıl tanımladıkları, ne sıklıkta ve hangi konularda sorun yaşadıkları sorulmuş ve daha sonra özellikle eşlerine karşı kızgın, üzgün/depresif ve suçlu hissettikleri tartışma durumlarına yoğunlaşmaları istenmiştir. Bu tür duygularını nasıl ifade ettikleri ve eşlerinin buna nasıl tepki verdiği ve genel olarak sorunlarını nasıl çözümledikleri ya da çözümleyemedikleri

de sorulmuştur. Yapılan içerik analizi sonuçlarına göre evli kişiler genel olarak dokuz çatışma alanından bahsetmişlerdir. Bunlar farklı kişilikler ve beklentiler, iş bölüşümü/sorumluluklar, iletişim problemleri, yakınlık/destek, geniş aile, çocuk/çocuk bakımı, birlikte geçirilecek zaman miktarı, özel yaşam/sınırlar ve sigara/alkol bağımlılıkları alanlarından oluşmaktadır. İletişim problemleri katılımcıların en çok sorun yaşadıkları alan olarak ortaya çıkmıştır (33 kişiden 19 kişi).

Yapılan içerik analizi sonuçları, kızgınlık ifadesi açısından dört ana kategori ortaya çıkarmıştır, bunlar yaygın, pasif, kaçınmacı ve olumlu/bütünleyici kızgınlık ifade biçimleridir. Üzüntü ifade stilleri açısından sessiz kalma/ bastırma, yapıcı ve olumlu ifade, depresif duygu durumu, yıkıcı ve olumsuz davranış, sosyal destek arama/eşe bağımlı davranış ve dikkat dağıtıcı faaliyetlere girme olmak üzere altı ana kategori belirlenmiştir. Suçluluk ifadesi ise üç ana kategori altında toplanmıştır; bunlar özür dileme/açıklama getirme, ödün verme/affettirme ve inkâr davranış tarzlarıdır.

Niceliksel ikinci ön çalışmaya ise erken evlilik döneminde olan 130 evli kişi katılmıştır. Guerrero'nun (1994; Guerrero ve ark. 2008; 2009) kızgınlık, üzüntü ve suçluluk ifade stilleri ölçekleri standart çeviri, tekrar çeviri yöntemleri kullanılarak, alanında uzman üç sosyal psikolog tarafından Türkçeye çevrilmiştir. Çeviriler arasındaki farklılıklar tartışılmış ve ölçek son haline getirilerek tekrar ana dili olan İngilizceye geri çevrilmiştir ve bu iki ölçeğin tutarlılığı karşılaştırılmıştır. Bulgular Türkçeye uyarlanan ölçeklerin faktör yapıları ile orijinal faktör yapılarının oldukça tutarlı olduğunu göstermektedir. Sadece üzüntü ve suçluluk ifade stilleri ölçeklerindeki bazı alt ölçekler tek bir alt boyut altında toplanmıştır. Ana çalışmada içerik analizinden elde edilen kızgınlık, üzüntü ve suçluluk duygularının ifade stilleri ile ilgili kültüre özgü tematik üniteler ve Türkçeye uyarlanan Guerrero'nun orijinal duygu ifade ölçekleri tek bir çatı altında toplanarak kullanılmıştır.

Ana Çalışma

Katılımcılar

Ana çalışmaya Ankara'da oturan erken evlilik döneminde olan 170 evli çift katılmıştır. Başlangıç analizlerinde üç kadın katılımcının cevaplarında çok değişkenli aşırı değerler bulunduğundan, bu katılımcılar ve eşleri geri kalan analizlere dahil edilmemiştir. Böylece analizler 167 evli çiftin (334 katılımcı) verisi üzerinden yürütülmüştür. Katılımcıların evlilik süreleri 1 ila 15 yıl arasında ve yaş aralıkları 23 ila 52 arasında değişmektedir. Elli beş (% 32.9) çiftin hiç çocuğu yoktur, 68 (% 40.7) çiftin bir çocuğu, 41 (% 24.6) çiftin iki çocuğu ve 3 (% 1.8) çiftin üç çocuğu olduğu rapor edilmiştir.

