

THE MEDIATING ROLE OF PSYCHOLOGICAL ADJUSTMENT IN THE
ASSOCIATION BETWEEN PARENTAL ACCEPTANCE-REJECTION AND
INTIMATE PARTNER ACCEPTANCE-REJECTION AMONG MARRIED
COUPLES

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ABSTRACT

THE MEDIATING ROLE OF PSYCHOLOGICAL ADJUSTMENT IN THE ASSOCIATION BETWEEN PARENTAL ACCEPTANCE-REJECTION AND INTIMATE PARTNER ACCEPTANCE-REJECTION AMONG MARRIED COUPLES

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Based on the Interpersonal Acceptance-Rejection Theory, the current study aimed to test a model that explores the mediating role of psychological adjustment on remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection among 172 married couples ($n=344$ individuals). To gather data, Demographic Information Form, Adult Parental Acceptance-Rejection Questionnaire-Short form (Adult PARQ/SF), Personality Assessment Questionnaire (PAQ), and Intimate Adult Relationship Questionnaire-Short Form (IARQ/SF) were utilized. To test the proposed model, Actor-Partner Interdependence Mediation Model (APIMeM) was used. Results of the Path Analysis indicated that wives' and husbands' perceived maternal and paternal acceptance-rejection accounted for 15% of the variance in wives' psychological adjustment and 10% for husbands' psychological adjustment. Overall, the model explained 11.6% of the variance for wives' perceived partner

acceptance-rejection and 19.1% variance for husbands' perceived partner acceptance-rejection. Hence, the model was valid but not with robust effect sizes. Nevertheless, this study exerted novel paths in which psychological adjustment has an agent role among parental acceptance-rejection and partner acceptance-rejection. Regarding the actor effect for wives and husbands, parental acceptance was significantly associated with psychological adjustment with highlighted gender differences among them. For indirect actor effects, complete mediation of psychological adjustment was detected outlining the greater influence of fathers for men and mothers for women. Regarding partner effect, husbands' psychological adjustment did not account for wives' perceived partner acceptance-rejection neither directly nor through its mediating role. But wives' psychological adjustment was found to contribute to husbands' perceived partner acceptance-rejection significantly. These findings were discussed considering the relevant literature.

Keywords: parental acceptance-rejection, intimate partner acceptance-rejection, psychological adjustment, actor-partner interdependence model

ÖZ

EVLİ ÇİFTLERİN EBEVEYN KABUL-RED VE EŞ KABUL-RED İLİŞKİSİNDE PSİKOLOJİK UYUMUN ARACI ROLÜ

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Kişilerarası Kabul-Red Kuramı temelinde, 172 evli çift ($n=344$ birey) ile yürütülen bu çalışmanın amacı, çiftlerin hatırlanan ebeveyn kabul-red düzeyi ve partnerlerinden algıladıkları kabul-red düzeyi arasındaki ilişkide psikolojik uyumun aracı rolünü inceleyen bir modeli test etmektir. Araştırmanın veri toplama sürecinde, Demografik Bilgi formuna ek olarak 3 öz-bildirim ölçeği kullanılmıştır; Yetişkin Ebeveyn Kabul-Red Ölçeği-Kısa Form (Yetişkin EKRÖ/K), Kişilik Değerlendirme Ölçeği (KİDÖ) ve Yetişkin Yakın İlişki Ölçeği-Kısa Form (YYİÖ/K). Çalışmada, önerilen modeli test etmek için Aktör-Partner Karşılıklı Bağımlılık Aracılık Modeli (APIMeM) kullanılmıştır. Araştırmanın Yol Analizi sonuçları, hatırlanan anne ve baba kabul-reddinin, kadınların psikolojik uyumuna dair varyansın %15'ini ve erkeklerin psikolojik uyumunun %10'unu açıkladığını göstermiştir. Genel olarak model, kadınların algıladığı eş kabul-reddi için varyansın %11.6'sını ve erkeklerin algıladığı eş kabul-reddi için %19,1'lik varyansı açıklamıştır. Dolayısıyla, modelin geçerli olduğu ancak sağlam etki büyüklüklerine sahip olmadığı bulunmuştur. Çalışmada, psikolojik uyumun ebeveyn kabul-reddi ve eş kabul-reddi arasındaki aracı rolüne ve

eş dinamiklerine yönelik önemli yollar tespit edilmiştir. Aktör etkisine ilişkin olarak, ebeveyn kabulünün, kadınların ve erkeklerin psikolojik uyumlarıyla ilişkili olduğu, ancak bu ilişkide cinsiyet farklılıkları olduğu gözlenmiştir. Dolaylı aktör etkilerinde, erkekler için babalarının ve kadınlar için annelerinin daha büyük etkisini işaret eden, psikolojik uyumun tam aracılığı tespit edilmiştir. Partner etkisine ilişkin olarak, erkeklerin psikolojik uyumu, kadınların algıladıkları eş kabul-reddi durumunu ne doğrudan ne de dolaylı olarak açıklamıştır. Ancak, kadınların psikolojik uyumunun, erkeklerin algıladıkları eş kabul-reddine önemli ölçüde katkıda bulunduğu tespit edilmiştir. Bu bulgular ilgili alanyazın doğrultusunda tartışılmıştır.

Anahtar Kelimeler: ebeveyn kabul-reddi, eş kabul-reddi, psikolojik uyum, aktör-partner karşılıklı bağımlılık modeli

to my loving family...

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‘The only journey is the journey within’...

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CHAPTER 1

INTRODUCTION

1.1. Background to the Study

Throughout generations, human beings need significant and countable people in their lives to ensure the maintenance of their physical and psychological well-being. Forming and maintaining a relationship with others occur in different forms and different stages of life including early childhood, puberty, and adult life span. However, it is understood that former relationships make an impact on how latter ones are formed. In other words, it is crucial to evaluate early relationships starting from infancy which can illuminate the varied needs of the individual in future close relationship patterns (Kail & Cavanaugh, 2015).

Romantic relationship as a form of close relationships has always been an important area of interest considering their great impact on individuals' lives in several dimensions. As stated by Guerrero et al. (2011), healthy romantic relationships play a significant role in the better mental and physical health of individuals. Additionally, high quality in a romantic relationship in emerging adulthood is a strong predictor of individual happiness (Demir, 2008) and self-worth (Connolly & Konarski, 1994). On the other hand, poor relationship satisfaction is considered a risk factor for the physical and psychological well-being of individuals (Kiecolt-Glaser & Newton, 2001). Distressed marriages would lead to physical health problems of married individuals when compared to nondistressed marriages (Burman & Margolin 1992). Also, the review of 64 articles about marriage indicated that marital dysfunction and poor

marital quality had both direct negative effects and indirect negative effects on health via depression and bad eating habits (Kiecolt-Glaser & Newton, 2001). Regarding mental health, depression and depressive symptoms were significantly associated with marital discord (Beach et al., 1998; Fincham & Beach, 1999). A longitudinal study assessing the participants' symptoms for 4 years outlined that better marital quality would lead to decreased number of reported physical illness symptoms (Wickrama et al., 1997). The risk of hypertension among married individuals (Wickrama et al., 2001) and the risks of coronary heart problems among women (Orth-Gomér et al., 2000) were also found to be increased with marital stress. Considering the mental and physical health consequences of intimate partner relationships, exploring associated overt and covert factors of romantic relationship dynamics remain a crucial area of research.

To understand relationship dynamics, several theories try to explain how relationships are formed and maintained as well as how the members of a couple interact. According to the *Interdependence Theory* developed by Thibaut and Kelley (1959), an individual's inner mechanisms (thoughts, feelings, and behaviors) affect not only the individual but also his/her partner. Continuously, the partner affects the individual in return, during the course of interaction. Two fundamental approaches in evaluating relationships are *intrapersonal* and *interpersonal* processes. The intrapersonal domain focuses on the subjective perception of the individual, feelings, personality traits, self-presentation (Van Lange & Balliet, 2015) as well as a subjective judgment about their partners including relationship satisfaction and happiness (Fincham & Rogge, 2010). The interpersonal domain, on the other hand, mainly focuses on conflict, communication, and companionship among individuals (Fincham & Rogge, 2010). In interdependence theory, both processes are included to understand the interaction mechanism among partners in a wider perspective (Van Lange & Balliet, 2015).

There are different forms of intimate partner relationships such as dating, cohabiting, marital relationships, etc. Research suggests that different relationship statuses may evoke differences in interdependence among partners. Marriage offers deep commitment, and it is a highly interdependent course of interaction in nature. Because it is not only associated with romantic partnership but also associated with

several aspects of one's life including future plans, social status, income, etc. (Shulman & Nurmi, 2010). Hence, conducting studies on understanding factors associated with marriage and how individuals of a dyad interact with each other are crucial areas of investigation.

Due to understanding the mechanisms of a relationship from the intrapersonal perspective, it is important to examine the personal factors shaping the individual's intrinsic motives of relating, expectations in a relationship, and his/her personality traits having the roots of early parental experiences (Van Lange & Balliet, 2015). Different perspectives aim to explain the underlying mechanisms of intrapersonal factors. In other words, several theories try to explain how early relationships are vital in understanding oneself, individual characteristics, relationship needs, and other varied important aspects of life. John Bowlby's (1969) *Attachment Theory* emphasizes the importance of building secure attachment among the baby and the primary caregiver. Early relationships are considered as important determinants of the development of one's self-concept via an internal working model. Consistent with Bowlby's internal working model, symbolic interaction theory (Cooley, 1902; Mead, 1934) also emphasizes that perceptions of significant attachment figures are internalized, and individuals tend to evaluate themselves as these significant others do. Bowlby (1969) stresses out that attitudes of parents who are emotionally present, loving, and supportive enhance for the child the construction of secure attachment and a working model for him/her as lovable, confident, and secure. However, rejecting, emotionally unavailable and nonsupportive parental attitudes will lead to the construction of insecure attachment and a working model of the self as unlovable, incompetent, and unworthy.

Through the prototype hypothesis of attachment theory, it is stated that these internal working models will also have an impact on how later attachment figures such as partners are viewed and how their attitudes are evaluated. In parallel with this line, attachment theory emphasizes that individuals might construct a familiar attachment style in future relationships (Zelinski, 1999). Collins and Feeney (2004) outlined that individuals who are anxiously attached to their primary caregivers are prone to underestimate the availability of support offered by their current attachment figure. Additionally, insecurely attached individuals would tend to adopt dysfunctional

relationship perceptions which reduce their partners' relationship satisfaction (Feeney, 2008). Wilson et al. (2000) proposed that current adult attachment relationships have been "written over" the early attachment relationships resulting in 'dual attitudes'. Based on the model of the dual attitude, there are explicit (attitudes that are currently used) and implicit attitudes (attitudes that were used previously) in terms of the ways people evaluate certain things such as an object, a relationship, or a situation. New attitudes may override but not replace the old ones. Simpson and Rholes (2010) proposed that this model can be applied to attachment theory as well. In other words, from this perspective, current attachment figures can influence explicit attitudes, but they cannot replace the influence of past attachment relationships emphasizing the continuity of attachment history from childhood through adulthood. Especially when people are dysregulated and emotionally challenged, they were thought to be more prone to act due to their implicit attitudes which refer to the working models associated with primary attachment figures.

Parental acceptance and rejection theory (Rohner, 1960) and attachment theory are developed independently but along parallel lines, having some common as well as different features (Hughes et al., 2005). From the perspective of '*Parental Acceptance and Rejection Theory (PARTheory)*', parental acceptance-rejection influences the child in several ways including the psychological adjustment, emotional security, and psychological well-being that extend into adulthood (Rohner, 2016). In PARTheory, parental acceptance is examined separately for maternal and paternal acceptance. According to PARTheory, every human being has a natural desire for parental acceptance consisting of warmth, affection, nurturance, support, care, comfort, concern, and love (Rohner, 2016). Early development of the theory focused solely on parental acceptance-rejection but in 2014, the theory has evolved to *Interpersonal Acceptance-Rejection Theory (IPARTheory)* by expanding the acceptance-rejection phenomenon to other relationship types beyond parent-child relationships (Rohner, 2016). Through this broadening of the theory, intimate relationship partners, grandparents, siblings, and other significant relationships were also considered important attachment relationships to be investigated. According to IPARTheory, individuals' perception of receiving acceptance from significant attachment relationships through warmth, affection, care, comfort, concern, nurturance, support,

and love, tend to have a positive influence on his/her personality dispositions and psychological adjustment. In case of perceived rejection from significant others throughout their lifetime, psychological adjustment decreases, as well as issues with several personality dispositions arise (Rohner, 2016).

In IPARTheory, *significant other* refers to a unique and long-lasting emotional bond one has toward that individual. Significant other in IPARTheory is used interchangeably with attachment figures in attachment theory (Rohner, 2019). In nature, one's emotional security and feeling of comfort are highly determined by this significant other. Among different types of attachment relationships, parental acceptance-rejection and intimate partner acceptance-rejection receive significant attention and the major portion of the theory due to their important contributions of these relationships on personality dispositions (Rohner, 2019). To emphasize the importance of parental acceptance, it was stated as "parental love is the single most important factor in a child's life" (Rohner, 2021; p. 3). In IPARTheory, it is emphasized that personality dispositions and psychological adjustment are also dependent on the level of acceptance received by intimate partners who can be considered as attachment figures (Rohner, 2019). Regarding their importance in IPARTheory, parental acceptance-rejection and intimate partner acceptance-rejection by acknowledging how they are associated with each other will be assessed in the current study.

To the Interdependence Theory (Thibaut & Kelley, 1959), mentioned above, an individual's inner mechanisms (thoughts, feelings, and behaviors) are important areas of investigation to examine the bidirectional bond among couples.

IPARTheory's *personality sub theory* focuses mainly on unfolding how perceiving acceptance-rejection from significant interpersonal relationships has an impact on one's inner mechanisms such as personality dispositions, psychological adjustment along with one's self-concepts such as self-esteem, self-adequacy, and self-worth (Rohner, 2019). These self-concepts and inner mechanisms receive attention in IPARTheory's personality sub theory. The impact of primary attachment figures on an individual's inner mechanisms is congruent with Bowlby's internal working model and symbolic interaction theory which outlines that the internalization of attachment figures' perception about the individual influences how they evaluate

themselves in the future. As suggested by IPARTheory's personality sub theory, children who are perceived to be rejected are prone to develop lower self-esteem and self-adequacy (Rohner, 2019). If children received love and worth from primary attachment figures, they would consider themselves as lovable and worthy. Feelings of being rejected by attachment figures would deteriorate the emotional stability of individuals. Also, when the need of receiving warmth and support is not adequately met by primary caregivers, emotional reactivity in interpersonal relationships in adulthood increases (Cook et al., 2018; Fosco et al., 2016; Ibrahim et al., 2015; Khaleque & Rohner, 2012; Rohner, 2016). Hence, IPARTheory's personality sub theory proposes a valuable structure for disclosing intrapersonal factors affecting intimate relationship dynamics.

As an intrapersonal factor, '*psychological adjustment*' is linked with healthy/normal dependence, adequate self-esteem and self-adequacy, emotional stability, healthy communication of anger, and positive worldview, and it is considered as a state of psychological wellbeing resulting from the feeling of 'being accepted' (Rohner, 2019). It should be noted that psychological adjustment is used both as predictive and criterion variables in the literature. IPARTheory states that including but not only limited to parental acceptance-rejection, all significant interpersonal relationship dynamics in terms of acceptance-rejection would influence personality dispositions and psychological adjustment of individuals. However, it is also known that parental acceptance-rejection and intimate partner acceptance-rejection are not distinct from each other. This phenomenon is explained by 'mental representations' (Rohner, 1986) by IPARTheory which theoretically overlap with *Schema Theory* (Young et al., 2003). Children whose emotional needs are not met develop a tendency to adopt maladaptive schemas about self, others, and the world. Babuscu (2014) found that early maladaptive schemas mediate the relationship between parental acceptance-rejection and intimate partner acceptance-rejection. Another theoretical perspective emphasizing the correlation between parental experiences and intimate partner relationships is the *Psychoanalytic Theory* (Freud, 1910). Psychoanalytic Theory of mate selection proposes the tendency of individuals choosing their intimate relationships partners similar to their opposite-sex parents (Aron et al., 1974; Geher, 2000; Jedlicka, 1984; Wilson & Barrett, 1987). In parallel with this line, *Imago Theory*

(Hendrix, 1990) also specifies the unconscious and influential bond between childhood experiences and mate selection. According to Imago Theory, individuals are prone to engage in romantic relationships with partners resembling their primary caregivers in the interest of compensating for their unmet needs from childhood. From the IPARTheory perspective, Varan (2005, p. 414) stated this phenomenon as “the history repeats itself.” Individuals who perceive to receive acceptance from parents are likely to attribute ‘being accepted’ by their partners and vice versa. Consistently, childhood experiences of parental rejection are found to influence fear of intimacy through psychological maladjustment (Rohner et al., 2019). Also, it is outlined that rejection sensitivity in future relationships might be developed as a form of self-protective reaction to parental rejection (Bowlby, 1973). Rejection sensitivity might both intervene with the coping process with earlier rejection as well as lead to hypersensitivity about being rejected as suggested by internal working models (Bowlby, 1973). For IPARTheory, this complicates the process of differentiating the independent contribution of each interpersonal relationship on personal dispositions and coping mechanisms (Rohner, 2016). Hence, even though both parental acceptance-rejection and partner acceptance-rejection are considered as significant contributors to one’s psychological adjustment, considering the greater influence of parental acceptance-rejection which also extends into adulthood, psychological adjustment is considered as a mediator variable for the current study. Overall, in line with the theoretical knowledge and relevant study outcomes, the current study examined the model of ‘mediating role of psychological adjustment between parental acceptance-rejection and intimate partner acceptance-rejection’ among married couples.

Revealing how perceived rejection and psychological adjustment influence both actors and partners in marriages will offer an in-depth understanding of relationship dynamics. From the Interdependence Theory perspective, Kenny and Cook (1999) discussed *Actor-Partner Interdependence Model (APIM)* as a way of analyzing dyadic relationships. In other words, APIM is found to be quite useful when assessing the interaction between two parties such as parent-child relationships (Pesonen et al., 2006), siblings (Kenny & Cook, 1999), and romantic partner relationships (Peterson et al., 2008). Through this model, the *actor effect* referring to

the person's causal variable on his/her outcome variable and the *partner effect* referring to the impact of personal variables of the individual on his/her partner's outcome variable can be assessed simultaneously (Kenny & Ledermann, 2010). A vast amount of research shows that intrapersonal factors including agreeableness and emotional stability are correlated with positive relationship satisfaction, relationship stability, and better conflict-resolution among intimate relationship partners (Ozer & Benet-Martinez, 2006; Roberts et al., 2007). Neff and Karney (2007) examined the correlation between stress and marital quality at the dyadic level. They highlighted the importance of examining intrapersonal variables such as stress not only on the individual level but also at the partner level due to stress crossover. Because spouses' emotions play a significant role in partners' relationship evaluations. Considering that marital relationships include high levels of emotional transition such as stress, happiness, anxiety, etc., it is important to acknowledge that not only for the variables of the current study but also for other intrapersonal factors, studying them from a dyadic perspective would enrich the knowledge about relationship dynamics. Gonzalez and Griffin (1997) pointed out that disregarding interdependence can lead to biased results when there is reciprocity between individuals. Taking into consideration the dyadic nature of relationships and high emotional transition among partners, intrapersonal factors of both parties and how they influence couples' interpersonal factors through actor-partner interactions should be examined to illuminate the mechanisms behind happy relationships (Dyrenforth et al., 2010; Luo et al., 2008; Robins et al., 2000). Consequently, dyadic data for assessing both actor and partner effects are examined for the current study.

1.2 Purpose of the Study

Based on the theoretical inferences and previous studies, this study aims to test a model (Figure 1.1) designed to assess the mediating role of psychological adjustment between married couples' remembrances of parental (maternal and paternal) acceptance-rejection and their perceived partner acceptance-rejection.

The purpose of the study is to evaluate not only the actor effects but also the partner effects among the variables. As suggested by Thibaut and Kelley (1959), the

relationship among two people indicates a dyadic relationship in which these individuals' emotions, thoughts, and actions are causally interconnected with each other. Each partner goes through an emotional, intellectual, and behavioral process when faced with an event that influences the other partner accordingly. Based on this point of view, it is expected that one's early experiences in terms of parental acceptance and rejection will not only influence their perception of being accepted or rejected by his/her partner through his/her psychological adjustment but it is also expected that these dynamics will influence the partner's perception of being accepted or rejected in a marriage relationship. Hence, the purpose of this study is to investigate the interaction of both parties within the actor-partner context by acknowledging the direct and indirect effects among the variables.

1.3 Research Question and Hypotheses of the Study

In parallel with the purpose of the current study, the following research question was addressed by testing the associated hypotheses.

R.Q. To what extent does psychological adjustment mediate the relationship between remembered parental (maternal and paternal) acceptance-rejection and perceived partner acceptance-rejection?

Considering the main research question, the following hypotheses were stated and examined.

Actor Effects:

Hypothesis 1

H1a: There will be a significant positive actor effect of remembered maternal acceptance on perceived partner acceptance for both wives and husbands.

H1b: There will be a significant positive actor effect of remembered paternal acceptance on perceived partner acceptance for both wives and husbands.

Hypothesis 2

H2a: There will be a significant positive actor effect of remembered maternal acceptance on psychological adjustment for both wives and husbands.

H2b: There will be a significant positive actor effect of remembered paternal acceptance on psychological adjustment for both wives and husbands.

Hypothesis 3

H3a: The actor effect of remembered maternal acceptance on perceived partner acceptance will be mediated by individuals' psychological adjustment for both wives and husbands.

H3b: The actor effect of remembered paternal acceptance on perceived partner acceptance will be mediated by individuals' psychological adjustment for both wives and husbands.

Hypothesis 4

H4a: There will be a significant positive actor effect of psychological adjustment on perceived partner acceptance for both wives and husbands.

Partner effects:

Hypothesis 5

H5a: The relationship between individuals' partners' remembered maternal acceptance on their own perceived partner acceptance will be mediated by their partners' psychological adjustment for both wives and husbands.

H5b: The relationship between individuals' partners' remembered paternal acceptance on their own perceived partner acceptance will be mediated by their partners' psychological adjustment for both wives and husbands.

Hypothesis 6

H6a: There will be a significant positive partner effect of psychological adjustment on individuals' perceived partner acceptance for both wives and husbands.

Hypothesis 7

H7a: There will be a significant positive relationship between their partners' remembered maternal acceptance and individuals' own perceived partner acceptance for both wives and husbands.

H7b: There will be a significant positive relationship between their partners' remembered paternal acceptance and individuals' own perceived partner acceptance for both wives and husbands.

Hypothesis 8

H8a: There will be a significant positive relationship between perceived partner acceptance of wives and perceived partner acceptance of husbands.

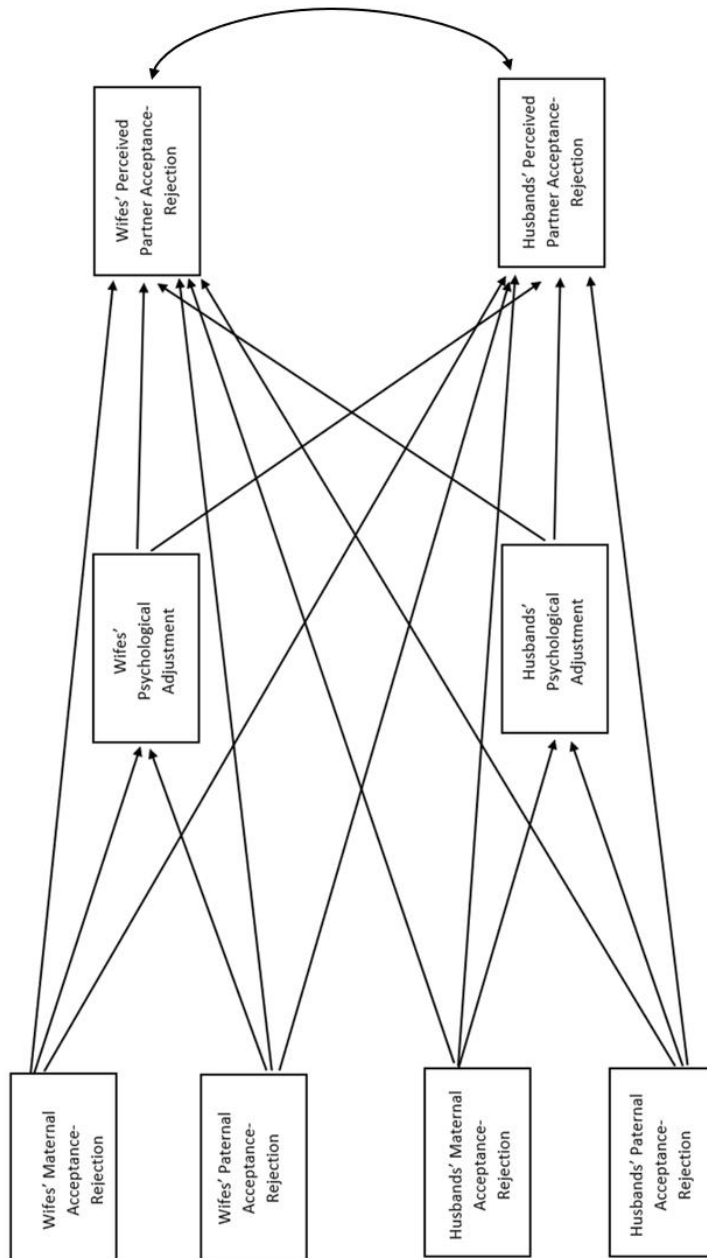


Figure 1.1 The conceptual diagram of the hypothesized model

1.4 Significance of the Study

The purpose of the current study is to examine the dyadic relationship between remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection among married couples by detecting the possible mediating role of psychological adjustment.

The theoretical shift of IPARTheory from parental acceptance-rejection to interpersonal acceptance-rejection was held regarding the impact of significant relationships throughout entire life (Rohner, 2019). Parental acceptance-rejection has received great attention in the literature. Research area focusing on the impact of other interpersonal relationships including intimate partner acceptance-rejection is also growing. However, possible associations between the evaluations of acceptance-rejection experiences in different relationships (e.g., romantic relationships) is an open area of investigation which can enhance the knowledge of IPARTheory. Regarding studies focusing on IPARTheory, there is a rising tendency of revealing these possible associations. In that sense, the current study will make a valuable contribution by investigating the association between parental acceptance-rejection and intimate partner acceptance-rejection.

In the process of understanding correlations among different acceptance-rejection experiences in a wider perspective, it is also crucial to illuminate which factors play mediator roles among these relationships. According to the researcher's knowledge, this is the first study acknowledging psychological adjustment as a mediator between parental acceptance-rejection and intimate partner acceptance-rejection. Different interpersonal relationships and how they influence the psychological adjustment and psychological dispositions are areas of investigation in IPARTheory. From this point of view, the question of 'do all significant relationships influence psychological adjustment of the individual equally and independently?' arises. Rohner (2019) states the impact of rejection experiences on other relationships. For example, through rejection sensitivity, rejection experiences might increase hypersensitivity about being ignored, rejected, or excluded in other relationships (Downey & Feldman, 1996; Ibrahim et al., 2015; Rohner et al., 2020). Consistently, early maladaptive schemas are found to play a significant mediator role between

parental acceptance-rejection and intimate partner acceptance-rejection (Babescu, 2014). Nevertheless, how psychological maladjustment resulting from perceived rejection in the critical period of childhood extends into adulthood and to their intimate partner relationships remains an important area of investigation which is targeted by the current study.

Moreover, the current research's method of investigation of the specified model, adds to its uniqueness. The aim of obtaining dyadic data from married couples and conducting data analysis through the Actor-Partner Interdependence Mediation Model (APIMeM; Kenny & Cook, 1999) will enable not only the investigation of specified variables regarding their impact on the individual solely but also their impact on his/her partner. According to the Interdependence Theory (Thibaut & Kelley, 1959), intrapersonal factors and interpersonal factors among couples should be evaluated to gain a holistic understanding of relationships. Parental experiences in childhood, psychological adjustment, and perceived intimate partner acceptance-rejection evaluations might be considered as intrapersonal factors but they are expected to not only have an influence on the individual (actor effect) but also on the partner (partner effect). Hence, the current study aims to make a significant contribution in understanding IPARTheory profoundly using the APIMeM.

Enhancing knowledge about the factors affecting married couples interactively would also elicit beneficial intervention paths for practitioners. Healthy romantic relationships would lead to positive consequences through psychological well-being and physical health (Guerrero et al., 2011). From the parental acceptance-rejection perspective, the perception of being rejected also increases the risk factors for physiological and psychological future relationship problems (Rohner, 2016). Rohner (2019) states that the pain of rejection individuals experience is quite real. The brain images of individuals who are happily in love and feeling intimate partner rejection show differences due to their activated brain regions (Fisher et al., 2005). By acknowledging how individual experiences of rejection influence the interaction among couples, intervention programs aiming to increase marital relationship quality might be enriched. Since meaningful relationships contribute to coping with the negative influence of early rejection (Rohner, 2016), understanding factors regarding intimate partner-acceptance rejection will not only increase marital happiness but also

help to break the chain of previous rejection history for the individual and cope with the effects of rejection more efficiently. For example, especially for individuals/couples with parental rejection history, overcoming immature dependence or defensive independence as a component of psychological maladjustment might be targeted in intervention programs to enhance healthy dependence. In return, this might lead to having a positive impact on both parties in marital relationships. Hence, this study goes beyond exploring descriptive factors of IPARTheory by paving the way for implications for practitioners.

1.5 Definitions of Terms

In this part, the terms that were used throughout the study are defined.

Parental Acceptance: Parental acceptance includes the perceived level of acceptance received in childhood from mothers and fathers. Also, in IPARTheory, ‘parental’ refers to whoever the major caregiver(s) is/are in childhood. The term parental acceptance refers to warmth, affection, care, comfort, concern, nurturance, support, and love that children perceived to receive from their parents (Rohner, 2019). In his writings, Rohner uses the term of perceived parental acceptance when referring to children’s perceptions, and he uses the terms of parental acceptance or remembered parental acceptance when referring to adults’ memories of childhood regarding early parental acceptance (Rohner, 2016; Rohner, 2019; Rohner, 2021). Hence, considering the participants of the current study, the terms of parental acceptance and remembered parental acceptance were used interchangeably to describe the memories of acceptance.

Parental Rejection: Being accepted or rejected is not a categorical phenomenon. It should be considered along a continuum. Hence, parental rejection is placed to the other end of the continuum with being accepted. Parental rejection refers to the absence or marked withdrawal of mentioned positive attitudes of accepting parents. Rejecting mothers and fathers can be (1) cold and unaffectionate, (2) hostile and aggressive, (3) indifferent and neglecting, (4) undifferentiated rejecting which would lead to the remembrances of parental rejection (Rohner, 2019). It should also be noted that parental rejection is associated with the belief and remembrances of individuals rather

than a specific set of behaviors shown by parents (Kagan,1978). Regarding the explanation of terms mentioned above, parental rejection or remembered parental rejection were used for parental rejection memories of adults in the current study.

Psychological Adjustment: According to IPARTheory, the extent of feeling acceptance or rejection influences adults' personality and psychological adjustment. According to personality sub theory, psychological adjustment is associated primarily but not exclusively with the individual's psychological well-being due to several personality dispositions. When the need of being accepted is not adequately met, psychological maladjustment in terms of these personality dispositions may arise. They have specified as anxiousness; insecurity; immature dependence or defensive independence; difficulty in controlling anger, hostility, aggression, passive aggression; impaired self-esteem; impaired self-adequacy; emotional instability; negative worldview (Khaleque & Rohner 2002; Rohner 2005).

Intimate Partner Acceptance: Intimate partner acceptance refers to the perception of receiving warmth, affection, comfort, support, care, concern, nurturance, and love from the intimate partner with whom the individual has an affectional bond of attachment. It can include physical or verbal acts, but it should be noted that intimate partner acceptance is also associated with symbolic indicators and the perception of being accepted rather than the set of actions put forward by the partner (Rohner, 2016). In his writings, Rohner uses the terms of intimate partner acceptance or perceived intimate partner acceptance to explain adults' current experiences of acceptance (Rohner, 2016; Rohner, 2019; Rohner, 2021). Since the current study was conducted with adults, the terms of intimate partner acceptance and perceived intimate partner acceptance were also used.

Intimate Partner Rejection: Along a continuum, intimate partner rejection is placed on the other end of the continuum with being accepted by the partner. Intimate partner rejection refers to the absence, or significant withdrawal of warmth, affection, comfort, support, care, concern, nurturance, and love from the intimate partner with whom the individual has an emotional bond of attachment. As explained above, the terms of intimate partner rejection or perceived intimate partner rejection were used interchangeably in the current study to describe the experiences of intimate partner rejection of adult participants.

CHAPTER 2

LITERATURE REVIEW

In this chapter, the literature on Interpersonal Acceptance-Rejection Theory was presented by acknowledging both parental and intimate partner acceptance-rejection experiences as well as studies on psychological adjustment. Existing national and international research on IPARTheory were examined to evaluate the possible influence of perceived acceptance-rejection on both individual variables and relationship variables. The use of the Actor-Partner Interdependence Model in studies with the theoretical framework of IPARTheory was also elaborated in this part. Lastly, a summary of the literature review was presented to outline the essence of what IPARTheory studies have to offer.

2.1 Interpersonal Acceptance-Rejection Theory

Interpersonal acceptance-rejection theory (IPARTheory) is a well-established theory revealing the impacts, consequences, and associated matters of perceived interpersonal acceptance and rejection all over the world (Rohner, 1986, 2004; Rohner & Rohner, 1980). Historically, in the 1960s, the theory was first established on understanding parental acceptance-rejection solely. How parental acceptance-rejection influences children and how remembrances of parental acceptance-rejection extend into adulthood were the main area of interest from this perspective. Hence, before the major theoretical shift, the theory was known as the *parental acceptance-rejection theory (PARTheory)*. The shift in 2014 has broadened PARTheory by acknowledging the noteworthiness of perceived acceptance-rejection faced by significant others

including siblings, friends, grandparents, and intimate relationship partners, especially for those who can be classified as attachment figures. Correspondingly, the name of PARTheory was changed to IPARTheory which refers to the currently recognized stand of the theory (Rohner, 2021). Despite this theoretical broadening, the importance of parental acceptance-rejection remains intact in IPARTheory and it dominates a major portion of the theory considering its great impact on childhood and the consequences of acceptance-rejection perceptions of childhood that extend into adulthood (Rohner, 2016).

In IPARTheory, the term ‘parent’ stands for the major caregiver such as mother, father, or any other attachment figure in childhood (Rohner, 2021). For interpersonal relationships, ‘significant other’ refers to an individual with whom a long-lasting emotional and irreplaceable bond exists. Hence, especially intimate partners that are attachment figures are classified as significant others from the perspective of IPARTheory. Interpersonal acceptance-rejection is not evaluated as a categorical subject referring to the perception of being accepted or rejected. It is interpreted as a continuum with one end corresponding to acceptance and the other end to rejection. Individuals are estimated to fall somewhere along this continuum depending on their acceptance-rejection perceptions within a particular interpersonal relationship (Rohner, 2021). Interpersonal acceptance is characterized by warmth, affection, care, comfort, concern, nurturance, support, or love that an individual perceives from his/her parents or significant others. Interpersonal rejection stands for the absence of meaningful withdrawal of referred positive feelings or attitudes of significant others.

IPARTheory has three sub-theories: (1) *personality sub-theory*; explaining in what ways perceived interpersonal acceptance and rejection contribute to personality-related factors and mental-health-related issues, (2) *coping sub-theory*; investigating the explanations behind how some individuals cope with rejection effectively whereas others suffer from psychological problems caused by rejection, and (3) *sociocultural sub-theory*; evaluating acceptance-rejection in a complex ecological context including the impact of family structure, society, and sociocultural factors (Rohner, 2016).

Personality sub-theory adopts three fundamental features about the acceptance-rejection mechanism for people all over the world. First, it is stated that there are four

universal ways regarding how individuals experience the acceptance-rejection phenomenon. Rejection can be experienced by any combination of these parental attitudes; 1) cold and unaffectionate instead of warm and affectionate, 2) hostile and aggressive, 3) indifferent and neglect, 4) undifferentiated rejecting (Rohner, 1986, 2004). As an indicator of acceptance, the “warmth” dimension is considered quite important in IPARTheory. The warmth dimension includes physical and verbal cues as well as specific gestures of affection that might be both observable and unobservable. “Hostility/aggression” also refers to overt and covert signs of physical, verbal aggression including hitting, sarcasm, resentment, treating cruelly, etc. “Indifference/neglect” focuses on the physical, emotional, and psychological unavailability of an attachment figure as well as not paying attention and not fulfilling one’s needs. The term “Undifferentiated rejection” is used for children’s subjective belief about not being loved, cared for, or accepted by their parents or any other attachment figures. Even when there is not a clear sign of rejection, undifferentiated rejection is associated with what the child perceives. The second fundamental feature of IPART’s personality sub-theory proposes that there are seven to ten universal ways in terms of how children and adults respond to acceptance-rejection. These include anxiousness, insecurity, defensive independence, immature dependence, aggression and hostility, impaired self-esteem and self-adequacy, emotional unresponsiveness, emotional instability, and negative worldview (Rohner, 2021). Thirdly, it is recognized in the personality sub-theory that perceived acceptance and rejection from parents do not only influence the childhood period. The great impact of parental acceptance-rejection extends into the adulthood lifespan in terms of how an individual perceives himself/herself and how later interpersonal relationships are formed (Rohner, 2021).

In the personality sub-theory (Rohner, 2005), it is important to underly that parental acceptance/rejection plays an important role in the development of the self-image of the child including self-esteem and self-adequacy. As suggested by Symbolic Interaction Theory (Mead, 1934), individuals are prone to internalize the significant others’ views about themselves and make personal inferences based on these views. If children think that their parents or other significant attachment figures do not love them or care about them, they tend to consider themselves as being unlovable or unworthy (Rohner, 2016). From the standpoint of personality sub-theory of

IPARTheory and symbolic interaction theory, explaining how significant others' perceptions are internalized and images about 'self' are adopted can meaningfully contribute to the comprehension of current relationship dynamics. Specifically, the child's answers received from parents to the questions of 'Am I valuable? Am I lovable? Am I acceptable?' play a significant role not only in one's relationship with self but also in relationship patterns with others including friends, colleagues, and intimate partners in the future. In IPARTheory, the phenomenon of *mental representations* is presented to explain how interpersonal interactions with attachment figures and perceived rejection history can be associated with how one sees self and others (Rohner, 2005). Several personality dispositions such as negative worldview, negative self-esteem, and negative self-adequacy seem to reflect the mental representations of individuals who perceived rejection. The concept of mental representations is defined as an implicit structure of one's internalized beliefs about his/her existence which determine how one sees self, others, and the world to search or avoid specific situations or people (Rohner, 2005). Rejected individuals, for example, might perceive hostility or interpret the attitudes of others as rejecting which also indicates increased sensitivity for rejection. Additionally, individuals might be seeking, creating, evaluating others and events according to their distorted mental representations (Rohner, 2016). Beliefs about the world and spiritual world are also influenced through distorted mental representations. Rejected individuals tend to evaluate the world and others as unsafe and untrustworthy as well as broadening this perspective to the spiritual world such as God or any other sacrament one believes in (Rohner, 2016).

Personality sub-theory also questions the extent of parental acceptance-rejection affecting adulthood (Rohner, 2016). According to the personality sub-theory, children who feel rejected by primary caregivers tend to be anxious and insecure. Additionally, to receive approval from others, they tend to become more *dependent* on other people. The dependency concept is considered as a continuum along with the line between dependence and independence. *Immature dependence* (craving for emotional support, approval, compassion, comfort, and nurturance), *normal dependence* (need for approval is met properly so there is no need for intense approval seeking), and *defensive independence* (unfulfilled need for approval and support, but

offensively denying that need) occur along on a continuum explaining one's way of existence in relationships (Rohner, 2016). Rohner (2021) also stresses out that the consequences of chronic rejection from parents share some common features with developmental trauma disorder (Van der Kolk, 2005) and complex posttraumatic stress disorder (Courtois, 2004).

The personality sub-theory of IPARTheory outlines the impact of acceptance-rejection on several personality dispositions and *psychological adjustment* of individuals. The psychological adjustment has varied contributors and it has been studied in the literature in different areas including health psychology such as chronic diseases, abuse, etc. (Jumper, 1995; Stanton et al., 2007). For the relevance of the current study, the theoretical framework of IPARTheory in explaining psychological adjustment was used. Personality sub-theory outlines that psychological adjustment is related primarily but not exclusively to one's psychological wellbeing via personality dispositions. William James (1920) stresses out the importance of being accepted and appreciated by defining it as the deepest desire of human beings 'to be appreciated'. When the need of being accepted is not met properly, psychological maladjustment is asserted to be one of the major consequences these individuals face with. As mentioned, the personality dispositions that are associated with psychological maladjustment are anxiousness; insecurity; immature dependence or defensive independence; difficulty in controlling anger, hostility, aggression, passive aggression; impaired self-esteem; impaired self-adequacy; emotional instability; negative worldview (Khaleque & Rohner 2002; Rohner 2005). Additionally, Rohner (2021) stresses that rejected individuals might be prone to develop a specific type of psychological maladjustment called acceptance-rejection syndrome including specified co-occurring behaviors, traits, and dispositions. Any single personality disposition can be found in different conditions, but it is the overall configuration of these dispositions that create the acceptance-rejection syndrome (Rohner, 2021).

