MODELING THE RELATIONSHIP BETWEEN ROMANTIC JEALOUSY AND
RELATIONSHIP SATISFACTION: THE MEDIATOR ROLES OF
RUMINATION, CO-RUMINATION AND SELF-COMPASSION

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ABSTRACT

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The purpose of the study was to test a model investigating the relationships between romantic jealousy and relationship satisfaction of emerging adults through the mediator roles of rumination, co-rumination and self-compassion. Participants were consisted of 397 (50.4% female, 49.6% male) volunteered students registered in different state universities of Ankara, Izmir, and Samsun. Age of participants ranged from 18 to 29 with the mean of 21.38. In order to collect data, Relational Assessment Scale, Multidimensional Jealousy Scale, Ruminative Response Scale, Co-rumination Questionnaire and Self- Compassion Scale were utilized.

The proposed model of the study assumed that there was a significant relationship between relationship satisfaction and emotional, behavioral and cognitive jealousy; and this relationship might be mediating by rumination, co-rumination and self-compassion. In order to test the proposed model, path analysis was conducted. As a result, the proposed model did not fit with the data; and was not confirmed. Therefore, the proposed model was trimmed by removing non-significant paths and including suggested paths. The results of the trimmed model indicated that rumination and self-compassion was mediating the relationship between cognitive

jealousy and relationship satisfaction. Moreover, rumination was found as the strongest mediator; and cognitive jealousy was found as the most significant predictor of relationship satisfaction. In general, relationship satisfaction was significantly positively predicted by emotional jealousy and self-compassion; and negatively predicted by cognitive jealousy and rumination. Only behavioral jealousy and co-rumination was not significantly related to relationship satisfaction. Overall, the trimmed model accounted for 30% of the total variance in relationship satisfaction of emerging adults.

Keywords: romantic jealousy, relationship satisfaction, emerging adulthood, rumination, co-rumination, self-compassion

ÖZ

ROMANTİK KISKANÇLIK İLE İLİŞKİ DOYUMU ARASINDAKİ İLİŞKİNİN MODELLENMESİ: RUMİNASYON, EŞLİ RUMİNASYON VE ÖZ-DUYARLIK DEĞİŞKENLERİNİN ARACI ROLLERİ

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Bu çalışmanın amacı, beliren yetişkinlik dönemindeki bireylerin romantik kıskançlık düzeyleri ve ilişki doyumları arasındaki ilişkinin açıklanmasında; ruminasyon, eşli ruminasyon ve öz-duyarlık aracı değişkenlerinin etkili olup olmadığının yol modeli ile test edilmesidir. Katılımcılar Ankara, İzmir ve Samsun' daki bazı devlet üniversitelerine kayıtlı olan 397 (%50.4 kadın, %59.6 erkek) gönüllü öğrenciden oluşmaktadır. Katılımcıların yaş ortalaması 21.38 olmak üzere 18 ile 29 yaş arasında değişmektedir. Veri toplamak için İlişki Doyumu Ölçeği, Çok Boyutlu Kıskançlık Ölçeği, Ruminasyon Ölçeği Kısa Formu, Eşli Ruminasyon Ölçeği ve Öz-Duyarlık Ölçeği kullanılmıştır.

Bu çalışmanın önerilen modeli; duygusal, davranışsal ve bilişsel kıskançlık ile ilişki doyumu arasında anlamlı bir ilişki olduğunu ve bu ilişkinin ruminasyon, eşli ruminasyon ve öz-duyarlık aracı değişkenleri ile açıklandığını varsaymıştır. Önerilen modeli test etmek için Yol Analizi uygulanmıştır. Sonuç olarak, önerilen modelin veriler ile uyumlu olmadığı ve onaylanmadığı gözlenmiştir. Bu nedenle, anlamlı olmayan yollar kaldırılıp önerilen yollar eklenerek model yeniden düzenlenmiştir.

Elde edilen sonuçlar, ruminasyon ve öz-duyarlık aracı değişkenlerinin bilişsel kıskançlık ile ilişki doyumu arasındaki ilişkiyi açıkladığını; ruminasyonun en güçlü aracı değişken ve bilişsel kıskançlığın en iyi yordayıcı değişken olduğunu göstermiştir. Genel olarak; duygusal kıskançlık ve öz-duyarlığın ilişki doyumu ile pozitif; bilişsel kıskançlık ve ruminasyonun ise ilişki doyumu ile negatif yönde ilişki olduğu görülmüştür. Yalnızca davranışsal kıskançlık ve eşli ruminasyon ile ilişki doyumu arasında anlamlı bir ilişki bulunamamıştır. Tamamına bakıldığında ise, yeniden düzenlenen modelin ilişki doyumuna ilişkin toplam varyansın %30' unu açıkladığı bulunmuştur.

Anahtar Kelimeler: romantik kıskançlık, ilişki doyumu, beliren yetişkinlik, ruminasyon, eşli ruminasyon, öz-duyarlık

To my beloved father, mother, and sister…

I owe everything I have to you

Ali & Hacer & Elçin Ökten

ACKNOWLEDGEMENTS

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CHAPTER I

INTRODUCTION

Iago: *"Beware of jealousy, my lord!*

It's a green-eyed monster which doth mock

The meat it feeds on. That cuckold lives in bliss,

Who, certain of his fate, loves not his wronger:

But, O, what damned minutes tells he o'er

Who dotes, yet doubts, suspects, yet strongly loves!"

Shakespeare, Othello, Act 3, Scene 3.

1.1. Background to the Study

In 21st century, the stage of adolescence comes earlier and adulthood begins later than it has previously been. Today's young people leave their families in order to get education at the age of 18 and become an independent individual. Most of them do not marry, and do not get a job until the end of twenties. For this reason, the age interval has become a unique developmental stage which is called as "emerging adulthood" by Arnett (2000). In former literature, the stage was also known as "late adolescence", "young adulthood" or "transition to adulthood". According to Arnett (2004), none are sufficient to represent this particular stage and the concept of "emerging adulthood" depicts its specific and distinct characteristics. Fincham and Cui (2011) defined this period of life with "instability" because emerging adults still have confusions in their search for purpose and meaning of life as well as identity formation. Also, changes in choice of love, education and work continue until moving to the steady residence in adulthood.

Emerging adulthood corresponds to "early adulthood stage" of Erik Erikson's developmental theory (Hoare, 2002). At this stage, one of the main tasks of a person is to develop intimacy with opposite sex. Thus, the person could be prepared for marriage and for starting a family in the future. If such intimate relationships were not built; isolation, lack of spontaneity or warmth would occur. As a result, strong interpersonal and romantic relationships would not be developed at next stages (Erikson, 1959).

Romantic relationships have a prominent place in emerging adulthood for so many reasons. Primarily, relationship experiences help people start, continue and terminate a relationship. In this way, one make possible to maintain a healthy relationship or to end an abusive love affair (Lewandowski & Bizzoco, 2007). Hence, self-improvement and growth would be accomplished and it would facilitate to achieve main tasks of next stages (Kail & Wicks-Nelson, 1993; Newman & Newman, 2014; Sigelman & Rider, 2011).

In general terms, a romantic relationship consists of physical excitation, deep emotions and excessively thinking about beloved ones. These couples in love desire to continue their relationships until they maintain their satisfaction with each other (Hendrick, 2004). The reason is that, people tend to seek romance that meets their needs and desires as well as deep emotions toward their romantic partner. Similarly, the terms of "relationship quality" or "relationship adjustment" are being used in order to assess romantic relationship satisfaction in terms of unconditional love, commitment, trust and healthy communication patterns (Hendrick, 2004).

On the other side, one of the main reasons of dissatisfaction with relationship and separation is considered as jealousy (Hendrick, 2004). Romantic jealousy is defined by Hansen (1991) as taking protective action across a perceived or actual threat stems from partner's involvement with an activity or another person who carries risk for relationship. In literature, it was revealed that romantic jealousy is related to negative concepts of human psychology. Edalati (2010) studied with 337 women and found that romantic jealousy and psychological aggression denote positively

significant correlation. In line with this research, Collibee and Furman (2016) studied with 200 young people those ages were around 15; and they found that acute and chronic jealousy was significantly correlated with dating violence and aggression. Also, Buss (2000) stated that romantic jealousy has damaging effects on a relationship: it erodes self-esteem, increases violence and impairs love and trust. Moreover, morbid jealousy might cause to murder of partner or partner's lover (Keetley, 2002; Mowat, 1966; Sigal, 1998).

Although romantic jealousy was linked to counterproductive effects; it was also described as commitment which brings positive outcomes to the relationship (Elphinston, Feeney, Noller, Connor, & Fitzgerald, 2013). Buss (2000) explains it by saying that excessive jealousy would have negative effects on romantic relationships, yet moderate jealousy would strengthen commitment of relationship among couples. Consistent with the explanations above, Toohey (2014) claims that jealousy was beneficial for making a romantic relationship stronger; for making someone more productive, for contributing cohesiveness. As a result; the nature, dimensions, reasons and dosage of jealousy should be understood in order to make a decision about whether it has disruptive or strengthening influences on relationship satisfaction.

In related literature, relationship satisfaction was examined with sub-dimensions of romantic jealousy as emotional, behavioral and cognitive components (Pfeiffer & Wong, 1989). These dimensions were described by Elphinston et al. (2013) as: *emotional jealousy* which indicates emotional responses such as anger or sadness against a possible threat; *behavioral jealousy* which was defined with monitoring or restricting the partner; and *cognitive jealousy* which was described with obsessive thoughts and suspects of a jealous person.

All these sub-dimensions are functioning in relationships in different ways. For instance, Dugosh (2000) studied with 136 heterosexual university students and revealed that emotional jealousy predicted relationship satisfaction in a positive way; and it was stated that the power of the relationship between jealousy and relationship

satisfaction increased with the mediating effects of love. Also, Duemmler and Kobak (2001) studied with 51 couples; and according to the results individuals who were committed to their partners prone to demonstrate more emotional jealousy than individuals who had lower commitment to their partners. Therefore, emotional jealousy was expected to be impacting relationship satisfaction in a positive way.

On the other hand, Guerrero and Eloy (1992) found that behavioral jealousy had a significant and strong negative relationship with marital satisfaction of individuals. Also, Elphinston et al (2013) studied with ninety nine couples those were dating, cohabiting and married; and it was denoted that behavioral jealousy and surveillance behaviors were directly related with relationship dissatisfaction; and behavioral responses to jealousy were associated with relationship dissatisfaction. For this reason, it was expected to observe that behavioral jealousy would be predicting relationship satisfaction in a negative direction.

Lastly, Elphinston et al. (2013) also found that cognitive jealousy was directly related to relationship dissatisfaction and indirectly related through rumination. Additionally, the related literature highlighted that there was a significant and negative association between cognitive jealousy and relationship satisfaction (Andersen, Eloy, Guerrero, and Spitzberg, 1995; Elphinston et al., 2013; Guerrero & Eloy, 1992). To sum up, in light of the literature, the researcher of the present study proposed a multiple mediation model that expected emotional jealousy to be positively related with relationship satisfaction, while behavioral and cognitive jealousy was expected to be negatively correlated with satisfaction by relationship.

As can be seen in the literature, romantic jealousy and relationship satisfaction was correlated with each other. For the aim of revealing causal inferences regarding their relationship, some mediators were selected by the researcher as discussed in light of the literature. Firstly, rumination was selected as a possible mediator in the present study. Also, Barelds and Barelds- Dikstra (2007) claimed that the correlation between components of romantic jealousy and relationship satisfaction might be mediated by personal traits and response styles. Rumination was defined by Nolen-

Hoeksema (1991) as repetitive and passive thoughts over a stressful circumstance, and its negative outcomes. Accordingly, rumination inhibits effective problem solving skills and solution focused behaviors of individuals (Nolen- Hoeksema, 1987).

Also, influences of rumination on romantic relationships have been investigated by researchers. According to the study of Elphinston et al. (2013), people who tend to rumination reported less satisfaction within their romantic relationships and rumination was found as a mediator of relationship between romantic jealousy and relationship satisfaction. In a more recent study which investigated rumination in romantic relationships; Senkans, McEwan, Skues and Ogloff (2016) studied with 525 young adults and they found that ruminating gives rise to relational problems, dating violence and stalking previous partners. Also relational rumination was divided into three areas as: romantic preoccupation rumination, relationship uncertainty rumination and break up rumination (Senkans et al., 2016). Additionally, Jostman, Karremans, and Finkenauer (2011) studied with seventy one young adults and revealed that rumination entails difficulties to regulate severe emotions that stem from a threat of losing romantic relationship. In short terms, rumination can be mediating the relationship between relationship satisfaction and romantic jealousy.

Also, co-rumination was another selected mediator of the present study which expected to account for the association between relationship satisfaction and romantic jealousy. Although co-rumination resembles to rumination, it handles ruminative responses from an interpersonal perspective (Calmes, 2008). Rose (2002) defined co-rumination as repetitively discussing problems, talking about its causes and consequences, and focusing on negative emotions with close friends. Hence, this kind of conversation was formed by non-solution focused speeches (Calmes, 2008).

Interestingly; friendship satisfaction (Calmes, 2008), friendship adjustment (Rose et al., 2014), and social support (Boren, 2014) was found strongly linked with co-rumination in many research. In conjunction, the association between co-rumination and romantic relationship satisfaction has also become a popular topic in recent

literature (Calmes & Roberts, 2008; Starr & Davila, 2009; Thomas, 2012; Whitton & Kuryluk, 2013). In common, the studies denoted that relationship satisfaction was strongly explained by high level of co-rumination. Also, co-rumination with close friends was found strongly correlated with higher satisfaction with romantic partner (Calmes & Roberts, 2008) and it indicated that co-rumination leads to adaptive outcomes for relationship satisfaction (Funasaki, 2012). Also, El Ramahi (2010) investigated interrelations between co-rumination, rumination, relationship satisfaction of emerging adults. As a result, co-rumination was one of the significant predictors of relationship satisfaction. Similarly, Betman (2012) studied with 136 females and it was yielded that co-ruminating on a negative event predicted greater closeness in relationship and perceptions of support.

In related literature, the relationship between jealousy and co-rumination was also studied by Gold (2016) and the findings indicated that jealousy was moderately related to co-rumination. In conclusion, an alternate explanation can be that because co-rumination was characterized by existence of negative feelings and discussing them excessively (Rose, 2002); and emotional jealousy consists of negative emotional mood (Pfeiffer & Wong, 1989); it was expected to observe talking with friends about jealousy feelings of a romantic partner. For this reason, the researcher of the present study expected co-rumination to be one of the possible mediators of the link between romantic jealousy and relationship satisfaction.

Finally, it was expected that self-compassion may be a mediator of relationship between romantic jealousy and relationship satisfaction. The comprehensive definition of self-compassion is to be indulgent and nonjudgmental toward our failures as well as showing kindness and caring to ourselves. Additionally, self-compassion requires thinking as bad things we experienced are only a part of being human and they are not because of our deficiencies (Neff, 2003a; Neff, 2003b).

The root of the word "self-compassion" comes from Buddhist philosophy. From their point of view; showing affection, caring and compassion to ourselves is as important as having compassion for others (Neff, 2011a). Also, Dalai Lama states

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that compassion is our birthright (Neff, 2011a) and everybody deserves to be loved and cared by others and themselves (Super, 2015). On the other hand, in Western culture, compassion is seen as a gratuity and self-compassion is considered as the same with selfishness (Germer, 2009). Although there are some cultural differences in establishing self-compassion, Super (2015) claims that it can be built afterwards. The assertion has been supported with a pilot study of Neff and Germer (2013) that aims to develop self-compassion of adults by utilizing eight weeks workshop. The results revealed that intervention group reported significantly higher levels of self-compassion.

Mainly, self-compassion has been expected as a preventive factor across relationship dissatisfaction. Baker and McNulty (2011) investigated whether self-compassion facilitates or complicates relationships by removing partners' willingness to ameliorate their faults. According to the results, while self-compassion was a predictor of correcting interpersonal faults for conscientious female and males, it was not valid for unconscientious males. Similarly, Neff and Beretvas (2013) proposed that being self-compassionate was significantly associated to positive behaviors in romantic relationships. In a more recent study conducted in Turkey revealed that self-compassion was strongly related to marital satisfaction (Terzi, 2015).

Besides; DeSteno, Valdesolo and Barlett (2006) conducted two experiments in order to examine the mediating mechanisms of self-compassion on jealousy. In the first experiment, evoking jealousy through social encounters was used and it was displayed that self-compassion functions as a basic mediator of jealousy. In addition to these studies, many others demonstrated that low self-compassion and its sub-dimensions such as self-esteem, self-efficacy, self-evaluation, and self-worth of individuals provoke jealousy (Dibello, Rodriguez, Hadden, & Neighbors, 2015; Hu, Zhang, & Li, 2005; Salovey & Rodin, 1991).

As for the relationships between expected mediators of the study, the literature pointed out the interrelations between rumination, co-rumination and self-compassion. After the concept of co-rumination was defined by Rose (2002), it was

understood that rumination was not only realized by individual basis, but also made with friends in a co-ruminative manner (Starr & Davila, 2009). However, in contrast to rumination, co-rumination revealed adaptive outcomes based on the nature of the process. To exemplify, while it was adaptive at the beginning of the negative incident, maladaptive outcomes were emerged after a period of time (Funasaki, 2012). Therefore, co-rumination can be both maladaptive and adaptive in contrast to rumination because rumination consistently functions in a subversive way which fosters psychological symptoms of individuals (Nolen- Hoeksema, 1991). Additionally, self-compassion was studied with rumination by many researchers because they were considered as contrary functioning concepts (Krieger, Altenstein, Baettig, Doerig, & Holtfort, 2013; Odou & Brinker, 2013; Raes, 2010; Samaie & Farahani, 2011; Skoda, 2011). As a common result of the studies referred above, the importance of self-compassion was highlighted for coping with negative outcomes of rumination.

Overall summary, benefits and damages of romantic jealousy on relationship satisfaction was uncertain; jealousy literature reveals that it might strengthen commitment in a relationship (Toohey, 2014) or ruin love, trust and respect among romantic partners (Elphinston et al., 2013). For this reason, components of jealousy and their association with relationship satisfaction is needed to be explored further. In the present study, the relationship among three components of jealousy (emotional, behavioral and cognitive) and relationship satisfaction would be investigated in respect of mediating roles of rumination, co-rumination and self-compassion.

The following explanations would justify the reasons of choosing rumination, co-rumination and self-compassion as possible mediators. Firstly, components of romantic jealousy were found significantly correlated with these variables. Cognitive jealousy consists of thinking about possibility of betrayal and suspicious regarding the partners fidelity. Additionally, since jealousy was hidden from the partners it was possible to discuss these negative feelings (fear of losing partner, anxiety for future

change, losing affection and intention of beloved partner) within friendships so co-rumination was expected to be related to emotional jealousy. Moreover, according to the substantial body of literature self-esteem, self-kindness and self-compassion was found significantly correlated with romantic jealousy and surveillance behaviors. The reason of choosing self-compassion instead of self-esteem was that, self-compassion contains self-esteem, self-acceptance, and positivism even in the darkest days. Thus, self-compassion would be a prominent factor for romantic relationships in rain or shine.

As for their relationship with relationship satisfaction; it was found that rumination disrupts active problem solving skills in romantic relationships and decrease satisfaction. On the other hand, co-rumination was found correlated with relationship satisfaction of romantic partners because it includes discussing the problems in the relationship and expressing negative feelings and expectations from the partner. Hence, co-rumination was expected to be positively correlated with relationship satisfaction. At last, self-compassion was found beneficial for close relationships including romantic relationships because it motivates partners to accept their failures and change them with support and compassion of other partner.

In the current study, the relationship between components of romantic jealousy and relationship satisfaction was examined with respect to the mediating roles of rumination, co-rumination and self-compassion. The results of the study should be helpful to further explore the nature of the relationship between romantic jealousy and relationship satisfaction. The existing literature did not reveal the association among romantic jealousy and relationship satisfaction through mediator impacts of rumination, co-rumination and self-compassion. Therefore, in this study, a multiple mediation model was established to be tested by path analysis which is a kind of structural equation modeling (SEM).

1.2. Purpose of the Study

The aim of the present study is to test a multiple mediation model that investigates rumination, co-rumination and self-compassion as expected mediators of the relationship between romantic jealousy and romantic relationship satisfaction of emerging adults.

1.3. Research Question

To what extend rumination, co-rumination and self-compassion mediates the relationship between romantic jealousy (emotional jealousy, behavioral jealousy and cognitive jealousy) and relationship satisfaction?

1.4. Proposed Path Model

The hypothesized model tested in the current study consisted of; exogenous variables as emotional jealousy, behavioral jealousy and cognitive jealousy; and an endogenous variable as relationship satisfaction. Also, the present study investigated rumination, co-rumination and self-compassion as possible mediators of the relationship between sub-dimensions of jealousy and relationship satisfaction. According to the model; emotional, behavioral and cognitive jealousy were hypothesized to predict relationship satisfaction; emotional, behavioral and cognitive jealousy were hypothesized to predict rumination and/or co-rumination and/or self-compassion; and rumination, co-rumination and self-compassion were hypothesized to predict relationship satisfaction in a direct way.

The detailed information regarding the relationship between romantic jealousy and relationship satisfaction were handled by the explanation power of possible mediators in the present study (rumination, co-rumination, and self-compassion) at the next chapter. The multiple mediation model for the present study was demonstrated with Figure 1.1.
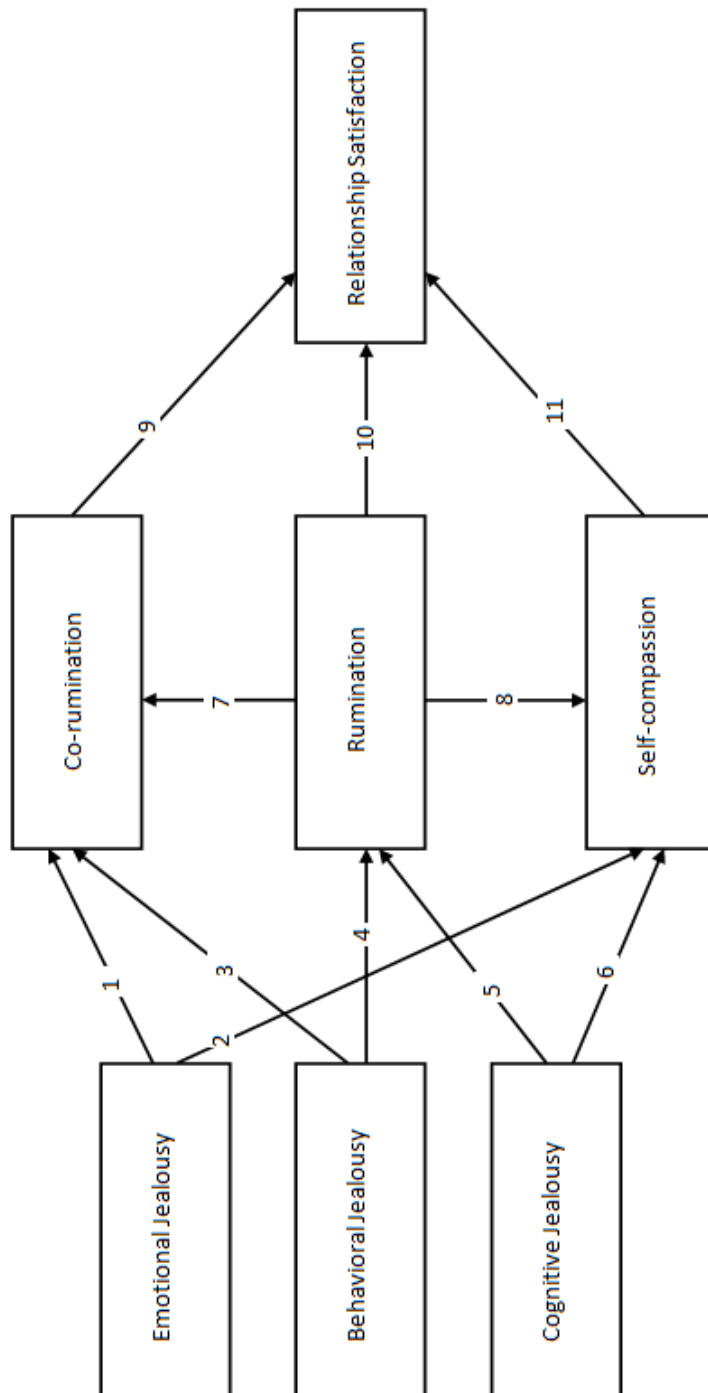
Figure 1.1 Proposed Model of Relationship Satisfaction

1.5. Hypotheses of the Proposed Model

The main hypothesis of the study was that rumination, co-rumination and self-compassion will be mediating the relationship between components of romantic jealousy and relationship satisfaction of emerging adults. The hypothesis was tested with the following specific hypothesis.