Kullanılan Ölçüm Araçları

Çatışmada hissedilen duyguları ölçmek için Temel Duygu Ölçeği (Power ve Dalgleish, 2008) ve Duygu Durum Sıfatları Listesinden dört madde (Nowlis, 1965) kullanılmıştır. Katılımcılara ön çalışmada Türkçeye uyarlanmış orijinal kızgınlık, üzüntü ve suçluluk ölçeklerine (Guerrero, 1994) ilaveten içerik analizi sonucunda ortaya çıkan kültüre özgü maddeler de eklenerek yeni Likert-tipi kızgınlık, üzüntü ve suçluluk ifade stilleri ölçekleri uygulanmıştır. Ayrıca, bağlanma kaygı ve kaçınma boyutları Yakın İlişkilerde Yaşantılar Envanteri-II (Fraley, Waller ve Brennan, 2000) kullanılarak ve sonuç değişkenleri ise Çift Uyum (Spanier, 1976) ve İlişkilerde Mutluluk Ölçekleri (Fletcher, Fitness ve Blampied, 1990) kullanılarak ölçülmüştür. Çift Uyum Ölçeği 2 ila 7'li Likert-tipi maddelerden oluşmaktadır. İlişkilerde Mutluluk Ölçeği ise 5'li Likert-tipi bir ölçümdür. Geri kalan bütün ölçekler ise 7-basamaklı Likert ölçeği üzerinden yanıtlanmıştır.

Kullanılan Analiz Teknikleri

Önerilen aracı değişken modelleri Aktör-Partner Bağımlılık Modeli (APIM, Kenny, 1996) kullanılarak bir dizi iz (path) modelleri ile LISREL 8.51 (Jöreskog ve Sörbom, 1993) kullanılarak test edilmiştir. Eşlerin davranış ve duyguları birbirine bağımlı olduğu için APIM perspektifi kullanılmıştır. Bağımsız değişkenler arasındaki korelasyonlar ve aracı ve bağımlı değişkenler arasındaki hatalar kendi

içlerinde birbirleri ile ilişkilendirilmiştir. Bunun yanı sıra, SPSS programı kullanılarak yapılan hiyerarşik/moderatör regresyon analizleri ile erkeklerin bağlanma boyutlarının eşlerinin bağlanma boyutları ve sonuç değişkenleri arasındaki ilişkide belirleyici rolü incelenmiştir.

Bulgular

Betimleyici İstatistikler

Çalışma değişkenleri arasındaki korelasyonların yönleri beklenilen doğrultudadır. Karı ve kocaların kaygılı ve kaçınmacı bağlanma boyutları her iki eşin evlilik uyumu ve evlilik doyumu ile olumsuz ilişki göstermektedir. Genel olarak, kadınların ve erkeklerin bağlanma boyutları yıkıcı duygu ifadeleri ile olumlu ilişki gösterirken, yapıcı duygu ifadeleri ile olumsuz ilişki göstermektedir. Kızgınlık, üzüntü ve suçluluk duygularının yapıcı ifade edilme stilleri kendi aralarında olumlu ilişki gösterirken, bu duyguların yıkıcı ve olumsuz ifade edilme stilleri ile olumsuz ilişki göstermektedir. Ayrıca bağımsız değişkenler ile (kadın ve kocanın kaygılı ve kaçınmacı bağlanma boyutları) bağımlı değişkenler (eşlerin evlilik uyumu) arasındaki korelasyonlar, aracı değişkenlerle (hissedilen ve ifade edilen duygu stilleri) bağımlı değişkenler arasındaki ilişkiden çok daha güçlü bulunmuştur.

Bağlanma boyutlarının yanı sıra bağlanma stillerinin (güvenli, korkulu, kayıtsız ve saplantılı bağlanma) sonuç değişkenleri üzerine etkisini anlayabilmek için kaygılı ve kaçınan boyutları kullanılarak kümeleme (cluster) analizi ile katılımcılar dört ayrı bağlanma kategorilerine atanmışlardır. Örneklemden152 (45.5%, 79 kadın ve 73 erkek) katılımcının eşlerine güvenli bağlandığı, 106 (31.7%, 61 kadın ve 45 erkek) katılımcının saplantılı, 34 (10.2%, 8 kadın ve 26 erkek) kişinin kayıtsız ve son olarak 42 (12.6%, 19 kadın ve 23erkek) kişinin eşlerine korkulu bağlandığı bulunmuştur. Daha sonra her bir değişken üzerinde 4 (bağlanma grupları) X 2(cinsiyet) ANOVA yapılmıştır.

Sonuçlar genel olarak, güvenli bağlanan kişilerin, diğer üç güvensiz bağlanma kategorilerindeki kişilere göre, evlilik uyumlarının ve doyumlarının daha