From the standpoint of the coping sub-theory of IPARTheory, how some individuals suffer from rejection whereas others cope more efficiently is the basic question to focus on. From the person-in-context point of view, coping can be understood by taking into consideration the characteristics of self (mental representation of self, biological and personality features), others (attributional

importance of the rejecting individual as well as rejection severity and, time-period), and the context (significant others' existence and role in one's life). The coping sub-theory aims to reveal factors associated with the resilience of individuals helping them to cope better with the negative impact of rejection history of childhood (Rohner, 2021). From this point of view, there are *active copers* who have dealt with parental rejection and sustain their psychological wellbeing and *instrumental copers* who have difficulty in coping with perceived rejection and have varied psychological problems as a result. The coping sub-theory outlines the importance of depersonalization which is associated with a differentiated sense of self from others (Rohner, 2016). Because personalization, in other words, 'taking things too personal' will lead to making personal attributions to rejection and worsen the psychological problems that might arise due to rejection. Additionally, a differentiated sense of self and the sense of self-determination are stated to be important features for coping with rejection. Because these capacities help individuals not to make personalized attributions in case of rejection and give them the resilience to cope with rejection effectively.

The sociocultural sub-theory aims to explain the social and cultural factors associated with the acceptance-rejection phenomenon from a person-in-context perspective (Rohner, 2016). One of the main questions to be answered is what makes the difference among parents in terms of being 'accepting, warm, loving' or 'being cold, unaffectionate, and rejecting'. The sociocultural sub-theory targets this question to illuminate possible societal, psychological, cultural, familial explanations that might play role in the acceptance-rejection phenomenon. To what extent, accepting or rejecting parenthood styles are affected by cultural, religious beliefs within a sociocultural context is another question to be addressed by sociocultural sub-theory. It should be noted that as Kagan (1978) emphasizes, perceived parental acceptance-rejection is a subjective belief that the child carries. Hence, considering societal factors that might influence the perceptions of children within a society is important from this perspective. Rohner (1994) expressed his experience in this matter. He stated that during an interview, it has emerged that when a Bengali mother wants to praise her child, she would give him/her a peeled and seeded orange as a symbolic affirmation of her warmth and acceptance for her child. The children also seemed to interpret this act as a signal of being accepted by their mothers even without the existence of caring

words. This implies the importance of understanding cultural factors and how they influence the acceptance-rejection phenomenon in the sociocultural sub-theory perspective.

All in all, IPARTheory's theoretical framework offers an in-depth understanding of the acceptance-rejection phenomenon throughout the lifespan. Examining the causal mechanisms and the consequences of acceptance-rejection not only helps to comprehend personal characteristics but also gives an overall understanding of interpersonal relationship dynamics. To closely examine what IPARTheory has to offer and how these findings pave the way for the current study, empirical research on IPARTheory will be presented.

2.2 Empirical Research on Interpersonal Acceptance-Rejection Theory (IPARTheory)

The history of empirical research on parental acceptance-rejection has its roots back in the 1890s (Stogdill, 1937). However, around the 1930s, systematic research started to focus on the impact of acceptance-rejection on individuals which constituted the theoretical background of IPARTheory. Currently, there is more than 6,000 research conducted in this field (Rohner, 2021). In the current study, the mediating role of psychological adjustment between remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection among married couples was investigated. Hence, a relevant body of studies will be presented by organizing them according to the variables of the current study.

2.2.1 Psychological Adjustment

The major influence of acceptance-rejection experiences was associated with individuals' specific personality dispositions. As mentioned above, the personality dispositions that are associated with overall psychological maladjustment are anxiousness; insecurity; immature dependence or defensive independence; difficulty in controlling anger, hostility, aggression, passive aggression; impaired self-esteem; impaired self-adequacy; emotional instability; negative worldview (Khaleque &

Rohner 2002; Rohner 2005). When each of these components of psychological maladjustment is examined independently, many can be found to be influenced by parental attitudes. Additionally, they were also found to play role in influencing or moderating intimate partner relationship dynamics.

In terms of *anxiousness*, parental rejection was found to contribute significantly to interpersonal anxiety levels in adulthood. The findings of Giotsa et al. (2018) showed that among young adults, parental rejection was significantly and positively associated with interpersonal anxiety. Consistently, other studies (Festa & Ginsburg, 2011; Giaouzi & Giovazolias, 2015; Hummel & Gross, 2001) indicated that parental rejection and interpersonal anxiety in adulthood were correlated significantly. For anxiousness and its influence on intimate partner relationships, Collins (1996) conducted a study with undergraduate students and revealed that individuals with high levels of anxiety reported increased negative emotionality towards their partners' negative behaviors and higher levels of self-focused evaluations towards these behaviors. As another component of psychological adjustment, *attachment insecurity* was shown to have crucial effects on marital satisfaction for both actors and partners (e.g., Mikulincer et al., 2002). In this review of the studies, the sense of attachment security was found to play a significant role in forming and maintaining intimate relationships. As opposed to immature dependence or defensive independence, *healthy dependence* was also stressed out as an important component of psychological adjustment (Rohner, 2021). Consistently, healthy dependence in relationships was emphasized as an important feature for optimal psychological functioning and wellbeing of individuals (Bowlby, 1969). Also, Kemer et al. (2016) found that among 384 married Turkish individuals, healthy emotional dependence was a significant and important predictor of relationship satisfaction. Consistently, Feeney (2007) conducted research with 115 couples who were romantically involved with an average of 4.3 years and outlined that healthy emotional dependence promotes autonomous functioning. Feeney (2007) also stated that when attachment figures accept and fulfill the attachment needs, the individual might explore the World more securely with a healthy balance of dependence and independence.

Self-esteem was defined as another component of psychological adjustment that plays an important role in romantic relationships and marriages to form and

maintain satisfying relationships. The history of rejection causes a lack of self-confidence, and it influences how one perceives current relationships (Leary, 2001). Low self-esteem was not only associated with the history of rejection but also due to expectations of exclusion, individuals with low self-esteem may repeatedly experience rejection in future relationships. Self-esteem was found as a significant predictor of relationship satisfaction in several studies (Sciangula & Morry, 2009; Voss et al., 1999; Orth et al., 2012). In other words, higher levels of self-esteem predicted an increased level of relationship satisfaction. Taking into consideration the dyadic nature of relationships, Erol and Orth (2012) conducted a study with married, cohabiting, and dating couples to examine self-esteem in terms of both actor and partner effects. The findings showed that self-esteem was a significant predictor both for individuals' relationship satisfaction as an actor effect and for their partners' relationship satisfaction through partner effect. Murray et al. (2000) revealed that individuals with low self-esteem tended to underestimate their partners' positive approaches towards them whereas the contrary was found for individuals with high self-esteem. On the other hand, Murray et al. (1996) followed 121 dating couples for 1-year period and found gender differences due to the impact of self-esteem on relationship satisfaction. The results indicated that in terms of partner effect, only women's self-esteem had a partner effect. In other words, women's self-esteem was found to predict their partners' relationship satisfaction whereas, for males, no such correlation was detected. Cameron et al. (2010) conducted research with seventy-nine undergraduate students and also obtained interesting findings in terms of how self-esteem and relationship-initiation processes are correlated. Individuals with lower self-esteem were prone to avoid rejection which also led them to underestimate the acceptance signals of potential intimate partners. In other words, for individuals with lower self-esteem, searching for clues of rejection seems to play a self-protective role since they were motivated to avoid the pain of rejection. However, individuals with higher self-esteem were found to overestimate the signals of acceptance perceived by potential intimate partners even though acceptance and rejection cues were controlled for both groups.

Regarding the association between *emotional stability* and partner acceptance-rejection, no study was conducted according to the researcher's knowledge. However, parental acceptance-rejection and emotional instability were shown to be correlated

significantly. In other words, children who perceived rejection and criticism showed higher levels of emotional instability (Mendo-Lázaro et al., 2019). Due to its correlation with interpersonal dynamics, Zhou et al. (2017) conducted research with two hundred and eighty-one couples and found that emotional stability was associated with better relationship quality for both partners. Females' relationship quality was not only influenced by their emotional stability but also by their partners' emotional stability. As Neyer and Voigt (2004) emphasized, emotional stability was not only associated with one's relationship satisfaction but also associated with the partners' satisfaction since emotional stability can increase the partners' sense of security in a relationship. Consistently, low levels of emotional stability were found to be associated with higher levels of relationship instability and the tendency for breakups (Roberts et al., 2007; Solomon & Jackson, 2014).

Regarding *hostility/aggression* and anger management styles, parental acceptance-rejection was shown to have a significant impact on individuals as well as influencing the dynamics of their future relationships. Woodall and Matthews (1989) showed that individuals having less supportive parents tend to report increased score of anger and hostility. Saritaş (2007) conducted a study with 356 Turkish adolescents and the results showed that maternal rejection was significantly and positively correlated with the anger level of participants. Yakın (2011), based on the study including 801 college students, emphasized that as a dimension of perceived rejection, 'hostility/aggression' by the father seems to play an important role. When perceived hostility/aggression level increases, extraversive expression of anger seem to increase, whereas control of anger is reported to decrease for both males and females. Regarding how hostility and aggression may play role in interpersonal relationships, several other studies were conducted. Houston and Vavak (1991) revealed that individuals who score higher levels of hostility were more inclined to perceive others' showing less genuine acceptance and severe control. Consistently, Meesters et al. (1995) showed that among 291 adult participants who were found to be highly hostile tended to perceive less emotional warmth and more rejection from others. Renshaw et al. (2010) conducted research with 301 couples investigating the interpersonal marital dynamics regarding anger/hostility. The findings indicated that depression, as well as angry

hostility, equally accounted for actor effects on marital satisfaction whereas angry hostility was the only contributor due to partner effect on marital satisfaction.

2.2.2 Parental Acceptance-Rejection

Interpersonal Acceptance-Rejection Theory (IPARTheory) aims to illuminate the causes and consequences of perceived rejection from significant others including parents, intimate partners, siblings, etc. Rohner (2021), particularly emphasizes the importance of the impact of parents by asserting that “parental love is the single most important factor in a child’s life” (p. 3). Hence, IPARTheory emphasizes and differentiates the importance of parental acceptance-rejection individuals perceive from their mothers and fathers. As mentioned in one of the three key features of the personality sub-theory, childhood perception of acceptance-rejection tends to extend into adulthood rather than solely affecting the childhood period. This standpoint was supported by several research studies. In this part, studies of parental acceptance-rejection were evaluated separately in terms of how they are correlated with adulthood individual variables and adulthood relationship variables.

2.2.2.1 Parental Acceptance-Rejection and Individual Variables

Parental rejection is found to be associated with several mental health problems including internalizing and externalizing issues. Internalizing issues can be exemplified as depressive mood, anxiety in social interactions, and psychosomatic problems. When adults with remembrances of parental rejection history tend to develop depression and other psychiatric disorders significantly more than the adults with remembrances of parental acceptance history (Rohner & Britner, 2002). Externalizing issues include aggressiveness and associated destructive behaviors as well as committing a crime and engaging in inconvenient behaviors. Additionally, other mental-health-related problems such as addiction were reported to be associated with parental rejection (Rohner, 2021). Yıldız and Dağ (2017) conducted a study examining the relationship between parental acceptance-rejection, anger expression styles, and depressive symptoms among 366 college students. In terms of the level of

depressiveness, parental rejection was a significant contributor to depressiveness. The results indicated that male participants reported perceiving more maternal warmth compared to female participants. More specifically among parental rejection, rejection from fathers predicted depressiveness better. Consistent with these findings, several other research found that remembered parental rejection was significantly associated with depression (Yakın, 2011), pessimistic attribution to life (Heller, 1996), and anxiety (Sarıtaş-Atalar & Gençöz, 2015). Parental rejection was also found to be significantly correlated with substance abuse including drug and alcohol abuse (Rohner & Britner, 2002). Concerning substance abuse, the findings of Campo and Rohner (1992) also revealed that substance abusers tend to report higher levels of parental rejection compared to nonabusers among young adults. Additionally, it was found that remembered paternal rejection accounted for substance abuse more than the remembrances of maternal rejection which outlines the crucial impact of fathers regarding acceptance-rejection. Concerning the association between parental acceptance-rejection and social anxiety in adulthood, Giaouzi and Giovazolias (2015) conducted a study with 365 Greek university students (18-48 years). The results indicated that remembered parental acceptance-rejection and social anxiety scores of adults were significantly correlated. Also, remembered childhood rejection had a greater impact on males' social anxiety scores compared to females' social anxiety scores.

Research also focused on the possible association between remembered parental rejection and eating disorders. Dominy et al. (2000) investigated the correlation between parental acceptance-rejection and binge eating disorder among adult females. Obese females with binge eating disorders reported perceiving their fathers as more rejecting compared to obese females without binge eating disorders. Their depressive symptoms were also higher than the other group and they reported lower scores of life satisfaction. Additionally, the results indicated that obese women with binge eating disorders tend to have more remembrances of paternal rejection than maternal rejection. Without defining any difference between paternal and maternal acceptance, the outcome of the study of Hoppe-Rooney (2004) also supported the significant association between parental rejection and eating disorders. The results indicated that among 834 college student females, the eating disorder group stated

higher levels of both maternal and paternal rejection remembrances as opposed to the non-disordered eating group of females. Apart from the clinical problems that might arise from rejection history, individual functioning associated with positive wellbeing was also shown to be correlated with the acceptance-rejection phenomenon. Khan et al. (2011), based on the findings obtained from young adults, emphasized that remembrances of parental acceptance-rejection are found to be significantly associated with self-concept, self-esteem, general self-efficacy, and satisfaction with life. Maternal rejection was more strongly related to poor self-concept, lower levels of self-efficacy, and satisfaction with life when compared to paternal rejection.

Studies focusing on brain imaging reveal that the pain of rejection is real. In other words, the effects of rejection can be traced in the brain as if physical pain were experienced (MacDonald & Leary, 2005). Perceived rejection in childhood is found to be a risk factor for cerebral infarction such as having a stroke that might occur in adult life (Wilson et al., 2012). Especially for sustained and high levels of parental rejection in childhood, psychosocial development gets interrupted which might intervene with the normal development of the child's nervous system (Ford & Russo, 2006). As outlined by the personality sub-theory of IPARTheory, rejection sensitivity might be developed as a result of rejection experiences. Neuropsychological studies also show support for this phenomenon. When individuals were shown several images related to rejection and acceptance experiences, it was found that for individuals with low rejection sensitivity, the prefrontal cortex region was activated employing regulation of stress. For individuals with high rejection sensitivity, on the other hand, the MRIs were different indicating differences due to emotion regulation and cognitive control (Kross et al., 2007).

All in all, parental acceptance-rejection was found to influence one's life in several domains and the effects of acceptance-rejection have prolonged consequences that appear to extend into adulthood. Another important individual variable, 'psychological adjustment' that is strongly associated with the acceptance-rejection phenomenon as proposed by IPARTheory received great attention in the literature. Therefore, its association with parental-acceptance rejection will be presented separately.

2.2.2.1.1 Parental Acceptance-Rejection and Psychological Adjustment

As proposed by IPARTheory, parental acceptance-rejection is a significant contributor to psychological adjustment which received a vast amount of support from cross-cultural surveys, ethnographic studies, and quantitative studies (Rohner, 2021). To begin with, an overview of 12 meta-analyses including studies gathered from 31 countries over 42 years period, revealed significant pan-cultural correlations between interpersonal acceptance-rejection and personality dispositions as well as psychological adjustment (Khaleque & Ali, 2017). The meta-analysis study of Khaleque and Rohner (2002) included 43 studies worldwide with a stand of the universality principle of IPARTheory. The results consistently indicated significant correlations between parental acceptance and psychological adjustment. In other words, both children and adult individuals who remember their parents as rejecting tend to score higher in terms of psychological maladjustment whereas individuals who perceive their parents as loving and accepting tend to report better psychological adjustment. The findings also showed that 21% of psychological maladjustment of adults were accounted for remembrances of parental rejection and 26% of psychological maladjustment of children were accounted for parental rejection alone. Apparently, when children are under the direct influence of their parents without a variety of other resources, it can be expected that parental influence were greater than it is in adulthood. However, the results indicate the important impact of parental acceptance in adulthood as well. In another meta-analysis that Khaleque and Rohner (2012) carried out, 66 studies were examined in 22 countries with 19.511 participants. The aim was also to assess the correlation between parental acceptance-rejection (maternal and paternal) and psychological adjustment of both children and adults. Parental acceptance (maternal and paternal) was significantly and strongly associated with both children's and adults' psychological adjustment scores. Additionally, the results revealed that the correlation between paternal acceptance and psychological adjustment was greater than the correlation between maternal acceptance and psychological adjustment for children of the study whereas no such difference was detected for adult individuals.

Akün (2017) conducted a study with Turkish young adults including non-clinical control participants and adults who were diagnosed with schizophrenia and social anxiety. Firstly, people with clinical disorders reported significantly less overall psychological adjustment compared to non-clinical people. In terms of parental rejection, individuals diagnosed with schizophrenia reported greater parental rejection (both paternal and maternal) and individuals who were diagnosed with social anxiety reported greater maternal rejection compared to the non-clinical group. Consistently, the results of a multicultural study across 10 nations assessing the key characteristics of individuals who can cope with rejection efficiently showed a meaningful association between parental acceptance and psychological adjustment (Ki et al., 2018). However, these and several other studies contributing to the literature of IPARTheory commonly showed that when evaluating parental acceptance-rejection and psychological adjustment, gender differences should also be considered. Even though parental acceptance refers to the evaluation of both mothers' and fathers' acceptance, their unique contribution to the psychological adjustment of males and females might differ.

Rohner et al. (2008a) studied gender differences among Japanese adults in terms of acceptance-rejection dynamics. Regarding females' psychological adjustment, only remembered paternal acceptance-rejection had a significant and independent contribution. However, for males' psychological adjustment, only maternal acceptance-rejection showed significant and independent contribution. In a cross-cultural meta-analysis composed by Ali et al. (2015), possible gender differences were investigated across 220 studies. The findings revealed that the correlation between remembered maternal acceptance and psychological adjustment was stronger for males when compared with females. Additionally, for females, the correlation between paternal acceptance and psychological adjustment was stronger than the correlation between maternal acceptance and psychological adjustment.

Ki (2015) asserted that adult male copers reported more remembered maternal acceptance in childhood whereas adult female copers reported more remembered paternal acceptance in childhood. Additionally, when controlled for maternal rejection, females' psychological adjustment increases to extent that they evaluate their fathers as accepting. However, in the case of high levels of perceived paternal rejection, the intensity between maternal rejection and psychological maladjustment

of females deteriorates which indicates the importance of paternal acceptance, especially for females (Rohner, 2021).

Birtchnell (1993) highlights that the relating of one parent can be fairly different from the other parent. Sultana and Khaleque (2015), conducted a study with young adults from Bangladesh by considering the parental gender. Their results showed that for males, both maternal and paternal acceptance was uniquely and significantly associated with psychological adjustment. On the other hand, for women, only remembrance of paternal acceptance, not maternal acceptance, was significantly associated with their psychological adjustment. The rationale behind the important contribution of fathers on psychological adjustment is explained from different perspectives. Rohner (2014) emphasized that possible gender differences and how their varied impact on psychological adjustment can be explained by differences in perceived prestige and power of family members. The results indicated that the perceived power and/or prestige of the family member moderates the relationship between maternal/paternal acceptance and psychological adjustment. From this perspective, depending on the subjective evaluation within a family or cultural norms that determine family structures, differences in the impact of paternal and maternal acceptance on one's psychological adjustment can be observed. In this international study of Rohner (2014) including several countries such as Turkey, males were prone to evaluate their mothers and fathers as nearly equal in parental power whereas females tended to report their mothers as having more power compared to their fathers. Varying degrees of patriarchy within a family or a society seem to play an important role in determining the extent of the contribution made by maternal and paternal acceptance on psychological adjustment. In parallel with this line, the study conducted in Portugal with university students stresses out that for females, the correlation between paternal acceptance and psychological adjustment becomes stronger when the level of 'fathers' evaluation as more powerful than mothers' increases (Machado et al., 2014). For males, the bond between paternal acceptance and psychological adjustment becomes stronger when 'fathers' evaluation as more prestigious than mothers' increases.

2.2.2.2 Parental Acceptance-Rejection and Relationship Variables

In terms of illuminating how early experiences of acceptance-rejection influence current relationship dynamics through personal factors, multicultural studies were implemented. Rohner et al. (2019) conducted a comprehensive study on the association between parental (maternal and paternal) acceptance-rejection individuals perceive and the *fear of intimacy* for both genders. The results consistently indicated that parental rejection significantly predicted fear of intimacy in all 13 countries that were included in the study. Also, this correlation was partially mediated by psychological adjustment. In other words, parental rejection is found to extend into adulthood regarding psychological maladjustment which also influences fear of intimacy in adulthood. As this study revealed, for both males and females, the correlation between maternal rejection and fear of intimacy was stronger than the correlation between paternal rejection and fear of intimacy.

Intending to understand how parental acceptance-rejection extends into adulthood in terms of relationship dynamics, two studies conducted in six different nations focused on 'loneliness'. The term loneliness was used to imply a perceived lack of affection in close relationships rather than being single. Putnick et al. (2020) conducted a study with Bangladeshi individuals. The results indicated that parental rejection was significantly correlated with the psychological maladjustment of both males and females. In turn, psychological maladjustment was accounted for *the feeling of loneliness* for males but not for females. On the other hand, another international study conducted in five nations showed that parental rejection significantly and independently predicted perceived loneliness for both males and females (Rohner et al., 2020). When investigated separately, the correlation between paternal rejection and the feeling of loneliness was greater than the correlation between maternal rejection and the feeling of loneliness. Due to the mediating role of psychological maladjustment, it was found to be fully mediating the relationship between maternal rejection and the feeling of loneliness whereas it was found to be partially mediating the relationship between paternal rejection and the feeling of loneliness.

Another variable through which acceptance-rejection history influences relationship dynamics is *rejection sensitivity* as supported by empirical research

(Downey & Feldman, 1996; Ibrahim et al., 2015; Rohner et al., 2020). Rejected individuals are prone to become hypersensitive for the cues of rejection, ignorance, social exclusion. Sroufe (1990) stated that individuals' expectations about rejection might cause individuals to act in a manner that elicits rejection from other people which is explained by self-fulfilling prophecy (Merton, 1948). To reveal its association with parental rejection history, Downey and Feldman (1996) stated that rejection sensitivity might originally arise as a self-protective reaction towards parental rejection. The early history of rejection might induce the construction of mental images and cognitive schemas for future relationships being as rejecting, untrustworthy and unstable (Rohner, 2021). These expectations would result in searching for rejection cues as well as overly interpreting the attitudes from partners as rejecting. Downey and Feldman (1996) claim that people who experience parental rejection tend to 1) perceive rejection from their partners in case of insensitive and ambiguous attitudes, 2) feel insecure and dissatisfied with intimate relationships, 3) develop hostile ways of responding to perceived rejection cues. These factors are also associated with reducing the partner's relationship satisfaction (Downey & Feldman, 1996). Consistently, through selective attention to rejection and maladjusted cognitive interpretations about relationships, rejected individuals are claimed to have increased fear of intimacy, referring to the stress of trusting another individual and engaging in close relationships (Phillips et al., 2013). Another study's findings indicated that the relationships of high rejection-sensitive individuals were more prone to breakups compared to low rejection-sensitive individuals and in ordinary relationship conflicts, the partners of high rejection-sensitive women were more rejecting than the partners of low rejection-sensitive women (Downey et al., 1998). In this study, the gender difference was also detected showing that high rejection-sensitive women, but not high rejection-sensitive men, reported relationship conflicts as promoting relationship erosion. Regarding gender differences in their reactions, Ayduk et al. (1999) found that when there is a rejecting situation, women with high rejection sensitivity were more likely to behave in hostile and aggressive ways than women with low rejection sensitivity.

As another relationship variable, *relationships satisfaction* received attention from research through the lenses of IPARTheory. Meth (1999) found that remembrance of parental acceptance was significantly associated with relationship

satisfaction in adult intimate relationships for males. However, this correlation was not found significant for females. From a different perspective, Yalçınkaya (1997) disclosed that for married Turkish females, paternal acceptance was significantly accounted for relationship satisfaction whereas maternal acceptance was not. However, there are also studies emphasizing the major role of mothers in several relationship domains. In terms of *relationship functioning*, the study of Carnelley et al. (1994) found that for college females, positive experiences with mothers were correlated with better relationship functioning. Attachment style and current depression status were found to play mediating roles in this correlation. Along with parallel lines, in the study of Furukawa et al. (2002) conducted with 61 Japanese couples, a significant correlation was detected between females' remembered care received from the mother and perceived care received from the husband.

The findings of another study conducted with nonclinical married individuals showed that verbal abuse experiences in childhood were significantly linked with marital conflict for females and remembered caring experiences were also linked with the depth of their current relationship with their husbands. For males, only the dimension of remembered overprotection in childhood was significantly correlated with marital conflict (Belt & Abidin, 1996). In the study of Karpat (2010), focusing on Turkish women, it was found that women married with alcoholic husbands tend to report more maternal rejection in the domains of neglect and undifferentiated rejection compared to women married with nonalcoholic husbands. In terms of remembered paternal rejection, the two groups did not differ. As expected, women married with alcoholic husbands reported more marital conflict and less relationship satisfaction. In terms of marital adjustment, Meth (1999) revealed that remembered parental acceptance was significantly associated with marital satisfaction for husbands but not for wives. In other words, husbands that report more remembrances of parental acceptance also showed higher levels of marital satisfaction.

2.2.3 Intimate Partner Acceptance-Rejection

Intimate partner acceptance-rejection refers to perceived acceptance-rejection received from a romantic partner. In IPARTheory, it is emphasized that to influence

one's personality dispositions and psychological adjustment, the partner should be an attachment figure. To differentiate it, the Intimate Adult Relationship Questionnaire (IARQ/SF; Rohner, 2013) includes questions assessing whether the partner is an actual attachment figure or not. The nature of the relationship is examined by relationship status, emotional closeness, uniqueness, and attachment type (secure, ambivalent, anxious, avoidant). The theory focuses on the noteworthiness of acceptance-rejection experiences with all attachment figures but puts greater emphasis on parents and intimate partners (Rohner, 2021). Because the sense of emotional security and comfort is highly important due to the nature of these types of relationships. In this part, studies focusing on intimate partner acceptance-rejection will be introduced by acknowledging both the individual and relationship variables that are associated.

2.2.3.1 Intimate Partner Acceptance-Rejection and Individual Variables

Intimate partner relationships have the crucial potential of influencing individuals in several dimensions. Marital relationships, in particular, provide a highly interdependent type of interaction considering the life aspects couples share (Shulman & Nurmi, 2010). Research points out the importance of marital relationships on personal aspects such as one's psychological well-being (Brown, 2000; Kim & McHenry, 2002; Guerrero et al., 2011), mental health (Horwitz et al., 1996; Waite, 1995; Beach et al., 1998) and physical health (Wickrama et al., 1997; Wickrama et al., 2001; Orth-Gomér et al., 2000). From the perspective of IPARTheory, illuminating how individual variables are influenced by acceptance-rejection experiences with intimate partners also received attention in the literature.

Since MacDonald and Leary (2005) remarked, according to the brain images, rejection experiences can be traced in the brain and the pain of rejection can be experienced as if it is actual physical pain. Fisher et al. (2005) also demonstrated that different regions of the brain became activated among individuals depending on the acceptance or rejection experiences with intimate partners. Geitsidou and Giovazolias (2016) conducted research examining the relationship between perceived intimate partner acceptance and subjective well-being with the mediating role of resilience. It was established that intimate partner acceptance contributed to the psychological well-

being of individuals. Additionally, resilience fully mediated this correlation among adult males and females. The sample of 361 individuals included both married and unmarried participants and it was also revealed that married individuals, especially married females, declared significantly more perceived partner rejection as opposed to unmarried ones.

To gain a comprehensive understanding of intimate partner acceptance-rejection dynamics, one of the factors that should be focused on is gender. When detecting the possible gender differences, Ripoll-Nuñez and Alvarez (2008) reported no significant gender difference in terms of perceived intimate partner acceptance-rejection scores among Colombian and Puerto Rican male and female participants. Also, in Turkish studies of Varan (2005) and Eryavuz (2006), no gender difference among male and female participants was found in terms of their perceived intimate partner acceptance-rejection scores. Chyung and Lee (2008) on the other hand, revealed that female participants reported higher levels of intimate partner acceptance scores compared to males. In other words, women reported perceiving their partners as more accepting than men did. Regarding how individuals respond to rejection, differences among males and females were also detected (Leary, 2001). Males were prone to hide their emotions in case of rejection and vanquish the other when it was possible. Additionally, males were inclined to display their anger which can be explained by acknowledging anger as a socially acceptable emotion for men as opposed to other emotions. Females were more likely to withdraw in case of rejection but then contact with the other when it was possible. Moreover, females were more inclined to evaluate rejection personally and internalize such experiences (Leary, 2001).

Regarding how intimate partner acceptance-rejection experiences influence individual variables, psychological adjustment undertakes a meaningful portion of the theory. Since IPARTheory highlights the important correlation among these variables, studies focusing on them will be presented separately.

2.2.3.1.1 Intimate Partner Acceptance-Rejection and Psychological Adjustment

The first research that focused on how intimate partner acceptance-rejection is correlated with psychological adjustment is the study of Khaleque (2001) and this study was then replicated by more than 15 countries. The results of the initial study indicated that females' psychological adjustment was significantly associated with the perceived acceptance they received from their partners. In 2010, a meta-analysis including 17 research was conducted by Rohner and Khaleque (2010). The outcome of this comprehensive research supported the significant correlation between intimate partner acceptance-rejection and psychological adjustment both for males and females. It should also be noted that the sample of these studies mostly included university students rather than married adults or couples (e.g., Parmar, & Rohner, 2005; Khaleque, 2001). All in all, when these studies were investigated collectively, findings revealed the contribution of intimate partner acceptance and parental acceptance in adults' psychological wellbeing and mental health conditions.

In the study of Rohner et al. (2008a), as outlined earlier, in addition to focusing on parental-acceptance rejection and psychological adjustment, partner acceptance-rejection was also investigated. For women, perceived partner acceptance was found to be significantly associated with psychological adjustment whereas, for men, their psychological adjustment was not correlated with perceived partner acceptance in this study.

It should be noted that when the relationship between intimate partner acceptance-rejection and psychological adjustment were studied, other variables and possible mediators were also investigated rather than solely examining their dual relationship. Hence, in the section of 'Parental Acceptance-Rejection, Psychological Adjustment and Intimate Partner Acceptance-Rejection', more research will be presented on that topic.

2.2.3.2 Intimate Partner Acceptance-Rejection and Other Relationship Variables

Neves et al. (2019) conducted a study to illuminate how intimate partner acceptance-rejection can be associated with other relationship-related factors. In this study, intimate partner rejection was found to be significantly associated with the beliefs about marital violence and dating violence attitudes. Intimate partner rejection was found to be a predictor of violent beliefs and attitudes.

Aracı-İyiyaydın and Hatipoğlu-Sümer (2021) revealed a significant correlation between intimate partner acceptance and marital adjustment. Intimate partner acceptance was directly associated with psychological adjustment as well as marital adjustment. Additionally, psychological adjustment significantly mediated the relationship between intimate partner acceptance and marital adjustment. Consistent with these findings, Öztürk (2013) indicated that perceived intimate partner acceptance was a significant predictor of overall marital satisfaction and marital conflict perceptions for both females and males.

Rohner (2016) elaborated the warmth dimension of perceived intimate partner acceptance such as love, respect, support, comfort, empathy, and behaviors associated with these attributes. Several research studies emphasize the importance of these qualities in intimate relationships such as marital adjustment as well as marital happiness (e.g., Cutrona & Suhr, 1994; Allgood et al., 1997; Çağ & Yıldırım, 2013). Additionally, warmth/trustworthiness perceived from partners was an important contributor to relationship satisfaction (Campbell et al., 2001). Considering that ‘acceptance’ is offered as one of the basic human needs (Bowlby, 1969; Rohner, 1986), it can be inferred that acceptance can be considered as a broad term encompassing a variety of emotions, cognitions, and behaviors influencing relationship dynamics.

2.2.4 Parental Acceptance-Rejection, Psychological Adjustment, and Intimate Partner Acceptance-Rejection

In previous parts, the variables of psychological adjustment, parental acceptance-rejection, and intimate partner acceptance-rejection were examined

separately regarding their association with individual and relationship factors. In this part, these variables that generate the current study will be presented concerning how they correlate with each other. Firstly, studies focusing on the association between parental acceptance-rejection and intimate partner acceptance-rejection will be presented. In pursuit of them, research focusing on all three variables with different combinations of their mediating roles will be remarked.

To explain how parental acceptance-rejection and intimate partner acceptance-rejection are associated within the framework of IPARTheory, several research studies were conducted. Babuscu (2014) made a significant contribution to the literature by investigating the mediating role of early maladaptive schemas between parental acceptance-rejection and intimate partner acceptance-rejection among married individuals. Obtained findings showed a significant relationship between parental (maternal and paternal) acceptance-rejection and intimate partner acceptance-rejection. In other words, higher rejection perceived from mothers and fathers in childhood indicated higher levels of perceived rejection from partners in adulthood. Additionally, the results supported the emerging role of the disconnection/rejection schema domain as a mediator in this relationship. Consistently, Saritaş-Atalar and Gençöz (2015) investigated the impact of maternal acceptance-rejection on psychological distress through the mediator roles of early maladaptive schemas. The findings indicated that the disconnection/rejection schema mediated the relationship between maternal rejection and psychological distress. It was also shown that maternal rejection was significantly linked with negative affect including anxiety and anger. In parallel with the line of these findings, Rohner and Britner (2002) emphasized in IPARTheory that rejection is linked with the inability to cope with stress since anger, negative self-evaluation caused by rejection experiences would intervene with the individuals' capacity of coping with stress efficiently.

There is important empirical evidence supporting the strong association between parental acceptance-rejection and intimate partner acceptance-rejection. Varan (2005) conducted a study with two hundred forty-five individuals who are involved in a dating or marital relationship. The results indicated significant associations between childhood acceptance-rejection and intimate partner acceptance-rejection. In terms of remembered maternal acceptance and intimate partner

acceptance, a stronger correlation was found for males than for females. Varan (2005) explains this phenomenon based on the description of Fişek (1982) about Turkish family dynamics. According to Fişek (1982), despite the ongoing societal changes, fathers are still somewhat considered as the decision-makers and power holders in a patriarchal Turkish family structure. Moreover, fathers tend to ‘live in separate worlds’ whereas mothers are considered as being more involved with their children. Also, Turkish fathers might be more formal and authoritarian towards their sons whereas they might be more affectionate and tolerant towards their daughters (Fişek, 1982). Consequently, mothers might turn to their sons (usually the eldest one) for closeness and fulfill the husbands’ emotional absence. This bond between sons and mothers might lead to a more formative effect of mothers on the formation of internal working models and as proposed by attachment theory, Turkish males would be more affected by their mothers when compared to their fathers. This might also explain the greater impact of maternal acceptance on intimate partner relationships for males (Varan, 2005).

In terms of the association between parental acceptance-rejection and intimate partner acceptance-rejection, Eryavuz (2006) obtained results in parallel with the outcome of Varan (2005). According to the findings, perceived intimate partner acceptance-rejection and remembered parental-acceptance rejection are significantly correlated for both genders. However, it is also outlined that this correlation is stronger for males when compared to females (Eryavuz, 2006). In other words, the continuity of parental acceptance-rejection into the perception of future intimate relationships is greater for males. When parental acceptance-rejection is evaluated separately as maternal and paternal acceptance-rejection, remembered paternal acceptance-rejection seems to play a slightly greater role than maternal acceptance-rejection in intimate partner acceptance-rejection. Since the role of mothers on their children is emphasized in attachment theory and IPARTheory, it was expected that maternal relationship dynamics would be carried out to future intimate relationships in that study. In the case of Turkish mothers’ relationship dynamics with their sons, it was also expected that men would experience continuity on acceptance-rejection phenomenon. But it was revealed that Turkish boys would not only carry their maternal relationship dynamics to adulthood intimate relationships, but they also carry out their paternal relationship

dynamics. Historically, maternal love was used to be considered as the most important factor affecting child development (Sunley, 1955). Nonetheless, the importance of paternal love in the childhood period was demonstrated consistently. Amato (1994) outlined that young adults with the remembrances of closeness with their fathers reported happier and more satisfied psychological wellbeing regardless of their relationship quality with their mothers. Consistently, several studies challenge the belief of mothers' greater influence, and they indicate the important role of fathers as well (Yalçinkaya, 1997; Rohner & Veneziano, 2001; Parmar et al., 2008).

In addition to several studies supporting the 'continuity' between childhood and adulthood intimate partner relationships, there are studies focusing on the 'discontinuity' of this relationship by investigating possible factors that mediate or moderate this relationship. Gerlsma (2000) conducted a study with 52 couples and found that rather than the recollections of parents, individuals' style of re-evaluating and reconstructing their past experiences with them was significantly associated with their current relationship functioning. Participants who abstained from reevaluating past experiences with their parents were found to have higher satisfaction with their current relationships whereas those who repeatedly ruminate those experiences with their parents tend to have lower satisfaction with their current relationships. To examine the extent of continuity and discontinuity of childhood parental experiences and future relationships, Parker et al. (1992) reviewed the literature. The findings indicate discontinuity between relationships with parents and current relationships with intimate partners unless there is an extreme deprivation of parental care. When extreme deprivation of parental care was reported, current intimate partners were rated as uncaring. In other words, meaningful and healthy interpersonal relationships, as well as a range of significant experiences, might serve to overcome the deficiencies of relationships with parents. Several factors can intervene between childhood and adulthood that might modify parental influences. Hence the extent of continuity and discontinuity of childhood into adulthood is still an ongoing debate. Goodwin (2003) states that relationships with parents offer an important framework to understand human beings even with the existence of blanks regarding the link between parental and current relationship attachments. Gittleman et al. (1998) state that even though the amount of variance explained by parental attitudes was modest, it can both imply the

continuity and discontinuity in terms of current relationships and mental health in adulthood.

In addition to solely examining the association between parental acceptance-rejection and intimate partner acceptance-rejection, mediating roles were also investigated by several research studies. To search for the mediating role of parental acceptance-rejection, Parmar and Rohner (2005) conducted research investigating the correlation between intimate partner acceptance-rejection and psychological adjustment by acknowledging the possible mediating effect of parental acceptance-rejection among 79 adults in India. The results showed that for both males and females, significant correlations between perceived intimate partner acceptance and psychological adjustment were detected and remembered paternal (not maternal) acceptance partially mediated these relationships. Consistently, in the study of Ripoll-Nunez and Alvarez (2008) conducted with adults in Colombia and Puerto Rico, significant positive correlations were found between both remembered parental acceptance and intimate partner acceptance with psychological adjustment for males and females. Nevertheless, paternal acceptance was correlated only with females' psychological adjustment and not with males'. Also, for females only, the relationship between their perceived partner acceptance and psychological adjustment was partially mediated by remembered parental acceptance (both maternal and paternal). Several other findings of international studies such as Japan, Turkey, etc. also showed the mediating role of parental acceptance-rejection on the relationship between intimate partner acceptance-rejection and psychological adjustment (Rohner et al., 2008a; Varan et al., 2008).

Consistently, Parmar et al. (2008) conducted a study with 389 married individuals in Kuwait and examined the mediating role of parental acceptance-rejection between intimate partner acceptance-rejection and psychological adjustment. Consequently, both maternal and paternal acceptance partially mediated the correlation between perceived intimate partner acceptance-rejection and their psychological adjustment. Rohner (2008b) also aimed to investigate the mediating effect of parental acceptance-rejection between intimate partner acceptance-rejection and their psychological adjustment. Both parental acceptance and intimate partner acceptance were significantly correlated with psychological adjustment. Furthermore,

partial mediation was detected for paternal acceptance regarding the relation between perceived partner acceptance only for females but not for males. Also, in this study, maternal acceptance was not found as a significant mediator between perceived partner acceptance and psychological wellbeing.

Furthermore, several other studies focused on the possible mediating role of intimate partner acceptance-rejection between parental acceptance-rejection and psychological adjustment. In the study of Ki et. al. (2018), for instance, perceived intimate partner acceptance-rejection was assigned as a mediator among the relationship between parental acceptance-rejection and psychological adjustment. This relationship was investigated separately for affective copers and non-copers within the framework of the coping sub-theory. For non-copers, perceived partner acceptance-rejection significantly mediated remembrances of parental rejection and psychological adjustment whereas no such mediating effect was found for affective copers. Hence, the results of this study show that the continuity and discontinuity of early experiences can be examined through the lenses of differences in coping strategies.