Hypothesis 1: There will be a relationship between emotional jealousy and co-rumination (Path 1)

Hypothesis 2: There will be a relationship between emotional jealousy and self-compassion (Path 2)

Hypothesis 3: There will be a relationship between behavioral jealousy and co-rumination (Path 3)

Hypothesis 4: There will be a relationship between behavioral jealousy and rumination (Path 4)

Hypothesis 5: There will be a relationship between cognitive jealousy and rumination (Path 5)

Hypothesis 6: There will be a relationship between cognitive jealousy and self-compassion (Path 6)

Hypothesis 7: There will be a relationship between co-rumination and relationship satisfaction (Path 9)

Hypothesis 8: There will be a relationship between rumination and relationship satisfaction (Path 10)

Hypothesis 9: There will be a relationship between self-compassion and relationship satisfaction (Path 11)

Hypothesis 10: Emotional jealousy will be related to relationship satisfaction through co-rumination and self-compassion indirectly (Path 1 and Path 9; Path 2 and Path 11)

Hypothesis 11: Behavioral jealousy will be related to relationship satisfaction through rumination and co-rumination indirectly (Path 3 and Path 9; Path 4 and Path 10)

Hypothesis 12: Cognitive jealousy will be related to relationship satisfaction through rumination and self-compassion indirectly (Path 5 and Path 10; Path 6 and Path 11)

Hypothesis 13: Rumination will be related to relationship satisfaction through co-rumination and self-compassion indirectly (Path 7 and Path 8)

1.6. Significance of the Study

Romantic relationships have an enormous and diversified literature in the fields of anthropology, sociology and psychology since the birth of human sciences. From an evolutionary perspective, the importance of romantic relationships in reproduction and continuity of the human species is proved by numerous studies (Furman, Brown, & Feiring, 1999). As a matter of fact; love, dating and sexual experiences are not the only issues of an individual. Nevertheless, it competes with problems related to education, work, interpersonal or family relationships (Karney, Beckett, Collins, & Shaw, 2007).

Moreover, the importance of studying romantic relationships can be explained by some reasonable instances from our daily lives. Love and romance are the main themes of almost all songs, movies and TV series. And, it is obvious that romantic relationships have the forefront of young people's lives compared to the other developmental stages (Furman et al., 1999). According to Erikson (1959), when youth ends and adulthood begins, the main task of a person is to establish intimacy with a romantic partner. These romantic experiences prepare people for their future relationships; for starting a family; and taking responsibilities of marriage. Hence, maintaining psychological health and well-being would be facilitated (Gala, Kapadia, 2013; Wheeler, Killoren, Whiteman, Updegraff, McHale, & Umana-Taylor, 2016). If young individuals could not accomplish to get along with romantic partners, that would cause isolation of self from others (Erikson, 1968). For all these

reasons, romantic relationship satisfaction was investigated in the present study. Likewise, in Turkey, this topic has been a popular theme in the literature (Çırakoğlu & Tezer, 2010; Çürükvelioğlu, 2012; Demirtaş & Tezer, 2012; Sarı, 2008; Sine-Eğeci, 2010).

Besides, for the aim of defining romantic jealousy and its contributions to romantic relationship satisfaction, immense studies have been conducted in Western literature (Buss, 2000; Dandurand, 2013; Clarke, DeCicco, & Navara, 2010; Edalati, 2010; Elphinston et al., 2013; Elphinston & Noller, 2011; Montoya & Hibbard, 2014). However, the impact of jealousy and its outcomes on romantic relationship is still unclear (Elphinston et al., 2013). Because of inconsistencies in romantic jealousy literature, the present study aimed to address this gap by modeling the possible mediating effects of rumination, co-rumination and self-compassion on relationship between romantic jealousy and relationship satisfaction. Hence, the study would contribute to the literature with further understanding the role of cognitive, emotional and behavioral components of personal traits (respectively; rumination, self-compassion and co-rumination) and dimensions of jealousy on relationship satisfaction. It is important to note that, the possible mediator role of rumination on explaining the relationship between romantic jealousy and satisfaction by relationship was previously studied by Elphinston et al. (2013). However, emotional jealousy and the other selected mediators as co-rumination and self-compassion were not included to their study. From this point of view, the theme of the present study would be distinctive.

In Turkish literature, romantic jealousy has also been utilized by many studies (Alpay, 2009; Arslan, 2015; Çapkın, 2012; Karakurt, 2001; Tortamış, 2014). Although there were studies related to marital satisfaction (Çapkın, 2012; Curun & Çapkın, 2014; Güngör-Houser, 2009; Zeytinoğlu, 2013), any research regarding romantic jealousy and relationship satisfaction in emerging adulthood have not been found. Therefore, the present study would be the first in respect of its specific subject. Also, the study would provide a model in order to gather detailed

information regarding cognitive, behavioral and emotional components of personal traits; and their associations with three dimensions of jealousy and relationship satisfaction. The outcomes of the study would contribute to universities' psychological health service providers while working with their clients who come to the sessions with their complaints about romantic relationships. In their intervention strategies, the clients' ruminative thoughts and co-ruminative actions can be challenged, their compassion toward themselves can be improved, and their jealousy-related cognitions, attitudes and feelings can be revealed and guided.

Also, preventive and healing psycho-education programs can be developed under the light of findings obtained by the study. Also, the questions and gaps that are created by the outcomes of the study would foster future research in respect to romantic relationships and jealousy in emerging adulthood.

1.7. Definition of Terms

Emerging adulthood was defined by Arnett (2015) as a unique developmental stage, between the ages of 18 and 29, that consists of identity clarification, instability in love and work, and self-focused life style without parents' rules or responsibilities of marriage.

Relationship satisfaction is subjective assessment of felicity and support from a romantic partner within relationship (Taylor, Peplau, & Sears, 1997).

Romantic jealousy is combination of interrelated emotions, attitudes and thoughts regarding a possible or real threat of losing romantic partner (White, 1981).

Rumination is repetitive self-focused thinking of negative memories related to depressive mood and not taking any actions for resolution (Lyubomirsky, Caldwell, & Nolen- Hoeksema, 1998).

Co-rumination refers to repeatedly discussing problems, speculating about its causes and consequences, and focusing on negative emotions within dyadic relationships (Rose, 2002).

Self-compassion was defined by Neff (2003a) as showing kindness and caring toward oneself even in the most distressful circumstances and failures.

CHAPTER II

LITERATURE REVIEW

The second chapter presented the review of the literature related to proposed model of the study. After providing justification to the model, in order to further understanding the nature of major variables, they were separately depicted with their definitions, predictors, and contributions.

2.1. Background to the Proposed Model

Romantic relationships become more considerable and serious matters in emerging adulthood (Arnett, 2000). The age interval between the beginning of higher education and having a stable life in choice of career and family was defined as emerging adulthood (Arnett, 2015). This is a unique developmental phase including identity exploration, choice of education and work, and experience of romantic relationships (Arnett, 2000). The main task of an individual in this stage is to develop intimate relationships with a romantic partner (Erikson, 1959). If a person could not develop healthy romantic relationships in these ages; isolation and lack of spontaneity would occur at the next stages (Erickson, 1959). Therefore, romantic relationships became one of the most important research topics in social sciences.

Romantic relationships were determined with reciprocal love bonds among romantic partners (Heath, 1976) and romantic love consists of excitement, affection and deep thoughts towards the beloved one (Hendrick, 2004). In order to maintain romantic relationships, partners should be satisfied with each other and their relationship (Hendrick, 2004). A growing body of literature provided diverse definitions of relationship satisfaction. For instance, romantic relationship satisfaction was described as contentedness of partners from each other; and it was evaluated with happiness in the romantic relationship (Taylor et al., 1997). In a similar vein,

Halford, Kelly and Markman (1997) defined relationship satisfaction as a concept that consisted of reciprocal feelings and thoughts of partners, healthy communication patterns, and being able to resolve conflicts. Indeed, relationship satisfaction has a wide range of synonyms such as relationship adjustment, quality, and stability (Timm, 1999).

According to Moore, Leung, Karnilowicz, and Lung (2010), adaptive relationships might be depicted with pleasure of both parties, being associated with positive mood; and not being selfish, exploitative, and unkind. Also, in order to have a satisfying relationship, partners should be able to resolve their conflicts and balance their needs in the relationship (Connoly, Mcisaac, Shulman, Wincentak, Joly, Heifetz, & Bravo, 2014). Moreover, in order to have a satisfying relationship, factors of dissatisfaction were needed to be eliminated in a romantic relationship. One of the main reasons of dissatisfaction with relationship and separation was considered as jealousy (Hendrick, 2004). Romantic jealousy was defined by Hansen (1991) as taking protective action across a perceived or actual threat stems from partner's involvement with an activity or another person who carries risk for relationship.

Buss (2000) stated that romantic jealousy has damaging effects for satisfying relationship: it erodes self-esteem, increases violence and impairs love and trust. Collibee and Furman (2016) found that acute and chronic jealousy is significantly correlated with dating violence and aggression when their study with 200 young people those mean ages were 15. Moreover, morbid jealousy might cause to murder of partner or partner's lover (Keetley, 2002; Mowat, 1966; Sigal, 1998). For these reasons, it was obvious that romantic jealousy would have counterproductive effect on relationship satisfaction.

However, although romantic jealousy was linked to counterproductive effects; it was also described as commitment which brings positive outcomes to the relationship (Elphinston, Feeney, Noller, Connor, & Fitzgerald, 2013). Buss (2000) explained that excessive jealousy would have negative effects on romantic relationships, yet

moderate jealousy would strengthen commitment of relationship among couples. Consistent with the explanations above, Toohey (2014) claims that jealousy is a beneficial thing for making a romantic relationship stronger; for making someone more productive, for contributing cohesiveness. As a result; the nature, dimensions, and dosage of jealousy should be further understood in order to make a decision about whether it has disruptive or strengthening influences on relationship satisfaction. For these reasons, possible positive and negative effects of romantic jealousy would be investigated in the study by considering sub-dimensions of jealousy.

Romantic jealousy consists of emotional, behavioral and cognitive components (Pfeiffer & Wong, 1989). These dimensions are described by Elphinston et al. (2013) as: *emotional jealousy* represents emotional responses such as anger or sadness across a possible threat; *behavioral jealousy* was defined with monitoring or restricting the partner; and *cognitive jealousy* was described with obsessive thoughts and suspects of a jealous person. There are so many different studies related to these dimensions and their relationships with other contexts.

Dugosh (2000) studied with 136 heterosexual university students and found that feelings of jealousy predicted relationship satisfaction in a positive way; and it was stated that the power of the relationship between jealousy and relationship satisfaction increased with the mediating effects of love. That means the power of the relationship depends on how much a person loves his romantic partner. Also, Duemmler and Kobak (2001) studied with 51 couples; and they found that individuals who were committed to their partners prone to demonstrate more emotional jealousy than individuals who had lower commitment to their partners. Therefore, emotional jealousy would impact relationship satisfaction in a positive way.

On the other hand, Guerrero and Eloy (1992) investigated relationship satisfaction and romantic jealousy of individuals with different marital status (traditional,

independent, separate); and it was found that behavioral jealousy had a significant and strong negative relationship with marital satisfaction. Also, Elphinston et al (2013) denoted that behavioral jealousy and surveillance behaviors were directly related with relationship dissatisfaction; and behavioral responses to jealousy were associated with relationship dissatisfaction via rumination. For this reason it was expected to observe that behavioral jealousy would be predicting relationship satisfaction in a negative direction.

Additionally, Elphinston et al. (2013) also found that cognitive jealousy was directly related to relationship dissatisfaction and indirectly related through rumination. Additionally, the related literature highlighted that there was a significant and negative association between cognitive jealousy and relationship satisfaction (Andersen et al., 1995; Elphinston et al., 2013; Guerrero & Eloy, 1992). To sum up, in light of the literature, the proposed model suggested that emotional jealousy would positively related with relationship satisfaction, while behavioral and cognitive jealousy was expected to be negatively correlated.

In order to make causal inferences regarding the relationship between romantic jealousy and relationship satisfaction, several mediators were selected in the present study for further understanding the nature of the association. For this purpose; the researcher of this study expected rumination, co-rumination, and self-compassion to be the possible mediators of the link between jealousy and satisfaction in romantic relationships.

Firstly, rumination was selected and expected to be the mediator of the association between romantic jealousy and relationship satisfaction. Similarly, Barelds and Barelds- Dikstra (2007) claimed that the correlation between components of romantic jealousy and relationship satisfaction might be mediated by personal traits and response styles. Parallel to this claim, the researcher of the study chose to test possible mediator role of rumination which was considered as a stable personal response to depressive symptoms (Nolen- Hoeksema, 1995). Specifically, the term

of rumination was defined by Nolen- Hoeksema (1991) as repetitive and passive thoughts over a stressful circumstance, and its negative outcomes.

Influences of rumination on romantic relationships have been investigated by many researchers. According to the study of Elphinston et al. (2013), people who tend to rumination reported less satisfaction within their romantic relationships. Also, in the same study, rumination was found as a mediator of relationship between romantic jealousy and relationship satisfaction. And, people who have high level of rumination reported more cognitive jealousy and surveillance behaviors. In addition to the research, Senkans, McEwan, Skues and Ogloff (2016) studied with 525 young adults and they found that ruminating gives rise to relational problems, dating violence and stalking previous partners. Also, they investigated relational rumination and it was revealed that relational rumination has three main districts as romantic preoccupation rumination, relationship uncertainty rumination and break up rumination.

Also, McCullough, Bono and Root (2007) found that thinking of romantic relationships in a ruminative way negatively affected relationship functioning with increase in relationship transgression and decrease in forgiveness. Moreover, rumination can be linked with aggressive behaviors of partners because it was found that excessive ruminative thinking was linked with increase in intimate partner violence (Sotelo & Babcock, 2013; Watkins, Dilillo, & Maldonado, 2015). In short terms, negative impact of rumination on relationship satisfaction was expected in the proposed model.

Additionally, Jostman, Karremans, and Finkenauer (2011) studied with seventy one young adults and found that rumination entails difficulties to regulate severe emotions that stem from a threat of losing romantic relationship, which was the main reason of romantic jealousy. Also, Carson and Cupach (2000) investigated possible factors of individuals' responses to romantic jealousy and it was revealed that relationship-specific rumination was positively correlated with restriction,

manipulation, relationship threat, negative affect expression, signs of possession, derogation of competitors, distributive and/or violent communication, and denial. As a result, rumination was a prominent mechanism which disrupted productive communicative responses to jealousy.

Additionally, the researcher of this study considered co-rumination as a potential mediator of the relationship between jealousy and satisfaction in romantic relationships. Mainly, co-rumination resembles to rumination but it handles ruminative actions from an interpersonal perspective (Calmes, 2008). Rose (2002) defined co-rumination as repetitively discussing problems, talking about its causes and consequences, and focusing on negative emotions with close friends. Hence, this kind of conversation was formed by non-solution focused speeches (Calmes, 2008).

Unlike, the nature of co-rumination was different from rumination because it was formed by dyadic interactions. Therefore, friendship satisfaction (Calmes, 2008), friendship adjustment (Rose et al., 2014), and social support (Boren, 2014) was found strongly linked with co-rumination in many studies. Besides, the association between co-rumination and romantic relationship satisfaction has also become a popular topic in recent literature (Calmes & Roberts, 2008; Starr & Davila, 2009; Thomas, 2012; Whitton & Kuryluk, 2013).

Co-rumination with close friends was found strongly correlated with higher satisfaction with romantic partner (Calmes & Roberts, 2008) and it indicated that co-rumination leads to adaptive outcomes for relationship satisfaction (Funasaki, 2012). Also, El Ramahi (2010) studied with 232 university students and investigated interrelations between co-rumination, rumination, relationship satisfaction. Consequently, co-rumination was found as one of the significant predictors of relationship satisfaction. Similarly, Betman (2012) studied with 136 females and it was revealed that co-ruminating on a negative event predicted greater closeness in relationship and perceptions of support.

In related literature, no research has been found which investigated the relationship between romantic jealousy and co-rumination with friends. However, jealousy within friendships was studied by Gold (2016) and the results revealed that jealousy among friendships was moderately correlated with co-rumination. To conclude, an alternate explanation can be that because co-rumination was characterized by existence of negative feelings and discussing them excessively (Rose, 2002); and emotional jealousy consists of negative emotional mood (Pfeiffer & Wong, 1989); it was expected to observe talking with friends about jealousy feelings of a romantic partner. For this reason, co-rumination was expected to be possible mediator of the link between romantic jealousy and relationship satisfaction.

Lastly, self-compassion was selected as a probable mediator of the present model that was proposed by the researcher. The comprehensive definition of self-compassion is to be indulgent and nonjudgmental toward our failures as well as showing kindness and caring to ourselves. Additionally, self- compassion requires thinking as bad things we experienced are only a part of being human and they are not because of our deficiencies (Neff, 2003a; Neff, 2003b).

Self-compassion has been known as a preventive factor against relationship dissatisfaction. Baker and McNulty (2011) investigated whether self-compassion facilitates or complicates relationships by removing partners' willingness to ameliorate their faults. According to the results, while self-compassion was a predictor of correcting interpersonal faults for conscientious female and males, it was not valid for unconscientious males. This result pointed out that self-compassion does not lead to harmful effects on romantic relationships on its own. Similarly, Neff and Beretvas (2013) proposed that being self-compassionate is significantly associated to positive behaviors in romantic relationships. Also, in a more recent study conducted in Turkey revealed that self-compassion was strongly related to marital satisfaction (Terzi, 2015).

Also, the link between self-love and love for others were investigated by previous studies (Campbell & Baumeister, 2004; Campbell, Foster, & Finkel, 2002). A body of literature indicated that self- compassion which includes self-acceptance, self-kindness and self-esteem was correlated with romantic relationship satisfaction and maintenance. The reason can be that a person who loves herself would not be afraid of accepting their mistakes and could take responsibility for change to improve healthier relationships. Also, people who have self-worth would believe they are lovable and would not have suspicions about the partners' loyalty. Therefore, these properties would explain the relationship between self-compassion and relationship satisfaction.

Additionally, self-compassion was found highly correlated with romantic jealousy, and according to Neff and Tirch (2013), jealous partners cannot face up to truths about them, and blame the other partner; yet a person who has high level of self-acceptance and self-compassion would achieve more harmonious relationships. Although there was no sufficient research regarding the relationship between self-compassion and romantic jealousy; many studies can be found with respect of the ingredients of self-compassion such as self- acceptance, self-esteem, and self-worth.

Furthermore, DeSteno, Valdesolo and Barlett (2006) conducted two experiments in order to examine the mediating mechanisms of jealousy. In the first experiment, evoking jealousy through social encounters was used and it was displayed that self-compassion functions as a basic mediator of jealousy. In addition to these studies, many others demonstrated that low self-compassion and its sub-dimensions such as self-esteem, self-efficacy, self-evaluation, and self-worth of individuals provoke jealousy (Dibello, Rodriguez, Hadden, & Neighbors, 2015; Hu, Zhang, & Li, 2005; Salovey & Rodin, 1991).

For the explanations above; rumination, co-rumination and self-compassion was selected as possible mediators of the relationship between romantic jealousy and satisfaction by relationship. Additionally, these selected mediators were also

expected to be significantly correlated with each other as a whole. The reason was that, related literature provided many studies that focused on interrelations between rumination, co-rumination and self-compassion, separately. After the concept of co-rumination was defined by Rose (2002), it was understood that rumination was not only actualized by individual based, but also executed with friends in a co-ruminative way (Starr & Davila, 2009). Whereas -in contrast to rumination- co-rumination was expected to be adaptive based on the nature of the process. To exemplify, while co-ruminating was adaptive at the beginning of the negative incident, it became maladaptive after a period of time (Funasaki, 2012). Therefore, co-rumination can be both maladaptive and adaptive in contrast to rumination. The reason was that, rumination was functioning in a disruptive way which fosters psychological symptoms of individuals (Nolen- Hoeksema, 1991). Additionally, self-compassion was studied in relation with rumination by many studies because their possible relationship were considered as contrary functioning mechanisms (Krieger, Altenstein, Baettig, Doerig, & Holtfort, 2013; Odou & Brinker, 2013; Raes, 2010; Samaie & Farahani, 2011; Skoda, 2011). As a common result of the studies mentioned above, the prominence of self-compassion was highlighted while coping with rumination. For all these reasons, the selected mediators of the study were runned in the same model instead of conducting them separately.

In addition, several demographic questions were asked to the students for detecting and eliminating the possible intrusions to the model. In the literature, duration of relationship was seen as one of the important factors for relationship satisfaction. However, the direction of its effect did not reveal consistent results. To exemplify, Moore, McCabe and Brink (2001) studied with 10 dating, 21 cohabiting and 56 married couples and the results revealed that longer duration of relationships denoted greater intimacy and relationship satisfaction.

On the other hand, Jose and Alfons (2007) and Kurdek (2005) indicated that relationship satisfaction significantly reduces over time. Besides, Sakmar (2010) studied with married couples with children, married couples without children and

cohabiting couples; and the results revealed no significant relationship between duration and satisfaction. In a similar vein, Çürükvelioğlu (2012) studied with 344 undergraduate students and Saraç et al. (2015) studied with 299 university students; and they found that there was no significant association between duration of relationship and satisfaction. Consequently, there was no consensus over the influence of duration on relationship satisfaction.

2.2. Relationship Satisfaction

Relationship satisfaction was defined by Taylor and his friends (1997) as subjective evaluation of felicity and support from a romantic partner within relationship. A substantial body of literature investigated the related factors of relationship satisfaction. These factors would be handled in two ways as positive predictors and negative predictors.

Mainly, having secure attachment styles and achieved identity status (Moore et al., 2010); support of parents, peers, and partners (Bongart et al., 2015); spousal similarity of (Saggino, Martino, Balsamo, Carlucci, Ebisch, Innamorati, Picconi, Romanelli, Sergi, & Tommasi, 2016; Hudson & Fraley, 2014; Saraç, Hamamcı & Güçray, 2015); need satisfaction (Eryılmaz & Doğan, 2013) positive communication patterns such as clear messages, eye contact, active listening, empathy and positive intention maintained romantic relationship satisfaction of couples (Hendrick, 2004).

Moreover, Fenell (1993) studied with 147 couples those were married more than 20 years; the results revealed that loyalty to spouse, strong moral values, commitment to fidelity, and willingness to forgive were the most important qualities in long-term satisfying marriages. In a similar vein, Rusbult and Buunk (1993) investigated surviving relationships and they reached that dependence on partner and subjective commitment were strongly correlated with relationship adjustment.

Similarly, personalities of the partners were significant predictors of relationship satisfaction. For instance, to have agreeableness and conscientiousness traits were

found as positive factors of satisfaction with relationship (Schaffhuser, Allemand, & Martin, 2014). Also, Arroyo (2015) found that personality traits of "introversion" and "emotional stability" were found as positive predictors of marital satisfaction. Interestingly, having excessive expectations from the partner was related to increase in relationship satisfaction in the studies of Sarı (2008), and Saraç, Hamamcı and Güçray (2015).

On the other hand, negative predictors of relationship satisfaction was mainly about negative thoughts of partners; for instance, according to Beştav (2007), irrational beliefs such as "disagreement is destructive", "understanding opposite sex is difficult" and "sexes have different needs" were negatively associated with relationship satisfaction. The other negative predictor of relationship satisfaction was a personality trait; neuroticism (Schaffhuser, Allemand, & Martin, 2014; Watson, Hubbard, & Wiese, 2000). According to Hampson (2012) neuroticism was positively correlated with negative mood and tendency to remember negative events. In addition to cognitive contributors; emotional contributors were investigated as well. In the study of Demirtaş (2010), while negative affect was negatively correlated with relationship satisfaction; positive affect of participants displayed positive correlation with satisfaction.