yüksek olduğu, daha yapıcı duygu ifade etme stilleri kullandıkları ve çatışma sırasında daha az olumsuz duygu hissettikleri bulunmuştur. Buna karşılık saplantılı bağlanan kişilerin ise eşlerine kayıtsız bağlanan kişilere göre evlilik uyumu ve doyumu daha yüksektir. Ayrıca bu kişilerin eşlerine daha fazla yaygın kızgınlık ifadesi, sosyal destek arama/eşe bağımlı davranış ve suçluluk ifadesinde ise daha fazla özür dileme/affettirme ve açıklama getirme davranış örüntüleri gösterdikleri bulunmuştur. Bütün bağımlı değişkenler üzerinde bağlanma stillerinin temel etkisi olsa da, çatışma sırasında hissedilen suçluluk duygusu üzerinde bağlanma stillerinin temel etkisi anlamlı bulunmamıştır. Kadın ve erkekler arasında sonuç değişkenler bakımından farklılıklar bulunmuştur. Şöyle ki, kadınlar kocalarına göre daha fazla pasif kızgınlık ifade tarzı, suçluluk anında daha fazla açıklama getirme davranış örüntüleri gösterdiklerini ve çatışma sırasında daha fazla üzüntü ve hayal kırıklığı hissettiklerini bildirmişlerdir. Erkekler ise eşlerine göre daha fazla evlilik doyumu ve çatışma sırasında daha fazla suçluluk hissettiklerini belirtmişlerdir.

Aracı Modellere İlişkin Bulgular

Yaşanan duyguların ve bunların ifade etme tarzlarının karı ve kocanın bağlanma boyutları ve her iki eşin evlilik uyumu arasındaki ilişkideki aracı değişken rolünü araştırmak için APIM modeli kullanılarak bir dizi iz (path) analizi yapılmıştır. Kızgınlık, üzüntü ve suçluluk duygularının ifadeleri için üç ayrı iz analizi yürütülmüştür. Bağımsız değişkenler arasındaki korelasyonlar ve aracı ve bağımlı değişkenler arasındaki hatalar birbirleri ile ilişkilendirilmiştir. Kenny ve arkadaşlarının (2006) önerdiği gibi öncelikle bağımsız değişkenlerden aracı değişkenlere ve bağımlı değişkenlere olan ilişkiler, ayrıca aracı değişkenlerden bağımlı değişkenlere olan ilişkiler tanımlanmıştır (fully saturated models). Daha sonra ilgili modelde istatistiksel olarak anlamsız olan bütün bağlantılar (beta değerleri) tek tek çıkarılarak model sürekli olarak yeniden test edilmiştir. Bu süreç içerisinde, eğer modifikasyon endeksinde her hangi bir ilişkinin yeniden anlamlı olabileceği işaret edilirse, bu ilişki tekrar model içerisinde tanımlanmıştır. En son model, bütün anlamsız ilişkilerin çıkarıldığı, sadece anlamlı olan ilişkilerden oluşmaktadır.

Hissedilen ve ifade edilen duyguların aracı rolünü test eden dört ayrı iz modeli ve eşlerin bağlanma boyutları ve evlilik uyumu arasındaki direk ilişkiyi test eden modelin sonuçları istatistiksel olarak anlamlı bulunmuştur. Her bir modelin ki-kare değerleri anlamsız ve model uyum endeksleri olması gereken aralıklarda bulunmuştur. Bütün modellerde hem kadının hem de kocanın kaçınmacı bağlanmasının hem kendi hem de eşlerinin evlilik uyumu üzerinde olumsuz etkisi olduğu bulunmuştur.

Çatışmada hissedilen duyguların aracı rolü test edildiğinde, kaygılı bağlanan kadınların çatışma sırasında daha çok üzüntü (β = .30), hayal kırıklığı (β = .34) ve kızgınlık (β = .24) hissederken, kaygılı bağlanan kocaların daha çok üzüntü (β = .20) ve bu kocaların eşlerinin ise daha çok üzüntü (β = .18) ve hayal kırıklığı (β = .12) hissettikleri tespit edilmiştir. Kaçınmacı bağlanan erkekler daha çok hayal kırıklığı (β = .27) ve kızgınlık hissederken (β = .31), kaçınmacı bağlanan kadınların ise daha çok hayal kırıklığı (β = .23) ve bu kadınların eşlerinin ise üzüntü (β = .22) ve hayal kırıklığı (β = .27) hissettikleri bulunmuştur. İstatistiksel olarak anlamlı dört aracı etki bulunmuştur. Kaygılı ve kaçınmacı bağlanan kadınların evlilikte yaşanan çatışmada daha çok hayal kırıklığı hissettiği ve bu duygunun kadınların evlilik uyumlarını azalttığı gözlenmiştir. Kocaların kızgınlık duygusu, kaygılı bağlanmaları ve evlilik uyumları arasındaki ilişkide ve kadınların hayal kırıklığı duygusu erkeklerin kaygılı bağlanması ve kadınların evlilik uyumu arasındaki ilişkide aracı rolü oynamaktadır.