The study of Karpat (2010) mentioned above, was conducted with women who were married to alcoholics and women who were married to non-alcoholics. In addition to referred differences among these groups regarding acceptance-rejection experiences, possible mediating roles were also investigated. Hence, in this study, the mediating role of intimate-partner acceptance-rejection among parental acceptance-rejection and psychological adjustment was examined. It was revealed that for women married with alcoholic husbands, intimate partner acceptance-rejection fully mediated the relationship between maternal acceptance-rejection and psychological adjustment whereas intimate partner acceptance-rejection had no mediation effect on the relationship between paternal acceptance-rejection and psychological adjustment. For women married with nonalcoholic husbands, intimate partner acceptance-rejection partially mediated both the relationship between maternal acceptance-rejection and psychological adjustment and the relationship between paternal acceptance-rejection and psychological adjustment.

In the study of Gültekin (2011), the association between remembered parental acceptance-rejection and current psychological adjustment of Turkish young adult college students was assessed regarding possible gender differences. Parental

acceptance was significantly correlated with adult psychological adjustment for both genders, but this correlation was stronger in males than in females. In terms of females' psychological adjustment, paternal acceptance made a greater contribution than maternal acceptance. Moreover, learned resourcefulness and locus of control were found as significant mediators among paternal acceptance-rejection and psychological adjustment. Also, the possible mediating effect of intimate partner acceptance-rejection on the relationship between parental acceptance-rejection and psychological adjustment was investigated in this study. For males, an indirect mediating effect was detected regarding the relationship between paternal acceptance-rejection and psychological adjustment, and the mediating effect was found between maternal acceptance-rejection and psychological adjustment. For females, no such mediating effect was obtained.

In the current study, psychological adjustment was designated as a mediator in the association of remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection. The choice of psychological adjustment as a mediator in this relationship was guided by three reasons. Firstly, the personality sub-theory of IPARTheory highlights that the influence of remembered parental acceptance-rejection experiences tends to extend into adulthood and old age. Several research studies mentioned above showed the continuity of parental experiences into adulthood through different internalized dynamics and IPARTheory also defines 'inner mechanisms' to explain the interconnectedness of past experiences of acceptance-rejection and current personal characteristics. Hence, it was investigated whether psychological adjustment as a product of parental acceptance-rejection remembrances might also play a role as an inner mechanism that can influence future marital relationships. Secondly, from the perspective of Interdependence Theory (Thibaut & Kelley, 1959), a bidirectional causal link can be found between one's intrapersonal dynamics and interpersonal relationship dynamics. Hence, it is hypothesized that one's psychological adjustment may not only be influenced by relationships such as intimate partner acceptance-rejection, but it can also play an influential role that one *brings into* the relationship. Hence, in highly bounded relationships such as marriage, this process can intervene with how one 'evaluates' intimate partner's attitudes due to feeling accepted. Lastly, via dyadic marital relationships, it was predicted that psychological

adjustment may not only contribute to one's own perceived intimate partner acceptance-rejection but can also contribute to his/her partner's perceived intimate partner acceptance-rejection. Considering these aspects, current research aims to contribute to the literature by investigating the mediating role of psychological adjustment between remembered parental acceptance-rejection and intimate partner acceptance-rejection via acknowledging the dyadic interaction among married couples.

2.2.5 Actor-Partner Interdependence Model in IPARTheory

Studies focusing on gathering individual data from only one partner of a dyad make important contributions to the literature in terms of understanding relationship dynamics. However, addressing partners as two unrelated individuals might lead to missing out on the reciprocal influence through the dyadic nature of relationships. Therefore, the actor-partner interdependence model overcomes this potential limitation by addressing not only the individual but also the couple on account of a systemic perspective (Luo et al., 2008). Hence, several studies in the related literature examining relationship variables, focus not only on the individual factors but also on the interaction among the couples. In particular, the relationship of spouses cohabiting together experience a dynamic relationship pattern due to the reciprocity among them (Schmitt et al, 2007). Couples' interaction can be observed in three aspects including emotions, behaviors, and cognitions which reveal the multidimensional nature of couple interactions (Adler-Baedler et al., 2004). Hence, designing studies from an inter-relational perspective receives great attention in couple literature.

Several studies were designed using APIM when investigating relationship-related factors such as attachment style (Cook, 2000), relationship satisfaction (Feeney, 1994), relationship quality (Barelds & Barelds-Dijkstra, 2007), conflict (Brassard et al., 2009), and marital therapy (Cook & Snyder, 2005). From the perspective of working models in attachment theory and mental representations in IPARTheory, members of a dyad in a relationship tend to influence each other naturally. For example, in a conflict, when the response of a party was perceived as a threat for the other party, certain emotions can be triggered automatically which would

cause this conflict to turn into a seriously stressful event affecting both parties (Pistole & Arricale, 2003). Additionally, Neyer (2002) stated that in terms of the security to the partner and dependency on the partner, dyad members, as the two parties of adult attachment, can influence each other. In other words, there are significant correlations among partners within a dyad regarding security and dependency.

Çakır (2013) conducted a study with 346 Turkish married couples for explaining a model of marital satisfaction: maladaptive schemas, attachment styles, and emotion regulation. Due to marital satisfaction within dyads, significant and positive correlations were detected utilizing actor and partner effects. Hence, when one part has high levels of marital satisfaction, it would boost the other party's marital satisfaction reciprocally. Additionally, regarding the disconnection/rejection schema domain, the findings of this study showed that for wives, the degree to adopt disconnection/rejection schema domain predicted their husbands' marital satisfaction significantly whereas, for husbands, the degree to adopt disconnection/rejection schema domain did not significantly predict their wives' marital satisfaction. It should also be emphasized that the disconnection/rejection domain was specified as being closely related to psychopathology and it can also be the most troublesome schema domain for an individual as well as his/her relationship dynamics (Young et al., 2003).

For exploring factors predicting marital satisfaction through the lenses of the actor-partner interdependence model, Bloch et al. (2014) conducted a study. In this study, downregulation of negative feelings was assessed as a component of emotion regulation and consequently, emotion regulation was found to be an important predictor of marital satisfaction. Higher levels of downregulation predicted better marital quality for wives as well as for their husbands. Several findings highlighted the importance of wives' emotion regulation for marital satisfaction of their own as an actor effect as well as on their husbands' emotion regulation as a partner effect (Ball et al., 1995, Gottman & Levenson, 1986, Nolen-Hoeksema & Jackson, 2001). On the other hand, the findings of other studies emphasize that males can be more sensitive and less tolerant to negative emotional experiences which might have a great influence not only on their marital satisfaction but also on the marital satisfaction of their wives as a partner effect (Ferrer & Nesselroade, 2003; Noller & Fitzpatrick, 1988). Hence, even though there is no clear-cut consensus on gender differences in the marriage

literature regarding emotion regulation, research conducted using the actor-partner interdependence model enables us to speculate possible gender differences and how they influence each other regarding marital relationship variables.

Falconier et al. (2015) investigated how stress from daily hassles may have an impact on one's psychological wellbeing as well as the partners' relationship satisfaction interdependently. Women and men did not differ regarding their relationship satisfaction. However, women reported higher levels of stress, symptoms of anxiety and depression, and lower psychological and physical well-being compared to males consistent with other studies that outline such gender differences (Bouchard & Shih, 2013; Zwicker & DeLongis, 2010). The results showed that for both males and females, daily hassles were associated with increased dyadic relationship stress which in turn influenced relationship dissatisfaction. Regarding partner effect, gender differences were detected pointing out that women's stress level caused by both sources, internal and external, carries greater risk for couples' relationship satisfaction. To explain this phenomenon, Neff and Karney (2005) stated that in their communication style, women can be more open and explicit about the issues compared to males which may, in turn, cause the stress that women experience becoming the couples' stress and decrease relationship satisfaction. Moreover, research conducted by Neff and Karney (2005) with 169 couples revealed differences due to support mechanisms couples provide for each other. Women were found to provide higher levels of support toward their partners even on more stressful days. Men, on the other hand, were providing support using more negative behaviors such as blaming, criticizing, or using inefficacious advice which may cause an increased level of stress leading to conflicts and relationship dissatisfaction for both parties.

Regarding the use of the actor-partner interdependence mediation model in IPARTheory, Kuyumcu (2015) conducted a study. The mediating role of perceived intimate partner warmth/affection in the relationship between dyadic coping and marital satisfaction among 100 Turkish couples was investigated. According to the researcher's knowledge, this was the first study conducted in IPARTheory by using the statistical procedure of the actor-partner interdependence mediation model (APIMeM). The findings supported the mediating role of warmth/affection in the relationship between dyadic coping and marital satisfaction for both males and

females. Moreover, as a partner effect, males' positive dyadic coping was significantly correlated with females' perceived intimate partner warmth/affection which in turn, was correlated with females' marital satisfaction.

2.3 Summary of Literature Review

Interpersonal acceptance-rejection theory (IPARTheory) is a well-grounded comprehensive theory that enables to reveal of important individual and interpersonal dynamics regarding the acceptance-rejection phenomenon. Robust findings can be found in the literature to the consequences of perceived acceptance-rejection from others, especially from important attachment figures such as parents and intimate partners. IPARTheory focuses on universally acceptable common ways of how individuals respond to acceptance-rejection as well as what personality dispositions can be traced as a result of perceived acceptance-rejection from significant others. IPARTheory and its propositions received important support from a vast amount of multi-cultural studies covered in this section.

On the side of understanding how perceived acceptance-rejection influences individuals, relatively few studies focused on the possible associations between different acceptance-rejection experiences. A limited body of research investigated these types of relationships such as the correlations between remembrances of parental acceptance-rejection and perceived intimate partner acceptance-rejection. Varan (2005), for instance, revealed significant associations between remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection. He explained this phenomenon with the words 'history repeating itself'. Consistent with the internal working model of attachment theory, the personality sub-theory of IPARTheory postulates that the effects of parents on children tend to extend into adulthood which is explained by 'mental representations' in IPARTheory. Hence, continuity of parental acceptance-rejection into perceived adulthood intimate partner acceptance-rejection can be suggested through the lenses of the theory. However, IPARTheory stands with limited research explaining inner mechanisms contributing to how acceptance-rejection is perceived, possible hypersensitivity that might arise

from early rejections, and how these can influence future acceptance-rejection experiences in other relationships.

As presented in detail, IPARTheory fundamentally emphasizes that acceptance-rejection experiences throughout the lifespan can play a significant role in one's personality dispositions as well as psychological adjustment. The personality dispositions that are associated with overall psychological maladjustment are defined as anxiousness; insecurity; immature dependence or defensive independence; difficulty in controlling anger, hostility, aggression, passive aggression; impaired self-esteem; impaired self-adequacy; emotional instability; negative worldview (Khaleque & Rohner 2002; Rohner 2005). Hence, considering the components of psychological adjustment and how these can intervene with intimate relationship dynamics as suggested by numerous studies mentioned above, the possible mediating role of psychological adjustment comes into focus.

This study aims to assess the correlation between parental acceptance-rejection and intimate partner acceptance-rejection through the mediating role of psychological adjustment. These variables are used interchangeably in the literature. However, according to the researcher's knowledge, no study up to this point focused on the mediating role of psychological adjustment to explain the possible mechanism of continuity of the parental acceptance-rejection and partner acceptance-rejection. Hence, the aim is to expand the knowledge of inner mechanisms that might play role in the continuity of this correlation between remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection.

Regarding the statistical procedure, robust findings can be found using the actor-partner interdependence model (APIM; Thibaut & Kelley, 1959) when relationship-related agents were investigated. However, quite limited research was conducted using the actor-partner interdependence model within the framework of IPARTheory. Considering the comprehensive knowledge APIM provides about relationships not only on an individual level but also on the interaction among the couples, this study was also designed using the actor-partner interdependence mediation model (APIMeM) as a specific type of APIM. In this study, one's subjective psychological adjustment was investigated not only for its influence on the individual level as an actor effect but also for the partner's level as a partner effect. Hence, the

benefit of using APIMeM when investigating the mediating role of psychological adjustment between remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection can add to the uniqueness and quality of the study due to its contribution in IPARTheory literature.

CHAPTER 3

METHOD

This chapter reveals information about the processes and steps that were taken through the implementation of the pilot study and the main study. To begin with, the overall research design of the main study was introduced in this chapter. In the second part, descriptions of participants and the sampling procedures were elaborated. In pursuit of that, the data collection instruments were introduced along with the results obtained from the pilot study to confirm the psychometric properties of the scales. Then the procedures followed through the data collection processes were explained in detail and in the following part, the description of the variables and the data analyses procedures were discussed within the framework of path analysis used in the current research. To analyze the dyadic data gathered from couples, APIMeM was briefly introduced within the APIM in this section. Lastly, the limitations of the current study were emphasized.

3.1 Research Design

The design of the current study is correlational research in which two or more quantitative variables are related to each other and the possible strength of that correlation among them is being investigated (Fraenkel et al., 2011). The current study aims to test the model about the correlations between remembrances of parental acceptance-rejection and intimate partner acceptance-rejection with the mediating role of psychological adjustment. Since the investigation is about the underlying

mechanisms between dependent variable and independent variables utilizing a mediator variable, path analysis was used as a primary data analysis. Path analysis goes beyond multiple regression and facilitates making accurate inferences about more complicated models (Streiner, 2005). It is also powerful in evaluating whether the data fits the model. Hence, in the current study, the suggested model was tested through path analysis. In this model, analyzing the relationship between dependent variable and the independent variables, a mediator variable can be explanatory to reveal the underlying relational mechanism among those variables (MacKinnon, 2012). To assess the dyadic information gathered from couples, APIMeM was implemented.

3.2 Participants

The data of the main study was collected from married couples with the inclusion criteria of being married for at least 1 year and having the first marriage. The data was collected using an online setting via Google Forms. In total, 655 individuals participated in the main study. However, this population included both couples and individuals whose partners did not fill out the forms. Hence, couples were selected from this population and there were 174 couples ($n=348$). Among them, 2 couples were excluded from the study due to not fulfilling the inclusion criteria of being married for 1 year and having their first marriage. Consequently, 172 eligible couples ($n=344$) were included in the main study. The features of these couples are presented in terms of their age, the city they live in, education level, and other descriptive characteristics as shown in Table 3.1.

Participants of the main study included 172 females (50%) and 172 males (50%). The age of the participants varied between 24 and 67 with a mean age of 35.60 ($SD = 8.41$). For women, the age range was 24 and 65 with a mean age of 34.31 ($SD = 8.28$); for men, the age range was 26 and 67 with a mean age of 34.89 ($SD = 8.37$). In terms of the city participants live in, 45 (26.16%) couples were living in Istanbul, 35 (20.35%) couples were living in Gaziantep, 17 (9.88%) couples were living in Ankara, others were homogenously scattered in other cities such as İzmir, Şırnak, Mersin, Antalya, Bursa, etc. Collecting the data online enabled the acquisition of individuals from varied locations. Regarding the education level, participants of the

current study were highly educated with the majority having college and higher degrees.

When working status was evaluated across gender, 125 (72.67%) of 172 females reported working and 47 (27.32%) reported not working; among males, 164 (95.35%) of 172 were currently working and 8 (4.65%) were not working. When asked for their jobs, 42 (12.21%) teachers, 41(11.92%) engineers, 16 (4.65%) doctors, 11 (3.20%) working at sales and marketing department, and 9 (2.62%) academicians were identified among participants.

In terms of parental history, living status of the parents and if any, the participants' age of loss was examined. They were checked considering that early parental loss might intervene with the remembrances of parental acceptance-rejection. The mean ages of loss did not reveal early parental loss (i.e., before age six), so these factors were not controlled in further analyses. Of the participants, 305 (88.66%) reported their mothers' being alive whereas 39 (11.34%) reported the loss of their mothers with the mean age of loss as 35.22 ($SD = 12.24$). Among female participants, 156 reported (90.70%) their mothers being alive whereas 16 stated having lost their mothers (9.30%) with the mean age of their loss 34.38 ($SD = 14.96$). In terms of father loss, 273 (79.36%) of the participants reported their fathers being alive and 71 (20.64%) reported having lost their fathers with the mean age of loss as 27.56 ($SD = 11.33$). 140 (81.40%) of the female population reported their fathers being alive whereas 32 (18.60%) reported having lost their fathers with the mean age of loss 25.22 ($SD = 11.59$). Among male participants, 149 (86.62%) reported their mothers being alive whereas 23 (13.37%) reported having lost their mothers with the mean age of loss 31.35 ($SD = 12.37$). In terms of father loss among males, 133 (77.33%) individuals reported their fathers being alive whereas 39 (22.67%) reported having lost their fathers with the mean age of loss of 29.15 ($SD = 10.91$).

Table 3.1*Demographic Characteristics of the Participants (N=344)*

	Female		Male		Total	
	f	%	f	%	f	%
<i>Working Status</i>						
Currently working	125	72.67	164	95.35	289	84.01
Not working	47	27.32	8	4.65	55	15.99
Total	172	100	172	100	344	100
<i>Education Status</i>						
Elementary School	1	.58	2	1.16	3	.87
Secondary School	2	1.16	-	-	2	.58
High School	8	4.65	12	6.98	20	5.81
College	104	60.47	112	65.12	216	62.79
Graduate/Master	46	26.74	32	18.60	78	22.67
PhD	11	6.40	14	8.14	25	7.27
Total	172	100	172	100	344	100
<i>Participants' Mothers</i>						
Alive	156	90.70	149	86.62	305	88.66
Not alive	16	9.30	23	13.37	39	11.34
Total	172	100	172	100	344	100
<i>Participants' Fathers</i>						
Alive	140	81.40	133	77.33	273	79.36
Not alive	32	18.60	39	22.67	71	20.64
Total	172	100	172	100	344	100

In terms of the descriptive information explaining the relationship dynamics as shown in Table 3.2, the length of the marriage of the couples varied between 1 year and 40 years with the mean value of 8.41 ($SD = 8.65$). In the context of the number of children couples have; most of the couples have one child only ($n=71$, 41.30%), 58 (33.70%) of the couples have no child, 36 (20.90%) have 2 children, 7 couples (4.10%) have 3 or more children. Fifty-seven couples did not specify the age of their first child

and among the other 115 couples, the mean value of the age of their first child was 8.17 ($SD = 9.64$) with 1-2 months of newborns and maximum age of 39.

Intending to evaluate relationship dynamics due to their attachment, Interpersonal Acceptance-Rejection Questionnaire (IARQ) contains 10 descriptive questions assessing if the partner is an actual attachment figure. The purpose of this part is to propose descriptive information about couples' relationship commitment, and it is not included in the overall score. Among the questions, there are 10 aspects of uniqueness, proximity, distress, joy, security, closeness, anxiety, ambivalent, avoidant, and well-being. Findings showed that among 344 participants, 315 (91.57%) considered their partners as mostly and totally 'unique and irreplaceable'; 331 (96.22%) participants reported their willingness to be near their partners and spend time with them; 335 (97.38%) participants reported feeling unhappy and distress under a sudden restriction of being with their partners; 256 (74.42%) specified feeling joy and happiness when seeing their partners after being apart for a while; 249 (72.38%) asserted that their sense of being emotionally secure and comfortable affected their perception about the relationship. Control questions measuring the participants' emotional states about the relationship has shown that; in terms of emotional attachment, 296 (86.05%) reported feeling emotionally attached to their partners; only 21 (6.10%) participants reported feeling insecure and anxious in their relationship whereas 323 (93.90%) did not agree with this statement; 81 (23.54%) stated having ambivalent emotions (such as love and anger) whereas 263 (76.45%) reported not experiencing emotional ambivalence in their relationships; 12 (3.49%) reported wanting to avoid or ignore their partners whereas 332 (96.51%) stated not having such feelings; 310 (90.12%) reported feeling good, comfortable, and secure in their relationship. Overall evaluation of the results has provided a general picture about the majority of the participants perceiving their partners as their attachment figure.

Table 3.2

Relationship Characteristics of the Couples (N=344; 172 couples)

	f	%
<i>Number of children</i>		
No child	58	33.70

<i>Table 3.2 (continued)</i>		
One child	71	41.30
2 children	36	20.90
3 or more children	7	4.10
Total	172	100

<i>Attachment</i>		
Perceived uniqueness of partner	315	91.57
Willingness of proximity	331	96.22
Distress when apart	335	97.38
Feeling joy with partner	256	74.42
Sense of emotional security	249	72.38
Emotional closeness	296	86.05
Feeling anxious with partner	21	6.10
Ambivalent feelings with partner	81	23.54
Willingness to avoid the partner	12	3.49
Security and wellness with partner	310	90.12

3.3 Data Collection Instruments

In the current study, quantitative data was gathered. In the process of collecting the data through an online survey, the instruments were transferred into Google Forms. In total, three instruments were utilized to address the mediating role of psychological adjustment in the relationship between remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection among married couples. ‘Demographic Information Form’ (*see* Appendix B) was used to collect information about the participant characteristics and the basic features of their marriage. In addition to Demographic Information Form, three self-report questionnaires were used: (1) Adult Parental Acceptance-Rejection Questionnaire- short version (Adult PARQ; Rohner, 2005) (*see* Appendix C) included mother and father forms that are designed to assess the remembrances of acceptance and rejection level of individuals from their both parents, (2) Personality Assessment Questionnaire (PAQ; Rohner & Khaleque,

2005) (see Appendix D) was utilized to measure the psychological adjustment level of individuals, and (3) Intimate Adult Relationship Questionnaire-Short Form (IARQ/SF; Rohner, 2013) (see Appendix E) was used to obtain an understanding of the relationship dynamics of the married participants in terms of their perceived acceptance-rejection level. Psychometric properties and the features of each scale were described in the following section. Moreover, the pilot study conducted to assess the psychometric properties of the instruments for the current study was also presented below.

3.3.1 Pilot Study

In the current study, before the data collection for main study, a pilot study was carried out. The aim was to examine the factor structures of each scale and evaluate their validity and reliability results. To begin with, pilot study participant characteristics were introduced in this part. Subsequently, each scale was introduced, and their confirmatory factor analysis results were presented. Since the “Adult Parental Acceptance-Rejection Questionnaire” includes mother and father forms, the computations were performed separately for each sub-scale.

3.3.1.1 Pilot Study Sample

The pilot study was carried out among married individuals. Participants who are currently married for over 1-year and having their first marriage were eligible for the study. To begin with, the data was screened to ensure that the participants fulfilled the inclusion criteria of the current study. From 397 individuals who attended the study, 36 participants were excluded for not fulfilling the inclusion criteria. The characteristics of the remaining 361 participants are described by gender, age, city, level of education, and working status.

Participants included 233 women (64.54%) and 128 men (35.46%) aged from 23 to 69 with a mean of 43.10. Among 361 participants, 300 individuals were currently working (83.10%) whereas 61 were not (16.90%). In terms of the job description of the working participants, varied answers were obtained including academicians,

teachers, doctors, engineers, civil servants, psychologists, and blue-collar workers. Participants were highly educated; 1 elementary school (0.28%), 2 secondary school (0.55%), 29 high-school (8%), 217 university graduates (60.1%), 88 master-degree (24.4%) and 24 doctorate-degree (6.7%). To identify the features of the current sample, the participants were asked about the city they are living in. The one-hundred-thirty individuals that generate most of the population (38.6%) stated living in Gaziantep which is followed by Istanbul with 67 participants (18.6%). The remaining participants were living in diverse cities including Izmir, Hatay, Ankara, Adana, etc. Table 3.3 demonstrates the demographic characteristics of the participants.

In the demographic form, participants were asked whether their mothers and fathers were alive. They were also asked to specify their age in case of undergoing a parental loss. 328 (90.86%) of the participants noted that their mothers were living whereas 33 of the participants' mothers (9.14%) were not alive. Regarding the age of loss, early parental loss before age 6 was investigated. Only one participant reported early mother loss (1.5 years old) and one participant reported mother loss at age 6. Other participants who had mother loss reported older ages and 2 of the participants did not specify the age of loss. For fathers, 277 (76.73%) of the participants noted that their fathers were alive whereas 84 (23.27%) of the participants reported the loss of their parents. Five participants reported early father loss before age 6 and 3 participants did not specify the age of father loss. Others who had father loss reported older ages of loss.

In terms of the length of the marriage, the responses varied from 1 to 31 years. As another descriptive information, the participants' number of children were as followed: 77 (21.3%) did not have children, 153 (42.4%) had 1 child, 109 (30.2%) had 2, and 22 (6.1%) had 3 or more children. In terms of the age of their first child, the responses varied from currently being pregnant to having a child of 39 years old.

To identify the dynamics of participants' marriages and assess whether the partner is an attachment figure, the Interpersonal Acceptance Rejection Questionnaire (IARQ) includes 10 descriptive questions. The information obtained from this part can be utilized to describe the participants' evaluation and commitment to their relationship. Those 10 aspects are uniqueness, proximity, distress, joy, security, closeness, anxiety, ambivalent, avoidant, and well-being. The results indicated that

304 of the participants (84.3%) considered their partners as ‘unique’ and irreplaceable; 314 participants (87%) reported wanting to be near their partners and spend time with them; 337 (93.3%) proclaimed feeling distress under a restriction of being with their partners; 324 (89.7%) reported feeling joy when coming together with their partners after a while apart, and 263 (72.8%) stated that the sense of being secure affected their perception about their relationship. Other control questions regarding assessing the participants’ emotional states about the relationship revealed that 293 (81.2%) of the participants reported feeling emotionally close to their partner; in terms of feeling emotionally insecure and anxious in the relationship, 231 (64%) of the participants chose ‘never’ option and 94 chose ‘sometimes’ (26%); in terms of having ambivalent emotions including the occurrence of both love and hate, 95 (26.3%) chose the option of ‘never’ and 149 (41.3%) chose ‘sometimes’; 243 (67.3%) reported never wanting to avoid their partners, and 304 (84.2%) reported an increased sense of wellbeing in their relationship. Taking those statements into consideration, it can be concluded that the majority of the participants perceived their partners as their attachment figures.

Table 3.3

Demographic Characteristics of the Participants of the Pilot Study (N=361)

	<i>f</i>	<i>%</i>
<i>Gender</i>		
Female	233	64.54
Male	128	34.46
Total	361	100
<i>Working Status</i>		
Currently working	300	83.10
Not working	61	16.90
Total	361	100
<i>Education Status</i>		
Elementary school	1	.28
Secondary school	2	.55

<i>Table 3.3 (continued)</i>		
High school	29	8
University	217	60.1
Graduate/ Master	88	24.4
PhD	24	6.7
Total	361	100
<i>Participants' Mothers</i>		
Alive	328	90.86
Not alive	33	9.14
Total	361	100
<i>Participants' Fathers</i>		
Alive	277	76.73
Not alive	84	23.27
Total	361	100
<i>Number of Children</i>		
No child	77	21.3
One child	153	42.4
2 children	109	30.2
3 or more children	22	6.1
Total	361	100

3.3.1.2 Pilot Study Procedure

Before initiating the data collection process, several steps were taken. Firstly, an application for Middle East Technical University Human Subjects Ethics Committee was made. Ethical approval (see Appendix A) was obtained to conduct the current study. Secondly, authors of the current study's questionnaires were contacted to receive their permission to utilize the questionnaires. After receiving their permission, the following procedures for the pilot study were implemented.

The inclusion criteria for the study were being a married individual for at least 1 year and having their first marriage. Hence, due to the sampling procedure, purposive sampling as a nonrandom sampling technique was used. In nonrandom sampling, each member of the population does not have an equal chance of being included in the study (Fraenkel et al., 2011).

In the pilot study, data collection was made through the online platform Google Forms. Written questionnaires were transformed to online Google Forms, and a link was created to collect data. The announcements for the pilot study were made through social media. At the beginning of the data collection process, a consent form was presented to explain the purpose of the study and the individuals were informed that they are free to withdraw from the study whenever they want. To ensure confidentiality and anonymity, questions including participants' names and any identifying information were not asked.

3.3.1.3 Adult Parental Acceptance-Rejection Questionnaire-Short Form (PARQ)

The scale was originally developed by Rohner (2005) to assess parental (maternal and paternal) acceptance or rejection in 4 main domains: (1) warmth and affection, (2) hostility and aggression, (3) indifference and neglect, and (4) undifferentiated rejection. Depending on the participants of the study, there are three different versions of the scale that can be utilized: adult, child, and parent versions (Rohner & Ali, 2016). The adult version of the scale is used with adult participants in a study for them to look back (around the ages of 7 to 12) and evaluate their childhood experiences (Rohner & Ali, 2016). Adult PARQ scale is a 4-point Likert-type scale with 120 items (60 items for maternal acceptance-rejection and 60 items for paternal acceptance-rejection) ranging from 1 (never true) to 4 (almost always true). The overall score of the scale is obtained by summing up the subscale scores (warmth and affection subscales are reversely coded) and the total score in parental acceptance-rejection varies from 60 to 240; higher scores indicate lower levels of parental acceptance. Both subscales have high reliability and validity; the mother acceptance-rejection form has coefficient alphas ranging from .76 to .97, and the father

acceptance-rejection form has coefficient alphas ranging from .81 to .97 (Rohner, 2005).

Validity and reliability studies with normal and clinical populations were performed by Varan (2003). This version has 146 items with 120 items for maternal and paternal acceptance-rejection and 26 behavioral control items embedded in measures. Cronbach alpha values for mother and father forms ranged from .86 to .96. For both forms, internal consistency coefficient values were .97. Two-factor solutions including acceptance and rejection explained 75.23% of the total variance for the mother scale and 74.87% for the father scale. Additionally, the short form of the scale with 48 items (24 for measuring the level of maternal acceptance-rejection and 24 for measuring the level of paternal acceptance-rejection) was adapted to Turkish by Dedeler et al. (2017). The participants were asked to think of early parental remembrances of acceptance-rejection and answer the questions accordingly. Sample items for each factor: (a) “My mother used to say nice things about me” (warmth/affection), (b) “No matter what I did, my mother thought that other kids were better than me” (hostility/aggression), (c) “My mother used to ignore me when I asked for her help” (indifference/neglect), and (d) “My mother made me feel unloved when I misbehaved” (undifferentiated rejection). The same statements existed in the father form simply with the change of the word “my mother” to “my father”. Maternal and paternal acceptance-rejection scores were assessed separately as two different variables. The total score for each of them could be within the range of 24 and 96. Higher scores indicate higher levels of rejection, and lower scores indicate lower levels of rejection. The validity and reliability study of this scale was performed in two steps. To explore the factor structure, 685 participants, whose ages ranged from 18 to 63, were included. Then, to investigate the criterion-related validity, discriminant validity, and reliability, 201 university students, whose ages ranged from 18 to 25, were included in the study. Exploratory factor analysis results indicated two-factor-solution for mother form (acceptance and rejection) and three-factor-solution for father form (acceptance, rejection, and neglect). However, different than the original version, when item 13 was displaced from Indifference/Neglect to Warmth/Affection, better goodness of fit value was obtained. Consequently, the results obtained from exploratory factor analysis were compared with one-factor, two-factor, and 4-factor

structures to evaluate the best-fitted model. The results indicated that the revised version of the 4-factor solution in which item 13 was replaced, revealed the best solutions and it was confirmed as a valid and reliable scale to be used. Coefficient alphas range from .68 to .89 for mother form and .82 to .91 for father form. Overall, coefficient alpha for mother form is .90 and for father form is .94. The short version of the scale adapted by Dedeler et al. (2017) was used to measure parental-acceptance-rejection perceptions of Turkish adults in the current study. A confirmatory factor analysis was implemented for the pilot sample of the study.

3.3.1.3.1 Confirmatory Factor Analysis (CFA) of Adult Parental Acceptance-Rejection Questionnaire (Mother Form)

Confirmatory factor analysis is performed to test the validity of indicator variables and interpret the structural model (Byrne, 2016). As revealed in the original version of the scale, a 4-factor structure was tested for the current sample (Rohner, 2005). Since the sub-scales (Mother-form and Father-form) of the Parental Acceptance-Rejection Questionnaire showed different factor structures in the adaptation study conducted by Dedeler et al. (2017), for the current study the factor structures were evaluated separately for mother and father forms. Hence, with this purpose of testing the 4-factor structure of Parental Acceptance-Rejection Questionnaire-Mother among Turkish married individuals as the target population of the current study, AMOS-24 (Analysis of Moment Structures) was used.

In the process of evaluating the data of the pilot study, preliminary analyses including assumption checks and descriptive data analysis were applied. Sample size and missing data, univariate and multivariate outliers, univariate and multivariate normality, linearity, and multicollinearity assumptions of CFA were evaluated (Tabachnick & Fidell, 2014).

3.3.1.3.2 Assumptions of CFA for the Turkish Parental Acceptance-Rejection Questionnaire (Mother Form)

To begin with, the data of 361 participants were screened for missing values and mis-entry. No missing value and mis-entry were detected since data collection through Google forms enabled the response to items as mandatory. In the consent form, the participants were informed about their option of leaving the study in case of not being voluntary to answer the questions.

Adequate sample size requirement was addressed as another assumption. There are various recommendations in terms of adequate sample size. According to Jackson (2003), the rule of N:q ratio being 10:1 or 20:1 can be used (N: sample size, q: number of parameters). The current subscale including 53 parameters (24 for observed variables, 24 for error variances, and 5 for the correlations between latent variables) would not satisfy this criterion since the values of 530 or 1060 exceed 361. According to Hair et al. (2010), for an adequate sample size $N/p \geq 10$ ratio should be obtained (N: Number of participants and p: the number of items). When evaluated in this manner, the current data meets adequate sample size since $(361)/(24)=15.04$ exceeds 10. Lastly, Hoelter (1983) suggested that the minimum sample size should be 200 to fulfill the adequate sample size criterion. Taking these arguments into consideration, it can be inferred that the sample size requirement was met for the current data.

After the evaluation of sample size, univariate and multivariate outliers were examined. Univariate outliers, unusual values on a single variable, were checked using SPSS 22 (IBM Corp., 2013). PASW was checked by detecting standardized z scores. According to Tabachnick and Fidell (2007), the scores that exceed the range between +3.29 and -3.29 ($p < .001$, two-tailed test) may be evaluated as outliers. However, since the pilot study was conducted with a large sample size ($n > 100$), Stevens (2001) argues to consider the z-scores exceeding +4.00 and -4.00 as outliers because within the large sample size, few participants could have z-scores over 3.29. Based on that, 14 cases exceeded the z-score +4.00 and are considered as univariate outliers. To detect the multivariate outliers, Mahalanobis distance referring to the distance from the centroid point of the remaining values was calculated (Tabachnick & Fidell, 2014). Ninety eight cases were found to be multivariate outliers. The analysis was performed

both with and without the determining outliers. Since the results did not indicate significant differences, outliers were included in the study in order not to decrease the generalizability of the results.

Univariate and multivariate normality was assessed as another assumption. To investigate univariate normality, skewness and kurtosis values were detected using Amos 24. Skewness refers to the symmetry of the data distribution whereas kurtosis refers to the peakedness of the data slope (Tabachnick & Fidell, 2014). For the current data, the skewness values varied between .627 and 3.775; kurtosis values varied between -.359 and 14.273. When the values approach zero, the data is normally distributed. Hence, for the current pilot study, nonsymmetrical distribution of the data was obtained. To evaluate the multivariate normality, Mardia's (1970) coefficient evaluating multivariate normality through multivariate kurtosis is interpreted. Normalized coefficients greater than 3.00 refer to the nonnormality of the data (Bentler, 2001; Ullman, 2006). For the current pilot study, Mardia's coefficient was found as 328.062 indicating significant deviation from normality.

In the case of nonnormality, evaluating the data with Maximum Likelihood can lead to misinterpretation. Hence, one way to deal with this issue is to analyze the data with asymptotic distribution-free (ADF) estimation (Browne, 1984). However, it should be considered that if the sample size is not extremely big enough, this procedure leads to problematic results (Byrne, 2016). Raykov and Marcoulides (2006) suggest the sample size should be 10 times greater than the number of variables whereas West et al. (1995) suggest that unless the sample size includes 1,000 to 5,000 cases, ADF can lead to poor results. As an alternative, Kline (2011) recommends the use of bootstrapping referring to a statistical technic of resampling when evaluating nonnormal data with adequate sample size in AMOS. Based on that, in the current study, the model was tested through corrected p-value with the use of Bollen-Stine (Bollen & Stine, 1992) bootstrapping rather than using Maximum Likelihood p-value. The number of bootstrap samples was converted to 1000 (Cheung & Lau, 2008).

Linearity assumption refers to the straight-line placement of the variables and this assumption can be checked by inspecting bivariate scatterplots of the variable sets (Tabachnick & Fidell, 2014). Considering the pairwise combinations for 24 items create a great number of possibilities, random detection of the scatterplots was carried

out. As a result of inspecting the scatterplots, linearity assumption was guaranteed for the current pilot study.

Multicollinearity referring to the unacceptably high level of intercorrelation among predictors was examined by using Tolerance value and variance inflation factor (VIF) value. When the VIF value exceeds 10, a problem with multicollinearity emerges (Myers, 1990; Kline, 2011). In addition to that, correlation values among the items above .90 might be an indicator of multicollinearity (Tabachnick & Fidell, 2014). According to Menard (1995), a tolerance value less than .20 indicates the existence of a multicollinearity problem. For the current study, VIF and tolerance values were obtained in addition to skimming correlation matrix table to check for multicollinearity. Primarily, correlation values in the matrix table were less than .90 (the maximum value; $r = .64$). Additional results indicated that for the mother acceptance-rejection subscale, the greater VIF value was 3.029, which is less than the value 10 indicating no multicollinearity. Lastly, tolerance values ranged between .330 and .785 which are greater than the value .20. All in all, no multicollinearity was detected for the current data set.

In pursuit of checking all the assumptions, confirmatory factor analysis was applied to interpret the 4-factor structure of the Parental Acceptance-Rejection Questionnaire-Mother Form. As mentioned above, AMOS 24 was used for the data analysis, and considering the multivariate normality violation, the model was tested through corrected p-value with the use of Bollen-Stine (Bollen & Stine, 1992) bootstrapping rather than using Maximum Likelihood p-value.

3.3.1.3.3 Model Estimation for the Parental Acceptance-Rejection Questionnaire-Mother Form

Regarding model fitting assessment, there are various suggestions about the model fit indices that are most valid to use and the cut-off criteria of those indices. As stated by Brown (2006), Chi-square is a classic and commonly used goodness-of-fit index. However, the Chi-square test is criticized because the value is sensitive to sample size (Hu & Bentler, 1999). Considering that, alternative model fit indices were offered in addition to using the Chi-square value. Brown (2006) categorized the fit

indices as; Absolute fit, parsimony (including RMSEA), and comparative/ incremental fit indices (including CFI and TLI). Regarding the suggestions of Brown (2006), Chi-square (χ^2) and Standardized root mean square residual (SRMR) as absolute fit indices, Root mean square error of approximation (RMSEA) which is under parsimony correction; Comparative fit index (CFI; Bentler, 1990) and Tucker–Lewis index (TLI; Tucker & Lewis, 1973) as comparative/incremental fit indices were reported for model fit evaluation.

In terms of the cut-off criteria of those indices, different suggestions were proposed. Chi-square (χ^2) is commonly used as divided by degrees of freedom (df) to control for its sensitivity on sample size (χ^2/df). In terms of its cut-off criteria, $\chi^2/df < 3$ was suggested by Kline (2011) and $\chi^2/df < 5$ by Schumacker and Lomax (2004). In the current study, $\chi^2/df < 3$ value was used to evaluate the model fit (Kline, 2011).

Root mean square error of approximation (RMSEA), with a 90% confidence interval, assesses the lack of fit in a proposed model in comparison with a perfect model (Steiger & Lind, 1980). In terms of cutoff criteria for RMSEA, MacCallum et al. (1996) stated that the range of .08 and .10 represent mediocre fit whereas values above .10 indicate poor fit. Hu and Bentler (1999) argued that values of .06 and less indicate a good fit. However, according to Browne and Cudeck (1993), the estimation of values below .05 refers to close fit of the model, values within the range of .05 and .10 show mediocre fit, the values that exceed .10 demonstrate poor fit. In this study, the values suggested by Browne and Cudeck (1993) were used.

Standardized root mean square residual (SRMR) refers to the discrepancy among the correlations that appeared in the input matrix and the correlations that are estimated by the proposed model (Brown, 2006). In terms of the cut-off points, Brown (2006) suggested that the values among 0.0 and 1.0 show perfect fit (note that the closer the value is to 0.0, the better the model is). Hu and Bentler (1999) stated that SRMR values that are close to .08 and below indicate an acceptable fit for the specified model which was also used to assess the current model.

CFI refers to an index that assesses the progress in the model fit compared to a baseline model, commonly the independence model (Kline, 2011). As stated by Schumacker and Lomax (1996), CFI and TLI values greater than .90 are considered acceptable. In terms of CFI, values greater than .95 are considered acceptable (Hu &

Bentler, 1999). TLI, as another comparative/incremental fit index, is evaluated in the same manner as CFI which is approximating 1.0 indicates a good fit (Hu & Bentler, 1999). As suggested by Hu and Bentler (1999), in the current study, CFI and TLI values greater than .95 are considered acceptable. Fit indices and acceptable cut-off values was shown in Table 3.4.