Strategies of having satisfying relationships contain several goals: to keep the relationship with desired qualities, to sustain relationship in existence, to repair a broken relationship (Canary & Dainton, 2006). Dainton and Stafford (1993) divided maintenance behaviors of partners into two as *routine maintenance* behaviors and *strategic maintenance* behaviors. The fundamental difference between these behaviors is; routine maintenance behaviors occur in everyday interactions without a conscious intention for maintenance; yet, strategic maintenance behaviors emerge with conscious intention to keep the relationship (Dainton & Stafford, 1993).

Relationship satisfaction strategies include five-factor as; positivity, openness, assurances, social networks, and sharing tasks. In detailed, *positivity* refers to have

optimistic perspectives, positive interactions and cheerful manner; *openness* refers to self-disclosure of partners within a romantic relationship; *assurance* refers to commitment to loyalty, love and support; *social networks* refer to have supports from friends or families; and *sharing tasks* refer to be possessed of equal responsibilities in the relationship (Ogolsky, Lloyd, & Cate, 2013).

2.3. Romantic Jealousy

The psychoanalysts' perspective suggested that Oedipus complex and Electra complex were the first signs of jealousy. According to Freud (1922) children direct their sexual desires to the parent of opposite sex; and they perceive as they were threatened by the parent of same sex. This conflict was the first seed of jealousy. For this reason, Freud (1922) claimed that feeling of jealousy was under the control of subconscious.

Besides, Lazarus and Lazarus (1994) defined jealousy as "resenting a third party of loss, or threat of loss, of another's favor" (p. 38). Also, they claimed that if jealousy based on a reality, there was no pathology; but if jealousy was not because of a reality, it was about the characteristics of the jealous person and it was difficult to cope with. In contrast to psychoanalysts, Lazarus and Lazarus (1994) stated that the first seeds of jealousy germinate with sibling relationships because siblings were rivals for parental affection and attention. Desire of being the popular kid in the family and being loved more than the other siblings stimulate children's feelings of jealousy. As can be seen, jealousy is a complex term and it has a various definitions in the literature. Nevertheless, jealousy was defined with the blend of emotions including envy, aggression, anxiety, fear, suspicion, revenge, mistrust, guilt and love (White & Mullen, 1989).

Jealousy was not considered as a primary emotion because it emerged with social relations that trigger triadic conflicts in the relationship (Panksepp, 2010). However, it did not show that jealousy was not based on a genetic ingrained; unlikely, jealousy

was evolutionary emerged and developed by the mind-brain dynamics (Panksepp, 2010).

Evolutionary psychologists explained genetic foundation of jealousy with basic gender differences. While females were more sensitive to emotional infidelity of partner; males showed more responses to sexual infidelity (Salovey, 1991). For instance; Buss, Larsen, Westen, and Semmelroth (1992) pointed out that while %60 of men reported higher distress for sexual involvement, %83 of women reported more distress to emotional attachment of their partner with another woman.

The underlying reason of gender difference was explored by Buss (2000) with the issue of maternity certainty. Since reproductive biology of females guarantees that the woman is the genetic mother, a possible sexual infidelity of woman would cause uncertainty of paternity. On the other side, the reason why women show more reaction to emotional infidelity was that women would be at risk to loss of man's investment and resources which help woman to survive with her children. Therefore, women would be in danger if her partner had love bonds and commitment to another rival and make invest to the woman (Buss, 2000).

Mainly, romantic jealousy was known as taking protective action towards an actual or estimated threat of losing romantic partner, attention and love because of an activity or another rival (Hansen, 1991). According to Ben-Ze'ev (2010), jealousy has three components as "fear of losing a partner to another person, love of the partner, and anger and sorrow at being in such a negative situation" (p. 43). Underlying reason of the fear of losing romantic partner refers to change in the future (Ben-Ze'ev, 2010).

Although the definition of romantic jealousy has been made by different researchers, they all have the common point that jealousy was an intensive fear of losing beloved ones because of the third person such as another woman/man, a family member or a close friend (Stearns, 2010). Moreover, it was possible to jealous of romantic

partner's job or hobbies if these activities take plentiful time or energy (Hendrick, 2004). In a negative perspective, jealous was seen related to putting one's partner in a property position. Although people generally do not think that their partner is one of their properties, they became a jealous person when they experience the sense of losing (Ben-Ze'Ev, 2010).

In the literature, jealousy was almost found as a potential hazard for partners and romantic relationships (Hendrick, 2004). Buss (2000) explained these hazards as decreased self-esteem, impaired love and mistrust. Also, the darkness of jealousy mostly causes men to burst violently against their partner. These kind of extreme jealousy has variety of names including Othello syndrome, pathological jealousy, morbid jealousy, psychotic jealousy and conjugal paranoia (Buss, 2000).

The consequences of excessive jealousy can be quite subversive including aggression (Edalati, 2010), dating violence (Collibee, & Furman, 2016), or even homicide (Keetley, 2002; Mowat, 1966; Sigal, 1998). According to the study of Paksoy-Erbaydar, Çilingiroğlu, Karaöz-Öncü, Dandıl, Yerli, Çelebi, Sezgin and Karaman (2014), the most important reason of women murders in Turkey was romantic jealousy (22.8% of total). Similarly, Buss (2000) stated that most of battered women in shelters reported that their husbands had excessive jealousy.

On the other side, before diagnosing a person with pathological jealousy or Othello syndrome, whether the foundation of jealousy stems from a reality or illusion is needed to be determined. In order to detect it; signals of betrayal are needed to be checked such as erectile dysfunction of men, women's sexual dissatisfaction, women' decline in sexual desire, differences in desirability and shocking discoveries (Buss, 2000).

Although jealousy was often mentioned with its disruptive influences, the related literature revealed that jealousy was also linked to positive outcomes for relationship. According to Toohey (2014) jealousy might strengthen commitment, make partners

more productive, and contribute to cohesiveness. In conclusion, Maya Angelou (1993), a famous poet, resemble jealous a salt in meal. While a little salt makes the meal delicious, excessive salt spoil its flavor. This metaphor represents that jealousy has both useful and destructive impacts on relationship satisfaction depending on its dosage.

In order to determine whether it's harmful or beneficial; and before suggesting coping strategies, the mechanism of jealousy is needed to be understood. The nature of jealousy contains three phases: input, information processing, and output (Buss, 2000). In the phase of *input*, signals of betrayal were discovered such as detecting strange scents on the partner, mysterious phone calls, or sudden changes in sexual desire. In the phase of *information processing*, interpretations about these clues were made; and at the *output* phase, people take action (being awake, controlling, or violence) or use defense mechanisms (denial, self- bolstering, evoking jealousy, derogation of competitors, or revenge; Buss, 2000). After detecting signals of jealousy, it would be possible to cope with jealousy by being aware of which emotions are normal and abnormal; realizing the underlying reasons of jealousy; and changing the problematic behavior (Pines, 1992). As all the other challenging incidents, jealousy might be strengthen self-awareness, and develop personal growth for better understanding of the self and the partner (Pines, 1992).

Pines and Aronson (1983) investigated the ways of coping with jealousy that people preferred to use. The results revealed that people mostly used rational discussion (80%), verbal assault (60%), sarcasm (56%), crying and silence (55%), and physical violence (7%), respectively. However, females and males differed in their coping strategies. To exemplify; while males mostly preferred to consume more alcohol and to show aggression; females often preferred to cry alone and to struggle for being more appealing woman (Buss, 2000; Sharpsteen, 1991).

In order to cope with jealousy in a healthy way, Pines (1998) denoted that a jealous person should shade her assumptions regarding a possible infidelity and have a

nonjudgmental view towards the partner. Clients who have a jealousy problem prone to think that there was something wrong with them; therefore, the counselor should help the clients to see this problem as a practice of maturation, not their fault (Pines, 1998).

In a jealousy crisis, psychodynamic approach help clients to detect the causes of jealousy; and they discuss what changes are needed to be done. After that, psychotherapist makes interpretations regarding the motives of jealousy for helping the client to gain insight (Pines, 1998).

On the other side, behavioral approach suggests several behavioral strategies instead of focusing on reasons. *Desensitization* is one of these techniques which ask the client to make a list of things that evoke jealousy and rank them. After imagining each item in the list, clients use relaxation techniques that they are taught by the counselor. Until clients achieve to imagine the top of the items, relaxation exercises continue to be used. In this way, clients gradually experience and learn to cope with the situations that lead to jealousy (Buss, 2000; Pines, 1992).

Besides, *pretend* and *turning the tables* techniques can be employed by changing the behaviors of one spouse. In pretend technique, jealous partner learns to act as if he is not jealous. On the other side, in turning the tables technique, non-jealous person act as if she is jealous. In this way, both partners would be work on the problem together for the aim of altering the dynamics of jealousy (Pines, 1992).

Additionally, cognitive intervention techniques can be utilized in order to cope with suspicions and jealousy related thoughts of partners. For instance, *cognitive reconstruction* technique assists clients to view a suspected affair from a positive perspective. Also *revealing jealousy* method can be implemented to encourage the jealous person to think about positive sides of oneself for repairing self-esteem (Buss, 2000).

2.4. Rumination

Response Style Theory was developed by Nolen- Hoeksema (1987) in order to figure out how people regulate their negative emotions and psychological symptoms. According to this theory, the way of a person responds to his mood impacts his state of mind as well (Nolen- Hoeksema, 1991). Therefore, ruminative response was a maladaptive style because of repetitively thinking the reasons and consequences of distressful incidents; and not taking action for resolution of these depressive symptoms (Nolen-Hoeksema, 1991). Beside of its contributions to maladaptive psychological mood and depressive symptoms; rumination obstructs active problem solving skills and solution focused attitudes of individuals (Nolen- Hoeksema, 1987).

According to Treynor, Gonzalez, and Nolen-Hoeksema (2003), rumination has two sub-dimensions as *brooding* and *reflective* rumination. Although both of these dimensions are maladaptive, it can be said that reflective rumination was less maladaptive than brooding rumination (Iqbal, & Dar, 2015) because while reflective rumination contains a wish to cope with problems by neutral contemplation, brooding was viewed as a dreary thoughts about depressive symptoms (Treynor et. al, 2003).

The related literature revealed that rumination was significantly related to posttraumatic stress disorder (Moğulkoç, 2014; Roley, Claycomb, Contractor, Dranger, Armor, & Elhai, 2015), depressive symptoms (Betman, 2012; Erdur- Baker et. al, 2009; Iqbal, & Dar, 2015; Oliver, Smith, & Leigh, 2015; Roley et. al., 2015), and impaired emotion regulation (Jostmann, Karremans, & Finkenauer, 2011), anxiety (Iqbal & Dar, 2015).

According to the substantial body of literature, gender differences on depressive symptoms were displayed by much research. Since women are more vulnerable during their life period in respect of being humiliated, repressed, abused, and

assaulted (Nolen-Hoeksema, & Girgus, 1994); women reported longer duration of psychological symptoms and depression (Fernando, 2006; Nolen- Hoeksema, 1991; Nolen- Hoeksema, 2001).

Fernando (2006) elucidated gender difference with public pressure that obligated women to hide negative thoughts and feelings. Therefore, women preferred to "silencing the self" and it stimulated internal talking and rumination (Fernando, 2006). Similarly, gender differences on depressive symptoms and rumination were supported by the numerous studies which demonstrated that females have higher levels of anxiety, worry, rumination and depressive symptoms than males (Broeren, Muris, Bouwmeester, Van Der Heijden, & Abee, 2010; Butler, & Nolen- Hoeksema, 1994; Erdur-Baker et al., 2009; Hankin, & Abramson, 2001; Ziegert, & Kistner, 2002).

The main contributors to ruminative thinking were inflexibility of thoughts (Davis & Nolen-Hoeksema, 2000), cognitive impairments (Daches, Mor, & Hertel, 2015), and adversity to change the direction of attention from the negative stimulus (Davis & Nolen-Hoeksema, 2000). Similarly, attentional control deficit were associated with adversity in suppressing ruminative thoughts (Fox, Dutton, Yates, Georgiou, & Mouchlianitis, 2015). Besides, disruptive impacts of rumination on problem solving skills, instrumental behaviors, and social support were also revealed (Nolen-Hoeksema, Wisco, & Lyubomirsky, 2008).

A more recent study conducted by Senkans, McEwan, Skues and Ogloff (2016) with 525 young adults; and it was found that rumination were related to relational problems, dating violence and stalking in romantic relationships.

2.5. Co-rumination

Co-rumination was defined by excessively talking about problems; discussing its meanings, reasons and consequences; and revolving around negative feelings in dyadic interactions (Rose, 2002). In other words, co-rumination resembles to

rumination which was formed in interpersonal relationships (Calmes, 2008). Parallel to rumination, co-rumination also did not include any goal-directed and solution focused attitudes (Calmes, 2008).

Rose, Carlson and Waller (2007) explained co-rumination as a construct that contains both difficulty in emotional problems and developing favorable friendship adjustment. In her study with 608 students from third, fifth, seventh and ninth-grades; co-rumination was found associated with high-quality friendships as well as its relationship with depression and anxiety.

Also, according to Calmes (2008), co-rumination contributes to spread of depressive symptoms among friendships. Specifically, when an individual were depressed and co-ruminate with the second person, it might triggers depressive outcomes for the second person. On the other side, if the first person who were depressed and seek social support via co-ruminating with the second person and could not receive help, that might trigger the first person's depressive symptoms.

In line with rumination related literature, gender difference was found as a prominent contributor of co-rumination (Bugay, Erdur-Baker, 2015; Dombrowski, 2014; Rose, 2002). Dombrowski (2014) studied with late adolescents and investigated gender differences in co-rumination; as a result, peer co-rumination was used by females more than males in order to seek support within peer relationships. Similarly; Tompkins, Hockett, Abraibesh, and Witt (2011) investigated middle adolescents' co-rumination levels; and consistent with previous research, girls reported higher levels of co-rumination. One possible explanation for gender differences in co-rumination was defined by Balsamo and his colleagues (2015) with negative and positive facets of co-rumination; and they concluded that females were seemingly use negative aspects of co-rumination such as non-solution focused discussion, and dysfunctional co-rumination compared to males.

As another possible explanation for gender effect, path analysis was calculated separately with males and females in order to examine mediating effects of early maladaptive schemas on relationship between co-rumination and depression (Balsamo et al., 2015). The results indicated that females have higher levels of co-rumination than males; and the mediating effect of early maladaptive schemas only accounted for females (Balsamo et al., 2015).

The other predictor of co-rumination was gender of individuals who were co-ruminated with; in other words, confidants. Barstead, Bouchard, and Shih (2013) investigated whether confidant choice of emerging adults differs in terms of gender. Interestingly, both females and males chose female confidants to co-ruminate with.

Lastly, in the study of Dombrowski (2014), co-rumination was found significantly correlated with internalizing symptoms of emerging adults. Similarly, Tompkins et al. (2011) investigated middle adolescents' co-rumination, coping skills, internalizing and externalizing symptoms; the results indicated that co-rumination was significantly correlated with internalizing and externalizing symptoms; yet, there was no correlation with coping efforts.

On the other side, in a growing body of literature, co-rumination was found positively associated with friendship quality (Preddy, 2010; Rose, 2002; Rose et al., 2007). To exemplify, in a six month longitudinal research conducted with mid-adolescents and middle school children, co-rumination was found as a protective factor for adjustment problems in friendships (Rose et al., 2007). Also, Preddy (2010) indicated that co-rumination was correlated with positive friendship adjustment as well as its maladaptive outcomes in depressive symptoms. In addition to its positive influences on friendship adjustment, co-rumination was investigated with sibling relationship quality of emerging adults; and there was a high correlation between them (Cilalı, 2015).

Also, when its consequences on romantic relationships were investigated, consistent results were revealed. In related literature, the findings indicated that co-rumination has positive outcomes on relationship satisfaction (Betman, 2012; Calmes & Roberts, 2008; El Ramahi, 2010; Funasaki, 2012). Also, in the study of Rose et al. (2007), co-rumination predicted relationship quality of both girls and boys.

2.6. Self-compassion

In Western culture, compassion was usually described with compassion for others (Super, 2015). However, Eastern culture considered compassion as equally important to compassion for self; and from the perspective of Buddhism, self and other was interdependent. That means, without being compassionate for self, it is not possible to be compassionate for others (Salzberg, 1997).

Self-compassion and self-esteem were seen as similar concepts in the literature and there was a high correlation between self-compassion scale of Neff (2003b) and self-esteem scale of Rosenberg (1965), r = .59. Although both of them were related with feeling good about oneself and they predicted optimism, happiness and positive affect; self-compassion provided more strength relation with self-consciousness, rumination, need for cognitive closure, and social comparison (Neff & Vonk, 2009).

Specifically, self- compassion comprises of being warm toward ourselves, gaining self-kindness, accepting our failures, developing self-worth and self-appreciation, as well as not blaming ourselves for inevitable circumstances, and not having excessive expectations from ourselves (Super, 2015). Neff (2003a) defines self- compassion as showing acceptance, love, and kindness to oneself; and describes it with three dimensions: self- kindness, common humanity and mindfulness.

According to Neff(2003a), *self-kindness* is "extending kindness and understanding to oneself instead of harsh self-judgment and criticism" (p.87); *common humanity* is "seeing one's experiences as part of the larger human experience rather than seeing them as separating and isolating" (p.87); and *mindfulness* is "holding one's painful

thoughts and feelings in balanced awareness rather than over-identifying with them" (p.89) . In a similar vein, Super (2015) describes dimensions of self-compassion as: caring ourselves, connecting with others and being mindful in the moment.

Developing self-compassion would foster unconditional self-acceptance, optimism, and psychological well-being of individuals (Neff, 2011a). Also, it allows people to develop deeper social interactions with others as well as increasing warm relationships with themselves (Super, 2015). On the other hand, being judgmental for oneself and showing clemency for others would lead to isolation and get stuck in the pain (Neff, 2011a).

Moreover, according to Super (2015), people who gain self-compassion would enhance their psychological resilience against the challenges of life including daily stressful events, losing beloved ones, and divorce or breaking up. A possible evidence of the claim was found by Leary, Tate, Adams, Allen, and Hancock (2007) that self-compassionate individuals displayed less negative feelings towards themselves than less compassionate individuals while imagining a stressful social incidence.

Besides, healthy outcomes of self-compassion were also identified in romantic relationships. Baker and McNulty (2011) worked on relationship maintenance and it was revealed that; among males there was an indirect relation between self-compassion and relationship maintenance with mediation of consciousness. Instead, females self-compassion was directly related to relationship maintenance and correcting mistakes in the relationship. In a similar vein, a more recent study conducted in Turkey revealed that self-compassion was strongly related to marital satisfaction (Terzi, 2015).

As can be seen in the literature, self-compassion was significantly correlated with positive outcomes. The good thing is that even if a person has lower self-compassion, it can be built afterwards. A pilot study of Neff and Germer (2013)

revealed that after eight weeks workshop, intervention group reported significantly higher levels of self-compassion.

2.7. Overall Summary

The age interval between starting higher education and having a stable life in terms of career and family was defined as emerging adulthood stage (Arnett, 2000). In these ages, instability in choice of love, education, and work proceed until reaching the steady residence. The main task of a person in this stage is to develop intimate relationships with a romantic partner (Erikson, 1959). In order to develop healthy romantic relationships, couples need to maintain their satisfaction from each other and the relationship (Hendrick, 2004).

A growing body of literature provided beneficial and harmful characteristics and attitudes related to satisfaction within relationship. One of the prominent factor which influences relationship satisfaction was jealousy (Hendrick, 2004). However, the mystery of jealousy could not be revealed despite of numerous studies; and its uncertainty was maintained (Elphinston et al., 2013).

While some studies indicated that romantic jealousy have positive impacts on relationship satisfaction (Duemmler & Kobak, 2001; Dugosh, 2000), others emphasized disruptive influences of jealousy (Andersen et al., 1995; Elphinston, 2013; Guerrero & Eloy, 1992). Buss (2000) explained this mystery by stating that excessive jealousy would lead to negative thoughts and suspicions which ruin relationship satisfaction; yet moderate jealousy would strengthen commitment and passion which provides satisfaction to relationship.

Existing studies displayed that the relationship between jealousy and satisfaction were mediated by several possible factors (Buss, 2000; Connoly et al., 2000; Dugosh, 2000; Elphinston et al., 2013; Toohey, 2014). Barelds and Barelds- Dikstra (2007) stated that personal traits and response styles might be mediating the

relationship between romantic jealousy and relationship satisfaction. For this reason, rumination can be a possible mediator of the relationship.

Rumination was defined by Nolen-Hoeksema (1991) as excessively and repetitively thinking about stressful circumstances, reasons, and outcomes in a passive way. A substantial body of literature revealed that rumination inhibits active problem solving skills and contributes to depressive and psychological symptoms of individuals (Nolen-Hoeksema, 1991, 1995, 2001; Oliver et al., 2015; Raedt, Hertel, & Watkins, 2015). Additionally, a common consensus of the findings was that females prone to rumination more than males (Erdur-Baker et al., 2009; Fernando, 2006; Nolen-Hoeksema, 1991, 1994, 2001).

In related literature, rumination and its harmful influences on relationship satisfaction was also revealed (Elphinston et al., 2013; Pearson et al., 2010). According to study of Elphinston et al. (2013) with ninety nine couples those were dating, cohabiting and married; rumination was mediating the relationship between romantic jealousy and relationship dissatisfaction. Also, Pearson et al. (2010) denoted that ruminative brooding positively predicted relationship dissatisfaction of individuals those experienced major depression previously.

In addition to rumination, co-rumination was also considered as a possible factor of depressive symptoms (Balsamo et al., 2015; Starr, 2015; Taylor, 2014) and anxiety (Dirghangi et al., 2015; Taylor, 2014). Rose (2002) defined co-rumination as excessively talking about problems, discussing on its meanings and negative consequences, and not having any purpose to bring the action. Since co-rumination was formed by interpersonal relationships, its association with friendship adjustment (Rose, et al. 2014), friendship satisfaction (Calmes, 2008), sibling relationship quality (Cilalı, 2015) and social support (Boren, 2014) was investigated.

In addition to close relationships with friends and family members, romantic relationships were also considered with possible impacts of co-rumination (Edwards

& Aune, 2014; Whitton & Kuryluk, 2013; Keast, 2014). When its relationship with romantic satisfaction was investigated, the findings indicated either positive outcomes (Betman, 2012; Calmes & Roberts, 2008; El Ramahi, 2010; Funasaki, 2012) or negative results (Edwards & Aune, 2014; Whitton & Kuryluk, 2013; Keast, 2014).

In contrast to harmful impacts of rumination and co-rumination, another possible factor, self-compassion, was found positively associated with healthy outcomes (Germer, 2009; Van Dam, Shapperd, Forsyt, & Earleywine, 2010; Neff, 2003a; Neff, 2003b; Super, 2015). Basically, self-compassion was to display acceptance, caring, and kindness to oneself in rain or shine (Neff, 2003a).

As expected, self-compassion was found negatively related to depressive symptoms, anxiety, experiential avoidance, and rumination (Bayramoğlu, 2011; Krieger et al., 2013; Raes, 2010; Shapperd et al., 2010). Additionally, positive outcomes of self-compassion were denoted for psychological health. For instance; well-being, emotional resilience, psychological resilience, vitality, coping with academic failure, positive psychological functioning and interpersonal conflict resolutions were positively associated with self-compassion (Busch, 2014; Neely et al., 2009; Neff et al. 2005; Neff et al., 2007; Neff et al. 2009; Neff, 2011b; Wei et al., 2011; Yarnell & Neff, 2013).

The impacts of self-compassion on relationship satisfaction were also investigated by researchers. Baker and McNulty (2011) investigated the impact of self-compassion; and the results indicated that self-compassion enhance satisfaction and motivation of couples to correct their mistakes in their relationship (except for unconscientious males). Also, Beretvas (2013) found that self-compassion was related to positive behaviors in romantic relationships.

Overall; the literature stated that relationship satisfaction and romantic jealousy was related to each other, but the direction was not clear. In order to further

understanding the nature of the relationship, possible mediating effects of rumination, co-rumination and self-compassion was decided to use in the model. Firstly, romantic jealousy includes thinking about the possibility of partner's infidelity, suspicions about partner's behaviors, and thinking about betrayal. As can be seen from its definition, it includes ruminative thinking styles and thinking about negative outcomes. The link between romantic jealousy and rumination was denoted by other researchers as well.