Kızgınlık ifade tarzlarının aracı rolü test edildiğinde, kadınların kaygılı bağlanması kendi yaygın (β = .32) ve pasif (β = .25) kızgınlık stillerini, erkeklerin kaygılı bağlanması ise sadece eşlerinin yaygın kızgınlık stilini (β = .21) kullanmasını yordamaktadır. Kadınların kaçınmacı bağlanmaları daha çok kaçınmacı kızgınlık stilini (β = .35) kullanmalarını yordarken, erkeklerin kaçınmacı bağlanmaları kendilerinin daha çok yaygın (β = .55), pasif (β = .43), kaçınmacı (β = .29) kızgınlık stillerini kullanmalarını ve eşlerinin daha çok yaygın kızgınlık stilini (β = .21) kullanmalarını yordamaktadır. Ayrıca aracı etkiler açısından, kadınların yaygın kızgınlık stilinin, kadınların kaygılı bağlanmalarının kendi evlilik uyumu

üzerinde; kocaların yaygın kızgınlık stilinin, erkeklerin kaçınmacı bağlanmalarının kendi evlilik uyumu üzerinde ve kadınların yaygın kızgınlık stilinin, erkeklerin kaçınmacı bağlanmalarının kadınların evlilik uyumu üzerinde aracı rolü oynadığını göstermiştir.

Üzüntü ifade tarzlarının aracı rolüne ilişkin analizler, kaygılı bağlanan kadın ve erkeklerin daha çok yalnızlık/olumsuz davranış (β = .32 ve β = .18) ve olumlu faaliyet (β = .19 ve β = .27) davranış tarzlarını gösterirken, kaygılı bağlanan erkeklerin eşlerinin de yalnızlık/olumsuz davranış (β = .21) tarzını gösterdiğini ortaya koymaktadır. Kaçınmacı bağlanan kadın ve erkekler ise eşlerine karşı daha çok yalnızlık/olumsuz davranış (β = .17 ve β = .41) tarzını göstermektedirler. Ayrıca aracı etki analizleri kaçınan bağlanma yönelimi yüksek olan kocaların üzüntülerini ifade ederken daha çok yalnızlık/olumsuz davranış tarzını kullandıklarını ve bu davranış tarzının kendi evlilik uyumlarını düşürdüğünü göstermiştir.

Son olarak, suçluluk ifade tarzlarının aracı rolü test edildiğinde, kadın ve erkeklerde kaçınmacı bağlanmanın kişilerin hem özür dileme/affettirme (β = -.42 ve β = -.51) hem de inkâr davranış stillerini (β = .41 ve β = .56) yordarken, sadece kadınların kaygılı bağlanmaları inkâr davranış stilini (β = .20) yordamıştır. Ancak, karı ve kocaların suçluluk ifade stillerinin, eşlerin bağlanma stilleri ve evlilik uyumları arasındaki aracı rolü istatistiksel olarak anlamlı değildir.

Hiyerarşik Regresyon Analizi (Moderated Regression) Bulguları

Eşlerin bağlanma boyutlarının sonuç değişkenleri üzerindeki karşılıklı etkisi bir dizi hiyerarşik moderatör regresyon analizi yoluyla test edilmiştir. Bu analizlerde sonuç değişkenlerini yordarken, kadınların bağlanma boyutları bağımsız değişken, erkeklerin bağlanma boyutları ise belirleyici değişken olarak kullanılmıştır. Moderasyon etkisini test edebilmek için kadın ve erkeğin bağlanma boyutlarının çarpımı alınarak ortak etki (interaction) değişkenleri oluşturulmuştur. Regresyon analizlerinin ilk aşamasında, demografik değişkenlerin etkisini kontrol etmek için, evlilik süresi, çocuk sayısı ve kadın ve erkeğin eğitim seviyeleri

regresyona dahil edilmiştir. İkinci aşamada ise kadın ve kocalar için kaygı ve kaçınma boyutlarının temel etkileri (dört ana etki) regresyona katılmıştır. En son aşama ise, kadın ve erkeğin bağlanma boyutlarının çarpımı alınarak oluşturulan ortak etki değişkenleri (altı değişken) regresyona katılmıştır. Aiken ve West'in (1991) önerisi doğrultusunda bütün bağımsız değişkenler kendi ortalamalarından çıkarılarak merkezileştirilmiş ve ortak etki değişkenleri bu değerler kullanılarak hesaplanmıştır.