Table 3.4

Fit Indices and Proposed Cutoff-Values

<i>Model fit indices</i>	<i>Proposed cutoff-values</i>	
χ^2/df	$\chi^2/df < 3$ (Kline, 2011)	
	$\chi^2/df < 5$ (Schumacker & Lomax, 2004)	
CFI	CFI $\geq .90$	Acceptable fit (Schumacker & Lomax, 1996)
	CFI $\geq .95$	Acceptable fit (Hu & Bentler, 1999)
TLI	TLI $\geq .90$	Acceptable fit (Schumacker & Lomax, 1996)
	TLI $\geq .95$	Acceptable fit (Hu & Bentler, 1999)
RMSEA	RMSEA $< .05$	Close fit (Browne & Cudeck, 1993)
	$.05 < RMSEA < .10$	Mediocre fit
	RMSEA $> .10$	Poor fit
	$.08 < RMSEA < .10$	Mediocre fit (MacCallum et al., 1996)
	$.10 < RMSEA$	Poor fit
SRMR	RMSEA $< .06$	Good fit (Hu & Bentler, 1999)
	SRMR $< .08$	Acceptable fit (Hu & Bentler, 1999)
	$0.0 < SRMR < 1.$	Perfect fit (Brown, 2006)

For the ‘Parental Acceptance-Rejection Questionnaire-Mother Form, the 4 factor-structure model fit was statistically significant; $\chi^2/df = 2.54$ which was lower than the cutoff value 3 (Kline, 2011). Consistently, RMSEA = .07 showed mediocre fit (Browne & Cudeck, 1993). The standardized value of RMR (SRMR)= .05 indicated an acceptable fit (Hu & Bentler, 1999). CFI = .95 value was equal to the acceptable

cutoff point .95 (Hu & Bentler, 1999). TLI = .91 value was lower than .95 which is the acceptable cutoff point according to Hu and Bentler (1999). However, the value was still in the acceptable range of >.90 according to Schumacker and Lomax (1996). Taken all into consideration, it should also be noted that goodness-of-fit values represent only one aspect of the model (Brown, 2006). The overall evaluation of the 4-factor structure of the Parental Acceptance-Rejection Questionnaire-Mother Form showed adequate model fit as presented in Figure 3.1.

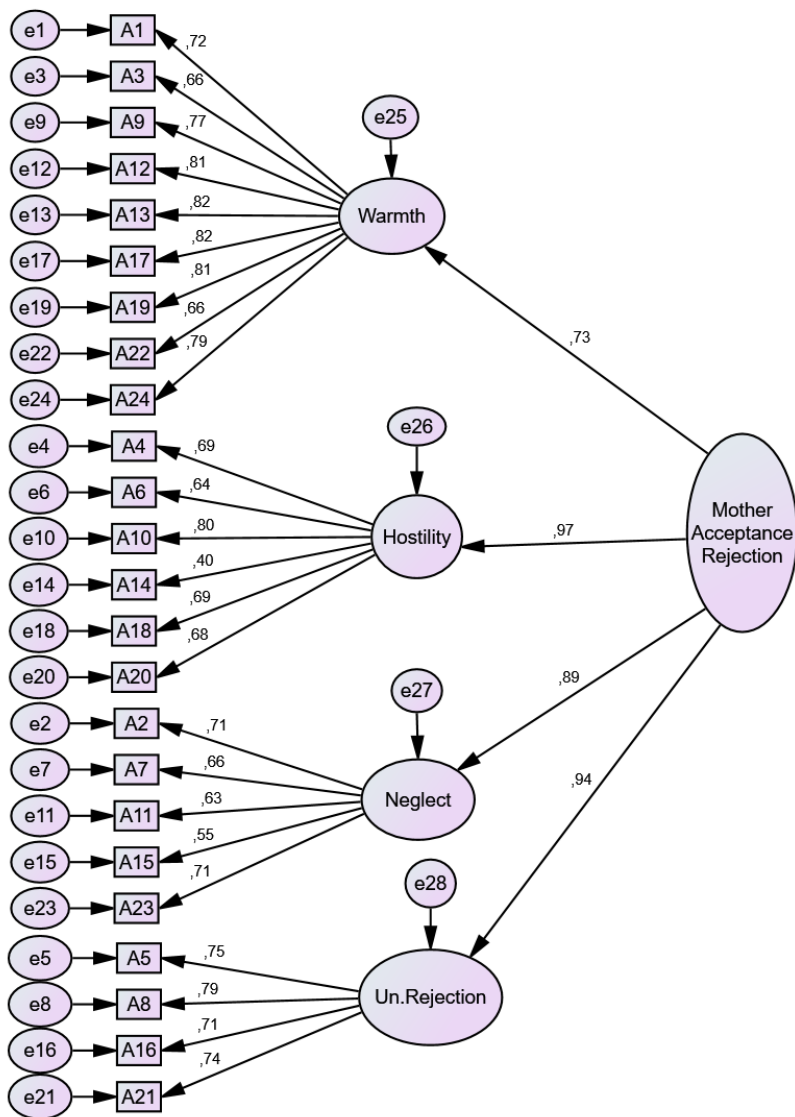


Figure 3.1 Confirmatory Factor Analysis for the Parental Acceptance-Rejection Questionnaire- Mother Form

Standardized factor loadings varied between .66 and .82 for warmth/affection; .40 and .69 for hostility/aggression; .55 and .71 for indifference/neglect; and .71 and .79 for undifferentiated rejection. Loadings of each factor on Mother-Acceptance rejection were calculated as; .73 for warmth/affection, .89 for indifference/neglect, .94 for undifferentiated rejection, and .97 for hostility/aggression. The factor loadings exceed the commonly used cutoff point .30 (Brown, 2006).

To evaluate the internal consistency, Cronbach's alpha values were calculated. Hair et al. (2010) underlined that Cronbach values at .60 and above are acceptable in social sciences. The results were obtained as; .92 for warmth/affection, .80 for hostility/aggression (.82 if item 14 was deleted), .79 for indifference/neglect, and .82 for undifferentiated rejection. Overall Cronbach's alpha value for the Mother Acceptance-Rejection scale was .94. The results indicated acceptable internal consistency for the mother form of the scale. All in all, the Parental Acceptance-Rejection Questionnaire- Mother Form was found as a valid and reliable instrument to be utilized in the current study. The total score obtained from the instrument was used.

3.3.1.3.4 Confirmatory Factor Analysis (CFA) of the Turkish Parental Acceptance-Rejection Questionnaire-Father Form

To evaluate the 4-factor structure also for the father form of the Parental Acceptance-Rejection Scale, confirmatory factor analysis was performed for the current study. As suggested by Tabachnick and Fidell (2014), assumptions of adequate sample size and missing data, univariate and multivariate outliers, univariate and multivariate normality, linearity, and multicollinearity were checked before implementing confirmatory factor analysis (CFA) on AMOS-24.

3.3.1.3.5 Assumptions of CFA for the Turkish Parental Acceptance-Rejection Questionnaire-Father Form

To begin with, when the data was examined, no missing values and mis-entry were detected. Father-form has the same format and number of items as the mother-

form. Hence, sample size criteria were also met after checking all the criteria mentioned above.

Regarding the univariate and multivariate outliers for the current data, 15 cases were found as univariate outliers. For multivariate outliers, 97 cases were detected. CFA was conducted both with keeping those cases and excluding them. The results did not reveal a crucial difference. Hence the cases were kept in the study for the benefit of generalizability of the results.

Following the univariate and multivariate outliers, the univariate and multivariate normality assumption was examined. The skewness values obtained in the current study are .584 and 3.862; The Kurtosis values are -.931 and 14.999. Considering that the values show significant deviation from zero, the univariate normality assumption was violated. In terms of multivariate normality, Mardia's coefficient was found as 394.034. Since the values exceeding 3.00 indicate a nonnormal distribution of the data as stated by Bentler (2001) and Ullman (2006), significant deviation from normality was detected for the current study.

With nonnormally distributed data, Maximum Likelihood can lead to problematic results. Since Kline (2011) recommends the use of bootstrapping referring to a statistical technic of resampling when evaluating nonnormal data with adequate sample size in Amos, the model of the current study was tested through corrected p-value with the use of Bollen-Stine (Bollen & Stine, 1992) bootstrapping rather than using Maximum Likelihood p-value. The value of bootstrap samples was adjusted to 1000 as suggested by Cheung and Lau (2008). For the linearity assumption, random detection of the scatterplots was carried out. As a result of inspecting the scatterplots, linearity assumption was guaranteed for the current pilot study.

To evaluate the multicollinearity assumption, a VIF value was computed. In the current study, the maximum VIF value was 4.174 which is less than the value 10 indicating no multicollinearity. As an additional criterion, Menard (1995) states that a tolerance value lower than .20 might be an indicator of multicollinearity. For the current study, tolerance values ranged between .240 and .691, which are greater than the value .20. Tabachnick and Fidell (2014) recommended checking for correlation values on the matrix table, which should not exceed .90 for multicollinearity assumption to be met. For the current study, the maximum value of r is .61 which does

not exceed .90. Taking all into consideration, it can be inferred that no multicollinearity was detected for the scale.

Following the assumption checks, confirmatory factor analysis was performed to evaluate the 4-factor structure of Parental Acceptance-Rejection Questionnaire-Father Form with the use of AMOS 24 and corrected p-value of Bollen-Stine (Bollen & Stine, 1992).

3.3.1.3.6 Model Estimation for the Parental Acceptance-Rejection Questionnaire-Father Form

To assess the results, the model fit indices and the cut-off criteria of those indices given in the previous section were also used for the “Parental Acceptance-Rejection Questionnaire-Father Form”. The 4-factor structure of the Parental Acceptance-Rejection Questionnaire-Father Form was evaluated in terms of goodness-of-fit indices (see Figure 3.2) and the results revealed that $\chi^2/df = 3.85$ was higher than the cutoff value 3 (Kline, 2011). However, the value is within the acceptable range <5 according to Schumacker and Lomax (2004). In terms of other fit indices, RMSEA = .09 indicated mediocre fit (Browne & Cudeck, 1993). The standardized value of RMR (SRMR)= .06 indicated an acceptable fit (Hu & Bentler, 1999). CFI = .89 and TLI = .86 values were lower than .95 (Hu & Bentler, 1999) and .90 (Schumacker & Lomax, 1996) cutoff points.

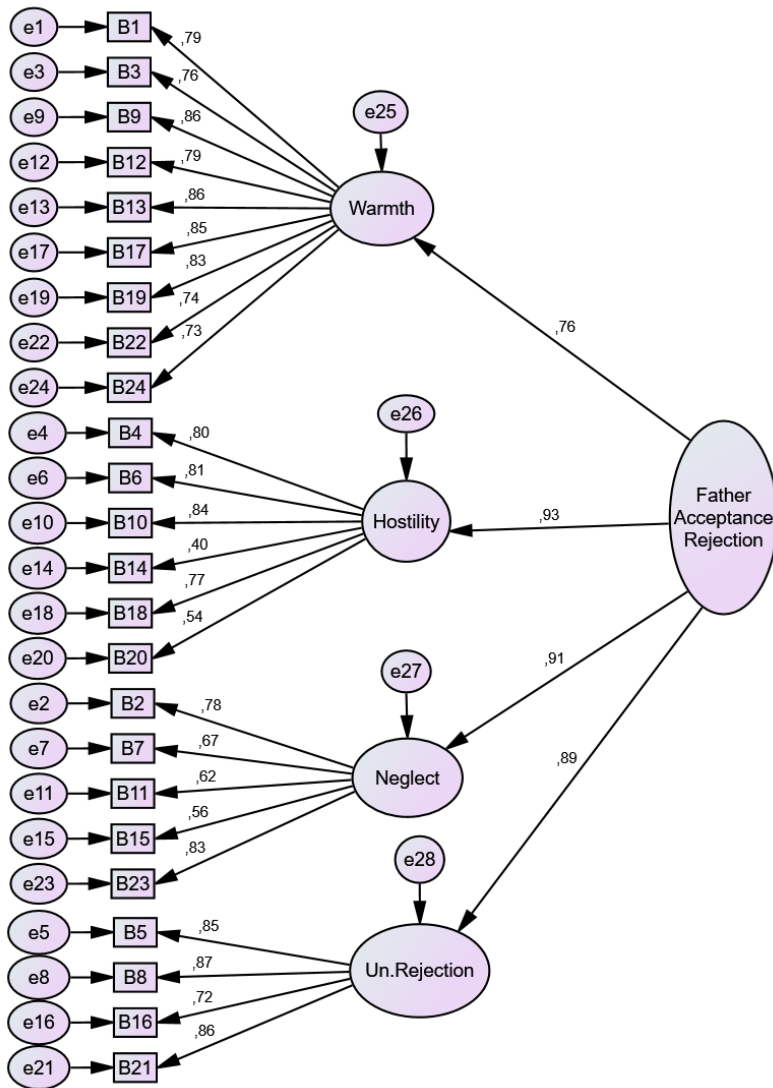


Figure 3.2 Confirmatory Factor Analysis for the Parental Acceptance-Rejection Questionnaire- Father Form

Standardized factor loadings were found in the range of .73 and .86 for warmth/affection; .40 and .84 for hostility/aggression; .56 and .83 for indifference/neglect; and .72 and .87 for undifferentiated rejection. Loadings of each factor on Father-Acceptance rejection were .76 for warmth/affection, .91 for indifference/neglect, .89 for undifferentiated rejection, and .93 for hostility/aggression.

Cronbach's alpha values were calculated as .94 for warmth/affection, .83 for hostility/aggression, .82 for indifference/neglect, and .88 for undifferentiated rejection. Overall Cronbach's alpha value for the Father Acceptance-Rejection scale was .95 indicating internal consistency of the scale. Hence, the Parental Acceptance-Rejection

Questionnaire- Father Form was considered a valid and reliable tool for the current study. The total score obtained from the instrument was used.

3.3.1.4 Adult Personality Assessment Questionnaire (PAQ)

The Adult Personality Assessment Questionnaire (PAQ) was developed by Rohner and Khaleque (2005). The scale was designed to measure the personality characteristics described in interpersonal acceptance-rejection theory's (IPARTheory) personality sub-theory. The questionnaire assesses individuals' perceptions of themselves with respect to seven personality dispositions: (a) aggression/hostility, (b) dependency, (c) self-esteem, (d) self-adequacy, (e) emotional responsiveness, (f) emotional stability, and (g) worldview. The self-reported questionnaire has 63 items with 9 questions under each personality disposition. The overall score gathered from the sub-scales demonstrates the 'psychological adjustment' of the individual and lower scores indicate better psychological adjustment. It is a 4-point Likert-type scale from 4 (almost always) to 1 (almost never true) and the possible sum of the points may vary from 63 to 252. The mid-value 158 and below indicates the tendency towards psychological adjustment whereas the values above are associated with psychological maladjustment of the individual. Coefficient alphas of the original scale ranged from .73 to .85. In a meta-analysis of nine international studies, the mean Cronbach's alpha value was obtained as .83 (Khaleque & Rohner 2005). Additionally, Rohner and Khaleque (2005) confirmed the reliability and validity of the PAQ for use in cross-cultural studies with excessive results and evidence.

Turkish adaptation study of the PAQ was conducted by Varan (2003) in 1700 clinical and nonclinical samples within the ages of 17 and 78. The results of factor analysis assessing the construct validity of the scale showed a 6-factor structure with negative self-esteem and negative self-adequacy accumulating under 'negative self-evaluation'. Six-factor structure explained 71.52% of the total variance. Cronbach's alpha values of the subscales were between .68 and .82, and overall Cronbach's alpha value of the scale was .91.

The child version of the PAQ is identical to the adult PAQ and includes 42 items with 6 questions under each personality disposition. Some of the sample items

were as “I am having trouble controlling my anger”, “It is easy for me to show my love to others”, “I can accomplish things as good as others”. It is a 4-point Likert-type scale from 4 (almost always) to 1 (almost never true) and the possible sum of the points may vary from 42 to 168. Overall score refers to one’s psychological adjustment. Lower scores indicate higher psychological adjustment, and higher scores indicate lower psychological adjustment. Hence, Rohner and Ali (2016) stated that Child PAQ is also used as a short form of the Adult PAQ (Rohner & Khaleque, 2005). This scale was translated to Turkish by Selenga Gürmen and Turkish version of the scale was used by Gürmen and Rohner (2014) to assess the effects of marital distress on adolescents’ psychological adjustment. The Cronbach’s alpha of the Child PAQ was obtained as .72. In the study assessing the effects of parental power/prestige and acceptance on the psychological adjustment of Turkish youth, the Turkish version of the scale was used by Börkan et al. (2014). Cronbach’s alpha value was obtained as .82.

3.3.1.4.1 CFA of the Personality Assessment Questionnaire (PAQ)

As suggested in the original scale, the 7-factor structure of the PAQ scale was evaluated in the current research by performing assumption checks prior to CFA analysis. Adequate sample size and missing data, univariate and multivariate outliers, univariate and multivariate normality, linearity, and multicollinearity assumptions were examined.

3.3.1.4.2 Assumptions of CFA for the Personality Assessment Questionnaire (PAQ)

Missing values and mis-entry were not detected among the participant answers. When sample size adequacy was considered for the scale having 42 items, $(361)/(42)=8.60$ did not exceed 10 (Hair et.al., 2010). However, according to Hoelter (1983), the minimum sample size should be 200 and 361 participants in the current study exceeded the critical value. No univariate outlier was detected whereas 28 multivariate outliers were obtained. The analyses were run with and without outliers. Since no difference was detected, multivariate outliers were kept for further analyses.

Univariate and multivariate normality assumptions were addressed. Skewness values between -.529 and 1.888, Kurtosis values between -1.271 and 2.837, and Mardia's coefficient computed as 238.436 indicated severe deviation from normality. Hence, the Bollen-Stine corrected p-value as the estimation method was used (Kline, 2011). For linearity assumption, relationships between the pairs of measured variables were screened by using scatterplots and linear relationships were observed. Maximum VIF value of 3.426 being less than 10; Tolerance values ranging between .292 and .790; maximum r-value .75 being less than .90 showed that no multicollinearity assumption was satisfied.

3.3.1.4.3 Model Estimation for the Personality Assessment Questionnaire (PAQ)

According to the fit indices offered by Brown (2006), the CFA results of the 7-factor structure of the PAQ scale were assessed. $\chi^2/df = 2.719$ lower than the cutoff value 3 indicated good model fit (Kline, 2011). RMSEA = .07 showed mediocre fit (Browne & Cudeck, 1993). The standardized value of RMR (SRMR) = .097 showed acceptable fit (Hu & Bentler, 1999). CFI = .77 and TLI = .76 values were lower than .95 critical value (Hu & Bentler, 1999). However, when all the CFA results were considered in conjunction, the 7-factor model of the PAQ offered an acceptable factor structure as presented in Figure 3.3.

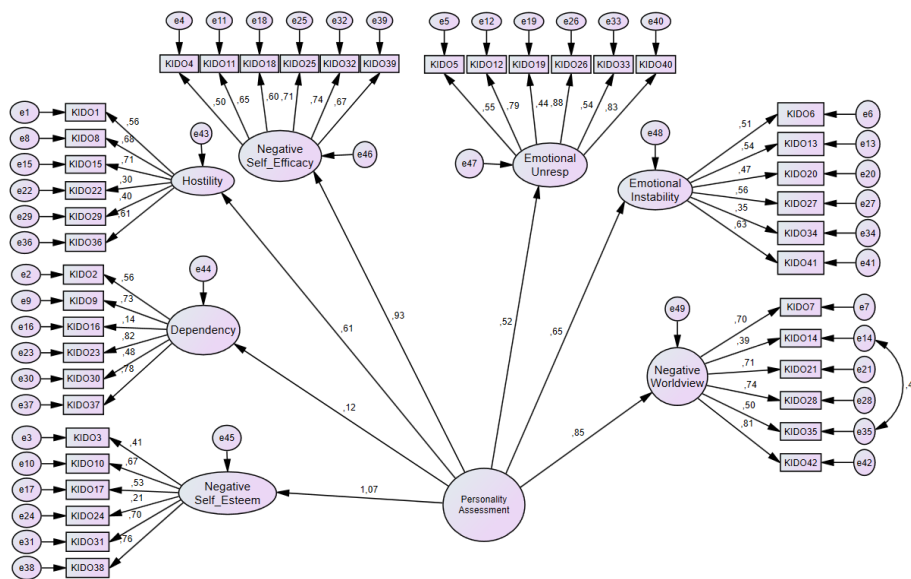


Figure 3.3 Confirmatory Factor Analysis for the Personality Assessment Questionnaire (PAQ)

Standardized factor loadings varied between .21 and .76 for Negative Self-Esteem, .14 and .82 for Dependency, .30 and .71 for Hostility, .50 and .74 for Negative Self-Efficacy, .44 and .88 Emotional Unresponsiveness, .35 and .63 for Emotional Instability, and .39 and .81 for Negative Worldview. Loadings of each factor on the Personality Assessment Questionnaire were computed as; .12 for Dependency, .52 for Emotional Unresponsiveness, .61 for Hostility, .65 for Emotional Instability, .85 for Negative Worldview, and .93 for Negative Self-Efficacy. Problematic factor loadings below .30 were spotted in the process of examining the subscales of the PAQ. However, the scale ensures that the overall evaluation of the items indicates the psychological adjustment level of the individuals. Since the current study aimed to assess the psychological adjustment of the individuals rather than focusing on the measures offered by subscales, the overall score was used.

Cronbach's alpha values were calculated as .70 for hostility/aggression, .75 for dependency, .71 for negative self-esteem, .81 for negative self-efficacy, .82 for emotional unresponsiveness, .68 for emotional instability, and .82 for negative worldview. Overall Cronbach's alpha value for the PAQ was .91 demonstrating the internal consistency of the PAQ scale.

3.3.1.5 Intimate Adult Relationship Questionnaire-Short Form (IARQ/SF)

The Intimate Adult Relationship Questionnaire (IARQ) was developed by Rohner (2013). The scale was formed by combining the 24 items of the Intimate Adult Relationship Questionnaire (Rohner, 2001a) and Intimate Partner Attachment Questionnaire (Rohner, 2001b). Hence, IARQ has two sections with the first section assessing the nature of the relationship including the attachment style, and the second section assessing the perceived acceptance-rejection of the partner. The second part where acceptance-rejection perception is evaluated is the main focus of the scale. Even though the first section is not included in the computational analysis, it is used to identify whether the partner is considered a true-attachment figure. The first section has 15 items about the explanation of relationship type and length, emotional closeness, uniqueness, and attachment type (secure, ambivalent, anxious, avoidant) to provide descriptive information about how participants define their relationship. The second part includes 24 questions assessing the individuals' perception about the acceptance-rejection of their partners.

Partner Acceptance Rejection Scale and Adult Parental Acceptance Rejection Questionnaire are identical with the revision of name of subjects to assess the dynamics of partner relationship rather than parental relationships (i.e., 'my partner' rather than 'my mother' statement). The IARQ has 4 subscales: (1) warmth and affection, (2) hostility and aggression, (3) indifference and neglect, and (4) undifferentiated rejection. Sample items for each factor: (a) "My partner says nice things about me" (warmth/affection), (b) "No matter what I do, my partner thinks that other women/men are better than me" (hostility/aggression), (c) "My partner totally ignores me" (indifference/ neglect), and "My partner does not really love me" (undifferentiated rejection).

IARQ is a 4-point Likert-type scale with 24 items ranging from 1 (never true) to 4 (almost always true). The total score that can be obtained from the scale is between 24 and 96. Questions on the warmth/affection scale measure the perceived acceptance from the partner whereas others measure the level of rejection. Therefore, the items loading on warmth/affection (item1, item3, item9, item12, item13, item17, item19,

item22, item24) are reversely coded and when the sum of the scores are calculated, high scores indicate higher levels of perceived rejection.

Turkish adaptation study of the IARQ/SF was conducted by Akün (2019) with 413 university students: 305 women (73.8%) and 108 men (26.2%). The results indicated that the 4-factor structure of the IARQ is a valid and reliable scale in the use of assessing relationship acceptance-rejection perception among partners. 1-factor, 2-factor, and 4-factor structures were compared. Better goodness of fit values was obtained with a 4-factor structure when item 13 “My partner gives me a lot of attention” loads on warmth/affection rather than indifference/neglect factor. The revised 4- factor model fit indices were reported as (χ^2 [241, N=413] = 568.08, χ^2 /sd = 2.36, GFI=.90, AGFI=.87, CFI=.89, RMSEA=.06, AIC=686.08). The factor loadings were between .32 and .68. Cronbach’s alpha values for the subscales varied between .61 and .85. Overall Cronbach’s alpha value of the scale was .88.

3.3.1.5.1 CFA of the Intimate Adult Relationship Questionnaire-Short Form (IARQ-SF)

The 4-factor structure of the scale was revealed in the original study, and it was confirmed in the Turkish adaptation study. For this research, CFA was implemented to evaluate the factor structure for the current sample. To begin with, assumptions of adequate sample size and missing data, univariate and multivariate outliers, univariate and multivariate normality, linearity, and multicollinearity were checked. Following that procedure, CFA was performed on AMOS-24.

3.3.1.5.2 Assumptions of CFA for the Intimate Adult Relationship Questionnaire-Short Form (IARQ-SF)

To begin with, missing values and mis-entry of the data were detected. Any missing data and mis-entry were spotted because of the answer required option used in Google Forms. While evaluating the sample size, several criteria mentioned in the previous section were taken into consideration. Based on $N/p \geq 10$ ratio recommended

by Hair et al. (2010), for the current questionnaire, $(361)/(24)=15.04$ exceeds 10 which fulfills the adequate sample size criteria.

In terms of univariate and multivariate outliers, 12 univariate and 102 multivariate outliers were detected. CFA was employed both with and without the outliers. Since the obtained findings did not show notable differences, the outliers were not excluded from the study for further analysis. Test of univariate and multivariate normality showed a nonnormal distribution of the data. Skewness values to assess univariate normality were between .781 and 3.562; The Kurtosis values were between -.470 and 13.436. Mardia's coefficient that is used to assess multivariate normality was found as 363.037 indicating severe deviation from normality. Hence, to overcome the issue of deviation from normality, Bollen-Stine corrected p-value was used as the estimation method (Kline, 2011). Linearity assumption was met as a result of random detection of bivariate scatterplots (Tabachnick & Fidell, 2014). Lastly, the multicollinearity assumption was assessed. The maximum VIF value was 3.609, which is less than the cut-off value of 10 (Myers, 1990; Kline, 2011). Tolerance values were found between .277 and .703 that were higher than .20 (Menard, 1995). Also, the correlation table was checked, and the maximum r-value was .48, which did not exceed .90. Hence, no multicollinearity assumption was met. Since the assumptions were met and the corrections were adjusted in case of violation, the data was ready for confirmatory factor analysis of the Intimate Adult Relationship Questionnaire-Short Form (IARQ-SF).

3.3.1.5.3 Model Estimation for the Intimate Adult Relationship Questionnaire-Short Form (IARQ-SF)

For the current study, used fit indices and cutoff values were mentioned above. *The IARQ-SF* findings showed that $\chi^2/df = 2.78$ value was lower than the cutoff value 3 (Kline, 2011). The result of RMSEA = .07 indicated mediocre fit (Browne and Cudeck, 1993). The standardized value of RMR (SRMR) = .061 showed acceptable fit (Hu and Bentler, 1999). The results of CFI = .92 and TLI = .91 were lower than .95 (Hu and Bentler, 1999), but the results were greater than the .90 cutoff value suggested by Schumacker and Lomax (1996).

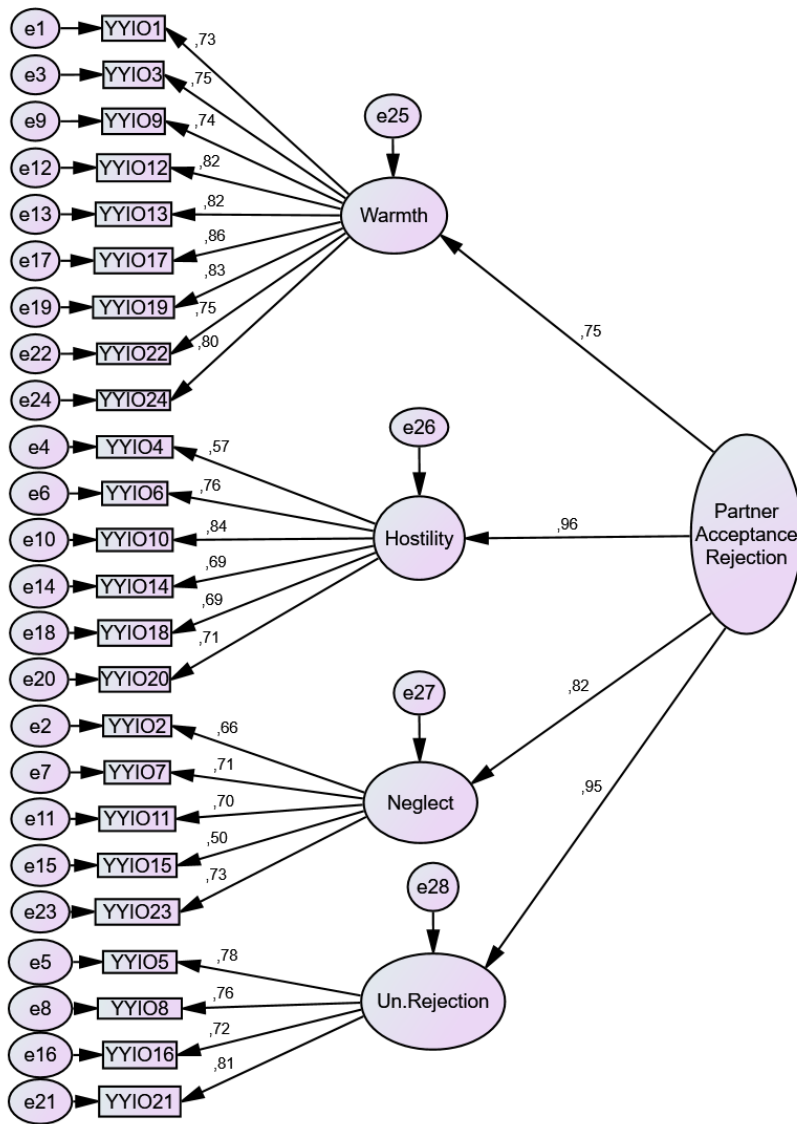


Figure 3.4 Confirmatory Factor Analysis for the Intimate Adult Relationship Questionnaire-Short Form (IARQ-SF)

As presented in Figure 3.4, the values of standardized factor loadings were found as .73 and .86 for warmth/affection; .57 and .84 for hostility/aggression; .50 and .73 for indifference/neglect; and .72 and .81 for undifferentiated rejection. Loadings of each factor on IARQ-SF were calculated as .75 for warmth/affection, .82 for indifference/neglect, .95 for undifferentiated rejection, and .96 for hostility/aggression. Obtained factor loadings were greater than the cutoff value .30 (Brown, 2006).

Cronbach's alpha values that were used to assess the internal consistency of the scale were found as .94 for warmth/affection, .86 for hostility/aggression, .79 for

indifference/neglect, and .85 for undifferentiated rejection. Overall Cronbach's alpha value for the IARQ-SF scale was .95. The findings showed acceptable internal consistency for the IARQ. Taken all into account, IARQ was found as a valid and reliable instrument to be used in the current research.

3.3.1.6 Demographic Information Form

In the current study, a demographic information form (See Appendix B) was created to collect descriptive information about the participants. The form included personal questions including gender, job and working status, educational background, the city they have located as well as the living status of their parents and if any, the age of parental loss. The living status of the parents and the age of loss were asked because when evaluating parental acceptance-rejection, an early loss might interfere with their memory about acceptance-rejection. Additionally, questions to reveal relationship characteristics were also included in the form such as whether they were married before or not, the number of children they have, and the length of the marriage.

3.4 Data Collection Procedure of Main Study

Prior to data collection of the main study, ethical approval from Middle East Technical University Human Subjects Ethics Committee was received to conduct the current study (See Appendix A). For the main study, married couples with both partners' participation in the study were required. Participation was voluntary. Purposive sampling was used with the inclusion criteria of being married for at least 1 year and having the first marriage.

In terms of data collection, the initial plan for the main study was to collect data with paper-pencil questionnaires. To ensure the privacy of the answers of husbands and wives, the researcher was going to be there in the process of filling out the forms. However, due to Covid-19 Pandemic, gathering with participants in face-to-face settings was restricted. Hence, data for the main study was collected online as in the pilot study. A link was created in Google Forms including the questionnaires and it was shared on social media platforms such as Facebook, Instagram, Twitter, and

LinkedIn. To ensure the privacy of the answers, the consent form included instructions about filling out the forms separately from their partners so that the partners cannot see each other's answers. The participants could access the research link through their cellphones or laptops, which can ensure the confidentiality of their answers. Also, to ensure privacy, the names or family names of the couples were not asked. To be able to match the partners' forms, they were asked to specify a common pseudonym and write it with their names' initials (For example, Flower AC). Overall, filling out the forms would take around 20-30 minutes. The participants were informed that they were free to withdraw from the study anytime they want.

3.5 Description of Variables

In this section, study variables were presented and described briefly. As explained earlier, the current study aims to explain the association between remembered parental acceptance-rejection and perceived partner acceptance-rejection by psychological adjustment as a mediator by conducting path analyses. For the current study, all these variables were observed variables. In other words, total scores obtained from sub-scales were computed and further analyses were conducted based on these overall scores.

The endogenous (dependent) variable of the study was perceived partner acceptance-rejection. To evaluate perceived partner acceptance-rejection of the couples, the Intimate Adult Acceptance-Rejection Questionnaire-Short Form (IARQ/SF), which is a 4-point Likert-type scale with 24 items ranging from 1 (never true) to 4 (almost always true), was used. The total score was obtained by summing up the scores of four subscales: warmth/affection (reversely coded), hostility/aggression, indifference/neglect, and undifferentiated rejection. The total score was within the range of 24 and 96. Higher scores indicate higher levels of perceived rejection.

The exogenous (independent) variables of the current study were remembered maternal and paternal acceptance-rejection. To assess these variables, Adult Parental Acceptance- Rejection Scale (Adult PARQ) including mother and father forms was utilized. Each form had 24 questions with the items ranging from 1 (never true) to 4 (almost always true). The overall score of each form was obtained by summing up the

subscale scores: warmth/affection (reversely coded), hostility/aggression, indifference/neglect, and undifferentiated rejection. Obtained total score varied between 24 and 69. Higher scores indicate higher levels of remembered rejection.

The mediator variable was the psychological adjustment. In the interest of measuring psychological adjustment, Personality Assessment Questionnaire was used. It is a Likert-type scale with 42 items ranging from 4 (almost always) to 1 (almost never true). The questionnaire includes seven personality dispositions as sub-scales: aggression/hostility, dependency, self-esteem, self-adequacy, emotional responsiveness, emotional stability, and worldview. The minimum score to be obtained is 42 and the maximum score is 168. Lower scores indicate higher psychological adjustment, and higher scores indicate lower psychological adjustment.

3.6 Data Analyses of Main Study

In this study, the main objective is to develop and test a model about earlier perceptions regarding parental acceptance/rejection and its relationship with perceived partner acceptance/rejection considering the theoretical basis of Interpersonal Acceptance-Rejection Theory (IPART). In this model, the mediating role of psychological adjustment between remembered parental acceptance-rejection and perceived partner acceptance-rejection was investigated in married couples through Actor-Partner Interdependence Mediation Model (APIMeM). To assess the paths among the variables mentioned, Mplus, which is a statistical program developed by Muthén and Muthén (1998), was used.

In terms of data analyses, there were two parts to this study. In the first part, a pilot study was conducted with married individuals and in the second part, following the data collection from married couples, main study analyses were performed. In both parts, data screening, assumptions checking (sample size adequacy, outliers, normality, linearity, multicollinearity) were performed using SPSS 22 (IBM Corp., 2013) as well as reliability analyses of the pilot study. In the main study, following the preliminary analyses, several other steps were taken. To begin with, descriptive statistics were run including One-Way ANOVA tests to detect possible gender differences regarding the variables of the study. Secondly, bivariate correlations were

investigated by calculating Pearson product moment correlation coefficients. Lastly, the main hypotheses were tested through Mplus by considering both actor and partner effects.

3.6.1 A Brief Introduction to Actor-Partner Interdependence Model (APIM)

To understand the nature of a relationship, taking into consideration the partner effect in addition to the actor effect is crucial (Kenny & Cook, 1999). Because, in a relationship, an individual is affected by the behavior and characteristics the other brings into the relationship (Kenny et al., 2006). From this perspective, a dyad is defined as an interpersonal system in which the data of two people are associated in some aspects and should be evaluated simultaneously. Considering its nature, dyadic data are nonindependent and the responses of individuals are correlated in some ways. Based on this nature of relationships, Actor-Partner Interdependence Model provides a structure for evaluating nonindependent dyadic data (Kashy & Kenny, 1999).

The Actor-Partner Interdependence Model (APIM) is the "model of dyadic relationships that integrates a conceptual view of interdependence with the appropriate statistical techniques for measuring and testing it" (Cook & Kenny, 2005, p. 101). APIM model enables simultaneous evaluation of actor-partner interactions. As stated by Ledermann et al. (2011), there are two main functions of APIM. One is to investigate an individual's internal factors influencing his/her outcome variable (actor effect) and the other is to evaluate intrapersonal factors influencing the outcome variable of his/her partner (partner effect). Hence, in this study, collecting dyadic data from married couples enables us to understand the impact of both intrapersonal and interpersonal factors. When the research is designed to understand the interpersonal dynamics and how members of a dyad have an impact on each other, testing dyadic patterns offers a comprehensive interpretation of the relationship.

In the last decade, assessing mediations were commonly used in dyadic data (Ledermann & Bodenmann, 2006). APIMeM, which is a model obtained by extending APIM, is commonly used to examine the actor-partner interdependence mediation model (Ledermann & Bodenmann, 2006). All in all, within the framework of APIMeM, the current study aims to assess the mediating role of psychological

adjustment between remembered parental acceptance-rejection and perceived partner acceptance-rejection by taking into consideration of both actor and partners effects.

3.7 Limitations of the Study

The current research had several limitations that should be noted while discussing the findings. To begin with, participants of the current study included couples with a wide range of characteristics due to the number of children, age, relationship length, etc. Individuals in different life cycles and periods of their marriages might have different acceptance-rejection experiences with their intimate partners. The age of the participants and being a parent might intervene with the remembrances of parental acceptance-rejection. Not evaluating the contribution of these factors can be considered a limitation of the study. Also, when the participants were evaluated for their educational background, it was found that the majority of the participants were highly educated and currently working. Considering that in Turkey, the college graduate percentage is 22.1.% according to TUIK (2022) data, the current study's 62.79% college graduate participants indicate a group of highly educated individuals in the society. Hence, such factors can threaten the representativeness of the population and decrease the generalizability of the results as a limitation of this study.

Secondly, self-report questionnaires were used in the current study. Self-report questions were criticized due to the tendency of participants' responding the questions in a socially favorable way. Considering that the nature of the study's questions was intimate and private, people might be experiencing hesitations in disclosing negative aspects of their relationships. Even though the confidentiality of the results was ensured, using subjective reports might be considered a limitation to some level due to the sensitive nature of the study. Also, in the current study, early memories about parental acceptance-rejection were asked to adults. Hence, memory deterioration might also interfere with the answers to the self-report questionnaires.

Thirdly, participants were informed both via the invitation letter and the consent form about responding to the questionnaires separately from their partners. However, due to Covid-19 Pandemic, the data was collected through online sources

without the presence of the researcher controlling the process, or without the use of a camera to ensure that the partners do not see each other's responses. So, it can be considered a limitation of the study. Also, without the accompany of the researcher, participants did not have the chance to clarify any misunderstandings about the questions which can reduce the reliability of the results. Additionally, it should be noted that the data collection period was between July 2020 and November 2020. The first Covid-19 case was reported in March 2020 in Turkey and for the following 6 months, Turkey was on the list of most infected countries (Pasley, 2020). Hence, this overlaps with the global health crisis and the data collection process of the current study should be taken into consideration. Because of social isolation, restrictions, and dramatic change in daily life routines, were shown to play a significant role in increasing psychological distress which is associated with higher levels of anxiety and depressive symptoms (e.g., Tanhan et al., 2020). This life-threatening health crisis had an important influence on romantic couples as well (Luetke et al., 2020). Relationship conflict was reported to increase whereas relationship satisfaction and sexual desire were found to decrease in this process (Luetke et al., 2020). Increased relationship distress was also associated with higher levels of divorce and separation for partners during the pandemic (Barakat, 2020; Rosner, 2020). Hence, the psychological adjustment and interaction among couples regarding acceptance-rejection dynamics might have influenced the scores of individuals. Not assessing individuals' psychological distress caused by the Covid-19 pandemic can be considered a limitation of the study since such factors can intervene with the results of the study.