Secondly, romantic jealousy contains negative emotions such as fear, anxiety, or losing beloved ones. With these emotions, the partner may show more interest and attention to the other partner for not losing his/her love, and support. Buss (2000) explained that most people prone to hide jealousy-related feelings from their partners. For this reason, it was expected to observe that people express their negative jealousy feelings with their close friends. In the literature, sharing and discussing negative feelings with friends in an excessive way was defined as co-rumination. Therefore, romantic jealousy can be related to co-rumination.

Thirdly, romantic jealousy includes surveillance behaviors of partners such as looking to the other partners' belongings for obtaining clues of betrayal. This kind of behaviors indicates lack of trust in romantic relationships. In related literature it was seen that lower self-compassionate people do not show affection and kindness towards themselves and others. Also, these people have low self-esteem and they believe that they are not lovable and valuable enough, so they can be cheated. For this reason, they do not trust the love of the partner and seeks for clues of infidelity. Therefore, it was expected to observe that people who have low level of self-compassion would be jealous as well.

As for associations of rumination, co-rumination and self-compassion with relationship satisfaction, a substantial body of literature revealed similar results. Primarily, rumination was found negatively correlated with relationship satisfaction and functioning; so in the present study it was expected to obtain negative

relationship between rumination and relationship satisfaction. Also, although co-rumination consists of non-solution focused talking, it was found that co-rumination was predicting relationship quality for siblings, friends and romantic partners. For this reason, co-rumination was expected to be positively predicting relationship satisfaction. Lastly, in related literature; self-compassion was found to be beneficial for romantic relationship maintenance because a person who loves oneself would have love for others. Therefore, it was expected that self-compassion was positively predicting relationship satisfaction. For all these reasons, the relationship between romantic jealousy and relationship satisfaction might be mediating by rumination, co-rumination and self-compassion as stated above.

CHAPTER III

METHOD

In this chapter, methodological procedures and details of the study were provided. The chapter contains seven sections. The first section introduced overall design of the study. Then, sampling procedure and characteristics of participants were presented. In the third section, details of data collection instruments in terms of their psychometric properties, validity and reliability values were described. In the fourth and the fifth section, procedures of data collection and data analysis are demonstrated respectively. The sixth section explained the basic terms and details of the path analysis. Lastly, potential limitations of the study are given.

3.1. Overall Design of the Study

The overall design of the study is correlational research. In correlational research design, existence of an association among two or more quantitative variables is revealed by utilizing correlation coefficient. In a correlational study, the researcher simply looks for relationships of variables without interfering, controlling or manipulating (Gravetter & Forzano, 2015). In the present study, a multiple mediation model was tested which investigated the association among relationship satisfaction and romantic jealousy in terms of possible mediating effects of rumination, co-rumination and self-compassion of emerging adults. Classical statistical procedures are only able to demonstrate the change of one variable as a result of the others changes. In order to eliminate this gap, and to make causal inferences between variables the model of the study was tested by Path Analysis. Nevertheless, it cannot provide cause-effect establishment like experimental or longitudinal studies.

3.2. Sampling Procedure and Participants

In the present study, data were collected at the beginning of the spring semester in academic year of 2015- 2016. The sampling method of the study was convenience sampling. Convenience sampling requires selecting sample units that are accessible (Lewis-Beck, Bryman, & Liao, 2004). 410 students from different universities participated to the study. For the purpose of investigating romantic relationship satisfaction and jealousy, questionnaire packages were administered to participants who have a current romantic relationship. After data screening procedure, 13 cases were excluded and data obtained from 397 students were used for the study. Detailed information regarding missing value analysis, univariate and multivariate outlier analyses were mentioned in the next chapter. Descriptive statistics of the sample was demonstrated with Table 3.1.

Table 3.1.

Descriptive statistics of the sample

		f	*%*
Gender			
	Female	200	50.4
	Male	197	49.6
Age			
	18-21	233	58.8
	22-29	164	41.2
Faculty			
	Engineering	84	21.2
	Arts and Sciences	80	20.2
	Education	63	15.9
	Medical School	36	9.1
	Fine Arts	33	5.0
	Physical Education	28	4.3

Table 3.1. (Cont'd)

Descriptive statistics of the sample

		f	*%*
Faculty			
	Health Sciences	23	5.8
	Economic and Administrative Sciences	20	5.0
	Law School	17	4.3
	Theology	13	3.3
University			
	Ondokuz Mayis University	115	29.0
	Ege University	95	23.9
	Middle East Technical University	65	16.4
	Hacettepe University	45	11.3
	Ankara University	44	11.1
	Dokuz Eylül University	33	8.3
Duration of Relationship	1- 6 months	120	30.1
	6- 12 months	121	30.5
	13- 24 months	78	19.7
	25 + months	78	19.7

3.3. Data Collection Instruments

A survey package including an informed consent form, a demographic information form, Relational Assessment Scale (RAS; Hendrick, 1988), Multidimensional Jealousy Scale (MJS; Pfeiffer & Wong, 1989), Ruminative Response Scale (RRS; Nolen-Hoeksema & Morrow, 1991), Co-rumination Questionnaire (CRQ; Rose, 2002) and Self-Compassion Scale (SCS; Neff, 2003b) were distributed to the participants, respectively.

3.3.1. Demographic Information Form

The researcher developed a short demographic information form which is placed at the beginning of the questionnaire package. Basic demographics of the participants were obtained such as age, gender, faculty, university and duration of their romantic relationship (see Appendix C).

3.3.2. Relational Assessment Scale (RAS)

Relational Assessment Scale (RAS) was developed to measure romantic relationship satisfaction of dating couples by Hendrick (1988). RAS has seven items with a 7 point Likert type scale without any sub-dimension (see Appendix D for sample items). The Cronbach alpha coefficient was found as .89. The fourth (How often do you wish you hadn't gotten into this relationship?) and seventh items (How many problems are there in your relationship?) were reversed items of the scale. Higher points obtained from the scale indicate higher levels of satisfaction with relationship.

According to Hendrick, (1988) principal-component factor analysis revealed that only one factor explained 46% of the total variance. The item-total correlation variance was from .57 to .76 and intercorrelations between items were found as moderate. Also, RAS and Dyadic Adjustment Scale (DAS) were compared in terms of the correlation between them, and according to the results correlation coefficient was found as .80 with the same sample.

Adaptation of RAS to Turkish was carried out by Curun (2001) with 140 university students who have a current romantic relationship. The alpha value was found as .86. As a result of factor analysis, only one factor accounted for 52% of the variance. In consistence with the original and adapted scales, Cronbach alpha value was found as .93 in the present study.

3.3.3. Multidimensional Jealousy Scale (MJS)

Pfeiffer and Wong (1987) developed Multidimensional Jealousy Scale (MJS) which has three sub-dimensions as emotional, behavioral and cognitive jealousy. The aim of the scale is to measure emotional, behavioral and cognitive responses of couples in respect of romantic jealousy. MJS has 24 items (eight items for each sub-dimension) with a 7-point Likert type scale ranged from "never" to "all the time" (see Appendix E for sample items). Cronbach alpha value was found as .81 for emotional jealousy; .80 for behavioral jealousy; and .84 for cognitive jealousy. Intercorrelations between sub-scales were found as moderate.

MJS was adapted to Turkish by Karakurt (2001) and consistent with the original study, three factors emerged which constructed three sub-scales of MJS. In this adapted scale, Cronbach alpha coefficients were found as .86 for emotional jealousy; .86 for behavioral jealousy and .91 for cognitive jealousy sub-scales. These factors explained 61% of the total variance. In the present study, Cronbach alpha coefficients of emotional, behavioral and cognitive subscales were found as .90, .86, and .93 respectively.

3.3.4. The Ruminative Response Scale (RRS)

Ruminative Response Scale (RRS) was developed by Nolen-Hoeksema and Marrow (1991) as one of the subscales which has 21 items of Response Style Questionnaire (RSQ). RSQ has a total of 71 items that were included in Distracting Response Scale, Problem Solving Scale, Dangerous Activities Scale and Ruminative Response Scale. The aim of RRS is to evaluate ruminative tendencies of respondents regarding negative life events. The higher scores indicate high level of ruminative responses.

In the present study, short version of RRS (Treynor, et al., 2003) was used (see Appendix F for sample items). This version has two factors (reflection and brooding) and 10 items with 4 point Likert type scale which was labeled between "almost never" to "almost always". Scores obtained from RRS can be evaluated according to

these factors or as a total. Since both of the factors indicated maladaptive functioning, total score was utilized for the present study. Reliability values were computed by Treynor et al. (2003) and according to the results; alpha values were found as .72 for reflection subscale and .77 for brooding scale.

Validity and reliability evidences were reported by Erdur-Baker and Bugay (2012) for short version of the scale. As a result, both of the validity and reliability values of the long form and short form were found as sufficient; and short form was preferred to utilize in the present study because of its practicability. Also, the findings revealed that both of the subscales have maladaptive functioning and the total score can be used instead of the scores obtained by reflective and brooding sub-scales. Therefore, total score was utilized in the present study. Additionally, Erdur-Baker and Bugay (2012) indicated that alpha coefficient was .77 for reflection subscale and .75 for brooding subscales. In the present study, Cronbach alpha value of Ruminative Response Scale (short form) was found as .87.

3.3.5. Co-Rumination Questionnaire (CRQ)

Co-Rumination Questionnaire (CRQ) was developed by Rose (2002) for the aim of measuring participants' tendency to co-rumination within their friendships. CRQ has 27 items with a 5-point Likert type scale ranged from "not at all true" and "really true" (see Appendix G for sample items). CRQ consists of nine content areas which were assessed by three items. These areas are; (1) discussing problems instead of doing other activities, (2) frequency of discussing problems, (3) encouraging friends for discussing her problems, (4) encouragement of friends for discussing our problems, (5) repeatedly discussing the same problem, (6) speculation about the causes of the problem, (7) speculation about the consequences of the problem, (8) speculation about parts of the problem that are not understood, and (9) focusing on negative feelings. Cronbach alpha coefficient was found as .96.

Turkish adaptation of CRQ was developed by Bugay and Erdur-Baker (2015). Cronbach alpha coefficient was reported as .95 for one factor structure. Also, test-retest reliability was conducted with 113 university students and Pearson correlation coefficient between these two applications was found as .90. In the present study Cronbach Alpha coefficient was found as .95.

3.3.6. Self-Compassion Scale (SCS)

Self- Compassion Scale (SCS) was developed by Neff (2003a) in order to assess self-compassion traits of participants. SCS has 26 items which were rated on a 5-point Likert-type scale ranged from "almost never" to "almost always" (see Appendix H for sample items). The scale contains 13 reverse items that were negatively written. Additionally, SCS measures three aspects of self-compassion with six sub-scales as; self-kindness versus self-judgment; common humanity versus feelings of isolation; and mindfulness versus over identification. Higher points indicate greater self-compassion of respondents. In order to test validity of the SCS, Pearson's correlation coefficients were computed between SCS and the other scales that assess similar constructs. The results revealed that SCS was significantly and negatively correlated with Self- Criticism subscale of DEQ (r = -. 65, $p < .01$); significantly and positively correlated with Social Connectedness scale (r = .41, $p < .01$), and significantly positively correlated with Trait-Meta Mood subscale's as Attention (r = .11, $p < .05$), Clarity (r = .43, $p < .01$) and Repair (r = .55, $p < .01$). The Cronbach alpha coefficients for sub-scales were ranged from .75 to .81; and for overall scale alpha value was reported as .92. Moreover, test-retest correlation was .93 over three weeks. The results obtained by SCS can be evaluated with either total scores or each of six-subscales. In the present study total scores were used.

Adaptation of SCS was performed by Akın, Akın and Abacı (2007) with 663 university students. In adapted scale, internal consistency coefficients of sub-scales were reported from .72 to .80. Additionally, test-retest reliability correlations were between .56 and .69. In this study, Cronbach alpha coefficient was found as .89.

3.4. Procedure

First of all, ethical approval from Middle East Technical University, Human Subjects Ethics Committee was received. After obtaining permission, the data of the study were collected in the spring semester of 2015- 2016 academic year. Data collection process started at the first week of May and lasted for two weeks. The questionnaires were given to volunteer students enrolled in six major universities of Ankara, Samsun and Izmir. After obtaining permission from course instructors, the purpose and significance of the study were presented to all students and questionnaire packages were only given to the volunteer participants. Then, they were asked to read and sign informed consent forms before starting to fulfill the questionnaires. Confidentiality and anonymity of the students were ensured without asking their name, surname or student id number. Participants completed their questionnaire packages approximately in 20 minutes in classroom settings.

3.5. Description of Variables

Romantic Relationship Satisfaction: The total scores obtained by Relationship Assessment Scale (RAS).

Romantic Jealousy: The total scores obtained by Multidimensional Jealousy Scale (MJS).

Emotional Jealousy: The total scores obtained by Emotional Jealousy section of Multidimensional Jealousy Scale (MJS).

Behavioral Jealousy: The total scores obtained by Behavioral Jealousy section of Multidimensional Jealousy Scale (MJS).

Cognitive Jealousy: The total scores obtained by Cognitive Jealousy section of Multidimensional Jealousy Scale (MJS).

Rumination: The total scores obtained by short version of Ruminative Response Scale (RRS).

Co-rumination: The total scores obtained by Co-rumination Questionnaire (CRQ).

Self-compassion: The total scores obtained by Self- Compassion Scale (SCS).

3.6. Data Analysis

The purpose of the study was to test a model that analyzes the nature of association between romantic jealousy and relationship satisfaction through mediator roles of rumination, co-rumination and self-compassion. For realizing this aim, Path Analysis technique was employed. Before running Path Analysis, the obtained data were controlled in respect of frequencies, minimum and maximum scores. Respectively, data cleaning procedure was done in order to identify missing values; univariate and multivariate outliers were examined; and assumptions of path analysis (normality, independence of observations, sample size, linearity, homoscedasticity and multicollinearity) were checked. Then, descriptive statistics were used in order to describe the data. Additionally, relationships between variables were computed by Pearson product-moment correlations. Also, for the aim of revealing possible gender differences *t* test analyses were conducted. All these analyses were run by SPSS Version 22 (IBM Corp., 2013). Lastly, Path Analysis was conducted in order to test the presented path model via AMOS 21 software program (Arbuckle, 2012).

3.6.1. Path Analysis

Path analysis is a statistical technique which investigates causal associations among two or more quantitative variables (Olobatuyi, 2006). The idea behind this technique is to reveal potential causes of a specific phenomenon. Therefore, causal variables can identify why the phenomenon emerges. For these reasons, path analysis is powerful compared to other statistical techniques such as regression analysis (Fraenkel, Wallen, & Hyun, 2012). Path analysis was first developed by Wright (1920; as cited in Olobatuyi, 2006) for his genetic studies; then, it started to use in behavioral sciences in the 1960s. And, it is viewed as a beneficial technique to

examine simultaneous regression equations between variables (Bowen & Guo, 2012).

In its simplest form, path analysis includes three main variables; exogenous variable, mediating variable, and endogenous variable. According to the approach, exogenous variable leads to mediating variable; and mediating variable predicts endogenous variable (Stimson, 2014). Pedhazur (2006) stated that path analysis provides direct, indirect and total effects of variables. The result of the analysis is demonstrated with a path diagram which illustrates the names of the variables, arrows showing the direction of causality, and path coefficients which indicates the power of a variable that influences the other variable (Ary, Jacobs, Sorensen, & Walker, 2014). Basic information about concepts of Path analysis was presented below in order to understand findings of the study.

Path Model is a diagram which represents relationships among variables over a schematic model. It demonstrates mathematical process via graphical illustration. Each symbol has specific means; ellipses refer to unobserved variables; rectangles denote observed factors; and arrows represent causal relations (Bryne, 2010).

Latent Variables are hypothetical constructs which are not observed and measured directly. These constructs can be assessed through observing factors and traits such as scales, surveys or questionnaires. In short, observed features are used in order to figure out impacts of latent variables (Hersheberger, Marcoulides, & Parramore, 2003).

Observed variables are also called as manifest variables. These variables are scores of the data set. While latent variables are known as factors, observed variables are defined as indicators (Kline, 2011).

Exogenous variable is a variable which is detected by external causes of the model (Pedhazur & Schmelkin, 1991). Exogenous variables can be called as independent variables (Bryne, 2010).

Endogenous variable is a variable which is predicted by other exogenous or endogenous variables in the model (Pedhazur & Schmelkin, 1991). Therefore, endogenous variables are also known as dependent variables (Bryne, 2010).

Mediator variable "accounts for the relation between the predictor and the criterion" (Baron & Kenny, 1986, p.1176).

Path coefficient/ path weight is the scalar estimates of direct effects that are appraised as regression coefficients (Kline, 2011).

Chi square (χ2) is the most basic statistical method for testing the fit indices of a model. The value of chi square ranges from 0 (zero) to 1 (one). And, the value of zero indicates a non-significant p value with perfect fit. That means, the model is consistent with the data. Since chi square is influenced by sample size, it is possible to obtain erroneous consequences. To illustrate, while larger sample size (above 200) leads to have a significant probability level, smaller sample size have a tendency to indicate non-significant probability level (Schumaker & Lomax, 2004).

Goodness of fit index (GFI) "measures the amount of variance and covariance in *S* that is predicted by the reproduced matrix" (Schumaker & Lomax, 2004, p.113). GFI ranges from 0 (zero) to 1 (one); and values closer to 1 indicates good fit (Bryne, 2010).

Adjusted goodness of fit index (AGFI) fits the value of degrees of freedom in the model. The values of AGFI are from 0 (zero) to 1 (one); and similar to GFI, values about to 1 represents better fit (Bryne, 2010).

Comparative fit index (CFI) compares the structural model with the null model which suggests that there is no covariance between observed variables. The values obtained by CFI are from 0 (zero) = worst fit to 1 (one) = best fit (Wang & Wang, 2012).

Root mean square error of approximation (RMSEA) is the most suggested test of fit indices. RMSEA measures degrees of freedom and sample size. Values between .05 and .08 indicate close fit to the model (Schumaker & Lomax, 2004).

Root mean square residual (RMR) stands for residuals of covariance and it represents the difference between predicted covariance and observed covariance. The difference should be closer to zero for perfect model fit (Kline, 2011).

Standardized root mean square residual (SRMR) is "a measure of the mean absolute correlation residual" (Kline, 2011, p.209). In other words, SRMR computes the range between predicted and observed correlations (Kline, 2011). According to Hu and Bentler (1999), the values about to .08 for SRMR are needed to conclude that this is a good fit model.

3.7. Limitations of the Study

The present study has some limitations as well as its contributions. While evaluating the findings of the study, these limitations should be considered. First, the data were collected via convenience sampling from several state universities; thus, generalizability of the study was restricted with those students.

Also, after administering the questionnaire packages to the participants, most of them provided feedback that co-rumination and self-compassion scales were repeating the same items and their motivation to read was declined towards the end. For this reason, this may cause to threat for validity.

The results of a path analysis only reveal direct and indirect relationships between endogenous, mediator and exogenous variables. For this reason, underlying mechanisms of these relationships and cause-effect establishment could not be obtained. For this reason, the results of the study were restricted by relationships between variables. However, it would be difficult to conduct experimental design because ruminative thinking and cognitive jealousy of participants take place in the mind and it cannot be observed. Hence, despite of the limitation, the design of the study was considered as the most applicable method by the researcher.

Although there was no open ended question in the scale, in some cases, notes of participants were found at the end of the jealousy scale. These notes were like "I would kill my partner if she/he flirts with another rival", "If he/she kisses a person of opposite sex, I would beat", or "My partner could not hug no rival, I would broke his/ her limbs". Therefore, it can be said that dating violence might be important to consider, so the study missed this point.

Also, in the present study, behavioral jealousy did not reveal any significant relationships in the model. In related literature, it was seen that jealousy can be a cultural response or a kind of habitual behaviors. For this reason, not being asked the reason and intention of surveillance behaviors restricted the interpretation of the findings. Additionally, the present study only included one of the partners instead of couples because it was not applicable to reach wide range of couples. Nevertheless, specific relationships between couples could not be revealed; and couples could not be compared with other couples.

Lastly, after data collection process, Relational Rumination Scale (Senkans et al., 2016) was published which has three sub-dimensions as: romantic preoccupation rumination, relationship uncertainty rumination and break up rumination. Therefore, not assessing relational rumination of partners can be deficit of the study because it would specifically denote ruminative thinking patterns of romantic couples.

CHAPTER IV

RESULTS

In this chapter, the results of the study were presented. First, preliminary analyses were conducted in order to detect missing values, univariate and multivariate outliers. After data cleaning procedure, assumptions of path analyses were checked including sample size adequacy, independent observations, normality, linearity, homoscedasticity, and multicollinearity. Then, demographic analyses, descriptive statistics and correlations between major variables were given. Afterward, two separate path analyses were conducted in order to test proposed and trimmed models. At the end, hypotheses testing were provided.

4.1. Preliminary Analyses

Before conducting main statistical analyses, the data were checked in order to screen possible mistakes of data entering process. Then, reversed items were coded and total scores obtained each scale was entered to SPSS Version 22 (IBM Corp., 2013). Before conducting missing value analysis, minimum and maximum scores and frequencies of study variables were examined to reveal values that are out-of range.

4.1.1. Missing Data and Outlier Analyses

Throughout the data collection process, the researcher aimed to prevent missing values; and the necessity of fulfilling each items were reminded to all participants. According to Tabachnick and Fidel (2013) any cases with missing items more than 5% suggested to be excluded from the study. In the present study, no cases with missing values more than 5% were found. In addition, missing values with no more

than 5% were replaced by the series of mean since path analysis requires complete data.

After missing value analysis, univariate and multivariate outliers were detected. In order to reveal univariate outliers, standardized (z) scores were computed. According to Tabachnick and Fidell (2013) cases with z scores exceed ± 3.29 are outliers of the sample. In the present study, 12 cases exceed z score criterion of ± 3.29 and they were excluded from the study. In addition to univariate outliers, multivariate outliers were detected by using Mahalanobis Distance with Chi-square criterion of 22.46; and only one case was excluded from the study. In conclusion, 397 participants were included to the statistical analysis of the study.

4.1.2. Assumptions of Path Analysis

Sewall Wright (1968) described assumptions of path analysis as; linearity, causal closure, and unitary variables. In this regard, linearity assumption was met by checking correlation analysis in order to reveal all relationships among variables were linear. Also, all direct effects of one variable on one another were included in the path diagram for fulfilling causal closure assumption. Lastly, none of the variables were composed of components which behave in different ways with different variables; thus, unitary variables assumption was also checked.

Additionally, since path analysis is a specific kind of Structural Equation Modeling (SEM), basic assumptions of SEM were examined including sample size adequacy, independent observations, normality, linearity, homoscedasticity and multicollinearity. In order to conduct path analysis, Kline (2011) suggested that sample size should be over 200. Therefore, the present study met this criterion with 397 participants.

In the current study, researcher distributed questionnaire packages to all participants in classroom settings and no interactions among students were permitted during the process. Thus, independent observation criterion was ensured as well. Additionally,

univariate and multivariate normality assumption was examined through skewness and kurtosis statistics. According to Kline (2011), acceptable values of skewness and kurtosis values are in the range of ± 3. As can be seen in the Table 4.1., normality assumption of path analysis was confirmed.

Table 4.1.