Bağımlı değişkenler üzerinde yapılan 32 regresyon analizinde, iz modelleri ile tutarlı olarak genellikle bağlanma boyutları sonuç değişkenlerini anlamlı olarak yordamaktadır. Moderasyon etkisine bakıldığında ortak etkilerin sadece bazı sonuç değişkenlerini anlamlı düzeyde yordadığı gözlenmiştir. Anlamlı olan ortak etki değişkenlerinin istatistiksel olarak anlamlılığını test etmek için "simple slope" analizleri yapılmıştır. Sonuçlar, kocaların kaçınmacı bağlanmaları düşük ve eşlerinin kaçınmacı bağlanmaları yüksek olduğunda, erkeklerin üzüntülerini ifade ederken daha çok olumlu faaliyet davranış stilini tercih ettiklerini göstermektedir. Çatışma sırasında hissedilen duygular açısından bulgular, kocaların kaçınmacı bağlanmaları düşük ve eşlerinin kaygılı bağlanmaları yüksek olduğunda, kadınların çatışma sırasında daha çok üzüntü hissettiğini; kocaların kaygılı bağlanmaları düşük ve eşlerinin kaygılı bağlanmaları yüksek olduğunda, erkeklerin çatışma sırasında daha çok suçluluk hissettiğini göstermektedir. Son olarak, eğer her iki eş de birbirine kaçınmacı bağlanmışsa özellikle kadınların daha düşük evlilik doyumu bildirdikleri bulunmuştur.

Tartışma

Bu çalışmanın amacı kuramsal yaklaşımlar doğrultusunda evlilik ilişkilerinde çatışma sırasında eşlerin ne tür duygular hissettiklerini ve özellikle kızgınlık, üzüntü ve suçluluk gibi duyguları birbirlerine nasıl ifade ettiklerini ve bunun dolayısıyla evlilik uyumlarına olan etkisini araştırmaktır. Ayrıca her bir eşin bağlanma boyutunun yaşanılan ve ifade edilen duyguları yordamada nasıl bir rol oynadığını ortaya çıkarmaktır. Evlilik ilişkilerinde hem kadının hem de kocanın farklı perspektifleri olduğu varsayılarak bu araştırmada her iki eşin kişisel

özellikleri, davranış örüntüleri ve ilişkiye dair algıları incelenmiştir. Ayrıca ilişkilerde yaşanan çatışmada eşlerin birbirlerine nasıl davranacaklarını ve duygularını nasıl ifade edeceklerini belirlemede kültürün de etkisi olduğu düşünülerek, kültüre özgü duygu ifade etme stillerini belirlemek için hem niteliksel hem de niceliksel ön çalışmalar yapılmıştır.

Öngörülen önermeler doğrultusunda APIM perspektifi kullanılarak bir dizi iz model analizleri uygulanmış ve sonuçların genellikle öne sürülen hipotezleri destekler şekilde olduğu gözlenmiştir. Yaşanılan ve ifade edilen duyguların aracı etkisini ölçmek için yapılan analizler genel olarak eşlerin bağlanma boyutlarının hem doğrudan hem de duygular aracılığıyla eşlerin evlilik uyumu üzerine etkisini ortaya çıkarmıştır. Ancak eşlerin suçluluk duygusunu ifade etme stillerinin bu ilişkiler üzerinde aracı etkisi olmadığı tespit edilmiştir.

Araştırma bulguları önceki araştırmalarla tutarlı olarak işlevine göre duyguların farklı şekillerde ifade edildiğini göstermektedir. Eğer bir eş çatışma sırasında partnerine yıkıcı ve olumsuz bir şekilde davranırsa, bu diğer eşten de aynı davranış örüntüsünü ortaya çıkarmaktadır. Yani evlilik ilişkilerinde eşler arasındaki olumsuz davranış tarzları karşılıklı olarak sergilenmekte ve bu olumsuz döngü her iki eşin evlilik uyumunu ciddi derecede azaltmaktadır. Diğer çalışmalarla tutarlı olarak, ilişkilerde yaşanan olumsuz duygular ve bu duyguların işlevsel olmayan bir şekilde ifade edilmesi ilişkide sorunu ya da çatışmayı derinleştirerek eşlerin evlilik doyumunu düşürmektedir.

Kadın ve kocaların bağlanma boyutlarının evlilik uyumuna doğrudan etkisini test eden modelin bulgularına göre kaygılı bağlanmadan daha çok kadın ve kocanın kaçınmacı bağlanmaları hem kendilerinin hem de eşlerinin evlilik uyumunu ciddi derecede azaltmaktadır. Bununla tutarlı olarak, bağlanma stilleri ile yapılan analizlerde de güvenli bağlanan eşler, saplantılı (kaygı boyutu) ve kayıtsız bağlanan (kaçınma boyutu) eşlere göre evliliklerinde daha mutlu ve uyumlu olduklarını ifade etseler de bu iki güvensiz bağlanan kişiler karşılaştırıldıklarında, saplantılı bağlanan kişiler kayıtsız bağlanan kişilere göre daha yüksek düzeyde evlilik uyumu ve doyumu rapor etmişlerdir. Bu veriler Türk kültüründe evlilik ilişkilerinde kaçınmacı