Fourthly, even though collecting the data online enables the participation of individuals from varied parts of the country, it also decreases the generalizability of the results since only internet users and people who have internet access can participate in the study. Additionally, a purposive sampling technique was used with inclusion criteria for the current study. Hence, these might decrease the external validity of the study which refers to the extent to which the findings of the study can be generalized (Fraenkel et al., 2011).

Lastly, the current study is correlational and cross-sectional in nature which does not enable making causality interpretations among the variables. Furthermore, according to Rohner (2021), the perception of acceptance-rejection can be considered

along a continuum. Hence, to evaluate the nature of the perceived partner acceptance-rejection more precisely, longitudinal data are needed. Also, in the current study, overall scores for each scale were used. Examining the sub-components of the scales would provide enriched data about the covert factors involved in the acceptance-rejection experiences.

CHAPTER 4

RESULTS

In this section, the results of statistical analyses of the main study were explained. To begin with, the main study's preliminary analyses were conducted for the inspection of missing data, adequate sample size, univariate and multivariate outliers, univariate and multivariate normality, linearity, homoscedasticity, multicollinearity, distinguishability of the dyad members, and nonindependence assumptions. Following the assumption checks, descriptive statistical analyses were performed including mean, standard deviation, and gender differences as well as bivariate correlations among the current study variables. The main studies' statistical analyses results were presented, and all hypotheses were tested in this section. Lastly, overall results were briefly summarized referring to the main points of the current study.

4.1 Preliminary Analyses

Within preliminary analyses, assumption checks include the inspection of missing data, adequate sample size, univariate and multivariate outliers, univariate and multivariate normality, linearity, homoscedasticity, multicollinearity, distinguishability, and nonindependence. Then, descriptive statistical analysis was performed. Missing values, mis-entry were examined before data analyses. With the answer requirement option in Google forms, there was no missing value or mis-entry.

4.1.1 Sample Size Adequacy

Kline (2011) emphasized that a large enough sample size is an important issue when assessing a model. To determine the adequacy of the current sample size, different criteria were used. To run path analyses, Hoelter (1983) and Kline (2011) proposed that the sample size should be greater than 200 and since the sample size of the current study is 344, this criterion was met. According to the equation of Tabachnick and Fidell (2007), $N > 50 + 8m$ (N: number of participants, m: number of independent variables) provides an adequate sample size. For the current study $344 > 82$ ($m=4$), fulfills the criteria. Overall, based on the referred suggestions, the current study met the assumption of an adequate sample size.

4.1.2 Univariate and Multivariate Outliers

Following the examination of sample size adequacy, univariate and multivariate outliers were detected. According to Tabachnick and Fidell (2007), z-score values of univariate outliers referring to the unusual values on a single variable fall out of -3.29 and +3.29 intervals. However, Stevens (2001) emphasizes that for the large samples ($n > 100$), cut-off criteria should be specified as -4.00 and +4.00.

Considering the large sample size of the current study, cutoff criteria suggested by Stevens (2001) was used for the current study. In total, 3 univariate and 108 multivariate outliers were detected. The analyses were performed both with and without outliers. The results indicated no apparent differences. Orr et al. (1991) suggest that for the data to be more representative of the population outliers should be kept. Considering the generalizability of the results, outliers were included in the study.

4.1.3 Univariate and Multivariate Normality

Univariate and multivariate normality were examined for the current data. Univariate normality assumption was assessed by detecting the values of skewness and kurtosis. For the data to be considered as normally distributed, the values should

approach zero. When the results were investigated, nonsymmetrical distribution was detected. When the values approach zero, the data is considered to be normally distributed. Hence, for the current pilot study, nonsymmetrical distribution of the data was obtained. For multivariate normality, Mardia's (1970) coefficient which is used to evaluate multivariate normality through multivariate kurtosis was assessed. Normalized coefficients higher than the value 3.00 refers to the nonnormality of the data (Bentler, 2001; Ullman, 2006). In the current study, Mardia's coefficient of 13.78 shows a significant deviation from normality. Assessing the data with Maximum Likelihood can lead to misinterpretation for nonnormally distributed data. As Kline (2011) suggested, bootstrapping referring to a statistical technic of resampling should be used for nonnormally distributed data. Hence, for the current data bootstrapping was utilized to overcome the nonnormality issue.

4.1.4 Linearity

Linearity assumption was detected by the inspection of bivariate scatterplots of the variable sets (Tabachnick & Fidell, 2014). Considering the great number of bivariate combinations among the variables of the current research, bivariate scatterplots were randomly detected. The results revealed that the linearity assumption was met for the current study.

4.1.5 Multicollinearity

Multicollinearity issue arise when intercorrelation among the predictors are identified as unacceptably high (Tabachnick & Fidell, 2014). To assess multicollinearity, the variance inflation factor (VIF) value is an important indicator. When the VIF value is greater than the cut-off value 10, a problem with multicollinearity is detected (Kline, 2011; Myers, 1990). As another criterion for multicollinearity, bivariate correlation coefficients should be less than .90 (Tabachnick & Fidell, 2014). Lastly, tolerance values should be investigated for multicollinearity and the values below .20 show the issue of multicollinearity (Menard, 1995). For the current data set, multicollinearity was detected by taking into consideration all these

criteria. For the Mother sub-scale of the Parental Acceptance-Rejection Scale, obtained VIF values varied between 1.55 and 3.43, tolerance values were greater than .20 and no bivariate correlation coefficient exceeded .90 which indicated no multicollinearity issue. For the Father sub-scale of the Parental Acceptance-Rejection Scale, VIF values were among 1.42 and 4.56, tolerance values exceeded the value of .20 and all detected bivariate correlation coefficient values were lower than .90 demonstrating no multicollinearity. Also, for Personality Assessment Questionnaire, VIF values varied between 1.28 and 3.34, tolerance values were greater than .20 and all bivariate correlation coefficients were lower than .90 showing no multicollinearity. Lastly, the VIF values obtained from the Partner Acceptance-Rejection Scale were among 1.47 and 3.37 with tolerance values greater than .20 and bivariate correlations lower than .90. Overall evaluation of the scales led to the inference of no multicollinearity issue for the current study.

4.1.6 Distinguishability of the Dyad Members

When conducting dyadic research, it is crucial to consider whether the members of the dyad are distinguishable or indistinguishable (Kenny et al., 2006). Distinguishable dyad members can be defined as members that can be assigned to different groups for a specific feature. For example, a married couple includes the members of a wife and a husband which can be easily distinguished. The data for the current study were collected from heterosexual married couples including the members of wives and husbands within each dyad. Hence, the members of a dyad are considered as distinguishable for the current study.

4.1.7 Nonindependence

When the scores of the members within a dyad share something in common, it is referred to as nonindependence. In other words, the members of the same dyad are not totally independent from each other. Close relationships including friendships, married, or dating partners are examples of nonindependent dyads (Kenny et al., 2006).

Cook and Kenny (2005) emphasized that failure to evaluate nonindependent observations in studies could lead to biased results. The type of dyad determines the appropriate measurement method for nonindependence. Pearson product-moment correlation can be used to assess the data of dyads with distinguishable members. Since the current data set includes husbands and wives who are considered as distinguishable members, Pearson product-moment correlation coefficients were calculated. In the current study, the variables of ‘remembered maternal acceptance’, ‘remembered paternal acceptance’, ‘psychological adjustment’ are considered as mixed variables. According to Ackerman et al. (2011), variables that differ between members of a dyad as well as across dyads such as family history, personality attributes are considered as mixed variables. However, from the theoretical perspective, the variable of ‘perceived acceptance from partners’ is hypothesized to be linked for the members of a dyad rather than being independent of each other. Hence, Pearson product-moment correlation coefficients were calculated for this variable. The results revealed that perceived acceptance from partners ($r = .49, p < .01$) for wives and husbands was significantly correlated within dyads indicating nonindependence in terms of the dependent variable of the study.

4.2 Descriptive Statistics

This part includes descriptive information about the main study variables. To begin with, means, standard deviations, and possible gender differences among the variables were presented. Subsequently, bivariate correlations including bivariate actor and partner correlation results were introduced in this part.

4.2.1 Means, Standard Deviations, and Gender Differences

In the current study, exogenous and endogenous variables were disintegrated and evaluated separately as wives’ variables and husbands’ variables. In the interest of detecting possible gender differences, the mean values in conjunction with standard deviations were obtained and One-Way ANOVA tests were run. For remembered maternal acceptance-rejection, mean scores were $M = 40.55$ ($SD = 16.53$) for wives

and $M = 35.42$ ($SD = 10.64$) for husbands. For remembered maternal acceptance-rejection, One-Way ANOVA results $F(1,342) = 11.68$, $p < .05$ indicated that there was a significant gender difference among the groups. Since higher scores of the scale indicate lower levels of remembered maternal acceptance, it can be inferred that husbands' perception of maternal acceptance is higher than their wives.

For remembered paternal acceptance-rejection, the mean scores were 39.73 ($SD = 13.25$) for wives and $M = 40.38$ ($SD = 14.47$) for husbands. One-way ANOVA results indicated that there was no significant difference among the two groups with the value of $F(1,342) = .189$, $p = .66$.

Regarding psychological adjustment, mean scores were $M = 86.77$ ($SD = 16.99$) for wives and $M = 85.08$ ($SD = 17.18$) for husbands. The findings of one-way ANOVA $F(1,342) = .83$, $p = .36$ showed no significant gender difference regarding psychological adjustment.

Lastly, the mean scores of the endogenous (dependent) variable perceived partner acceptance were found as $M = 35.42$ ($SD = 11.73$) for wives and $M = 34.22$ ($SD = 10.58$) for husbands. The result of one-way ANOVA, $F(1,342) = 1.0$, $p = .32$ demonstrated no significant gender difference in perceived partner acceptance. Means and standard deviations of the study variables are summarized in Table 4.1.

Table 4.1

Means and Standard Deviations of the Study Variables for Wives and Husbands (N=172)

	Wives			Husbands			
	M	SD	A.Range	M	SD	A.Range	P.Range
P_Mot. Acc.-Rej.	40.55	16.53	24-96	35.42	10.64	24-81	24-96
P_Fat. Acc.-Rej.	39.73	13.25	24-94	40.38	14.47	24-96	24-96
Psy. Adj.	86.77	16.99	44-143	85.08	17.18	52-138	42-168
P_Part. Acc.-Rej.	35.42	11.73	24-83	34.22	10.58	24-80	24-96

Table 4.1 (*continued*)

Note. P_Mot. Acc.-Rej.= Maternal Acceptance-Rejection; P_Fat. Acc.-Rej.= Paternal Acceptance-Rejection; Psy.Adj= Psychological Adjustment; P_Part. Acc.-Rej.= Partner Acceptance-Rejection; A.Range= Actual Range; P.Range= Possible Range

4.2.2 Bivariate Correlations

To examine the relationships among all the variables of the current study, Pearson product moment correlation coefficients were calculated. Pearson's product moment correlation, also known as Pearson's r , is used to assess the linear association between two quantitative variables (Hayes, 2018). For the current study, the variables of Wives' Maternal Acceptance-Rejection (W_Mother), Husbands' Maternal Acceptance-Rejection (H_Mother), Wives' Paternal Acceptance-Rejection (W_Father), Husbands' Paternal Acceptance-Rejection (H_Father), Wives' Psychological Adjustment (W_PsyAdj), Husbands' Psychological Adjustment (H_PsyAdj), Wives' Partner Acceptance-Rejection (W_Partner), Husbands' Partner Acceptance-Rejection (H_Partner) were included in the correlation analyses.

4.2.2.1 Bivariate Correlation Results of Actors

Field (2005) indicated that when evaluating correlation strength, the cut-off points should be regarded as; $\pm .10$ (low), $\pm .30$ (moderate), and $\pm .50$ (high) correlation. Regarding correlations of actors, wives' remembered paternal acceptance-rejection and wives' perceived partner acceptance-rejection did not reveal a significant correlation. Besides that, when the correlations among exogenous, endogenous, and mediator variables were examined accordingly, moderate correlations were found in general.

In terms of actor correlations, wives' remembered maternal acceptance-rejection was significantly correlated with wives' psychological adjustment ($r=.33$, $p<.01$) and wives' perceived partner acceptance-rejection ($r=.21$, $p<.01$). Wives' remembered maternal acceptance-rejection was also significantly correlated with the

other variable of wives' remembered paternal acceptance-rejection ($r=.38, p<.01$). Husbands' remembered maternal acceptance-rejection was significantly correlated with husbands' psychological adjustment ($r=.23, p<.01$) and husbands' perceived partner acceptance-rejection ($r=.27, p<.01$). There was also a significant relationship between husbands' remembered maternal acceptance-rejection and husbands' remembered paternal acceptance-rejection ($r=.46, p<.01$).

Wives' remembered paternal acceptance-rejection was significantly correlated with their psychological adjustment ($r=.32, p<.01$) whereas wives' remembered paternal acceptance-rejection was not significantly correlated with their perceived partner acceptance-rejection ($r=.15, p>.05$). Husbands' remembered paternal acceptance-rejection was significantly associated with their psychological adjustment ($r=.32, p<.05$) and their perceived partner acceptance-rejection ($r=.26, p<.01$).

Another significant correlation was found between wives' psychological adjustment and their perceived partner acceptance-rejection ($r=.34, p<.05$) in parallel with the results of husbands' psychological adjustment and their partner acceptance-rejection having a significant correlation ($r=.29, p<.05$).

4.2.2.2 Bivariate Correlation Results of Partners

Concerning cut-off values asserted by Field (2005), bivariate correlations of partners were also examined. In general, significant correlations among exogenous, endogenous, and mediator variables were detected with low and moderate correlation strength. Regarding the correlation between spouses' remembered parental acceptance-rejection and their own perceived partner acceptance-rejection, only the correlation between wives' remembered maternal acceptance-rejection and husbands' perceived partner acceptance-rejection was significant. Additionally, husbands' psychological adjustment was not significantly correlated with wives' perceived partner acceptance-rejection whereas wives' psychological adjustment was found to be correlated significantly with husbands' perceived partner acceptance-rejection as a partner effect.

Wives' remembered maternal acceptance-rejection was found significantly correlated with husbands' perceived partner acceptance-rejection ($r=.24, p<.01$).

Husbands' remembered maternal acceptance-rejection was correlated with wives' psychological adjustment ($r=.18, p<.05$). Wives' remembered paternal acceptance-rejection was correlated with husbands' psychological adjustment ($r=.17, p<.05$). Husbands' remembered paternal acceptance-rejection was correlated with wives' psychological adjustment ($r=.17, p<.05$). Wives' psychological adjustment was significantly correlated with husbands' perceived partner acceptance-rejection ($r=.38, p<.05$). Additionally, a significant and positive correlation was detected among the outcome variables of wives' perceived partner acceptance-rejection and husbands' perceived partner acceptance-rejection ($r=.49, p<.01$). Other partner correlations among variables were not found significant as shown in Table 4.2.

Table 4.2*Bivariate Correlations among Study Variables*

	1	2	3	4	5	6	7	8
W_Mother (1)	1							
H_Mother (2)	.14	1						
W_Father (3)	.38**	.15	1					
H_Father (4)	.08	.46**	.12	1				
W_PsyAdj (5)	.33**	.18*	.32**	.17*	1			
H_PsyAdj (6)	-.01	.23**	.17*	.32**	.13	1		
W_Partner (7)	.21**	.15	.15	.15	.34**	.14	1	
H_Partner (8)	.24**	.27**	.14	.26**	.38**	.29**	.49**	1

Note. W_Mother= Wives' Maternal Acceptance-Rejection; H_Mother= Husbands' Maternal Acceptance-Rejection; W_Father= Wives' Paternal Acceptance-Rejection; H_Father= Husbands' Paternal Acceptance-Rejection; W_PsyAdj= Wives' Psychological Adjustment; H_PsyAdj= Husbands' Psychological Adjustment; W_Partner= Wives' Partner Acceptance-Rejection; H_Partner= Husbands' Partner Acceptance- Rejection

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

4.3 The Results of the Main Hypotheses

In the current study, the main purpose is to assess the mediating role of psychological adjustment between remembered parental acceptance-rejection and perceived intimate partner acceptance-rejection among married couples. One of the key issues that the current study addresses is the influence that members of a dyad have on each other due to these variables. As suggested by Kenny and Ledermann (2010), APIMeM specifies different types of dyadic patterns considering the actor and partner effects. Since the results were evaluated taking into consideration the actor-partner effects, APIMeM was used for data examination through the statistical program MPlus developed by Muthén and Muthén (1998). Prior to conducting these analyses, One-Way ANOVA results were obtained to identify gender differences for all variables in the study as well as Pearson-product coefficients were calculated to determine the bivariate correlations among the variables as mentioned above.

The research question of the current study is "to what extent does psychological adjustment mediate the relationship between remembered parental (maternal and paternal) acceptance-rejection and perceived partner acceptance-rejection?" On account of assessing the research question of the study, a saturated model was generated. A model is saturated when $\chi^2 = 0$ with zero df (Kenny & Ledermann, 2010). All the paths among the variables were included in the saturated model and then the non-significant paths were dropped from the model. Hence, the final model included the significant paths of the model. The goodness of fit of the final model was $\chi^2(13) = 19.28$, $p = .10$, $\chi^2/df = 1.52$, CFI = .95, TLI = .92, RMSEA = .06, (90%CI, 0.00-0.10), SRMR = .06. As specified earlier, these results were examined with respect to the proposed cut-off criteria. $\chi^2/df = 1.52$ value was below the cut-off value of 3 (Kline, 2011). Additionally, RMSEA = .06 value was within the range of .05 and .10 indicating mediocre fit (Browne & Cudeck, 1993), as well as SRMR = .06 which is below the cut-off value of .08, showed acceptable fit (Hu & Bentler, 1999). According to Hu and Bentler (1999), CFI and TLI values should be .95 and over which is favorable for CFI = .95 but not for TLI = .92. When the results are evaluated altogether, the model indicated an acceptable fit.

With the aim of examining the amount of variance explained by the current study's hypothesized model, squared multiple correlations (R^2) were computed. The meaningfulness of squared multiple correlations (R^2) is estimated on the assumption about the association between X and Y, referring that X explains some of the variation in Y (Hayes, 2018). The results indicated that wives' and husbands' remembered maternal and paternal acceptance-rejection accounted for 15% of the variance in wives' psychological adjustment and 10% for husbands' psychological adjustment. Overall, the model explained 11.6% of the variance for wives' perceived partner acceptance-rejection and 19.1% variance for husbands' perceived partner acceptance-rejection.

Cohen (1988, 1992) recommended that correlation values from .10 to .30 show small (weak) effect, from .30 to .50 show medium (moderate) effect and values exceeding .50 indicate large (strong) effect. Consistently, McCartney and Rosenthal (2000) stated that conventions have arisen around the notion that if the coefficient values are around .10, it is considered as a small effect, and if coefficient values are around .30, it is considered as a moderate effect.

The β value obtained from MPlus output is the unstandardized regression coefficient from the data in a standardized form (Ackerman et al., 2011). Standardized regression coefficients such as beta values (β) offer an understanding of the magnitude of effects. Hence, the regression coefficient β was evaluated based on Cohen's guideline to assess the correlation for the following meaningful paths.

When evaluating the mediation effect of psychological adjustment among parental acceptance-rejection and partner acceptance-rejection, a guideline was also used. A mediation model can offer one of these possibilities; partial mediation, complete mediation, or inconsistent mediation (Maassen & Bakker, 2001; MacKinnon et al., 2000). Complete mediation appears when there is a significant indirect effect among the variables through the mediator whereas no direct effect is found. Partial mediation occurs when there are both direct and indirect effects among the variables and they have the same sign. Inconsistent mediation emerges when there are both direct and indirect effects among the variables, but they have different signs (Maassen & Bakker, 2001; MacKinnon et al., 2000). Hence, for the current data, to determine

whether the mediating effects in the model are complete, partial, or inconsistent, both the indirect effects and direct effects have been taken into consideration.

4.3.1 Actor Effects

Actor effects were evaluated for wives and husbands by detecting the direct and indirect effects. Actor direct effects were investigated among remembered maternal acceptance-rejection, remembered paternal acceptance-rejection, psychological adjustment, and perceived partner acceptance-rejection.

For wives, the direct actor effect of their remembered maternal acceptance-rejection significantly and positively predicted their psychological adjustment ($\beta = .24, p < .01$) with a small effect (H2a). In parallel, remembered paternal acceptance of wives also predicted their psychological adjustment significantly and positively ($\beta = .22, p < .01$) with a small effect (H2b). In other words, for wives, both maternal acceptance and paternal acceptance were found to be linked to the wife's psychological adjustment. For husbands, the direct actor effect of their remembered maternal acceptance-rejection did not predict their psychological adjustment significantly (H2a). However, remembered paternal acceptance predicted their psychological adjustment positively and significantly ($\beta = .32, p < .01$) with moderate effect (H2b). In other words, for husbands, remembered maternal acceptance did not significantly predict husbands' psychological adjustment whereas remembered paternal acceptance was found to be significantly associated with husbands' psychological adjustment.

For wives, the direct actor effect of their psychological adjustment on perceived partner acceptance-rejection was positive and statistically significant ($\beta = .34, p < .01$) showing moderate effects (H4a). In other words, the wife's psychological adjustment is linked to the wife's perceived partner acceptance. For men, the direct actor effect of their psychological adjustment on perceived partner acceptance was also positive and statistically significant ($\beta = .19, p < .01$), showing a small effect (H4a).

For wives, neither maternal acceptance nor paternal acceptance significantly predicted their partner acceptance (H1a & H1b). For husbands, paternal acceptance was not significant in terms of its direct relation with partner acceptance (H1b). For the maternal acceptance of husbands, even though the correlation seemed meaningful

based on the cut-off value of p ($\beta = .14, p < .05$), LLCI and ULCC values included 0 which indicates a nonmeaningful correlation (H1a). Hence, there was no significant correlation among these variables.

When actor effects were evaluated, the indirect effect of psychological adjustment, the mediator variable, was also examined separately for wives and husbands. Within the context of actor correlations, there were two meaningful mediating effects of psychological adjustment. The indirect effect of wives' remembered maternal acceptance on their perceived partner acceptance was significantly, positively, and completely mediated by the psychological adjustment (H3a; $\beta = .08, p < .05, [CI .03, .14]$). In other words, wives who remembered to receive acceptance from their parents tend to have increased psychological adjustment which resulted in higher levels of perceived acceptance from their partners. Secondly, for husbands, the mediating role of psychological adjustment between remembered paternal acceptance and their perceived partner acceptance was significant, positive, and complete (H3b; $\beta = .06, p < .05, [CI .01, .11]$). This result indicates that husbands' remembrances of being accepted by their fathers increases their psychological adjustment which in turn, increases their perceived acceptance from their wives.

4.3.2 Partner Effects

In terms of direct partner effects, wives' psychological adjustment significantly and positively predicted their husbands' perceived partner acceptance ($\beta = .34, p < .01$) with moderate effect (H6a). However, husbands' psychological adjustment did not predict their wives' perceived partner acceptance significantly (H6a). Due to maternal acceptance and paternal acceptance, no direct partner effect was found both for wives and husbands (H7a & H7b). Table 3.3 shows the results of actor and partner direct effects among study variables.

When partner effects were examined, the mediating role of psychological adjustment was also tested separately for wives and husbands. Two significant indirect effects were detected in terms of how partners' remembered parental acceptance influences each other's perceived partner acceptance via psychological adjustment.

Wives' remembered maternal acceptance on husbands' perceived partner acceptance was significantly, positively, and completely mediated by the psychological adjustment of wives (H5a; $\beta = .08, p < .05, [CI .02, .15]$). The indirect effect of wives' remembered paternal acceptance on husbands' perceived partner acceptance was significantly, positively, and completely mediated by the psychological adjustment of wives (H5b; $\beta = .08, p < .05, [CI .01, .15]$). In other words, wives' both maternal and paternal acceptance remembrances have an indirect impact on their husbands' perceived acceptance of their partners via wives' psychological adjustment. Table 4.4 summarizes the results of indirect effects for both wives and husbands. Also, there was a significant correlation between perceived partner acceptance-rejection of wives and perceived partner acceptance-rejection of husbands (H8a; $\beta = .40, p < .05$).

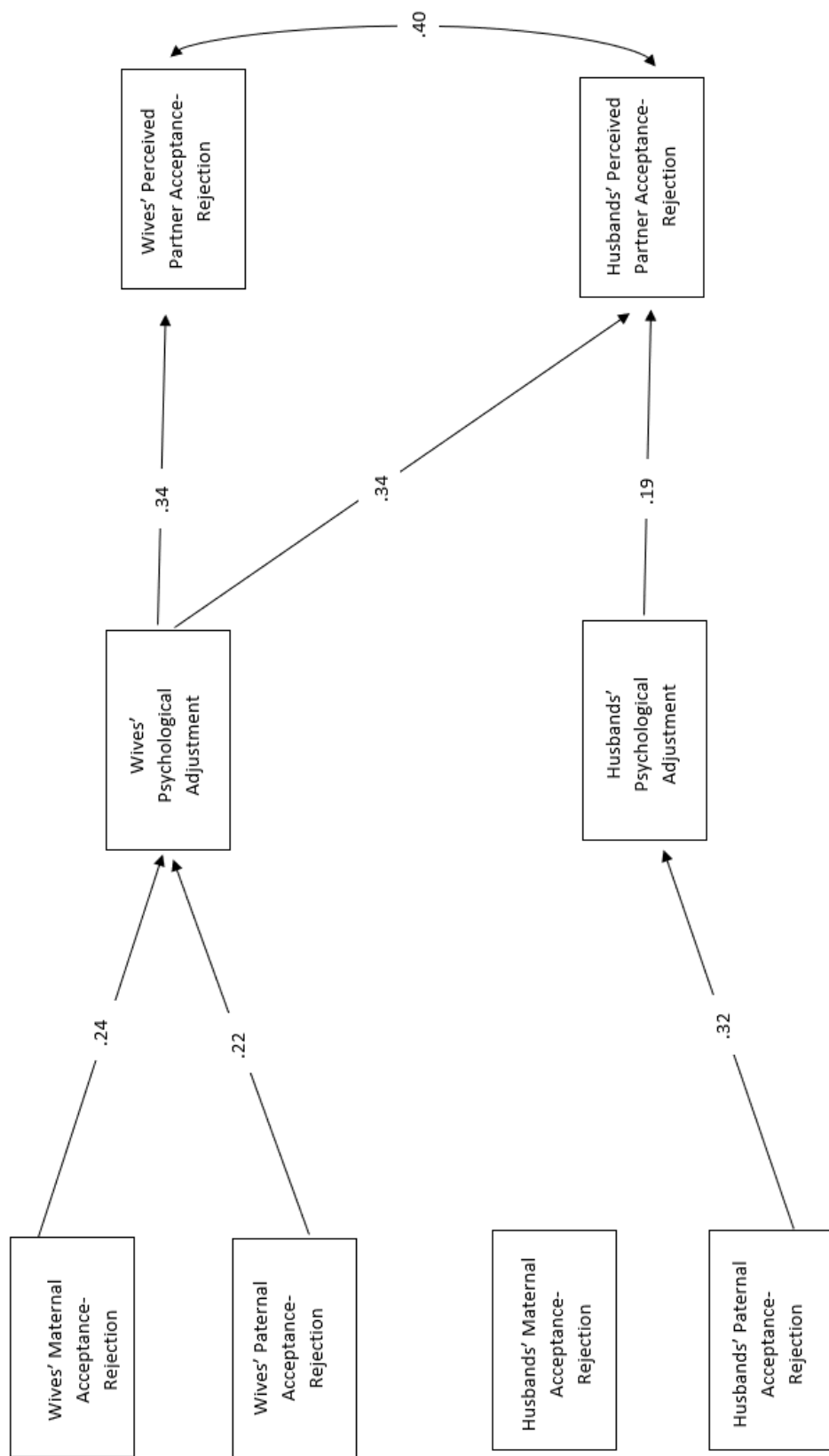


Figure 4.1 The diagram of the structural model

Table 4.3

Actor and Partner Effects among Parental Acceptance-Rejection, Psychological Adjustment and Partner Acceptance-Rejection

Effects	B	β	SE	t	p	LLCI	ULCC
<u>Actor Effects</u>							
Mother Accep. → Psy Adj.							
Wives	.25	.24	.08	3.20	.00	.092	.419
Husbands	-	-	-	-	-	-	-
Father Accep. → Psy.Adj.							
Wives	.28	.22	.10	2.87	.00	.065	.497
Husbands	.38	.32	.09	4.33	.00	.203	.564
Psy.Adj. → Partner Accep.							
Wives	.24	.34	.05	4.76	.00	.134	.343
Husbands	.11	.19	.04	2.89	.00	.034	.202
Mother Accep. → Partner Accep.							
Wives	-	-	-	-	-	-	-
Husbands	.13	.14	.06	2.09	.04	-.059	.333
Father Accep. → Partner Accep.							
Wives	-	-	-	-	-	-	-
Husbands	-	-	-	-	-	-	-
<u>Partner Effects</u>							
Mother Accep. → Psy Adj.							
Wives	-	-	-	-	-	-	-
Husbands	-	-	-	-	-	-	-
Father Accep. → Psy.Adj.							
Wives	-	-	-	-	-	-	-
Husbands	-	-	-	-	-	-	-
Psy.Adj. → Partner Accep.							
Wives	.21	.34	.04	4.87	.00	.12	.30
Husbands	-	-	-	-	-	-	-

Table 4.3 (continued)

Mother Accep. → Partner Accep.

Wives	-	-	-	-	-	-	-
Husbands	-	-	-	-	-	-	-

Father Accep. → Partner Accep.

Wives	-	-	-	-	-	-	-
Husbands	-	-	-	-	-	-	-

Partner Accep. → Partner Accep.

Wives and Husbands	.40	.40	8.85	4.55	.00	24.93	60.14
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Note. Psy. Adj.= Psychological Adjustment; Mother Accep.= Maternal Acceptance-Rejection; Father Accep.= Paternal Acceptance-Rejection; Partner Accep.= Partner Acceptance-Rejection

Table 4.4

Indirect Effects among Parental Acceptance-Rejection, Psychological Adjustment and Partner Acceptance-Rejection

Effects	B	β	LLCI	ULCI
Actor Indirect				
W_Mot → W_Psy → W_Part	.06	.08	.03	.14
H_Fat → H_Psy → H_Part	.04	.06	.01	.11
Partner Indirect				
W_Mot → W_Psy → H_Part	.05	.08	.02	.15
W_Fat → W_Psy → H_Part	.06	.08	.01	.15

Note. W_Mot=Wives' maternal acceptance-rejection; W_Psy=Wives' psychological adjustment; W_Part=Wives' partner acceptance-rejection; H_Fat=Husbands' paternal acceptance-rejection; H_Psy=Husbands' psychological adjustment; H_Part=Husbands' partner acceptance-rejection

4.4 Hypotheses Testing

In this part, the present study hypotheses were elaborated based on the obtained results. The main research question to be answered in the current study is “To what

extent does psychological adjustment mediate the relationship between remembered parental (maternal and paternal) acceptance-rejection and perceived partner acceptance-rejection?"

Considering the main research question, relevant hypotheses were analyzed.

Actor Effects:

Hypothesis 1

H1a: There will be a significant positive actor effect of remembered maternal acceptance on perceived partner acceptance. This hypothesis was rejected both for husbands and wives.

H1b: There will be a significant positive actor effect of remembered paternal acceptance and perceived partner acceptance. This hypothesis was rejected both for husbands and wives.

Hypothesis 2

H2a: There will be a significant positive actor effect of remembered maternal acceptance and psychological adjustment. This hypothesis was confirmed for wives ($\beta = .24, p < .01$) but it was rejected for husbands.

H2b: There will be a significant positive actor effect of remembered paternal acceptance and psychological adjustment. This hypothesis was confirmed for both wives ($\beta = .22, p < .01$) and husbands ($\beta = .32, p < .01$).

Hypothesis 3

H3a: The relationship between remembered maternal acceptance and partner acceptance will be mediated by their psychological adjustment for both wives and husbands. The hypothesis was confirmed for wives ($\beta = .08, p < .05$) with complete mediation whereas it was rejected for husbands.

H3b: The relationship between remembered paternal acceptance and perceived partner acceptance will be mediated by their psychological adjustment for both wives and husbands. This hypothesis was rejected for wives, but it was accepted for husbands ($\beta = .06, p < .05$) with complete mediation.

Hypothesis 4

H4a: There will be a significant positive actor effect of psychological adjustment and perceived partner acceptance. This hypothesis was confirmed for both wives ($\beta = .34, p < .01$) and husbands ($\beta = .19, p < .01$).

Partner Effects:

Hypothesis 5

H5a: The relationship between their partners' remembered maternal acceptance and their own perceived partner acceptance will be mediated by their partners' psychological adjustment for both wives and husbands. The hypothesis was confirmed for husbands' perceived partner acceptance ($\beta = .08$, $p < .05$). In other words, the relationship between remembered maternal acceptance of wives and perceived partner acceptance of husbands was completely mediated by wives' psychological adjustment. However, this hypothesis was rejected for wives' perceived partner acceptance.

H5b: The relationship between their partners' remembered paternal acceptance and their own perceived partner acceptance will be mediated by their partners' psychological adjustment for both wives and husbands. This hypothesis was confirmed for husbands' perceived partner acceptance ($\beta = .08$, $p < .05$). In other words, the relationship between remembered paternal acceptance of wives and perceived partner acceptance of husbands was completely mediated by wives' psychological adjustment. But the current hypothesis was rejected for wives' perceived partner acceptance.

Hypothesis 6

H6a: There will be a significant positive partner effect of psychological adjustment and perceived partner acceptance. This hypothesis was confirmed for husbands ($\beta = .34$, $p < .01$) whereas it was rejected for wives.

Hypothesis 7

H7a: There will be a significant positive relationship between their partners' remembered maternal acceptance and their own perceived partner acceptance. This hypothesis was not confirmed either by the results of wives or husbands.

H7b: There will be a significant positive relationship between their partners' remembered paternal acceptance and their own perceived partner acceptance. This hypothesis was not acceptable both for the data of wives and husbands.

Hypothesis 8

H8a: There will be a significant positive relationship between perceived partner acceptance of wives and perceived partner acceptance of husbands. This hypothesis was valid for the current data ($\beta = .40, p < .05$).

4.5 Summary of the Results

The results of APIMeM analyses indicate that there are meaningful direct actor and partner effects as well as significant indirect actor and partner effects through the psychological adjustment. Both remembered maternal and paternal acceptance of wives predicted their own psychological adjustment significantly and directly. On the other hand, for husbands, remembered paternal acceptance significantly and directly predicted their own psychological adjustment whereas their remembered maternal acceptance did not have a significant contribution to their psychological adjustment. When the paths of psychological adjustment and perceived partner acceptance-rejection were evaluated, important findings were also obtained both for wives and husbands. For wives, their psychological adjustment significantly and directly predicted their own perception about partner acceptance as an actor effect and it also predicted their husbands' perceived partner acceptance as a partner effect. But for husbands, their psychological adjustment predicted only their own perception about partner acceptance which is an actor effect, and it did not have a partner effect. In addition to the direct effects, indirect effects via psychological adjustment were also examined both for wives and husbands. It was found that for wives, their psychological adjustment significantly and completely mediated the relationship between their own remembered maternal acceptance and their husbands' perceived partner acceptance as a partner effect. Additionally, wives' psychological adjustment significantly and completely mediated the relationship between wives' remembered maternal acceptance and wives' perceived partner acceptance. As another indirect effect, wives' psychological adjustment significantly and completely mediated the relationship between their remembered paternal acceptance and their husbands' perceived partner acceptance as a partner effect. Lastly, husbands' psychological adjustment

significantly and completely mediated the relationship between their remembered paternal acceptance and their own perceived partner acceptance.

CHAPTER 5

DISCUSSION

This section consists of three main parts aiming to evaluate current research comprehensively. In the first part, the findings of the research were discussed in light of the literature. In the second part, both theory and practice-based implications drawn from the current research findings were presented. Lastly, in the third part, recommendations for future research were stated.

5.1. Discussion of the Findings

Relationships are dynamic in nature that contain not only two separate individuals but also, a course of interaction among them (Thibaut & Kelley, 1959). Marital relationship because of its deep commitment and high interaction in nature requires particular attention to investigating both intrapersonal and interpersonal factors involved (Shulman & Nurmi, 2010). To examine such dyadic relationship, APIM was preferably used in marriage literature such as marital therapy (Cook & Snyder, 2005), relationship satisfaction (Feeney, 1994), and perception of conflict (Brassard et al., 2009). Based on the literature, the current study wondered the importance of enhancing knowledge about the perception of being accepted-rejected in marital relationships by acknowledging the interdependent course of such relationships. In that respect, gathering dyadic data for the current study, enabled making notable interpretations about the bidirectional nature of acceptance and rejection patterns of marital relationships. Based on the theoretical roots of Interpersonal Acceptance-Rejection Theory (IPARTheory; Rohner, 1960), a model was designed and examined through path analysis in the current study. The hypotheses

of the model investigated the actor and partner effects using the statistical procedure of actor-partner interdependence mediation model (APIMeM). Hence, the current study focused on how acceptance-rejection experiences can become continuous in terms of parental acceptance-rejection history and perceived acceptance-rejection in current marital relationships through psychological adjustment. Additionally, how partners can influence each other in such reciprocal relationship contexts was investigated. Regarding IPARTheory, the model of the current study on the relationship between parental acceptance-rejection (both maternal and paternal) and partner acceptance-rejection through the psychological adjustment of wives and husbands was assessed. All in all, the model explained 11.6 % variance for wives' perceived partner acceptance-rejection and 19.1 % variance for husbands' perceived partner acceptance-rejection. Regarding the correlation between parental acceptance-rejection and psychological adjustment, wives' and husbands' remembered maternal and paternal acceptance-rejection accounted for 15 % of the variance in wives' psychological adjustment and 10 % for husbands' psychological adjustment. Hence, the model was valid but not with robust effect sizes. Considering a great deal of intrapersonal and interpersonal factors that might contribute to the dynamics of marital relationships, obtained effect sizes were not far from expected. Nevertheless, this study exerted novel paths in which psychological adjustment has an agent role between parental acceptance-rejection and partner acceptance-rejection which was discussed in detail in the next sections.

5.1.1 Discussion of Actor Effects

Hypotheses H2a and H2b suggest a significant correlation between parental acceptance-rejection (maternal and paternal) and psychological adjustment of wives and husbands. Both maternal and paternal acceptance and rejection were significantly accounted for the psychological adjustment of wives with nearly equal contributions. For husbands, only perceived acceptance and rejection by their fathers were significantly accounted for their psychological adjustment whereas perceived acceptance and rejection by mothers was not found to make a significant contribution to their psychological adjustment.

The crucial impact of parental attitudes on the development of personality dispositions that show continuity throughout adulthood has been outlined by several different theories. John Bowlby's (1969) attachment theory highlights the importance of forming and maintaining secure attachment relationships between babies and caregivers which then provide a basis of intrapersonal and interpersonal relationship patterns. Along with parallel lines, Interpersonal Acceptance-Rejection Theory focuses on the importance of acceptance-rejection perceptions of any significant attachment relationships and puts great emphasis on parental acceptance-rejection remembrances regarding children's psychological adjustment, emotional security, and psychological well-being (Rohner, 2016). The personality sub theory of IPARTheory specifically stresses that regardless of gender or cultural differences, the impact of childhood experiences of parental acceptance-rejection extends into adulthood and old age (Rohner, 2021). Numerous research findings repeatedly put forward the significant association between parental acceptance and psychological adjustment. For instance, Carroll et al. (2013), in a longitudinal study, monitored 756 participants for 15 years (around the age of 18-30 years old) to reveal the impact of parental remembrances in adulthood. History of physical and emotional abuse was found to be correlated with physical health problems of adults (i.e., increased risk for coronary heart problems). However, the presence of at least one parent perceived as warm, loving, and caring was found to play a protective role and reduce the risk for health problems. Consistently, Ali (2021) showed a significant correlation between health problems and the remembrances of parental acceptance-rejection. Not only physical health conditions but also psychological well-being was shown to be significantly associated with remembrances of parental acceptance-rejection. As shown in a longitudinal study, childhood remembrances of parental acceptance were found to be an important predictor of adulthood psychological and emotional wellbeing after 10 years (Rohner et al., 2019).

Khaleque and Rohner (2002), in a meta-analysis study, including a vast amount of universal studies, indicated that remembrances of parental acceptance explained 26% of the variance for children's psychological adjustment and 21% of the variance for adults' psychological adjustment. Hence, the prolonged influences of parental attitudes including acceptance-rejection dynamics repeatedly shown in the literature.

Consistently, in the current study, remembrances of parental acceptance-rejection accounted for variance in wives' and husband's psychological adjustment. Regarding the relatively low levels of variances explained, the reasons might be that clearly, there are a substantial amount of neurobiological, cultural, personal, and other familial factors that can contribute to individuals' psychological adjustment. Considering that these factors were not examined in the current study, the unique impact of parental acceptance-rejection was not found as robust. Additionally, IPARTheory emphasizes the important contribution of different acceptance-rejection experiences on psychological adjustment. Hence, the influence of remembrances of parental acceptance-rejection solely might have provided limited contribution. Lastly, as revealed in the meta-analysis study of Khaleque and Rohner (2002), remembrances of parental acceptance-rejection in adulthood were significantly associated with individuals' current psychological adjustment but with less amount of variance explained as it would in childhood psychological adjustment. Hence, a decrease is expected regarding the remembrances of parental acceptance-rejection in adulthood.