Indices of Normality for Study Variables

Variable	Skewness	Kurtosis
Relationship Satisfaction	-.68	-.22
Rumination	.38	-.27
Co-rumination	-.07	-.88
Self- Compassion	-.23	-.20
Romantic Jealousy		
Emotional Jealousy	-1.37	1.18
Behavioral Jealousy	.65	-.12
Cognitive Jealousy	1.28	.80

Moreover, in addition to skewness and kurtosis values, residual plot was employed for ensuring multivariate normality, linearity and homoscedasticity among variables of the model. In Figure 4.2., residuals were demonstrated with scores that were concentrated on the center of rectangular distribution.
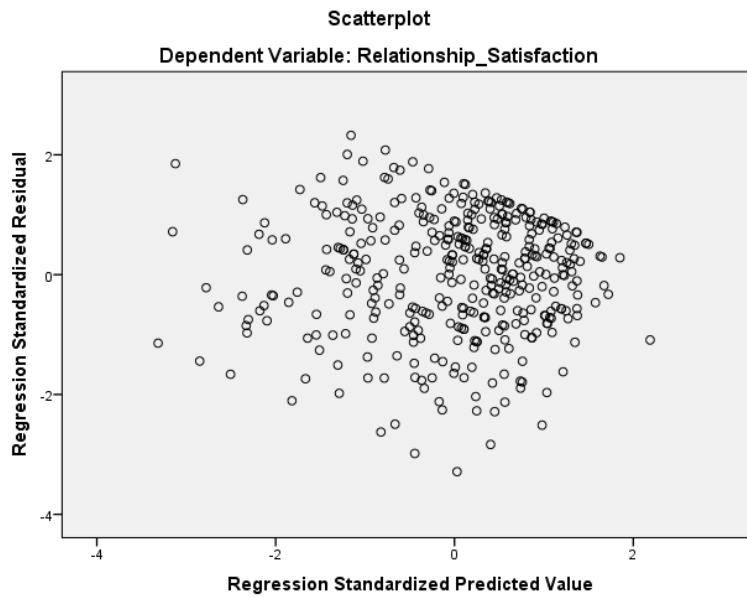
Figure 4.1. Scatterplot of standardized predicted values by standardized residuals.

Lastly, multicollinearity assumption was examined through bivariate correlation coefficients. According to Kline (2011), correlation coefficients higher than .85 are not desired and it threatens multicollinearity assumption. In the present study, correlation coefficients were distributed between .007 and .54; then, none of the variables were found as threatening for multicollinearity assumption.

To sum up, assumptions of normality, linearity, homoscedasticity and multicollinearity were ensured for the model. After preliminary analyses with 410 participants, 13 cases were excluded and main statistical analyses were conducted with 397 participants.

4.2. Demographic Analyses

In the present study, in order to test whether there was a possible extraneous variable which interfere the results of the study, the relationship between demographic variables and exogenous variable of the study –relationship satisfaction- was examined. In this way, demographic analyses were conducted separately by using

independent samples t test, Pearson Product Moment correlations and one-way analysis of variances (ANOVAs).

In the first place, independent samples t test was used in order to figure out possible gender differences on relationship satisfaction. The results revealed that there was no significant difference between male ($M = 35.91$, $SD = 9.30$) and female participants ($M = 34.69$, $SD = 11.06$) in respect of their relationship satisfaction scores (t $(385.54) = -1.19$, $p = .23$).

Next, Pearson product-moment correlation coefficients were performed to understand the contribution of age and relationship duration on relationship satisfaction. While there was no significant correlation between age and relationship satisfaction ($r = .01$, $p = .83$), it was revealed that relationship duration was significantly positively correlated with relationship satisfaction ($r = .23$, $p = .001$, $\eta^2 = .06$). Thus, participants who have long duration of dating reported higher levels of satisfaction with their romantic relationships although its effect size was small according to Cohen (1998). For this reason, relationship duration could be an extraneous variable and had a potential threat for interfering the results. In order to eliminate its undesired impacts, relationship duration was also added to the model as a mediator variable. However, because it did not reveal direct or indirect effects with other variables, and since it disrupted goodness of fit indices; it was removed from the model again. In this way, it was seen that relationship duration has no significant impact to the model.

Lastly, one-way ANOVA was performed in order to explore whether faculty or university have influences on relationship satisfaction. As a result of analyses, neither faculty [$F (9, 387) = 1.27$, $p = .25$] nor university [$F = (5, 391) = 1.43$, $p = .21$] differed significantly according to relationship satisfaction. Consequently, it was revealed that there was no threat of demographic variables that interferes the results of the study.

4.3. Descriptive Statistics of Major Variables

Descriptive statistics were used to explore means and standard deviations of exogenous variables (emotional jealousy, behavioral jealousy and cognitive jealousy), mediator variables (rumination, co-rumination and self-compassion); and endogenous variable (relationship satisfaction). The results of descriptive statistics were presented in Table 4.2.

Table 4.2.

Descriptive Statistics of Major Variables

Variables	*M*	*SD*	Possible Range	Actual Range
Relationship Satisfaction	35.29	10.23	7 - 49	7 – 49
Rumination	22. 11	6.26	10 - 40	10 - 40
Co-rumination	78.40	24.34	27 - 135	32 - 130
Self- Compassion	87.11	19.69	26 - 130	34- 129
Emotional Jealousy	42.02	8.28	7 - 49	13 - 49
Behavioral Jealousy	24.53	11.07	8 - 56	8 - 56
Cognitive Jealousy	18.99	12.22	8 - 56	8 - 56

As seen in Table 4.2., participants reported high levels of relationship satisfaction ($M = 35.29$, $SD = 10.23$), self-compassion ($M = 87.11$, $SD = 19.69$) and emotional jealousy ($M = 42.02$, $SD = 8.28$); moderate levels of rumination ($M = 22.11$, $SD = 6.26$) and co-rumination ($M = 78.40$, $SD = 24.34$); and low levels of behavioral jealousy ($M = 24.53$, $SD = 11.07$) and cognitive jealousy ($M = 18.99$, $SD = 12.22$) when compared to possible range values.

4.4. Bivariate Correlation Matrices of Major Variables

Pearson product-moment correlations were calculated in order to investigate relationships among major variables of the study. The correlations between endogenous, mediator and exogenous variables were presented in Table 4.3.

Table 4.3

Correlation Matrix of the Variables

Variables	1	2	3	4	5	6	7
1. RS	-						
2. R	-.40**	-					
3. CR	-.16**	.24**	-				
4. SC	.33**	-.47**	-.13*	-			
5. EJ	.16**	-.007	-.14**	-.02	-		
6. BJ	-.20**	.28**	.19**	-.23**	.18**	-	
7. CJ	-.45**	.40**	.31**	-.32**	-.08	.54**	-

* $p < .05$, two tailed; ** $p < .01$, two tailed.

Note. N= 397. RS = Relationship Satisfaction; R = Rumination; CR = Co-rumination; SC = Self-compassion; EJ = Emotional Jealousy; BJ = Behavioral Jealousy; CJ = Cognitive Jealousy.

As displayed in Table 4.3., there was no significant correlation at the .001 level among the variables for entire sample. However, almost all major variables were found significantly correlated with other variables at the .01 level or .05 levels. Only emotional jealousy was not found significantly correlated with rumination ($r = -.007$, $p = .89$), self-compassion ($r = -.02$, $p = .73$) and cognitive jealousy ($r = -.08$, $p = .12$); yet all the other correlations among major variables were found as significantly correlated.

As anticipated, relationship satisfaction was found significantly correlated with all other variables. It displayed positive moderate correlation with self-compassion ($r =$ .33, $p =$ .001); and positive weak correlation with emotional jealousy ($r =$ .16, $p =$ .002). On the other hand, relationship satisfaction showed negative strong correlation with cognitive jealousy and rumination ($r =$ -.45, $p =$ .000; $r =$ -.40, $p =$ .000, respectively); and negative weak correlation with behavioral jealousy and co-rumination ($r =$ -.20, $p =$ .000; $r =$ -.16, $p =$ .002, respectively).

The highest positive relationships were observed between behavioral jealousy and cognitive jealousy ($r =$ .54, $p =$ .000); and between rumination and cognitive jealousy ($r =$ .40, $p =$ .000). Additionally, the highest negative correlations were found between rumination and self-compassion ($r =$ -.47, $p =$ .000); relationship satisfaction and cognitive jealousy ($r =$ -.45, $p =$ .000); and between relationship satisfaction and rumination ($r =$ -.40, $p =$ .000).

4.5. Path Analysis: Testing the Proposed Relationship Satisfaction Model

Two separate path analyses were performed for investigating associations between relationship satisfaction and romantic jealousy including possible mediating effects of rumination, co-rumination and self-compassion. In addition; direct, indirect and total effects were demonstrated and evaluated by the path model.

In the first path analysis, the proposed model (see Figure 1.1, p.11) which consisted of exogenous variables (emotional jealousy, behavioral jealousy and cognitive jealousy) mediator variables (rumination, co-rumination, self-compassion) and endogenous variable (relationship satisfaction) was tested in order to explore how well the data fit with the path model. Amos 21 software program (Arbuckle, 2012) was employed to obtain path coefficients and model fit indices with maximum likelihood estimates (MLE).

Model fit indices were evaluated by chi-square (χ^2), the ratio of chi-square to degrees of freedom (χ^2 / df), goodness of fit index (GFI), comparative fit index (CFI), normed

fit index (NFI) and the root-mean-square error of approximation (RMSEA). Required cutoff values for model fit indices were presented in Table 4.4.

It is important to indicate that, Chi-square test is known with its sensitivity to sample size and it tends to yield significant values for larger samples (over 200); and it indicates bad-fit model (Tabachnick & Fidell, 2013). Since limitations of chi-square test, other goodness of fit indices was suggested to use. In the present study, proposed path model revealed significant chi-square value as expected. In addition to the chi-square test, other goodness of fit indices (GFI, CFI, NFI, and RMSEA) did not denote satisfactory fit statistics as well (see Table 4.4.)

Table 4.4

Cutoff Values for Goodness of Fit Indices and Model-Fit Statistics of the Proposed Model

	Goodness of Fit Indices						
	χ^2	*df*	χ^2 / df	GFI	CFI	NFI	RMSEA
Cutoff Values*	-	-	< 3.0	> .95	> .95	> .90	< .06
Proposed Model	236.12	10	23.61	.88	.57	.56	.24

Note. * Hu and Bentler (1999).

In conclusion, the results indicated that goodness of fit indices did not meet the acceptable scores and it revealed poor model fit with the data. Nevertheless, this model can be improved if non-significant paths (dotted arrows) were eliminated, and suggested paths (broken arrows) were drawn by modification index as seen in Figure 4.2
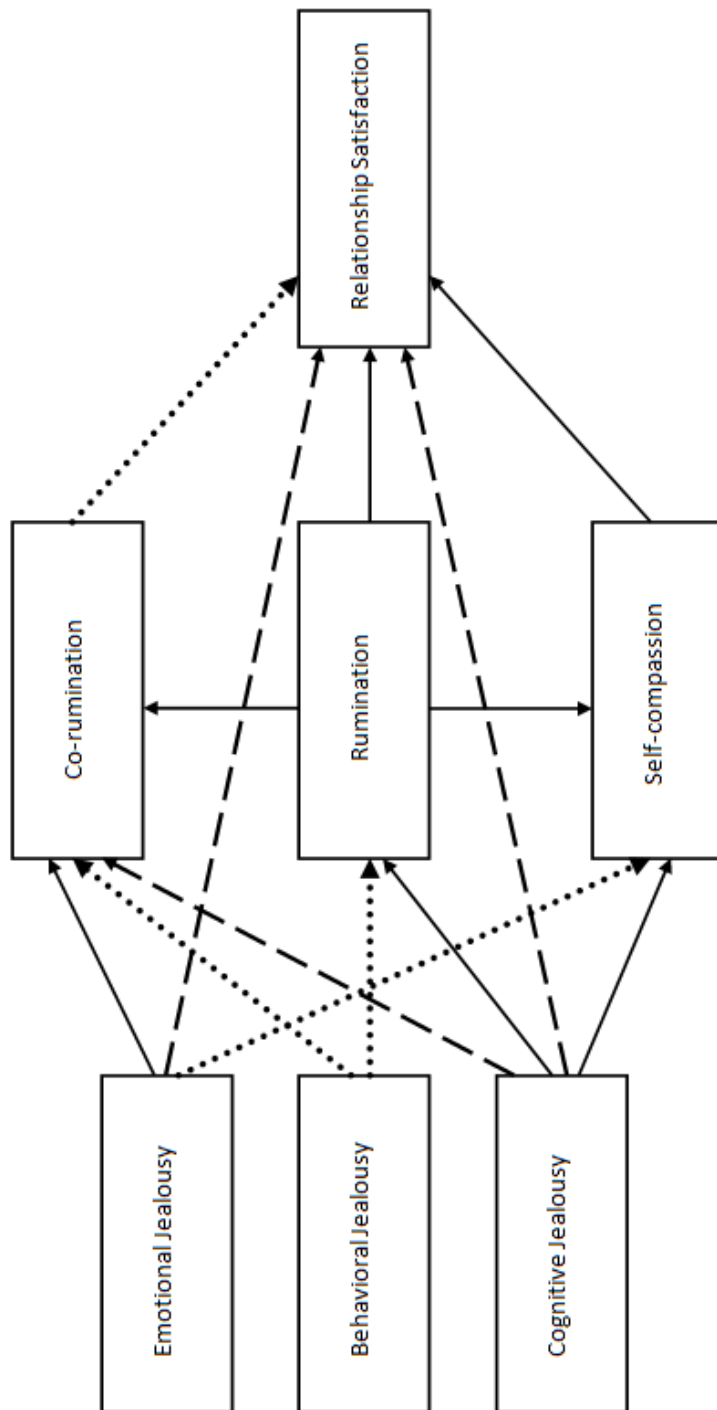
Figure 4.2. Suggested Path Model

4.6. Path Analysis: Testing the Trimmed Relationship Satisfaction Model

In order to obtain powerful paths, parsimony principle was used for the model. Parsimonious model utilizes fewer assumptions that have stronger explanatory potential (Hugh & Gauch, 1993). Similarly, in order to increase the power of the present model, suggested paths were drawn and non-significant paths were removed.

For the trimmed model, suggested pathways were from emotional jealousy to behavioral jealousy and to relationship satisfaction; from cognitive jealousy to co-rumination and to relationship satisfaction; and from behavioral jealousy to cognitive jealousy. On the other hand, non-significant pathways were from emotional jealousy to self-compassion; from behavioral jealousy to co-rumination and to rumination; and from co-rumination to relationship satisfaction. Thus, behavioral jealousy was excluded from the model because of its non-significant paths. After the AMOS software program's suggested changes were done to strengthen the fit of the model, path analysis was re-performed with the trimmed model (see Figure 4.2).

As a result, all the paths between exogenous, mediator and endogenous variables in the trimmed model were significant. As in the hypothesized model, model fit indices (Chi-square, GFI, CFI, NFI and RMSEA) were computed for the trimmed model as well. According to the results, trimmed model pointed out a good fit-model as summarized in Table 4.5.

Table 4.5

Summary of Model-Fit Statistics for the Trimmed Model

	Goodness of Fit Indices						
	χ^2	*df*	χ^2 / df	GFI	CFI	NFI	RMSEA
Trimmed Model	3.73	5	.75	1.00	1.00	.99	.00
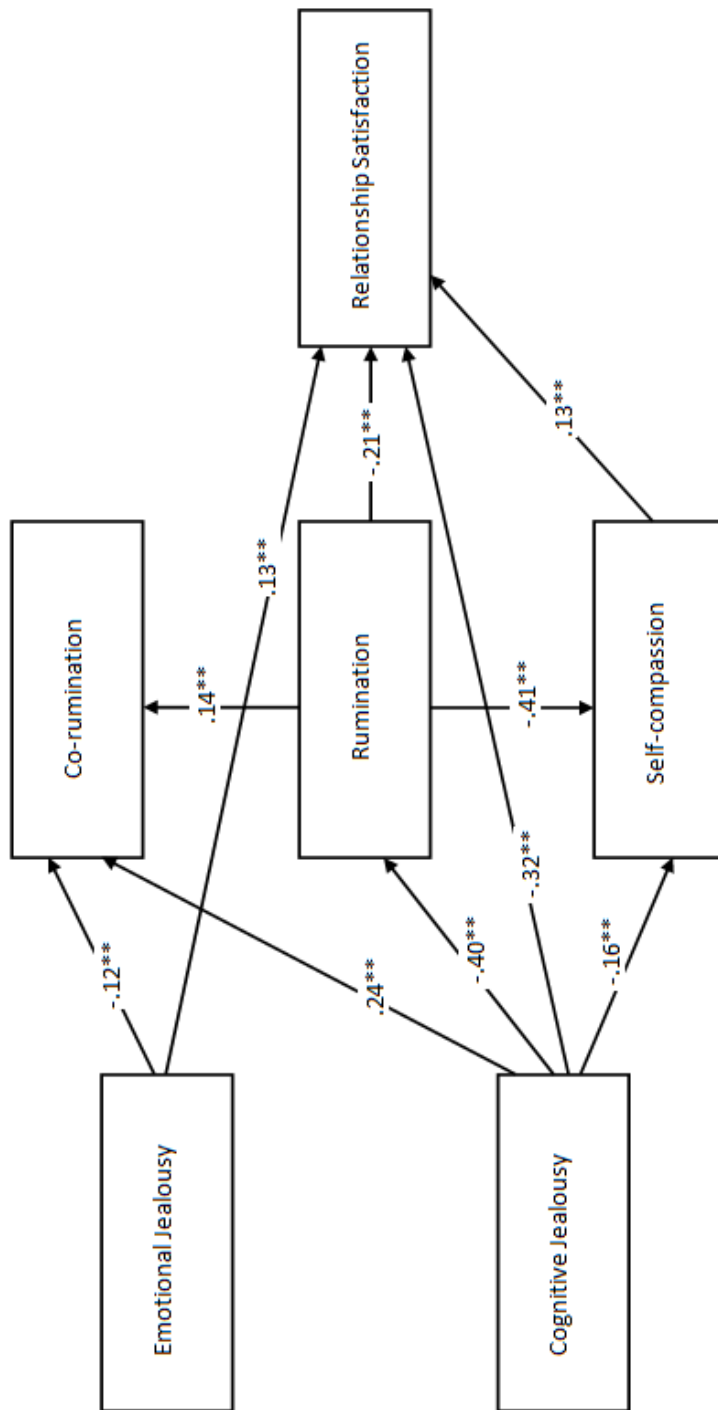
Figure 4.3. Trimmed Model with Standardized Path Coefficients

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

For the aim of understanding to what extent the trimmed model explains the variance of relationship satisfaction, R square change (R^2) value were evaluated and the results revealed that the trimmed model explains for 30% of the variance in relationship satisfaction as seen in Table 4.6.

Table 4.6.

R Square Change of the Trimmed Model

Model	R^2	SE	F	df1	df2	Sig.
Trimmed Model	.30	8.65	27.31	6	390	.000

Additionally, as a result of multiple regression analyses, standardized coefficients (β) of each criterion variables (rumination, co-rumination, self-compassion, emotional jealousy, behavioral jealousy and cognitive jealousy) indicated that only behavioral jealousy and co-rumination did not predict relationship satisfaction as presented in Table 4.7.

Table 4.7.

Summary of Multiple Regression Analyses for Relationship Satisfaction

Variable	*B*	*t*	*Sig.*
Rumination	-.22	-4.26	.000
Co-rumination	.03	.59	.56
Self-compassion	.14	2.77	.006
Emotional Jealousy	.13	2.80	.005
Behavioral Jealousy	.06	1.05	.30
Cognitive Jealousy	-.35	-6.35	.000

4.6.1. Direct and Indirect Relationships

Path coefficients of the trimmed model ranged between .12 to -.41. According to Cohen's (1992) effect size index, beta (β) values fewer than .01 denote "small effect", values close to .30 indicates "moderate effect" and values close to or higher than .50 signify "large effect". The results of the trimmed model revealed that cognitive jealousy has the largest direct effect on relationship satisfaction ($\beta = -.32$), while emotional jealousy and self-compassion has the same and smallest effect on relationship satisfaction ($\beta = .13$). Further, the indirect effects and mediating relationships among variables were calculated by bootstrapping method (1000 bootsrapped samples and 95% CI) which is defined by Kline (2011) as resampling method for eliminating the errors of non-normality. While emotional jealousy and self-compassion have no indirect effects on relationship satisfaction, cognitive jealousy ($\beta = -.12$) and rumination ($\beta = -.06$) have negative small indirect effects on relationship satisfaction.

Direct paths those were drawn towards endogenous variable (relationship satisfaction) indicated negative large effect of cognitive jealousy and negative moderate effect of rumination; as well as positive small effects of emotional jealousy and self-compassion on relationship satisfaction. Detailed presentations of direct, indirect (total) and total effects were summarized in Table 4.8.

Table 4.8.

Standardized Total, Direct, and Indirect Estimates of the Trimmed Model

Paths	Standardized Estimates (β)
Cognitive Jealousy $\longrightarrow$ RS	
Total	-.44**
Direct	-.32**
Indirect (by rumination and self-compassion)	-.12**
Emotional Jealousy $\longrightarrow$ RS	
Total	.13**
Direct	.13**
Indirect (total)	-
Rumination $\longrightarrow$ RS	
Total	-.27**
Direct	-.21**
Indirect (by self-compassion)	-.06*
Self-compassion $\longrightarrow$ RS	
Total	.13**
Direct	.13**
Indirect (total)	-

Note. RS = Relationship Satisfaction.

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

4.6.2. Hypotheses Testing

Hypothesis 1: There will be a relation between emotional jealousy and co-rumination. The results of the study confirmed that there was a significant and negative relationship between emotional jealousy and co-rumination (β = -.12, p < .01).

Hypothesis 2: There will be a relation between emotional jealousy and self-compassion. The results indicated that emotional jealousy was not related to self-compassion (β = .00, p > .05)

Hypothesis 3: There will be a relation between behavioral jealousy and co-rumination. Hypothesis 3 was rejected since behavioral jealousy was excluded from the trimmed model.

Hypothesis 4: There will be a relation between behavioral jealousy and rumination. Hypothesis 4 was rejected since behavioral jealousy was removed from the trimmed model.

Hypothesis 5: There will be a relation between cognitive jealousy and rumination. The results supported that there was a strong relation between cognitive jealousy and rumination (β = .40, p < .01).

Hypothesis 6: There will be a relation between cognitive jealousy and self-compassion. Hypothesis 6 was accepted because the results revealed that there was a significant relation between cognitive jealousy and self-compassion (β = -.16, p < .01).

Hypothesis 7: There will be a relation between co-rumination and relationship satisfaction. Hypothesis 7 was rejected because there was no significant relationship between co-rumination and relationship satisfaction (β = .00, p > .05).

Hypothesis 8: There will be a relation between rumination and relationship satisfaction. The results of the study confirmed that there was a moderate negative relation between rumination and relationship satisfaction (β = -.21, p < .01).

Hypothesis 9: There will be a relation between self-compassion and relationship satisfaction. Hypothesis 9 was accepted because there was a significant positive relation between self-compassion and relationship satisfaction (β = .13, p < .01).

Hypothesis 10: Emotional jealousy will be related to relationship satisfaction through co-rumination and self-compassion indirectly. Hypothesis 10 was rejected because there was no relation between emotional jealousy and relationship satisfaction through co-rumination and self-compassion indirectly (β = .00, p > .05).

Hypothesis 11: Behavioral jealousy will be related to relationship satisfaction through rumination and co-rumination indirectly. Hypothesis 11 was rejected since behavioral jealousy was removed from the trimmed model.

Hypothesis 12: Cognitive jealousy will be related to relationship satisfaction through rumination and self-compassion indirectly. The results of the study revealed that cognitive jealousy was related to relationship satisfaction through rumination and self-compassion indirectly (β = -.12, p < .01).

Hypothesis 13: Rumination will be related to relationship satisfaction through co-rumination and self-compassion indirectly. Hypothesis 13 confirmed the relation between rumination and relationship satisfaction through co-rumination and self-compassion indirectly (β = -.06, p < .05).

4.7. Summary of the Results

The hypothesized path model, presented in Figure 1.2., consisted of some variables including emotional, behavioral and cognitive jealousy and potential mediators as rumination, co-rumination and self-compassion to predict relationship satisfaction of emerging adults. Since proposed model did not fit with the data and it revealed poor

fit statistics, the proposed model was not confirmed. After adding suggested paths and removing non-significant ones, the trimmed model was configured and performed.

Overall, the results of the path analysis for trimmed model displayed that most of the variables included in the model were significantly related to relationship satisfaction of emerging adults. Additionally, most of the stated hypotheses were confirmed by the results of the study. On the other hand, only cognitive jealousy was found as related to rumination, co-rumination and self-compassion. In short, it was revealed that cognitive jealousy was mediated by rumination and self-compassion for predicting relationship satisfaction.

CHAPTER V

DISCUSSION

In this chapter, findings of the study and discussions of hypothesized relationships between study variables were presented in the light of literature. Also, implications for practice were discussed in order to provide interpretations on how psychological health service workers can benefit from the findings of the study. Lastly, recommendations for further research were depicted.