bağlanma boyutunun kaygılı bağlanmaya göre daha ciddi bir risk faktörü oluşturduğuna işaret etmektedir. Sümer ve Kağıtçıbaşı (2010) toplulukçu kültürlerde kaygılı bağlanma stilinin çok daha yaygın olduğunu öne sürmüşlerdir. Toplulukçu kültürlerde ilişkiselliğe ve ilişkilerin devamlılığı ve tutarlığına fazlaca vurgu yapılması, bunun tam tersi mekanizmalarla işleyen kaçınmacı bağlanma türünü yakın ilişkiler bakımından kritik bir risk faktörü haline getirmektedir. Benzer şekilde Türk evli çiftlerinin kullanıldığı geniş çaplı başka bir çalışmada da kaçınma boyutunun evlilikte kadın ve kocaların mutluluğunu azaltan en kritik faktör olduğu bulunmuştur (Harma ve ark., 2012).

Önceki araştırmalarla tutarlı olarak, çatışmalarda yaşanan duygular bakımından kadın ve erkeğin kaçınmacı ve kaygılı bağlanma boyutlarının hem kendilerinin hem de eşlerinin olumsuz duygu yaşamalarıyla ilişkili olduğu bulunmuştur. Bu çalışma her iki eşin etkisini de içererek diğer çalışmalardaki bulguları daha da genişletmiştir. Ayrıca kadınların hayal kırıklığı duygusu ve erkeklerin kızgınlık duygusu en temel aracı değişkenler olarak öne çıkmıştır. Bu iki farklı duygu durumunun evlilik ilişkilerinin uyumu bakımından hem kadın hem de erkek için kritik önem taşıdığı gözlenmiştir. Bu bulgulara ek olarak, kaçınmacı bağlanan kadın ve kaygılı bağlanan erkeklerin eşlerinin daha çok hayal kırıklığı ve üzüntü hissettikleri bulunmuştur. Daha önce ifade edildiği gibi, Türkiye gibi daha toplulukçu yapıda olan ülkelerde kaygılı bağlanma daha yaygın gözlemlendiği için, kaçınmacı bağlanma ilişkilerde daha yıkıcı etkilere yol açabilir. Özellikle cinsiyet rolleri gereği evlilikte kadından beklentiler daha geleneksel olduğundan, kadının kaçınmacı bağlanması ilişki devamlılığı ve uyumu açısından daha büyük bir risk oluşturabilir. Buna karşılık gene erkeklere atfedilen rollere bakıldığında erkeğin ilişkide daha bağımsız ve dominant olması beklenebilmektedir. Bu yüzden de onların kaygılı bağlanmaları cinsiyet rolleriyle uyuşmadığı için ilişkilerinde daha olumsuz duygulara yol açabilir. Sonuç olarak, bu çalışma Türk kültüründe özellikle cinsiyet rolleriyle uyumsuz bağlanma kombinasyonlarının (yani kaçınmacı kadın-kaygılı erkek) evlilikte hayal kırıklığı ve üzüntü gibi duyguları ortaya çıkardığını göstermektedir.

Araştırma bulguları, önceki araştırmalarla tutarlı olarak, kaygılı bağlanmanın hem aktif yoğun hem de pasif kızgınlık stilleri ile ilişkili olduğunu göstermiştir. Ayrıca diğer çalışmalardan farklı olarak kişinin kaygılı bağlanması diğer eşin pasif kızgınlık stilini göstermesini ortaya çıkarmıştır. Yüksek etkinleştirme stratejileri kaygılı bağlanan eşlerin olumsuz duyguları çok yoğun yaşayarak bu duygularını yıkıcı şekilde ifade etmelerine neden olmaktadır. Diğer araştırmalar da kaygılı bağlanmanın yıkıcı kızgınlık ifadesi ile ilişkisini ortaya koymuştur (Guerrero ve ark., 2009). Kaçınmacı bağlanma ise hem aktif ve pasif kızgınlık hem de düşük etkinleştirme stratejileri ile tutarlı olarak kaçınmacı kızgınlık stili ile ilişkili bulunmuştur. Üzüntü ifadeleri açısından, kaygılı bağlanma yalnızlık/olumsuz davranış tarzı ve olumlu faaliyet gibi olumsuz davranış tarzları ile ilişkili bulunurken, kaçınmacı bağlanma sadece yalnızlık/olumsuz davranış tarzı ile ilişkili bulunmuştur. Olumlu faaliyet üzüntü duygusunun eş ile paylaşılamadığı durumlarda bununla baş etmek için başka eğlenceli aktivitelere girmeyi ya da arkadaş çevresi ile vakit geçirme gibi aktiviteleri içermektedir. Bu da kaygılı bağlanan kişilerin olumlu başkaları ve olumsuz benlik modelleri olduğu için üzüntü duygusunu ifade ederken ya eşlerine ya da diğer çevrelere dayandıklarını göstermektedir.