When the results were closely examined, the variances of husbands and wives were found as slightly different. Additionally, the outcome of the current research revealed the nearly equal contribution of both mothers' and fathers' acceptance-rejection on wives' psychological adjustment whereas, for husbands, only paternal acceptance-rejection (not maternal acceptance-rejection) significantly contributed to their psychological adjustment. Hence, to interpret such a difference between wives and husbands, parental gender differences should also be evaluated. Concerning the varied influences of mothers and fathers on the psychological adjustment of their sons and daughters, there are discrepancies in the literature.

Sultana and Khaleque (2015) revealed that regarding the psychological adjustment of adult men, both remembered maternal and paternal acceptance-rejection made significant contributions. However, for the psychological adjustment of adult women, only paternal acceptance-rejection was found to contribute significantly, and maternal acceptance-rejection was not found to contribute significantly to their daughters' psychological adjustment. In the study of Chyung and Lee (2008) on the influence of parental acceptance and psychological adjustment of Korean college students, parental gender differences were also detected. Remembrances of maternal

acceptance were significantly associated with the psychological adjustment of both men and women whereas remembrances of paternal acceptance were only related with women's psychological adjustment, but not with men's psychological adjustment. The findings of the current study were different than the study of Chyung and Lee (2008). Even though there were cultural commonalities with child-rearing practices in Turkey such as the emotional distance of fathers as opposed to mothers' devotion to their children, it should be noted that the study by Chyung and Lee was conducted with one hundred thirty-three university students. In addition to the limited number of participants, including only college students might lead to differences between studies since the evaluation of parents and family dynamics may change for different life cycles. Since the current study focuses on married couples, the evaluation of parental dynamics might have changed. Ali et al. (2015) stated that with respect to the influence of maternal acceptance on adulthood psychological adjustment, the correlation was stronger for males compared to females. When these and other studies are considered conjointly, it can be inferred that the influence of parental acceptance on individuals' adulthood psychological adjustment was repeatedly supported by evidence. However, regarding the difference between maternal and paternal acceptance on their son's and daughters' parental acceptance, there is no consensus among the studies.

Several studies in interpersonal acceptance-rejection literature have emphasized the greater impact of mothers on the psychological wellbeing of individuals. Khan et al. (2011), for instance, revealed that compared to paternal rejection, maternal rejection was more strongly associated with poor self-concept, self-efficacy, and life satisfaction. Also, numerous studies have demonstrated that when compared to maternal rejection, paternal rejection was associated with more negative outcomes such as substance abuse (Rohner & Britner, 2002), depression (Yildiz & Dag, 2017; Yakın, 2011), eating disorders (Dominy et al., 2000), and anxiety (Saritaş-Atalar & Gençöz, 2015). For the psychological well-being of young adults, acceptance of fathers made a more significant contribution compared to their mothers (Rohner & Veneziano, 2001). A cross-cultural meta-analysis also highlighted that the correlation between paternal acceptance and psychological adjustment was stronger compared to the correlation between maternal acceptance and psychological adjustment (Khaleque & Rohner, 2012). In other words, the influence of father's acceptance or rejection on

one's psychological adjustment is beyond the traditional expectations. Recently, Rohner (2021), based on the evidence gathered in studies addressing differences in parental contribution, asserted that remembrances of paternal acceptance-rejection are sometimes better contributors of psychological adjustment compared to maternal acceptance-rejection remembrances. Hence, paternal warmth and acceptance can contribute to the individuals' personality dispositions as well as psychological adjustment over and above maternal warmth and acceptance as asserted by Rohner (2021). Consistently, paternal acceptance made significant contributions to both wives' and husbands' psychological adjustment in the current study. Hence, current study findings also indicate the important influence of fathers' acceptance towards their children as asserted by Rohner (2021). However, when maternal acceptance-rejection was investigated, maternal acceptance-rejection did not contribute to husbands' psychological adjustment significantly. Maternal acceptance was found to contribute to wives' psychological adjustment only. Possible explanations were also discussed about the difference in the impact of paternal and maternal acceptance for males' psychological adjustment.

Pertaining to Turkish family structure, Varan (2005) explained that Turkey shares commonalities with Eastern cultures. However, for decades, there is a trend to adopt Western cultural values referring to more modern and secular attitudes. Turkish family structure is defined as having both individualistic and collectivist characteristics (Hofstede, 2001; Kağıtçıbaşı, 1996). More recent studies stress out the same phenomenon as well (Escalante-Barrios et al., 2020). With respect to societal norms, rural, and patriarchal values show a tendency of change towards a more urbanized and egalitarian position. Nevertheless, regarding the parent-child relationship, Sunar and Fişek (2005) defined the Turkish family structure as fairly stable for gender-based differences. Moreover, Sunar (2002) pointed out differences between perceived motherhood and perceived fatherhood by males and females. Daughters reported perceiving their fathers as more affectionate compared to sons. Additionally, compared to daughters, sons reported perceiving their fathers as angrier (Sunar, 2002) and judgmental (Sefer, 2006). Williams (2008) stressed out that gender-role strain may come in the way of father-son relationships. The masculine role might result in lower levels of emotional expression towards the same-sex child. However, a

lower level of affectionate relationships and emotional expressions would not reduce the great impact fathers have on their sons. Apparently, concerning acceptance-rejection perceptions, fathers become even more influential than mothers for their sons. The process of internalizing gender-based roles might also put sons in a position where fathers' way of relating becomes quite powerful regarding their influence on the sons' psychological adjustment. Women also experience gender-based roles that might put them in different challenges. However, regarding current study, the participants were highly educated with majority of them being graduated from university. It should be acknowledged that receiving the same educational degree can have different meanings for women and men in Turkey. Kağıtçıbaşı (1986) stated that considering gender inequalities in Turkey, female university graduates are more likely to come from a privileged background regarding family attitudes towards women. Hoffman and Kloska (1995) pointed out that parental social status and parental education are associated with less stereotyped attitudes towards child gender differences as well as less parental role distinction. Hence, highly educated females in that study can be considered as less likely to experience gender-based roles that might have put them in an unfortunate position in the family.

Secondly, to understand the differences in maternal and paternal acceptance-rejection contributions, parenting styles were asserted. Fathers seem to preserve an optimum distance with their children to ensure their superiority and authority in the family. Maccoby and Martin (1983) stated that parents who adopt a more authoritative parenting style would also fail to ensure warmth and acceptance towards their children. Several findings revealed the insufficiency of that proposal. In collectivistic cultures, authoritarian parenting style may not necessarily be associated with lack of warmth and acceptance in children experience (e.g., Dekovic' et al. 2006; Rudey & Grusec 2001, 2006). Also, for Turkish immigrant families, it was revealed that parental control and restrictive attitudes were not perceived as a lack of warmth or as the signs of rejection by their children (Güngör & Bornstein, 2008). Consistently, Yaman et al. (2010) pointed out that in the authoritarian parenting style, the parenting style was still reported with the characteristics of warmth. Kağıtçıbaşı (1996) also highlighted that Turkish parenting included affectionate and warmth features. Hence, authoritarian

parenting style may be insufficient in explaining parental gender differences regarding the perceived acceptance rejection and the psychological adjustment of husbands.

Addressing the unclarity of parental gender difference, Carrasco and Rohner (2013) raised an important question of why there are differences among parents' contributions to their children's psychological adjustment and what factors can explain this difference among them. The results revealed that "perceived parental power and prestige" within a family can play a significant role regarding their contribution to the psychological adjustment of the child. Hence, the difference in perceived parental power and prestige provided another possible explanation for gender differences. The study of Carrasco and Rohner (2013) was conducted with 313 participants with the age of 16 and a replication study to illuminate this issue was conducted with 913 children with the age from 9 to 16 (Carrasco et al., 2019). In these studies, age seemed to play an influential role in the influence of parental prestige and power. Based on these studies, rather than the parental gender, parental status seems to be an important factor to consider when investigating the acceptance-rejection perceptions of individuals. Psychological adjustment can be influenced more by maternal acceptance-rejection (Kostic et al., 2014), paternal acceptance-rejection (Bisht et al., 2008), or equally by both parents. What matters here is not only the gender of the parent but the relationship between the parent and the child (Pinquart, 2017). These early studies conducted with children and adolescents provided valid explanations when investigating parental differences in acceptance-rejection perceptions. Another study conducted with adults showed that parental power and prestige may play an important role in the perception of parental acceptance-rejection not only in childhood and adolescents but also in adulthood as well. Machado et al. (2014) conducted research with 785 individuals with the age 18 through 62 years. The results indicated that for women, the correlation between paternal acceptance and psychological adjustment becomes stronger when fathers are considered more powerful compared to mothers. Also, for men, the correlation between paternal acceptance and psychological adjustment becomes stronger when fathers are evaluated as more prestigious compared to mothers.

Since the self-report questionnaires reveal the subjective perception of individuals about their family, parental differences regarding acceptance-rejection can

show the perceived difference in prestige and power of their parents. For the current study, it might be speculated that in the subjective world of women, both parents were remembered as powerful and for men, fathers were remembered as more prestigious position in terms of family dynamics. Subjective evaluation of gender hierarchy referring to higher levels of perceived prestige and power of men compared to women were also consistent with several other national studies (Fişek, 1982, 1993; Kağıtçıbaşı, 1982; Kandiyoti, 1988; Kiray, 1976; Sunar, 2002).

Considering other actor effects, individuals' psychological adjustment (Hypothesis 4a) and remembrances of their parental acceptance-rejection (Hypotheses 1a and 1b) were hypothesized to account for the individuals' perceived partner acceptance-rejection. Additionally, it was anticipated that individuals' psychological adjustment would mediate the relationship between their remembered parental acceptance-rejection and perception of partner acceptance-rejection (Hypotheses 3a and 3b). For both wives and husbands, their psychological adjustment was found to be significantly correlated with their own perceived partner acceptance-rejection as proposed by Hypothesis 4a. Concerning the correlation between parental acceptance-rejection and partner acceptance-rejection, no direct significant correlation was detected as opposed to Hypotheses 1a and 1b. However, when psychological adjustment was included as a mediator in this correlation (Hypothesis 3a and 3b), complete mediation was revealed for wives' maternal acceptance-rejection and their perceived partner acceptance-rejection. Also, complete mediation of psychological adjustment was found for husbands' paternal acceptance-rejection and their perceived partner acceptance-rejection.

IPARTheory outlines that individuals' several personality dispositions, as well as psychological adjustments, are correlated with their perceived acceptance-rejection from significant others. Starting from the early formation of the theory, it has been suggested that parental acceptance-rejection plays a crucial role regarding its influence on their children's psychological adjustment that extends into adulthood (Rohner, 2019). A vast amount of research was conducted to examine the correlation between remembered parental acceptance-rejection and psychological adjustment as discussed earlier. Additionally, several other research showed the correlation between perceived partner acceptance-rejection and psychological adjustment. The first study

investigating such correlation was conducted by Khaleque (2001) revealing a significant correlation between intimate partner acceptance-rejection and individuals' psychological adjustment that was then replicated in 15 countries in which the same results were obtained. Consistently, a meta-analysis of Rohner and Khaleque (2010) supported the significant correlation between intimate partner acceptance-rejection and individuals' psychological adjustment. It should be noted that most of these studies were conducted with college students rather than married individuals or couples. Hence, considering the lack of data about acceptance-rejection dynamics of married couples, current study targeted to increase knowledge in that area.

Both parental acceptance-rejection and intimate partner acceptance-rejection are associated with individuals' psychological adjustment separately. However, an important question was also raised about whether these experiences were unrelated to each other or not. Varan (2005) investigated such correlation between remembered parental acceptance-rejection and intimate partner acceptance-rejection by raising the question "*Does the history repeat itself?*" (Varan, 2005; p. 1). Varan (2005) pointed out that remembered parental (maternal and paternal) acceptance-rejection was significantly correlated with intimate partner acceptance-rejection. Eryavuz (2006) obtained parallel results on the significant correlation between remembered past experiences with families regarding acceptance- rejection and their perception of current intimate partners' acceptance-rejection. However, this association was stronger for males compared to females, showing greater continuity of acceptance-rejection experiences of males. To emphasize the gender difference regarding continuity, Varan (2005) stated that "*women change, men just get older*" (p. 424). This statement highlights that the correlation between parental acceptance-rejection remembrances and current intimate partner acceptance-rejection would be stronger for men compared to women. However, there is a limited number of studies regarding the continuity of acceptance-rejection experiences which challenges making certain inferences regarding gender-based differences. Likewise, research on attachment-related continuity between early parental experiences and future intimate relationships, modest correlation was detected with no clear-cut differences among genders (Belt & Abidin, 1996, Carnelley et al., 1994; Furukawa et al., 2002). Also, in the current study, no gender difference was found. For both women and men, complete mediation

correlations were obtained. For women, psychological adjustment completely mediated the remembrances of maternal acceptance and perceived partner acceptance. For males, psychological adjustment completely mediated the remembrances of paternal acceptance and perceived partner acceptance. Interestingly, results indicated correlations in the favor of mother-daughter and father-son relationship. All in all, the findings of the hypotheses (H1a & H1b; H3a & H3b; H4a) address the importance of evaluating the rationale behind the mediating role of psychological adjustment as well as the differences in the favor of mother-daughter and father-son relationship.

In the current study, both for husbands and wives, direct correlations (H1a and H1b) between parental acceptance-rejection and intimate partner acceptance-rejection did not reveal significant results. However, when the psychological adjustment was included as a mediator (H3a and H3b), meaningful associations were obtained. Gerlsma (2000) stated that to understand the extent of continuity between parental relationships and current relationships, mediators and moderators should be investigated. Even though the correlation between parental acceptance-rejection and one's psychological adjustment has been investigated throughout the years, the role of psychological adjustment as a mediator between different acceptance-rejection experiences is a novel way of investigating implicit agents of individuals' acceptance-rejection perceptions. In the current study, the continuity was mediated by an intrapersonal agent, psychological adjustment of individuals. Although there is no study examining such a model, previous research on the relevant topic led the way for that anticipation. The significant mediating role of psychological adjustment was consistent with the findings regarding the sub-components of psychological adjustment since they can provide valid implications about the role of psychological adjustment as an umbrella term.

To make it more specific, the personality dispositions that are associated with overall psychological maladjustment are stated as anxiousness; insecurity; immature dependence or defensive independence; difficulty in controlling anger, hostility, aggression, passive aggression; impaired self-esteem; impaired self-adequacy; emotional instability; and negative worldview (Khaleque & Rohner 2002; Rohner, 2005). Even at a glance at these terms, it is possible to envision their possible impact

on interpersonal relationships. In the literature, several research studies show supporting findings to their association with interpersonal relationships.

For instance, in the study of Giotsa et al. (2018), parental rejection was found to be significantly associated with interpersonal anxiety in adulthood which revealed consistent results with other studies focusing on that phenomenon (Festa & Ginsburg, 2011; Giaouzi & Giovazolias, 2015; Hummel & Gross, 2001). Anxiety was reported to be significantly correlated with negative emotionality towards partners' negative behaviors and self-focused evaluations towards these behaviors. As another component of psychological adjustment, hostility/aggression scores of individuals were shown to be significantly associated with perceived rejection from parents which also led to future relationship problems. A study conducted with Turkish adolescents revealed that perceived maternal rejection was significantly associated with higher hostility/aggression levels of participants (Sarıtaş, 2007). Additionally, Yakın (2011) showed that paternal rejection was associated with extraversive expression of anger as opposed to control of anger. Higher levels of hostility/aggression were found to have an impact on how one perceives others. These findings were quite substantial in generating current study's focus on psychological adjustment as a mediator since its sub-components were shown to intervene with interpersonal relationships. Houston and Vavak (1991) showed that individuals with a higher level of hostility/aggression tended to evaluate others' showing less genuine acceptance and severe control. Thus, like other sub-components, hostility seems to intervene with the process of evaluating others' acceptance-rejection attitudes as well. Meesters et al. (1995) revealed the correlation between higher levels of hostility and the perception of less emotional warmth and more rejection from others. Consequently, relevant literature about the sub-components of psychological adjustment indicates its mediating role. Current research focusing on the overall psychological adjustment revealed consistent findings with these studies. Hence, current research findings corresponded to the expectations indicated by relevant research focusing on the sub-components of psychological adjustment.

As another explanation to understand the continuity of parental remembrances and current relationships on acceptance-rejection perceptions, rejection sensitivity appears to be an important factor. Rejected individuals were likely to become

hypersensitive about the cues of rejection, ignorance, and social exclusion (Downey & Feldman, 1996; Ibrahim et al., 2015; Rohner et al., 2019). Downey and Feldman (1996) presented rejection sensitivity as a self-protective reaction for other relationships. They also highlighted that individuals with parental history of rejection tended to (1) perceive rejection from their partners in case of insensitive and ambiguous attitudes, (2) feel insecure and dissatisfied with intimate relationships, and (3) develop hostile ways of responding to perceived rejection cues. Furthermore, for individuals with rejection experiences, the selective attention process might intervene with future relationships. Rejected individuals were reported to show higher levels of fear of intimacy as well as higher levels of maladjusted cognitive interpretations about rejection (Phillips et al., 2013). It is also crucial to note that evaluation of self as unworthy, unlovable, and unrelatable would be classified as psychological maladjustment which in turn would govern the future intimate partner selection and self-fulfilling prophecy in romantic relationships (Downey et al., 1998). With respect to the correlation between parental acceptance-rejection and adulthood intimate relationships, Rohner et al. (2019) conducted a cross-cultural study including participants from 13 countries. Both maternal and paternal rejection was found to contribute to the fear of intimacy in adulthood. It is also important to note that psychological adjustment partially mediated this correlation. It was underlined that parental rejection would lead to psychological maladjustment which in return influences fear of intimacy in relationships. As proposed by the personality sub theory of IPARTheory, childhood rejection experiences are critical and they can have prolonged consequences in future relationships. Hence, rejection sensitivity, fear of intimacy, maladjusted cognitive interpretations about rejection might play important role in how others are actually perceived. Current study findings were consistent with the results of relevant studies as well as what the personality sub theory indicates.

Another important finding revealed in the current study was that for wives' and husbands' perceived partner acceptance-rejection, the influence of mothers and fathers varied in favor of mother-daughter and father-son relationship. For wives, the correlation between maternal acceptance and intimate partner acceptance-rejection was completely mediated by their own psychological adjustment. For husbands, the correlation between paternal acceptance and intimate partner acceptance-rejection was

completely mediated by their own psychological adjustment. Compared to the mothers' overpowered influence of fathers on their sons' psychological adjustment were discussed earlier. Nevertheless, apparently, the influence of fathers on their son's life is considerably meaningful not only on the intrapersonal level but also on the interpersonal level. Since the Interdependence Theory (Thibaut & Kelley, 1959) stresses out the bidirectional causal link between one's intrapersonal dynamics and interpersonal relationship dynamics, such association becomes understandable. For wives, on the other hand, complete mediation was obtained for the correlation between maternal acceptance-rejection and intimate partner acceptance-rejection whereas no significant mediating role of psychological adjustment was obtained for paternal acceptance-rejection and intimate partner acceptance-rejection. Therefore, while both parents' (mothers and fathers) acceptance-rejection contributions on their daughters' psychological adjustment were nearly equal, merely wives' maternal acceptance-rejection (not paternal) was significantly accounted for their perceived partner acceptance-rejection through their own psychological adjustment.

The difference can be understood by different parenting practices towards sons and daughters which might lead to different relationship expectations and interpretations of acceptance-rejection incidents. Because some parenting attitudes might seem to differ based on the gender of the children (Mendo-Lazaro, 2019). Mother-daughter, mother-son, father-daughter, and father-son relationships might have different relationship dynamics as discussed earlier. In the current study, when mean scores were compared, husbands' remembered maternal acceptance was found to be significantly higher compared to women's remembered maternal acceptance. However, further analysis revealed that fathers were more influential than mothers for their sons not only at the intrapersonal level but also at the interpersonal level. The father-son relationship seemed to create a better prototype for future intimate relationship dynamics rather than the son-mother relationships. Even though males tended to perceive higher maternal acceptance, the influence of fathers was greater on them. Greenspan (1982) claimed that from the attachment perspective, fathers would provide a prototype for 'second other' which shows different relationship patterns aside from the mother-child relationship. This relationship would add to the construction of internal working models and influence the adult emotional life

(Bowlby, 1969). It should be reminded that internal working models in Attachment Theory were closely associated with the mental representation concept in IPARTheory, which enables us to make parallel inferences. Fields (1983) also claimed that as opposed to mothers, fathers' affirmations were more likely to be 'earned' rather than naturally received. His approval might serve as a reward to seek rather than unconditionally present. Hence, a tentative explanation about the significant correlation between paternal acceptance and intimate partner acceptance for husbands can be associated with such paternal dynamics influencing the internal working models profoundly so that the continuity for future relationships arises.

Regarding the continuity for wives' remembrances of maternal acceptance-rejection and perceived intimate partner acceptance-rejection, one of the other possible explanations can be overparenting. It refers to high parental control and overprotection (LeCompte et al., 1978). Mızrakçı (1994), investigating differences of Turkish mothers' childrearing practices, pointed out that overparenting can be identified more with mothers and daughters which was in a parallel line with the study of Pehlivanoglu (1998). With greater involvement, mothers' influence on their daughters in terms of providing templates for future relationships can be inferred. Overparenting was also found to be correlated with higher levels of anxiety and dependency (Aunola & Nurmi, 2005). Since these characteristics are part of the umbrella term of psychological adjustment, overparenting can be a tentative explanation of the mediating role of psychological adjustment on remembered maternal acceptance-rejection and wives' perceived partner acceptance-rejection revealed in the current study.

Additionally, it was pointed out that re-evaluation would determine the continuity or discontinuity between early parental relationships and current relationships (Gerlsma, 2000). Re-evaluating past relationships with parents can create a discontinuity between past experiences and current relationship experiences. Consequently, re-evaluating past experiences seem to pave the way for different relationship patterns in current relationships. When the findings of the current research were evaluated from this point of view, re-evaluation of opposite-sex parents' acceptance-rejection attitudes might lead to discontinuity in future relationships. Lack of re-evaluation of the same sex parents might have led to the increased influence of acceptance-rejection experiences with them on future intimate relationships.

Overall, from the standpoint of IPARTheory, mental representations provide a template for the evaluation of self and others. For wives, maternal acceptance, and for husbands, paternal acceptance seems to show higher levels of continuity in intimate relationship acceptance-rejection perceptions. Consequently, mental representations including templates for future intimate relationships were inclined to be governed by mothers for their daughters and fathers for their sons. More research focusing on the operation of mental representations should be conducted to make more accurate judgments about the possible gender differences and other factors that might intervene with the continuity and discontinuity process of acceptance-rejection experiences.

5.1.2 Discussion of Partner Effects

It was hypothesized that a statistically significant amount of variance in wives' and husbands' perceived partner acceptance-rejection would be explained by their partners' psychological adjustment (Hypothesis 6a). Additionally, it was predicted that individuals' psychological adjustment would mediate the relationship between their remembered parental acceptance-rejection and partners' perception of acceptance-rejection (Hypotheses 5a and 5b). As another partner effect, the direct correlation between remembered parental acceptance-rejection of spouses and one's perceived partner acceptance-rejection was investigated (Hypotheses 7a and 7b). For husbands, a statistically significant amount of variance in perceived partner acceptance-rejection was explained by their wives' psychological adjustment (Hypothesis 6a). No direct correlation between spouses' parental acceptance-rejection and one's partner acceptance-rejection was found for both husbands and wives (Hypotheses 7a and 7b). However, when the mediator was included in these correlations, the results differed. As proposed by Hypotheses 5a and 5b, the relationship between remembrances of parental acceptance-rejection (both maternal and paternal) of wives and perceived partner acceptance-rejection of their husbands was completely mediated by wives' psychological adjustment. But that hypothesis was rejected for wives' perceived partner acceptance-rejection. In other words, husbands' psychological adjustment did not account for wives' perceived partner acceptance-rejection neither directly nor through its mediating role.

The findings of the current study regarding Hypothesis 6a indicated a gender difference that only wives' psychological adjustment was found to contribute to husbands' perceived partner acceptance-rejection. Put differently, wives' psychological adjustment seems to play a crucial role not only for their perceived partner acceptance but also for their spouse's perception of being accepted. The role of one's psychological adjustment on one's perceived partner acceptance-rejection and his/her spouse's perceived partner acceptance-rejection was a novel finding obtained. On this model, according to the researcher's knowledge, this is the first study conducted with couples rather than individuals by using the theoretical framework of IPARTheory. Hence, the findings of partner effects were discussed with relevant theoretical concepts and comparable studies in the literature.

As outlined above, even though the current model has not been investigated in the literature before, IPARTheory, Bowlby's Attachment Theory, and Schema Model paved the way for the theoretical background of the model. Hence, obtained results of the current study can be grounded on such theoretical standpoints. Specifically, due to the partner effect, mental representations of IPARTheory explain the continuity of early remembrances of acceptance-rejection and current perceptions of acceptance-rejection. Considering the interdependent nature of intimate relationships, the interaction between spouses' mental representations seems deducible and expected. Regarding how one's internal dynamics influence each other in a relationship, Schema Theory (Young, 1999) outlines that because of the self-confirming nature of schemas, people might select their partners that can perpetuate their maladaptive schemas determined by early experiences. Schema chemistry (Young et al., 2003) term is used to explain the schemas' role in mate selection. Also, partners can trigger each other's maladaptive schemas which indicates the reciprocal nature of maladaptive schema cycles in relationships. Hence, Schema Theory offers an explanatory perspective for mental representations' role as well as highlighting the correlational nature of spouses' inner worlds. Furthermore, Young et al. (2003) defined the disconnection/rejection domain as an important phenomenon that negatively influences relationships not only through actor effect but also through partner effect. Considering the emphasis of IPARTheory on the link of acceptance-rejection experiences and one's psychological adjustment, the role of one's disconnection/rejection schema domain on their partners'

relationship variables provide a meaningful framework for evaluating the partner effect of the current study.

Moreover, when the components of psychological adjustment were investigated regarding their influence on partners' relationship dynamics, self-esteem and emotional stability were found as influential variables. Emotional stability was found to influence not only one's own relationship satisfaction but also his/her partner's relationship satisfaction because emotional stability is an important feature influencing partners' feeling of security in a relationship. Low emotional stability can lead to an increased level of breakups (Roberts et al., 2007; Solomon & Jackson, 2014). Erol and Orth (2012) revealed that the self-esteem variable which is a sub-component of psychological adjustment in IPARTheory, would not only predict one's relationship satisfaction as an actor effect but also his/her partner's relationship satisfaction as a partner effect. In that study, no gender difference was found regarding this correlation. Likewise, Murray et al. (1996) found that one's level of self-esteem was not only meaningfully associated with his/her relationship satisfaction but also with his/her partner's relationship satisfaction as a partner effect. The results of this study outlined meaningful gender differences regarding that phenomenon. Women's self-esteem was found to significantly predict their partners' relationship satisfaction whereas males' self-esteem did not show such impact. Consistently, in the current study, the greater influence of women can be speculated to be associated with the higher impact of such sub-components.

Regarding the higher partner effect of females' psychological adjustment on their spouses' perceived acceptance, another explanation can be the family dynamics. Most of the participants in the current study had one child and the average year of marriage was found 8 years. Hence, it can be inferred that the majority of participants have the roles of parenting at home. Concerning marital relationship dynamics, undertaking roles as parents can influence the relationship. Moreover, Fişek (1995) reported that about the interactions in Turkish families, mothers appeared to have more control over the children. On the other hand, fathers tended to contact their wives about child-related issues rather than directly interacting with the child. Even though father involvement is an increasing phenomenon in recent years, traditional values of parenting styles show a slower trend to change in a societal context (Çelik & Bulut,

2019). With industrialization, the role of mothers has extended even more and mothers seem to take the lead for most occasions in the family (Lee, 2005). Subsequently, the psychological adjustment of women may play an important central role considering its' area of influence as indicated in current research findings.

Lastly, when gender difference regarding partner effect was considered, emotional expressivity is found as an important factor in marriage literature. Emotional expressivity was found to be correlated with marital satisfaction (Carstensen et al., 1995; Gill et al., 1999). Important gender differences were identified regarding the expression of emotions. Women were mostly reported to express their emotions more regularly compared to men when it comes to talking about sadness, happiness, fear, etc. (Kring & Gordon, 1998; Fujita et al., 1991; Notarius & Johnson, 1982). Also, the expression of positive emotions was significantly associated with marital satisfaction and reported to be expressed by women more compared to men (Feeney, 2002). Gender stereotypes might intervene with the process of expressing emotions. Even in child-rearing practices, families were found to mention emotions (i.e., sadness) more when talking with their daughters compared to their sons (Fivush et. al., 2000). Hence, the expression of emotions and communication might put women in a critical position of marital functioning (Rauer & Volling, 2005). In other words, expression of emotions can carry the intrapersonal dynamics in a more overt position in a relationship and psychological adjustment of women can serve as a better predictor of partner dynamics. Since no study has been conducted examining the dyadic nature of acceptance-rejection experiences, relevant concepts such as marital satisfaction studies provide a structure when evaluating current research findings on gender-differences. However, more research is needed focusing on that area to make more accurate inferences about differences in actor and partner effects.

As proposed by Hypothesis H8a, a significant correlation was found between perceived partner acceptance of wives and husbands in the current study.

As the theoretical background of this study, Interdependence Theory (Thibaut & Kelley, 1959) proposed the reciprocal interactions among the individuals in a relationship. It was inferred that one's perception about being accepted by his/her partner would influence the other's perception about being accepted by the partner. The results of the current study showed that the hypothesis was confirmed. This

outcome can be interpreted to overlap with associated research in the literature. Neyer (2002) revealed that for the feeling of security and dependency, the members of a dyad meaningfully influence each other. To put it differently, the increase in one's feeling of security and dependency would meaningfully increase his/her partner's feelings. In the study of Çakır (2013) that was conducted with Turkish married couples, it was revealed that the marital satisfaction of both parties was correlated significantly. When one's marital satisfaction increases, the other's satisfaction increases as well and vice versa. Consistently, relationship quality (Barelds & Barelds-Dijkstra, 2007), conflict style (Brassard et al., 2009), and attachment style (Cook, 2000) were also found to be correlated among partners. It should be taken into consideration that as a type of intimate partner relationship, marital relationship is highly interdependent because of its nature. Accordingly, the results of the current research assessing the correlation between intimate partner acceptance-rejection perceptions among married couples found consistent results with previous research focusing on several other relationship dimensions. In simple terms, if one feels accepted in a marital relationship, it increases the likelihood of his/her partner feeling accepted as well. In the same way, when one feels rejected, it might lead to his/her partner feeling rejected.

5.2 Implications for Theory and Practice

The current study puts forward propositions for both theory and practice. As the theoretical framework of this study, IPARTheory can benefit from the information gathered from the couples indicating how the acceptance-rejection experiences of two parties interact with each other. Additionally, the findings obtained can offer practical implications for professionals in the fields of counseling, individual psychotherapy, and family therapy. The theoretical and practical implications were discussed separately in this part.

5.2.1 Implications for Theory

IPARTheory was the main theoretical standpoint to conceptualize the investigated model in the current research. The theoretical roots were primarily

established based on the influence of parental acceptance-rejection (PARTheory, 1960) which then was broadened to include other significant relationships such as intimate partner relationships, friendships, siblings, etc. Hence, with the theoretical shift in 2014, the theory has been recognized as interpersonal acceptance-rejection theory (IPARTheory). This relatively recent theoretical shift brought up several new areas of investigation as well as new questions to be answered. Personality sub-theory and the concept of mental representations concept indicate the expectation of continuity between previous and future acceptance-rejection perceptions by outlining that the remembrances of parental acceptance-rejection would extend into adulthood. Theoretically, mechanisms behind how that continuity occurs have not been addressed comprehensively. Hence, rather than considering acceptance-rejection incidents as separate experiences influencing personality dispositions, how different experiences are influenced by each other and the other possible factors that can intervene in the process should be illuminated. As current study findings indicate, psychological adjustment can be considered as one of these factors that can play a significant role among different acceptance-rejection experiences. Hence, it should also be investigated for its role as a mediator between different acceptance-rejection experiences rather than solely focusing on its role as an outcome variable. Similarly, by gathering data from couples rather than individuals, current study findings revealed important information on partner interactions regarding acceptance-rejection perceptions. Hence, it was highlighted by current research that rather than focusing on the acceptance-rejection phenomenon as separate experiences for each individual, investigating the influence of individuals on each other would enrich the scope of IPARTheory.

5.2.2 Implications for Practice

Current research obtained insightful findings for counselors, psychotherapists, and family therapists. Firstly, parental acceptance-rejection experiences were found to be correlated with intimate partner acceptance-rejection with the mediating role of psychological adjustment. This indicated that parental rejection can be a risk factor for psychological maladjustment which might also lead to perceived intimate partner

rejection. So, as a prevention strategy, increasing the knowledge of families on that matter can contribute to reducing the harmful effects of rejection. Professionals such as family therapists and counselors can increase knowledge in society through psychoeducation for parents in informative parental conferences. As the current study also indicated, fathers' impact on their children was more than traditionally expected. Programs designed for fathers to increase awareness about their critical role and paternal involvement as well as focusing on teaching both parents the long-lasting consequences of early rejection experiences can be beneficial. Individuals with psychological maladjustment might experience emotional instability, hostility, difficulty in controlling anger, lower self-esteem and self-adequacy, immature dependence or defensive independence, anxiousness, insecurity, and a negative worldview. Hence, individuals with remembrances of parental rejection can benefit from intervention programs focusing on such matters. These intervention programs can address related issues for the empowerment of the individual with a history of rejection.

Perception of placing self on a continuum of being accepted or rejected influences not only the individuals' well-being but also the dynamics of the couple relationships. In the literature, it was revealed that the elements of perceived acceptance such as healthy dependence, self-esteem, control of anger, emotional stability were also important determinants of marital satisfaction. Also, the current study indicated that couples' perceptions of acceptance-rejection were significantly correlated with each other. In clinical settings, this finding can be translated as the need to pay attention to the acceptance-rejection perceptions of individuals when assessing the relationship dynamic. It should be emphasized that as a partner effect, psychological maladjustment was not only correlated with one's own perceived rejection but also the perceived rejection of the partner. The professionals might benefit from increasing spouses' awareness of that context. Planning intervention programs addressing the psychological adjustment of each party can increase not only one's perception of being accepted in the marital relationship but also for the spouses' perception of acceptance. Furthermore, since intimate partner acceptance-

rejection shows bidirectional correlations in nature, both as prevention and intervention strategies, the couples can be encouraged to convey verbal and nonverbal messages of acceptance.

5.3 Recommendations for Further Research

In the interest of paving the way for further research, the shortcomings of the current research were highlighted. Before acknowledging the drawbacks of the study that should be addressed in future studies, it should be outlined that conducting the current study by collecting the data from couples rather than individuals, provided a great deal of information about important paths involved in the process. Considering that there were quite a few studies that focused on couples when investigating intimate partner acceptance-rejection experiences in IPARTheory, future research should also intend to focus on assessing the couple interaction when investigating intimate partner relationships.

Firstly, the data of the current study was collected through online questionnaires. The plan for the current research was to gather dyadic data from married couples in face-to-face settings. However, due to the Covid-19 pandemic situation, face-to-face data gathering options and home visits were restricted. Therefore, the data was gathered through online sources by ensuring the privacy of the information. Couples were asked to fill out the questionnaires separately by using a code to match their results. Even with the effort of reducing other factors that can intervene with the results of the study, online data gathering is considered a limitation of the study. Additionally, without the accompany of the researcher, participants might have difficulty clarifying some statements which then would decrease the reliability of the results. Hence, future research overcoming this issue and gathering data via face-to-face settings would contribute to the literature meaningfully.

Secondly, the majority of the participants were highly educated in the current study including college graduates and postgraduates. Also, acknowledging the fact that only internet users could access the study, the diversity of the sample decreases. Hence, to promote the generalizability of the findings, it is recommended to collect data from individuals with varied backgrounds for the sake of representativeness of the sample.

Additionally, in the current study, there were couples with no children to more than 4 children as well as with the length of marriage varying from 1 to 31 years. Hence, considering the important changes in different life cycles, the impact of those factors should also be investigated by longitudinal studies.

Thirdly, for psychological adjustment and each maternal, paternal, and intimate partner acceptance-rejection scale, there are sub-scales involved. Even though the overall score of the scales would provide meaningful information about the variables, taking the sub-scales into account would enrich the knowledge in that matter. Since the current study was conducted to investigate actor-partner effects by incorporating a mediator in acceptance-rejection experiences, the paths in the model were already complicated. Further research with a simpler model might consider taking the sub-scales of given variables into account to reveal the influence of underlying factors. Additionally, other models focusing on different latent factors would help to understand continuity and discontinuity between acceptance-rejection experiences. Lastly, considering the lack of qualitative studies conducted in this area, designing qualitative studies would help to reveal in-depth information about the factors influencing individuals' and couples' acceptance-rejection experiences as well as how corrective experiences towards rejection can be achieved.

It should be noted that with time, remembrances of parental acceptance-rejection might be altered. For example, factors such as parental loss can be an important determinant of how early experiences are subjectively evaluated. Future research can focus on how such changes influence the remembrances of parental acceptance-rejection. Additionally, the literature reveals that several factors can play important mediator roles in the continuity of different acceptance-rejection experiences. Evaluating such variables in dyadic studies would enrich knowledge in this field. For couples who have children, the influence of their roles as parents can be investigated. Because couple dynamics can be changed with such new roles and re-evaluation of remembered parental attitudes can create differences in the continuity of acceptance-rejection dynamics. Models designed to assess factors that increase or decrease the continuity of acceptance-rejection dynamics can contribute to the literature. Longitudinal studies considering these factors would allow making valuable inferences.

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APPENDICES

A. APPROVAL OF THE METU HUMAN SUBJECTS ETHICS COMMITTEE

UYGULAMALI ETİK ARAŞTIRMA MERKEZİ
APPLIED ETHICS RESEARCH CENTER

 ORTA DOĞU TEKNİK ÜNİVERSİTESİ
MIDDLE EAST TECHNICAL UNIVERSITY

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22 EKİM 2019

Konu: Değerlendirme Sonucu

Gönderen: ODTÜ İnsan Araştırmaları Etik Kurulu (IAEK)

İlgi: İnsan Araştırmaları Etik Kurulu Başvurusu

Sayın Doç.Dr. Zeynep Hatipoğlu SÜMER

Danışmanlığını yaptığınız Elçin KÜLAHÇIOĞLU'nun "Evli Yetişkinlerde Algılanan Ebeveyn Kabul – Reddinin, Eş Kabul-Red/Kontrol İle İlişkisinde Öz-Şefkat ve Psikolojik Uyumun Aracı Rolü" başlıklı araştırması İnsan Araştırmaları Etik Kurulu tarafından uygun görülmüş ve 360 ODTU 2019 protokol numarası ile onaylanmıştır.

Saygılarımızla bilgilerinize sunarız.