5.1. Discussion of the Proposed and Trimmed Models
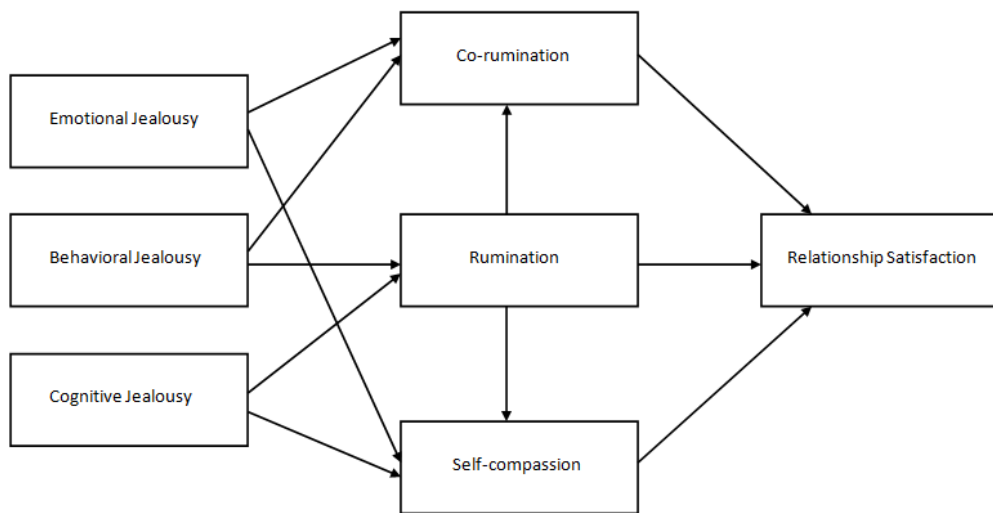
Figure 5.1. Proposed Model

In the present study, a model was tested which investigated the relationship between romantic jealousy and relationship satisfaction via possible mediator effects of rumination, co-rumination and self-compassion as illustrated in the Figure 5.1.

Before testing the proposed model, possible extraneous variables were detected by preliminary analyses. The results revealed that there was no significant relationship between relationship satisfaction and gender, age, faculty, and university of participants. On the other hand, with regard to relationship duration, significant differences obtained in favor of long duration relationships. In other words, the results revealed that as relationship duration grow longer, satisfaction of participants increase as well. This finding was supported by the study of Moore, McCabe and Brink (2001) which was conducted with 10 dating, 21 cohabiting and 56 married couples. According to their research results, longer duration of relationships indicated higher levels of intimacy and relationship satisfaction.

Unlike, some other researchers indicated no significant difference in relationship satisfaction according to duration of relationship (Çürükvelioğlu, 2012; Saraç et al., 2015). In addition, for married couples with children, married couples without children and cohabiting couples; relationship duration was found unrelated to relationship satisfaction (Sakmar, 2010). In contrast to them, Kurdek (2005); and Jose and Alfons (2007) reported that relationship satisfaction of married couples significantly decreased over time.

Consequently, there was no clear consensus regarding the influence of relationship duration on relationship satisfaction. Therefore, in the current study, significant and positive correlation between duration of relationship and relationship satisfaction might stem from a real effect; or because of the other mediating factors such as relationship status. According to the studies of Buğa (2009), Büyükşahin (2006), and Legkauskas (2008) relationship status had more important impact on relationship satisfaction than age. According to Buğa (2009) and Büyükşahin (2006), couples those were fiancee reported higher levels of satisfaction than couples those were flirting. Also, these findings were consistent with the research of Legkauskas (2008) which denoted that cohabiting couples' satisfaction of relationship was lower than married couples. Their results highlighted that being engaged (fiancée) and married are relatively indicate long duration of relationships compared to flirting or dating

relationships. Thus, relationship status might be mediating the link between duration of relationship and relationship satisfaction.

However, in the present study relationship duration did not reveal significant relationships in the path model. For this reason, the model was tested with its primary form. The results revealed that behavioral jealousy has no direct or indirect effects with other variables. Additionally there was no direct effect between co-rumination and relationship satisfaction; and between emotional jealousy and self-compassion. These non-significant results denoted that the data did not fit with the model. That means, the model was not supported by the data and was not confirmed. Therefore, the model was modified (see Figure 5.2) in order to enhance the explanation power of the model which was supported by the data.
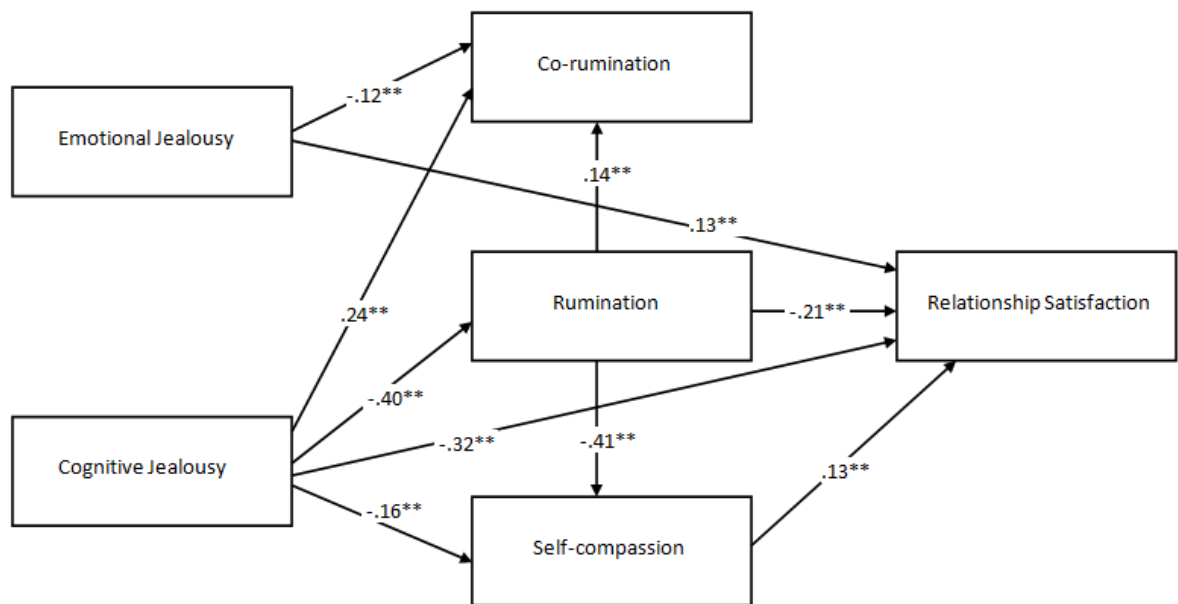

Figure 5.2. Trimmed Model

In order to modify the proposed model, behavioral jealousy was removed because it revealed no significant relationships with other variables. Also, the other non-significant relationships were eliminated between co-rumination and relationship satisfaction; and between emotional jealousy and self-compassion. In addition to

these removed relationships, the results of path analysis suggested several significant relationships between cognitive jealousy and co-rumination; between emotional jealousy and relationship satisfaction; and between cognitive jealousy and relationship satisfaction. After all these modifications were made, the trimmed model was formed.

Unlike the proposed model, the trimmed model was confirmed and supported by the data. To sum up, it was revealed that rumination and self-compassion was significantly mediating the relationship between cognitive jealousy and relationship satisfaction. However, although emotional jealousy and relationship satisfaction was correlated with each other in a positive direction; selected mediators did not explain the relationship. Additionally, the selected mediators of the study were found as significantly correlated. As expected, the association between self-compassion and rumination indicated significant and strong negative relationship; while the association between rumination and co-rumination revealed significant and small relationship. In light of the literature, the following explanations were made in order to discuss significant relationships between components of jealousy and relationship satisfaction by considering the possible impacts of rumination, co-rumination and self-compassion.

5.2. Discussion of Relationships between Romantic Jealousy and Relationship Satisfaction

Since romantic jealousy has emotional, behavioral and cognitive components; their association with relationship satisfaction was examined separately. Firstly, the results of the study displayed that emotional jealousy predicted relationship satisfaction in a positive way and there is a small but significant direct relationship between them. However, any indirect effects of emotional jealousy on relationship satisfaction were not found.

Consistent with the finding, Dugosh (2000) studied with 136 heterosexual university students and it was found that emotional jealousy predicted satisfaction by relationship in a positive direction; and the power of the relationship between jealousy and relationship satisfaction increased with the moderating effects of love. That means the power of the relationship depends on how much a person loves his/ her romantic partner. Also, according to the study with 51 couples, Duemmler and Kobak (2001) stated that individuals who were committed to their partners had more tendencies to demonstrate jealousy feelings than individuals who had lower commitment to their partners.

On the other hand, according to Andersen and his friends (1995); and Guerrero and Eloy (1992), emotional jealousy was found negatively correlated with relationship satisfaction. This difference may because of the sample traits because both Guerrero and Eloy (1992) and Andersen et al. (1995) studied with married couples and the results can be change according to the relationship status of participants. The reason can be that while emotional jealousy can be signs of commitment and love for dating relationships, after a period of routine relationship in marriage, emotional jealousy might be sign of distrust.

One possible explanation of the positive correlation between emotional jealousy and relationship satisfaction in the present study may because of several mediators which indirectly impact the association such as commitment, cohesiveness, affection or love (Buss, 2000; Dugosh, 2000; Toohey, 2014).

Additionally, the relationship between behavioral jealousy and relationship satisfaction was investigated in this study and no significant direct or indirect relationships were yielded between them. However, the previous research provided different results which denoted that behavioral jealousy was negatively correlated with relationship satisfaction. Guerrero and Eloy (1992) investigated marital satisfaction and jealousy with individuals had different marital types (traditional, independent, separate); and it was found that behavioral jealousy had a significant

and strong negative relationship with marital satisfaction. Also, Elphinston et al (2013) denoted that behavioral jealousy and surveillance behaviors were directly related with relationship dissatisfaction; and behavioral responses to jealousy were associated with relationship dissatisfaction via rumination.

On the other hand, the current study did not obtain consistent results with the previous research. One possible explanation of this particular finding might be the difference between samples because Guerrero and Eloy (1992) studied with marital satisfaction. Therefore, it was possible that while dating couples can tolerate surveillance behaviors of partners, married couples cannot tolerate these behaviors after marriage; thus surveillance behaviors of partners decrease. Mainly, it was expected to observe high level of trust between married couples instead of dating couples because they chose each other as terminate lover, while dating couples continues to know each other and still have not decide to be married. Also, there may be some other factors that explained the relationship. For instance, surveillance behaviors may stem from habits of partners, cultural perspectives towards stalking, innocent inquisitiveness, or peer effect.

Lastly, the relationship between cognitive jealousy and relationship satisfaction was yielded significant results in the current study. Cognitive jealousy was found as one of the predictors of relationship satisfaction and there was a negative moderate direct relationship between them. As for indirect effects, cognitive jealousy was found negatively related to relationship satisfaction indirectly through rumination and self-compassion as expected. In line with the result, Elphinston et al. (2013) also found that cognitive jealousy was related to relationship dissatisfaction via rumination. Additionally, the related literature highlighted that there was a significant and negative association among cognitive jealousy and relationship satisfaction (Andersen et al., 1995; Elphinston et al., 2013; Guerrero & Eloy, 1992).

The alternate explanation of the negative relationship between cognitive jealousy and relationship satisfaction may because cognitive jealousy included morbid thinking

patterns; obsessive suspicions regarding infidelity and betrayal which disrupt romantic relationships. Therefore, it can be said that cognitive jealousy was the best predictor of relationship satisfaction both in the present study and other research (Andersen et al., 1995; Elphinston et al., 2013; Guerrero & Eloy, 1992).

5.3. Discussion of Rumination as a Mediator Variable

The results of the present study revealed that there was a significant mediator impact of rumination on the association between cognitive jealousy and relationship satisfaction. That means rumination was one of the prominent factor which explained the nature of the relationship between cognitive jealousy and relationship satisfaction. Separately, there was a strong positive correlation between rumination and cognitive jealousy; and moderately negative correlation with relationship satisfaction.

Firstly, when the relationships between romantic jealousy and rumination were considered, it was seen that the literature provided many research on this topic. To illustrate, Carson and Cupach (2000) investigated possible factors of individuals' responses to romantic jealousy and it was revealed that relationship-specific rumination was positively correlated with restriction, manipulation, relationship threat, negative affect expression, signs of possession, derogation of competitors, distributive and/or violent communication, and denial. As a result, rumination was a prominent mechanism which disrupted productive communicative responses to jealousy. Thus, the present study revealed consistent results with the previous research because rumination was strongly predicted by cognitive jealousy.

Also, according to Elphinston et al. (2013) rumination has direct effect on both cognitive jealousy and relationship satisfaction. Pearson and his colleagues (2010) also found that ruminative brooding predicted decrease in relationship satisfaction of individuals those had a history of major depression. On the other hand, according to

Calmes and Roberts (2008) depressive rumination was not found significantly related to relationship satisfaction of 345 individuals ranged from 18 to 45 ages.

Interestingly, in contrast to the literature, El Ramahi (2010) investigated multiple relations between rumination, co-rumination, relationship satisfaction and depression of 232 university students; in conclusion, rumination and co-rumination significantly explained 33.5% of the variance of relationship satisfaction. Similar to this result, Betman (2012) proposed that rumination would not only have outcomes for individuals, but also it would affect outcomes for their romantic relationships; and in conclusion, ruminating on a negative event did not result in dissatisfaction with relationship or negative outcomes on relationship closeness.

Although there were inconsistent results regarding the effects of rumination on relationship satisfaction, rumination was basically known with its harmful and subversive effects on interpersonal and romantic relationships. Hence, the result of the study was supported by majority.

5.4. Discussion of Co-rumination as a Mediator Variable

The results revealed that there was a significant relationship between co-rumination and emotional jealousy, but there was no significant causal relationship between co-rumination and relationship satisfaction. Therefore, any mediator impact of co-rumination was not yielded in the model.

According to the literature, individuals who have jealousy feelings towards their romantic partners have more tendencies to co-ruminate with their friends because jealous people prefer to hide their jealousy feelings from their partners and express them to their close friends (Buss, 2000). Also, the association between jealousy and co-rumination was studied by Gold (2016) and the results revealed that jealousy was moderately correlated with co-rumination. An alternate explanation can be that because co-rumination was characterized by existence of negative feelings and discussing them excessively (Rose, 2002); and emotional jealousy consists of

negative emotional mood (Pfeiffer & Wong, 1989); it was expected to observe talking with friends about jealousy feelings towards the romantic partner. However, the result of the study contradicted with the previous studies because the relationship between emotional jealousy and co-rumination was found negatively correlated. The reason may be gender differences because while women prone to express their feelings with friends (co-ruminative way), men do not. Thus, gender may have indirect effect between emotional jealousy and co-rumination.

As for the literature regarding the association between co-rumination and relationship satisfaction, co-rumination with close friends was found strongly correlated with higher satisfaction with romantic partner (Calmes & Roberts, 2008) and it was indicated that co-rumination leads to adaptive outcomes for relationship satisfaction (Funasaki, 2012). Also, El Ramahi (2010) studied with 232 university students and investigated interrelations between co-rumination, rumination, relationship satisfaction and depression. As a result, co-rumination was one of the significant predictors of relationship satisfaction. Similarly, Betman (2012) studied with 136 females found that co-ruminating on a negative event was correlated with greater closeness in relationship and perceptions of support.

In contrast to these findings, Hanna-Edwards and Aune (2014) investigated the relationship between co-rumination with close friends about one's romantic relationship, romantic relationship satisfaction, and inequity in the romantic relationship. As a result, it was revealed that co-ruminating regarding a romantic relationship with close friends was correlated with romantic relationship dissatisfaction and higher perceptions of inequity within a relationship. Besides, Whitton and Kuryluk (2013) investigated the relationship between co-rumination and relationship satisfaction with 484 emerging adults in dating relationships; and the results revealed that individuals who had higher level of co-rumination indicated relationship dissatisfaction. In addition, Keast (2014) studied with 133 psychology students; and found negative correlation between co-ruminative talking about romantic relationships and quality of romantic relationship.

For these reasons, the literature was mixed regarding whether co-rumination has beneficial or disruptive impact on relationship satisfaction. In order to figure out its influences, the person who was co-ruminated with including siblings, parents, close friends or partner can be examined separately. Also, the process of co-rumination may interfere the results. For example, co-ruminating about a situation at the beginning of the event would help individuals to feel relieved by talking. However, if it takes excessive time and energy without no intention for action, that would lead to harmful outcomes for the relationship. This may be the one of the possible reasons for the result obtained by the previous study.

5.5. Discussion of Self-compassion as a Mediator Variable

The results supported that self-compassion was a significant mediator of the relationship between cognitive jealousy and relationship satisfaction. Separately, self-compassion was predicted by cognitive jealousy in a negative direction; and it predicted relationship satisfaction in a positive direction.

In related literature, Neff and Tirch (2013) stated that low self-compassionate partners cannot face up to truths about them, and blame the other partner; yet a person who has high level of self-acceptance and self-compassion would achieve more harmonious relationships. According to Palisi (1992), a counselor who works with a jealous person should examine the client's self-concept and self-compassion. In coping, the client would need to change aspects of self which disrupts her romantic relationship via excessive jealousy. Moreover, lower self-compassion was a common threat for jealousy and it may leads to dating violence, self-destructive behaviors or even suicide. For these reasons, a counselor should be alert in order to notice the potential threat (Palisi, 1992).

DeSteno, Valdesolo and Barlett (2006) conducted two experiments in order to examine the mediating mechanisms of jealousy. In the first experiment, evoking jealousy through social encounters was used and it was displayed that self-esteem

functions as a basic mediator of jealousy. In addition to these studies, many others demonstrated that low self-compassion, self-efficacy, self-evaluation, and self-worth of individuals provoke jealousy (Dibello, Rodriguez, Hadden, & Neighbors, 2015; Hu, Zhang, & Li, 2005; Salovey & Rodin, 1991). In line with these studies, the finding of the present study was supported by the previous research.

Besides, Neff and Beretvas (2013) investigated whether self-compassion was associated with healthier romantic relationships or not. The results revealed that being self-compassionate indicated more positive relationship behaviors of partners. Similarly, Baker and McNulty (2011) examined the relationship between self-compassion and romantic relationship maintenance. In conclusion, among both males and females, self-compassion was significantly correlated with higher motivation to correct interpersonal mistakes and fewer declines in relationship satisfaction.

Also, the link between self-love and love for others were investigated by previous studies (Campbell & Baumeister, 2004; Campbell, Foster, & Finkel, 2002). Coherent with the literature, the findings of the study indicated that self- compassion which includes self-acceptance, self- kindness and self-esteem was correlated with romantic relationship satisfaction and maintenance. The reason can be that a person who loves herself would not be afraid of accepting their mistakes and could take responsibility for change to improve healthier relationships. Also, people who have self-worth would believe they are lovable and would not have suspicions about the partners' loyalty. Therefore, these properties would explain the positive relationship between self-compassion and relationship satisfaction.

5.6. Implications of the Findings to Practice

According to the findings of the present study, it was understood that rumination and self-compassion significantly accounted for the relationship between cognitive jealousy and relationship satisfaction. Mainly, the strongest mediator was found as

rumination, and the best predictor of relationship satisfaction was cognitive jealousy. This means that negative thoughts, suspicions, repetitively focusing on reasons would impact satisfaction by romantic relationship. Parallel to these findings, several implications for practice can be drawn. For instance, counselors may focus on information about client's negative and repetitive thoughts, suspects about their partner, and their perceptions regarding infidelity or betrayal. Moreover, counselors who work for emerging adults can help the clients to gain insight about their negative repetitive thoughts, suspicions and their influences on relationship satisfaction. Additionally, counselors may present seminars to emerging adults in order to give information about possible outcomes of cognitive jealousy and rumination on their relationships. Besides, psycho-education programs for emerging adults can be prepared; in order to display significant factors for healthier relationships and to explain necessary skills for coping with cognitive jealousy and rumination.

The other significant mediator of the relationship between cognitive jealousy and relationship satisfaction was self-compassion. Therefore, counselors may utilize training programs by providing self-compassion skills to their clients those participated in either individual or group counseling sessions. To exemplify, Neff and Germer (2013) conducted 8 week workshop for training people to be more self-compassionate; and the results revealed that training group members reported greater increases in self-compassion, mindfulness and well-being compared to control group. Also, since self-compassion concept includes self-acceptance, self-esteem, and self-kindness; while working with clients supporting these properties would be beneficial for healthier romantic relationships in emerging adulthood. Additionally, because self-compassion had a philosophical foundation, and it mainly came up with Buddha philosophy; there are many books related to develop self-compassion which can be used as a bibliotherapy.

Additionally, emotional jealousy was found as a predictor for greater relationship satisfaction. According to the literature, jealousy was known with its both positive

(increasing commitment, passion, and feelings of being valued) and negative (restricting partner, suspecting about betrayal, obsessive fear of losing the partner) outcomes (Toohey, 2014). The result of the study revealed that sub-dimensions of jealousy affected romantic relationship satisfaction in different ways. For instance, while cognitive jealousy negatively affected relationship satisfaction; emotional jealousy was found as a predictor of greater satisfaction.

Several possible interpretations regarding the benefits of emotional jealousy can be made; to illustrate, emotional jealousy may strengthen commitment, passion and cohesiveness. For these reasons, counselors should be alert across the dimensions of jealousy while working with jealous clients or couples. For example; if a person has jealousy feelings, this would not lead to harmful impacts; but if jealousy thoughts and suspicions occurred, that would be disruptive for relationship.

Finally, interactive media can be useful to draw attention of emerging adults to the importance of jealousy in romantic relationships. Also, by using media channels, wide masses includes significant others such as parents, best friends, and romantic partners could be more conscious.

5.7. Recommendations for Further Research

In addition to practical suggestions, some methodological recommendations should be considered while assessing the findings of the study. Firstly, the results of the study revealed that relationship satisfaction mostly predicted by cognitive jealousy and rumination in a negative way. Therefore, the most significant risk factors were found as suspecting about romantic partner's loyalty, doubts regarding rivals' affection towards the partner, and repetitive thoughts on negative events in romantic relationships. For this reason, cognitive constructs of partners and irrational beliefs about romantic relationships might be studied in order to obtain detailed information about partners' thinking patterns and their influences. In order to pursue this aim,

experimental studies can be designed with couples to figure out whether or not working with thoughts functions.

Also, in order to figure out underlying mechanisms of repetitive negative thoughts and suspicions of partners, qualitative designs can be conducted. To illustrate, according to Buss (2000) past histories of partners might be influencing infidelity doubts of partners which triggers repetitive negative thoughts; and these kind of information might be asked by utilizing qualitative research design.

The impact of romantic jealousy on relationship satisfaction was not clear in the previous studies. In the present study, it was revealed that emotional jealousy significantly influences relationship satisfaction in a positive way. For this reason, the underlying of positive aspects of emotional jealousy can be examined with possible factors such as commitment, cohesiveness, passion, and affection of partners towards each other.

Moreover, because self-compassion was found as a significant predictor of relationship satisfaction, it was suggested to design experimental research in order to improve self-compassion of partners; and to evaluate the outcomes of the enrichment program in respect of its effects on relationship satisfaction.

The results of the study only revealed relationships but did not indicate causal inferences. In order to strengthen the knowledge regarding the underlying mechanisms of these relationships, cause-effect establishment can be conducted by longitudinal or qualitative research methods by inquiring the possible reasons of the participants' attitudes.

Also, in the present study, behavioral jealousy did not reveal any significant relationships in the model. In related literature, jealousy was seen as a cultural response or a kind of habitual behaviors. For this reason, participants' intention of surveillance behaviors might be asked through qualitative measurements. Therefore,

open-ended questions, or interviews might be utilized instead of questionnaires measurements.

Additionally, studying on romantic relationships would be better by reaching couples instead of one of the partners. The reason is that, in order to figure out the nature of romantic relationships, the role of the partner is needed to be considered. Also, couples answers can be compared with other couples; and perceptional and gender differences might yield significant results. For this reason, future research may study with couples.

Furthermore, after administering process, Relational Rumination Scale of Senkans et al. (2016) was published, and in this scale relational rumination items were asked to the participants under three sub-dimensions as: romantic preoccupation rumination, relationship uncertainty rumination and break up rumination. Therefore, Relational Rumination Scale might be utilized while studying on ruminative thinking patterns of romantic couples.

Finally, since the model only explained 30% of variance for relationship satisfaction; in the light of previous research, new models can be developed to reveal the remained variance. For example; relationship status (flirt, fiancé, cohabiting, independent, married, etc.), cultural conformity, perceptions regarding gender roles, socio-economic status, coherence of education levels, and past histories of the participants can be evaluated. In line with the literature, a new model for further research can include several prominent mediators between romantic jealousy and relationship satisfaction such as; commitment, love, attachment styles, irrational beliefs, mindfulness, and self-esteem.

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Appendix A

Approval Letter from Middle East Technical University Human Subjects

Ethics Committee

UYGULAMALI ETİK ARAŞTIRMA MERKEZİ
APPLIED ETHICS RESEARCH CENTER

ORTA DOĞU TEKNİK ÜNİVERSİTESİ
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15 NİSAN 2016

Gönderilen: Doç.Dr. Özgür ERDUR BAKER

Eğitim Bilimleri

Gönderen: Prof. Dr. Canan SÜMER

İnsan Araştırmaları Etik Kurulu Başkanı

İlgi: Etik Onayı

Sayın Doç.Dr. Özgür ERDUR BAKER'in danışmanlığını yaptığı yüksek lisans öğrencisi Merve ÖKTEN'in "Üniversite öğrencilerinin romantik ilişki doyumu ve romantik kıskançlık düzeyleri arasındaki ilişkinin; cinsiyet, ruminasyon, eşli ruminasyon ve öz-duyarlık aracı faktörleri ile modellenmesi" başlıklı araştırması İnsan Araştırmaları Etik Kurulu tarafından uygun görülerek gerekli onay **2016-EGT-055** protokol numarası ile **02.05.2016-30.07.2016** tarihleri arasında geçerli olmak üzere verilmiştir.

Bilgilerinize saygılarımla sunarım.

Prof. Dr. Canan SÜMER

İnsan Araştırmaları Etik Kurulu Başkanı

Prof. Dr. Meliha ALTUNIŞIK

İnsan Araştırmaları Etik Kurulu

Üyesi

Prof. Dr. Ayhan SOL

İnsan Araştırmaları Etik Kurulu

Üyesi

Prof. Dr. Mehmet UTKU

İnsan Araştırmaları Etik Kurulu

Yrd. Doç. Dr. Pınar KAYGAN

İnsan Araştırmaları Etik Kurulu

Appendix B

Gönüllü Katılım Formu

Bu çalışma Orta Doğu Teknik Üniversitesi öğrencisi Merve Ökten tarafından, Prof. Dr. Özgür Erdur Baker danışmanlığında yüksek lisans tezi kapsamında yürütülmektedir. Çalışmanın amacı, beliren yetişkinlik dönemindeki üniversite öğrencilerinin yakın ilişkileri ile ilgili bilgi toplamaktır. Çalışmaya katılım tamamen gönüllülüğe dayalıdır. Ankette kimliğinizi belirleyecek hiçbir bilgi istenmemektedir ve verdiğiniz cevaplar gizli tutularak sadece araştırmacı tarafından değerlendirilecektir.

Anket, kişisel rahatsızlık verecek soruları içermemektedir ancak sorulardan ya da başka bir sebepten dolayı rahatsızlık duyarsanız cevaplamayı yarım bırakıp çıkabilirsiniz. Bu durumda anketi uygulayan kişiye anketi tamamlamadığınızı söylemeniz yeterli olacaktır. Anket uygulaması sonunda çalışma ile ilgili sorularınızı araştırmacıya yöneltebilirsiniz. Çalışma hakkında daha fazla bilgi almak için araştırmacı Merve Ökten (E-mail: oktenmerve@gmail.com) ile iletişim kurabilirsiniz.

Bu çalışmaya tamamen gönüllü olarak katılıyorum ve istediğim zaman yarıda bırakıp çıkabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayınlarda kullanılmasını kabul ediyorum. (Formu doldurup imzaladıktan sonra uygulayıcıya geri veriniz).

Ad Soyad   **Tarih**   **İmza**

Appendix C

Demographic Information Form

Kişisel Bilgi Formu:

1. Yaşınız:

2. Cinsiyetiniz:

3. Hangi üniversitede öğrenim görüyorsunuz?

4. Hangi fakültede okuyorsunuz?

5. Romantik ilişkiniz/ flörtünüz ne kadar süredir devam ediyor?

Appendix D

Sample Items from the Turkish Version of RAS

1. Sevgiliniz ihtiyaçlarınızı ne kadar iyi karşılıyor?

2. Genel olarak ilişkinizden ne kadar memnunsunuz?

3. Diğerleri ile karşılaştırıldığında ilişkiniz ne kadar iyi?

4. Ne sıklıkla ilişkinize hiç başlamamış olmayı diliyorsunuz?

Appendix E

Sample Items from the Turkish Version of MJS

1. X size karşı cinsten bir başkasının ne kadar iyi göründüğü hakkında yorum yapıyorsa.

2. X karşı cinsten birisiyle konuşmak için aşırı ilgi ve heyecan gösterirse.

3. X karşı cinsten birisine sıcak bir tavırla gülümserse.

4. X karşı cinsten birisiyle flört ederse.

Appendix F

Sample Items from the Turkish Version of RRS

1. "Bunu hak etmek için ne yaptım" diye ne sıklıkla düşünüyorsun?

2. Son zamanlarda yaşadığın olayları analiz edip "Kendimi niye böyle üzgün hissediyorum?" diye ne sıklıkla düşünüyorsun?

3. "Niye bu şekilde bir tepki gösteriyorum" diye ne sıklıkta düşünüyorsun?

4. Bir köşeye çekilip "neden bu şekilde hissediyorum" diye ne sıklıkta düşünüyorsun?

Appendix G

Sample Items from the Turkish Version of CRQ

1. Birlikte olduğumuz zamanın çoğunu benim ya da arkadaşımın sorunlarını konuşarak geçiririz.

2. Eğer birimizin sorunu varsa başka bir konu hakkında konuşmak ya da başka şey yapmak yerine o sorun hakkında konuşuruz.

3. Arkadaşım bana bir sorunundan bahsederse konuyu hep tekrar oraya getirip problemle ilgili daha çok konuşturmaya çalışırım.

4. Bir sorunum olduğunda, arkadaşım o sorun hakkında konuşmam için mutlaka ısrar eder.

Appendix H

Sample Items from the Turkish Version of SCS

1. Bir yetersizlik hissettiğimde, kendime bu yetersizlik duygusunun insanların birçoğu tarafından paylaşıldığını hatırlatmaya çalışırım.

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

3. Bir şey beni üzdüğünde, duygularıma kapılıp giderim.

4. Hoşlanmadığım yönlerimi fark ettiğimde kendimi suçlarım.

TÜRKÇE ÖZET

ROMANTİK KISKANÇLIK İLE İLİŞKİ DOYUMU ARASINDAKİ İLİŞKİNİN MODELLENMESİ: RUMİNASYON, EŞLİ RUMİNASYON VE ÖZ-DUYARLIK DEĞİŞKENLERİNİN ARACI ROLLERİ

1. GİRİŞ

21. yüzyılda ergenlik dönemi daha erken gelmekte ve yetişkinlik dönemine geçiş eskisinden daha geç gerçekleşmektedir. Günümüzün genç insanları eğitim almak amacıyla 18 yaşında evden ayrılarak bağımsız bireyler olmaktadırlar. Yirmili yaşlarının sonuna kadar çoğu genç evlenmemekte ve sabit bir iş hayatına atılmamaktadır. Bu nedenle, bu çağlar Arnett' in (2000) beliren yetişkinlik olarak adlandırdığı eşsiz bir döneme işaret etmektedir. Daha önce literatürde bu yaş dönemi "geç ergenlik", "genç yetişkinlik" ve "yetişkinliğe geçiş" dönemi olarak tanımlanmaktaydı. Arnett' e (2004) göre bunların hiçbiri bu eşsiz dönemi tanımlayamamaktadır ve "beliren yetişkinlik" kavramı bu gelişim döneminin spesifik ve belirleyici karakteristiklerini ortaya koymaktadır.

Beliren yetişkinlik Erikson' ın "genç yetişkinlik" dönemine denk gelmektedir ve bu dönemde bireyin kritik gelişim görevi karşı cinsle yakınlık geliştirmesidir (Hoare, 2002). Böylelikle kişi gelecekte evlilik kurmaya ve aile sorumluluğunu almaya hazırlanır. Eğer bu dönemde kişi karşı cinsle yakın ilişkiler geliştiremezse gelecek dönemlerde izolasyon; doğallık ve samimiyette eksiklik yaşayacaktır (Erikson,

1959). Bu nedenle, beliren yetişkinlik döneminde sağlıklı romantik ilişkiler kurmak çok önemlidir. Böylelikle kişi bir ilişkiyi nasıl başlatıp bitireceğini deneyimler ve gelecekte sağlıklı olan ilişkileri sürdürmeyi, kendisini kötüye kullanan ilişkileri ise bitirmeyi öğrenir (Lewandowski ve Bizzoco, 2007).

Romantik ilişkilerde çiftler ilişkilerinden doyum sağladıkları sürece ilişkiyi sürdürme eğilimindedirler (Hendrick, 2004). Bunun nedeni, kişilerin hem romantik partnerlerinden hem de ilişkiden istek ve ihtiyaçlarını karşılama arzularıdır. "İlişki kalitesi", "ilişki uyumu", "ilişki doyumu" gibi kavramlar bir ilişkiden sağlanan ihtiyaçların, yoğun duyguların, bağlılığın ve iletişim örüntülerinin değerlendirilmesi anlamına gelmektedir (Hendrick, 2004).

Bir ilişkiden sağlanan doyumu bozan en önemli etkenlerden biri kıskançlıktır (Hendrick, 2004). Hansen (1991) romantik kıskançlığı partnerin ilgilendiği bir aktivite ya da kişinin ilişkide yarattığı (algılanan ya da gerçek) tehdide karşı harekete geçme olarak tanımlar. İlgili literatüre bakıldığında, kıskançlığın romantik ilişkiler üzerinde negatif etkileri olduğu görülmektedir. Örnek olarak, Edalati (2010) romantik kıskançlık ile psikolojik saldırganlığın pozitif yönde ilişkili olduğunu; Collibee ve Furman (2016) da akut ve kronik kıskançlığın flört ilişkilerindeki şiddet ve saldırganlıkla ilişkili olduğunu bulmuştur. Hatta hastalıklı (morbid) kıskançlık, partneri ya da partnerin ilişkide olduğu kişiyi öldürmekle bile sonuçlanabilir (Keetley, 2002; Mowat, 1966; Sigal, 1998).

Kıskançlığın tüm bu olumsuz etkilerine rağmen, ilişkideki bağlılığı simgelediği ve olumlu sonuçlar da doğurabileceği ifade edilmiştir (Buss, 2010; Elphinston, Feeney, Noller, Connor ve Fitzgerald, 2013). Toohey' e (2014) göre romantik kıskançlık ilişkideki bağlılığı güçlendirir, partneri daha üretken hale getirir ve romantik ilişkileri daha güçlü yapar. Buss (2000) romantik kıskançlığın olumsuz ve olumlu etkilerinin kıskançlığın dozu ile ilişki olduğunu; aşırı kıskançlığın ilişkideki güveni, bağlılığı ve doyumu bozduğunu; ılımlı kıskançlığın ise ilişkideki sahiplik duygusunu

ve tutkuyu güçlendirdiğini savunur. Bu nedenle romantik kıskançlığın etkilerini değerlendirirken; öncelikle doğası, boyutları, nedenleri ve yoğunluğu anlaşılmalıdır.

Temel olarak, romantik kıskançlığın üç boyutu vardır: bilişsel, davranışsal ve duygusal kıskançlık (Pfeiffer ve Wong, 1989). Yapılan araştırmalar bu boyutların ilişki doyumu üzerindeki etkilerinin farklı olabileceğini göstermiştir. Dugosh' a (2000) göre duygusal kıskançlık ilişki doyumunu olumlu yönde etkilemektedir ve bu etki ilişkideki sevginin yoğunluğuyla doğru orantılıdır. Aynı şekilde Duemmler ve Kobak (2001) birbirine bağlı olan çiftlerin daha çok duygusal kıskançlık gösterdiklerini gözlemlemiştir. Diğer yandan, yapılan araştırmalar davranışsal kıskançlık ve partneri gözetleme/ takip davranışının ilişki doyumu ile negatif yönde ilişkili olduğunu göstermiştir (Guerrero ve Eloy, 1992; Elphinston ve ark., 2013). Aynı şekilde, bilişsel kıskançlığın da ilişkiden sağlanan doyum ile olumsuz bir ilişkisinin olduğu bulunmuştur (Andersen, Eloy, Guerrero ve Spitzberg, 1995; Elphinston ve ark., 2013; Guerrero ve Eloy, 1992). Bu nedenlerle, bu çalışmanın önerdiği model ilişki doyumu ile duygusal kıskançlığın pozitif; davranışsal ve bilişsel kıskançlığın ise negatif yönde ilişkili olacağını beklemiştir.

Literatüre bakıldığında romantik kıskançlık ile ilişki doyumu arasında anlamlı ilişkiler olduğu görülmektedir. Bu ilişkinin doğasını anlamak ve çıkarımlar yapmak amacıyla bu çalışmada birtakım aracı değişkenlerin rolü anlaşılmaya çalışılmıştır. İlk olarak ruminasyon bu çalışmadaki beklenen aracı değişkenlerden biri olarak seçilmiştir. Barelds ve Barelds- Dikstra (2007) da romantik kıskançlık ve ilişki doyumu arasındaki ilişkinin kişisel karakteristikler ve tepki stillerinin aracı etkisiyle açıklanabileceğini söylemiştir.

Ruminasyon kavramı Nolen-Hoeksema (1991) tarafından, stresli bir durum ve bu durumun olumsuz etkileri üzerine tekrarlayıcı ve pasif bir şekilde düşünme olarak tanımlanmıştır. Bu nedenle ruminasyon etkin problem çözme becerilerini engellemekte ve çözüm odaklı davranışları azaltmaktadır (Nolen-Hoeksema, 1987). Ruminasyonun romantik ilişkiler üzerindeki etkileri daha önce de araştırmacılar

tarafından ele alınmıştır. Senkans, McEwan, Skues ve Ogloff (2016) 525 beliren yetişkinle yaptığı çalışmada ruminasyonun ilişki problemlerini, flört şiddetini ve gizlice takip etme davranışlarını (stalking) artırdığını göstermiştir. Benzer şekilde, Jostman, Karremans ve Finkenauer (2011) yetmiş bir genç ile yaptığı araştırmasında, ruminasyonun romantik ilişkilerde partneri kaybetmeye yönelik yoğun duyguların düzenlenmesinde bozucu etkileri olduğunu bulmuştur. Elphinston ve arkadaşları (2013) da ruminasyonun romantik kıskançlık ile ilişki doyumu arasındaki ilişkide anlamlı bir aracı rolü olduğunu bulmuştur.

Bu çalışmada, bir diğer beklenen aracı değişken eşli ruminasyon olmuştur. Eşli ruminasyon, ruminasyonun başkalarıyla birlikte yapılması, ruminatif tepkilerin kişilerarası perspektifte gerçekleşmesidir (Calmes, 2008). Rose (2002) eşli ruminasyonu; arkadaş grupları içinde tekrarlayıcı bir şekilde problemleri tartışma, olayların sebepleri ve sonuçlarını irdeleme ve negatif duygulara odaklanma olarak tanımlamıştır. Ancak, ruminasyona ters olarak, eşli ruminasyonun daha çok arkadaşlık doyumu (Calmes, 2008), arkadaşlıkta uyum (Rose ve ark., 2014) ve sosyal destek (Boren, 2014) ile pozitif yönde ilişkili olduğu bulunmuştur. Ek olarak, eşli ruminasyonun romantik ilişkilerde uyum sağlayıcı sonuçlar ortaya koyduğu (Funasaki, 2012), ilişkideki yakınlığı ve algılanan desteği artırdığı (Betman, 2012), ve ilişkiden sağlanan doyumu yordadığı bulunmuştur (Calmes ve Roberts, 2008; El Ramahi, 2010; Starr ve Davila, 2009; Thomas, 2012; Whitton ve Kuryluk, 2013). Ancak buna rağmen diğer araştırmalarda eşli ruminasyonun ilişkideki eşitsizlik algısını artırdığı (Hanna-Edwards ve Aune, 2014); ilişki kalitesini olumsuz yönde açıkladığı (Keast, 2014); ve ilişki doyumu üzerinde bozucu bir etkiye sahip olduğu (Whitton ve Kuryluk, 2013) bulunmuştur. Eşli ruminasyonun kıskançlık ile ilişkisine bakıldığında ise Buss' a (2000) göre kıskanan bireyler duygularını partnerlerinden saklama eğilimindedirler, bu nedenle olumsuz duyguların daha çok arkadaşlıklar içerisinde paylaşılması (eşli ruminasyon) beklenir (Rose, 2002). Ayrıca, Gold (2016) yaptığı çalışmasında eşli ruminasyonun arkadaşlıklar arasındaki kıskançlık ile de pozitif yönde ilişkili olduğunu ortaya koymuştur.

Son olarak, bu çalışmada romantik kıskançlık ve ilişki doyumu arasındaki ilişkide aracı rolü olması beklenen bir diğer değişken öz-duyarlık olmuştur. Temel olarak öz-duyarlık; kişinin hatalarına karşı yargılayıcı olmaması, yanlışlarını hoşgörüyle karşılaması ve kendisine sevgi, şefkat, anlayış göstermesidir. (Neff, 2003a; Neff, 2003b). Batı kültüründe kendine sevgi ve şefkat gösterme bencillik olarak düşünülse de (Germer, 2009), doğu kültüründe bir başkasını sevmenin yolu önce kendini sevmekten geçer ve herkes kendisi tarafından sevilmeyi ve değer görmeyi hak eder (Super, 2015). Super' a (2015) göre öz-duyarlık sonradan geliştirilebilen bir özelliktir; Neff ve Germer (2013) de yaptıkları deneysel çalışmada sekiz haftalık eğitimin ardından kişilerin öz-duyarlık düzeylerinin geliştiğini ortaya koymuştur.

İlgili literatürde, öz-duyarlık geliştirmenin romantik ilişki sorunlarını önleyen bir faktör olduğu görülmüştür. Baker ve McNulty' nin (2011) yaptıkları çalışmada yüksek öz-duyarlık düzeyine sahip bireylerin ilişkilerindeki hataları onarmaya daha istekli oldukları bulunmuştur. Benzer olarak, Neff ve Beretvas (2013) öz-duyarlığın romantik ilişkilerdeki olumlu davranışlarla ilişkili olduğunu ve Terzi (2015) öz-duyarlığın evlilik doyumunu yordadığını bulmuştur.

Ayrıca, DeSteno, Valdesolo ve Barlett' in (2006) yaptıkları deneysel çalışmada kıskançlığı tetikleyen bazı sosyal rastlantılar kullanılmış ve düşük öz-duyarlık düzeyinin kıskançlık ile ilişkili olduğu bulunmuştur. Ek olarak, öz-duyarlık ile yüksek düzeyde ilişkili bulunan özgüven, öz-yeterlik, öz-değerlendirme düzeylerinin de kıskançlık ile negatif yönde ilişkili oldukları görülmüştür (Dibello, Rodriguez, Hadden ve Neighbors, 2015; Hu, Zhang ve Li, 2005; Salovey ve Rodin, 1991).

Özetle, romantik kıskançlığın ilişki doyumu üzerindeki etkileri hala belirsizliğini korumaktadır. Bazı araştırmacılar olumlu (Dugosh, 2000; Toohey, 2014), bazı araştırmacılar olumsuz etkilerine işaret etmektedir (Guerrero ve Eloy, 1992; Elphinston ve ark., 2013). Bu nedenle, romantik kıskançlığın boyutları ve doğasının incelenmesine ihtiyaç duyulmaktadır. Bu çalışmada, romantik ilişki doyumunun alt

boyutları ile ilişki doyumu arasındaki ilişkide; ruminasyon, eşli-ruminasyon ve öz-duyarlık aracı değişkenlerinin olası etkileri incelenmiştir.

1.1. Çalışmanın Amacı

Bu çalışmanın amacı, romantik kıskançlık ile ilişki doyumu arasındaki ilişkinin; ruminasyon, eşli ruminasyon ve öz-duyarlık aracı değişkenleriyle modellenmesi ve test edilmesidir.

1.2. Çalışmanın Önemi

Evrimsel açıdan bakıldığında romantik ilişkiler üreme ve türün devamlılığını sağlaması açısından yaşamsal bir öneme sahiptir (Furman, Brown ve Feiring, 1999). Özellikle beliren yetişkinlik döneminde karşı cinsle yakın ilişkiler geliştirmek bir gelişim görevidir. Erikson' a (1959) göre ergenliğin bittiği ve yetişkinliğe geçilen bu dönemde romantik ilişkiler bireyi gelecekte aile kurmaya ve evliliğin sorumluluğunu almaya hazırlar. Tüm bu nedenlerden dolayı, beliren yetişkinlik döneminde romantik ilişkilerden sağlanan doyum ile ilgili literatürde pek çok çalışmaya rastlanabilir (Çırakoğlu ve Tezer, 2010; Çürükvelioğlu, 2012; Demirtaş ve Tezer, 2012; Sarı, 2008; Sine-Eğeci, 2010).

Ek olarak, ilişki doyumu ile ilişkisinin araştırıldığı en önemli kavramlardan biri romantik kıskançlıktır. Literatürde romantik kıskançlık ile ilişki doyumunu inceleyen pek çok araştırma olmasına rağmen (Buss, 2000; Dandurand, 2013; Clarke, DeCicco ve Navara, 2010; Edalati, 2010; Elphinston ve ark., 2013; Elphinston ve Noller, 2011; Montoya ve Hibbard, 2014) bu ilişkinin ne yönde olduğuna ilişkin tutarlı sonuçlar elde edilememiştir (Elphinstons ve ark., 2013). Bu nedenle, bu ilişkinin doğasını anlamaya yönelik oluşturulan yol modelinin ve bu çalışmadan elde edilen sonuçların literatüre katkı sağlayacağı düşünülmektedir. Daha önce yapılan çalışmaların hiçbirinde ruminasyon, eşli ruminasyon ve öz-duyarlık aracı değişkenlerinin ilişki doyumu ve romantik kıskançlığın doğasını açıklamak amacıyla

bir modelde yer aldığına rastlanmamıştır. Bu nedenle çalışmanın konusu literatürde ilk kez yer alacaktır.

Daha önce Türkiye' de romantik kıskançlık ile ilişki doyumu arasındaki ilişkinin araştırıldığı çalışmalara bakıldığında; beliren yetişkinlik döneminde yapılan herhangi bir çalışmaya rastlanmamış, çalışmaların yalnızca evli bireylerle yürütüldüğü görülmüştür (Çapkın, 2012; Curun ve Çapkın, 2014; Güngör-Houser, 2009; Zeytinoğlu, 2013). Dolayısıyla bu çalışma spesifik olarak beliren yetişkinlik dönemini ele alacağından, elde edilen sonuçlar bu dönemdeki bireylerle çalışan psikolojik danışmanlar için uygulamaya ilişkin bir rehber olabilir.

Romantik kıskançlığın hangi durumlarda olumlu hangi durumlarda olumsuz etkileri olabileceği bu çalışma ile ortaya konulmaya çalışılmıştır. Elde edilen sonuçlar ışığında, psikolojik sağlık hizmeti veren meslek elemanları önleyici programlar geliştirebilir, danışanı daha geniş bir perspektifte ele alabilir ve kıskançlığın olumsuz etkileriyle baş etme ya da ilişki doyumunu sürdürme stratejileri gibi psiko-eğitim programları geliştirebilirler. Son olarak, bu çalışmanın sonucunda ortaya çıkacak olan yeni sorular, gelecek araştırmacıların bu konu ile ilgili daha çok araştırma yapmalarında teşvik edici bir rol üstlenebilir.

2. YÖNTEM

2.1. Örneklem

Bu araştırmanın örneklemini 2015- 2016 eğitim yılı bahar döneminde eğitim gören üniversite öğrencileri oluşturmuştur. Uygun örnekleme metoduyla seçilen katılımcılar Ankara, İzmir ve Samsun' daki devlet üniversitelerinde 10 farklı fakültede kayıtlıdır. Toplamda 397 kişiden veri elde edilmiş, bunların 200 ü kadın (%50.4), 197 si erkek (%49.6) ve yaş ortalamaları 21.38 dir ($Mo = 21.00$, $Mdn = 21.00$, $SD = 1.88$). Araştırmaya katılan tüm bireylerin romantik ilişkileri vardır ve güncel olan ilişkilerini değerlendirerek soruları cevaplandırmışlardır.

2.2. Veri Toplama Araçları

Demografik Bilgi Formu katılımcıların cinsiyet, yaş, okul, fakülte ve ilişki süresine ilişkin soruları içermektedir.

İlişki Doyumu Ölçeği (Hendrick, 1988) 7 maddeden oluşan 7'li Likert tipte bir ölçektir ve alt boyutu yoktur. Orijinal ölçekte Cronbach alfa değeri .89 bulunmuştur. Ölçekten elde edilen yüksek puanlar yüksek ilişki doyumuna işaret etmektedir. Madde toplam varyansı .57 ile .76 arasında değişmektedir. Aynı örnekleme uygulanan İlişki Doyumu Ölçeği ve Çiftler Arası Uyum Ölçeği arasındaki korelasyon katsayısı .80 bulunmuştur.

İlişki Doyumu Ölçeği Curun (2001) tarafından Türkçe' ye uyarlanmış, Cronbach alfa katsayısı .86 bulunmuştur. Faktör analizi sonuçları, tek faktörün varyansın %52 sini açıkladığını göstermiştir. Bu çalışmada ise Cronbach alfa değeri .93 olarak bulunmuştur.

Çok Boyutlu Kıskançlık Ölçeği (Pfeiffer ve Wong, 1989) duygusal, davranışsal ve bilişsel kıskançlık olmak üzere üç alt boyuttan oluşmaktadır. Toplamda 24 maddeden oluşan 7'li Likert tipteki bu ölçeğin Cronbach alfa değeri duygusal kıskançlık için .81; davranışsal kıskançlık için .80; ve bilişsel kıskançlık için .84 olarak bulunmuştur.

Çok Boyutlu Kıskançlık Ölçeği Karakurt (2001) tarafından Türkçe' ye uyarlanmış ve orijinal çalışmayla tutarlı olarak üç alt boyut ortaya çıkmıştır. Uyarlanan ölçekte Cronbach alfa değeri duygusal kıskançlık için .86; davranışsal kıskançlık için .86 ve bilişsel kıskançlık için .91 olarak bulunmuştur. Bu faktörlerin toplam varyansın %61 ini açıkladığı bulunmuştur. Bu çalışmada ise duygusal, davranışsal ve bilişsel kıskançlık alt boyutlarının Cronbach alfa değerleri sırasıyla .90, .86, ve .93 olarak bulunmuştur.

Ruminasyon Ölçeği Kısa Formu (Treynor ve ark., 2003) 10 maddeden oluşan 4'lü Likert tipi bir ölçektir. "Saplantılı düşünme" ve "derin düşünme" olarak iki alt

boyutu olan bu ölçeğin Cronbach alfa değerleri sırasıyla alt ölçekler için .72 ve .77 olarak bulunmuştur. Türkçe uyarlaması Erdur-Baker ve Bugay (2012) tarafından yapılan bu ölçekten elde edilen puanlar hem alt boyutlardan alınan puanlara göre, hem de toplam puana göre değerlendirilebilmektedir. Cronbach alfa değerlerini ise saplantılı düşünme alt boyutu için .77, derin düşünme alt boyutu için .87 olarak bulmuşlardır (Erdur-Baker ve Bugay, 2012). Alt boyutların her ikisi de olumsuz işleyişe (maladaptive functioning) işaret ettiği ve yapılan çalışmalar hem uzun hem de kısa formun uygulanabilir olduğunu gösterdiği için bu çalışmada kısa form tercih edilmiş ve Cronbach alfa değeri .87 olarak bulunmuştur.

Eşli Ruminasyon Ölçeği (Rose, 2002) bireylerin arkadaş ortamında ne kadar eşli ruminasyon yapmaya eğilimli olduklarını ölçmeyi amaçlamıştır. 27 maddeden oluşan 5'li Likert tipinde olan bu ölçek tek boyuttan oluşmaktadır ve Cronbach alfa değeri .96 olarak bulunmuştur.

Türkçe uyarlaması Bugay ve Erdur- Baker (2015) tarafından yapılan bu ölçek de orijinal ölçeğe paralel olarak tek faktörlü bir yapı göstermiştir ve Cronbach alfa değeri .95 tir. Bu çalışmada da aynı şekilde Cronbach alfa değeri .95 bulunmuştur.

Öz-duyarlık Ölçeği (Neff, 2003b) katılımcıların öz-duyarlık düzeylerini değerlendirmek amacıyla geliştirilmiştir. 26 maddeden oluşan 5'li Likert tipteki bu ölçek altı alt boyuttan oluşmaktadır (öz-sevecenlik, öz-yargılama, paylaşımların bilicinde olma, izolasyon, bilinçlilik ve aşırı özdeşleşme) ve elde edilen puanlar hem alt boyutlar bazında hem de toplam puan olarak hesaplanabilmektedir. Ölçeğin Cronbach alfa değeri .92 bulunmuştur. Yapılan geçerlik çalışmaları sonucunda Öz-duyarlık Ölçeği' nin Öz-yargılama Ölçeği ile arasında anlamlı ve negatif yönde bir ilişki olduğu ($r = -. 65, p < .01$); Sosyal Bağlantı Ölçeği ile de pozitif yönde anlamlı bir ilişkisi olduğu görülmüştür ($r = .41, p < .01$).

Akın, Akın ve Abacı (2007) tarafından geliştirilen Türkçe uyarlamasında Cronbach alfa değerleri alt boyutlar için .72 ve .80 arasında değişirken; bu çalışmada ölçeğin tamamı için güvenirlik katsayısı .89 olarak bulunmuştur.

2.3. İşlem

Araştırmada kullanılan veri seti, Orta Doğu Teknik Üniversitesi İnsan Araştırmaları Etik Kurulu' nun izniyle birlikte 2015- 2016 eğitim yılı bahar döneminde katılımcıların gönüllüğü esasına dayalı olarak sınıf ortamında uygulamıştır.

2.4. Verilerin Analizi

Araştırmadan elde edilen veriler doğrultusunda, önerilen model AMOS 21 (Arbuckle, 2012) yazılım programında Yol Analizi kullanılarak test edilmiştir.

3. BULGULAR

Önerilen modelde romantik kıskançlık ile ilişki doyumu arasındaki ilişki; ruminasyon, eşli ruminasyon ve öz-duyarlık aracı değişkenlerinin rolleriyle test edilmiştir. Sonuçlara göre, önerilen model elde edilen veriler tarafından desteklenmemiş ve onaylanmamıştır. Modelin uyum istatistikleri de zayıf bulunmuştur (χ^2 / df = 23.61, *GFI* = .88, *CFI* = .57, *NFI* = .56, *RMSEA* = .24). Ayrıntılı olarak, davranışsal kıskançlığın diğer değişkenlerle anlamlı bir ilişkisinin olmadığı; eşli ruminasyon ile ilişki doyumu arasında anlamlı bir ilişkinin olmadığı ve duygusal kıskançlık ile öz-duyarlık arasında da beklenildiği gibi anlamlı bir ilişkinin olmadığı bulunmuştur. Ayrıca, AMOS 21 (Arbuckle, 2012) programı duygusal kıskançlık ve bilişsel kıskançlık ile ilişki doyumunun arasında ve bilişsel kıskançlık ile eşli ruminasyonun arasında yeni yolların eklenmesini önermiştir. Bu doğrultuda modelden anlamlı olmayan yollar çıkarılmış ve önerilen yollar eklenmiştir. Yeniden düzenlenen model test edildiğinde, elde edilen verilerin modeli desteklediği görülmüş, model uyum istatistikleri de oldukça iyi sonuçlar vermiştir (χ^2 / df = .75, *GFI* = 1.00, *CFI* = 1.00, *NFI* = .99, *RMSEA* = .00).

Genel olarak bakıldığında, duygusal kıskançlık ve eşli ruminasyon arasında (β = -.12, $p < .01$); bilişsel kıskançlık ile ruminasyon (β = .40, $p < .01$) ve öz-duyarlık arasında (β = -.16, $p < .01$); ruminasyon ile ilişki doyumu arasında (β = -.21, $p < .01$) ve öz-duyarlık ile ilişki doyumu arasında (β = .13, $p < .01$) anlamlı ilişkiler

bulunmuştur. Diğer yandan, duygusal kıskançlık ile öz-duyarlık arasında ($\beta = .00$, $p > .05$); davranışsal kıskançlık ile ruminasyon ve eşli ruminasyon arasında ($\beta = .00$, $p > .05$) ve eşli ruminasyon ile ilişki doyumu arasında ($\beta = .00$, $p > .05$) anlamlı ilişkilere ulaşılamamıştır.

Sonuç olarak, yalnızca bilişsel kıskançlık ve ilişki doyumu arasındaki ilişkinin ruminasyon ve öz-duyarlık aracı değişkenleriyle açıklanabildiği bulunmuştur. İlişki doyumunun en önemli yordayıcısı bilişsel kıskançlık iken (negatif yönde); bilişsel kıskançlık ile ilişki doyumu arasındaki ilişkiyi en iyi açıklayan aracı değişken ise ruminasyon olmuştur. Modelin tamamına bakıldığında, yeniden düzenlenen modelin ilişki doyumuna ilişkin varyansın % 30'unu açıkladığı bulunmuştur.

4. TARTIŞMA

Bu çalışmanın amacı romantik kıskançlık ile ilişki doyumu arasındaki ilişkinin; ruminasyon, eşli ruminasyon ve öz-duyarlık aracı değişkenleri ile modellenmesidir. Beliren yetişkinlik dönemindeki bireylerden elde edilen veriler AMOS 21 (Arbuckle, 2012) programında Yol Analizi ile test edilmiş ve modelin uyum iyiliği indekslerinin istenen aralıkta olmadığı, modelin onaylanmadığı görülmüştür. Bu nedenle, modelde anlamlı olmayan yollar çıkarılmış ve programın önerdiği yeni yollar eklenmiştir. Düzenlenen model yeniden test edildiğinde, verilerin modeli desteklediği görülmüş ve model onaylanmıştır.

Araştırmadan elde edilen sonuçlar literatür ışığında tartışıldığında, duygusal kıskançlık ile ilişki doyumu arasındaki ilişkinin pozitif yönde anlamlı bulunduğu bu çalışmanın sonuçları Dugosh (2000) ile Duemmler ve Kobak (2001) tarafından yapılan çalışmalarla da desteklenmiştir. Ancak, Andersen (1995) ile Guerrero ve Eloy (1992) tarafından yapılan çalışmalar duygusal kıskançlığın ilişkiden sağlanan doyumu azalttığını bulmuştur. Bu farklılığın nedeni çalışmalardaki örneklemin farklı olması olabilir; Andersen (1995) ile Guerrero ve Eloy (1992) evli çiftlerle çalıştığından, evlilikteki kıskançlığın flört dönemine göre daha farklı sonuçlar doğurabileceği söylenebilir.

Ek olarak, bu çalışmada davranışsal kıskançlık diğer değişkenlerle anlamlı bir ilişkiye sahip değildir. Ancak literatürde davranışsal kıskançlık ile ilişki doyumu arasında negatif yönde bir ilişki bulunmuştur (Elphinston ve ark., 2013; Guerrero ve Eloy, 1992). Guerrero ve Eloy (1992) bu çalışmadan farklı olarak evli çiftlerle çalışmıştır, bu nedenle eşi takip etme, özel eşyaları karıştırma gibi kontrol ve izleme davranışlarının evli çiftler arasında daha büyük bir soruna yol açabileceği düşünülebilir.

Sonuçlara göre, bilişsel kıskançlık ilişki doyumu ile negatif yönde ilişkili bulunmuştur, bu bulgu daha önce yapılan çalışmalarla da desteklenmiştir (Andersen ve ark., 1995; Elphinston ve ark., 2013; Guerrero ve Eloy, 1992). Bu sonuç, bilişsel kıskançlığın aldatılmaya ilişkin hastalıklı (morbid) düşünme örüntülerini içermesinden kaynaklanıyor olabilir. Benzer şekilde, partnerin sadakatine ilişkin şüphelerin de ilişkiden sağlanan doyumu olumsuz etkileyeceği söylenebilir, çünkü bu düşünceler ilişkinin temelini oluşturan güveni zedeleyebilir.

Bu ilişkilerin aracı değişkenlerle açıklanması konusunda elde edilen bulgular ruminasyonun en güçlü aracı değişken olduğunu ortaya koymuştur (bilişsel kıskançlık ve ilişki doyumu arasında). Benzer olarak, Elphinston ve arkadaşları (2013) da ruminasyonun romantik kıskançlık ve ilişki doyumu arasındaki ilişkiyi açıkladığını bulmuştur. Carson ve Cupach' a (2000) göre ruminasyon; romantik ilişkilerde sınırlama, manipülasyon, olumsuz duyguların ifadesi, şiddet içerikli iletişim ve inkar etme davranışları ile anlamlı ve pozitif yönde ilişkilidir. Pearson ve arkadaşları (2010) da ruminasyon ile ilişki doyumu arasında negatif yönde bir ilişki olduğu sonucuna ulaşmıştır.

Bu çalışmada diğer bir aracı değişken olan öz-duyarlık da bilişsel kıskançlık ve ilişki doyumu arasındaki ilişkiyi anlamlı düzeyde açıklamıştır. Sonuçlara göre bilişsel kıskançlık hem öz-duyarlık hem de ilişki doyumu ile negatif yönde ilişkili bulunmuş ve öz-duyarlık ilişki doyumunu pozitif yönde açıklamıştır. Literatüre bakıldığında benzer sonuçlar bulunmuştur, Neff ve Tirch' e (2013) göre düşük düzeyde öz-

duyarlığa sahip bireyler hatalarıyla yüzleşemez ve partnerlerini suçlarlar; bu nedenle de ilişkiden yeterli doyum sağlayamazlar. Palisi' ye (1992) göre de kıskanç partnerlerle çalışan psikolojik danışmanlar bu bireylerin öz-duyarlık düzeyleri ile çalışmalı ve düşük öz-duyarlığın ilişkide yaratacağı negatif etkilere karşı uyanık olmalıdır. Sonuç olarak öz-duyarlık düzeyi yüksek olan bireylerin ilişkide daha olumlu davranışlar sergilediği (Neff ve Beretvas, 2013); ilişkideki sorunlarını ve kendi hatalarını çözmeye istekli olduğu (Baker ve McNulty, 2011); ve kendini severek başkalarını da sevebildiği (Campbell ve Baumeister, 2004; Campbell, Foster ve Finkel, 2002) bulunmuştur.

Son olarak, bir diğer aracı değişken -olması beklenen- eşli ruminasyon, ilişki doyumu ile anlamlı düzeyde ilişkili bulunmadığından aracı etkisinin de olmadığı görülmüştür. Eşli ruminasyon ile ilgili literatüre bakıldığında sonuçların ortak bir paydada buluşmadığı görülmüştür. Bir yandan eşli ruminasyonun ilişkideki doyumu güçlendirdiği bulunurken (Betman, 2012; Calmes ve Roberts, 2008; El Ramahi, 2010; Funasaki, 2012). Diğer yandan, eşli ruminasyonun ilişkideki eşitsizlik algısını artırdığı (Hanna-Edwards ve Aune, 2014); ilişki kalitesini negatif yönde yordadığı (Keast, 2014); ve sonuç olarak ilişki doyumu üzerinde bozucu bir etkiye sahip olduğu (Whitton ve Kuryluk, 2013) bulunmuştur.

4.1. Uygulamaya Yönelik Öneriler

Elde edilen sonuçlara göre; tekrarlayıcı negatif düşünceler, aldatılacağını düşünme, partnerin sadakatinden şüphe duyma gibi bilişsel düzeyde gerçekleşen örüntüler ilişki doyumu ile en çok ilişkili olan etmenler olarak bulunmuştur. Bu sonuçlardan çıkarım yapılarak uygulamaya dönük birtakım öneriler getirilmesi mümkündür. Örneğin; psikolojik danışmanlar, romantik kıskançlık ile ilgili çalışırken danışanlarının düşünce örüntülerine odaklanabilir; danışanların, kendi düşünce örüntüleriyle ilgili içgörü kazanmasını destekleyebilir ve bozucu etkiye sahip bu düşüncelerle baş etmelerine yardımcı olabilirler. Bunu yaparken de, ruminasyonun

olumsuz etkileri ve öz-duyarlığın geliştirilmesinin önleyici ve iyileştirici etkileri göz önünde bulundurulabilir.

Ayrıca, psikolojik danışmanlar romantik kıskançlık yaşayan bireylerle çalışırken, kıskançlığın boyutlarının farklı çalışması nedeniyle bu boyutlarla ilgili danışandan daha çok bilgi toplayabilir. Böylelikle, danışanın yaşadığı kıskançlığın ilişkiyi güçlendirdiği, bağlılığı ve tutkuyu artırdığı; ya da tam tersi ilişkideki problemleri ve güvensizliği artırarak doyumu azalttığı tespit edilebilir. Bu doğrultuda danışana verilecek yardım hizmetinin içeriği de değişecektir.

Beliren yetişkinlik dönemindeki bireylerle çalışan psikolojik danışmanlar, ilişki doyumu ile ilişkili olan etmenler hakkında bilgilendirici seminerler ya da psiko-eğitim programları düzenleyebilirler. Bu programlarda ilişki doyumu ile olumlu (öz-duyarlık, duygusal kıskançlık gibi) ve olumsuz (bilişsel kıskançlık, ruminasyon gibi) yönde ilişkili olan etmenler ele alınabilir, ilişkinin sağlıklı şekilde sürmesi adına neler yapılabileceği aktarılabilir.

Öz-duyarlığın sonradan geliştirilebilir bir özellik olması ve ilişki doyumunu pozitif yönde yordaması nedeniyle, öz-duyarlık geliştirme programları düzenlenebilir. Hem bireysel hem de grup çalışmalarında; bireylerin hatalarıyla kendilerini kabul etmeleri, kendilerini sevmeleri, başlarına gelen kötü olayların herkesin başına geldiğini ve baş edebileceklerini düşünmeleri sağlanabilir. Ayrıca öz-duyarlık felsefi bir altyapıyı barındırdığından, Budist felsefesinin bakış açısıyla kendini sevme, hatalarını kabul etme, değişim umudunu taşıma gibi insanın ihtiyaç duyduğu temel unsurların ele alındığı kitaplar danışanlara bibliyo-terapi kaynağı olarak tavsiye edilebilir.

Son olarak, beliren yetişkinlik dönemindeki bireylere ve yakınlarına yönelik, ilişki doyumunun bu dönemdeki önemine ve sağlıklı ilişkilerin nasıl geliştirilip korunacağına ilişkin bilgilendirici yayınlar medya kanalları aracılığıyla bu kitlelere ulaştırılabilir.

4.2. Gelecek Çalışmalar için Öneriler

Bu çalışmada ilişki doyumunun en güçlü yordayıcıları bilişsel kıskançlık ve ruminasyon olarak bulunmuştur. Bu nedenle gelecekte ilişki doyumu ile ilgili yapılacak araştırmalar bilişsel yapıları ve düşünme örüntülerini daha detaylı ele alarak yeni bilgiler ortaya koyabilirler. Örneğin, bu çalışmada yalnızca çoklu ilişkiler ortaya konulduğu için, ruminatif ve septik düşünme örüntülerinin nasıl ve neden ilişki doyumu ile negatif yönde ilişkili olduğuna dair bilgi edinilememiştir. Bu bilgilere ulaşmak için boylamsal, nitel ya da deneysel çalışmaların yapılması önerilebilir.

Ayrıca, davranışsal kıskançlık ile ilgili hiçbir anlamlı ilişki bulunamamış ve bu sonuç literatürle çelişmiştir. Bu farklılığın nedenlerini ortaya koymak adına anket metoduna alternatif olarak, mülakat ya da açık uçlu soruların bulunduğu formlar geliştirilebilir. Ek olarak, duygusal kıskançlığın ilişki doyumunu olumlu yönde yordadığı bulunmuş ancak altında yatan nedenlere ilişkin bir sonuç elde edilememiştir. Yapılacak çalışmalar duygusal kıskançlık ve ilişki doyumu arasındaki ilişkide aracı rol oynaması beklenen diğer değişkenlerle yeni bir yol modeli analizi yapabilirler (örneğin; bağlılık, aşk ve tutkuyu yansıtan değişkenler olabilir).

Öz-duyarlık ile ilişki doyumu pozitif yönde ilişkili olduğundan, romantik ilişkilerde partnerlerin öz-duyarlık düzeylerini geliştirmeyi amaçlayan deneysel çalışmalar yapılarak etkisi test edilebilir ve üzerine daha derin bilgiler edinilebilir.

Bu çalışmada analizler yalnızca partnerlerin birinden elde edilen verilerle gerçekleştirilmiştir. Gelecek çalışmalar partnerler yerine çiftlerle çalışabilirler çünkü çiftlerin birbirlerine olan etkileri ve çiftlerin uyumu ayrı ayrı ele alınabilir, ilişkide cinsiyet rolleri değerlendirilebilir ve çiftlerin diğer çiftlerle karşılaştırılması sağlanabilir.

Ek olarak, bu çalışmanın başlamasının ardından Senkans ve arkadaşları (2016) "İlişkisel Ruminasyon Ölçeği" ni yayınlamışlardır ve bu ölçek romantik ilişkilerde

partnerlerin ilişkiyle ilgili yaptıkları ruminasyonu değerlendirmektedir. Bu ölçeğin alt boyutları; romantik-kaygı ruminasyonu, ilişki belirsizliği ruminasyonu ve ayrılık ruminasyonunu kapsamaktadır. Bu nedenle, gelecek araştırmalarda "romantik ilişkilerde ruminasyon" üzerine çalışanların bu ölçeği kullanması daha faydalı olacaktır.

Son olarak, bu model ilişki doyumuna ilişkin varyansın % 30'unu açıkladığından, kalan varyansı açıklamak için yeni modeller geliştirilebilir ve test edilebilir. Literatüre bakıldığında; ilişki statüsü (sevgili, nişanlı, evli), kültürel benzerlik, cinsiyet rollerine ilişkin algılar, eğitim durumlarının benzerliği ve geçmiş yaşantılar ilişki doyumunu yordamada ele alınabilir. Yanı sıra, romantik ilişkilerle ilgili rasyonel olmayan inançlar, çiftlerin bağlanma stilleri ve bilinçli farkındalık düzeyleri de romantik ilişki doyumunu açıklayabilecek diğer değişkenler olabilir ve gelecek çalışmalarda kullanılması önerilebilir.

Appendix J

TEZ FOTOKOPİ İZİN FORMU

ENSTİTÜ

Fen Bilimleri Enstitüsü	☐
Sosyal Bilimler Enstitüsü	X
Uygulamalı Matematik Enstitüsü	☐
Enformatik Enstitüsü	☐
Deniz Bilimleri Enstitüsü	☐

YAZARIN

Soyadı: ÖKTEN
Adı: MERVE
Bölümü: EĞİTİM BİLİMLERİ

TEZİN ADI (İngilizce): MODELING THE RELATIONSHIP BETWEEN ROMANTIC JEALOUSY AND RELATIONSHIP SATISFACTION: THE MEDIATOR ROLES OF RUMINATION, CO-RUMINATION AND SELF-COMPASSION

TEZİN TÜRÜ: Yüksek Lisans   X   Doktora   ☐

1. Tezimin tamamı dünya çapında erişime açılsın ve kaynak gösterilmek şartıyla tezimin bir kısmı veya tamamının fotokopisi alınsın. ☐

2. Tezimin tamamı yalnızca Orta Doğu Teknik Üniversitesi kullanıcılarının erişimine açılsın. ☐

3. Tezim bir (1) yıl süreyle erişime kapalı olsun.   X

Yazarın imzası   Tarih

135