Bulgular, evlilikte kaygılı ve kaçınmacı bağlanmanın evlilik uyumu üzerinde doğrudan olduğu kadar, kızgınlık ve üzüntü ifade stilleri yolu ile dolaylı olarak etkisi olduğunu da göstermiştir. Kaygılı ve kaçınmacı bağlanan kadın ve erkekler yüksek ve düşük etkinleştirme stratejilerini kullanarak kızgınlık ve üzüntü duygularını ifade ederken yıkıcı ve olumsuz davranış stillerini benimsemekte ve bu da dolayısıyla ilişkilerinin uyumunu azaltmaktadır. Spesifik olarak, kızgınlık ifadesi açısından hem kadın hem de erkeklerin yaygın kızgınlık stili ve üzüntü ifadesi açısından sadece erkeklerin yalnızlık/olumsuz davranış tarzları, bağlanma boyutları ve evlilik uyumu arasındaki ilişkide aracı rolü oynamaktadır. Her iki duygu ifade biçimi diğer duygu ifade biçimleriyle karşılaştırıldığında aktif bir şekilde gösterilen olumsuz davranış örüntülerini içermektedir. Sonuç olarak ilişkide kızgınlık ve üzüntü yaşandığında bağlanma boyutunun etkisiyle bunun sözel olarak ilişkiyi

tahrip edici ve yıkıcı şekilde ifade edilmesi ilişki uyumunu bozmaktadır. Ayrıca, bulgular bağlanma boyutlarının suçluluk ifadesi ile ilişkili olsa da suçluluk ifade stillerinin, eşlerin bağlanma stilleri ve evlilik uyumları arasındaki aracı rolü istatistiksel olarak anlamlı değildir. Kızgınlık ve üzüntü duyguları belki de kaygılı ve kaçınmacı bağlanma açısından daha kritik duygular olup öncelikli olarak evlilik uyumunu etkilemektedir.

Bu araştırma bazı kısıtlılıklar da içermektedir. Öncelikle araştırma deseni boylamsal değildir ve bulgular ilişkinin yönüne bakarak doğrudan neden-sonuç ilişkisi olarak yorumlanmamalıdır. Ayrıca, duygu deneyimi ve ifadelerine yönelik veriler geçmişe dönük olarak toplanmıştır. Katılımcılar, bu duygularını nasıl ifade ettiklerini ve ne tür duygu hissettiklerini evlilikteki son altı aylık zaman dilimi için değerlendirmişlerdir. Geçmişe dönük bu uygulama katılımcıların bellek hatası yapma olasılıklarını da içermektedir. Gelecekte günlük tutma çalışmaları yoluyla veri toplanması bu tür bellek hatalarını ortadan kaldırabilir. Bir diğer sınırlılık ise kartopu tekniği ile veri toplanmış olmasıdır. Bu yöntem, kullanılan örneklemin temsil edilebilir olup olmadığının sorgulanmasına neden olabilir. Son olarak, değişkenlerin ortalamaları incelendiğinde örneklemdeki evli çiftlerin çoğunluğunun evliliklerinde yüksek düzeylerde uyumlu ve mutlu oldukları gözlemlenmektedir. Belki de yaşanılan olumsuz duygular ve bunların olumsuz bir şekilde ifadesi bu tür mutlu ilişkilerde görece daha az yaşandığı için bu etkilerin gücü de tam olarak tespit edilememiş olabilir. İleriki çalışmaların ele alınan dinamikleri daha problemli ilişkilerde de incelemeleri yararlı olacaktır.

Sonuç olarak, bu araştırma ayrıntılı bir bakış açısı kullanarak yakın ilişkilerde bağlanma ve duygu yazınlarındaki mevcut yaklaşımlara ve bulgulara önemli bir katkıda bulunmuştur. Kültürel bağlamın etkisi dikkate alınarak ön çalışmalarla Türk kültürüne özgü duygular ve bunların ifade tarzları ortaya çıkarılarak ana çalışmada kapsamlı ölçümler elde edilmiştir. Çiftlerle çalışılarak her iki eşten veri toplanmış, hissedilen ve ifade edilen duyguların karşılıklı dinamiğine ilişkin kapsamlı bulgular ortaya çıkarılmıştır. Sonuç olarak, olumsuz duyguların nasıl ifade edildiğini belirlemede bağlanma boyutlarının rolü incelenmiş ve bu

dinamiklerin evlilik uyumu üzerindeki etkisi hakkında önemli çıkarımların yapılmasına olanak sağlanmıştır. İkincil bir katkı olarak da, gelecekte araştırmacıların kullanabileceği duygu ifade tarzları ölçekleri Türkçe yazınına kazandırılmıştır.