Prof. Dr. Tülin GENÇOZ

Başkan


Prof. Dr. Tolga CAN
Üye

Doç.Dr. Pinar KAYGAN
Üye


Dr. Öğr. Üyesi Ali Emre TURGUT
Üye


Dr. Öğr. Üyesi Şerife SEVINÇ
Üye


Dr. Öğr. Üyesi Müge GÜNDÜZ
Üye

Dr. Öğr. Üyesi Süreyya Özcan KABASAKAL
Üye

B. DEMOGRAPHIC INFORMATION FORM

KİŞİSEL BİLGİ FORMU

1. Cinsiyetiniz: Kadın Erkek
2. Yaşınız: _____
3. Eğitim durumunuz:
İlkokul Ortaokul Lise Yüksek okul
Üniversite Yüksek Lisans Doktora
4. Çalışıyor musunuz? Evet Hayır Evet ise belirtiniz _____
5. Medeni Durumunuz:
Evli
Hiç evlenmedim
Eşimden boşandım
Eşimi kaybettim
6. Daha önce evlilik yaptınız mı? Evet Hayır
7. Evlilik süreniz: _____
8. Kaç çocuğunuz var?
Çocuğum yok Tek çocuk 2 çocuk 3 çocuk 4 veya daha fazla çocuk
9. (Çocuğunuz varsa) İlk çocuğunuzun yaşını belirtiniz _____
10. Anneniz hayatta mı? Evet Hayır
11. Anneniz hayatta değilse, annenizi kaybettiğinizde siz kaç yaşındaydınız? _____
12. Babanız hayatta mı? Evet Hayır
13. Babanız hayatta değilse, babanızı kaybettiğinizde siz kaç yaşındaydınız? _____

**C. SAMPLE ITEMS OF THE ADULT PARENTAL ACCEPTANCE-
REJECTION QUESTIONNAIRE: MOTHER and FATHER (SHORT FORM)**

Yetişkin Ebeveyn Kabul-Red Ölçeği (Kısa Form)

ANNEM	DOĞRU		DOĞRU DEĞİL	
	<i>Hemen Her Zaman Doğru</i>	<i>Bazen Doğru</i>	<i>Nadiren Doğru</i>	<i>Hiçbir Zaman Doğru Değil</i>

BABAM	DOĞRU		DOĞRU DEĞİL	
	<i>Hemen Her Zaman Doğru</i>	<i>Bazen Doğru</i>	<i>Nadiren Doğru</i>	<i>Hiçbir Zaman Doğru Değil</i>

1. Benim hakkımda güzel şeyler söylerdi
6. Kızdığı zaman beni çok kötü cezalandırırdı
12. Bana istenilen ve ihtiyaç duyulan biri olduğumu hissettirirdi
23. Onu rahatsız etmediğim sürece benimle ilgilenmezdi

**D. SAMPLE ITEMS OF THE ADULT PERSONALITY ASSESSMENT
QUESTIONNAIRE SHORT FORM**

Kişilik Değerlendirme Ölçeği (Kısa Form)

	BENİM İÇİN		BENİM İÇİN	
	Hemen Hemen Her Zaman Doğru	Bazen Doğru	Nadiren Doğru	Hemen Hemen Hiçbir Zaman Doğru Değil

4. Yapmak istediğim şeyleri herkes kadar iyi yapabilirim
7. Yaşamın güzel olduğunu düşünüyorum
26. Sevdiğim insanlara sevgimi göstermek benim için kolaydır
36. Kızgınlığımı kontrol etmekte zorlanırım

**E. SAMPLE ITEMS OF THE INTIMATE ADULT RELATIONSHIP
QUESTIONNAIRE SHORT FORM**

Yetişkin Yakın İlişki Ölçeği (Kısa Form)

BİRLİKTE OLDUĞUM KİŞİ	DOĞRU		DOĞRU DEĞİL	
	<i>Hemen Her Zaman Doğru</i>	<i>Bazen Doğru</i>	<i>Nadiren Doğru</i>	<i>Hiçbir Zaman Doğru Değil</i>

1. Benim hakkımda güzel şeyler söylerdi
6. Kızdığı zaman beni çok kötü cezalandırırdı
12. Bana istenilen ve ihtiyaç duyulan biri olduğumu hissettirirdi
23. Onu rahatsız etmediğim sürece benimle ilgilenmezdi

F. INFORMED CONSENT FORM

Bu çalışma evli çiftler ile yürütülmektedir. Eşlerin çalışmaya ayrı ayrı katılması ve soruların yanıtlarını bireysel olarak vermesi beklenmektedir. Eşlerin ayrı yanıtladığı bu formları eşleştirebilmek adına, anketi yanıtlamaya başlamadan önce eşiniz ile ortak bir rumuz belirlemeniz beklenmektedir. Çiftler, belirledikleri bu rumuzu aşağıda yer alan ilk soruda belirteceklerdir. Eşlerin yanıtları araştırmacı tarafından eşleştirilecek olup, kimlik bilgileri ile ilgili bir açılım istenmemektedir. Çalışmada gönüllülük ve gizlilik ilkeleri esastır. Detaylı bilgi, aşağıdaki bilgi formunda yer almaktadır.

"Evli Çiftlerin Ebeveyn Kabul- Red ve Eş Kabul-Red ile İlişkisinde Psikolojik Uyumun Aracı Rolü" başlıklı bu araştırma, Orta Doğu Teknik Üniversitesi'nde Doç.Dr. Zeynep Hatipoğlu Sümer danışmanlığında, Uzm.Psikolojik Danışman Elçin Külahçioğlu tarafından yürütülen doktora tezi çalışmasıdır." Araştırmanın amacı, bireylerin hatırlanan ebeveyn kabul-red yaklaşımları ile mevcut evlilik ilişkisinde eşlerinden algıladıkları kabul-red tutumları arasındaki ilişkiye ve bu ilişkide rol oynayabilecek psikolojik uyuma dair bilgi toplamaktır. Araştırmaya katılmayı kabul ederseniz, sizden beklenen, ankette yer alan bir dizi soruyu derecelendirme ölçeği üzerinde eksiksiz biçimde yanıtlamanızdır. Bu çalışmaya katılım ortalama olarak 20-30 dakika sürmektedir. Araştırmaya katılımınız tamamen gönüllülük temelinde olmalıdır. Ankette, sizden kimlik veya kurum belirleyici hiçbir bilgi istenmemektedir. Cevaplarınız tamamıyla gizli tutulacak, sadece araştırmacılar tarafından değerlendirilecektir. Katılımcılardan elde edilecek bilgiler toplu halde değerlendirilecek ve bilimsel yayınlarda kullanılacaktır. Sağladığınız veriler gönüllü katılım formlarında toplanan kimlik bilgileri ile eşleştirilmeyecektir. Anket, genel olarak kişisel rahatsızlık verecek sorular içermemektedir. Ancak, katılım sırasında sorulardan ya da herhangi başka bir nedenden ötürü kendinizi rahatsız hissederseniz cevaplama işini yarıda

bırakabilirsiniz. Çalışmaya katıldığınız için şimdiden teşekkür ederiz. Çalışma hakkında daha fazla bilgi almak için Elçin K lah ođlu (E-posta: elcin_kulahcioglu@hotmail.com) ile iletiřim kurabilirsiniz.

Bu alıřmaya tamamen g n ll  olarak katılıyorum ve istediđim zaman yarıda kesip ıkabileceđimi biliyorum. Verdiđim bilgilerin bilimsel amalı yayımlarda kullanılmasını kabul ediyorum.

Onaylıyorum

G. CURRICULUM VITAE

Elçin Kūlahçiođlu

elcin_kulahcioglu@hotmail.com

EDUCATION

M.S: Swansea University U.K, Abnormal and Clinical Psychology (2012-2014)

B.A: Yeditepe University, Faculty of Education, Psychological Counseling and Guidance (2008-2012)

B.A Double Major: Yeditepe University, Faculty of Education, Mathematics Teaching (2006-2011)

WORK EXPERIENCE

25/07/2020 Part-Time Lecturer in Yeditepe University, İstanbul

15/10/2016 - 01/09/2021 Emek Hospital, Gaziantep

01/11/2014 - 01/10/2016 Medical Park Hospital, Gaziantep

THERAPY EDUCATIONS AND CERTIFICATIONS

09/2017 - 05/2019 Gestalt Therapy, Hanna-Nita Scherler

07/2018 EMDR (Eye Movement Desensitization Reprocessing)
Therapy

09/2012 - 04/2013 Cognitive Behavioral Therapy Education,
Swansea University, U.K

09/ 2013 - 06/2016 Cognitive Behavioral Therapy Education (Theory and Practice), Istanbul. Cognitive Behavioral Therapy Association Licensed by European Association of Behavioral and Cognitive Therapy (EABCT)

PUBLICATIONS

Stallard, P. (2021). *İyi Düşün İyi Hisset: Çocuklar ve Ergenler için Bilişsel Davranışçı Terapi Uygulamaları ve Alıştırmaları* (3. Baskı). (Gökçen, C. & Kulahcioglu, E., Çev.) [Think Good, Feel Good: A Cognitive Behavior Therapy Workbook for Children and Young People]. Say Yayınları

Kulahcioglu, E. (2017). Yas Danışmanlığı [Grief Counseling]. In Erdur-Baker, Ö. & Aksöz-Efe İ. (Eds.) *Yas Danışmanlığı* (pp. 113-149). Anı Yayıncılık.

HONORS & REWARDS:

Yeditepe University Guidance and Psychological Counseling - Honor Graduate

Swansea University - Distinction Degree Graduate

Middle East Technical University (METU) - PhD Courses Performance Award

H. TURKISH SUMMARY/TÜRKÇE ÖZET

EVLİ ÇİFTLERİN EBEVEYN KABUL-RED VE EŞ KABUL-RED İLİŞKİSİNDE PSİKOLOJİK UYUMUN ARACI ROLÜ

1. Giriş

Nesiller boyunca insanoğlu, fiziksel ve psikolojik iyi oluşun sürdürülmesini sağlamak için diğer kişilerin varlığına ve anlamlı ilişkilere ihtiyaç duymuştur. Guerrero ve arkadaşlarının (2011) belirttiği gibi, sağlıklı romantik ilişkiler, bireylerin duygusal ve bedensel iyi oluş halleri için önemli bir rol oynamaktadır. Öte yandan, düşük ilişki doyumu, bireylerin fiziksel ve psikolojik iyi oluşları için bir risk faktörü oluşturmaktadır (Kiecolt-Glaser ve Newton, 2001). Romantik ilişkilerin duygusal ve bedensel etkisi göz önüne alındığında, ilişki dinamikleriyle ilgili belirgin ve gizil faktörleri keşfetmek, önemli bir araştırma alanı olmaya devam etmektedir.

Birçok kuram ilişki dinamiklerini anlamaya, ilişkilerin nasıl oluştuğunu, sürdürüldüğünü ve partnerlerin birbirleriyle nasıl etkileşime girdiğini açıklamaya çalışmıştır. Thibaut ve Kelley (1959) tarafından geliştirilen Karşılıklı Bağımlılık Kuramı'na göre, bireyin içsel mekanizmaları (düşünceler, duygular ve davranışlar) sadece bireyi değil, partnerini de etkiler. Partner de bu etkileşim sürecinde sürekli olarak diğer bireyi etkiler. Karşılıklı Bağımlılık Kuramı'yla ilgili olarak, Kenny ve Cook (1999), ikili ilişkileri analiz etmenin bir yolu olarak Aktör-Partner Karşılıklı Bağımlılık Modelini (APIM) öne sürmüşlerdir. APIM'in ebeveyn-çocuk ilişkileri (Pesonen ve ark., 2006), kardeşler (Kenny ve Cook, 1999) ve romantik partner ilişkileri (Peterson ve ark., 2008) gibi ilişkilerde, iki taraf arasındaki etkileşimi değerlendirirken oldukça faydalı olduğu, çeşitli çalışmalar tarafından bulunmuştur. Bu

model aracılığıyla, kişinin sonuç değişkeni üzerine etki eden kendi aktör etkisi ve bireyin kendi değişkenlerinin partnerinin sonuç değişkeni üzerine etki eden partner etkisi aynı anda değerlendirilebilmektedir (Kenny ve Ledermann, 2010). Evlilik ilişkisi, doğası gereği oldukça önemli etkileşimler barındırması açısından, bununla ilişkili faktörlerin aktör-partner bağlamında değerlendirilmesinin, alanyazına önemli katkılar sunması beklenmektedir.

Farklı kuramlar, kişinin bireysel özelliklerini ve ilişki ihtiyaçlarını anlamada erken ilişkilerin önemini vurgulayarak, bugüne uzanan etkilerini açıklamaya çalışır. Ebeveyn Kabul Red Kuramı perspektifinden, algılanan ebeveyn kabul-reddi, psikolojik uyum, duygusal güvenlik ve yetişkinliğe uzanan psikolojik iyilik hali dahil olmak üzere kişiler üzerinde çeşitli etkilere sahiptir (Rohner, 2016). Ebeveyn Kabul Red Kuramı'nda ebeveyn kabulü, anne ve baba kabulü için ayrı ayrı incelenir. Kurama göre, her insanda sıcaklık, şefkat, bakım, destek, rahatlık, ilgi ve sevgiden oluşan doğal bir ebeveyn kabulü arzusu vardır (Rohner, 2016). Bu kuram başlangıçta, yalnızca ebeveyn kabul-reddi üzerine odaklanmıştır. Ancak 2014 yılında kuram, kabul-red olgusunu ebeveyn-çocuk ilişkisinin ötesinde diğer ilişki türlerine genişleterek Kişilerarası Kabul-Red Kuramı'na dönüşmüştür (Rohner, 2016). Kuramın bu genişlemesi sayesinde, duygusal yakın ilişkiler, büyükanne ve büyükbaba ile ilişkiler, kardeşler, öğretmenler, arkadaşlar gibi diğer önemli ilişkiler de dikkate alınması gereken bağlanma ilişkileri olarak kabul edilmiştir. Kişilerarası Kabul-Red Kuramı'na göre, bireylerin sıcaklık, şefkat, özen, rahatlık, ilgi, bakım, destek ve sevgi yoluyla ilişkilerde kabul görme algısı, kişilik eğilimlerini ve psikolojik uyumu olumlu yönde etkilemektedir. Yaşam boyu önemli kişilerden reddedilme algısı durumunda psikolojik uyum azalır ve kişinin benlik algısıyla ilgili olumsuz kabuller ortaya çıkabilir (Rohner, 2016).

Kişilerarası Kabul-Red Kuramı'nın kişilik alt kuramı, önemli kişilerarası ilişkilerde algılanan kabul-reddin, psikolojik uyum ve benlik saygısı, öz yeterlilik, öz değer gibi kişilik eğilimleri üzerinde nasıl bir etkisi olduğunu ortaya çıkarmaya odaklanır (Rohner, 2019). Çocuklar, birincil bağlanma figürlerinden sevgi ve değer aldıkları ölçüde, kendilerini değerli ve sevilmeye layık görürler. Ayrıca kişilerin, birincil bakım verenler tarafından sıcaklık ve destek alma ihtiyacı yeterince karşılanmadığında, yetişkinlikte kişilerarası ilişkilerde duygusal tepkisellik

artmaktadır (Cook ve ark., 2018; Fosco ve ark., 2016; Rohner, 2016; Khaleque ve Rohner, 2012; İbrahim ve ark., 2015). Dolayısıyla Kişilerarası Kabul-Red Kuramı'nın kişilik alt kuramı, yakın ilişki dinamiklerini etkileyen içsel faktörleri ortaya koyması açısından değerli bir yapı sunmaktadır.

İçsel bir faktör olarak 'psikolojik uyum' sağlıklı/normal bağımlılık, yeterli özsaygı ve öz yeterlilik, duygusal istikrar, öfkenin sağlıklı iletişimi, olumlu dünya görüşü ile bağlantılıdır ve psikolojik iyi olma haliyle doğrudan ilişkili olarak kabul edilmektedir (Rohner, 2019). Psikolojik uyum, alanyazında hem bağımsız hem de bağımlı değişken olarak ele alınmakta, aynı zamanda da psikolojik uyumun aracılık etkisi çalışmalarda incelenmektedir. Kişilerarası Kabul-Red Kuramı, ebeveyn kabul-reddi dahil ancak bununla sınırlı kalmayacak şekilde, tüm önemli kişilerarası ilişki dinamiklerinde deneyimlenen kabul-reddin, bireylerin kişilik eğilimlerini ve psikolojik uyumlarını etkileyeceğini belirtmektedir. Ancak ebeveyn kabul-reddi ile diğer ilişkilere yönelik kabul-red algısının da birbirinden bağımsız olmadığı bilinmektedir. Bu olgu, Kişilerarası Kabul-Red Kuramı tarafından 'zihinsel temsiller' (Rohner, 1986) ile açıklanmaktadır. Bu kavram, Bağlanma Kuramı'nın içsel işleyen model kavramı (Bowlby, 1969) ile paralellik göstermektedir. Aynı zamanda bu kavram kuramsal olarak, Şema Teorisi (Young ve ark., 2003), Psikanalitik Kuram (Freud, 1910) ve Imago Teorisi (Hendrix, 1990) ile örtüşmektedir çünkü bu kuramlar, gelecekteki ilişki dinamiklerini ve eş seçimlerini belirlemede erken deneyimlerin önemini vurgulamaktadır. Zihinsel temsiller, kabul-red deneyimleri ile kişinin benlik algısının, diğer ilişkilere yönelik değerlendirme ve beklentilerinin, dünyaya yönelik çıkarımların oluşması durumunu açıklar (Rohner, 2019). Kişilerarası Kabul-Red Kuramı bakış açısından Varan (2005, s.1) bu olguyu “*tarih tekerrürden ibarettir*” şeklinde ifade etmiştir. Ebeveynlerinden kabul gördüğünü algılayan bireyler, eşlerinin tutumlarına yönelik de kabul edilme atıfları gösterirken, bunun tersi de geçerlidir. Tutarlı bir şekilde, çocuklukta ebeveyn reddi deneyimlerinin, psikolojik uyumu azaltarak yakınlık korkusunu etkilediği bulunmuştur (Rohner ve ark., 2019). Ayrıca, gelecekteki ilişkilerde reddedilme duyarlılığının, ebeveyn reddine karşı kendini korumaya yönelik bir tepki biçimi olarak gelişebileceği belirtilmektedir (Bowlby, 1973). Reddedilme duyarlılığı, hem erken reddedilme ile başa çıkma sürecine etki edebilir hem de içsel çalışma modelinin önerdiği gibi reddedilme konusunda yüksek

hassasiyete yol açabilir (Bowlby, 1973). Kişilerarası Kabul-Red Kuramı için bu, her bir kişilerarası ilişkinin bağımsız etkisini değerlendirme sürecini karmaşıklştırmaktadır (Rohner, 2016). Bu nedenle, hem ebeveyn kabul-reddi hem de eş kabul-reddinin, kişinin psikolojik uyumu üzerinde önemli katkıları görülse de ebeveyn kabul-reddinin yetişkinliğe uzanan büyük etkisi göz önüne alındığında, mevcut çalışma için psikolojik uyum, bir aracı değişken olarak kabul edilmektedir.

Araştırmanın değişkenleriyle ilgili olarak ebeveyn kabulü terimi, çocukların ebeveynlerinden algıladıkları sıcaklık, şefkat, özen, rahatlık, ilgi, bakım, destek ve sevgiyi ifade eder (Rohner, 2019). Ebeveyn reddi, bu olumlu tutumların yokluğu veya belirgin şekilde geri çekilmesi anlamına gelir. Reddeden anne ve babalar (1) soğuk ve sevecen olmayan, (2) düşmanca ve saldırgan, (3) kayıtsız ve ihmalkâr, (4) ayrışmamış red tutumlarında olabilir ve bu da ebeveyn reddi algısına yol açabilir (Rohner, 2019). Ebeveyn reddi, ebeveynler tarafından gösterilen davranışlardan ziyade, çocuğun sahip olduğu inanç ve hatırlamalarla ilişkilidir (Kagan, 1978). Kişilerarası Kabul-Red Kuramı'na göre kabul veya reddedilme, yetişkinlerin kişilik eğilimlerini ve psikolojik uyumunu etkiler. Düşük psikolojik uyum, kaygı; güvensizlik; olgunlaşmamış bağımlılık veya savunucu bağımsızlık; öfke, düşmanlık, saldırganlık, pasif saldırganlığı kontrol etmede zorluk; düşük benlik saygısı ve öz yeterlilik; duygusal istikrarsızlık ve olumsuz dünya görüşü ile ilişkilendirilmektedir (Khaleque ve Rohner 2002; Rohner, 2005). Algılanan eş kabulü, bireyin duygusal bir bağa sahip olduğu partnerden sıcaklık, şefkat, rahatlık, destek, bakım, ilgi ve sevgi alma algısını ifade eder. Fiziksel ya da sözlü eylemleri kapsayabilir; ancak partner tarafından ortaya konan eylemlerden ziyade eş kabulünün, sembolik göstergeler ve kabul görme algısıyla ilişkili olduğu unutulmamalıdır (Rohner, 2016). Algılanan eş reddi, kabule yönelik bu göstergelerin önemli ölçüde geri çekilmesi anlamına gelir.

Kuramsal bilgi ve alanyazındaki ilgili çalışma sonuçları doğrultusunda mevcut çalışma, evli çiftler arasında 'ebeveyn kabul-reddi ve eş kabul-reddi arasındaki psikolojik uyumun aracılık rolü' modelini incelemiştir. Algılanan reddedilme ve psikolojik uyumun evliliklerde hem aktörleri hem de partnerleri nasıl etkilediğini ortaya çıkarmak, ilişki dinamikleri hakkında derinlemesine bir anlayış sunacaktır.

1.2 Araştırmanın Amacı

Kuramsal çıkarımlara ve önceki çalışmalara dayanarak bu çalışma, evli çiftlerin hatırlanan ebeveyn (anne ve baba) kabul-reddi hatırlamaları ile algıladıkları eş kabul-reddi arasındaki ilişkide, psikolojik uyumun aracı rolünü değerlendirmek için tasarlanmış modeli (Şekil 1) test etmeyi amaçlar. Evlilik ilişki dinamiklerini daha iyi anlamak için hem aktör hem de partner etkileri incelenmiştir.

1.3 Araştırma Soru ve Hipotezleri

Araştırmanın amacı doğrultusunda oluşturulan araştırma sorusu ve hipotezler aşağıda belirtildiği şekildedir.

Araştırma Sorusu: Psikolojik uyum, hatırlanan ebeveyn (anne ve baba) kabul-reddi ile algılanan eş kabul-reddi arasındaki ilişkiye ne ölçüde aracılık eder?

Aktör Etkileri:

Hipotez 1

H1a: Kadınların ve erkeklerin algıladıkları eş kabul-reddi, hatırlanan anne kabul-reddiyle anlamlı şekilde açıklanacaktır.

H1b: Kadınların ve erkeklerin algıladıkları eş kabul-reddi, hatırlanan baba kabul-reddiyle anlamlı şekilde açıklanacaktır.

Hipotez 2

H2a: Kadınların ve erkeklerin psikolojik uyumları, hatırlanan anne kabul-reddiyle anlamlı şekilde açıklanacaktır.

H2b: Kadınların ve erkeklerin psikolojik uyumları, hatırlanan baba kabul-reddiyle anlamlı şekilde açıklanacaktır.

Hipotez 3

H3a: Aktör etkisi olarak psikolojik uyum, kadınların ve erkeklerin hatırlanan anne kabul-reddi ile algılanan eş kabul-reddi arasındaki ilişkiye anlamlı düzeyde aracılık edecektir.

H3b: Aktör etkisi olarak psikolojik uyum, kadınların ve erkeklerin hatırlanan baba kabul-reddi ile algılanan eş kabul-reddi arasındaki ilişkiye anlamlı düzeyde aracılık edecektir.

Hipotez 4

H4a: Aktör etkisi olarak kadınların ve erkeklerin psikolojik uyumu, algıladıkları eş kabul-reddini anlamlı şekilde açıklayacaktır.

Partner Etkileri:

Hipotez 5

H5a: Partner etkisi olarak psikolojik uyum, kadınların ve erkeklerin hatırlanan anne kabul-red ile eşinin algıladığı kabul-red arasındaki ilişkiye anlamlı düzeyde aracılık edecektir.

H5b: Partner etkisi olarak psikolojik uyum, kadınların ve erkeklerin hatırlanan baba kabul-red ile eşinin algıladığı kabul-red arasındaki ilişkiye anlamlı düzeyde aracılık edecektir.

Hipotez 6

H6a: Partner etkisi olarak kadınların ve erkeklerin psikolojik uyumu, eşlerinin algıladığı eş kabul-reddini anlamlı şekilde açıklayacaktır.

Hipotez 7

H7a: Partner etkisi olarak kadınların ve erkeklerin hatırlanan anne kabul-reddi, eşlerinin algılanan eş kabul-reddi ile anlamlı şekilde ilişkili olacaktır.

H7b: Partner etkisi olarak kadınların ve erkeklerin hatırlanan baba kabul-reddi, eşlerinin algılanan eş kabul-reddi ile anlamlı şekilde ilişkili olacaktır.

Hipotez 8

H8a: Kişilerin algıladığı eş kabul-reddi, eşlerinin algıladığı kabul-red ile anlamlı şekilde ilişkili olacaktır.

1.4 Araştırmanın Önemi

Kişilerarası Kabul-Red Kuramı'nın kapsam olarak ebeveyn kabul-reddinden kişilerarası kabul-red olarak genişletilmesi, anlamlı ilişkilerin yaşam boyu etkisini göz önüne almıştır (Rohner, 2019). Ancak, farklı ilişkilerdeki kabul-red deneyimlerinin birbirini nasıl etkileyebileceğini incelemek, Kişilerarası Kabul-Red Kuramı hakkındaki bilgiyi artırabilecek önemli bir araştırma alanıdır. Farklı kabul-red deneyimleri arasındaki ilişkiyi anlama sürecinde, bu ilişkiler arasında hangi faktörlerin aracı rol oynadığını aydınlatmak da önemlidir. Araştırmacının bilgisine göre bu

çalışma, psikolojik uyumun ebeveyn kabul-reddi ve eş kabul-reddi arasında bir aracı olarak kabul edildiği ilk çalışmadır. Bu açıdan bakıldığında, “tüm anlamlı ilişkiler, bireyin psikolojik uyumunu eşit ve bağımsız olarak etkiler mi?” sorusu ortaya çıkmaktadır. Rohner (2019), reddedilme deneyimlerinin diğer ilişkiler üzerindeki etkisini belirtmektedir. Örneğin, reddedilme deneyimleri, diğer ilişkilerde göz ardı edilme, reddedilme veya dışlanma konusundaki hassasiyeti artırabilir (Downey ve Feldman, 1996; Ibrahim ve ark., 2015; Rohner ve ark., 2020). Çocukluğun kritik döneminde algılanan reddin kaynaklanan psikolojik uyumsuzluğun yetişkinliğe ve partner ilişkilerine nasıl yansıdığı, bu çalışmanın odaklandığı önemli bir araştırma alanıdır.

Ayrıca, mevcut araştırmanın belirtilen modeli inceleme yöntemi, çalışmanın özgünlüğüne katkıda bulunmaktadır. Evli çiftlerden ikili verilerin elde edilmesi ve Aktör-Partner Karşılıklı Bağımlılık Aracılık Modeli (APIMeM; Kenny ve Cook, 1999) ile yapılan veri analizinin amacı, belirli değişkenlerin sadece birey üzerindeki etkilerinin değil, aynı zamanda partner üzerindeki etkilerinin de araştırılmasını sağlamaktır. Bu nedenle, mevcut çalışma, APIMeM kullanımı yoluyla Kişilerarası Kabul-Red Kuramı'nın derinlemesine anlaşılmasına önemli bir katkı sunmayı amaçlamaktadır.

Evli çiftleri karşılıklı olarak etkileyen faktörlerden biri olarak eş kabul-reddi hakkında bilginin artırılması, uygulayıcılar için faydalı müdahale yollarını da ortaya çıkaracaktır. Dolayısıyla bu çalışma, uygulayıcılar için kullanılacak çıkarımların önünü açarak Kişilerarası Kabul-Red Kuramı'nın tanımlayıcı faktörlerini keşfetmenin ötesine geçmektedir.

2.Yöntem

2.1 Araştırmanın Deseni

Bu araştırmanın deseni, iki veya daha fazla nicel değişkenin birbiriyle ilişkili olduğu ve aralarındaki bu ilişkinin olası gücünün araştırıldığı ilişkisel bir araştırmadır (Fraenkel ve ark., 2011). Bu çalışma, hatırlanan ebeveyn kabul-reddi ile algılanan eş kabul-reddi arasındaki ilişkide psikolojik uyumun aracı rolüne ilişkin modeli sınamayı

amaçlamaktadır. Araştırmada birincil veri analizi olarak yol analizi kullanılmıştır. Yol analizi, çoklu regresyonun ötesine geçer ve daha karmaşık modeller hakkında doğru çıkarımlar yapmayı kolaylaştırır (Streiner, 2005). Verilerin modele uyup uymadığını değerlendirmede güçlü bir yöntemdir. Bu nedenle mevcut çalışmada önerilen model, yol analizleri ile test edilmiştir. Araştırmanın verileri, her iki partnerden gelen verilerin eş-zamanlı olarak analizini sağlayan Aktör-Partner Karşılıklı Bağımlılık Aracılık Modeli (APIMeM) ile değerlendirilmiştir.

2.2 Örneklem

Ana çalışmanın verileri, en az 1 yıldır evli ve ilk evliliğinde olan çiftlerden toplanmıştır. Çalışmaya 655 kişi katılmıştır. Ancak bu sayı hem çiftleri hem de eş çalışmaya katılmamış olan evli bireyleri içermektedir. Dolayısıyla, çift olarak çalışmaya katılmamış olan ve çalışmaya dahil olma kriterlerine uymayan bireyler elenmiştir. Sonuç olarak, ana çalışmaya uygun 172 çift ($n=344$ birey), çalışmanın örneklemini oluşturmuştur. Bu çiftler, yaşları, yaşadıkları şehir, eğitim düzeyleri ve diğer tanımlayıcı özellikler açısından değerlendirilmiştir.

Katılımcıların çoğu, İstanbul (%26.16), Gaziantep (%20.35) ve Ankara'dandır (%9.88). Verilerin çevrimiçi kanallardan toplanmış olması, farklı şehirlerden bireylerin de katılımını sağlamıştır. Eğitim düzeyi açısından değerlendirildiğinde mevcut çalışmanın katılımcıları, lisans ve lisansüstü derecelerine sahip yüksek eğitimli bireylerden oluşmaktadır.

Erken ebeveyn kaybının, hatırlanan ebeveyn kabul-reddine etki edebileceği düşünülerek, anne babanın yaşam durumu ve varsa kayıp sırasındaki yaşları kontrol edilmiştir. Ortalama ebeveyn kayıp yaşları, erken çocukluk dönem ebeveyn kaybını ortaya çıkarmamıştır. Bu nedenle bu faktörler ileri analizlerde kontrol edilmemiştir.

İlişki özellikleri açısından değerlendirildiğinde, katılımcıların ortalama evlilik süresi 8.41 ($Ss = 8.65$) yıl olarak bulunmuştur. Aynı zamanda katılımcıların çoğu tek çocuklu (41.30%) veya çocuksuzdur (33.7%). Bağlanma odaklı ilişki dinamiklerini değerlendirmek amacıyla, Yetişkin Yakın İlişki Ölçeği-Kısa Formu, eşin gerçek bir bağlanma figürü olup olmadığını değerlendiren ve genel puan toplamına katılmayan, 10 tanımlayıcı soru içermektedir. Genel anlamda katılımcıların çoğunluğunun,

partnerlerini bağlanma figürü olarak algıladıkları, dolayısıyla kabul-red açısından değerlendirmek üzere anlamlı ilişkiler içerisinde oldukları gözlenmiştir.

2.3 Veri Toplama Süreci

Bu tez çalışması kapsamında, öncelikle pilot çalışma ve sonrasında ana çalışma verileri olmak üzere iki ayrı veri toplama süreci yürütülmüştür. Veri toplama sürecine başlamadan önce ilk olarak, Orta Doğu Teknik Üniversitesi Uygulamalı Etik Araştırma Merkezi'ne başvuru yapılmış ve gerekli izinler alınmıştır.

Hem pilot hem de ana çalışmada katılım, gönüllülük esasına dayanmaktadır. Araştırmaya dahil edilme kriterleri, en az 1 yıldır evli ve ilk evliliğinde olmaktır. Pilot çalışma için veriler evli bireylerden toplanırken, ana çalışmada veriler, aktör- partner bağlamında değerlendirilebilmesi amacıyla evli çiftlerden toplanmıştır.

Veriler, bir çevrimiçi değerlendirme aracı olan Google Form kullanılarak toplanmıştır. Gizliliğin korunması adına katılımcılara, isim, soyisim, vb. tanımlayıcı ve ayırt edici bilgi sorulmamıştır. Ana çalışmada veri toplanan çiftlerin eşleştirilebilmesi için çiftlerin ortak bir rumuz belirleyerek, o rumuzu ankete yazmaları istenmiştir.

2.4 Veri Toplama Araçları

Mevcut çalışmada Demografik Bilgi formuna ek olarak, nicel veriler Ebeveyn Kabul-Red Ölçeği- Kısa Formu (Rohner, 2005), Kişilik Değerlendirme Ölçeği (Rohner ve Khaleque, 2005) ve Yetişkin Yakın İlişki Ölçeği-Kısa Formu (Rohner, 2013) aracılığıyla toplanmıştır.

Demografik Bilgi Formu

Demografik bilgi formu, katılımcıların özellikleri ve evlilik ilişkisinin yapısına yönelik soruları içermektedir. Bu form kapsamında katılımcıların yaş, cinsiyet, eğitim düzeyi, çalışma durumu, meslek, ebeveyn yaşam durumu gibi bilgileri ile evliliğin süresi, çocuk sahibi olma gibi ilişkiye dair bilgilerin edinilmesi amaçlanmıştır.

Ebeveyn Kabul-Red Ölçeği (EKRÖ-Kısa Form)

Ölçek ilk olarak Rohner (2005) tarafından, algılanan ebeveyn (anne ve baba) kabul veya reddini dört alt alanda değerlendirmek için geliştirilmiştir: (1) sıcaklık/şefkat, (2) düşmanlık/saldırganlık, (3) ihmal/kayıtsızlık, (4) ayrışmamış red. Yetişkin EKRÖ ölçeği, 1 (hiçbir zaman doğru değil), 2 (nadiren doğru), 3 (bazen doğru) ile 4 (hemen her zaman doğru) seçeneklerini içeren dörtlü Likert tipi bir ölçektir. Ölçeğin 48 soruluk kısa formu (EKRÖ-Kısa Form), anne ve baba için aynı soruları içerecek şekilde, her biri için 24 sorudan oluşmaktadır. Anne ölçeğindeki sorular anne kabul-reddini, baba ölçeğindeki sorular baba kabul-reddini ölçmeyi amaçlar. Ölçeğin genel puanı, alt ölçek puanları (sıcaklık/şefkat alt ölçeği ters kodlanacak şekilde) toplanarak elde edilir ve ebeveyn kabul-reddi toplam puanı 24 ile 96 arasında değişir. Ölçekten alınan yüksek puanlar, algılanan ebeveyn reddine, düşük puanlar ise algılanan yüksek ebeveyn kabulüne işaret eder. Her iki alt ölçeğin de yüksek güvenilirlik ve geçerliliği vardır; anne kabul-red formunun Cronbach alfa katsayısı .76 ile .97 arasında, baba kabul-red formunun Cronbach alfa katsayısı .81 ile .97 arasında değişmektedir (Rohner, 2005).

EKRÖ-Kısa Formu, Dedeler ve ark. (2017) tarafından Türkçe'ye uyarlanmıştır. Cronbach alfa katsayısı anne formu alt boyutları için .68 ile .89 arasında ve baba formu alt boyutları için .82 ile .91 arasında değişmektedir. Genel olarak, anne formu için ölçeğin tümünün alfa katsayısı .90 ve baba formu için .94'tür. Uyarlama çalışmasından elde edilen sonuçlar, ölçeğin geçerli ve güvenilir olduğunu göstermiştir. Ana çalışmada kullanılmadan önce ölçeğin pilot çalışma ile doğrulayıcı faktör analizi yapılmıştır. SPSS 22 (IBM Corp., 2013) ve AMOS-24 (Arbuckle, 2016) kullanılarak gerekli varsayım kontrolleri, doğrulayıcı faktör analizi ve iç tutarlılık katsayısı hesaplanmıştır. Orjinal ölçek sonuçlarıyla örtüşecek şekilde, anne formu için 4'lü faktör yapısı doğrulanmıştır. Anne formu için Cronbach alfa değeri .94'tür. Sonuçlar, ölçeğin anne formu için kabul edilebilir bir iç tutarlılığa sahip olduğuna işaret etmektedir. Sonuç olarak, Ebeveyn Kabul-Red Ölçeği (Kısa Formu)-Anne Formu bu çalışmada kullanılacak geçerli ve güvenilir bir araç olarak bulunmuştur. Mevcut çalışmada, kabul-reddi yordamak için, ölçekten elde edilen toplam puan kullanılmıştır. Baba formu için de yapılan analizlerde, 4'lü faktör yapısı doğrulanmıştır ve formun Cronbach alfa değeri .95 olarak bulunmuştur. Buna dayanarak, baba formunun iç tutarlılığının yüksek olduğu tespit edilmiştir. Dolayısıyla Ebeveyn Kabul-Red Ölçeği

(Kısa Form)-Baba Formu da bu çalışmada kullanılacak geçerli ve güvenilir bir araç olarak tespit edilmiştir. Ana çalışmada, kabul-reddi yordamak için, ölçekten elde edilen toplam puan kullanılmıştır.

Kişilik Değerlendirme Ölçeği (KİDÖ-Kısa Formu)

KİDÖ ilk olarak Rohner ve Khaleque (2005) tarafından geliştirilen, Kabul-red ile ilişkili kişilik eğilimleri ve toplam psikolojik uyumu ölçmek amacıyla oluşturulan bir ölçektir. Ölçek, (4) “Hemen hemen her zaman doğru”, (3) “Bazen doğru”, (2) “Nadiren doğru” ve (1) “Hiçbir zaman doğru değil” seçeneklerini içeren dördümlü Likert tipi bir ölçektir. Ölçeğin uzun formu 63 soru içermektedir. Ancak ölçeğin Çocuk Kişilik Değerlendirme Ölçeği formatı, Yetişkin Kişilik Değerlendirme Ölçeği -Kısa Formu olarak da kullanılmaktadır ve kısa form, 42 sorudan oluşmaktadır (Rohner ve Ali, 2006). Ölçek, yedi kişilik eğilimini ölçecek şekilde, her bir kişilik eğilimi odaklı 6 soru içermektedir. Alt ölçeklerden elde edilen toplam puan, bireyin 'psikolojik uyumunu' gösterir. Düşük puanlar daha iyi bir psikolojik uyuma işaret eder. Ölçekten alınabilecek en düşük ve en yüksek puan 42 ile 168 arasındadır.

Ölçeğin Türkçe versiyonu, evlilik stresinin Türk ergenlerin psikolojik uyumu üzerindeki etkilerini değerlendirmek için Gürmen ve Rohner (2014) tarafından kullanılmıştır. Çocuk KİDÖ'nün Cronbach alfa değeri .72 olarak elde edilmiştir. Ölçeğin Türkçe versiyonu yetişkinler ile Börkan ve ark. (2014) tarafından yapılan bir çalışmada kullanılmış ve Cronbach alfa değeri .82 olarak bulunmuştur. Ana çalışmada kullanılmadan önce yapılan pilot çalışmada da ölçeğin mevcut örneklem için geçerliliği ve güvenilirliği değerlendirilmiştir. Cronbach alfa değeri .91 olarak bulunmuş, bu değer yüksek iç tutarlılığı gösterdiği tespit edilmiştir. Ana çalışmada, psikolojik uyumu yordamak amacıyla ölçekten elde edilen toplam puan kullanılmıştır.

Yetişkin Yakın İlişki Ölçeği Kısa Formu (YYİÖ-Kısa Form)

Yetişkin Yakın İlişki Ölçeği/Kısa Formu, Rohner (2013) tarafından Eş Kabul-Red Ölçeği (EŞKRÖ) uzun formu ve Eşe/Partnere Bağlanma Ölçeği'nin (EBÖ) maddelerinin birleştirilmesiyle oluşturulmuştur. Bu ölçekle, eş ya da partnerden algılanan kabul-red düzeyinin anlaşılması amaçlanır. Yetişkin Yakın İlişki Ölçeği/Kısa Formu, Rohner (2013), Eş Kabul-Red Ölçeği (EŞKRÖ) uzun formu ile hemen hemen aynı olan 24 maddeyi içerir ve bu maddeler aynı şekilde Ebeveyn Kabul-Red Ölçeği (EKRÖ) soruları ile de örtüşmektedir. EKRÖ sorularındaki

anne/baba ifadeleri, eş/partnere uyarlanmıştır. Kabul-reddi değerlendirirken EKRÖ ile aynı alt boyutlara odaklanır ve 1 (hiçbir zaman doğru değil), 2 (nadiren doğru), 3(bazen doğru) ile 4 (hemen her zaman doğru) seçeneklerini içeren dördümlü Likert tipi bir ölçektir. Ölçeğin toplam puanı, 24 ile 96 arasında değişir. Ölçekten alınan yüksek puanlar, algılanan eş reddine, düşük puanlar ise algılanan yüksek eş kabulüne işaret eder. Ölçeğin Türkçe adaptasyon çalışması Akün (2019) tarafından yapılmıştır ve Cronbach alfa değeri .88 olarak elde edilmiştir. Mevcut çalışma kapsamında yürütülen pilot çalışma sonucunda ölçeğin toplam Cronbach alfa iç-tutarlık katsayısının .95 olduğu bulunmuş bu değer yüksek iç tutarlılığı gösterdiği tespit edilmiştir. Eş kabul-reddini değerlendirmek amacıyla ölçekten elde edilen toplam puanlar kullanılmıştır.

2.5 Çalışmanın Sınırlılıkları

Mevcut araştırma, bulgular tartışılırken dikkat edilmesi gereken bazı sınırlılıklara sahiptir. İlk olarak, katılımcılar yaş, çocuk sayısı, evlilik süresi gibi özellikler açısından farklılaşmaktadır ve bu farklılıkların kabul-redde olası etkisinin mevcut çalışmada değerlendirilmemesi, çalışmanın sınırlılıkları arasındadır. Aynı zamanda, katılımcıların çoğunun yüksek bir eğitim düzeyine sahip olduğu gözlemlenmiştir. TUIK (2022) verilerine göre üniversite mezun oranı 22.1% iken, mevcut çalışmada katılımcıların 62.7%'si üniversite mezunu olduğunu ifade etmiştir. Bu durum, genellenebilirlik yönünden araştırmanın sınırlılığı olarak tanımlanabilmektedir.

Kullanılan ölçeklerin öz bildirim dayalı olması, araştırmanın sınırlılıklarından biridir. Araştırmanın aile ve eş ilişkisine yönelik sorular barındırmasının özel yaşamla ilişkili olduğu düşünüldüğünde, olumsuz yönlerin ifşa edilmesine dair tereddüt oluşabilmektedir. Aynı zamanda, mevcut çalışmada yetişkinlere ebeveyn kabul-reddi ile ilgili erken anılar sorulmuştur. Eski anıların hatırlanmasına dair bellek bozulması da öz bildirim anketlerinin yanıtlarını etkileyebilmektedir.

Katılımcılar soruları çevrimiçi kaynaklar aracılığıyla yanıtlamışlardır. Araştırmanın başlangıç planında yüz yüze veri toplamak hedeflenmiş olsa da Covid-19 pandemisi bu durumu mümkün kılmamıştır. Katılımcılara, anketleri eşlerinden ayrı olarak yanıtlamaları konusunda hem davet mektubu hem de onam formu aracılığıyla

bilgi verilmiştir; ancak, çevrimiçi kaynaklar aracılığıyla eşlerden veri toplama süreci, çalışmanın bir sınırlılığı olarak kabul edilebilir. Aynı zamanda çevrimiçi veri toplama süreci birçok farklı şehirden veri toplamayı mümkün kılsa da yalnızca internet okur-yazarlığı olan bireylerin dahil olabilmesi sonuçların genellenebilirliği yönünden sınırlılık olarak değerlendirilmektedir. Veriler, 2020 yılının Temmuz ve Kasım ayları arasında toplanmıştır. Türkiye’de ilk Covid vakasının Mart ayında ortaya çıktığı göz önüne alındığında, veri toplama sürecinin sosyal izolasyon, kısıtlamalar ve günlük yaşam döngüsünde büyük değişimlerin yaşandığı kaygılı bir döneme denk geldiği görülmektedir (Pasley, 2020; Tanhan et al.,2020). Bu durumun hem bireyler hem de çiftler üzerinde meydana getirebileceği olası etkilerin mevcut çalışmada değerlendirilmemiş olması, bir diğer sınırlılık olarak tanımlanabilmektedir.

Son olarak, ölçeklerden alınan toplam puanlar ile analizler yapılmıştır. Alt ölçek puanlarının analiz edilmemiş olması da araştırmanın bir diğer sınırlılığı olarak değerlendirilebilir.

2.6 Veri Analizi

Bu çalışmada ana amaç, Kişilerarası Kabul-Red Kuramı'nın temelleri göz önünde bulundurularak, ebeveyn kabul/reddi ve eş kabul/reddi ilişkisinde psikolojik uyumun aracılık rolü hakkında geliştirilen modeli test etmektir. Bu modelde, evli çiftlerde psikolojik uyumun ebeveyn kabul-reddi ile eş kabul-reddi arasındaki aracı rolü, Yol Analizi Aktör-Partner Bağımlılık Aracılık Modeli (APIMeM) ile araştırılmıştır. Bahsedilen değişkenler arasındaki yolları değerlendirmek amacıyla Muthén ve Muthén (1998) tarafından geliştirilen istatistiksel bir program olan Mplus kullanılmıştır.

Veri analizleri pilot ve ana çalışma için ayrı ayrı yapılmıştır. Öncelikle pilot çalışmada evli bireylerden veri toplanmış, ana çalışmada ise evli çiftlerden veri toplanmıştır. Her iki çalışmada da SPSS 22 (IBM Corp., 2013) kullanılarak veri tarama, varsayımların test edilmesi ve pilot çalışmanın güvenilirlik analizleri yapılmıştır. Pilot çalışmada, AMOS-24 (Arbuckle, 2016) kullanılarak tüm ölçekler için doğrulayıcı faktör analizleri (DFA) yapılmıştır. Ana çalışmada, ön analizlerin ardından, çalışmanın değişkenlerine göre olası cinsiyet farklılıklarını tespit etmek için

Tek Yönlü ANOVA testleri dahil olmak üzere tanımlayıcı istatistikler yapılmıştır. İkinci olarak, Pearson korelasyon katsayıları hesaplanarak iki değişkenli korelasyonlar incelenmiştir. Son olarak hem aktör hem de partner etkileri dikkate alınarak hipotezler Mplus aracılığıyla test edilmiştir.

3. Bulgular

Değişkenler arasındaki tüm yollar doymuş modele dahil edilmiş ve ardından anlamlı olmayan yollar modelden çıkarılmıştır. Bu nedenle, nihai model, modelin anlamlı tüm yollarını içermektedir. Modelin uyum iyiliği $\chi^2(13) = 19.28, p = .10, \chi^2/df = 1.52, CFI = .95, TLI = .92, RMSEA = .06, (%90 CI, 0.00-0.10), SRMR = .06$ olarak, kabul edilebilir aralıkta tespit edilmiştir. Model, kadınların algıladığı eş kabul-reddi varyansının %11,6'sını ve erkeklerin algıladığı eş kabul-reddi varyansının %19,1'ini açıklamıştır. Anne-baba kabul-reddi ile psikolojik uyum arasındaki ilişkiye bakıldığında, algılanan anne ve baba kabul-redleri, kadınların psikolojik uyum varyansının %15'ini ve erkeklerin psikolojik uyum varyansının %10'unu açıklamıştır. Dolayısıyla, modelin geçerli olduğu, ancak açıkladığı varyans açısından büyük etki alanına sahip olmadığı tespit edilmiştir. Ancak, bu çalışma, ebeveyn kabul-reddi ve eş kabul-reddi arasında psikolojik uyumun aracılık rolüne ilişkin anlamlı aktör ve partner yolları bularak, alanyazına önemli bir katkıda bulunmuştur.

Kadınlar için aktör etkisi incelendiğinde, anne kabul-reddinin psikolojik uyumlarını ($\beta = .24, p < .01$) anlamlı ve pozitif yönlü olarak, düşük düzeyde bir etki ile yordadığı bulunmuştur (H2a). Buna paralel olarak, kadınların baba kabul-reddinin de psikolojik uyumlarını anlamlı ve pozitif yönlü olarak ($\beta = .22, p < .01$), düşük düzeyde bir etki ile yordadığı bulunmuştur (H2b). Erkekler için aktör etkisi incelendiğinde, anne kabul-reddi psikolojik uyumlarını anlamlı düzeyde yordamamıştır (H2a). Ancak baba kabul-reddi, erkeklerin psikolojik uyumlarını pozitif yönlü ve anlamlı olarak ($\beta = .32, p < .01$), orta düzeyde etki ile yordamıştır (H2b).

Kadınlar için aktör etkisi değerlendirildiğinde, psikolojik uyum, eş kabul-reddini pozitif yönlü ve istatistiksel olarak anlamlı olarak ($\beta = .34, p < .01$), orta düzeyde yordamıştır (H4a). Erkekler için aktör etkisi değerlendirildiğinde, psikolojik

uyum, eş kabul-reddini pozitif yönlü ve istatistiksel olarak anlamlı olarak ($\beta = .19, p < .01$), düşük düzeyde yordamıştır (H4a).

Ebeveyn kabul-reddi ve eş kabul-reddi arasındaki doğrudan ilişki değerlendirildiğinde, kadınlar ve erkekler için istatistiksel olarak anlamlı bir doğrudan ilişki bulunmamıştır (H1a & H1b). Psikolojik uyumun aracı değişken olarak yer aldığı dolaylı aktör etkileri incelendiğinde, istatistiksel olarak anlamlı iki yol bulunmuştur. İlk olarak, kadınların anne kabul-reddinin eş kabul-reddi üzerindeki dolaylı etkisinin, istatistiksel olarak anlamlı, pozitif yönlü olduğu ve psikolojik uyum tarafından tam aracılık etkisine sahip olduğu bulunmuştur (H3a; $\beta = .08, p < .05, [CI .03, .14]$). İkinci olarak, erkeklerin baba kabul-reddinin algılanan eş kabul-reddi üzerindeki dolaylı etkisinin, istatistiksel olarak anlamlı, pozitif yönlü olduğu ve psikolojik uyum tarafından tam aracılık etkisine sahip olduğu bulunmuştur (H3b; $\beta = .06, p < .05, [CI .01, .11]$).

Partner etkileri değerlendirildiğinde kadınların psikolojik uyumu, erkeklerin algıladığı eş kabul-reddini istatistiksel olarak anlamlı ve pozitif yönlü olarak, orta düzeyde etki ile yordamıştır (H6a; $\beta = .34, p < .01$). Bununla birlikte, erkeklerin psikolojik uyumu, kadınların algıladığı eş kabul-reddini istatistiksel olarak anlamlı düzeyde yordamamıştır (H6a). Anne kabul-reddi ve baba kabul-reddi açısından ise hem kadınlar hem de erkekler için doğrudan bir partner etkisi bulunmamıştır (H7a & H7b).

Partner etkileri açısından psikolojik uyumun aracılık rolü kadınlar ve erkekler için ayrı ayrı test edilmiştir. Kadınların anne kabul-reddinin, erkeklerin algılanan eş kabul-reddi ile ilişkisi istatistiksel olarak anlamlı, pozitif olarak bulunmuş ve bu ilişkide, kadınların psikolojik uyumunun tam aracılık etkisine sahip olduğu tespit edilmiştir (H5a; $\beta = .08, p < .05, [CI .02, .15]$). Kadınların baba kabul-reddinin erkeklerin algılanan eş kabul-reddi ile ilişkisi istatistiksel olarak anlamlı, pozitif olarak bulunmuş ve bu ilişkide, kadınların psikolojik uyumunun tam aracılık etkisine sahip olduğu tespit edilmiştir (H5b; $\beta = .08, p < .05, [CI .01, .15]$). Ayrıca, kadınların algılanan partner kabul reddi ile erkeklerin algılanan partner kabul reddi arasında anlamlı bir ilişki tespit edilmiştir (H8a; $\beta = .40, p < .05$)

4.Tartışma

4.1 Aktör Etkilerinin Tartışılması

Hipotez H2a ve H2b, ebeveyn kabul-reddi (anne ve baba) ile kişilerin psikolojik uyumu arasında anlamlı bir ilişki olduğunu öne sürmektedir. Her iki ebeveyn de kadınların psikolojik uyumunu neredeyse eşit ölçüde açıklamıştır. Erkeklerin psikolojik uyumunu ise sadece babaların kabul-reddinin önemli ölçüde yordadığı, annelerin kabul-reddinin oğullarının psikolojik uyumuna anlamlı bir katkı sağlamadığı bulunmuştur.

Alanyazında çok sayıda araştırma bulgusu, ebeveyn kabulü ile psikolojik uyum arasındaki önemli ilişkiyi ortaya koymaktadır. Khaleque ve Rohner (2002), çok sayıda evrensel çalışmayı içeren bir meta-analiz çalışmasında, ebeveyn kabulü hatıralarının çocukların psikolojik uyum varyansının %26'sını ve yetişkinlerin psikolojik uyum varyansının %21'ini açıkladığını belirtmişlerdir. Tutarlı bir şekilde, mevcut çalışmada, hatırlanan anne-baba kabul-reddi, yetişkin kadınların psikolojik uyum varyansının %15'ini ve yetişkin erkeklerin psikolojik uyum varyansının %10'unu açıklamıştır. Bireylerin psikolojik uyumuna katkıda bulunabilecek nörobiyolojik, kültürel, kişisel ve aileye ilişkin diğer faktörler düşünüldüğünde ve mevcut çalışmada bu faktörlerin dahil edilmediği göz önüne alındığında, açıklanan görece düşük varyans düzeyleri beklenen bir sonuç olarak ortaya çıkmaktadır. Ek olarak, IPARTheory, farklı kabul-red deneyimlerinin psikolojik uyum üzerindeki önemli katkısını vurgulamaktadır. Bu nedenle, yalnızca hatırlanan ebeveyn kabul-reddi etkisinin sınırlı katkı sağlamış olabileceği öngörülmektedir. Son olarak, Khaleque ve Rohner'in (2002) meta-analiz çalışmasında ortaya konduğu gibi, yetişkinlikteki ebeveyn kabul-reddi hatırlamaları, bireylerin mevcut psikolojik uyumu ile önemli ölçüde ilişkilidir. Ancak bu etki, çocukluk psikolojik uyumuna kıyasla yetişkinler için daha düşük düzeyde varyansla açıklanmıştır. Dolayısıyla yetişkinlikte ebeveyn kabul-reddi hatırlamalarında ve etkisinde azalma, belli bir düzeye kadar beklenen bir sonuçtur.

Çalışmanın bulguları incelendiğinde, açıklanan varyans açısından kadınlar ve erkekler arasındaki fark dikkat çekicidir. Ebeveyn cinsiyetinin kişinin psikolojik uyumunu açıklama düzeyindeki farklılıklar alanyazında da vurgulanmaktadır. Mevcut

çalışma bulguları alanyazındaki bulgularla (Ali ve ark., 2015; Chyung ve Lee, 2008; Sultana ve Khaleque, 2015) birlikte düşünüldüğünde, ebeveyn kabulünün bireylerin psikolojik uyumu üzerindeki etkisinin defalarca kanıtlandığı sonucuna varılabilir. Ancak, kadınların ve erkeklerin ebeveyn kabulünde hatırlanan anne ve baba kabulü arasındaki farkla ilgili olarak çalışmalar arasında bir fikir birliği yoktur.

Kültürler arası bir meta-analiz çalışmasında, hatırlanan baba kabulü ile psikolojik uyum arasındaki ilişkinin, hatırlanan anne kabulü ile psikolojik uyum arasındaki ilişkiye kıyasla daha güçlü olduğu vurgulanmıştır (Khaleque ve Rohner, 2011). Başka bir deyişle, babaların kişinin psikolojik uyumu üzerindeki etkisi geleneksel beklentilerin ötesindedir. Son zamanlarda yayınlanan güncel çalışmasında Rohner (2021), ebeveyn katkısındaki farklılıkları ele alan çalışmaları derleyerek, hatırlanan baba kabul-reddinin, hatırlanan anne kabul-reddine kıyasla psikolojik uyum üzerinde daha iyi bir yordayıcı olduğunu iddia etmiştir. Tutarlı bir şekilde, hatırlanan baba kabulü, mevcut çalışmada hem kadınların hem de erkeklerin psikolojik uyumlarına önemli katkılar sağlamıştır. Ancak hatırlanan anne kabulü, erkeklerin psikolojik uyumuna istatistiksel olarak anlamlı bir katkıda bulunmamıştır. Hatırlanan anne kabulünün, sadece kadınların psikolojik uyumuna istatistiksel olarak anlamlı bir katkıda bulunduğu gözlenmiştir. Erkeklerin psikolojik uyumuna yönelik hatırlanan anne ve baba kabulü arasındaki farkı anlamlandırmak adına olası açıklamalar ele alınmıştır.

Türk toplumunda normlar, kırsal ve ataerkil değerlerden daha kentli ve eşitlikçi bir konuma doğru bir değişme eğilimi göstermektedir. Bununla birlikte Sunar ve Fişek (2005), Türk aile yapısındaki ebeveyn-çocuk ilişkisini, cinsiyete dayalı farklılıklar açısından, oldukça durağan olarak tanımlamışlardır. Sunar (2002), kabul-red bağlamındaki cinsiyet farklılıklarına dikkat çekmiştir. Kız çocukları babalarını, erkek çocuklarına göre daha sevecen olarak algıladıklarını belirtmişlerdir. Ayrıca, erkek çocukların babalarını, kız çocuklarına göre, daha öfkeli (Sunar, 2002) ve yargılayıcı (Sefer, 2006) olarak algıladıkları bildirilmiştir. Eril rol, aynı cinsiyetten çocuğa karşı daha düşük seviyede duygusal ifadeye neden olabilir. Bununla birlikte, daha düşük düzeyde şefkatli tutum ve duygusal ifadelerin yer alması, babaların oğulları üzerindeki önemli etkisini azaltmamaktadır. Cinsiyete dayalı rollerin içselleştirilmesi süreci

babaları, oğullarının psikolojik uyumları üzerindeki etkileri açısından daha belirleyici bir konuma sokabilmektedir.

Ebeveynler arasındaki farklılıklara dair alanyazındaki belirsizliği netleştirmek adına Carrasco ve Rohner (2013), anne babaların çocuklarının psikolojik uyumuna katkıları arasındaki farkı hangi faktörlerin açıklayabileceğine ilişkin soruyu gündeme getirmiş ve “algılanan ebeveyn gücü ve prestijinin” psikolojik uyuma katkıda önemli bir rol oynayabileceğini ortaya koymuştur (Carrasco ve Rohner, 2013; Carrasco ve ark., 2019; Machado ve ark., 2014). Dolayısıyla, hatırlanan ebeveyn gücü ve prestijindeki farklılık, cinsiyet farklılıklarına ilişkin başka bir olası açıklama sağlamıştır. Burada önemli olan sadece ebeveynin cinsiyeti değil, ebeveyn ve çocuk arasındaki ilişkidir (Pinquart, 2017).

Öz-bildirime dayalı ölçekler, bireylerin aileleri hakkındaki öznel algılarını ortaya koyduğundan, kabul-red konusunda ebeveyn farklılığı aslında ebeveynlerinin prestij ve gücünde algılanan farklılığı gösterebilir. Bu bakış açısıyla mevcut çalışmanın bulguları değerlendirildiğinde kadınların öznel dünyasında aile dinamikleri açısından her iki ebeveynin de eşit güç ve konumda, erkekler için ise babanın daha güçlü ve prestijli bir konumda hatırlandığı şeklinde yorumlanabilir. Erkeklerin kadınlara göre daha yüksek algılanan prestij ve güç düzeylerine atıfta bulunan cinsiyet hiyerarşisine dair bu öznel değerlendirme, diğer bazı araştırma bulgularıyla da tutarlıdır (Fişek, 1982, 1993; Kağıtçıbaşı, 1982; Kandiyoti, 1988; Kiray, 1976; Sunar, 2002).

Hem kadınlar hem de erkekler için, Hipotez 4a'nın önerdiği gibi, psikolojik uyumun algılanan partner kabul-reddi ile anlamlı bir şekilde ilişkili olduğu bulunmuştur. Hipotez 1a ve 1b'nin aksine, hatırlanan ebeveyn kabul-reddi ile algılanan partner kabul-reddi arasında direk ilişki tespit edilmemiştir. Ancak, psikolojik uyum bu ilişkiye aracı olarak dahil edildiğinde (Hipotez 3a ve 3b), hatırlanan anne kabul-reddi ve kadınların algıladığı partner kabul-reddi ilişkisinde tam aracılık ortaya çıkmıştır. Ayrıca, hatırlanan baba kabul-reddi ve erkeklerin algıladığı partner kabul-reddi ilişkisinde psikolojik uyumun tam aracılık etkisi olduğu tespit edilmiştir.

Daha önce de belirtildiği gibi, hatırlanan ebeveyn kabul-reddi ile psikolojik uyum arasındaki ilişkiyi inceleyen çok sayıda araştırma mevcuttur. Buna ek olarak,

birçok araştırma da algılanan partner kabulü-reddi ile psikolojik uyum arasındaki ilişkiye odaklanmıştır (Khaleque, 2001; Rohner ve Khaleque, 2010). Ancak bu çalışmaların büyük bir çoğunluğunun evli bireyler veya çiftler yerine üniversite öğrencileri ile yürütüldüğü görülmüştür. Hem ebeveyn kabul-reddi hem de eş kabul-reddinin bireylerin psikolojik uyumu ile önemli ölçüde ilişkili olduğu gösterilmiş olsa da bu deneyimlerin birbirinden bağımsız olup olmadığı sorusu gündeme gelmiştir.

Varan (2005) ve Eryavuz (2006), ebeveyn kabul-reddi ile eş kabul-reddi arasında anlamlı bir ilişki bulmuştur. Eryavuz (2006), bu ilişkinin kadınlara kıyasla erkekler için daha güçlü olduğu sonucuna ulaşmıştır. Kabul-red deneyimlerinin devamlılığına dair kısıtlı sayıda çalışma bulunması, öngörülebilir sonuçlar oluşmasını ve cinsiyete dayalı farklara dair çıkarımlar yapmayı zorlaştırmaktadır. Mevcut çalışmada, kadınlar için anne kabul-reddi ve eş kabul-reddi arasındaki ilişkide psikolojik uyumun tam aracılık etkisi olduğu bulunmuştur. Erkekler için ise, baba kabul-reddi ve eş kabul-reddi arasındaki ilişkide psikolojik uyumun tam aracılık etkisi olduğu bulunmuştur. Geçmiş ve şimdiki kabul-red deneyimleri arasındaki devamlılık söz konusu olduğunda aynı cinsiyetten olan ebeveynler lehine sonuçlar elde edilmiştir.

Bu çalışmada ebeveyn kabul-reddi ve eş kabul-reddi arasındaki ilişkide psikolojik uyumun aracı rolünün araştırılması her ne kadar yeni bir yaklaşım olsa da psikolojik uyumun bu ilişkideki rolüne işaret edebilecek ve bu konuya dair çıkarım yapmayı destekleyebilecek çok sayıda çalışma bulunmaktadır. Kapsayıcı bir terim olarak psikolojik uyumun alt-boyutları (kaygı; güvensizlik; olgunlaşmamış bağımlılık veya savunucu bağımsızlık; öfke, düşmanlık, saldırganlık, pasif saldırganlığı kontrol etmede zorluk; düşük benlik saygısı ve öz yeterlilik; duygusal istikrarsızlık; olumsuz dünya görüşü) ilk bakışta değerlendirildiğinde dahi, geçmiş ve şu anki deneyimler arasındaki paralellikte rol oynayabilecekleri öngörülebilmektedir. Ampirik bulgular da bunu desteklemektedir. Örneğin Yakın (2011), baba reddinin öfke kontrolünün aksine öfkenin dışa dönük ifadesi ile ilişkili olduğunu göstermiştir. Houston ve Vavak (1991), yüksek düzeyde düşmanlık/saldırganlık gösteren bireylerin, başkalarının kabul yaklaşımlarını daha az samimi ve gerçekçi bulduklarını göstermiştir. Düşmanlık boyutunun kabul-red tutumlarını değerlendirme sürecine müdahale ettiği öne sürülebilir. Bir diğer alt-boyut olarak, Giotsa ve ark. (2018), ebeveyn reddinin yetişkinlikte kişilerarası kaygı ile önemli ölçüde ilişkili olduğunu bulmuş ve bu olguya

odaklanan diğer çalışmalarla tutarlı sonuçlar ortaya koymuştur (Festa ve Ginsburg, 2011; Giaouzi ve Giovazolias, 2015; Hummel ve Gross, 2001).

Kabul-red algıları üzerinde ebeveyn hatıralarının sürekliliğini anlamak için alanyazında yer alan bir başka kavram, reddedilme duyarlılığıdır. Reddedilen bireylerin reddedilme ve sosyal dışlanmanın ipuçlarına karşı aşırı duyarlı olmaları muhtemeldir (Downey ve Feldman, 1996; Ibrahim ve ark., 2015; Rohner, Ali ve Molaver, 2019). Sürekliliği anlamlandırırken, erken dönem reddedilme deneyimleri ile kendini değersiz, sevilmeyen birisi olarak değerlendirmenin, düşük psikolojik uyum olarak sınıflandırılacağını ve bunun da gelecekteki eş seçimini ve kendini gerçekleştiren kehaneti ortaya çıkarabileceğini belirtmek önemlidir (Downey ve ark., 1998).

Ebeveyn kabul-reddi ile yetişkinlikteki yakın ilişkiler arasındaki ilişkiyle ilgili olarak, Rohner ve ark. (2019), 13 ülkeden katılımcıları içeren kültürler arası bir çalışma yürütmüştür. Hem anne hem de baba reddinin, yetişkin duygusal ilişkilerinde yakınlık korkusuna katkıda bulunduğu ve psikolojik uyumun bu ilişkiye kısmi aracılık etkisi olduğu bulunmuştur.

Bu çalışmada elde edilen psikolojik uyumun aracı etkisine dair verilerin, anne ve baba kabul-reddi açısından farklılıklar içermesine yönelik olası sebepler tartışılmıştır. Annelerle karşılaştırıldığında babaların, oğullarının psikolojik uyumu üzerinde daha güçlü etkisi belirtilmiştir. Ancak görünüşe göre, babaların oğullarının yaşamı üzerindeki etkisi sadece kişisel düzeyde değil, aynı zamanda kişiler arası düzeyde de oldukça anlamlıdır. Karşılıklı Bağımlılık Kuramı (Thibaut ve Kelley, 1959), kişinin içsel dinamikleri ile kişilerarası ilişki dinamikleri arasındaki çift yönlü nedensellik bağına vurgulayarak bu tür bir ilişkilendirmeyi daha anlaşılabilir bir hale getirmektedir. Kadınların ebeveyn kabul-reddi ile eş kabul-reddi arasındaki ilişkide psikolojik uyumun aracılık rolü anneler için anlamlı düzeyde sağlanmış olsa da babalar için bu durum geçerli değildir. Bu bulgu değerlendirilirken kız ve erkek çocuklarına sergilenen farklı ebeveyn tutumlarının olası rolleri üzerinde durulmuştur. Sunar (2002, 2009), ebeveyn uygulamalarına ilişkin cinsiyete dayalı farklılıkların ana hatlarını çizmiştir. Fields (1983), annelerin aksine, babaların onaylarının ve ilgilerinin “kazanılmış” algısıyla ilişkili olduğunu iddia etmiştir. Kızlar, erkeklere kıyasla, babalarından daha yüksek düzeyde sıcaklık ve şefkat algıladıklarını bildirmişlerdir.

Başka çalışmalarda da tutarlı bir şekilde baba-oğul ilişkisi, baba-kız, anne-oğul veya anne-kız ilişkilerine kıyasla daha az sevecen olarak tanımlanmıştır (Floyd, 2000; Floyd ve Morman, 2000). Aynı zamanda bağlanma perspektifinden, babalar anne-çocuk ilişkisinin dışındaki 'diğer kişi' olarak dış dünyanın temsilidirler (Greenspan, 1982). Bu bağlamda, her ne kadar zorlayıcı yanları olsa da erkekler için babaları ile olan ilişkilerinin, gelecek dönem partner ilişkilerine daha anlamlı bir şablon oluşturduğu gözlemlenmektedir.

Kadınların hatırlanan anne kabul-reddi ve algılanan eş kabul-reddi devamlılığına ilişkin olası açıklamalardan biri, fazla koruyucu ve çocuğun üstüne çok düşen ebeveynlik stili olabilir. Pehlivanoğlu'nun (1998) çalışmasına paralel, Mızrakçı (1994), Türk annelerin çocuk yetiştirme uygulamaları arasındaki farklılıkları araştırırken aşırı korumacı ebeveynliğin anne-kız ilişkisinde daha fazla tespit edilebildiğine dikkat çekmiştir. Bu durum, annelerin gelecekteki ilişkiler için bir şablon oluşturma açısından kızları üzerindeki etkisini açıklayabilmektedir. Ayrıca, aşırı korumacı ebeveynliğin daha yüksek düzeyde kaygı ve bağımlılıkla ilişkili olduğu bulunmuştur (Aunola ve Nurmi, 2005). Bu özelliklerin kapsayıcı bir terim olan psikolojik uyumun bir parçası olduğu düşünüldüğünde, aşırı korumacı ebeveynlik, psikolojik uyumun anne kabul-reddi ve eş kabul-reddi arasındaki aracı rolü hakkında olası bir açıklama sunmaktadır.

Kabul-red deneyimlerinin devamlılığına yönelik diğer bir açıklama, yeniden değerlendirmedir. Yeniden değerlendirme kapsamında, ebeveynle çocuklukta kurulan ilişkiler, yetişkinlikte gözden geçirilir ve yeniden çerçevelendirilir. Yeniden değerlendirmenin, erken ebeveyn ilişkileri ile mevcut ilişkiler arasındaki sürekliliği veya süreksizliği belirleyeceği belirtilmiştir (Gerlsma, 2000). Yeniden değerlendirme, ilişki döngüsünde kırılmalar yaratarak, erken ebeveyn ilişkileri ile mevcut ilişkiler arasındaki sürekliliği düşürmektedir. Bu bağlamda, mevcut çalışmada bireylerin hemcins ebeveynleri ile eş kabul-red deneyimleri arasında görülen süreklilik, yeniden değerlendirmenin düşük olması ile açıklanabilir.

4.2 Partner Etkilerinin Tartışılması

Erkeklerin algıladıkları eş kabul-red varyansının anlamlı bir kısmı kadınların psikolojik uyumu ile açıklanmıştır (Hipotez 6a). Hem kadınlar hem de erkekler için, eşlerin ebeveyn kabul-reddi ile kişinin kendi eş kabul-reddi arasında doğrudan bir ilişki saptanmamıştır (Hipotez 7a ve 7b). Ancak aracı değişken dahil edildiğinde sonuçlar farklılık göstermiştir. Hipotez 5a ve 5b'nin önerdiği gibi, kadınların ebeveyn (hem anne hem de baba) kabul-red anımsamaları ile erkeklerin algıladığı eş kabul-red arasındaki ilişkiye, kadınların psikolojik uyumu tam aracılık etmiştir. Ancak bu hipotez, kadınların algılanan eş kabul-reddi için doğrulanmamıştır. Başka bir deyişle, erkeklerin psikolojik uyumu ne doğrudan ne de aracı rolü ile kadınların algıladığı eş kabul-reddine istatistiksel olarak anlamlı bir katkıda bulunmamıştır. Sadece kadınların psikolojik uyumunun, erkeklerin algılanan eş kabul-reddine katkıda bulunduğu gözlemlenmiştir.

Araştırmacının bilgisine göre bu çalışma, IPARTheory'nin kuramsal çerçevesi kullanılarak bireylerden ziyade çiftlerle gerçekleştirilen ilk araştırmadır. Bu nedenle mevcut çalışmada partner etkilerinin bulguları, ilgili kuramsal kavramlar ve alanyazındaki karşılaştırılabilir çalışmalarla tartışılmıştır. Mevcut model daha önce alanyazında araştırılmamış olsa da IPARTheory, Bowlby'nin Bağlanma Kuramı ve Şema Teorisi, mevcut modele dair çıkarımların yolunu açmıştır. Bowlby'nin (1969) içsel çalışan model kavramı, IPARTheory'nin zihinsel temsiller kavramının temelini oluşturmuştur ve ilişkiler arasındaki paralelliği açıklamıştır. Şema Teorisi (Young, 1999), ilişkilerdeki uyumsuz şema döngülerinin karşılıklı doğası nedeniyle eşlerin birbirlerinin uyumsuz şemalarını tetikleyebileceğini belirtir. Bu bağlamda partner etkileşimine dair önemli bilgiler yer almaktadır. Young ve ark. (2003) kopukluk/reddetme şema alanının sadece aktör etkisiyle değil aynı zamanda partner etkisiyle de ilişkileri olumsuz etkileyen önemli bir olgu olduğunu ifade etmişlerdir. IPARTheory'nin kabul-red deneyimleri ve kişinin psikolojik uyumu arasındaki bağlantıya yaptığı vurgu göz önüne alındığında, kişinin kopukluk/reddetme şemasının partnerler üzerindeki rolü, mevcut çalışmanın partner etkisini değerlendirmek için anlamlı bir çerçeve sunmaktadır.

Ayrıca, psikolojik uyumun alt-boyutlarının eşlerin ilişki dinamiklerine etkileri incelendiğinde, benlik saygısı ve duygusal denge, etkili değişkenler olarak bulunmuştur. Duygusal denge, sadece kişinin değil partnerinin ilişki doyumunu da etkileyen bir değişken olarak bulunmuştur (Roberts ve ark., 2007; Solomon ve Jackson, 2014). Erol ve Orth (2012), kişinin benlik saygısı ve partnerin ilişki doyumunu arasında anlamlı bir ilişki olduğunu ifade etmiş ve bu çalışma, Murray ve ark.'nın (1996) çalışma sonuçları ile de örtüşmüştür. Murray ve ark. (1996), kadınların benlik saygısının, erkeklerin ilişki memnuniyetini önemli ölçüde yordadığını bulurken, erkeklerin benlik saygısının herhangi bir partner etkisi bulunmamıştır. Tutarlı bir şekilde, mevcut çalışmada da kadınların daha fazla partner etkisi göstermesi, psikolojik uyumun alt boyutlarının etkisiyle ilişkili olabilir.

Kadınların psikolojik uyumlarının, erkeklerin algıladığı eş kabul-reddine etkisi ise, aile ilişki dinamikleri ile açıklanabilir. Bu çalışma katılımcılarının büyük bir çoğunluğu tek çocuklu ve ortalama 8 yıldır evli olan çiftlerdir. Ebeveyn rolü üstlenmek evlilik ilişki dinamiklerini etkileyebilir. Fişek (1995), Türk ailelerinde annelerin çocuklar üzerinde daha fazla kontrole sahip olduğunu bildirmiştir. Baba katılımı son yıllarda artan bir olgu olmasına rağmen, ebeveynlik tarzlarının geleneksel değerleri toplumsal bağlamda daha yavaş bir değişim eğilimi göstermektedir (Çelik ve Bulut, 2019). Bu nedenle aile dinamikleri göz önüne alındığında, kadının psikolojik uyumu aile içi ilişkilerin düzenlenmesinde daha merkezi bir rol oynayabilmektedir.

Son olarak, partner etkisine ilişkin cinsiyet farkı dikkate alındığında, duyguların dışavurumu evlilik doyumuyla ilişkili önemli bir kavram olarak karşımıza çıkar (Carstensen ve ark., 1995; Gill ve ark., 1999). Duyguların ifade edilmesinde önemli cinsiyet farklılıkları tespit edilmiştir. Üzüntü, mutluluk, korku, vb. konularda kadınların duygularını erkeklere göre daha düzenli ifade ettikleri bildirilmiştir (Kring ve Gordon, 1998; Fujita ve ark., 1991; Notarius ve Johnson, 1982). Bu nedenle, duyguların ifadesi ve iletişim, kadınları evlilik işleyişinde kritik bir konuma koyabilmektedir (Rauer ve Volling, 2005). Başka bir deyişle, duyguların ifadesi, bir ilişkide içsel dinamikleri daha açık bir konuma taşıyabilir ve kadınların psikolojik uyumu, partner dinamiklerinin daha iyi bir yordayıcısı olarak ortaya çıkabilir.

Hipotez H8a'da önerildiği gibi, mevcut çalışmada kadınların ve erkeklerin algıladıkları eş kabul-reddi arasında anlamlı bir ilişki bulunmuştur.

Thibaut ve Kelley (1959) tarafından geliştirilen Karşılıklı Bağımlılık Kuramı, ilişki içerisinde eşlerin birbirlerine olan etkileri üzerinde durur. Benzer bir biçimde Neyer (2002), güvenlik ve bağımlılık duygusu açısından partnerlerin birbirlerini anlamlı bir şekilde etkilediğini ortaya koymuştur. Çakır'ın (2013) Türk evli çiftlerle yaptığı bir çalışmada, her iki tarafın da evlilik doyumunun anlamlı düzeyde birbirleriyle ilişkili olduğunu ortaya çıkarmıştır. Tutarlı bir şekilde, ilişki kalitesi (Barelds ve Barelds-Dijkstra, 2007), çatışma tarzı (Brassard ve ark., 2009) ve bağlanma tarzı (Cook, 2000) da partnerler arasında ilişkili bulunmuştur. Bu nedenle, evli çiftler arasında eş kabul-red algıları arasındaki ilişkiyi değerlendiren mevcut araştırmanın sonuçları, diğer ilişki boyutlarına odaklanan önceki araştırmaların bulgularıyla tutarlıdır. Basit bir ifadeyle, bir evlilik ilişkisinde kişi kabul edildiğini hissediyorsa, eşinin de kabul edildiğini hissetme olasılığı artar. Aynı şekilde, kişi reddedildiğini hissettiğinde, eşinin de reddedilmiş hissetme olasılığı artabilir.

4.3 Kuram, Uygulama ve Araştırma Önerileri

Mevcut çalışma hem kuram hem de uygulama alanında dikkate alınabilecek önemli nitelikte sonuçlar sunmaktadır. Psikolojik danışmanlık, çift terapisi, bireysel psikoterapi alanlarına katkıda bulunan bu çalışma aynı zamanda, gelecek çalışmaların odaklanabileceği alanlarla ilgili çeşitli öneriler de sunmaktadır.

Ebeveyn Kabul-Red Kuramı'nın 2014 yılında genişletilerek Kişilerarası Kabul-Red Kuramı olarak tanımlanması, mevcut kuramsal genişlemeyle birlikte cevaplanması gereken birçok yeni soruyu da beraberinde getirmiş, araştırılmaya değer alanlar ortaya çıkarmıştır. Kişilik alt-kuramı, geçmiş deneyimler ile mevcut deneyimler arasındaki bağlantıyı vurgulayarak, hatırlanan ebeveyn kabul-reddinin bugünkü ilişkiler üzerindeki etkisine odaklanır. Psikolojik uyumda azalma, algılanan reddin bir sonucu olarak birçok araştırmada yer almaktadır. Ancak bu çalışmada, kişilik alt-kuramı çerçevesinde vurgulanan ebeveyn kabul-reddinin mevcut evlilik ilişkisinde algılanan partner kabul-reddiyle ilişkisine bakılırken, psikolojik uyumdaki azalmanın bu sürekliliği açıklarken bir aracı değişken olarak rolüne odaklanılmıştır. Araştırmanın, psikolojik uyumun aracı rolüne ilişkin anlamlı sonuçlar ortaya koyması, kuramsal olarak kabul-red deneyimlerinin ayrı olgular olarak değil, etki ettiği kişilik

alt-boyutları ve psikolojik uyum yoluyla birbirleriyle etkileşim halindeki deneyimler olarak algılanması önerisi güçlenmektedir.

Uygulama açısından bakıldığında, hatırlanan ebeveyn kabul-reddi ile algılanan eş kabul-reddi arasındaki ilişkide psikolojik uyumun aracılık rolünün anlamlı bulunması, ebeveyn reddinin kişinin iyi oluş haline ve gelecekteki eş ilişkisine etkisine yönelik bir risk faktörü olarak karşımıza çıkmaktadır. Bu konuda aileleri bilinçlendirmeye ve farkındalık geliştirmeye yönelik programlar oluşturmak, önleyici bir yöntem olarak önem kazanmaktadır. Babaların bu ilişki dinamiklerindeki önemli etkisi, bilinçlendirmeye yönelik çalışmaların babaları da hedef almasının önemini vurgulamaktadır. Bu bağlamda önleyici yöntemler olarak aile terapistlerinin ve danışmanların, ailelere ve özellikle babalara yönelik psikoeğitim ve bilgilendirme seminerleri düzenlemeleri faydalı olacaktır. Ayrıca, kişinin ilişkide algıladığı kabul-red ile eşinin algıladığı kabul-red arasında anlamlı ve çift yönlü bir ilişki bulunması, kabul-red olgusunun çift ilişki dinamiklerindeki önemini de göstermektedir. Dolayısıyla psikolojik danışmanlık, bireysel psikoterapi ve çift terapisinde çalışırken, kişilerin kabul-red algısının karşılıklı etkileşim içeren doğasının farkında olunması önemlidir. Hem önleme hem müdahale çalışmalarında çiftlerin kabul edilmiş hissetmelerini destekleyecek yaklaşımların sözel ve sözel olmayan yollar aracılığı ile aktarılması, evlilik doyumunun da artmasına destek olacak adımlardan biridir. Psikolojik uyum düşüklüğünün öfke kontrolünde güçlük, düşük öz-güven ve öz-yeterlilik, kaygı, yüksek bağımlılık veya tepkisel bağımsızlık, güvensizlik ve olumsuz dünya görüşü ile karakterize olması, reddedilme öyküsü olan risk grubundaki bireylerin bu alanlarda güçlenmesini destekleyecek önleyici çalışmaların önemini göstermektedir. Çiftler arasındaki anlamlı etkileşim göz önüne alındığında, bu tarz çalışmaların hem bireysel hem de ilişkisel ölçekte katkı sağlayabileceği düşünülmektedir.

Kişilerarası Kabul-Red Kuramı çerçevesinde çiftleri kapsayan çalışmaların sınırlılığı dikkat çekmektedir. Mevcut çalışmada verilerin evli bireylerden değil çiftlerin her ikisinden de toplanmış olması, ilişkinin etkileşimine dair çıkarım yapmayı sağlamakta ve bu tarz çalışmaların tekrarlanmasının önemini vurgulamaktadır. Mevcut çalışmada katılımcıların eğitim düzeylerinin toplum ortalesından yüksek olmasına dair sınırlılığın üstesinden gelerek yapılan gelecek çalışmalar da alanyazına katkıda

bulunacaktır. Boylamsal alıřmalar ile farklı yařam dnglerinde meydana gelen kabul-red anımsamalarına dair deęiřimleri ortaya koymak ve kabul-red deneyimleri arasındaki devamlılıęa etki edebilecek aracı deęiřkenleri dikkate alan modelleri test etmek, alanyazına nemli katkılar sunacaktır.

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