APPENDIX Y.

CURRICULUM VITAE

PERSONAL INFORMATION

Surname, Name: Özen, Ayça
Nationality: Turkish (TC)
Date and Place of Birth: 5 April 1980, Bucak
Marital Status: Engaged
Phone: +90 312 210 3138
Fax: +90 312 210 7975
email: ayozen99@gmail.com

EDUCATION

Degree	Institution	Year of Graduation
MS	METU Social Psychology	2006
BS	Ankara University, Department of Psychology	2002
High School	Turgutlu Anatolian High School	1998

WORK EXPERIENCE

Year	Place	Enrollment
2002-present	METU, Psychology Department	Research Assistant

FOREIGN LANGUAGES

Advanced English

RESEARCH INTERESTS

Attachment Theory, Marital Conflict, Experience and Expression of Emotions, Marital Adjustment

PUBLICATIONS

Özen, A., Sümer, N., & Demir, M. (2011). Predicting Friendship Quality with Rejection Sensitivity and Attachment Security. *Journal of Social and Personal Relationships, 28*(2), 163-181.

Demir, M., **Özen, A.**, Doğan, A., Bilyk, N. A., & Tyrell F. A. (2011). I matter to my friend, therefore I am happy: Friendship, Mattering, and Happiness. *Journal of Happiness Studies, 12*(6), 983-1005.

Demir, M., **Özen, A.,** & Doğan, A. (2012). Friendship, Perceived Mattering and Happiness: A study of American and Turkish college students. *The Journal of Social Psychology, 152*(5), 659-664.

SELECTED CONFERENCE PRESENTATIONS

Bilyk, N., Dogan, A., **Özen, A.,** & Demir, M. (2010). Friendship, perceived mattering and happiness among American and Turkish young adults. Paper presented at the 56th Annual Convention of Southwestern Psychological Association. Dallas, Texas, USA (1st Place Award SWPA 2010 Graduate Student Research Competition).

Özen, A., Sumer, N., Demir, M., & Krings, Z. (2009). Parental attachment, social skills and friendship quality among emerging adults in Turkey and the USA. Poster presented at the 4th Conference on Emerging Adulthood, Atlanta, GA, USA.

Demir, M., **Özen, A.,** Sumer, N., Boholst, F., & Yap, R.C. (2009). Self-determined motivation, friendship and happiness in the Philippines and Turkey. Paper presented at the 4th Conference on Emerging Adulthood, Atlanta, GA, USA.

Özen, A., Sümer, N., & Demir, M. (2009). The mediating role of basic needs on the relationship between attachment insecurity and friendship quality and conflict. Poster presented at the 11th European Congress of Psychology, Oslo, Norway.

Özen, A., & Sakallı-Uğurlu, N. (2008). The Role of Ambivalent Sexism and Conflict Resolution Styles on Marital Adjustment. Paper presented at the International Association for Relationship Research Conference, Providence, Rhode Island, USA.

Arslan, S., **Özen, A.,** Sakallı-Uğurlu, N., & Coymak, A. (2007). Some Predictors of Forgiveness in the Case of Infidelity. Paper presented at the 10th European Congress of Psychology, Prague, Czech Republic.

Özen, A., & Sakallı-Uğurlu, N. (2006). Relationships between marital adjustment, values, and conflict resolution styles. Paper presented at the International Association for Relationship Research Conference, Rethymno, Crete, Greece.

HOBBIES

Movies, Documentary Films, Travel

APPENDIX Z

THESIS PHOTOCOPYING PERMISSION FORM
TEZ FOTOKOPİSİ İZİN FORMU

ENSTİTÜ

Fen Bilimleri Enstitüsü ☐

Sosyal Bilimler Enstitüsü ☐

Uygulamalı Matematik Enstitüsü ☐

Enformatik Enstitüsü ☐

Deniz Bilimleri Enstitüsü ☐

YAZARIN

Soyadı : ÖZEN

Adı : AYÇA

Bölümü : Psikoloji

TEZİN ADI (İngilizce) : EXPERIENCE AND EXPRESSION OF EMOTIONS IN MARITAL CONFLICT: AN ATTACHMENT THEORY PERSPECTIVE

TEZİN TÜRÜ : Yüksek Lisans ☐ Doktora ☐

Tezimin tamamından kaynak gösterilmek şartıyla fotokopi alınabilir. ☐

1. Tezimin içindekiler sayfası, özet, indeks sayfalarından ve/veya bir bölümünden kaynak gösterilmek şartıyla fotokopi alınabilir. ☐
2. Tezimden bir bir (1) yıl süreyle fotokopi alınamaz. ☐

TEZİN KÜTÜPHANEYE TESLİM TARİHİ: