COUPLING THROUGH PROJECTIVE IDENTIFICATION: BRIDGING ROLE OF PROJECTIVE IDENTIFICATION IN THE ASSOCIATIONS AMONG EARLY PARENTING EXPERIENCE, PERSONALITY CONSTRUCTS AND COUPLE RELATIONSHIP

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ABSTRACT

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This thesis aimed to examine the process of projective identification in the couple relationship by focusing on two areas of investigation: Firstly, how projective identification operates "within" an individual regarding the associations among early parenting experiences, personality and couple relationship; secondly how projective identification operates between two partners in the couple relationship regarding partners' similarities and complementarities have been focused. Initially, several multiple regressions were run to examine the relationships among the parenting, personality and couple relationship. Afterwards, several intra-class partial pairwise correlations were conducted to reveal similarities and complementarities of the partners regarding their early maladaptive parenting experiences, personality constructs and couple relationship variables. *Paulson Daily Living Inventory*, *Separation-Individuation Inventory* and *Splitting Scale* were translated into Turkish and psychometric studies were conducted. For the main study, 356 participants (178 male and 178 female), who are cohabiting

partners to each other, were achieved through snowball sampling method. Early maladaptive parenting experiences of the participants were examined by Young Parenting Inventory. Personality constructs contained “separation individuation process” and “splitting defense” as the theoretical correlates of projective identification, and “early maladaptive schemas” of the individuals. Couple relationship variables were “relationship satisfaction”, “emotional dependency” and “jealousy”. Findings of the study revealed that projective identification has bidirectional relatedness with the personality and couple relationship of the individual. Multiple regression analyses showed theoretically consistent associations among an individual’s parenting experiences, personality and couple relationship. Intra-class partial pairwise correlations showed similarities and complementarities between two partners. Findings were discussed in the light of relevant literature.

Keywords: Projective identification, couple relationship, separation individuation, splitting defense mechanism

ÖZ

EŞLER ARASI İLİŞKİLERDE YANSITMALI ÖZDEŞİM:
YANSITMALI ÖZDEŞİMİN ERKEN DONEM UYUM BOZUCU EBEVEYNLİK DENEYİMLERİ, KİŞİLİK YAPILARI VE EŞ İLİŞKİSİ ARASINDAKİ BAĞLAYICI ROLÜ

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Bu çalışmada, iki farklı araştırma alanı aracılığıyla, eşler arası ilişkilerde işleyen yansıtmalı özdeşim süreçlerini incelemek amaçlanmıştır. Birinci araştırma alanında, kişinin erken dönem ebeveynlik deneyimleri, kişiliği ve eş ilişkisi arasındaki ilişkiler bağlamında, yansıtmalı özdeşimin bireysel süreçlerine; ikincisinde iki eşin arasındaki benzerlikler ve tamamlayıcılıklar bağlamında, yansıtmalı özdeşimin eşler arasında işleyen dinamiklerine odaklanılmıştır. İlk araştırma alanı için hiyerarşik regresyon analizleri, ikincisi için iki eşin farklı değişkenlerden aldıkları puanlar arasında karşılıklı kısmi korelasyonlar hesaplanmıştır. Bu amaçla önce *Paulson Gündelik Yaşam Envanteri*, *Ayrılma Bireyleşme Envanteri* ve *Bölme Ölçeği* Türkçe'ye çevrilmiş ve psikometrik çalışmaları yapılmıştır. Ana çalışma için birlikte yaşayan 178 heteroseksüel çifte

(178 kadın ve 178 erkek) kartopu örnekleme yöntemi ile ulaşılmıştır. Çalışmadaki kişilik değişkenlerini, yansıtmalı özdeşim ile güçlü kuramsal ilişkisi olan "ayrılma bireyleşme" ve "bölme savunma mekanizması"; ayrıca "erken dönem uyum bozucu şemalar" oluşturmaktadır. Young Ebeveynlik Ölçeği, "erken dönem uyum bozucu ebeveynlik deneyimlerini" ölçmek için kullanılmıştır. Eş ilişkisi değişkenlerini ise "ilişki doyumu", "duygusal bağımlılık" ve "romantik kıskançlık" oluşturmaktadır.

Bulgular, yansıtmalı özdeşimin, kişinin kişiliği ile eş ilişkisi değişkenleri arasında iki yönlü bir role sahip olduğunu göstermiştir. Regresyon analizleri, kişinin çocukluğundaki ebeveynlik deneyimleri, kişiliği ve yetişkinlikteki eş ilişkisi arasında literatüre uygun ilişkiler olduğunu göstermektedir. Karşılıklı kısmi korelasyonlar, iki eş arasındaki benzerlik ve tamamlayıcılıkları ortaya çıkararak yansıtmalı özdeşimin eş ilişkisindeki rolüne ışık tutmuştur. Bulgular ilgili literatür ışığında tartışılmıştır.

Anahtar Kelimeler: Yansıtmalı Özdeşim, Eş İlişkileri, Ayrılma Bireyleşme, Bölme Savunma Mekanizması

To my love, Mavim

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LIST OF ABBREVIATIONS

PDLI: Paulson Daily Living Inventory

SII: Separation Individuation Inventory

SS: Splitting Scale

EDS: Emotional Dependency Scale

EmoJeal: Emotional Jealousy

BehJeal: Behavioral Jealousy

CogJeal: Cognitive Jealousy

JEAL: Multidimensional Jealousy Scale

RAS: Relationship Assessment Scale.

Permotinf: Persecuting Mother to Infant

Infpermot: Infant to Persecuting Mother

Idemotinf: Ideal Mother to Infant

Infidemot: Infant to Ideal Mother

COMPOS: Composite Projective Identification

IDEAL PI: Idealizing Projective Identification

PERSC PI: Persecuting Projective Identification

Deppos: Depressive Position

CHAPTER 1
INTRODUCTION

The present thesis focuses on the projective identification process in the couple relationship. The global aim of this study is to investigate the process of projective identification in the couple relationship by means of two different focuses of exploration. Firstly, the focus is how projective identification operates "within" an individual regarding his or her relationship with the partner. Secondly, the target of the exploration is how projective identification mechanism operates "between" the partners in the couple relationship. Therefore there are two levels of analyses in this study that one concentrates on the "intra-psychic" functioning of projective identification related to the partner, the other level of analysis focuses on the "interpersonal" processes of projective identification in the couple relationship. In the conclusion of this study, these two levels of analyses are tried to merge into a model of projective identification in the couple relationship as the main goal of this thesis.

The proposed model of this study emphasizes the connective function of projective identification which bounds the constructs of "early parenting experiences" of an individual; "personality" of the individual; and the characteristics of the "relationship" with the partner. The function of projective identification in this model is bilateral: On the one hand, it is one of the main personality constructs of the individual, which represents the intra-psychic nature of projective identification. On the other hand, it is constructed as a main relating mechanism between partners, which reveals its interpersonal nature. Thus, it might be convenient to express from these beginning lines that for the perspective of this model, projective identification variables were used interchangeably in this study, both as personality and relationship variables.

In the next section of this chapter, the main concepts and variables of the study are presented. Then, the main aims of the study and relevant research questions are outlined. The significance and implications of the present study are also presented in the last part of this chapter.

1.1 Background Information for the Topic of the Study

Couple relationships have been studied in the psychology literature either in terms of its system characteristics or based on the individual characteristics of two partners. There are various theories, such as cognitive behavioral, psychodynamic, systemic, structural, schema based, gestalt, emotionally focused, insight oriented… etc., examining the couple relationship generally either by the intra-psychic or by the interpersonal perspectives. There has been a growing awareness that there is a need to integrate these two distinct approaches in order to have a holistic theory, which helps us to understand the nature of couple relationships in a more elaborate and comprehensive way (Belsey, 1990; Miehls, 1999; Melito, 2006; Scheinkman, 2008). This study aims to explore how intra-psychic and interpersonal point of views in the couple therapy can be integrated.

The concept of projective identification reveals important function in the conjunction of these two perspectives due to its dual face, one towards the intra-psychic era and other towards the inter-psychic era of human beings (Zinner, 1991; Meissner 1987). Melanie Klein (1946), one of the pioneers of Object Relations Theory, introduced and defined "projective identification" for the first time. According to her description, some unwanted parts of the personality are split out and projected into the significant person with the unconscious intention of leading that person to a particular kind of identification in the projective identification process. She introduced the concept as a defense mechanism and as one of the processes in the development of human infant. On the other hand, because it has a potential to determine the external reality, projective identification has differentiated from other defense mechanisms as an intra-psychic as well as inter-psychic process (Young, 1992).

The evolution of this concept is parallel to the assumption that this psychoanalytic concept is not an intra-psychic process simply. Projective identification has been seen firstly as a primitive defense mechanism observed in severe psychopathologies like psychosis and borderline personality disorder, where the intra-psychic structure has been damaged severely. After then projective identification has become to be seen as an indispensable part of the transference and counter-transference process in the psychotherapy. Lately its scope has been expanded through normal daily relationships by stating that projective identification is the basic communication and main human relating mechanism operating in all close relationships. (Waska, 2001; Göka, Yüksel & Göral, 2006; Forrester, 2006). Thus the projective identification concept transformed from being an intra-psychic mechanism to interpersonal mechanism throughout its evolving process. In this respect it offers an important function to understand relational nature of human being. Therefore in this study, projective identification has been regarded as the theoretical and experiential "glue" between individual and relational perspectives in the couple therapy.

Theoretical background of projective identification is explanatory to understand its processing in the couple relationship. Firstly, Kleinian perspective on projective identification should be summarized that she explained this concept as occurs in the phantasy of the infant, which interacts with the instincts. Klein differentiates two different positions in the development of the infant: Paranoid-schizoid and Depressive Positions. According to her view, projective identification is peculiar to paranoid- schizoid position. In this position infant experiences anxiety due to aggressive drive, which is elevated also by some negative experiences of neglect or abuse in the parenting or intermittent experiences of hunger or bodily discomfort. This anxiety is unmanageable for the infant that it is split off from good internal representations and projected to the outside, onto the mother basically. Through the projection of these anxiety-provoking "bad" parts of the self to the mother, she becomes to be experienced as "persecuting". The threat is transformed as coming from outside rather from within the self. On the contrary, if the libidinal instinct and "good" mental representations are projected onto the mother, she

becomes to be perceived as “ideal”. This time, for the sake of maintaining object relatedness with the mother, ego is poured out of its good parts, and thus there is depletion of the self. Therefore, there is a distinct split between good and bad self and object relations in this Paranoid-Schizoid Position. Thus, splitting is a prerequisite for projective identification in this position. Furthermore, mother plays an important role in this position for the infant in order for the projective identification to be formed properly. There is a special bond between mother and infant that is characterized by high level of interdependency and enmeshment. When the infant projects part objects onto mother to relive anxiety or to maintain the object relatedness, mother firstly introjects them; transforms it by her own mental representational world and gives back to infant. Then infant re-introjects the processed internal representations coming from the mother again. Repetition of this process can lead two axes in the development of infant. By means of the good maternal qualities, there might be the accurate integration of good and bad objects, the decrease of the distress of the infant related to the bad internal part objects and the diminishing in the rigid use of projective identification defense. By means of the bad maternal qualities, there might be an accumulation of pathological organization in the internal representations, which might lead to the augmentation in the primitive defense mechanisms and result in the formation of primary core for the personality psychopathology. Thus parenting qualities of the caregivers are important for projective identification in the infancy (Sandler, 1987; Meissner, 1987; Spillius, 1988; Segal, 2004; Waska, 2001).

Melanie Klein (1946) proposed in the Depressive position of the development that by means of growing cognitive capabilities and positive experiences with the mother, infant begins to differentiate self from the other and to integrate good and bad part-objects in the mental representations. The infant matures to be capable of tolerating anxiety better in the Depressive Position. The mother becomes to be seen as a whole and constant person with both good and bad qualities. Splitting and malignant use of projective identification becomes eroded. Individuals can experience paranoid-schizoid and depressive positions in their life-time intermittently on a continuum of pathology and health. Level of splitting and

projective identification also goes parallel with this fluctuation from being a rigid defense to mature empathy (Segal, 2004; Spillius, 1988).

Wilfred Bion (1962) deserves a special concern that he was the first who expanded the limits of the concept by claiming that the process of projective identification occurs not only in the fantasy of the individual but in the interpersonal relations between individuals through repetitive interactions. He expanded the utility of the projective identification process through therapeutic relationship. According to him, in the process of projective identification mothers are the containers for their infants' bad internal representations. When mothers modify and transform the bad representations into more tolerable and neutralized experiences, infants can re-introject these modified mental representations in a healthier manner. Thus, through projective identification, this crucial role of the mothers contributes to positive psychic development of the infants by repetitive introjections and projections. This perspective engendered the concept to be used in the transference and counter-transference process and also in the group therapy. For the therapeutic function of projective identification, Bion (1975) asserted that patients project their unwanted parts to the therapist during the psychotherapy process. Whenever the therapist can hold and contain these projections for the patient and modify them before giving back to the patient there will be inevitable therapeutic change.

Ogden (1979) is another milestone in the evolution of projective identification concept by revealing its interpersonal operation. He explained projective identification process in terms of three distinct steps. In the first step, projection of an undesirable and rejected part of the self onto an external object occurs. This step is different from simple projection that in contrast to projection, there is blurring of self and other representations in projective identification. However in projection there is proper distinction between self and other and usually the other is obviously perceived as threatening. In projective identification threatening perception of the other is not a prerequisite, other can also be perceived as ideal. In the second step, the person directs the other person unconsciously to think, feel, and act identically with the projection. This step is crucial for projective identification that it underlies its interpersonal nature. Level of dependency,

differentiation or enmeshment between two individuals determines the pressure of projective identification on the other person. In the third step, the person re-internalizes again the transformed and given back projections, which are coming from the other person. This step underlies the therapeutic function of projective identification that if the other person can transform projected content in a healthier way, repetition of re-internalization lead to psychological change and development. Besides this therapeutic function, according to Ogden (1979), projective identification has also other functions for the individual. It is a defense against uncomfortable emotions or thoughts (or bad internal part objects) by projecting them on to outside of the self. It is the communication of unconscious parts of the self to the other. Thus projective identification is seen as lying in the roots of empathy. It also serves the object relatedness that individual stays in the intimate relationship with the object and maintains the mutual and interactive relationship with the object by means of projective identification.

Kernberg (1987a) identified the following properties as different parts of the projective identification. The first part involves projecting the uncomfortable anxiety-provoking material onto objects. The second one is related to the difference of projective identification from projection that in projective identification there is continuous interaction and empathy with what is projected. Disavowed parts of self projected to the other with whom there are very strong network of transactions in the relationship. The third part is the attempt to control the object in order to alleviate effect of internal anxiety or to complement internal need related to object relatedness. The fourth part involves unconsciously inducing the other person into interpersonal interactions reflecting and intojecting the projected material. Kernberg's description seems to move the concept of projective identification even further from an intra-psychic process to an interpersonal process.

Object Relations Family and Couple Therapy (ORFT and ORCT) is the main theoretical frame for the projective identification in the couple relationship. According to this theoretical perspective, intra-psychic world of an individual, which is originated from the early life experiences, especially with the parents, is reenacted later in the family and couple relationships of adult life (Scharff &

Scharff, 1991b; Scharff & Scharff, 1997; Siegel, 1992). Projective identification is one of the most important concepts in the transference of early experiences to the current relationships. Siegel (1991) defined projective identification as a process operating in the couple relationship that unconscious conflict of the self and other mental representations is reenacted in marital relationship. Past is carried out to the present and merged with it through the new relationship. Internalized aspects of self and other are projected onto the partner who is stimulated and forced to carry them. Dicks (1967) recognized that marriage is a form of transference and partners are reenacting past relationships in the present. When the blurring of ego-boundaries between partners comes into existence in the marriage, it exerts a regressive force onto individuals that they regress eventually into their previous parent-child relationships.

Zinner and Shapiro (1972) emphasize mutual projective identifications between marital couple, where each partner willingly or unconsciously accepts the projections of the other. When projective identification processes of the partners are complementary or similar to each other, repetitive transactional patterns are formed between partners. Repetitive interactions of projective identification result in the interlocking couple relationship or kind of collusion in the relationship especially when the unconscious needs of the partners are complementary to each other. Dicks (1967) mentioned about a “joint personality” in the marriage that the fit of the internal representations of the partners results in “unconscious complementariness”, which changes the partners’ personality in the marriage in a mutual way.

In the healthy marriage, mutual transactions of projective identification do not reinforce the splitting of the internal part-objects of the partners. Partners in mature level relationships can meet with split off and projected parts of their self again in relation to their partners and these disavowed parts can be repressed or integrated. In the unhealthy marriage, the matching of the intra-psychic worlds of the partners and interactions between them maintain internal part objects disintegrated. Partners in unhealthy marriages use splitting and projective identification in order to manage these disintegrated parts. Thus unhealthy couple relationships consolidate further defensive need for projective identification and

splitting (Kissen, 1996; Scharff et.al, 1997; Mones& Patalano, 2000; Middelberg, 2001). Thus, as also Kissen (1996) stated, in healthier or adaptive couples, the role swings between partners are more flexible and patterns of interaction between partners are more mutually interchangeable. On the other hand, more rigid use of projective identification and splitting and more stereotypical and inflexible role patterns in the relationship are seen in more primitive or disturbed couples. Polarized role taking between partners creates collusion of interaction patterns within the relationship. Because they are unconsciously locked systems, these kind of collusive couple relationships and projective identifications operating within these relations show resistance to change. They also result in role suctions, personality depletions and relationship problems. Collusion in couple relationship might also result in repeated cycle of domestic violence between partners (Zosky, 2003).

Middelberg (2001) defines five commonly seen collusive patterns of distressed and difficult couples. In the first common pattern, "all bad" self and other representations are split off and projected onto the partner, who is perceived as totally rejecting, critical, harsh, impolite, aggressive… etc. "All good" self representations are retained inside and self is perceived as an innocent victim of the bad partner. In the second common pattern, because of lack of differentiation between self and other, the self is constantly threatened by fears of enmeshment, engulfment and surrender. Thus person feels to keep distance from the partner in order to maintain distinction between them. There is evident intimacy problem in this pattern. In the third common interaction pattern in couple relations, while one partner contains the projections of the need for connection, other partner contains the projections of need for autonomy. There is a complementary projective identification that each partner is placed in two extremes of the closeness distance continuum. Similarly in the fourth common interaction pattern, as one partner takes the role of responsible caretaker or parent, the other takes the irresponsible child. While one partner projects disowned parts of "need to be taken care of" into the other, other projects disowned parts of "self-sufficient, competent, assertive and self- reliant". In the fifth common pattern of interaction, couple's intimacy is

regulated by centering on a third party in different roles, such as a scapegoat, an ally, a hero, an avenger or a patient. One of the partners may project the disowned parts of "bad object" as seen in the scapegoat, "good object" as seen in the ally, into the third party. By means of these triangulations partners regulate the closeness between them.

Crisp (1988) suggested that because polarity of roles in the relationship such as weak vs. strong, responsible vs. irresponsible, rational vs. emotional, parent vs. child, victim vs. aggressor… etc is an important indication of use of projective identification and splitting within couple relationship, projective identification is more likely seen in couples that are high on complementarity in their personalities. Crisp suggested the importance of complementarity in the partner selection that people unconsciously seek for partners who fulfill some intra-psychic needs or deficiencies. Therefore, when there is a rigid type of projective identification in the relationship, projected part-object already exists to some extent in the other partner in order to form an interlocking relationship. Projective identification in these kinds of highly complementary relationships provides unconscious satisfaction of some internal needs for both partners. Crisp added that compared to complementary relationships, partners who have very similar personalities, are less likely to use projective identification.

Two of the other personality dimensions of this dissertation, which have strong theoretical relatedness with the projective identification process, are splitting and separation individuation. The defense of splitting is the main concomitant of projective identification that without splitting of the internal mental representations, projective identification could not emerge (Grotstein, 1986). Klein (1946) notified that splitting is a necessary part of projective identification that both of them are characteristic to the paranoid schizoid position. Klein defined splitting as the primitive process in which the good and bad representations are kept separate in order not to contaminate and destroy each other. Split parts are projected into the other as a further defense against their disruptive power in the paranoid schizoid position. Kernberg (1975; 1987b) also described the process of projective identification as a complex derivative from splitting and highlighted the projective

identification as a primitive defense mechanism that requires splitting. Kohut (1971) defined the splitting in narcissistic pathologies that in clinical representation of splitting individual shows disconnected states of mind that on the one hand he or she may deny the need for approval and love and shows grandiosity. On the other hand he or she may show low self- esteem and feelings of emptiness. In addition to that, idealization of others, which is usually unrealistic and maladaptive, is very peculiar to splitting in narcissistic personalities. The main representation of splitting in the therapy is the oscillation between different states of minds. Kernberg (1967) defined clinical manifestations of splitting as such: alternating expression of contradictory behaviors and attitudes, mood swings and some inconsistencies related to relationships and personality attitudes, selective lack of impulse control, compartmentalization of self and others as good and bad camps, perception of all good and all bad, coexistence of contradictory self representations that alternate with one another, inability to remember other state of mind experiences while in the influence of one split off part.

Besides splitting, separation individuation process of the partners is also another important determinant for projective identification in the couple relationship. Mahler (1974) specified separation individuation process of the infant and Kernberg (1980) proposed that disturbance in the separation individuation process comes along the use of splitting thus it is a correlate of projective identification. Boundary fusion is the differential between projective identification and projection that individual has the perception of separateness from the other in the projection process, which is in contrast to projective identification. At least temporarily, the differentiation difficulty between self and other is essential for projective identification to happen. In order for the malignant projective identification in the couple relationship to emerge, separation individuation pathology is one of the conditions. Crisp (1988) noted that there must be at least a brief loss of self and object boundary in order for projective identification results in collusion in the relationship. Goldstein (1991) stated that "blurring of self and object representations" is prerequisite for projective identification to lead marital problems.

Thus, separation individuation process of the individual is an important factor for the subsequent couple relationship characteristics of the individual.

Mahler (2002) defined separation individuation of the human infant in three phases of developmental model. This process is a never-ending process, can reverberate in lifetime. Main achievements of this process are “intra-psychic sense of separateness of the child from the mother”, “child’s emergence from symbiotic fusion with the mother” and child’s acquisitions about “individual characteristics”. Last phase of this process is “object constancy” that the person achieves to integrate good and bad split internal parts and can attach to others while sufficiently seeing oneself as a distinct, separate person. Individual who achieves to this phase can see significant others as separate individuals with both good and bad parts. This achievement is very similar to what Klein proposed in Depressive Position (Slipp, 1984). If the mother cannot behave in accordance with the phases of separation individuation that the child passes through, there is insufficiency in these achievements.

The evident outcomes of the separation individuation problems for the couple relationship of the individual would be insufficient differentiation from the partner, enmeshment and lack of boundary in the relationship, merging of self and other representations easily, splitting of partner as total good or total bad characteristics and some relationship problems related to this deficiency. These might be impulsive behaviors related to autonomy and intimacy issues in the relationship, conflicts in the relationship related to trust and control issues and intolerance of being alone. These kinds of problem areas show commonality with the use of splitting and projective identification in couple relationship (Hamilton, 1990; Siegel, 2006; Middelberg, 2001). It has been assumed theoretically that couple relationships, which are composed of partners with separation individuation pathologies, show more malignant use of projective identification and splitting in the relationship.

In conclusion, splitting and separation individuation pathology of the partners were selected in the current study as important intra-psychic correlates of projective identification in the couple relationship.

Besides the concepts of Object Relations Theory, this study utilizes the concepts of Schema Therapy in order to provide a theoretically coherent tool in revealing the relationships among individual's early parental experiences, current personality characteristics and couple relationship qualities. Schema Therapy, which is originated from clinical studies of Jeffrey Young, has evolved from Cognitive Behavioral Therapy in order to complement the need for the therapeutic methods in the psychotherapies of resistant and difficult patients with personality pathologies. It integrates psychodynamic therapies and has some commonalities with other kinds of psychotherapies that lead to some resemblances in the concepts (Young, Klosko& Weishaar, 2003). There are some commonalities between Schema Therapy and Object Relations Therapy, in that "early maladaptive schemas" in Schema Therapy resemble and function as internal self and object representations in the Object Relations Theory. Young (2003) defined the schemas as broad pervasive mental patterns regarding oneself and one's relationships with others. They are comprised of memories, emotions, cognitions and bodily sensations and developed during childhood or adolescence in the relationship with the parents. There are five core early maladaptive schema domains that emerge from the dissatisfaction or inappropriate stimulation of five core emotional needs of the child, namely a) secure attachments to others; b) autonomy and sense of separate identity; c) freedom to express needs and emotions; d) spontaneity and play; e) realistic limits and auto-control. Thus "early maladaptive parenting experiences" are seen as main determinants of these unmet needs, thus consequently of the early maladaptive schemas. If the child had unstable, abusive, cold, rejecting and isolating parenting experiences in the family environment, Disconnection and Rejection Schema Domain, in which schemas of Abandonment/ Instability; Mistrust/ Abuse; Emotional Deprivation; Defectiveness/ Shame; and Social Isolation/ Alienation can develop. If the child experienced either overprotection, or, at the other extreme, neglect from the parents, Impaired Autonomy and Performance Early Maladaptive Schema Domain, in which schemas of Dependence/ Incompetence; Vulnerability to Harm or Illness; Enmeshment/ Undeveloped Self; and Failure can be originated. If there are very permissive and indulgent early maladaptive parenting experiences of the individual in the childhood, Impaired Limits Early Maladaptive Schema

Domain, in which Entitlement/ Grandiosity; and Insufficient Self Control/ Self Discipline schemas can be generated. If the child gains love, care, acceptance and attention of the parents conditioned to the hindrance of some important emotional needs, and if the parents give importance more on the social approval than the child's needs, Other-Directedness Schema Domain, in which Subjugation; Self-Sacrifice; and Approval and Recognition Seeking early maladaptive schemas can arise in the adulthood. If the child experiences cruel and strict ways of repression from the parents to the play and spontaneity, Early Maladaptive Schema Domain of Overvigilance/ Inhibition, in which Negativity/ Pessimism; Emotional Inhibition; Unrelenting Standards/ Hypercriticalness; and Punitiveness schemas can develop.

Thus, in addition to the resemblance of schemas to the internal representations of self and others, as a second commonality between two approaches, both Schema Therapy and Object Relations Therapy emphasize the importance of early experiences with the parents, which are main processes that construct the personality structures of the individual and influence the experiences in the adulthood (Young et al., 2003). For example, parents with the difficulty of emotional regulation have deficiency to provide secure and stable emotional environment to their children that Abandonment/ Instability schema, which results in fear of abandonment and separation anxiety in the romantic relationship can develop in the adult life. This can also happen if the child looses the parents traumatically in the early ages. As another instance, if the parents are abusive, aggressive, and cruel with having extreme lack of empathy, Mistrust/ Abuse schema can develop in adult life that person experiences deficiency in solid grounds in the trust in oneself and in relationships. People with this schema have the conviction that their partner will abuse, neglect, deceive or cheat on her or him. As another example, highly dominant parents who emphasize the performance and competency or who exaggerate the external threats or who are overprotective, can hinder the child to grow self- reliance and autonomy, thus Impaired Autonomy and Performance schema domain can develop in the adulthood personality. The person can have separation individuation pathology such as extreme need to depend on the partner in financial, emotional, physical areas. The person can have the conviction

that her or his physical, cognitive or emotional capacities are highly vulnerable to the threats such as diseases or other kind of problems. Another style of maladaptive parenting qualities is related to the need of the child for boundaries in which the child can create values, self-discipline and limits. If the parents are overly permissive, tolerant, spoiling and indulgent, child cannot learn norms, boundaries and self-limits. Thus schemas of Entitlement/ Grandiosity and Insufficient Self-Control/ Self-Discipline can grow. In order to prevent the development of these maladaptive schemas, parents should be stable in their ground rules and they should set realistic limits for the child. Another style of maladaptive parenting is related to the development of Other- Directedness schema domain. If the parents emphasize the others' needs and values to gain social approval or status, child can develop schemas of Subjugation, Self-Sacrifice, or Approval/ Recognition Seeking. Individual with these schemas represses the genuine needs of herself or himself and focus on to satisfy the needs of others. If the parents ignores the needs of the child or punishes the emotional expressions of the needs in the childhood or gives conditional love to the child for the self- sacrificing behaviors, these schemas can be outcome in later life. Thus, according to Schema Therapy these five global maladaptive parenting styles are the determinants of early maladaptive schemas in adulthood. These propositions are parallel with the Object Relations Therapy that personality characteristics of the individuals are the outcome of their early childhood experiences especially with the caregivers. Traumas, losses, deficiencies or excesses in the parenting are important for the development of schemas in Schema Therapy and internal mental representations of the self and objects in Object Relations Therapy. According to Object Relations theory, interpersonal relationships, especially in the beginning of life, are transformed into internalized representations of these relationships, which become main lenses through which the person perceives the world. Quality of early experiences with the mother and the father constitute primary fingerprints on the internal psyche of a child. In the process of development, the child does not simply internalize an object or person, rather internalizes entire atmosphere and emotional content of the relationship (Fairbairn, 1949; Kernberg, 1984).

Schema Therapy introduced the concept of "schema chemistry", which is related to couple relationship also (Young et al., 2003; Young, 2007; Young et.al, 1997). According to schema chemistry concept of Schema Therapy, early maladaptive schemas of the individuals lead them to form complementary couple relationships in which schema can be reinforced, but sometimes similarity in the schemas can be one of the prominent characteristics of the couple relationships, because confrontation of the schema is avoided through very similar mate selection (Young et.al, 1997). Schema Therapy sees psychopathology as the outcome behaviors of the personality schemas. Person can reinforce and comply with the schema by means of cognitive distortions that regenerates destructive life patterns in the relationships. Instead, person can try to cope with the schema by means of excessive compensatory behaviors, or by rigid avoidance behaviors. The attachment characteristics of the individual to the significant others, usually to the partners in the adult life reveals these maladaptive schema coping styles most of the time (Young et al., 2003). When the individual sets up an intimate partner relationship in which schema style is repeated and reenacted, it is called as Schema Chemistry in Schema Therapy. Schema chemistry determines the partner selection and main theme of the couple relationship (Young, 2007).

There are some examples of schema chemistry, which shows some commonalities with projective identification in the couple relationship and partners' complementarity and similarity. Disconnection and Rejection schema domain leads the individual to assume that his or her needs to have security, safety, stability, nurturance, acceptance or empathy will not be satisfied by the others. For the Abandonment/ Instability Schema of this domain, person can find unavailable or emotionally detached partner more attractive than the caring and warm person. If there is Defectiveness/ Shame Schema, people can find themselves in a relationship in which their partners are highly critical towards them. Humiliating and criticizing persons can attract these individuals with Defectiveness/ Shame schema more than the others. As another example, Impaired Autonomy and Performance schema domain results in the individual to perceive the self as not powerful enough to survive separately from others or to function independently. Schema chemistry for

the individual with Dependence/ Incompetence Schema of this domain can lead the person to attach to a powerful, controlling and dominant person as a partner. Moreover a person with Enmeshment/ Undeveloped Self schema can find a person with similar schema characteristics that they can form an enmeshed and excessively dependent relationship. Schema domain of Impaired Limits leads the individual to have the deficiency in setting internal limits, having responsibility for others, orienting long-term goals, cooperating with others and obeying rules. A person with Entitlement/ Grandiosity schema can attach to a submissive or idealizing person more probably. A person with Insufficient Self-Control/ Self-Discipline schema can form the couple relationship with a highly responsible, structured, disciplined person that he or she can take the role of irresponsible child. Schema chemistry of the Other-Directedness schema domain results in the individual to give more importance to others' feelings or responses at the expense of his or her own needs in order to get acceptance or to avoid interpersonal conflict. From this domain persons with Self Sacrifice schema can form relationships in which they satisfy the needs of the partner all the time without concerning self-needs. They can select demanding and egoist persons as partners. Persons with Approval/ Recognition Seeking schema can form a relationship in which the partner gives conditional love to them in that the person continuously tries to achieve acceptance of the partner by behaving in the desired way. Schema Domain of Overvigilance and Inhibition leads the individual to suppress spontaneous feelings and acts. Individuals with this schema domain have strict and rigid internal rules at the expense of relaxation, intimacy and happiness. From this schema domain, individuals with Emotional Inhibition schema may be attracted to a person with similar maladaptive schema that they do not have to challenge the schema organization. The individual with Unrelenting Standards/ Hypercriticalness schema can attach to a person with high standards and perfectionist attitudes, which are similar to his or her schema organization (Young et al., 2003; Young et.al, 1997).

In the present study, there are three sets of couple relationship variables: satisfaction in the relationship, emotional dependency on the partner, and jealousy toward the partner. These dimensions of couple relationship have relatedness with

the concepts of projective identification and other personality constructs of the study. Relationship satisfaction is on the positive dimension, jealousy is on the negative dimension of the relationship quality. Emotional dependency is a bidirectional variable due to its culture-specific meaning and its relation to love experiences.

Relationship satisfaction can be a result of lack of malignant projective identification in the relationship or can be a manifestation of use of idealizing projective identification in the couple relationship. Malignant use of projective identification in the relationship with the partner leads to relationship dissatisfaction, since it reinforces the primitive defense mechanisms and also enhances the deficiency in the differentiation between partners. Partners perceive each other as the parts of or as an extension of themselves that leads to loss of individuation and autonomy (Catherall, 1992; Middelberg, 2001; Scharff et.al, 1997; Kissen, 1996). Even though relationship between partners seems to be strong, it might be also rigid for adequate adaptability in these kinds of relationships with massive projective identification. Thus if the individuals are locked into a maladaptive relationship by means of rigid use of projective identification, they might have lower level of relationship satisfaction. On the other hand, there are evidences that relationship satisfaction shows difference between two projective identification processes. While persecuting projective identification leads to relationship dissatisfaction, idealizing projective identification can be rewarding for the partners (Kovacs, 1996). Self-esteem of the one partner may be elevated by means of idealizing projective identification, yet other partner's good parts of the personality are depleted and diminished. In this situation, while the relationship between them is strong and the mutual satisfaction from the relationship is high, there might be deficient reality testing, maladaptive enmeshment between partners, reduced level of individuation, and elevated use of splitting defense mechanism in the couple relationship. When the partners can re-own their rejected parts in their relationship with their partners, the rigid use of projective identification can be diminished. Partners can evaluate each other and their relationship realistically and accept that their partner is an individual with his or her own personality, needs, emotions, and values. In this term,

compulsive use of primitive defenses of projective identification and splitting is decreased and the excessive and unstable emotions in the relationship can be balanced and regulated. Partners can achieve their personal integrity and mature intra-psychic development by this process, which leads to relationship satisfaction eventually. On the other hand, relationship satisfaction might become a bidirectional concept regarding the collusive relationships, in which partners are dependent on each other excessively and there are obstacles for the autonomy and development that interlocks the partners to each other and to the relationship. When the obstacles on the development path of the individuals can be removed and the enmeshment between partners can be decreased, the need to use projective identification can also be relieved. But sometimes this change in the relationship leads individuals to evaluate their past, their relationship and their self from a completely different angle, which may lead to decrease in the relationship satisfaction and also to the separation (Dicks, 1967).

Emotional dependency on the partner as the relationship quality is another relevant concept for projective identification in couple relationship. As stated before, in order for projective identification to be operated there must be at least some degree of interdependency between partners (Scharff et.al, 1997). The continuum of interdependence involves total autonomy on the one end and total dependency on the other end of the continuum. In the Western cultures, dependency has been conceived as a negative and immature way of relating to the others while autonomy is reinforced (Arntz, 2005). On the other hand, there is growing awareness on the cultural ingredient that there is apparent difference between individualistic and collectivist cultures on this assumption. Contemporary literature on the discrepancy between two point of views converged on the midpoint that the concepts such as “autonomous-related self” (Kağıtçıbaşı, 2005) or “individuated/familial self” (Fişek, 1995) have been developed for the Turkish culture. Emotional dependency on the partner in this context cannot be seen simply as an immature way of relating, such as occurred in enmeshment. It may be conceived as an indispensible part of love and defined operationally as having a close, intimate relationship with the partner, in which partners can enjoy the being

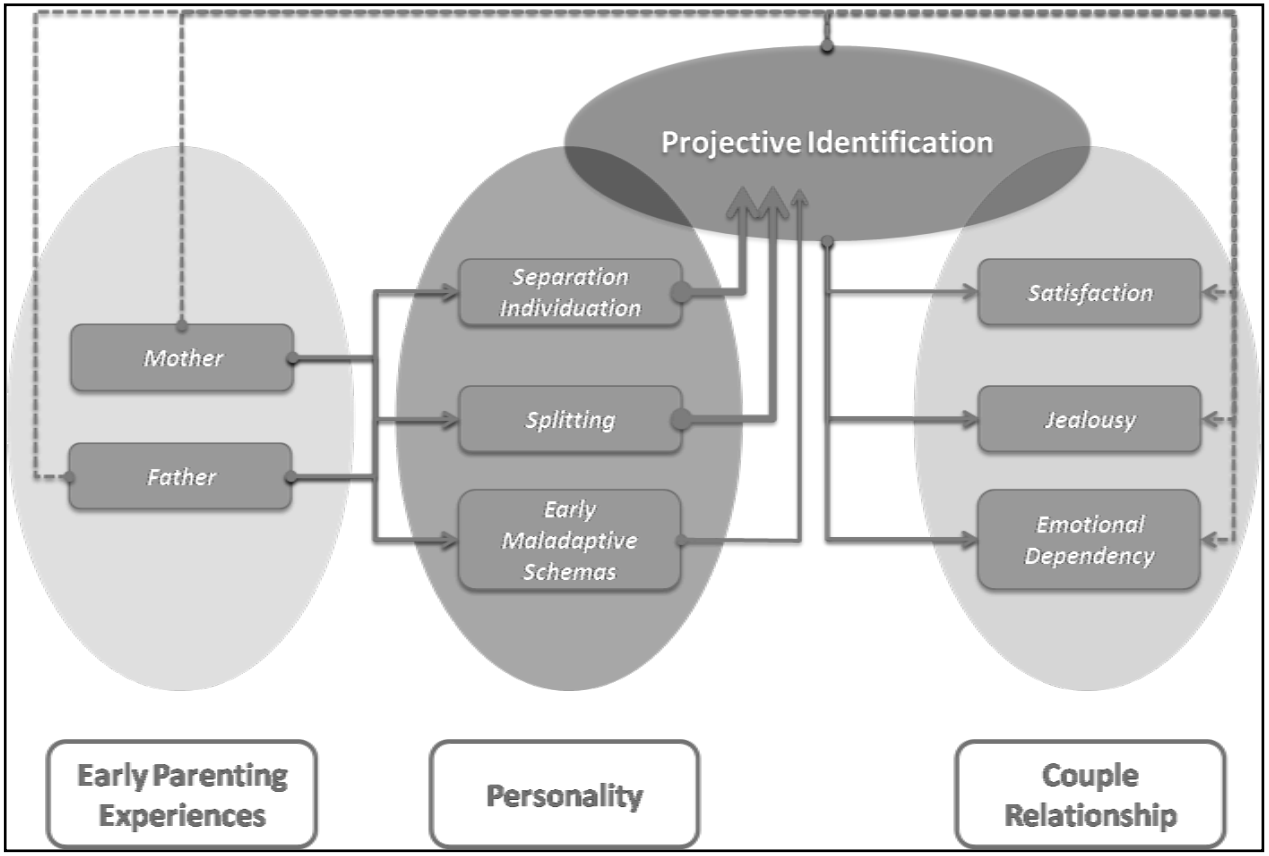
together and having commonalities (Critelli, 1986). In this respect emotional dependency is different from other types of dependencies, such as economic, physical, social, or psychological dependence to the partner (Bornstein, 2005b). Maladaptive or pathological sides of emotional dependency emerge by the co-existence of other factors such as inadequate reality testing, maladaptive use of primitive defense mechanisms of splitting, projection, projective identification, or low self- esteem. Emotional dependency on the partner is related to the separation individuation process of the individual in the childhood and parenting qualities of the caregivers during this process (Scharff et. al, 1991a) Furthermore, emotional dependency is associated to the separation anxiety, fear of loss and jealousy experiences toward the partner (Buunk, 1995), because when the individual gives importance to the relationship with the partner more than the other things, behaviors of the partner become more weighted influence on the individual.

Jealousy of the partner is another couple relationship construct of this study that has high relevance with the concept of projective identification. Jealousy to the partner originates from the fear of losing the valuable relationship with the partner, or the perception of threat to the relationship with the partner (Pines, 1998). Because of its outcomes, jealousy is a negative relationship quality that other partner perceives to be dominated, and mistrusted by his or her partner. The most commonly seen outcome of the jealousy is conflict, relationship dissatisfaction and separation (Pam & Pearson, 1998). Jealousy is conceived as multidimensional in the literature that they are emotional, behavioral and cognitive jealousy of the partner. Each jealousy dimension results in different behavioral outcomes and relationship qualities. While emotional jealousy is perceived as an appearance of love and commitment, cognitive jealousy can be associated with personality pathology or perceived as a demand for control by the other partner (Pfeiffer & Wong, 1989). Malignantly jealous partner projects disavowed parts of unfaithfulness, impulsiveness, and insecurity onto the partner in the couple relationship. Reflections of the receiver partner toward the jealousy of his or her partner through projective identification transactions determine the relationship quality (Scharff et.al, 1991a). Most of the time other partner withdraws from refusing or withstanding to the untrue

accusations and becomes to be a passive receiver of the assaults. If the other partner clearly differentiates himself or herself from the projected material, the whole process could turn out to be projection simply. Most of the time, one partner takes the role of "a jealous partner"; the other becomes the submissive receiver. In these kinds of relationships, while relationship satisfaction reduces dramatically, couple is trapped into a collusive relationship, which stays unchangeable and rigid for a long time (Dicks, 1967). Jealousy also has relatedness with separation individuation pathology and splitting (Emerian-Schlievert, 1989; Hills, 2007). There is loss of differentiation between self and other in the jealousy process that the partner is perceived as a person who is totally dependent on the needs of the jealous partner without his or her free will. Furthermore, there is splitting of the parts of the self as faithful versus unfaithful, trustful versus untruthful, or secure versus insecure in the jealousy that rejected parts of unfaithful, untruthful or insecure are projected to the partner.

As a summary of the introduction of the present thesis, as summarized in the following figure 1.1, projective identification in the couple relationship is evaluated in terms of its associations with early parenting experiences, personality qualities and couple relationship characteristics of the individual in this study. Theoretical notions of couple relationship psychodynamics are mainly emphasizing the interrelatedness of two partners regarding many dimensions; such as their personalities and the quality of their relationships. Personality development of two individuals in a couple relationship is determined mainly by their childhood experiences with the parents. The personality of the partners is transferred into the couple relationship through projective identification processes. The interconnectedness between all these constructs shows the important dynamics of couple relationship that by means of that, two individuals become to be partners to each other.

Figure 1.1. Relationships Among the Variables of the Study



1.2 Aims of the Study

In light of the theoretical background explained previously, this study aims to search out the processing of projective identification in the couple relationship. The main goals of this study are providing empirical evidences for the relationships among individual's early parenting experiences, personality and couple relationship; and presenting findings relevant to the role of projective identification in the couple relationship.

Fragmentizing these extensive goals into concrete objectives presents the following focuses. Firstly this study intends to find out the relationships among individuals' childhood experiences with the parents, personality characteristics, and couple relationship characteristics with the focus on the role of projective identification in these interconnections. Second intention of the present study is to reveal the similarities and interdependencies between two partners and the role of projective identification in them.

Associated with these aims, the present study intends to explore the following research questions:

A. What is the functioning of projective identification within an individual in terms of couple relationship?

1. What are the relations among one person's early parenting experiences, personality characteristics and relationship qualities?

a) What are the effects of early maladaptive parenting experiences of an individual on his or her personality structure (early maladaptive schemas, projective identification, separation individuation pathology, and splitting defense use of an individual)

b) What are the effects of early maladaptive parenting experiences of an individual on his or her couple relationship qualities (relationship satisfaction, emotional dependency on the partner and emotional, behavioral and cognitive jealousy toward the partner)

c) What are the effects of personality characteristics of an individual (early maladaptive schemas, projective identification, separation individuation pathology, and splitting defense use) on the partner relationship qualities (relationship satisfaction, emotional dependency to the partner and emotional, behavioral and cognitive jealousy toward the partner)

d) What are the effects of personality of an individual (early maladaptive schemas, separation individuation pathology, and splitting defense use) on his or her projective identification in the couple relationship (persecuting projective identification, idealizing projective identification, and depressive position)

2. Is there any mediation effect of projective identification between personality and partner relationship constructs?

B. What is the functioning of projective identification in the couple relationship between the partners?

1. Are there similarities between partners in their personality characteristics and relationship qualities?
2. Are there complementarities between partners on their personality and relationship characteristics?

1.3 Significance of the Study

The present study is shedding light on some abstract concepts of psychodynamic psychotherapies, namely projective identification, separation individuation pathology, and splitting defense. All three concepts, but especially the projective identification process between partners is a very difficult and complex concepts to measure by a quantitative empirical research. By revealing the theoretically sound findings, this study contributes to the psychodynamic psychotherapy research.

One of the most important significance of this study is its flexibility in considering the projective identification variables as both intra-psychic and interpersonal constructs. This flexibility results in a new perspective in the

projective identification research that the model proposed in this study is centering on the double function of projective identification in human relationships, especially in couple relationship. It functions within an individual and also between individuals. Findings of the study are significant evidences in terms of the role of projective identification in couple relationship as an individual and as an interpersonal construct. Thus, by the proposed model of this thesis, which interprets the findings of the current study, provides some preliminary insight for the integration of individual and system perspectives in the couple therapy. Thus, this study contributes to the knowledge on the dynamics of couple relationships by means of the holistic approach in an empirical research.

There was very limited number of researches about the concept of projective identification in the couple relationship literature. Paulson Daily Living Inventory was developed in 1978 but it has not been used extensively even in English literature. There were only two PhD dissertations, which utilized this instrument after its development so far the researcher could achieve (Kovacs, 1996; Zosky, 2000). Also, literature review on the concept reveals that this research on projective identification is the first to be conducted in the present study in Turkey.

This study adapted three psychotherapeutically sound instruments into Turkish and provided evidences for their validity and reliability. Because there is limited number of researches on these concepts in Turkish, these three instruments, namely Paulson Daily Living Inventory, Separation Individuation Inventory and Splitting Scale, fulfill the need for measurement devices on these concepts in Turkey. They showed average to good reliability and validity in this study with the sample of Turkish cohabiting partners. Paulson Daily Living Inventory is an important and unique self- report questionnaire measuring projective identification in the couple relationships. It can be also transformed to other close relationships such as relationships between close friends, between therapist and patient or between child and parents. Other two translated measurements, namely Separation Individuation Inventory and Splitting Scale, were also important for the use of the concepts in the clinical practice and in the research.

This study also contributes to the schema therapy research. Even though there are some theoretical reports in the literature about how the schemas of two partners interact, there was not a full report of research on this subject at the time of writing of this thesis. Thus this study is the first research on interactions of personality schemas between two partners.

Another significance of the study is related to the utilization of the concepts of two well-known therapies, which are Psychodynamic Psychotherapy and Schema Therapy. The concepts of the approaches are complementary to each other. Schema therapy is originated from Cognitive Behavioral Therapy (CBT) by the need of a more comprehensive perspective for the treatments of difficult patients. It combines the notions of CBT with other psychotherapeutic perspectives, especially with the notions of Psychodynamic Psychotherapies. Thus it shows resemblances with some aspects of Psychodynamic Theories. For example, both theories emphasize the main impact of the experiences with parents in the early childhood on the later life. Also self and other representations in the Object Relations Theory resemble and function as the "schemas" in Schema Therapy in a broad sense. This study uses the measurements of Schema Therapy for the effects of early parenting experiences and personality and of Psychodynamic Therapy for the effects of projective identification, separation individuation pathology, and splitting. Their combined utilization in this study provided a unique examination of the coherence and compatibility of two theories.

1.4 Implications of the Study

By providing the evidences of validity and reliability of the newly adapted measurements of projective identification, separation individuation and splitting in Turkish, this study may stimulate the researchers to focus these concepts in the Turkish culture. Increase in the psychotherapy research on these concepts will contribute to the accumulation of the knowledge on the cultural differences in the applications of originally Western theories of personality and psychopathology.

Also these measurements provide reliable tools to the Turkish clinicians in order to assess psychodynamics of the patients, which play important role in the

psychopathologies and relationship problems. These three measurements can be used in the individual therapies and also in the couple therapies. Both partners can answer the questionnaires and their responses can be evaluated in terms of the interactions on the contents or based on similarities and complementarities between partners.

Another implication of the study is related to its contribution to couple therapy. Projective identification is analyzed in this study in terms of its dual functioning in the couple relationship, one is as an intra-psychic entity; the other is as an interpersonal construct. Thus there are two different sets of analyses in the main study. One is focusing on the functioning of projective identification within an individual, and the other is focusing on the functioning of projective identification within the couple relationship interaction. By putting forward the findings of these two sets of analyses, this study proposes an integrative model of projective identification in couple relationship and contributes to the integration of individualistic and system- based approaches of couple relationships.

The therapeutic implication of current thesis is related to providing understanding and insight about how couple relationship is constructed through repetitive interactions of projective identification. Centering on projective identification in couple relationship offer an expanded understanding of the couple relationship that two partners are interdependent mutually on each other that may lead to a collusive relationship. Individuals stay in unhealthy relationships without improving it even though it is diminishing the wellbeing and life quality of their lives and preventing the personal development. These kinds of relationships are resistant to change. There are blockages and resistances often in the therapy with these couples. Projective identification of the partners toward each other and also toward the therapist might be a path for understanding the dynamics of these relationships in order for therapeutic change.

CHAPTER 2
REVIEW OF THE RELATED LITERATURE

This chapter involves the review of the relevant literature on projective identification in the couple relationship and its associates of parenting, personality and relationship variables. Initially the theoretical summary of literature on projective identification and its functioning in the couple relationship including relevant but limited number of empirical studies are presented for the aims of the thesis. Conjunctively, theoretical summary and empirical studies on separation individuation pathology and splitting, which are conceived as the main personality correlates of projective identification, are presented. Secondly, review of empirical studies on early maladaptive schemas as personality variables are presented. Next, empirical studies on early maladaptive parenting experiences were reviewed as parenting variables of the current study. Finally review of the empirical studies on the main couple relationship variables, namely relationship satisfaction, jealousy and emotional dependency, are summarized and their relevance for the concept of projective identification in the couple relationship were outlined.

2.1 Projective Identification

Projective identification is highly prospective concept regarding the understanding the mutuality in the human-to-human relationships. Emergence of the concept yielded its function in the comprehension of the internal world of an individual. However its evolution expanded the concept through interpersonal relationships (Siegel, 1991). This section involves literature review of the projective identification process in terms of its intra-psychic and interpersonal nature. In this regard projective identification is not only considered as a defense mechanism, but also as the essence of empathy and a way of communication. In the following

section, origination of the concept, and its transformation through being an interpersonal concept are presented. After then theoretical and empirical studies on projective identification in the couple relationship are presented. Lastly in the first section of the present chapter, literature on the relations of projective identification with its two main correlates, which are separation individuation pathology and splitting, are examined.

2.1.1 Projective Identification within the Individual

Projective identification is a developmental intra-psychic concept, originally defined by Klein (1946) in order to explain the defensive function of it against innate aggressive drive. She stated that it occurred in the phantasy of the infant particularly in the paranoid schizoid position of the development. Klein approached to the phantasy of the infant, which is different from conscious fantasy, as an innate capacity for regulating instinctual needs and for building the interaction with outer objects, such as with the mother. Klein extended Freud's psychoanalytic theory to focus more on the pre-oedipal period of development and to the mother-infant interactions. However she also stayed close to Freud's notion of drives and instincts. Her object relational theory is distinct from other object relational theories that she focused more onto the importance of destructive- aggressive drive, which is death instinct in Freud's notion, as the main pathogenic effect. While she is mentioning about innate drives and phantasy world of the infant, she also built the theory on the effect of external world and infant's relationship with this external world. Child's innate aggressive drive is thought to manifest its consequences as personality organization and psychopathology only through the moderation of the mother (Greenberg & Mitchell, 1983; Segal, 2008; Spillius, 1988; Likierman, 2001; Mitchell & Black, 1995). Showing the importance of mothering qualities in the development of children that child's interaction with "good-enough mother", which is a term, suggested by another object relations theorist Donald W. Winnicott (1984), is stated to be highly deterministic value on the development.

Kleinian object relations theory of development starts with "Paranoid Schizoid Position" and evolves through "Depressive Position" in normal

circumstances. These stages of development signify how intra-psychic world of a newborn operates in its object relations. In the beginning highly vulnerable, dependent, pre-verbal infant has to deal with many internal anxieties due to disintegrated internal part-objects and aggressive drive. Later on, infant's partial segregated internal world integrates and operates more mature way of object relations. While persecutory anxieties are prominent in the former position, guilty feelings due to the previous operation of the primitive defenses come up in the depressive position. While there are prominent representations of aggression, destructiveness, envy, jealousy and swing between love and hate feelings in paranoid schizoid position; empathy, love, reparation and constructiveness are more peculiar to depressive position. Transition from one position to another repeats in the lifetime as a result of different life events and relationship characteristics. However infant's achievement to depressive position in the beginning of life is one determinant for psychological health. Infant acquires integrated self and other representations and object constancy in depressive position. There is a relief from destructive/ annihilation anxieties through this achievement (Greenberg et.al, 1983; Spillius, 1988; Segal, 2008; Likierman, 2001). Now, due to its relevance to projective identification, paranoid schizoid position is focused.

In the paranoid schizoid position, the infant utilizes primitive defenses of splitting, projection, introjection, projective identification, idealization, denial and omnipotence against aggressive drive and subsequent persecutory anxieties. All newborns utilize these defenses but their degree and lifetime depend of the quality of external world, mothering, family environment, traumas, disruptions of care…etc. (Segal, 2008).

The main characteristics of paranoid schizoid position are as following: It is a preverbal stage of development. Infant cannot differentiate the self from the other in the paranoid schizoid position. The boundary between the self and the other is blurred that strong internalizations of the external world and the other takes place due to lack of differentiation. There is enmeshment between mother and child that child's survival depends totally on the mother. Anxiety related to survival is prominent due to great dependency of the infant in the beginning of life. Ego

capacity of emotional regulation is not developed yet, thus mother has an important emotional regulation function for the infant's fluid of emotions. The infant has an experiential world, which is predominantly through its body and bodily experiences. Thus hunger feelings, eating, and excretion of the body determine the internal object relations in the beginning. Phantasy of the infant involves part-objects, such as the body parts of the mother, rather than whole objects with integrated good and bad characteristics. Split of good and bad parts is prominent in this position. Because of that, infant has to deal with instable emotional shifts from love to hate, or idealization to persecutory anxieties. Main struggle of this position for the infant is to avoid persecuting anxieties, that is anxiety of harm coming from bad objects. For instance, when the child experiences discomfort due to hunger, the pain is attributed to the mother and aggressive drive heads toward the mother. This creates further danger for the infant's psyche due to the survival needs coming from infant's great dependency. Infant's dependency to the mother obstructs aggressive drive, which turns out to be persecutory anxiety or annihilating anxiety. Thus internal aggressive drive is transformed into an anxiety with an external source in the paranoid schizoid position. There is denial of the origin of the anxiety, which is coming from within initially. This persecutory anxiety is the main trigger for many primitive defenses (Slipp, 1984; Summers, 1994; Segal, 2004; Ramchandani, 1989).

Melanie Klein (1946) described projective identification as a mechanism of the infant for protecting the internal psyche from these persecutory anxieties of paranoid schizoid position. According to the definition made by Klein, parts of the self are split off and projected into the other person and leading that person to a particular kind of identification in the projective identification. The effort to control other person by the projected parts involved in this forced identification. Putting the concept in her first words of definition in the following: "Much of the hatred against parts of the self is now directed against the mother. This leads to a particular form of aggression, which establishes the prototype of an aggressive object relation. I suggest for this process the term projective identification." (Klein, 1946, pp. 7-8).

In this definition, Klein emphasizes the aggressive and persecutory characteristics of projective identification. Because Klein focused more on the

aggressive drives, her projective identification perspective mainly involves persecuting projective identification rather than idealizing projective identification. However there is also the projection of the good parts of the internal mental representations in the projective processes. It is usually seen as natural source of relationships and empathy (Feldman, 2003). In one of the comprehensive books on Melanie Klein, Likierman (2001) stressed that in her revolutionary intuition, putting the narcissistically valued parts of the self into the other, besides the bad-parts of the self, could also be emerged. Likierman (2001) stated that this aspect of projective identification is a commonly seen phenomenon in the enmeshed and over-dependent relationships and in the perception of the self as insufficient and weak. Excessive projection of the good part objects may lead to depletions of the ego and may result in the need for symbiotic attachment to the other (Feldman, 2003).

Segal (2008) extracted from the description and clinical examples of Klein and defined the projective identification nicely summarized way that: “Parts of the self and internal objects are split off and projected into the external object, which then becomes possessed by, controlled and identified with the projected parts”. (p.27). This definition underlies that splitting is conceptualized as a counterpart of projective identification in paranoid schizoid position. It is a prerequisite and precursor for projective identification process.

Projection mechanism also is a part of projective identification, which is also discussed in many reviews. There are some authors such as Grotstein (1986) stated that projective identification and projection are identical and interchangeable terms, because projection without identification is impossible. All projective mechanisms involve identification mechanism. There is a “negative identification” in the projection that by the contrary perception of the other from the self, person identifies with the opposite of the other person or the contrary of what has been projected. In contrast to Grotstein’s point of view, there are a lot of perspectives (Kernberg, 1987; Gaddini, 1990; Goldstein, 1991; Malancharuvil, 2004; Meissner, 1987) that emphasized the importance of differentiation of projective identification from projection. It has been claimed that differentiation of projection from projective identification is also essential to grasp the concept of projective

identification accurately. Projection is defined as the mechanism that expelling of the unwanted qualities, feelings and cognitions from the self to or "onto" another person or external object (Laplanche et.al, 2006). Kleinian definition of projective identification is, on the other hand, focuses on the putting the internal disavowed material "into" the external object, as Goretti (2007) also emphasized. Spillius (1988) stated that Klein deepened the Freud's concept of projection by acknowledging hidden appearances of projection. Splitting and projection of the parts of self into the object in the process of projective identification provide the self to be in contact with the projected parts of the self. In this way, these parts do not disappear, they can still exist even they are not accepted. Therefore it can be said that compared to projection, projective identification provides a chance to reintegrate these parts into the ego by its own nature. Another distinction, which was made by Kernberg (1987), that projective identification is earlier in developmental steps and more primitive than projection. While projective identification is a defense of the psychotic and borderline levels of personality organization; projection pertains to neurotic level for personality organization, according to structural object relations theory of Kernberg. He defined that projection involves the expelling of previously repressed unwanted intra-psychic experience to external person, who is perceived as completely separate from the self. This externalizing does not involve any empathy with the projected material. Distance between self and other is achieved in order for a successful projection defense. Thus the differentiation of self and other, and the acknowledgement of this boundary distinction is one of the key features of projection. However, projective identification requires undifferentiated self and other boundary. Crisp (1988) stated,

> …in projection the subject has feelings of estrangement and separateness from the object. In contrast, in projective identification blurred boundaries are evident, and actual change occurs in the external object. Not merely unconscious fantasy, but actual interpersonal pressure or behavioral induction toward the recipient is present. (p. 391).

For this reason, estrangement feelings are not present in projective identification. Identification component of projective identification result in interactive exchanges between two persons deliberately. Malancharuvil (2004)

presented another dimension in the differentiation between projection and projective identification is that aims of them are different. While projection is seen as a protective mechanism for the self not to be aware of the internal anxiety or as a mean for finding out an external reason for an anxious experience within self; the manipulation of the other is aimed in projective identification process. Joseph (2003) wrote about Klein's discourse on different aims of projective identification as:

> …splitting off and getting rid off unwanted parts of the self that cause anxiety or pain; projecting the self or parts of the self into an object to dominate and control it and thus avoid any feelings of being separate; getting into an object to take over its capacities and make them its own; invading in order to damage or destroy the object. (p. 138).

Another distinction that was focused in the literature of the projective identification is its difference from any other conscious behavioral induction of interpersonal relations. Because every human interaction is naturally occurred in action-response cycles, it is important to differentiate projective identification from other forms of behavioral induction in the interpersonal relationships. Behavioral responses trigger counterpart behavioral responses on the other person. However projective identification is different from these ordinary interaction cycles that it involves two crucial specific components: The first one is blurring of the boundaries between self and other mental representations. This accompanies with the blurring of boundaries between self and other in the relationship. The second crucial component is the projected material in the projective identification process is the disavowed internal self and other representations. Rejected internal content is projected into a significant other, so it has excluded from the self. Still the person can maintain the interaction with the content because of the enmeshed relationship with the recipient. Ordinary daily interactions do not have to include this aspect, thus behavioral induction is totally different from projective identification in the relationship (Crisp, 1988).

After its introduction by Klein, the concept of projective identification changed throughout 60 years that some authors found this expansion of the concept

confusing and problematic (Knapp, 1989; Finell, 1986; Kulish, 1985; Ployé, 1984). Projective identification is a very generous and intuitively creative concept that it provided to psychoanalysts and psychotherapists a very flexible thinking environment to implement their clinical opinions and various priorities in the therapy. Therefore concept was broadened up to various close relations from mother-child to patient-therapist dyads and from other close relations in the family to group relations, even to more global issues like racism, fundamentalism, resistant conflicts between large-groups. Therefore there are also many articles with various contradictory views. As a reaction to that, some authors (Lubbe, 1998; Laplanche et.al, 2006; Meissner, 1980; Sandler, 1993) believe that the concept is broadened too much and should be more stick to the Kleinian stance. However, evolution of the concept revealed many important functions of projective identification, which are presented in the following of this literature review.

According to Joseph Sandler (2004), projective identification traveled through three phases in its way of utility in the literature. In the first stage, Klein's notion of projective identification is occurred that projective identification operates in the phantasy of the infant. Infant projects unwanted self-object "into" the other-object representation and transforms the aggression into persecutory anxiety in the phantasy. In the second stage, it is extended as occur in the transference of the patient. According to Sandler, it is still operating in the unconscious of the patient that the therapist is unconsciously identified with the self or other representation in the intra-psychic world of the patient. It is the underlying force for the repetition of the early object relations in the later life relations. If the unconscious world of the patient forces the therapist to identify with the "self"-representations, it is called concordant counter-transference. If the therapist is forced to identify with the "other"-representation of the patient, it is called complementary counter-transference. In the third stage of projective identification, the concept extended as a mechanism operates in real external relationships interactively. Object Relations Family Therapy also utilizes this third stage of projective identification, because it elaborates the operation of projective identification in the couple and family relationships. Because the concept of projective identification evolved extensively

through these other two stages after the Klein's definition, Grotstein (2005; 2007) renewed its name as "projective transidentification". He said that definition of projective identification should be maintained as "an intra-psychic omnipotent phantasy involving part-objects." Yet he proposed a new name for the new conceptualization of the concept, which claims interpersonal manifestation of it in the close relations. According to him, unconscious communication between two real persons also involves the intra-psychic exchange of self-and other representations, thus his concept also involves Kleinian notion of projective identification. Yet he believes that there is further mechanism in the projective identification making the concept interpersonal.

Bion (2004) was one of the first analysts taking projective identification out of the phantasy of the infant. His first statements about the use of projective in the treatment appeared between 1954-1960 (Aguayo, 2009). Bion (1959) saw the potential of projective identification in the communication and empathy era. He emphasized the function of maternal qualities, which "contain" the projected material of infant within the projective identification process for the improvement of infant. He emphasized defensive and communicative aspects of projective identification especially its function in the therapeutic relationship. If the therapist can turn the projective identification into an understanding for the patient, then the developmental arrest can be released (Joseph, 2003; Spillius, 1988). Segal (2004) summarized the view of Bion on projective identification that when the mother tries to care her newborn baby and understands the infant's particular language of communication, the flow of projective identification between them produces sharing of emotions. Baby evokes different feelings on the mother and mother might reinforce, modify, transform or stop these emotions of the baby. Because there is not verbal way of communication, projective identification serves very crucial function of survival. Infant induces emotions in the mother by means of projecting internal part-objects into mother. Then an emotionally charged environment is created for the mother to grasp the internal world of infant by means of projective identification. Yet mother's capacity to see her baby as part of herself is crucial, because if there is not boundary fusion between mother and infant, projective

identification cannot emerge. Bion (1959) stated that when the mother is not powerful enough to contain the projective identification processes of the child and rejects the projected material in several ways; the child lacks the possibility for investigating own feelings, which are exceeding the containment capacity of the ego, via projecting them into more powerful personality. Then when the mother does not allow for projective identification, death instincts of the child direct at the destruction of the link between self and mother and leads to excessive projective identification He stated that patients in the therapy also use projective identification as a method of communication that though projective identification they can feel themselves as being understood by the therapist. They are usually lack of mature forms of communication, so projective identification functions as the transferring of the internal world of the patient onto the external world. If the therapist denies identifying with the projected material, then projective identification of the patient becomes excessive and leads to deterioration in the developmental process. In this regard, it was manifested that projective identification provides an opportunity for empathy. Through projective identification process, first undigested parts of the self and its consecutive disturbed feelings are projected into the other, who is forced to feel in the same way of the projected material. When the individual, who would be the mother, the therapist or the spouse in the close relationship, reacts to this material in a more mature way, this helps to modify original projective identification and leads to move toward depressive position. Bion (1962) called this process as "containment" function.

According to Segal (2008), even though it belongs to paranoid schizoid position, projective identification process is crucial for the development of the human being. Segal pointed that projective identification has two developmental functions for the infant in the beginning of the life. One is its empathy function, because it is a form of understanding from the "within". It creates an internal capacity to put oneself in the place of the other. Thus it is required for the formation of the primitive version of empathy. Second function of it is symbol formation that through the transmission of intra-psychic parts to the object and re-identifying with

them, infant creates initial forms of mental symbols that is prerequisite for the development of intra-psyche and acquisition of the language.

Slipp (1984) also expanded the projective identification concept to interpersonal relations. He used the concept to understand the influence of interpersonal domain, which is basically the family, in different psychopathologies such as schizophrenia and depression. Therefore he emphasized the capacity of projective identification in determining or changing the external reality through interactions. He summarized his perspective of projective identification in the following:

> Thus, we can conceptualize projective identification to be (1) a primitive intra-psychic form of adaptation and defense based on phantasy and normally used during infancy; (2) an interpersonal defense to sustain the integrity of the family through what we have termed the symbiotic survival pattern; (3) a form of object relations by which one can live through others as part objects; (4) a method of manipulation and control of another, based on omnipotent fantasies; (5) a form of communication, usually nonverbal, to induce responses in another; (6) a method of ridding oneself of certain aspects and inducing pathology in another; (7) the source of the ongoing negative feedback loops that originate and perpetuate developmental fixation in the identified patient; (8) the source of one type of counter transference in therapy, the type Winnicott (1965) has termed objective; (9) a means of modifying internalized objects by external reality and psychotherapy, and (10) part of the brain's holistic functioning. (Slipp, 1984, p. 58).

Ogden (2004, 1981), Kernberg (1987, 1997), Joseph (2003), Meissner (1987), Sandler (1987) and Waska (1997, 1999, 2000, 2001, 2004, 2008) followed Bion's expansion of projective identification and emphasized the functioning of it in the therapeutic relationship as a way to understand the internal conflicts and transference reactions of the patients. Hence they suggested using the counter-transference feelings, which are influenced by the projective identification of the patient, in order to grasp the meaning of internal representations of the patients. These authors presented many case reports containing the utility of projective identification in the transference interpretation. Braucher (2000) also showed projective identification as a tool for empathy for the recipient or for the therapist and a form of invitation for a relationship and understanding for the projector or the

patient. Other authors (Brems, 1989; Adler & Rhine, 1988; Heller, 2001; Miller, 1990) also followed Bion's conception of projective identification and offered examples of utility of projective identification in the therapy both as a way of communication and as a tool for psychological change and growth to the depressive position, and also in supervision process of psychotherapy (Filho, Pires, Berlim, Hartke & Lewkowicz, 2007).

After Bion's contribution, Ogden and Kernberg's perspectives on projective identification are also important for the understanding of the concept. Ogden (2004) contributed to the literature on projective identification by dividing it into three phases: In the first phase, wishes to expel unwanted parts of the self are prominent in the phantasy. These parts are dangerous in a sense that they can destroy the self from within. Transformation of these parts in the phantasy is realized so as keeping them in outer protective person. In the second phase, active and real pressure is exerted on the external person so as to identify with the projected material and behave in a congruent manner. According to Ogden this phase is not imaginary, although it is very subtle, it is verifiable. In the third phase, recipient's transformed identifications are re-introjected and re-identified by the projector. Growth or therapeutic change happens in this phase. Recipient's personality organization and maturity level is important for Ogden in determining the pathological and healthy manifestations of projective identification. Ogden, in this sense, emphasized interpersonal characteristics of projective identification in a great extent.

Kernberg (1987) has a distinct perspective on projective identification. In his object relational psychopathology approach, Kernberg differentiated three level of personality organization: a) Psychotic personality organization, which is primitive level organization that blurring of the boundaries between self and other is prominent; b) Borderline personality organization, which is higher level of organization with differentiated self and other representations; and c) Neurotic personality organization, which is characterized by higher level ego development, well- differentiated self and other representations, higher achievement in separation individuation process and predominant utilization of repression as a defense

mechanism. While projection, which is congruent to prevalent succession of repression, belongs mainly to neurotic personality organization; projective identification, which is congruent to prevalent utilization of splitting defense, is typical defense mechanism of patients with either psychotic or borderline personality organizations. Functioning of projective identification in these three personality organizations differs. Projective identification in psychotic patients functions as an effort to differentiate self from the other by means of omnipotent control. If there were not any defense operation of projective identification in these patients, they would have to face with total loss of the self in the psychosis, total confusion of an objectless state. Projective identification for the patients with borderline personality organization would lead to loss of boundary between self and other, and reality testing. While they can use both projective identification and projection spontaneously, projective identification operation is peculiar to their transference reactions and main defensive operations. For the patients with neurotic personality organization projection is the primary defense, but there are exceptional temporary regressed periods such as falling in love that projective identification can be predominant defense for neurotic patients.

Grotstein (1986) focused on projective identification extensively. He stayed to be one of the authors emphasizing the interactive functioning of projective identification process and evaluating the concept in its broadest meaning. He stated that projective identification is present in the preverbal communication between mother and infant, between therapist and patient, between romantic partners. It operates in different manifestations of mind and thinking processes, and as a form of communication in all affective sides of adult life. He believes that projective identification and splitting are common denominators of most defense mechanisms and some cognitive mechanisms such as anticipation, selection, reorganizing of gestalt. While he maintains the Kleinian notion that projective identification is in the phantasy of the individual, he distinguished two forms of projective identification according to their aims; exploratory and defensive projective identification. Similar to Grotstein, Konig (1991) also discriminated two types of projective identification that both have interaction component rather than being a total intra-psychic process.

On the one hand, it is functioning as a defense; on the other hand it has operations of communication manner in transference. In Grotstein's perspective (2005), defensive projective identification aims for the translocation of unwanted parts of the self into the other and getting rid off them; and has an objective of entering into the object in order to control it or disappear into it. The extension of the concept includes the following forms of projective identification with different utilizations and aims: a) Autistic Projective Identification; it blurs the distinction between inside and outside, between self and other, b) Symbiotic Projective Identification; it occupies the object to control it or to be controlled by it due to vulnerability at present, c) defensive utilization of projective identification to expel the disavowed parts of the self, d) cognitive utilization of projective identification in recognizing unfamiliar external stimuli through externalizing the internal world onto it, e) exploration utilization of projective identification in finding external object to attach with, f) Interpersonal Projective Identification; it communicates one's intra-psychic aspects to himself and also communicates intra-psychic aspects to the others within close relationships.

Concluding that projective identification is now evolved from a total intra-psychic concept to a more generalized form of communication. Its utility has broadened. It has been regarded that projective identification is both an intra-psychic operation and an interpersonal mechanism.

Until this point, its original use as an intra-psychic mechanism and evolving process is summarized. Now its interpersonal utilization, specifically in the couple relationship, is going to be reviewed.

2.1.2 Projective identification in the Couple Relationship

The application of projective identification concept to the family and couple relationships is initiated by some authors, such as Pincus (1962), Dicks (1967), Zinner (1972), Shapiro (1978) and Crisp (1988). Also their works led to a settlement of Object Relations Family and Couple Therapy (ORFT-ORCT), which is based on Object Relations theory and extended its application to family and couple relationships. Projective identification is an important concept for this therapy approach in attaching the concepts of object relations theory to family dynamics.

Before presenting the contemporary perspective of ORCT, literature review of Dicks' emphasis of projective identification in the marital relationship is outlined here.

Dicks (1967) acknowledges the process of projective identification in the couple relationship as a main mechanism in the formation of unconscious interactions between partners. He defined marriage as a relational unit that a joint ego boundary between partners binds two individual into a relationship with symbiotic process, which is constituted from joint unconscious interactions. Projective identification in the couple relationship is responsible mainly for the collusive relationship pattern in which partners shares the roles of two opposite poles of various continuums. For a couple system to operate some degree of projective identification is required that it gives birth to the dynamics of complementariness and similarity in the couple relationship. However extreme manifestations of projective identification may result in rigid maintenance of dysfunctional interactive patterns between partners. Couple's resistance in their interaction patterns is the manifestation of projective identification in couple therapy (Crisp, 1988). Scharff et.al (1991) stated that compared to working with families, it is more difficult to work with couples in the therapy, because partners have very condense mutual projective and introjective identifications between them. Their mutual and close transactions of projective identifications might bring the rigidity thus resistances in the therapy.

Catherall (1992) pointed that perceiving the projective identification only as an intra-psychic mechanism restricts its functioning to pathology arena. However, its functioning exceeds to the interpersonal arena and many normal couples experience various kinds of projective identification processes in their relationships without having a serious psychopathology. He stated that projective identification in the couple relationship leads to marital conflict in two conditions. If the receiver partner rejects to identify with the projected material, then projector experiences and complains about emotional disconnection and distance between them. The other partner is perceived as not capable of understanding and empathizing with the projector partner. Alternatively, if the receiver partner identifies with but does not

contain the projected material, then many acting outs in the relationship as the form of anger and aggression can come up. In these kinds of conflictive relationships, projector partner usually cannot clear off those unwanted intra-psychic materials. Like a boomerang effect, all rejected components of the self return back and the projector experiences originally disavowed feelings. Whereas, if the receiver partner can identify and also contain the projected material of the other partner, then satisfactory relationships can be formed, off course assuming that projective identification processes are within a healthy range. In these relationships, projector partner can identify with previously disavowed and projected parts of the self via his or her partner. There are feelings of connection and reparation in the relationship.

Dicks (1967) explained that when splitting, projective identification and other rigid defenses are within healthy limits and also when the attached partner's inner object relations are accommodated enough to the other partner's needs, then the marriage is healthy and satisfactory. Unhappiness in the marriage results when the inner object relational requests of one partner is not fulfilled by the other partner's inner object relational needs at least to some degree. Dicks (1967) divided marital interactions into two fields; one is the shared internal images of the partners that are mutually projected and introjected repetitively, the other is the field of polarizations that partners emphasize what the other is lacking in the relationship. Therapist needs to deal with these two areas of marriage relationship in the therapy. Trough the focusing on the re-owning the projecting parts of the self, therapist aims the conditioned cycle of mutual interactions to be ceased and also polarization in the marriage to be softened.

Dicks (1967) defined idealization in the marriage as the main defense of relationality. As also Rakipi (1992) pointed out Klein explains the idealization of the object as a defense against persecutory anxiety. It functions as if a shelter from anxiety by escaping from persecuting "bad" internal object by means of enmeshing with a internal "good" object. There is a need to attach symbiotically with the partner in order to get protection from persecutory anxieties. On the other side, there is also denial of reality and splitting of the internal and external object. As Dicks (1967) supported the fact that idealization in the marriage is not a healthy process

completely. Through the ignoring of reality and splitting out the bad parts of the partner, idealization might form the marital unit, but also might result in an obstruction of maturity. Idealization with a modest degree is normal for any mating process. In its natural development it is replaced by a more realistic perception of other partner in the couple relationship. As a conclusion from his experiences with the couples in treatment, he described the healed and healthy marriage as such: "

> When the partners could re-internalize the parts of themselves that they had projected to their spouse, they could report a very much happier marriage than in their original statements. Perhaps I need only say that after treatment they no longer had to use projective identifications. They could *own* more of their previously split-off, guilt-laden libidinal and anti-libidinal egos. They had more personal autonomy and identity. This may be the chief distinction; the "happy" marriage can make use of the same passionate, highly charged, loving feelings… (Dicks, 1967, p. 118)

Based on Dick's initial propositions, later on Llyod and Paulson (1972) stated their view on projective identification in couple relationship that projective identification process between two partners is a continuous and mutual circle of identifications and projections. There is a non-stop interchange of the internal representations of two partners in the relationship. In this way, self- and other-representations of the partners are modified and re-identified again and again.

Zinner (1991) wrote an article specifically about projective identification in the couple relationship that was grounded on the perspective of Dicks in 1967. He defined projective identification as "an activity of ego that modifies perception of the object and, in a reciprocal fashion, alters the image of the self. It occurs as a defense to rid the self of an unwanted or dangerously overvalued part that can then be attacked or glorified when it is located in the object" (Zinner, 1991, p. 156). This formulation of projective identification includes both idealizing and persecution projective identification that both unwanted and overly valued parts of the self are projected into the partner. He differentiated health and unhealthy ends of the projective identification continuum. On the one end, self and object representations are fused; objective reality perception related to the partner is deteriorated greatly, and more primitive mode of defenses is operating in unhealthy projective

identification. On the other end of the continuum, projective identification serves the empathy function that partners can grasp the spouse's internal conflicts from their own experiences with the parents and their own feelings.

Complementariness between partners and in their internal self and other representations was emphasized in the literature as an area for projective identification. However most of the articles were focusing effect of projective identification processes in the transference and counter-transference reactions, which are manifested as the inductions of the patients to the therapists to complement their internal needs. For example, Finell (1986) demonstrated how the treatment- resistant depressive patients manipulate the therapist to play as an omnipotent and punitive parent role in the treatment as a counterpart of their internal masochistic tendencies. Even though there is not an empirical study specifically aiming for complementary projective identification in the couple relationship, some articles (Finell, 1986; Braverman, 1987; Crisp, 1988; Kernberg, 1991; Scharff et.al, 1997) were describing the processes related to it. According to these publications, partners become to be complementary to each other's personality via the process of projective identification. Alternatively, individuals select their partners according to their complementariness of internal needs of the self via projective identification process. Projective identification is a mechanism of getting rid of the unwanted parts of self by putting them into other's psyche. Also there is the maintenance of contact with this rejected parts of self through enmeshed relationship with the other. Boundary fusion between partners reinforces projective identification. The spouse or romantic partner is forced to posses these parts. Through selecting a complementary mate and reinforcing this complementariness in the relationship, partners become free from anxiety due to internal conflicts. Conflict is expelled into the partner, who is assumed to carry the unwanted parts of the self. When they share the roles in the two opposites, they become to be "pseudo-differentiated" also, which is especially important if there are problems of separation individuation. When projective identification process creates a relationship in which different parts of the partners are projected and identified mutually, very strong self-fulfilling interaction patterns emerge and dependency between partners are engendered. Through this relationship

each partner complements missing parts of the self in an alienated way. Therefore complementary couple relationships usually demonstrate projective identification in the relationship (Braverman, 1987; Crisp, 1988).

Explaining precisely by an example by Ramchandani (1989) as the following: when internal anxiety exceeds the carrying capacity of ego, the individual redirects the anxiety toward an easily influenced and emotionally available other, who is the spouse. There is usually an assumption that the cause of this anxiety is the spouse. There is obvious rage and aggression toward the partner in different subtle layers of communication. This causal attribution exceeds the internal boundary and influences the reality. Sometimes vicious cycles of interaction in the projective identification process pushes the recipient partner to act in the same manner as the assumptions or expectations of the projecting partner, because confirmation of this internal assumption, which is emerging from early object relations, is the purpose in the interactions of that person. In this way, internal anxiety and struggle related to that is now outside, in the close relationship. The recipient partner experiences real emotionality as a reaction and there is induction of feelings, which might be similar or complementary to the original internal anxiety content. If the induced feelings of the recipient partner are complementary to what the projecting partner's original anxiety, it is called complementary identification. If the induced feelings are similar to what the projector partner's own feelings due to original anxiety, then it is called concordant identification. In other words, if the recipient partner's feelings and behaviors become complementary to what is feared of, then the relationship is satisfactory for the projector in a sense that internal needs of the projector are complemented. When the recipient partner's emotions and behaviors become similar to the projected material, then the projecting partner perceives himself or herself as omnipotent to protect from original anxiety, because internal anxiety now is externalized to and identified by the partner. These processes are unconscious and hard to identify, yet it is assumed that daily life interactions of most close relations contains these processes of projective identification.

Scharff & Scharff derived those thoughts on the family and marriage psychodynamics into a coherent theory of family and couple therapy, called ORFT

and ORCT. They gave an example of how mutual projective identifications operate between partners. Starting from the wife's projection of unwanted or overvalued parts of the self, the essential component of projective identification emerges when the corresponding reaction in the husband can be aroused. It depends on the attachment capacity of husband, and on the differentiation level of the couple relationship. In the second part of projective identification, husband may or may not identify with the projected material. If the wife projects her "self"- representation and husband is pushed to identify with the "self"- representation of his wife, then it is called concordant identification. Yet if the wife projects her "other"-representation into her husband and if he identifies with wife's "other"-representation, then it is called complementary marital relationship. Through these temporary identifications of husband, wife can experience disavowed parts of herself in her husband. Moreover, if the husband can transform these identifications in a mature form, then it is a chance for the couple to mature. Subsequently in the lifetime or simultaneously in a mutual way, each partner projects the internal aspects and also identifies with the other's projected material. These unconscious interactions between husband and wife form the collusive relationship in which internal anxieties can be defended (Scharff et.al, 1997)

Revisiting the discrepancy between projective identification and projection from the perspective of the projective identification in the couple relationship, it can be shortly stated that in projection the husband feels separateness and difference from the wife and also disavows the projected material. There is very limited change in the behavior of the husband in the projection process, because it lacks identification. Yet, projective identification results in the attitudinal, behavioral, cognitive and emotional change of the husband. Boundary confusion and lack of differentiation between husband and wife is prerequisite for this transformation and behavioral manipulation to occur. Projective identification can appear when the husband also has the same mindset with the projected material, so it might be easier to identify with it. Therefore there might be some level of complementarity or similarity in the personalities of the partners in order for projective identification to emerge (Crisp, 1988; Meissner, 1987; Sandler, 2004).

Even though there are many case reports regarding projective identification in the couple relationship, empirical studies are very limited. One of the studies that appeared in the literature focused on the projective identification use of abusive men (Zosky, 2000). Participants' projective identifications in their marriages were assessed by their responses on Paulson Daily Living Inventory. Findings were verifying the hypotheses that non-violent men who are happy in their marriages showed lower levels of projective identification in their couple relationships than the other two groups of men, one group of whom were experiencing marital conflicts and the other group of men were abusers. However this study was limited to show the difference between two groups of men, who have abusive attitudes toward their partners and who have conflicts in their marriages, on their total projective identification scores. Because that study did not differentiate idealizing projective identification from persecuting projective identification, the effects of some confounding variables on the marital violence could not be identified. These confounding variables might be related to the distinction in the projection of highly valued versus unwanted parts of the self in the projective identification process. The finding that domestically violent men scored higher in the subscale of Persecuting Mother to Infant than the other two groups of men, supported this explanation. Another interesting finding of this study was that regarding the idealizing projective identification, happily married men scored the highest of the other two groups of men. They both had highest scores on Ideal Mother to Infant and Infant to Ideal Mother. They perceive their spouses ideally and their wives perceive them ideally. The author concluded that these men perceive their relationship mutually satisfying in giving and taking the need gratification mutually or reciprocally. Therefore it seems important to evaluate different forms of projective identification in the couple relationship separately. Idealizing projective identification might have protective function for the relationship satisfaction in the couple relationship.

Another study (Kovacs, 1996) on projective identification in the couple relationship focused on the effects of some personality characteristics of each partners on their relationship satisfaction evaluations. Projective identification, empathy, shame proneness and self- esteem of the partners were evaluated on the

basis of their effects on the marital satisfaction scores on Dyadic Adjustment Scale (DAS). Similarly, participants' projective identifications in their marriages were assessed by Paulson Daily Living Inventory. Rather then using a total score for projective identification in the couple relationship, Kovacs differentiated persecuting projective identification and idealizing projective identification scores separately. Findings showed that while idealizing projective identification scores of the participants were significantly and positively correlated with their relationship satisfaction scores; persecuting projective identification scores were significantly negatively correlated with their relationship satisfaction scores. In addition, persecuting projective identification scores of the married individuals were positively correlated with their proneness to shame and negatively correlated with their self-esteem scores. The author concluded that persecuting projective identification indicates inadequate psychological functioning of the individuals.

2.1.3 Main Personality Correlates of Projective Identification in the Couple Relationship

Projective identification is a complex phenomenon, which involves multiple processes and underground factors in order to be actualized. When projective identification process is divided into its parts, some prerequisites of intra-psychic world becomes apparent, such as splitting defense and fusion in the self and other mental representations of the individual. Bad and good parts of the intra-psychic structures stay segregated due to developmental failures, which are mostly related to the quality of the mothering and subsequently fathering in the early years. These early experiences in the developmental sequences determine the individual's achievement in the separation individuation process, which is important for inability to differentiate self from other, disintegration of bad and good mental representations from each other and consequently for the necessity for splitting defense. Splitting and separation individuation pathology are very related concepts for projective identification. Theoretical background and empirical findings related to separation individuation process and splitting are presented in the following sections. Their relevance for projective identification is also pointed.

2.1.3.1 Separation Individuation Pathology

In this section theoretical framework for separation individuation pathology is presented firstly. The relevance of the concept to the projective identification process is outlined. In the second part of this section empirical studies related to the effects of separation individuation process on projective identification in couple relationship is presented. Lastly, cultural application of the separation individuation to the Turkish culture is reviewed.

2.1.3.1.1 Theoretical Frame of Separation Individuation

Margaret S. Mahler et. al. (2002) defined the Separation- Individuation process as "the psychological birth of human infant". This process reveals the journey of human infant from enmeshed symbiotic state through an individuated, autonomous and distinct identity. Mahler defined separation individuation process in terms of three phases of development. The first stage of the separation individuation process is called "Normal Autism" in which the newborn experiences only the internal arousal originated from transient physical states or needs, like hunger, thirst, and urination. Newborn does not aware of the source of the pleasure or pain and cannot differentiate between the self and object. The second stage of the separation individuation process is called "Normal Symbiosis" in which the infant is proposed to experience "…as though he and mother were an omnipotent dual unit within one common boundary" (Mahler, Pine & Bergman, 2002, p.291). In this stage, the infant begins to acknowledge the need- satisfying object, the mother or basic caregiver. As this awareness emerges, experiences related to good and bad qualities of this need-satisfying object begin to accumulate internally in this stage, about in the second month of life. These are the essence formation of the internal mental representations. This initial stage is characterized by the splitting of the good and bad mental representations of the object and the self. Splitting in this stage is a developmental phenomenon, rather then a defense mechanism. Normal autism and normal symbiosis stages of development, which signify the purely physiological being of the infant, are seen as forerunners of the third stage, "Separation Individuation", which involves four distinct sub-phases (Mitchell et.al, 1995).

The first sub-phase of the separation individuation stage of psychological development is the “Differentiation and the Development of Body Image”. In this stage of development, infant’s inward directed attention is increasingly shifted to outward directed attention and alertness. Newborn’s attention catches the mother and her parts, such as hair, nose and necklace in this stage for the first time. The differentiation between the sense of self and object begins to come into existence in mental representations. The second sub-phase of separation individuation is “Practicing”, which begins properly when the infant achieves movement capacity around 12 months of age. There is increasing awareness of the outer world, which results in a desire for exploring. If there is not a need for emotional refueling from the mother, the child wants to practice newly met external world and increases the differentiation from mother (Mitchell et.al, 1995). The third sub-phase of separation individuation is “Rapprochement” which characterized by the increased ego capacity for the recognition of being separate from the mother around the second year of life. As the separateness from the mother evolves, the child experiences separation anxiety. There is a decrease in the feeling of omnipotence and an increase in the sense of dependency. Rapprochement sub- stage is differentiated into three periods, one of which is the “Beginning Rapprochement” that culminates at around 17- 18 months with an acceptance of physical separation and sharing the activities with the mother. The second period of the Rapprochement sub- phase of separation individuation process is the “Rapprochement Crisis” in which the child experiences a disturbance in the relations with the mother, such that there is ambivalence of being separated and at the same time desire to be merged with the mother. There is a tendency of separating and splitting the mental representation of good from bad mother in order to keep away from the anxiety generated by this ambivalence. This tendency is the prototype of the defense mechanism of “splitting”. In the last period of Rapprochement sub- phase, the child finds an individual way to solve this crisis by creating his or her optimal distance from the mother (Lamb, 1986; Mahler et al., 2002)

The fourth sub-phase of the separation individuation process is called “Emotional Object Constancy and Individuality”. The child establishes a stable and

coherent mental representation of the mother by integrating previously split representations of good and bad qualities into one inner whole representation. Through this integration, the child develops a differentiated and individuated self. This phase overlaps with depressive position of Klein. This sub-phase is assumed to be continued lifetime without a distinct ending point. Splitting is healed and good and bad mental representations of the self and the mother get unified in this stage of development. Failure to attain object constancy and continued use of splitting may lead to greater vulnerability toward separation individuation pathology (Mahler et al., 2002)

The main risk factor for the separation individuation pathology is deficiency in "good-enough mothering" (Winnicott, 1984). Mahler (2002) emphasized the effects of mothering attitudes and behaviors, even mental representations of the mother related to the child on the separation individuation of the child. Early parenting experiences determines the separation individuation process of the child, which in turn affects the formation of the internal object representations that govern later relational world, such as relationship with the partners. Mother's sensitivity and responsiveness to the child's developmental shifts during separation individuation process are important protective factor for separation individuation pathology. Mother should be flexible enough and stay synchronous emotionally and behaviorally with the child who progresses through the various separation individuation sub-phases (Mahler et al., 2002). While in the "Normal Autism" period, mother's essential role is serving the basic needs of the infant by feeding and nurturing, in the "Normal Symbiosis" period, good mothering slightly stimulates the infant to attend to the periphery of the body visually or tactual way. In the "Differentiation" period, the good-enough mother supports the child to explore external world while providing stable care and nurturance. In the "Practicing" period, good- enough mothering provides the child emotional refueling for the distressing and frustrating experiences during distant exploration behaviors. In the "Rapprochement" phase of separation individuation, the mother should tolerate the child's ambivalence of being enmeshed versus separate, because child can push the mother away and can cling to her at the same time in this stage. For the

"Emotional Object Constancy and Individuality" phase of psychological development, mother should have some qualities like being stable, predictable, available and accepting toward the child. In total, the accuracy in perceiving and responding to the child's needs, the acceptance of the intimate relationship with the child, giving support for the child's growing exploratory behaviors, the sensitivity, emotional availability and stability are important characteristics of the mother during separation individuation process (Mahler et. al., 2002; Blum, 2004; Gergely, 2000; Lyons-Ruth, 1991; Pine, 1986).

Projective identification is very important in this respect that child communicates internal anxieties to the mother through projective identification process especially in this pre-verbal stages of development. The child projects intra-psychic anxiety and induce the similar or rarely complementary emotional mood into the mother. Mother's capability to empathize and synchronize with the emotional content that the child is projecting is depending on the symbiotic and enmeshed relationship between mother and newborn at present. Subsequent to that mother's capability to contain child's anxiety and to ameliorate it determine further steps in the development of the child (Segal, 2008).

In addition, separation individuation process of the individual is one of the determinants of the form and extent of the projective identification process utilization. When the separation- individuation process is hindered, projective identification quality remains to be immature and primitive, i.e. more malignantly split off and projection of good and bad parts of the self and other representations result in more damaged perception of reality (Rosegrant, 1981; Zosky, 2000). If the individual could achieve higher level of individuation, then the self and other representations are more clearly differentiated and boundary between self and other in the relationship is more defined. So, projective identification is seen for these individuals only in times of regression like falling in love or after a traumatic experience (Kernberg, 1987). Also projective identification process of these individuals is more benign and permits more transparency for the reality perception.

2.1.3.1.2 Empirical Studies on Separation Individuation in the Couple Relationship

Separation individuation pathology have been measured by various methods and instruments in the literature (Christenson & Wilson, 1985; Diamond, Heinicke & Mintz, 1996; Dolan, Evans & Norton, 1992; Hoffman, 1984), yet there are very limited number of studies focusing on the separation individuation issues in the couple relationship and marital relationship. Although there are consistent propositions in the attachment and object relations literature, that fixations and ruptures in the development of the child regarding attachment to and independency from the parents, they manifest themselves in the later life object relations, specifically marital relationships (Dicks, 1967; Mahler et al., 2002; Katz, 1981; Scharff, 1991; Zinner, 1991; Kernberg, 1995). The empirical studies on this issue are very limited in amount. In a study (Blake, Humphrey & Feldman, 1994) with the clinical group of couples, whose spouse was hospitalized due to suicide attempt, separation individuation levels were measured by semi structured interview and behavioral coding system in order to find out the association between attachment in the couple relationship and separation individuation pathology. The findings showed that there is a relation between spouse's intra-psychic qualities of separation-individuation and behavioral interaction with the partner in the couple relationship. When there is separation individuation pathology, impaired boundaries result in an intensification of some behaviors aiming for maintaining the closeness with the spouse, such as submissiveness or appeasement. Impaired mutuality or intimacy result in pseudo- intimate relationship with the partner, in which the individual resists to be influenced by the partner but actively controls the partner in order to cope with fear of engulfment or enmeshment. Another study (Diamond, Heinicke & Mintz, 1996) focused on the effects of joint separation individuation quality of the couples on the parental relationship quality of these couples with their newborn children. Separation individuation was measured by the balance between mutuality and autonomy in the interactions of partners. Findings consistently showed that better individuated couples before the birth of their child raised better-individuated infants in the first year of development. This finding supported theoretical

underpinnings of generational transmission of separation individuation development and the importance of quality of couple relationship on the development of children.

Zosky (2006) utilized Separation Individuation Inventory in the comparison of domestically violent and nonviolent men and found that domestically violent men significantly more separation individuation pathology than the non- violent men. In the study (Haws & Mallinckrodt, 1998) with newly married young couples, marriage satisfaction of the couple were significantly positively correlated with husband's conflictual individuation form their mothers and functional independence from their fathers. This means that when the husbands have a relationship with their mothers free from the expression of negative feelings, such as guilt, or anger, marital satisfaction of the both partners increase. When the husbands have an independent relationship with their fathers about daily life functions, marital satisfaction of the both partners increase. Husbands' marital satisfaction is correlated with either too high or too low independency of the views from their mothers. These findings proven that independency from family of origin have direct influences on the marital satisfaction of the marital couples. Another study (McChrystal & Dolan, 1994) utilized Separation Individuation Inventory showed that group of participants with non-differentiated sex-role identity presented significantly higher disturbance on separation individuation than group of subjects with an established sex-role or androgynous identity. This may reveal that subjects with higher separation individuation pathology have more difficulty in couple relationship due to gender role conflicts and intimacy issues.

Regarding separation individuation process in the non-Western societies, Göral (2002) utilized old Turkish version of Separation Individuation Inventory, which is slightly different in wordings. Aim of the study was exploring the relationships among parental experiences, separation individuation processes and romantic relationship qualities of Turkish young adults. Results showed that higher levels of Separation individuation pathology were related to higher levels of relationship problems of separation anxiety, fear of abandonment, over-reliance to self, and discomfort with closeness in the romantic relationships.

2.1.3.2 Splitting

In this section theoretical framework for splitting defense is outlined particularly. The relevance of the concept to the projective identification process is outlined. In the second part of this section empirical studies related to the effects of splitting on the projective identification process in couple relationship is accessible.

2.1.3.2.1 Theoretical Framework of Splitting

Splitting is the main primitive defense mechanism utilized in the Paranoid-Schizoid Position. Splitting occurs in the phantasy of the infant first. Good and bad parts of mother and self are separated from each other in order to protect the good parts from bad part-objects (Spillius, 1988). Klein (1946) believed that from the very beginning of life infants have the capacity of phantasy, in which positive experiences and negative experiences are apart without touching each other. Infants' phantasy forms each experience with its relation to an object that the bad experiences are coming from bad mother and good experiences from good mother. Klein (1946) explained that "It is in phantasy that the infant splits the object and the self, but the effect of this phantasy is a very real one, because it leads to feelings and relations (and later on, thought processes) being in fact cut off from one another." (p. 6).

Grotstein (1986) wrote that splitting in Klein's theory is originating from its defensive functioning. According to him, similar to projective identification, Klein sees splitting as a defense against death instinct or aggression drive in the paranoid-schizoid position. In this approach, splitting as a defense emerges in conjunction with projective identification in a sequence. First splitting off bad parts from the consciousness is occurred and then the content is projected to the out of the self. Then, re-internalization of the projected material as coming from the attached significant-other, with whom to be in a special relationship, happens in projective identification. Thus, the main objective of splitting by segregating good experiences from the bad is to maintain the object relatedness when the survival of the self depends majorly on the other person. Grotstein (1986) emphasized that according to Klein, splitting is closely related to projection mechanisms. Ego of the infant cleans

the anxiety due to aggressive drive and internal bad objects by splitting them from the good experiences and expelling them out.

When splitting happens, the object cannot be perceived as a whole with good and bad qualities. When the good object is perceived, its bad qualities are not recognized, as such occurred in idealization of the other. When the bad object is seen, its good qualities are denied, as occurred in persecutory relationship with the other. Cognitive distortions in the attention, perception and memory are prominent. When splitting mechanism operates, individuals might react unrealistically, because reality is distorted in a great extend. The other is perceived and treated biased. Some qualities of the other is ignored, denied or not recognized. Thus splitting causes split, incomplete or half personalities in the relationships (Grotstein, 1986; Hinshelwood, 2008).

Kernberg (1984) followed the Klein's notion of splitting in some extend and applied it to his psychopathology theory for borderline and narcissistic patients. Kernberg's structural and stage theory of object relations posits that splitting in the beginning is an operation that is originated from infant's lack of integrative capacity. In the beginning of life certain cognitive deficiencies give rice to the fusion of self and other with each other and splitting of good and bad experiences. Experience states of the infant in the beginning separated from each other only on the basis of good or bad, pleasurable or unpleasant. These clusters of non-metabolized good and bad introjects are subject to subsequent anxieties in the later stage of development around 4 and 8 months of infancy, when also some recognition of distinction between self and other also develops. As Volkan (1976) outlined, in this stage of development there are four object representations are formed that are the products of early primal splitting: Representations of "all good" self; "all bad" self; "all good" object; and "all bad" object. Splitting as a defense starts only after this formation stage for early introjections in order to protect the good parts from the contamination of bad parts. If the anxiety overwhelms the infant then defensive use of splitting emerges. Thus "what originally was a lack of integrative capacity is gradually, in the presence of overwhelming anxiety, used defensively by the emerging ego and maintains introjects with different valences dissociated or split from each other."

(Kernberg, 1984, p. 36). According to Kernberg (as cited in Christopher, Bickhard & Lambeht, 2001) maturity of repression defense mechanism decreases the need to use splitting as a defense if there is not excessive anxiety. When excessive use of splitting happens then integration in the object relations is prevented and ego becomes to be lack of energy for the emergence of the regression mechanism. In this situation, splitting is responsible for later personality organization pathology, mainly for the borderline personality organization.

Similar to Kernberg's notion of splitting, Grotstein (1986) and also regarded splitting as a developmental organizing operation. While Schneider (2003) differentiated pathological and healthy splitting operations according to this regard; similarly Grotstein (1986) defined it into two functions; developmental splitting and defensive splitting. Splitting is seen as a mental mechanism of infancy with its functioning ranging from cognitive and perceptual operations to defensive operations. Non-defensive, developmental form of splitting is one of the basic mechanisms of ego in perceptual and cognitive distinction and recognition processes. It is conceptualized as the basis of all defense mechanism operations that its development gradually leads to more complex evolutions of defenses.

Similar to this perspective, Segal (2008), who is the follower of Klein's school of object relations, claimed that splitting is the "achievement" of infant in the paranoid schizoid position. By means of splitting the infant can organize external environment into digestible parts, i.e. good and bad parts. She emphasized the splitting as the forerunner of repression mechanism that if the splitting is excessive then subsequently developed repression becomes rigid and excessive. Moreover, splitting is the precondition for idealization that at least some level of splitting is required for any attachment. It is also essential for various daily life experiences from the recognition of beauty to falling in love.

There are many examples of splitting in daily life situations that do not have to be pathological. Menzies Lyth (1988) presented one of the examples of more general understanding of splitting as a basic ego mechanism. He explained how splitting in a hospital appeared that nurses separated the human characteristics of the patients and called them by their bed numbers and diagnoses, such as "kidney

in the bed nine" in order to detach themselves from anxiety due to grief. They split the patients from their human characteristics and saw only the flesh and bone. According to Menzies Lyth more mature nurses have preferred to quit. This example shows many normal representations of splitting in daily life.

2.1.3.2.2 Empirical Studies on Splitting related to Couple Relationship

Siegel (2006; 2008) introduced that the effects of splitting on the couple relationship can be traced in different manifestations, such as quick swings between all-good and all-bad perception of the partner; oscillation between extremes of closeness and distance, trust and mistrust, or differentiation and enmeshment; separated modes of communication such as having difficulty in communication and conditioned conflict experiences in distinct subject areas. Moreover children can be split off and shared between partners as a consequence of splitting defense that they use. These facets of splitting and their reflections on the couple relationship can be various. Rigid and extreme utilization of it may disturb communication, closeness, intimacy, reality perception or self-development in the relationship. Some other times, when the splitting of the partners is not rigid and extreme, it may serve for the benefit of these functions in the relationship. Thus, splitting defense mechanism can be conceived as a shared personality characteristics of two partners in the marriage that consequences of their splitting defenses are apparent in their marriage characteristics. In problematic, treatment-resistant and conflictive marriages, splitting defenses of spouses are functional in a sense to keep their marriages but at the same time it maintains the problematic behaviors in the relationship.

Similar to the other concepts of object relations therapy, there are very limited number of empirical studies on splitting, especially with the focus of couple relationship; while there are some case reports and theoretical discussions on the topic. One of the concepts related to splitting in the couple relationship is "dyadic splitting", introduced by Siegel & Spellman (2002) that defines the relational characteristics of some couples on different manifestations in the couple therapy, such as quick swings between love and hate, acceptance and rejection, closeness and distance; unresolved cycles of conflict and hopelessness; disturbed communication; excessive reactivity in the discussions of specific subjects; and inability to maintain

a stable effort and motivation in the couple therapy. “Moments of intimacy are rapidly replaced with episodes of contempt, pessimism, and/or distancing. Couples learn to protect the fragile peace by avoiding areas of potential conflict, which impairs problem solving. When an “all bad” schema is in place, problems that were previously minimized or denied suddenly seem overwhelming. Under the cloud of the bad schema, the partner and the relationship become tainted, and pessimism prevails.” (Siegel, 2006, pp. 419-420). To address these difficulties Siegel & Spellman (2002) developed an instrument and utilized in three groups of sample in their empirical studies to date. These sample groups were well adjusted couples, narcissistically vulnerable couples in treatment and group of men who battered the wives and are obliged to attend treatment for that. Findings showed that well-adjusted spouses significantly lower levels of dyadic splitting then the other two groups. Yet narcissistically vulnerable spouses did not differ from domestically violent husbands on their dyadic splitting scores. Also as cited by Siegel (2006), Forero (2005) conducted a research on a group of women who had battered but return repeatedly to their husbands. In this study dyadic splitting scores of these women showed similarity with men who battered their wives. Also splitting scores of these women were significantly higher than the other groups of well-adjusted spouses and narcissistically vulnerable spouses in therapy.

2.2 Early Maladaptive Schemas as Personality Variables

As explained extensively in the introduction of the present thesis, early maladaptive schemas are main pervasive mental constructs of an individual; originated mainly from the biological underpinnings and early experiences with the parents; involve beliefs, assumptions, imaginations about the self and the relationships with the others. Core schemas of the individuals are in interaction in the couple relationship. As Tilden& Dattilio (2005) claimed that Schema Therapy is suitable also for the couple therapy. Early maladaptive schemas of each partner has a valence to trigger and interchange with early maladaptive schemas of the other partner, which usually have a vicious cycle of schematic, emotional, and behavioral exchanges between partners. While these vicious cycles of interactions create the

relational conflicts or problems for the couple, they might also be the underpinnings for the formation of the couple relationship.

There is limited number of studies focusing on the effects of early maladaptive schemas in the couple relationships, which are presented in the following. Most of these studies examined only the relationship between early maladaptive schemas and relationship satisfaction levels of the married or dating individuals on a non-dyadic basis of analyses. None of the studies analyzed the couples as dyads, so interdependencies of the partners on these variables did not examined before. In addition to that, there was not any study focused on the relations between projective identification and early maladaptive schemas in the literature.

In a study (Clifton, 1995), which enrolled 218 university students, explored the relations among the parenting memories, early maladaptive schemas, some characteristics of their couple relations and adult romantic relationship attachments. The results showed that social isolation and shame schemas were associated with less relationship adjustment, closeness and affection in the partner relationship. These two schemas were found to be highly associated with the attachment characteristics of the individuals to their romantic partners. Failure schema has been found to be in negative association with trust feelings toward the partner. Mistrust/ abuse schema had negative relation with the perception of the partner as dependable.

Nemati (1996) examined relationships among the variables of early maladaptive schemas, relationship satisfaction, negative positive affect and conflict within a group of 200 married students. Early maladaptive schemas of the subjects were measured by 75-item version of YSQ and marital satisfaction was measured by DAS. Results showed that early maladaptive schemas of emotional deprivation; abandonment; dependence; and entitlement/ domination were negatively associated with marital satisfaction in the married individuals. These findings were bidirectional that while dependency, abandonment and entitlement schemas increase, marital satisfaction decreases. When marital satisfaction increases, these schemas decrease. However there was an unexpected finding that failure schema had positive bidirectional association with marital satisfaction that when failure schema

increases, marital satisfaction also increases and vice versa. Failure schema was also found to be positively associated with withdrawal style in the marital conflict resolution. Thus these findings can be interpreted that when the failure schema increases the individual's conflict resolution style of withdrawal also increases, which in turn leads to artificial self- security feelings and increase in marital satisfaction. Dependence schema of the spouses was also found to be positively associated with withdrawal conflict resolution style. Dependence schema also negatively associated with positive problem solving style in the marriage.

Freeman's (1998) correlation study with 194 participants, who were married or seriously committed to a romantic relationship, showed that early maladaptive schemas and marital quality were significantly correlated. Early maladaptive schemas of emotional deprivation, abandonment, social isolation, defectiveness/ shame, social undesirability, subjugation, emotional inhibition were significantly negatively correlated with couple relationship quality, which was defined as marital satisfaction. In addition, Dobrenski (2001) utilized Young Schema Questionnaire and Multidimensional Jealousy Scale to find out the relations between cognitive operations in the romantic jealousy. Findings showed that early maladaptive schemas of abandonment, defectiveness, subjugation, abuse/ mistrust, dependence/ incompetence, and enmeshment were significantly positively correlated with romantic jealousy on behavioral, cognitive and emotional levels.

In another study (Stiles, 2004), which involved 279 university students who have a "committed" romantic relationship, examined the relationship between early maladaptive schemas and intimacy in the romantic relationship. Results showed that schemas of emotional deprivation; abandonment/ instability; entitlement; and defectiveness/ shame were negatively associated to intimacy scores of the individuals regarding their romantic partners. Unrelenting standards schema was found to be positively associated with one of the intimacy scales. This was an unexpected finding, but the author explained that the subjects of the study were highly achieved individuals that they may select their partners according to their high standards and may happily form close relationship with them.

In their study with 298 psychologically and physically abused women by their partners, Calvete, Corral & Estevez (2007) showed that disconnection rejection schema domain was fully mediating the strong relationship between psychological abuse and disengagement coping style. More specific examination of the findings showed that early maladaptive schemas of the women, who experienced partner violence, were positively related to dysfunctional coping style such as disengagement. They were negatively associated with more functional coping styles. For this women population, disconnection schema was associated to depression, but maladaptive coping strategies were mediating this relationship.

Chatav & Whisman (2006) examined the relationship between early maladaptive schemas and relationship satisfaction on 137 dating individuals and 91 married individuals separately. They found that regarding the dating women, early maladaptive schemas of emotional deprivation, defectiveness/shame, and enmeshment showed negative association with relationship satisfaction, while unrelenting standards was positively correlated with relationship satisfaction. Regarding the dating men, early maladaptive schemas of social isolation, defectiveness/shame, failure, dependence/incompetence, vulnerability to harm or illness, enmeshment, and subjugation were negatively correlated with relationship satisfaction. Same analyses were repeated for 91 married participants, findings showed that early maladaptive schemas of emotional deprivation, abandonment, social isolation, defectiveness/shame, subjugation, and insufficient self-control were negatively correlated with marital satisfaction of men. Among all early maladaptive schemas, only subjugation was negatively correlated with marital satisfaction for married women. The conclusion of the authors of this study generally stated that early maladaptive schemas of the individuals have various associations to relationship satisfaction in the couple relations. In addition, the study pointed that early maladaptive schemas show variation between different types of couple relationship that early maladaptive schemas in dating couples cannot be generalized to married couples.

Another study (Crawford & Wright, 2007) related to the effects of early maladaptive schemas in the relationship with the partner utilized the sample of 301

male and female college students. Results showed that higher levels of early maladaptive schemas of mistrust/ abuse, self-sacrifice and emotional inhibition predicted higher levels of victimization experiences in the couple relationship. Findings also pointed that early maladaptive schemas of mistrust/ abuse fully, and self sacrifice and emotional inhibition partially mediated the relationship between childhood experiences of maltreatment from the parents and experiences of victimization in the partner relationship in the adulthood.

For the time being, there is one study in Turkey (Caner, 2009) so far examining the effects of early maladaptive schemas on couple relationship. This study focused on the relations among early maladaptive schemas, perceptions regarding the partner and early parenting experiences. 171 married individuals have participated to the study, but the analyses have been conducted on the basis of non-paired examination of the partners. Results on a general basis showed that schema domains of impaired autonomy; other-directedness; and disconnection of the women had significant associations with their perceptions of their husbands. For the men, schema domain of disconnection/ rejection had significant association with their perceptions regarding their wives such as being dependent, detached, and controlling.

Caner (2009) also found out in the same study that certain early maladaptive schemas have a mediating role between the early parenting experiences of the individuals and their perceptions of their spouses, especially for the women in the sampling. For the women, Unrelenting Standards schema domain was found to be a mediator in the relationship between early experiences of their both parents as normative and the perception of the spouse as dependent; between early experiences of both parents as overprotective/ anxious and the perception of the husband as dependent; between early experiences of pessimistic mothering and the perception of the husbands as dependent; and between early experiences of fathering as belittling/ criticizing and the perception of their spouses as dependent. Similarly, Disconnection/ Rejection schema domain had mediating role between early experiences of belittling/ criticizing mothering and the perception of the spouse as dependent; between early experiences of pessimistic mothering and the perception

of the husband as dependent; between early normative fathering experiences and the perception of spouse as dependent; between early experiences of fathering as belittling/ criticizing and the perception of their spouses as dependent. Also Impaired Autonomy schema domain of women had mediating effect between early mothering and fathering experiences of over-protectiveness and the perception of the spouse as dependent; and between early fathering experiences as belittling/ criticizing and the perception of the spouse as dependent. Other-directedness schema domain of the women had mediating effect between early normative fathering experiences and the perceptions of their spouses as dependent; between early experiences of fathering as belittling/ criticizing and the perception of their spouses as dependent. For men there was only one mediating effect of early maladaptive schemas domains. Findings showed that men's Disconnection/ Rejection schema domain had mediating role between early experiences of mothering as belittling/ criticizing and the total score of negative perception of the spouse.

Caner (2009) elaborated her study by repeating the mediation analysis for 40 married Turkish couples, who are also involved in the same sample of her study. The mediating role of the early maladaptive schemas in the relationship between early maladaptive parenting experiences and perceptions of their spouses about themselves were examined. Findings showed that Other-directedness schema domain was mediating the relationship that higher levels of overprotective/ anxious mothering and fathering experiences predicted higher levels of perception of the spouse about the individual as dependent to him or her. Impaired Autonomy schema domain was found to be mediating the relationship that higher levels of overprotective/ anxious fathering experiences predicted higher levels of perception of the spouse about the individual as dependent to him or her.

2.3 Early Maladaptive Parenting Experiences as Parenting Variables

The construct of human relatedness is fundamental to both object relations and attachment theories. Both theories emphasize the importance of early the mother- child relationship in shaping later personality development and relational experiences in the adulthood via internalized mental representations of this early relationship. Young's Schema Therapy, which converges these two approaches,

emphasizes the parenting experiences of the individual as the main precursor for the development of early maladaptive schemas and later experiences of close relationships and couple relationship.

There are some empirical studies revealing that early parenting experiences of the individuals are associated to their early maladaptive schemas (Clifton, 1995; Sheffield, Waller, Emanuelli, Murray & Meyer, 2005; Sheffield, Waller, Emanuelli, Murray & Meyer, 2009; Soygüt & Cakir, 2009). The subscale correspondences in findings of these studies do not overlap exactly with the theoretical suggestions of Young Schema Therapy (Young, et.al, 2003), which states that particular early maladaptive parenting experiences lead to particular early maladaptive schemas in the adulthood. Nevertheless these studies proved that there are predictive effects of early experiences with the parents on the later maladaptive personality schemas development.

Empirical studies with the focus on the effects of early maladaptive parenting experiences on the later couple relationship are very limited. As also mentioned above, Caner (2009) examined the predictor effect of early parenting experiences on the perceptions of the spouse in a Turkish sample. Findings showed that for women, higher levels of early experiences of mothers as overprotective/ anxious; and belittling/ criticizing and lower levels of punitive mothering experiences predicted higher levels of the perception of the husbands as dependent. For women, higher levels of overprotective/ anxious fathering and belittling/ criticizing fathering early experiences predicted higher levels of perception of their husbands as dependent. Also higher levels of emotionally restricted and inhibiting fathering in their early experiences of the women predicted their perception of the husbands as controlling. Moreover, higher levels of overprotective/ anxious fathering in the early experiences of the women predicted their perception of the husbands as generally negative, such as dependent, detached and controlling. For men, higher levels of early experiences of mothering as belittling/criticizing predicted higher levels of negative perception of the spouse as detached, controlling or dependent. Higher levels of early experiences of overprotective and anxious mothering predicted higher levels of perception of the spouses as trusting and

dependable. Moreover, higher levels of overprotective/ anxious fathering experiences in the early parenting experiences of the men predicted higher levels of trusting and dependable perception regarding their wives.

Findings of Caner (2009) also revealed particular effects of early maladaptive parenting characteristics on particular early maladaptive schema domains in the married Turkish cohort specifically. For both husbands and wives; higher levels of belittling/ criticizing; pessimistic/ anxious; permissive/ unlimited; and lower levels of exploitative/ abusive mothering experiences in the early childhood and higher levels of normative; permissive/ unlimited; and emotionally depriving fathering experiences in the early childhood had predictor effects on the Disconnection/ Rejection schema domain. Higher levels of overprotective/ anxious; belittling/ criticizing; permissive/unlimited and lower levels of exploitative/ abusive mothering experiences in the early childhood; and pessimistic/ anxious; overprotective/ anxious and emotionally depriving fathering experiences in the childhood had significant predicting effects on the Impaired Autonomy schema domain. For the Impaired Limits schema domain; higher levels of conditional/ achievement focused mothering and fathering; and permissive/ unlimited fathering experiences in the early maladaptive parenting experiences had significant positive effect on the development of entitlement and insufficient self- control schemas. Higher levels of conditional/ achievement focused mothering and fathering experiences; overprotective/ anxious mothering experiences; and normative fathering experiences in the early maladaptive parenting experiences had significant positive effects on the Other-directedness schema domain. For the Unrelenting Standards schema domain; higher levels of normative mothering and fathering; permissive/unlimited; and overprotective/ anxious mothering and fathering; and restricted/ emotionally inhibited fathering; and lower levels of exploitative/ abusive mothering experiences in their early maladaptive parenting recalls had significant effects on the development of emotional inhibition, unrelenting standards, pessimism and punitiveness schemas.

2.4 Couple Relationship Variables

The main focus of the current study regarding the couple relationship is related to projective identification. Its interaction with some components of couple relationship such as relationship satisfaction, romantic jealousy and emotional dependency are focused in this section by separate headings. Overall, relationship satisfaction, jealousy and emotional dependency of the couple relationship are examined in relation to projective identification process, splitting defense utilization and separation individuation process. In addition, the notion of schema therapy regarding relationship satisfaction in the couple relationship is summarized in the following part.

2.4.1 Satisfaction in the Couple Relationship

Contentment of the individual about his or her marital or romantic relationship has been examined in the literature extensively, yet in the psychodynamic literature most of the theoretical publications focused on the healthiness or pathology level of a relationship more commonly then the experienced satisfaction. There are some conclusions in the relevant literature that projective identification process in the couple relationship can be unhealthy for the relationship and for the development of individuals. Zinner (1991) wrote that projective identification determines the healthiness of the marriage. The primitive form of projective identification in the relationship, which is characterized by the fusion of the self and other representations in the internal object relations of the partners, causes the distortions in the perceptions of the partners and leads to reality distortion. Zinner also identified three factors for determining the level of healthiness and satisfaction in the relationship. The first one is the each partner' need intensity for the defenses, particularly splitting and projective identification. If the partners' intra-psychic development has been obstructed, need to defend against internal anxieties increases. The second one is the differentiation level between partners. If the couple relationship is enmeshed and partners form an undifferentiated bonding to each other, self and other becomes hard to be differentiated. Massive use of projective identification process is seen in these

relationships. Third one is how developed the internal object relations of the partners. If the partners have mature organization of object relations, their tolerance to internal anxieties is high and they have higher achievement in the separation individuation. Thus higher level of intra-psychic development of the partners leads to healthy relationship pattern.

Scharff & Scharff (1997) claimed that relationship satisfaction decreases due to distress in the relationship when projective identification in the relationship produces the following five consequences: Projective identification processes between partners are not mutually gratifying and thus rigid role takings in the relationship result in consistent disadvantage of the one partner all the time. Secondly, one partner cannot contain the projected material and cannot transpose it into a slightly positive meaning, thus this result in consistent failures in empathy. This also result in, thirdly, fixation to the same sort of object relations without improving or modifying it, which obscures the developmental needs or obstructs the adjustment to life cycle changes or coping with stressful life events. Fourthly, rigid use of projective identification in the couple relationship creates rigid and cemented patterns in the relationship, which usually lead to withdrawal of spontaneous sexual desire toward the partner. Usually in these sorts of relationships, partners are detached emotionally from each other and receptivity is prevented. Sexual dysfunctions in the relationship result in distress and dissatisfaction. Lastly, malignant use of splitting and projective identification can lead one partner actively engaged with a third party, which can be the child, work or an extramarital affair. Then the distress in the relationship increases and at least one spouse in the relationship experiences distress in a great extend.

Each partners' internal conflicts with their parents are also play role in their satisfaction from couple relationship. Internal conflicts with parents are projected and transferred to the partner in the marriage. The internalized representations of the parents and the experiences with the parents determine how the partner is perceived and how the attitudes and behaviors toward the partner are formed. If the partner is perceived as "totally rejecting, harsh, critical, cruel, frustrating, withholding, etc" then the anger might decrease the relationship satisfaction. If the partner is perceived

as caring, trusting, secure and accepting, then behaviors toward the spouse become more non-conflictive way and relationship satisfaction is high (Dicks, 1967; Kovacs, 1996).

"Perceptive identification" concept was proposed by Bollas (2006) as an antonym of projective identification in the close relationships. Contrary to projective identification, perceptive identification provides the self to acknowledge the object's characteristics as "thing-in-itself". Then the separate but unique sides of the object can be perceived and mature love can be achieved. It reinforces empathic communications in the relationship. There is the integration of good and bad parts of the spouse's qualities. Also boundary fusion with the object is healed through continuous realistic interactions. It can be suggested that the more perceptive identification in the couple relationship, the higher the relationship satisfaction of the partners. Thus, lower level of projective identification in the relationship would lead to higher relationship satisfaction.

There are two empirical studies so far examined the relationship between projective identification and marital satisfaction in the married couples. The sample of Rosegrant's study (as cited in Kovacs, 1996) consisted of 50 married couples with homogenous group characteristics in their demographic backgrounds Rosegrant (1981) found that the marital satisfaction of the partners was significantly positively correlated with their idealizing projective identification and significantly negatively correlated with their persecuting projective identification in their marriages. Findings of Kovacs (1996) replicated Rosegrant's results on a bigger and more heterogeneous sample. He used Paulson Daily Living Inventory in a sample of 222 participants, 95 of which are spouses to each other and 32 of them married individuals. Results showed that perceived similarity between partners was significantly positively associated with satisfaction and adjustment of marital relationship. In addition idealizing projective identification positively and persecuting projective identification negatively associated with marital adjustment and satisfaction.

Regarding the relationship of relationship satisfaction with the conceptual correlates of projective identification, there are two studies so far. For the

relationship between separation individuation pathology and satisfaction in the couple relationship, Skowron & Friedlander (1998) reported that that differentiation from family of origin and differentiation level of the individual generally has direct positive association with the satisfaction of the partners in their romantic relationship. For the relationship between splitting and satisfaction in the couple relationship, Levite (2004) reported that the high- conflicted separations and divorces in the marriages are related to higher utilization of splitting in the partners' personality.

Regarding the relationship between satisfaction in the couple relationship and early maladaptive schemas of the individuals, schema therapy proposed a relationship satisfaction model. According to Young & Gluhoski (1997), a life event or a conflict on an important issue triggers the early maladaptive schemas of the individual, which in turn starts dysfunctional coping styles projecting to the couple relationship as well. These cycle of events lead to the decrease in the relationship satisfaction. There are five core dimensions of relating, which are coming from five core needs of an individual: "Connection, Power, Feeling, Mutuality and Valuing". If the couple posit onto the extremes of each of these dimensions, conflicts arise and relationship satisfaction deteriorates. For example, taking into account the connection dimension, partners can be scattered to the edges of connection that they can be either too close to each other or too isolated from each other in times of conflicts or in times of the activation of schemas. In terms of the dimension of power, partners can be settled in one of the edges of submission or domination. Regarding the feeling dimension, partners can take the position of either emotionalization or intellectualization. For the mutuality dimension, partners can be on the extremes of either self-sacrifice or egoism. Regarding the valuing dimension, partners can either idealize or devalue each other. The activation of a core schema in one partner can lead to maladaptive coping style, which reflects onto the couple relationship that other partner's core schemas can also be activated. Each partner switches toward any extreme of any dimension, and they can stick into same position by various vicious cycles of interaction. This will diminish the satisfaction in the relationship.

Although this approach to relationship satisfaction (Young et.al, 1997), to some extend, resembles to the projective identification process in the couple relationship, it seems limited to evaluate complementariness and similarity issues in the couple relationship. Position of a partner on an extreme of the dimension can be complemented by the position of the other partner. In this account the couple as a system can complement one another and satisfaction in the relationship may not change or may increase. For example after the loss of their newborn child the incompetence/ dependence schema of the wife can trigger, which might manifest itself as over- emotionality in the couple relationship. The more the wife moves toward emotionalization end of the feeling dimension, the more the husband can get narcissistic satisfaction from his needs for dominance. There is a complementarity in this time in the couple relationship that wife's incompetence/ dependence core schema and husband's entitlement/ grandiosity core schema were not contradictory but in a supportive relation to each other. In addition to that there are some relationships that partners are positioned on two different end of one continuum. For example while the wife is behaving self-sacrificing way, the husband can keep self-serve behaviors. In this condition both partner's schemas stay without challenging. In addition, there might be life phases or life events that trigger the core schemas and coping manifestations of each partner in a non-conflicted way. The partners' coping behaviors can be similar and concordant to each other, such as clinging to each other and behaving very smoothly toward each other as occur in a symbiotic relationship. Also behaving toward each other with the values of idealization can lead the partners to experience greater marital satisfaction. Accordingly, in these circumstances, relationship satisfaction might improve.

In addition to complementarities of the partners, similarity between partners in the couple relationship is another dimension that might be related to projective identification process of the partners in their couple relationship (Crisp, 1988; Dicks, 1967). There are contradictory findings in the literature about the effects of similarities of the partners in terms of their personalities or values on their relationship satisfaction scores due to small sample size, unreliable measurement tools and differences in measuring the similarity in the pairs. However two of the

studies in the following were found to be reliable in their extend and utilization of measurement tools. They also tried to eliminate the confounding effect of the measurement procedure of the similarity in the couple relationship by utilizing both measurement procedures for similarities in dyads: namely, "absolute difference score" based similarity and "profile correlation" based similarity. In the first study, Gaunt (2006) utilized the similarities of the partners on their values rather then their personalities in a sample of 248 Israeli Jewish heterosexual couples. He found that greater level of similarity in the partners' traits and religious beliefs predicted higher levels of relationship satisfaction of the wives. Also greater levels of similarity in the traits, values and attitudes of the partners predicted higher levels of satisfaction of the husbands. In another study (Luo et al., 2008), which has also a non-western sampling composed of 1073 couples, the same method of similarity measurement has been utilized and analyses were replicated for the similarity of the partners regarding their personalities. Findings supported that following the scores of individuals' own scores and spouses' scores, similarity in their personalities were good predictor of their relationship satisfaction in the third rank. Both of two studies concluded that profile correlation based similarity measures are better in predicting satisfaction scores of the partners than absolute score difference based method.

The study of Dryer & Horowitz (1997), which was conducted with the sample of college students, was underlying one important point regarding complementariness and similarity issue on the relationship satisfaction, even though the target of their study was not focusing selectively to the romantic couple relationship. The findings indicated that if there is high relationship satisfaction, individuals show tendency to perceive the partner as similar. In addition, this study clearly demonstrates that complementariness in the relationship is not a guarantee for the relationship satisfaction by itself. Individuals' goals are the crucial factor in determining the satisfaction besides the complementariness of the partners. Individuals who have a goal for dominance have higher satisfaction if the partner is submissive or if the partner has the submissive goal. For the individuals with the submissive goal, their satisfaction increases if their partners have dominance goal. Authors stated that,

> Why should people with dominant goals be more satisfied with submissive partners? We believe that every interpersonal behavior invites, intentionally *or not*, a particular reaction from the partner. A dominant behavior, for example, invites a submissive response, and a submissive response invites a dominant response. (Dryer et.al, 1997, p. 600).

These lines and the findings of the study were indirectly supporting the presence of projective identification processes in the interpersonal relationships. Intra-psychic elements of the individuals are determining their satisfaction from interpersonal interaction. If the internal needs of the individual are complemented by the interpersonal interaction, only then the relationship satisfaction increases. Complementariness and need for complementing is determined by the intra-psychic content of the individuals.

2.4.2 Jealousy in the Couple Relationship

As one of the variables of couple relationship, romantic jealousy has relevance and significance for the projective identification process. One of the conflict areas of couple relationship, in which projective identification processes are massively operated, is jealousy. Jealousy feelings belong to paranoid schizoid position more then the depressive position (Freeman, 1990; Wilkinson & Gabbard, 1995). Perception of threat toward the relationship with the partner is the prerequisite for the jealousy. Anxiety, fear, anger and distrust related to probable loss of attachment with the partner and perceived threat to self- esteem and relationship are salient features of jealousy (Parrott & Smith, 1993; Sharpsteen, 1995; Cano & O'Leary, 1997; Sharpsteen & Kirkpatrick, 1997).

Klein (as cited in Clarke, 1988; Segal, 2004; Freeman, 1990) put forward that envy is the precursor of jealousy, and it starts at the pre-oedipal phase of development in the relationship of the infant with the mother, or with the mother's breast as a part object. It pertains to paranoid schizoid position. Infant projects his or her death instinct and aggressive drive to the breast of the mother in hatred envy after the realization that life and nourishment is not coming from the self but from the outside. Klein's differentiation of normal and pathological jealousy depends on how much the experienced emotion resembles envy. If the individual experiences

jealousy in a form that projecting the good part objects to the partner and bad part objects to the rival, than it shows oedipal characteristics and it is regarded as normal. If the individual approaches to the partner with the envious possessiveness and projects the bad internal part objects to the partner, then it resembles more primitive and pathological form of jealousy. In the pathological jealousy, primitive defenses of splitting and projective identification operate massively. Inclusive of this perspective, Rakipi (1992) also showed one aspect of pathological jealousy that suspicious jealousy and consecutive acts of control and dominance are result of particular identificatory processes and primitive defenses. If the individual identifies with the bad internal part objects, and projects the good internal part objects to the partner, perceiving the partner as idealized- desired object and the self as persecutor comes to existence. Through this type of identification in the couple relationship, person can control his or her internal persecutory anxiety by means of the fact that the persecutory object becomes the self itself. In this situation the self can be perceived as destructive, bad, insufficient, powerless, deficient, or failure. Thus there is no need to fear of internal anxieties any more. Also this strategy of identification process also helps to maintain symbiotic relationship with the partner. The projective identification and splitting mechanisms are operating massively in this type of process in the couple relationship.

Combining the explanations of psychodynamic theories about jealousy (Clarke, 1988; Emerian-Schlievert, 1989; Freeman, 1990; Hills, 2007), it can be proposed that there seems to be a differentiation between malevolent- hatred jealousy and benign- compassionate jealousy. If the persecutory anxiety is avoided through the projection of bad-internal part objects to the partner, the partner is perceived as bad object, the betrayal, in the malevolent jealousy. These individuals, whose personality functioning pertains to paranoid schizoid position, are more likely to show persecuting projective identification and experience jealousy in the suspicious and primitive form. If there is the projection of good- internal part objects to the partner, the partner is perceived as idealized object and the focus desire. This perception triggers the motivation for the protection of the partner from the rivals. As a result of idealizing projective identification processes in the couple

relationship, the acknowledgement and appreciation of the partner and motivation for maintaining the relationship with the partner is evident in this form of jealousy experiences. Naturally, the outcomes of these two types of jealousy on the partners and on the relationships are different.

Besides the thoughts concerning the projective identification processes and romantic jealousy, there is also limited number of writings on romantic jealousy in the psychodynamic theory. Pines (1998) stated: “

> Couples have complementary needs. Each mate chooses someone who represents a repressed part of himself or herself. A man who had to repress the emotional part of himself, for example, marries an emotional woman who had to repress the logical part of herself. Their internal conflict becomes externalized as a marital conflict. (p. 48)

According to Pines (1998) jealousy in the romantic relationship is also an externalization of internal conflict and the reenactment of the childhood experiences in this particular phase of development, such as sibling rivalry or oedipal conflicts. The author gives the example of choosing a faithful wife and accusing her continuously and irrationally about the unfaithfulness, which is actually a form of healing through repetition of the traumatic early childhood experiences and testing of the feared situations. There is unconscious need to replicate the early traumatic experiences and trying to overcome it through intimate relationships of adulthood.

Psychodynamic literature (Clarke, 1988; Pines, 1992; 1998) also connects the romantic jealousy with the narcissism and entitlement. One dimension of jealousy is desperate need to be loved without concerning about mutuality in the relationship. When the childhood experiences have insufficient or excessive gratification of narcissistic needs from the parents, individual becomes prone to form relationships in order to nourish or blow their self-esteem, which in turn strengthens the worries and concerning about abandonment by the partner, threat of the rivals. Sustaining the exaggerated importance of the self via the romantic relationship may be manifested as a romantic jealousy. Jealousy of this type may also involve the negative feelings related to not being in the third person’ focus of

attention instead of his or her partner. These types of jealousy pertain to primitive developmental achievements and more disruptions in the childhood.

Moreover, jealousy in the couple relationship usually brings the role splits of victim and persecutor; faithful and betrayer; or any other form of "good versus bad" in the relationship. These kinds of relationships may involve massive transactions of projective identification between partners that vicious cycle of jealousy might become hard to recede. Partners might have a need to fulfill that role in the relationship due to internal representations originated from previous experiences of their childhood. Through projective identification process partners may gratify the need to have in contact with the disavowed parts. For example jealousy of one partner may involve unconscious homosexuality. Through having the fantasy of betrayal of his wife, the contact with the split off homosexual impulses can exist. In another sense, projected jealousy may function as a defense against the infidel parts of the self. A woman may project her rejected infidel parts through projective identification process and re-identify with them over her husband's reactions to her jealousy. These forms of jealousy were identified in the literature as delusional, projected jealousy, which has common consequence of violence or marital conflict (Clarke, 1988; Freeman, 1990; Pines, 1998)

The psychodynamic explanations of jealousy are also supported by some psychological theories and empirical findings. On the one hand, jealousy has found to be related to valuing the maintenance of the relationship, commitment to the relationship with the partner and protective feelings toward the valued relationship (Rydell, McConnell & Bringle, 2004). In this sense it is one of the most powerful ingredients of intimate romantic relationships. On the other hand, it has been proven that jealousy is strongly related to low self-esteem (White, 1981; Mathes, Adams & Davies, 1985; McIntosh, 1989; Melamed, 1991; Buunk, 1995; DeSteno, Valdesolo & Bartlett, 2006; Karakurt, 2001) and insecure type of attachments (Karakurt, 2001; Buunk, 1997; Dobrenski, 2001; Sharpsteen et. al, 1997; Parrot, 2000). Therefore, healthy and pathological jealousy should be discriminated. According to Freud, normal jealousy is different from pathological jealousy in which condensed utilization of projection mechanism and paranoid suspiciousness are prominent

(Pines, 1998). Similarly, Pfeiffer & Wong (1989) differentiated that normal jealousy is characterized by its occurrence after the real threat appraisal of losing the relationship. In the pathological jealousy, there is the commonly seen distortion of the reality. In addition paranoid suspiciousness and control behaviors toward the partner exist in pathological jealousy. These differentiation shows also commonality with Rydell & Bringle's (2007) definitions of reactive and suspicious jealousy. Reactive jealousy is a response to a real threatening event such as a real affair of the partner. Suspicious jealousy is distinguished by exaggerated perception of threat, worry, anxiety, fear about the faithfulness of the partner and insecurity about the self and the relationship. Clarke (1988) differentiated ego-dystonic jealousy from ego-syntonic jealousy. In ego-dystonic jealousy individual perceive the threat bigger then its reality and had a belief about infidelity of the partner. In ego-syntonic jealousy individual's perception of threat goes parallel with the reality. Belief and perception of threat are interdependent to each other. Ego-dystonic jealousy is more pathological and delusional and ego-syntonic jealousy is healthier or neurotic.

Parallel with the above discriminations, Rydell & Bringle's (2007) study with 292 college students, utilized Multidimensional Jealousy Scale, by separating the subscales of emotional jealousy with the name of reactive jealousy from cognitive and behavioral jealousy subscales with the name of suspicious jealousy. Findings showed that higher levels of relationship insecurity and higher levels of anxious attachment predicted higher levels of suspicious jealousy, i.e. cognitive and behavioral jealousy. Contrariwise emotional jealousy, i.e. reactive jealousy, was significantly associated to higher levels of dependency to the relationship. Moreover insecure attachments and insecurity feelings related to the relationship did not associated with emotional jealousy. In addition, the strong mediation effect of dependency in the relationship have been found between emotional jealousy and anxious and avoidant attachment. Similarly, insecurity showed mediation role within the relationship of suspicious jealousy with the anxious and avoidant attachments. These findings revealed that romantic jealousy is related to intimacy, closeness and commitment if it does not involve suspiciousness and control behaviors. It is more related to pathology and insecurity if it involves suspiciousness and control

behaviors toward the partner. It can be suggested that persecuting projective identification involves higher level of suspicious jealousy, while idealizing projective identification involves higher level of emotional jealousy.

Regarding the relationship between jealousy and separation individuation pathology, there is a proposition that when the individuals have unconscious or conscious belief that they cannot exist without their partners, threats to this belief causes major emotions such as jealousy, anger, fear, anxiety. This "imaginary fusion" of partners may be the reason for jealousy experiences in the couple relationship (Givelber, 1990). If the mates need each other for feeling valuable, and for maintaining the self esteem, then this dependency may create jealousy due to the threat of losing the partner costs great deal of the self (Firestone, Firestone & Catlett, 2006). Emerian Schlievert (1989) stated that pathological jealousy is related to separation individuation pathology. Individual might either experiences jealousy due to lack of object constancy, which is supposed to be grow in the latest phase of separation individuation process; or due to gross need to be in a enmeshed relationship with the partner, which is result of inadequate resolution of the early attachment needs. Individual cannot maintain the stable connection with the partner due to lack of object constancy that there is the fear of losing the object. Individual needs absolute and unbreakable symbiotic relationship with the partner in order to feel secure. The deficiencies in the separation individuation process of the individual lead to anxieties in the couple relationship, which is manifested usually as pathological romantic jealousy. Emerian Schlievert (1989) also empirically showed that even though there is not a direct path between separation individuation pathology and pathological jealousy, separation individuation pathology predicted borderline pathology, which in turn predicted the pathological jealousy.

Any empirical study regarding the relationship between splitting defense and jealousy in the couple relationship was found in the literature. Yet it can be asserted that some level of splitting is needed in order for the jealousy experiences to emerge. Positive and negative parts of the spouse, self or the rival are separated in the jealousy. For example, as Pam & Pearson (1998) stated, while spouse's negative parts rejected in the idealization processes, the rival is perceived as total bad object

commonly. These splits can switch quickly time to time depending on the situation. For instance, while remembering the details of real betrayal of the spouse, he or she may become to be perceived as evil, rather than valued object

Regarding the relationship between early maladaptive schemas and romantic jealousy, Dobrenski (2001) utilized Young Schema Questionnaire and Multidimensional Jealousy Scale. Findings showed that early maladaptive schemas of abandonment, defectiveness, subjugation, abuse/ mistrust, dependence/ incompetence, and enmeshment were significantly positively correlated with romantic jealousy. This would mean that individuals, who expect others to be instable in their closeness and care, to be distrustful and abusive toward them, and to abandon or to leave them, are more jealous toward their mates. In addition if the individuals have dependency needs that requires them to stay symbiotic bonding, probability of jealousy toward the partner increases. Also if the individuals have the perception of themselves as incompetent and defective and if they have the assumption that they have to submit others to get love or acceptance, probability of jealousy experiences increase.

Regarding the relationship between jealousy and marital satisfaction in the couple relationship, Guerrero & Eloy (1992) conducted a research with 66 married individuals and utilized Multidimensional Jealousy Scale and DAS. Findings showed that marital satisfaction of the individuals were significantly and negatively correlated with cognitive, behavioral and emotional jealousy of the participants. Among all dimensions of jealousy, cognitive jealousy showed the strongest negative association with the relationship satisfaction, which explained 41 % of the variance of relationship satisfaction. Relationship satisfaction scores of the participants have been predicted by the behavioral jealousy in the second rank, and by the emotional jealousy in the third rank. These findings were replicated to some extend by another study (Andersen, Eloy, Guerrero & Spitzberg, 1995), which utilized the measurement tools of Emotional and Cognitive jealousy dimensions of Multidimensional Jealousy Scale and RAS as in the present study. Findings supported clearly that cognitive jealousy had a bigger predictive role in relationship satisfaction compared to emotional and behavioral jealousy of the individuals, but

expression of the jealousy as a coping mechanism was also a significant factor in determining the relationship satisfaction. Higher levels of cognitive jealousy and higher levels of negative style of coping with the jealousy such as behaving aggressively or expressing negative affect toward the partner were associated lower levels of relationship satisfaction. Expressing jealousy in an integrating and non-assaultive way has positive association with relationship satisfaction.

Regarding the relatedness of emotional dependency and jealousy, Buunk (1995) examined 250 individuals' responses of self- esteem, emotional dependency and extramarital sexual experiences. Results showed that emotional dependency decreases the jealousy reaction to the partner. In parallel to this, Guerrero & Eloy (1992) also demonstrated that compared to traditional partners, independent partners in their marriage showed more cognitive jealousy. The authors explained this finding as the fear of experienced freedom in the relationship, as the intimacy between partners in the independent marriages and as sufficient self-esteem of these partners to disclose their jealousy cognitions. These explanations did not show congruency with the theoretical background though. Cognitive jealousy involves suspicious and mistrustful thoughts regarding the spouse and previously proven to be related to psychological dysfunctions. It can be asserted that the reason of the finding would be the insecurity and anxiety in the individuals with independent marriages. Detachment is usually a coping for anxiety and insecurity feelings for these individuals, thus independent marriages may result. Supporting this assertion Theiss & Solomon (2006) reported that higher levels of intimacy has been found to decrease cognitive jealousy and increase emotional jealousy in the couple relationship Therefore, it can be said that emotional dependency and closeness in the relationship is protective factor for jealousy responses.

2.4.3 Emotional Dependency in the Couple Relationship

Emotional dependency to the partner can be defined generally as the reliance on the partner and on the relationship for emotional support and closeness. It also includes giving great importance to the intimacy and closeness with the partner and showing high motivation to protect and pursuit this relationship (Buunk,

1982; Buunk, 1995). Initially in the psychology literature, which is dominated by the empirical studies carried out with the Western participants and by the Western cultural norms and individualistic perspective, dependency in the close relationships has associated with immaturity, insecurity, children and childish needs, while autonomy and independence are seen as healthier and more mature achievements in the development (Bischoff, 2008; Bornstein, 2005b; Devine, Camfield & Gough, 2008). Later on, when the accumulation of the empirical findings reached to a certain point in the psychology literature, dependency became to be seen as multi-faced phenomenon, which is also seen as an essential component of the satisfaction in the close relationships to some extend (Arntz, 2005) Thus, there are two perspectives in the literature about emotional dependency in the couple relationship. One states that extreme emotional dependency between partners is pathological and might result in violence and other kinds of conflicts in the relationship. The other states that emotional dependency between partners is functional and healthier in some extend.

Dependency to spouse has been identified as an ingredient of domestic violence. Kalmuss & Straus (1982) demonstrated in their empirical findings with 2143 married participants that dependency of women in the marriage has strong association with marital violence and abuse. Another study (Murphy, Meyer & O'Leary, 1994) with the group of males who abused their wives showed that spouse specific dependency and general interpersonal dependency of this group is significantly higher then the other two groups of happily married and discordant non-violent men. This finding on the relationship between violence and dependency in the couple relationship has been replicated by Holtzworth-Munroe, Stuart & Hutchinson (1997), Kane, Staiger & Ricciardelli (2000) and Wigman, Graham-Kevan & Archer (2008). In the meta-analysis of seven empirical studies with physical or sexual perpetrators of children, Bornstein (2005a) underlined that perpetrators have more interpersonal dependency than other groups of men. Bornstein named the dependency-possessiveness model in order to explain the effect of dependency in the abusive relationships. Abusers use power to control the partner in order to avoid from fear of losing their partners (Bornstein, 2006)

While there are empirical studies on the destructive side of dependency in the couple relationships, there are newly accumulating studies showing that dependency is not a maladaptive or pathological phenomenon completely. For example, one study (Bartel, 1995) with the findings, which are contradictory to the relevant literature and to the expectations, showed that dependency is not related to spouse-abusive behaviors of men, but their insecure attachments were associated. Ninety-three wife-assaultive men regarding their personality characteristics of dependency and attachments to their spouses were examined and findings revealed that dependency of these men was not related to their abusive-assaultive behaviors. There was also not any association between dependency and insecure attachment for this sample. Thus it can be assumed that dependent personality characteristics should not be conceived directly as linked to insecure attachment and abusive behaviors in the couple relationship. In another study (Robson, 1984) with the hypothesis that symbiosis in the marital relationship will have negative effect on the marital satisfaction, contrarily to the expectations non-significant effect of symbiosis on marital satisfaction have been found. Rather, the number of children and the disparity in the ages of partners were shown to have effect on the marital satisfactions of the couples. In the study of Schreurs & Buunk (1996) on lesbian couples, Emotional Dependency Scale had positive correlation with the different measures of intimacy, namely intimate disclosure, social intimacy, sexual intimacy, recreational intimacy. Emotional dependency also showed positive association with relationship satisfaction. Moreover, the authors stated that even though the emotional dependency to the partner in the lesbian couples is a form of closeness, it is different from intimacy. While emotionally dependent partners also showed low level of autonomy, intimately close partners did not showed low level of autonomy. Buunk (1982) reported another study with Emotional Dependency Scale that emotional dependency is highly related to anticipated jealousy scores, which is operationally defined as prediction of jealousy emotions if the partner involved either sexually or emotionally with the third person. Because this result was not confirmed with participants whose partners were already involved in an extramarital relationship, findings were interpreted in the article that the fear of loosing the partner is the prominent reason for this strong association between emotional

dependency and anticipated jealousy. The author reported another study (Buunk, 1995) with the partners who have extramarital affairs that emotional dependency to the partner decreases the jealousy responses. In this sense emotional dependency is a protective factor for the relationship.

In one of the latest articles on attachment patterns of couples, Solomon (2009) underlined that dependency capacity and ability to form and maintain close relationships is actually a part of secure attachment due to its survival function. Feeney (2007) demonstrated that acceptance showed by one partner toward the other partner's dependency has positive influence on the future decrease in the dependency. The therapeutic implication of this result suggested that acceptance capacity of the partners toward each other's dependencies should be enhanced, and dependency should not be denigrated in the therapy. Another study (Overall & Sibley, 2008) showed with the preliminary empirical findings that in the dependency situations, partner's acceptance of this dependency improves relationship quality and satisfaction. This study shows that partner's dependency is not always an immature response but it may also be situational. Partner's acceptance of this situational dependency enhances the relationship.

Dependency in the couple relationship is a protective factor especially in the stressful life events and in the life cycle changes. It has an important coping function for most couples that some contemporary studies are focusing on it. For example, if the partners of women with metastatic and recurrent breast cancer have dependency toward the relationship and showed great anxiety related to the loss of their wives, women with cancer shows more satisfaction from the cohesion of the family (Blake-Mortimer, Koopman, Spiegel, Field & Horowitz, 2003). In a study (Feign, 1994) with the non-disabled partners of disabled spouses, sense of dependence to partner has negative association with anxiety due to disability, and positive association with fear of separation from the partner, and acceptance of the disability scores. Thus dependence in these relationships improves the acceptance of disability and fosters relationship. Mongrain (1998) showed that dependent women behaved more lovingly toward their partner in the conflict-resolution task and perceived the partners more loving to them even when the effects of mood on these

perception and behavior have been controlled. External judges also perceived dependent women more loving then the non-dependent women. While dependent women perceived their partners as loving to them, external judges did not showed consensus with this perception. So there was a disparity between perceptions of judges and dependent women about loving behaviors of their partners. Campbell and colleagues (2001) also found that in the stressful situations, when one of the partners is engaging in difficult and disturbing task, dependent partners were more positive and supportive toward their partners than the avoidant and distant partners.

Besides the functioning of dependency in the distressing situations, there are some findings related to the adaptive dimensions of dependency in the couple relationship. Mongrain (1995) found that dependent participants had more intimate and affiliated concerns and strivings and they have high motivation for closeness toward their partners. Dependent women have been reported in another study (Zuroff & de Lorimier, 1989) as more loving toward their partner then non-dependent women. Not the need for achievement, but the need for intimacy of these dependent women is the determinant of their love toward partners and their relationship satisfaction. Vettese & Mongrain (2000) supported the positive value of dependency in the couple relationship in their study that partners of dependent participants were less negative in their verbal expressions and they seemed more supportive toward each other. They concluded that dependency may be "potentially more adaptive for interpersonal relations" and they also showed the role of more mature form of dependency in the close relationships.

Neyer (2002) focused on the dyadic analysis in the dependency research; utilized pairwise partial correlation in order to show the interdependencies between dyadic members like in the present study; and reported important findings supporting the role of dependency in the couple relationship. He found that in dizygotic twins and romantic couple dyads, security of one dyadic member is associated strongly with the dependency of the other member. The secure dyads were also the ones with dependent feelings toward the partners. Neyer concluded from the exploration of security and dependency in the dyads and stated, "Thus, feeling dependent on one's partner or sibling does not necessarily imply being

insecurely attached. Instead, a secure attachment seems to include considerable levels of dependency. It is therefore reasonable to assume that the partners of an ongoing relationship who feel securely attached towards each other also tend to experience mutual dependency." (Neyer, 2002, p. 499). Therefore it seems that shared sense of security in the relationship develops over time with the enhancer function of dependency.

Arntz (2005) stated concisely that dependency in the literature is misconceived as pathological because functional dependency to the others, which results in the belief that person should be rely on others to satisfy practical needs due to incompetency, is the predominant definition of dependency in the literature and in the DSM as the origin of some psychopathologies. However emotional dependency, which is commonly seen phenomena in the psychotherapy practice, is different from functional dependency. Emotionally dependent individuals need others in order to get secure attachments, but they do not have to rely on others for daily practices. These individuals might be independently functioning, self-reliant individuals. Yet, when the emotional dependency needs are not satisfied they may experience anxiety of separation or abandonment.

2.5 Cultural Evaluation of the Relevant Variables of the Study

Turkish culture shows particular characteristics about closeness, autonomy, relatedness and dependence issues. Turkey, as a country in the intermediate area between east and west, rural and urban, developed and under-developed, individualistic and collectivist, has many characteristics diverged from the mainstream of the individualistic western culture. For example, in contrast to the individualistic western societies, Turkish culture is characterized by the "hierarchical/relatedness". It indicates the co-existence of hierarchy and relatedness in the relationships. While there are high levels of proximity, closeness and relatedness, close relations also involve strong hierarchical structure and control. In addition, although western psychological theories assert that separateness and autonomy are the outcome of the self development, Turkish family dynamics emphasizes mutual dependencies and relatedness go along with the autonomy. (Kağıtçıbaşı, 2010). In order to correct the unidirectional perspective of

psychological theories, some social scientists shed light to new synthesis of relatedness and separateness in the conceptualizations of the self. Kağıtçıbaşı (1996) introduced the concept of "autonomous relational self" and Fişek (1995) defined "individuated/familial self". These concepts contain the autonomous and related self and emphasize the combination of closeness and control dimensions in the relatedness characteristics of Turkey as a non-western culture. (Fişek & Kağıtçıbaşı, 1999; Fişek, 2009).

In line with these assertions, especially for the variables of projective identification, depressive position, separation individuation pathology and emotional dependency variables, some findings are expected to diverge from the literature. For instance, even though idealizing projective identification is another pathological end point of projective identification and whereas it indicates enmeshment and dependency needs of the partners, idealizing projective identification might show results, which are not pathological in this sense. For the depressive position, findings may not show strong negative associations to the enmeshment related variables of the study. Other dependency related variables, such as emotional dependency in the couple relationship and separation individuation pathology, might not show similar findings as occur in the western studies.

CHAPTER 3
PSYCHOMETRIC STUDY OF THE INSTRUMENTS ADAPTED FOR THE MAIN STUDY

3.1 Overview

Paulson Daily Living Inventory, Separation Individuation Inventory and Splitting Scale have been translated into Turkish and psychometric properties in the Turkish culture have been examined by a pilot study of the present study. Methods and results of the psychometric study are explained in this chapter comprehensively.

3.2 Method

The method of the pilot study, which was conducted to adapt the instruments of the main study into Turkish, involves the relevant information on the participants, instruments, and procedure.

3.2.1 Participants

The sample for the pilot study consisted of 223 students, 53 of them (24%) are male and 169 of them (76%) are female. They are undergraduate students enrolled in Psychology, Sociology, Philosophy, Industrial Design and Architecture departments in the Middle East Technical University, Ankara, Turkey. The ages of the students ranged from 18 to 49 with a mean of 20.83 and a standard deviation of 2.64.

Sample characteristics in the re-test application revealed the following: It consisted of 94 students, 10% of them were male and 90% of them were female. The mean age of the sample is 20.46, with a standard deviation of 1.43.

56% of the participants (125 subjects) have reported that they have current romantic relationship and 44% of them (97 subjects) reported that they have not current romantic relationship. 212 subjects (92%) reported that they have a romantic relationship experience in the past, and 11 of them (5%) have not any relationship experience in the past.

Multivariate Analysis of Variance statistics with Benferroni correction has been conducted in order to examine the gender differences on each variable. Variables' mean scores and standard deviations for each gender are examined in the Table 3.1. below. Results showed that there is gender difference only for Emotional Dependence and Dominance scores. Females have higher Emotional Dependence scores than males. Complementary scores of females for dominant situations are significantly higher than males. This shows that compared to males, females have higher level of belief or expectation that their dominant behavior is more likely to be complemented by submissive behavior of the partner, thus they have higher level of control perception in the interpersonal relationships than males.

Table 3.1. MANOVA for gender differences on each variable

		N	Mean	Sd	F	P
Projective Identification	Female	169	20.58	6.53	0.611	n.s.
	Male	53	21.39	6.72		
Depressive Position	Female	169	8.86	2.16	0.003	ns
	Male	53	8.88	1.89		
Splitting Scale	Female	169	57.81	11.39	0.253	ns
	Male	53	56.94	9.55		
Separation Individuation Inventory	Female	169	161.17	46.67	0.366	ns
	Male	53	165.49	40.73		
SII- Splitting	Female	169	52.61	17.04	0.066	ns
	Male	53	53.30	16.48		
SII- Differentiation Problems	Female	169	51,28	19,62	1.116	ns
	Male	53	54,34	13,73		
SII- Relationship Problems	Female	169	57,26	15,12	0.058	ns
	Male	53	57,83	15,11		
Emotional Dependency Scale	Female	169	37,35	11,41	8.497	$P<.01$
	Male	53	32,30	9,64		
Dominance	Female	169	0,75	1,13	10.853	$p<.001$
	Male	53	0,16	1,09		
Submissiveness	Female	169	0,44	1,05	0.313	ns
	Male	53	0,34	1,14		
Friendliness	Female	169	1,66	0,99	0.035	ns
	Male	53	1,69	1,02		
Hostility	Female	169	0,15	1,35	0.222	ns
	Male	53	0,25	1,21		

3.2.2 Instruments

Paulson Daily Living Inventory, Separation Individuation Inventory, and Splitting Scale have been translated into Turkish for the aims of current study. In addition to them, demographic information sheet, Emotional Dependency Scale and Interpersonal Schemas Questionnaire, which show good validity and reliability in the Turkish culture, were also administered.

3.2.2.1 Paulson Daily Living Inventory (PDLI)

Paulson Daily Living Inventory (Paulson, 1978) (see Appendix B) originally developed at the South California University, in 1978 in order to assess projective identification mechanism in the close relationships. Original construct of the scale is based on Kleinian Object Relations Theory.

PDLI is a 60- item, true-false scale. A “true” answer has one point. There are not reversed items. It has 5 subscales and each subscale is composed of 12 items. These subscales have been created by Paulson (1978) as the following:

Paulson identified four types of projective identification, namely Persecuting Parent to Infant, Infant to Persecuting Parent, Ideal Parent to Infant, and Infant to Ideal Parent. These four types, which are four different characteristics of Paranoid-Schizoid Position, comprise the first four subscales of the measurement. Each subscale is composed of sentences revealing the relational aspect of one type of projective identification. Composite scores of the first four subscales are calculated in order to assess the level of projective identification. A fifth subscale is formed in order to assess Depressive Position. Depressive Position is characterized by not being in Paranoid-Schizoid Position, and therefore not likely to be utilizing projective identification in the close relations.

For the aims of this study, subjects were asked to answer to the questions by considering their partners. Thus answers to Paulson Daily Living Inventory represent various internal positions of the individuals with respect to their partners. General psychological meaning of each subscale can be defined as such:

For the Persecuting Mother to Infant subscale, individual stands in the position that himself/herself is “mother” and perceives his or her partner as “infant”. Attitude toward the partner in this subscale is like a persecuting (bad) mother. For example, item 21 tells that “If he/she weren't so stubborn and followed my advice most of our problems would be solved.” If the subject answers this item as “true”, it may reveal that this person perceives his or her partner as “faulty, guilty or bad infant” and therefore attitude toward his or her partner in this item is negative and persecuting. The main component for this subscale is that the person perceives the self as more powerful than his or her partner and has a negative attitude toward the partner.

For the Ideal Mother to Infant subscale, subject stands in a position that himself/herself is “mother” and perceives his or her partner as “ vulnerable infant” who needs to be cared. For example, item 6 says that “When something upsetting

happens I try to protect him/her from it." If the subject responds this item as "true", it might show that this person perceives his or her partner as infant and behaves toward the partner positively but also protectively. The main component of this subscale is that the person perceives the self as more powerful than his or her partner and has a positive attitude toward the partner.

For the Infant to Persecuting Mother subscale, individual stands in the position that herself/himself is "infant" and perceives his or her partner as "negative, persecuting mother". For example, if individual accepts the item 50, which says "She/He makes me feel stupid when I don't know something.", this might mean that this person experiences his or her partner as an insulting or bad mother, who intimidates and behaves negatively. The main components of this subscale are that the person perceives the self as more powerless or impotent than his or her partner and assumes that the partner behaves toward himself or herself negatively.

For the Infant to Ideal Mother subscale, subject stands in the position that as if himself/herself is an "infant" and perceives his or her partner as " ideal mother" who cares and protects. For example, the following sentence is written in item 11: "When something upsetting happens I call him/her immediately because most of the time she/he knows what to do." If the subject answers to this item as "true", that might be indicative of that the individual perceives his or her partner as protective and powerful mother. The main components of this subscale also are that the person perceives the self more powerless or impotent than his or her partner and assumes the attitudes of the partner toward himself or herself as positive.

For the Depressive Position subscale, there is more equal and balanced point of view with regard to the partner. For example, the item 4 and 51 states respectively that "She/He is the way he/she is and I don't have any right to expect him/her to change in order to please me."; "I know his/her thinking is very different from mine on many issues and find that attractive about her/him." If the subject answers to these items as "true", this might indicate that the person perceives his or her partner as a distinct individual with whom he or she wants to be in a close relationship. Thus the main identifier of this subscale is that the person perceives the

partner and the self as equals and has a more mature and balanced attitude toward the partner.

Paulson identified the following cut-off scores to assess the level that the subjects have projective identification in the first four subscales.

0 to 3= low or absent;

4 to 6=low;

7 to 9= moderate;

10 to 12=high.

For the Depressive Position subscale points higher than 7 are assumed to be high.

Paulson (1978) reported Spearman-Brown reliability coefficients of the five subscales for the Split-half reliability. Persecuting Mother to Infant has .96; Ideal Mother to Infant has .96; Infant to Persecuting Mother has .87; Infant to Ideal Mother has .97 and Depressive Position has .88 correlation coefficient.

Paulson also reported test-retest reliability coefficients of the subscales as the following: Persecuting Mother to Infant has .83; Ideal Mother to Infant has .92; Infant to Persecuting Mother has .85; Infant to Ideal Mother has .85 and Depressive Position has .83.

Criterion validity of the scale has been proven through correlations between the therapists' predictions of their clients' responses and real responses of the clients. For the Persecuting Mother to Infant subscale correlation coefficient was .95; for the Ideal Mother to Infant subscale was .88; for the Infant to Persecuting Mother subscale was .78; for the Infant to Ideal Mother subscale was .84 and for the Depressive Position subscale was .68.

Kovacs (1996) used the Paulson Daily Living Inventory in order to show the relationships among projective identification, shame-proneness, empathy and marital satisfaction. Ninety- five couples and thirty- two married individuals participated to the study. PDLI was used as a two dimensional tool. Idealizing projective identification and devaluing projective identification have been

differentiated in the study. Persecuting Mother to Infant and Infant to Persecuting Mother scores were used for 'devaluing projective identification'. Ideal Mother to Infant and Infant to Ideal Mother scores were used for 'idealized projective identification'. After partialing out the effects of demographic variables, Dyadic Adjustment Scale, which is highly valid instrument for marital satisfaction, significantly negatively correlated with devaluing projective identification scores (r= -.47, p< .001) and significantly positively correlated with idealized projective identification (r= .27, p< .001). In addition to that result, among the variables of perceived spousal similarity, spousal abuse, couple therapy, self esteem, proneness to shame, and capacity to empathy, with the partialing out the demographic variables, both of the projective identification dimensions predicted the total score of dyadic satisfaction in the first two rank of hierarchical regression analysis. Idealizing projective identification predicted positively (t=4.69, p< .0001) and devaluing projective identification predicted negatively (t= -6.45, p< .0001) dyadic adjustment scores. Thus individuals with high levels of idealized projective identification have higher levels of relationship satisfaction then the individuals with low levels of idealized projective identification. In addition, individuals with high levels of persecuting projective identification have lower levels of relationship satisfaction then the individuals with low levels of persecuting or devaluing projective identification. These results showed the evidences for the validity of Paulson Daily Living Inventory.

Zosky (2000) used PDLI in order to show the relationship between projective identification and domestic violence. There were three demographically equivalent groups of men recruited in the study. First group of men were composed of thirty-two domestically violent men recruited from the applications for the counseling programs of the Center for the Prevention of Abuse in Central Illinois. This group is called domestically violent men. The second group was composed of thirty men who are enrolled in the marriage counseling or therapy but they do not have any violent conflict resolution style. This group is called relationship discordant men. Third group of men was composed of normal relationship satisfied

men. All subjects were administered the Conflict Tactic Scale and the Index of Marital Satisfaction to reassure that each respondent is in the correct group.

Revealing some information about the concurrent validity of Paulson Daily Living Inventory, Zosky (2000) reported that relationship satisfied men had significantly lower scores then other two groups on the composite projective identification subscale that is calculated by using first four subscales except from the depressive position subscale. However there was not significant difference between domestically violent group and relationship discordant group regarding composite projective identification scores. For the Persecuting Mother to Infant subscale, both domestically violent group and relationship discordant group had significantly higher scores then the relationship-satisfied group. For the Infant to Persecuting Mother subscale, relationship satisfied group had significantly lower scores then the domestically violent group and relationship discordant group. For the Ideal Mother to Infant subscale, scores of the relationship satisfied men were significantly higher than the domestically violent group and relationship discordant group. For the Infant to Ideal Mother subscale, relationship discordant group had significantly lower scores then the normal relationship satisfied men. For the Depressive Position subscale, although there were not significant differences between groups, relationship satisfied men scored the highest then the other two groups.

Zosky (2000) also reported the determinants of projective identification with the same sample that could indicate the theoretical consistency and predictive validity of the Paulson Daily Living Inventory. Projective identification was determined by Separation Individuation Inventory, which explained 23% of the variance and additively by Splitting Scale, which explained 8 % of the variance. Adding %5 of explained variance effect, lack of interpersonal differentiation significantly determined projective identification. In addition to that, controlling the effects of demographic factors, composite score of projective identification in the Paulson Daily Living Inventory had significantly positive correlation with Splitting Scale (r= 0.39, p< 0.01) and Separation Individuation Inventory (r= 0.48, p< 0.01). In addition, projective identification level is negatively correlated with the interpersonal differentiation from family (r=-0.31, p< 0.01). This means that higher

level of projective identification is correlated with lower levels of interpersonal differentiation.

3.2.2.2 Separation Individuation Inventory (SII)

Christenson and Wilson (1985) developed the Separation-Individuation Inventory (see Appendix C) in order to measure separation individuation pathology, which is based on the psychodynamic developmental theory of Margaret Mahler. According to the authors, in line with the theoretical background, separation individuation pathology can be identified from three clusters of relational manifestations: The first one is called deficiency in the differentiation, which can be defined by enmeshment or fusion with the others or the inability to form firm boundaries between the self and others. The second one is called splitting defense mechanism, which can be seen as rigidly separating the parts of the self and others into bad and good components in the relationships. The third one is the separation individuation related relationship problems, such as intolerance of aloneness, some behavioral problems related to trust and control issues in interpersonal relationships.

Christenson et.al (1985) constructed the original version of SII from experts' and clinicians' knowledge on separation individuation pathology. They firstly identified 65 sentences, which cover these three areas of separation identification pathology. Then they used canonical correlation statistics in order to identify best items for discriminating between the group with the Borderline Personality Disorder diagnosis and control group without psychopathology. There were 39 from 65 items could identify these groups best. Even though the scale is constructed from three areas of separation individuation pathology, authors reported that 39-item SII has unitary factor structure explaining 49 % of the variance. The internal reliability of the inventory has been reported to be .92. The items were found to be capable of to differentiate between the groups of people with borderline personality disorder (DSM-III-R, 1987) and people without any psychopathology. A score above 190 is indicative of the separation individuation pathology. Dolan, et. al. (1992) replicated these findings and strengthened the validity of the SII by a similar study. They found that there is very high positive correlation of SII with

Borderline Personality Disorder. Cut off point for the inventory also validated by this study again.

Separation Individuation Inventory is a 39-item, 10-point likert type scale. Subjects are asked to rate how characteristic of each item for themselves on a 10-point scale. Point of one identifies 'not characteristic of mine' and point 10 indicates 'very characteristic of mine' for the particular item. Higher scores indicate higher levels of separation individuation pathology. Items of 7, 15 and 18 were reversed before the calculation.

Göral (2002) has translated SII into Turkish as a part of master thesis study. Battery of questionnaires answered by 286 undergraduate students (157 female, 129 male) in order to assess the relationship between their separation-individuation properties and their romantic relationship attributes. The alpha coefficients has been found to be as follows: Cronbach's alpha for the whole scale was .85, for Splitting subscale was .64, for lack of differentiation subscale was .70, and separation individuation related relationship problems subscale was .64 alpha coefficient in this study. Due to quite low alpha coefficients, it was decided to re-examine the items and translation of the scale into Turkish was repeated. The procedures of the translation and psychometric study are explained in the Procedure section. Psychometric properties of SII are reported in the Results chapter.

3.2.2.3 Splitting Scale (SS)

Splitting Scale is a 14 item, 7- point Likert type scale, which was developed by Gerson (1984) in order to measure the individual's use of splitting defense mechanism. (see Appendix D)After an extended review of the literature, Gerson has written different sentence stems by help of consultations who were composed of post-doctoral or supervising psychoanalysts. Gerson come up with the conclusion from Kernberg (1975) and Kohut (1971) and pointed three representations of splitting as the radical shift in self and other evaluations, enmeshment between self and other and grandiosity in the perception of self. Items 1, 2, 3, 5, 7, 9, 11, 12 and 13 identify the separation of good and bad sides of self and other. Items 6 and 14 represent the idealization component of splitting. 4 and 8 were written to identify the

grandiosity and exhibitionism components of splitting. Item 10 reveals the identity diffusion related to splitting.

Total scores of the scale can be ranged between 14 and 98. Higher scores indicate higher use of splitting mechanism.

Gerson (1984) reported alpha coefficient for the total scale in the original article as .70, and test-retest reliability correlation as .84 ($p < .001$). Factor analysis yielded the homogeneity of the scale because there were three factors, 10 of 14 items were gathered into the first factor, which explained 46 % of the variance. Concurrent validity was assessed through examining the correlation coefficients of the Splitting Scale with the Narcissistic Personality Disorder Scale in MMPI and the Rosenberg Self Esteem Scale. Showing a good concurrent validity that Splitting Scale was significantly positively correlated to the Narcissistic scale ($r = .25$, $p < .01$) and significantly negatively correlated with the Rosenberg Self Esteem Scale ($r = -.41$, $p < .001$).

Although there is a study pointed the ambiguities in the factor structure of the SS (Glassman, 1986), there are many empirical findings that strengthened the validity and reliability of Splitting Scale. Gromzow & Tangney (1992) was one of them that utilized Splitting Scale in order to explore the relationships among shame-proneness, narcissistic personality characteristics and defenses of narcissism such as splitting. Findings were congruent with the theoretical background that splitting has strong association with narcissistic personality and shame proneness. Wells & Jones (1998) used Splitting Scale in order to find out the effects of splitting and dissociation in the group of subject who had experienced parentification in their family of origin. Findings showed that even though dissociation is controlled, parentification in the childhood has positive association with splitting scores. Also splitting and dissociation scores were significantly and positively correlated to each other. These preliminary findings on splitting were theoretically consistent that early parentification experiences are related to narcissistic and masochistic defenses such as splitting in adulthood.

3.2.2.4 Interpersonal Schema Questionnaire (ISQ)

Hill and Safran (1994) developed theoretically grounded ISQ for measuring interpersonal schemas of the individuals in their close relationships, which is defined as the mental representations about the self, the significant others and the close relationships. ISQ is composed of 16 items, that each of them expresses a specific interpersonal scenario based on Kiesler's (1983) Interpersonal Circle Circumplex. This circumplex involves sixteen interpersonal behaviors, eight of which are opposite of the other counterpart on the two main axes: Control on the vertical axis and Affiliation on the horizontal axis. There are subscales of "Dominant", and "Submissive" interpersonal situations within the control dimension; and there are subscales of "Friendly", and "Hostile" interpersonal situations in the affiliation dimension.

Participants were asked to imagine themselves as if they are behaving toward their partner in accordance with what the particular item in the scenario of ISQ was explaining. Then, participants were asked to predict how would their partner respond toward themselves by choosing among the following eight responses.

A. Would take charge or try to influence me (controlling).

B. Would be disappointed, resentful, or critical (mistrustful).

C. Would be impatient or quarrelsome (hostile).

D. Would be distant or unresponsive (distant).

E. Would go along with me or act unsure (submissive).

F. Would respect me or trust me (trusting).

G. Would be warm or friendly (friendly).

Participants are also asked to rate the desirability of this probable response of their partners on a scale ranging from 1 (undesirable) to 7 (desirable).

Responses of the participants were recoded and scored separately for each item in order to get the schemas of "complementariness" in the interpersonal relationships as explained in Hill et.al (1994) and Boyacıoğlu and Savaşır (1995).

Depending on the interpersonal situation, each response of the participant is scored according to its complementariness. Complementariness score can be one of the following values: 1, 0.5, 0, -0.5 and -1. Point of 1 indicates total complementariness in the interpersonal schemas; point of -1 indicates total anti-complementariness. Twelve items of ISQ were used to measure the complementariness scores in the interpersonal schemas of the participants. Because there are 3 items in each subscale, complementariness scores of hostile, friendly, dominant and submissive situations range between -3 and 3. For the affiliation dimension, if the participant predicts the partner's friendly behavior as a response toward the friendly situation, then that means that there is complementariness in the interpersonal schemas. If hostile behavior of partner is expected as a response to hostile situation, then that also means that there is complementariness in the interpersonal schemas. However, authors of the original article about ISQ suggested that when friendly behavior of the partner is expected as a response to hostile situation, this indicates healthy interpersonal schema due to its secure attachment quality in the couple relationship. For the control dimension, complementariness is featuring with the opposite counterpart. Such as when there is dominant interpersonal situation, submissive behavior of the partner is expected in order for the complementariness. When the interpersonal situation for the participant is submissive, dominant behavior of the partner is expected as a response. Thus dominant behavior of the self is complemented by submissive behavior of the partner. Also submissive behavior of the self is complemented by the dominant behavior of the partner.

Boyacıoğlu et.al (1995) adapted ISQ into Turkish. Revealing the content validation, they reported that ratings of the judges on the suitability ratings for four subscales of ISQ were suitable with the theory and with the original ISQ. Test-retest reliability analysis showed that Pearson correlation coefficients for four interpersonal situations and the desirability index of the Turkish ISQ were as

follows: friendly situation .75; hostile situation, .69; dominant situation, .84; submissive situation, .66; and the desirability index, .88. Revealing the content validity, factor analysis indicated that interpersonal situations on the Turkish ISQ have powerful factorial patterns in line with theoretical expectations. In terms of construct validity, Soygut and Savasir (2001) reported the Turkish version of ISQ significantly discriminated between different levels of depression in the university student sample. In addition to that study, Soygüt and Türkçapar (2001) also reported some theoretically sound results for ISQ responses of the subjects with and without antisocial personality disorder. Thus, Turkish version of ISQ was shown to have acceptable levels of reliability and validity.

In the pilot study of this thesis internal reliability score was measured as .77 with the item total correlations ranged from -0.42 to 0.52. Four subscales have very small Cronbach's alpha levels due to small item number in each subscale. Desirability subscale has .82 Cronbach's alpha level (see Table 3.2).

3.2.2.5 Emotional Dependency Scale

Buunk (1981) developed Emotional Dependency Scale in order to assess correlates of jealousy in the couples with sexually open marriages in the Netherlands. Emotional dependency has been defined as the "relative importance of the relationship with the partner compared to other things in life" (Buunk, 1982, p. 311). EDS is a 9-item measurement and fourth item is rated reversed. Each item intends to measure one person's emotional dependency toward his or her partner, such as "the most important thing in my life is my relationship with him/her." In general, statements emphasize the need to be close to the partner, difficulty with decision- making without partner, happiness of to be with the partner. Participants reveal their agreement to each item on a 5-point scale. Original construction of the scale showed one factor structure explaining 48.2 % of the variance (as cited in Karakurt, 2001) Internal consistency of EDS has been reported to be .81 (Buunk, 1981). In addition, Buunk (1982) reported in three different samples that emotional dependency is an important correlate of anticipated jealousy, which is measured by an imaginary jealousy- provoking situations that the person's partner might be involved in.

Karakurt (2001) translated EDS into Turkish. Differently from the original scoring of the scale, Turkish version of EDS is rated on a 7-point scale. Karakurt reported internal consistency in Turkish population as .87.

3.2.3 Procedure

The translation phase of the study has been conducted in accordance with the guidelines of Savaşır (1994). One experienced translator of Turkish and English; one clinical psychologist who is studying psychodynamic psychotherapy in London University, England; one bilingual social scientist who has Turkish and English nationality, and one Turkish mechanical engineer living in USA for 5 years participated to the first step of the translation process. The author integrated these preliminary Turkish translations of the scales into a coherent and theoretically consistent form. Turkish version of the scale was back - translated by a Turkish social science graduate student who has been living in USA for 3 years. The author examined the back translation and made relevant corrections in the statements of the Turkish form. After then four adults from different socio-economical and educational background evaluated each item of the Turkish version in terms of comprehensibility and grammar structure. After re-examination of the comments, necessary corrections have been made again.

In order to provide evidences for validity and reliability of these measurements, Paulson Daily Living Inventory, Separation Individuation Inventory, and Splitting Scale were tested in two sets of researches.

One of the researches aimed to contribute the content validity of Paulson Daily Living Inventory. For this aim, five Turkish experienced psychotherapists, who are in the psychoanalysis education and supervision, have rated Turkish version of Paulson Daily Living Inventory (see Appendix M) in terms of its comprehensibility and measurement capacity for the concept of projective identification.

Second study was more general and aimed for a psychometric study for all three newly translated measurements. For this aim, data gathering process was completed in two phases in a sample of Turkish university students: In the first

phase, 286 students have answered the questionnaire battery. In the second phase, for the re-test measurements, average 4 weeks later 109 students were recruited for answering questionnaires again. Yet 41 of the 286 questionnaires in the first phase and 9 of them in re-test phase were excluded from the study due to large missing answers. Thus sample size of pilot study reached to 245 and 100 for re-test. Voluntary participation was acquired by the informed consent form (see Appendix L), which states the aims and the procedure of the study and asks for the signature of participants' acknowledgement. Demographic information of the participants is asked by means of background information sheet. Subjects were asked to respond to the questions by referring to a significant past relationship if there is not any romantic relationship in the time of participation to the study. In order to eliminate subjects who never have any romantic relationship, there were questions in the background information sheet. Thus only subjects who have current or past romantic relationship experiences were involved for the analyses. This elimination resulted in a decrease of the sample size to 223 for first application and to 94 for the re-test application.

According to the results of these two studies and relevant feedback acquired through whole process, relevant wording corrections in all items of the three questionnaires have been made. After that final correction, 13 Turkish people rated the items of Paulson Daily Living Inventory and Separation Individuation Inventory in terms of the comprehensibility in Turkish. Splitting Scale was clearer in terms of comprehensibility in Turkish. Eventually the final versions of these newly adapted measurements have been achieved.

3.2.4 Data Screening and Statistical Analyses

After the data entrance, data accuracy, outliers, multivariate outliers, missing value replacements, tests for normality, linearity, homogeneity, multicollinearity and homoscedasticity were conducted. Regarding the missing value replacements, only missing values of continuous variables (items of Separation Individuation Inventory, Splitting Scale and Emotional Dependency Scale) were replaced first. Each subject's intra-scale mean scores were used in the

mean replacement of missing values for these there scales. Missing value replacement has not conducted for Interpersonal Schema Questionnaire, which has very few number of missing value.

Statistical analyses were conducted with Statistics Package for Social Sciences (SPSS) Program. Internal consistency was assessed with Cronbach's alpha values. For these alpha values, in line with Nunnally's criteria (Nunally & Bernstein, 1978), values over than .70 were viewed as acceptable and values more than .80 were accepted as good. For the test-retest reliability, Pearson Product Correlation was used. For the criterion validity, extreme groups on lower and higher 25 percentages of the projective identification, Depressive Position, Splitting Scale, Separation Individuation Inventory scores were formed. Group comparisons between high and low Projective Identification, Separation Individuation and Splitting pathology scorers were contrasted in other measures by means of Independent Sample T-test. Pearson Product Correlations were performed between the measures for the concurrent and criterion validity. The criteria for the high correlation were coefficients over than .50. The coefficients between .30 and .49 were accepted as moderate, while values between .10 and .29 were viewed as low (Cohen, 1988). Exploratory and Confirmatory Factor Analyses were conducted by using SPSS for Splitting Scale as stated in the original article. Factor loadings above .30 were accepted as good and eigenvalues over 1 were evaluated in the study.

Inter rater reliability statistics for the PDLI has been conducted. For the subscale allocations of 5 experts, Intra-class Correlation Coefficient (ICC) statistics of SPSS reliability statistics has been used. The absolute agreement method at 95% of confidence interval was used in the significance test of ICC coefficients.

3.3 Results

Initial psychometric properties of the Turkish versions of Paulson Daily Living Inventory, Separation Individuation Inventory, and Splitting Scale are examined in this section elaborately. Information on the reliability, construct, criterion and concurrent validity, of the measurements for the Turkish sampling are revealed.

3.3.1 Psychometric Properties of Paulson Daily Living Inventory (PDLI)

In addition to survey research, construct validity of the Paulson Daily Living Inventory has been supported by means of another study, in which five psychoanalytically oriented psychotherapist rated the items of the inventory in terms of its measurement capacity for the concept of projective identification and item subscale allocations.

Originally PDLI has 5 indexes, namely Persecuting Mother to Infant, Ideal Mother to Infant, Infant to Persecuting Mother, Infant to Ideal Mother and Depressive Position. First four indexes reveal one's use of projective identification in the couple relationship, thus higher scores indicate higher levels of projective identification. Depressive Position index reflects operating in the depressive position, therefore not engage in projective identification. Even though exploratory factor analyses with varimax rotation and the principal component analysis (PCA) have been conducted in order to understand the item allocations of the inventory for Turkish sample, the results are not explained here. Results have been only used for improving insight about the underlying meanings of the each item in the Turkish culture.

3.3.1.1 Internal Consistency, Split- Half and Test-Retest Reliability of the Turkish Version of the PDLI

Internal consistency of Turkish version of PDLI was measured in accordance with the original five- factor structure. Cronbach's Alpha for the total scale has been found to be .72. Cronbach's alpha for each indexes as follows: Infant to Persecuting Mother has Cronbach's alpha of .76, Persecuting Mother to Infant has Cronbach's alpha of .75, Infant to Ideal Mother has Cronbach's alpha of .66, Ideal Mother to Infant has Cronbach's alpha of .59, and Depressive Position has Cronbach's alpha of .57. Cronbach's alpha of the composite factor measuring presence of the utilization of projective identification by means of summing four paranoid-schizoid position related indexes (Infant to Persecuting Mother, Persecuting Mother to Infant, Ideal Mother to Infant, and Infant to Ideal Mother) is

.80. Internal consistency coefficients and item total correlation ranges of each indices can be seen in Table 3.2.

Table 3.2. Internal consistency coefficients of the Turkish Version of PDLI

Measures	Cronbach's Alpha	Item Total Correlation Range	
Paulson Daily Living Scale	0.72	(-0.26 -	0.52)
Persecuting Mother to Infant	0.75	(0.19 -	0.57)
Ideal Mother to Infant)	0.59	(0.08 -	0.40)
Infant to Persecuting Mother	0.78	(0.23 -	0.52)
Infant to Ideal Mother	0.66	(0.03 -	0.50)
Depressive Position	0.57	(0.09 -	0.37)
Composite projective identification	0.80	(-0.005 -	0.55)

Guttman split- half reliability coefficient for the Turkish version of PDLI was .82. Split half reliability for Infant to Persecuting Mother was .80, .65 for part 1 and .60 for part 2. Guttman split half reliability for Infant to Ideal Mother was .74, .37 for part 1 and .56 for part 2. Split half reliability for Persecuting Mother to Infant was .71, .64 for part 1 and .59 for part 2. Split half reliability for Ideal Mother to Infant was .66, .39 for part 1 and .37 for part 2. Split half reliability for Depressive Position was .64, .26 for part 1 and .43 for part 2. Composite index for projective identification, which is composed of four paranoid-schizoid position, has split-half coefficient of .85 (see Table 3.3).

Test-retest reliability of the Turkish version of PDLI was measured in order to understand the stability of construct in time. Procedure of data gathering was explained in procedures section. Data set for test-retest reliability analysis consisted of 96 subjects who answered the questionnaires again 4-5 weeks of later. Test-retest correlation for PDLI total scale was .78. Persecuting Mother to Infant subscales revealed .79 and Infant to Persecuting Mother subscale showed .76 test-retest correlations. Ideal Mother to Infant and Infant to Ideal Mother subscales have the test retest correlation coefficient of .68. Depressive Position subscale has .66 test-retest correlation coefficient. All these correlations showed significant relation at .01 alpha levels (see Table 3.3).

Table 3.3. Test –retest Reliability Correlations and Split-half Reliability Coefficients of the Turkish Version of PDLI

Measures	Test-retest Reliability Correlations (N= 94)	Split-half Reliability Coefficients (N= 223)
Paulson Daily Living Scale-total	.78*	0.82 (.59 and .65)
Persecuting Mother to Infant	.79*	0.83 (.49 and .62)
Ideal Mother to Infant	.68*	0.66 (.44 and .51)
Infant to Persecuting Mother	.76*	0.86 (.56 and .69)
Infant to Ideal Mother	.68*	0.74 (.45 and .65)
Depressive Position	.66*	0.65 (.32 and .43)
Composite projective identification	.81*	0.85 (.61 and .65)

* $p < .01$.

3.3.1.2 Inter-Rater Reliability of the Turkish Version of the PDLI

Paulson Daily Living Inventory has been subjected to the evaluations of five psychoanalysts or psychotherapist who are continuing their psychoanalytic education in Turkey. A mediating person who was the psychoanalytic oriented psychotherapist and was continuing psychoanalytic education during the time of the administration of the PDLI, helped to assign the measurements to the raters without interaction of the researcher. Thus this was a single blind administration that the researcher did not made contact with the raters. Raters have taken PDLI with an explanation summary text. Text explained shortly the theoretical background of the PDLI in terms of its relation with the projective identification. Names of the PDLI subscales and their intention to measure particular stance of projective identification were introduced. Firstly the raters were asked to rate the each item according to its measurement capacity for projective identification on a 7-point scale. Point of 1 states that 'this item does not measure projective identification at all' and point 7 states that 'this item measures projective identification very well'. Secondly raters were asked to allocate each item into one of the 5 subscales. Raters were directed to assess each item in terms of its general meaning for the person in relation to his or her partner. For example for the items of "persecuting mother to infant" subscale, the person has a stance in his or her couple relationship as a persecuting mother and behaves toward his or her partner as if the partner is the infant. Thus the person

identifies with the persecuting mother and behaves in a persecuting way toward his or her partner as if the partner is an infant.

Thus raters' decisions were basically on two evaluations: the degree of the item's measurement capacity for projective identification and the suitability of each item into one of the 5 subscales by allocating them.

To measure inter-rater reliability for the subscale allocations of 5 experts, Intra-class Correlation Coefficient (ICC) of SPSS reliability statistics has been used. ICC coefficients were calculated using the absolute agreement method at 95% of confidence interval. The two-way mixed effects model (ICC (3, k)) for five fixed raters has been decided. Thus it is ICC (3, 5) model analysis. Average measure of ICC for 5 raters has been found to be .861, which is a moderately high coefficient of inter-rater reliability. Item total correlations of each rater ranged from .591 to .777. See Table 3.4 for the ICC analysis.

Table 3.4. ICC for Five Raters' Subscale Allocations of Paulson Daily Living Scale

	ICC	95% Confidence Interval lower bound	95% Confidence Interval lower bound	Significance level
Subscale allocations of 5 raters	.861	.797	.910	$p < .001$

Raters' allocations of the items to the subscales are examined individually for each item and their responses are used for wording corrections of the items. For example while item 10 "Whenever I have money to spend I would rather spend it on the family than indulge myself." has been allocated into idealized mother to infant subscale 100% correctly by all five raters, item 7 "I am always happy just to be near him regardless of what he does." has been correctly allocated into infant to idealized mothering subscale only by the one of the raters. Two of the raters allocated this item into idealized mother to infant subscale incorrectly. It has been concluded that the wording of this item is not capable of revealing enough that the person has an infant stance toward his or her partner who is perceived as ideal mother. So the wording of the item has been corrected to reveal this meaning better.

Raters' decisions on the degree of each item for measuring projective identification construct have been evaluated in terms of separate item analysis. Their consensus over each item's measurement capability has been analyzed. The mean scores and standard deviations of five raters' decisions about each item's degree of measurement for projective identification have been also analyzed. The mean scores of the raters for each item were ranged between 3.8 and 6.6. Except from the item 47 all the items has a mean score greater than 4, which is the middle point saying that 'this item measures projective identification averagely" (See Table 3.5).

Conjoint examination of the descriptive analyses of the measurement degree of PDLI has been also useful to make suitable wording changes for PDLI. Especially items with lower mean scores have been focused to review.

Table 3.5. Descriptive Statistics for Each Raters Decisions on Measurement Degree of items in PDLI

	Mean	Sd	Min	Max
Rater1	5.13	1.67	1	7
Rater2	5.61	0.88	3	7
Rater3	6.33	0.81	4	7
Rater4	4.78	1.35	1	7
Rater5	6.08	0.94	3	7

In summary, preliminary analysis of PDLI showed that it is moderately reliable and valid instrument for measuring projective identification. However, there were several steps have been completed in order to improve PDLI's measurement strength: Firstly Explanatory Factor Analysis results have been examined and required wording revisions have been done regarding the factor loadings of each item in relation with the scale structure. Secondly experts' decisions about the allocations of each item into the particular subscales have been examined by means of Intraclass Correlation Coefficient. Descriptive statistics related to both PDLI items' degree of measurement and their subscale allocations were also very helpful to understand which item needs to have wording revision most.

3.3.1.3 Discriminant Validity of the Turkish Version of PDLI

Different independent samples T-Test analyses were conducted in order to assess criterion validity of new adapted measurements. Composite projective identification scores were transformed into categorical variable in terms of quartile descriptive statistics. The low projective identification group consisted of 59 subjects who have projective identification scores that correspond to below 25% of 223 subjects. High projective identification group consisted of 60 subjects who have projective identification score that belong to above 75% of the scores of all 223 subjects. These two groups are compared in terms of their SII, SS and EDS scores first. Then, they are compared in accordance to ISQ subscales of Dominance, Submissive, Friendliness, and Hostility.

The independent sample t- test showed that high and low projective identification groups are significantly different from each other in terms of SS, SII and EDS scores. High projective identification group's mean score in Splitting Scale is significantly higher than the low projective identification group (t= -7.96, df = 117, p<00). Similarly high projective identification group' mean scores in Separation Individuation Inventory was significantly higher than the low projective identification group (t= -8.01, df = 117, p<00). High projective identification group has significantly higher mean scores in Emotional Dependency Scale than the low projective identification group (t= -4.48 df = 117, p<00) (see Table 3.6).

Table 3.6. Independent Sample T-test Analysis of Low and High Projective Identification on High and Low SS, SII, and EDS Groups

Splitting Scale						
	N	Mean	SD	*t*	*DF*	*p*
Low projective identification	59	49,75	9,92	-7.96	117	$p<.000$
High projective identification	60	63,69	9,15			

Separation Individuation Inventory						
	N	Mean	SD	*t*	*DF*	*p*
Low projective identification	59	132,71	42,84	-8.01	117	$p<.000$
High projective identification	60	192,17	37,98			

Emotional Dependency Scale						
	N	Mean	SD	*t*	*DF*	*p*
Low projective identification	59	31,54	10,39	-4.48	117	$p<.000$
High projective identification	60	40,30	11,04			

Independent samples T-test analyses showed that high and low projective identification groups are significantly different from each other in terms of the complementarity of the dominance and hostility in their interpersonal relationships. Both of the axes of the interpersonal circle have been found to be significantly different between low and high projective identification groups. This result shows that both affiliation and control axes of the interpersonal relationships are related to projective identification in couple relationships.

Low projective identification group has significantly higher scores in the complementarity of the dominance subscale in ISQ than the high projective identification group (t= 3.11 df = 117, p<01). This means that when the participants in low projective identification group show dominant behavior toward their partners, they assume and expect the complementary submissive behavior from them. This result has an important implication that low projective identification group has

healthier interpersonal schematic expectations than the high projective identification group, because the interpersonal assumptions or expectations for dominance situations of low projective identification group are complementary.

Moreover, low projective identification group has significantly lower scores in hostility subscale than high projective identification group (t= -3.51 df = 117, p<01). Having a negative t value of the low projective identification group indicates that subjects in low projective identification group assume that when they show distant or hostile behavior toward their partner they assume or expect anti-complementary behavior, which is a friendly and close behavior in this context, from their partners. On the contrary participants with high projective identification assume and expect hostile behavior from their partners when they show distant or hostile behavior to them. This may reveal that participants in low projective identification group have healthier interpersonal schemas than the participants in the high projective identification group. They perceive their partner's behavior as non-conditional to their hostile behaviors toward them. This indicates more secure relationship schema of low projective identification group (see Table 3.7).

Table 3.7. Independent Sample T-test Analysis of Low and High Projective Identification Groups on ISQ Subscales

ISQ- Dominance Subscale of Interpersonal Schemas Questionnaire						
	N	Mean	SD	*t*	*DF*	*p*
Low projective identification	59	,89	1,13	3.11	117	*p*<.01
High projective identification	60	,27	1,05			
ISQ- Submissive Subscale of Interpersonal Schemas Questionnaire						
	N	Mean	SD	*t*	*DF*	*p*
Low projective identification	59	,46	1,06	.44	117	n.s.
High projective identification	60	,37	1,15			
ISQ- Friendliness Subscale of Interpersonal Schemas Questionnaire						
	N	Mean	SD	*t*	*DF*	*p*
Low projective identification	59	1,74	,97	1.26	117	n.s.
High projective identification	60	1,50	1,13			
ISQ- Hostility Subscale of Interpersonal Schemas Questionnaire						
	N	Mean	SD	*t*	*DF*	*p*
Low projective identification	59	-,11	1,36	-3.51	117	*p*<.001
High projective identification	60	,70	1,17			

In order to analyze the effects of having idealizing or persecuting projective identification on ISQ subscales scores, projective identification of the participants were recalculated to form idealizing projective identification and persecuting projective identification scores. Univariate analysis of variance statistics were conducted to understand the group differences on ISQ scores. Thus participants' affiliation and control dimensions of interpersonal relationships were analyzed and probable group differences between group 1: low idealizing projective identification- low persecuting projective identification group; group 2: low idealizing projective identification- high persecuting projective identification group; group 3: high idealizing projective identification- low persecuting projective identification; and group 4: high idealizing projective identification- high persecuting projective identification were explored.

Table 3.8 shows that results of four ANOVA statistics revealed only one group difference between being in the low or high idealizing projective identification or persecuting projective identification groups in terms of ISQ scores,

which was the complementarity scores of hostility situations. The main effects of idealizing projective identification (F= (1, 50) = 11.71, p< .001) and persecuting projective identification (F= (1, 50) = 13.749, p< .001) have been found to be significant. However there was not significant interaction effect (F= (1, 50) = .549, n.s.) For the main effect of idealizing projective identification, participants with low idealizing projective identification (X= .95, sd= .19) has significantly higher complementary scores for hostility situations than the participants with high idealizing projective identification (X= -.005, sd= .20). This means that low idealizing projective identification group expects and assumes that their partners' behavior toward them would be hostile when they behave in hostile way to their partner. On the other hand high idealizing projective identification group has a negative mean score on hostility complementarity but it is very close to zero point. There is a non-complementary relation in the hostile situations. That would mean that they do not expect that their partners' would respond to themselves by the hostile attitude when they behave in hostile manner. This result may indicate that their interpersonal schemas are more flexible than low idealizing projective identification group.

For the main effect of persecuting projective identification on the complementarity scores in the hostile situations, participants with high persecuting projective identification scores (X= .99, sd= .19) significantly higher complementarity scores in hostile situations than the participants with low persecuting projective identification scores (X= -.04 , sd=.205). This means that high persecuting projective identification group has the expectation or assumption that their partners would respond to them with hostile behavior if they behave in hostile manner toward their partners. On the contrary, low persecuting projective identification group has a negative mean score, which is more or less close to zero point on complementarity on hostile situations. So their expectation from their partners would be slightly friendly when they show hostile behavior to their partners. So their interpersonal schemas are healthier than the high persecuting projective identification group.

Table 3.8. Univariate Analysis of Variance for Low and High Idealizing and Persecuting Projective Identification Groups on Dominance- Submissive- Friendly-Hostility Situations in ISQ

Hostility Subscale of Interpersonal Schemas Questionnaire

Source	Means of Hostility		Sum of Squares	*df*	Mean Square	*F*
	Low	High				
Idealizing projective identification	.954	-.005	11.85	1	11.85	11.71***
Persecuting projective identification	-.042	.991	13.75	1	13.75	13.57***
Ide PI*Per PI			.56	1	.56	.549
Error			48.60	48	1.01	
Total			89.75	52		

Friendly Subscale of Interpersonal Schemas Questionnaire

Source	Sum of Squares	*df*	Mean Square	*F*
Idealizing projective identification	.586	1	.586	.432
Persecuting projective identification	.775	1	.775	.572
Ide PI*Per PI	.338	1	.338	.249
Error	65.056	48	1.355	
Total	179.250	52		

Dominance Subscale of Interpersonal Schemas Questionnaire

Source	Sum of Squares	*df*	Mean Square	*F*
Idealizing projective identification	1.028	1	1.028	.731
Persecuting projective identification	.126	1	.126	.090
Ide PI*Per PI	4.528	1	4.528	3.220
Error	67.502	48	1.406	
Total	84.000	52		

Submissive Subscale of Interpersonal Schemas Questionnaire

Source	Sum of Squares	*df*	Mean Square	*F*
Idealizing projective identification	5.566E-02	1	5.566E-02	.036
Persecuting projective identification	.262	1	.262	.170
Ide PI*Per PI	.262	1	.262	.170
Error	74.152	48	1.406	
Total	89.250	52		

Ide PI= Idealizing projective identification; Per PI = Persecuting projective identification; *** $p<.000$

Independent samples t-tests analyses were conducted for low and high idealizing and persecuting projective identification groups. For idealizing projective identification, only hostility complementary scores were significantly different between low and high idealizing projective identification groups. For persecuting projective identification, both complementarities of friendly and hostile situations were significantly different between low and high persecuting projective identification groups.

Regarding, idealizing projective identification, low idealizing projective identification group had significantly higher scores of complementarities for friendly situations than the high persecuting projective identification group. Low persecuting projective identification group has healthier interpersonal schematic assumptions in the friendly situations that they expect friendly behavior from their partners when they show friendly attitude (See Table 3.9).

Regarding persecuting projective identification, low persecuting projective identification group had significantly higher scores of complementarity in friendly situations then the higher persecuting projective identification group. Participants with low persecuting projective identification scores showed higher level of expectation that their friendly behaviors toward their romantic partners are complemented by friendly behavior of their partners. In addition, high persecuting projective identification group has higher scores in hostility than low persecuting projective identification group, whose mean scores have negative value. That would indicate that low persecuting projective identification group has healthier interpersonal schemas for the hostile situations. They assume that their relationship with the partners are secure enough that even though they show hostile behavior, their partners do not show hostile behavior in return (See Table 3.9).

Table 3.9. Independent Samples T-tests for Low and High Idealizing and Persecuting Projective Identification Groups on Dominance- Submissive- Friendly-Hostility Situations in ISQ

ISQ- Hostility Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*DF*	*p*
Low Idealizing projective identification	56	.70	1.18	2.94	106	*p*<.01
High Idealizing projective identification	52	.01	1.24			

ISQ- Friendliness Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*DF*	*p*
Low persecuting projective identification	59	1,81	,90	2.02	107	*p*<.05
High projective identification	58	1,42	1,16			

ISQ- Hostility Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*DF*	*p*
Low persecuting projective identification	59	-,56	1,21	-6.18	115	*p*<.000
High persecuting projective identification	58	,76	1,12			

3.3.1.4 Concurrent and Predictive Validity of the Turkish Version of PDLI

Correlation analyses between measures were conducted to examine concurrent validity of Paulson Daily Living Inventory. Correlations will also indicate additional evidences for criterion validity of these scales. In addition to that, hierarchical regression analysis with stepwise equation procedure was conducted in order to investigate predictive validity of Emotional Dependency, Splitting and Separation Individuation factors on Projective Identification scores.

3.3.1.4.1 Correlations

Composite projective identification subscale of PDLI, which is composed of four paranoid-schizoid position components of projective identification between couples, is significantly negatively correlated with the depressive position component of the PDLI, which indicates no use of projective identification (r= -.29, p <.01) Depressive Position scores consistently negatively correlated with other

paranoid-schizoid position subscales, namely Persecuting Mother to Infant (r= -.22, p<.01), Infant to Persecuting Mother (r= -.21, p<.01), Infant to Ideal Mother (r= -.19, p<.01). Ideal Mother to Infant subscale has also negative correlation with Depressive Position subscale, yet correlation is not significant (r= -.12, ns.) (See Table 3.10).

As shown in table 3.10, composite projective identification scores are significantly positively correlated with Splitting Scale (r= .46, p<.01), Separation Individuation Inventory (r= .44, p<.01), and its subscales as well. This shows that projective identification is significantly correlated with splitting and separation individuation process pathology. In addition there is significant positive correlation between projective identification and emotional dependency scores (r= .31, p<.01) This indicates that projective identification in couple relationship is positively related with emotional dependency.

Correlations between PDLI and Interpersonal Schemas Questionnaire scores provided the conceptual model and hypothesis of the study as well. Composite projective identification scores have significantly negatively correlated with dominance scores of ISQ (r= -.18, p<.01) This shows that the person assumes dominant behaviors of the self are complementary to dominant behaviors of the partner. Also, projective identification scores have significantly positive correlation with hostility scores of ISQ (r= .19, p<.01). This indicates that person assumes the hostile behaviors of the self are complemented by hostile behaviors of the partner. This pattern is seen in the correlations of Infant to Persecuting Mother and Dominance and Hostility scores of ISQ as well. This shows that the person who identifies with the infant of a persecuting mother and interpersonally perceives constant threat from significant others, assumes that dominant behaviors of the self are complemented with partner's dominant behaviors, and hostile behaviors of the self are complemented by the partner's hostile behaviors. Consistently, Persecuting Mother to Infant scores significantly correlated with hostility scores of ISQ (r= .35, p<.01). Participants, who have identified with the persecuting mother, interpersonally perceive the significant others contemptuously and expect them to be submissive to his or her needs, assume that hostile behaviors toward the partner are

complemented by hostile behaviors of the partner. They also assume that friendly behaviors of the self are not complemented by friendly behaviors of the partner (r= - .16, p<.05).

Ideal Mother to Infant (r= - .13) and Infant to Ideal Mother (r= - .14) scores of PDLI showed significantly negative correlation with hostility scores of ISQ at .05 significance level. This shows that participants who have idealized way of projective identification assume that hostile behaviors of the self are not complemented by hostile behaviors of the partner.

Depressive Position scores of PDLI, which indicates no use of projective identification defense mechanism in couple relationships, have significantly positive correlation with friendliness scores of ISQ (r= .18, p<.01). Participant who do not use projective identification in the couple relationship assume that their friendly behavior toward their partner is responded by friendly behavior.

Table 3.10. Correlation coefficients among all variables

	1	2	3	4	5	6	7	8	9	10	11	12
Paulson Daily Living Scale 1.Composite PI												
2.PERMOTINF	.68**											
3.IDEMOTINF	.59**	.05										
4.INFPERMOT	.73**	.60**	.13*									
5.INFIDEMOT	.51**	-.06	.45**	.01								
6.DEPPOS	-.29**	-.22**	-.12	-.21**	-.19**							
7.Splitting Scale	.46**	.31**	.22**	.36**	.27**	-.13*						
8.Separation-Individuation Inventory	.44**	.36**	.13	.42**	.16*	-.14*	.57**					
9.Emotional Dependency Scale	.31**	-.12	.35**	-.04	.68**	-.28**	.22**	.09				
Interpersonal Schemas Questionnaire 10.ISQ-Dominance	-.18**	-.12	-.10	-.18**	-.04	-.04	-.05	-.02	.00			
11.ISQ-Submissiveness	-.02	-.04	.06	-.06	-.00	.01	-.05	-.10	.04	.01		
12.ISQ-Friendliness	-.12	-.16*	.03	-.19**	.06	.18**	-.03	-.06	.01	.04	.01	
13.ISQ- Hostility	.19**	.35**	-.13*	.33**	-.14*	-.05	.10	.24**	-.19**	-.12	-.13*	-.17*

Permotinf= PersPermotinf= Persecuting Mother to Infant; Idemotinf= Ideal Mother to Infant; Infpermot= Infant to Persecuting Mother; Infidemot = Infant to Ideal Mother; DD= Depressive Position; ** p <.01, ** p <.05

3.3.1.4.2 Regression Analyses

Control variables of sex, age, current and past romantic relationship experiences were entered in the first step of the hierarchical regression with stepwise equation modeling. In the second step, Splitting Scale, Separation Individuation Inventory, Emotional Dependency Scale, four subscales of ISQ (Dominance, Submissiveness, Hostility, and Friendliness) and desirability of ISQ situations were entered into equation in a stepwise manner. As can be seen in Table 3.11, Splitting Scale, and Emotional Dependency Scale were entered into equation in the first two rank. Desirability scores of ISQ entered into equation in the third order. Then Separation Individuation Inventory was the last entered variable. Projective identification had positive significant relationship with Splitting Scale (R^2_{change} = .21, F_{change} (1, 215) = 58.78, p < .000); with Emotional Dependency Scale (R^2_{change} = .07, F_{change} (1, 214) = 21.93, p < .000). Desirability of partners' corresponding behaviors in interpersonal schematic situations was negatively associated to projective identification. Lower levels of desirability of the correspondences in the partner relationship predicted higher levels of projective identification (R^2_{change} = .08, F_{change} (1, 213) = 30.88, p < .000). Higher levels of1 separation individuation pathology were related with higher levels of projective identification (R^2_{change} = .01, F_{change} (1, 212) = 6.74, p < .000).

This analysis revealed the predictive validity for PDLI that there is a strong and theoretically consistent predictive role of Splitting, Emotional Dependency and Separation Individuation problems on projective identification, which supports the predictive and concurrent validity.

Table 3.11. Hierarchical Regression Analysis for Measuring Predictors of Projective Identification

Variables	β	t	pr.	R^2 Δ	(df) F change
Splitting	.21	3.16*	.46	.21	(1, 215) 58.78**
Emotional Dependency	.38	6.15**	.37	.07	(1, 214) 21.93**
Desirability of ISQ situations	-.29	-4.73**	-.33	.08	(1, 213) 30.88**
Separation Individuation Pathology	.17	2.59*	.43	.01	(1, 212) 6.74**
		Total R^2		.40	

**p<.000, *p<.01

3.3.2 Psychometric Properties of Separation Individuation Inventory (SII)

Statistical analyses revealed some information about the reliability and validity of Separation Individuation Inventory. Cronbach's alpha coefficients, test-retest correlation coefficients and split-half coefficients revealed the reliability of SII. Correlations, t-test statistics and regression analyses gave further information about validity of Separation Individuation Inventory in the Turkish sample.

3.3.2.1 Internal Consistency, Split-Half and Test-Retest Reliability of the Turkish Version of SII

Internal consistency of the Turkish version of SII was measured in accordance with the original three-factor structure. Cronbach's Alpha for the total scale has been found to be .90. Cronbach's alpha for three subscales as follows: Splitting subscale has Cronbach's alpha of .78, Differentiation Difficulty subscale has Cronbach's alpha of .80, and Separation Individuation Related Relationship Problems subscale has Cronbach's alpha of .65. SII Internal consistency coefficients and item total correlation ranges can be seen in Table 3.12.

Table 3.12. Internal Consistency Measures of Separation Individuation Inventory

Measures	Cronbach's Alpha	Item Total Correlation Range
Separation Individuation Inventory-total	0.90	(0.09-0.57)
Splitting Subscale	0.78	(0.10- 0.51)
Differentiation Problems Subscale	0.80	(0.28-0.56)
Relationship Problems Subscale	0.65	(0.02- 0.41)

As can bee seen in Table 3.13, Guttman split- half reliability coefficient for Turkish version of SII was .89, .81 for part 1 and .81 for part 2. Split half reliability for Splitting subscale was .78, .69 for part 1 and .56 for part 2. Guttman split half reliability for Differentiation difficulty subscale was .79, .69 for part 1 and .64 for part 2. Split half reliability for Separation Individuation Related Relationship Problems subscale was .78, .38 for part 1 and .45 for part 2.

Test-retest reliability of the Turkish version of SII was measured in order to understand the stability of construct in time. Data set for test-retest reliability analysis consisted of 94 subjects. These subjects answered the questionnaires 4-5 weeks after the first administration. Test-retest correlation for SII total scale was .85, significant at .01 alpha level. Splitting subscale has .82; Differentiation subscale has .77; Relationship problems subscale has .79 test-retest correlation with the alpha coefficient significant at .01. See Table 3.12 for test-retest and split-half statistics.

Table 3.13. Test –retest Reliability Correlations and Split-half Reliability Coefficients of the Turkish Version of SII

Measures	Test-retest Reliability Correlations (N= 94)	Split-half Reliability Coefficients (N= 223)
SII- Total (Separation Individuation Inventory)	.85*	0.89
SII-Splitting	.82*	0.78
SII-Differentiation	.77*	0.82
SII-Relationship Problems	.79*	0.78

* $p < .01$.

3.3.2.2 Discriminant Validity of the Turkish Version of SII

Separation Individuation Inventory scores were transformed into a new categorical variable, 1 indicates scores lower than 132 point, which is 25% cut-off point, and 2 indicates higher than score of 191 point, which is 75% cut-off point. Low SII group has 57 subjects, who have very low level of Separation Individuation related problems. High SII group has 58 subjects who show Separation Individuation related psychopathology, either higher splitting, differentiation inability and relationship problems. Independent sample t-tests were conducted to assess difference between low and high SII groups according to their PDLI, SII, EDS and ISQ scores.

T- test analyses showed that except from their EDS scores, there is significant difference between low and high SII groups according to their projective identification, Depressive Position, and splitting scores. High SII group has significantly higher mean scores in projective identification (t= -6.16, df = 113, p<.00) and splitting scales (t= -8.80 df = 113, p<00). Consistent with the

hypotheses, low SII group, the group with low level of Separation Individuation pathology, has significantly higher scores in Depressive Position subscale of PDLI *(t*= 2.44, df = 113, *p*<05). Thus this group functions more mature level in interpersonal relations (See Table 3.14).

Table 3.14. Independent Sample T-test Analysis of Low and High Separation Individuation Problems Groups on PDLI, SS and EDS

Projective Identification of PDLI						
	N	Mean	SD	t	DF	p
Low Separation Individuation Problems	57	17,03	5,16	-6.16	113	*p*<.000
High Separation Individuation Problems	58	23,86	6,60			
Depressive Position of PDLI						
	N	Mean	SD	t	DF	p
Low Separation Individuation Problems	57	9,42	1,73	2.44	113	*p*<.05
Low Separation Individuation Problems	58	8,46	2,40			
Splitting Scale						
	N	Mean	SD	t	DF	p
Low Separation Individuation Problems	57	49,20	9,87	-8.80	113	*p*<.000
High Separation Individuation Problems	58	64,59	8,85			
Emotional Dependency Scale						
	N	Mean	SD	t	DF	p
Low Separation Individuation Problems	57	34,32	10,12	-.62	113	n.s.
High Separation Individuation Problems	58	35,60	11,80			

As can be followed in Table 3.15, Independent samples t-tests results for high and low separation individuation pathology groups on ISQ subscales showed that hostility subscale was the only significant interpersonal schema axis, which is significantly different between high and low separation individuation pathology groups. While low separation individuation pathology group assumes that their hostile behaviors toward their partners will not be replied with hostile behavior, subjects with high separation individuation pathology assumes that their hostile

behavior toward their partner will reacted with the hostile behavior similarly. Subjects with low level of separation individuation pathology have significantly lower scores on hostility subscale of ISQ (t= -4.01, df = 113, p<001). Negative mean value for low separation individuation pathology group shows that subjects in this group have assumptions or expectations in the interpersonal relationships that when they show distant or hostile behavior toward their partners, reaction of the partner would be in friendly and warm to them. This result may indicate that subjects with low separation individuation pathology have more secure relationship schemas in their couple relationships (see table 3.15).

Table 3.15. Independent Sample T-test Analysis of Low and High Separation Individuation Groups on ISQ Subscales

Hostility Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*DF*	*p*
Low Separation Individuation Problems	57	-0,28	1,29	-4.01	113	*p*<.001
High Separation Individuation Problems	58	0,71	1,39			

Dominance Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*DF*	*p*
Low Separation Individuation Problems	57	0,55	1,08	-0,32	113	n.s
High Separation Individuation Problems	58	0,62	1,15			

Submissiveness Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*DF*	*p*
Low Separation Individuation Problems	57	0,65	1,04	1.36	113	n.s.
High Separation Individuation Problems	58	0,39	1,00			

Friendliness Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	t	DF	p
Low Separation Individuation Problems	57	1,73	0,90	1.41	113	n.s.
High Separation Individuation Problems	58	1,43	1,30			

These results were consistent with the literature and theory. New adapted scales successfully differentiated extreme groups in the Turkish university students sample.

3.3.2.3 Concurrent and Predictive Validity of the Turkish Version of SII

Similar to PDLI, correlation analyses between Separation Individuation Inventory and other measures were conducted for evidences of concurrent validity and criterion validity. Table 3.10 covers the correlation coefficients of all measurements, thus all the results related to the correlations can be followed from Table 3.10. In addition to the correlations, hierarchical regression analyses with stepwise equation procedure was used in order to investigate predictive powers of Paulson Daily Living Inventory, Splitting Scale, and Emotional Dependency Scale on Separation Individuation Inventory.

3.3.2.3.1 Correlations

Separation Individuation Inventory, which measures pathologies of separation individuation process, had significant positive correlation with projective identification use in the couple relationship. Composite projective identification scores are significantly positively correlated with Separation Individuation Inventory (r= .44, p<.01). Except from Ideal Mother to Infant subscale of PDLI, all subscales were significantly correlated with Separation Individuation Inventory in the expected direction. Separation Individuation Inventory significantly positively correlated with Persecuting Mother to Infant subscale (r= .36, p<.01); with Infant to Persecuting Mother *(*r= .42, p<.01) and Infant to Ideal Mother (r= .16, p<.05). Depressive Position had significantly negative correlation with Separation Individuation Inventory (r= -.14, p<.05).

Separation Individuation Inventory had significant positive correlation with Splitting Scale (r= .57, p<.01).

Separation Individuation Inventory also showed significant positive correlation with Hostility dimension of ISQ (r= .24, p<.01). This indicates that participants who have separation individuation related difficulties and pathologies

interpersonally assume that their hostile behavior will be responded by hostile behavior of their partners.

3.3.2.3.2 Regression Analyses

Control variables of sex, age, current and past romantic relationship experiences were entered in the first step of the hierarchical regression with stepwise equation modeling. In the second step, all subscales of Paulson Daily Living Inventory, Splitting Scale, Emotional Dependency Scale, four subscales of ISQ (Dominance, Submissiveness, Hostility, and Friendliness) and desirability of ISQ situations were entered into equation in a stepwise manner.

Results showed in the Table 3.16. that after controlling the demographic variables, Splitting Scale was positively associated with the Separation Individuation Inventory with the 32 % of the explained variance ($R^2 = .32$, F_{change} (1, 214) = 103.23, $p < .000$). This result was quite in line with the literature that Separation Individuation pathology is mainly related with the splitting defense mechanism. In the second order, Infant to Persecuting Mother subscale of projective identification entered into equation that explained variance increased to 39%. Infant to Persecuting Mother had significant positive association with Separation Individuation pathology ($R^2_{change} = .05$, F_{change} (1, 213) = 18.21, $p < .001$). Thus having an internal position of an infant toward a persecuting mother in the couple relationship is highly related with separation individuation pathology. Finally Hostility subscale of Interpersonal Schemas Questionnaire showed significant positive association with Separation Individuation pathology. With the addition of hostility, explained variance increased to % 41 ($R^2_{change} = .02$, F_{change} (1, 212) = 7.78, $p < .01$). Having the assumption in the couple relationship that one's hostile behavior is responded with correspondent hostile behavior of the partner is related with separation individuation pathology. These results were mainly parallel with the relevant literature.

Table 3.16. Hierarchical Regression Analysis for Measuring Predictors of Separation Individuation Inventory

Variables	β	t	$pr.$	$R^2 \Delta$	$(df)\ F$ change
Splitting Scale	.49	8.33***	.57	.32	(1, 214) 103.23***
	.20	3.32**	.43	.05	(1, 213) 18.21**
Infant to Persecuting Mother Hostility -ISQ	.16	2.79*	.27	.02	(1, 212) 7.78*
		Total R^2		.41	

***p<.000, **p<.001, * p<.01

Therefore Separation Individuation Inventory showed satisfactory reliability and validity in terms of measuring Separation Individuation problems in the Turkish sample.

3.3.3 Psychometric Properties of Splitting Scale (SS)

Similar to Separation Individuation Inventory, Splitting Scale was also studied by the pilot study in order for exploring the adaptability to the Turkish culture. This section covers the summary of the statistical analyses related to the reliability and validity of Splitting Scale. Cronbach's alpha coefficients, test-retest correlation coefficients and split-half coefficients revealed the reliability of Splitting Scale. Factor analyses showed construct validity and revealed guidelines for item wording correlations. Correlations, t-test statistics and regression analyses provided some information about validity of SS.

3.3.3.1 Internal Consistency, Split-Half and Test-Retest Reliability of Turkish Version of SS

Internal consistency of the Turkish version of SS was measured. Cronbach's Alpha for the total scale has been found to be .70. Item total correlations were ranged between –0.02 and 0.46. Splitting Scale has a satisfactory internal consistency. But item 5 correlated negatively with the scale. It means inability to experience anger in the intimate relationships toward liked people. Wording of anger in the translation slightly had a positive connotation thus the relevant wording correction has been made. Internal consistency coefficients and item total correlation ranges of the Turkish version of SS can be seen in Table 3.17.

Table 3.17. Internal Consistency Coefficients and Item Total Correlation Ranges of the Turkish Version of SS

Measures	Cronbach's Alpha	Item Total Correlation Range
SS- Total (Splitting Scale)	0.70	(-0.02 - 0.46)

As Table 3.18 shows, split half reliability of the Turkish version of SS was measured and Guttman split- half reliability coefficient for the Turkish version of SII has been found to be .78, .49 for part 1 and .50 for part 2.

Test-retest reliability of the Turkish version of SS was measured in order to understand the stability of splitting utilization in time. Data set for test-retest reliability analysis consisted of 94 subjects. Test-retest correlation for SS total scale was .85 ($p < .01$).

Table 3.18. Test –retest Reliability Correlations and Split-half Reliability Coefficients of the Turkish Version of SS

Measures	Test-retest Reliability Correlations (N= 94)	Split-half Reliability Coefficients (N= 223)
SS- Total (Splitting Scale)	.85*	0.78

* $p < .01$.

3.3.3.2 Discriminant Validity of the Turkish Version of SS

Different independent samples T-Test analyses were used in order to assess criterion validity of Splitting Scale. Splitting Scale scores were transformed into a new categorical variable, point of 1 identified for the scores lower than 50, which is 25% cut-off point, and point of 2 is determined for scores higher than 65, which is 75% cut-off point. Low splitting group has 64 subjects, high splitting group has 63 subjects. Independent sample t-tests were conducted to assess difference between low and high Splitting groups according to their PDLI, SII, EDS and ISQ scores.

Table 3.19. Independent Sample T-test Analysis of Low and High Splitting Groups on PDLI, SII and EDS

Projective Identification of PDLI						
	N	Mean	SD	*t*	*df*	*p*
Low Splitting	64	16,43	4,87	-7.89	125	*p*<.000
High Splitting	63	24,09	6,00			
Depressive Position of PDLI						
	N	Mean	SD	*t*	*df*	*p*
Low Splitting	64	9,28	1,90	1.98	125	*p*<.05
Low Splitting	63	8,58	2,02			
Separation Individuation Inventory						
	N	Mean	SD	*t*	*df*	*p*
Low Splitting	64	127,69	37,21	-9.01	125	*p*<.000
High Splitting	63	188,31	38,52			
Emotional Dependency Scale						
	N	Mean	SD	*t*	*df*	*p*
Low Splitting	64	33,80	11,47	-2.91	125	*p*<.01
High Splitting	63	39,55	10,73			

Table 3.19 shows that group of participants who are high splitting scores group have significantly higher scores of projective identification than groups of subjects who are in the low splitting scores group (t= -7.89 df = 125, p<00). In terms of Depressive Position scores in PDLI, high splitting group has significantly lower mean scores than low splitting group (t= 1.98 df = 125, p<05). High splitting group has significantly higher mean scores in SII (t= -9.01 df = 125, p<00) and EDS (t= -2.91 df = 125, p<01) than low splitting group. As Table 3.20 shows, there was not any significant difference between high and low splitting groups in terms of their score on the subscales of Interpersonal Schemas Questionnaire. It seems that use of splitting defense is not related to the interpersonal schemas of the participants.

Table 3.20. Independent Sample T-test Analysis of Low and High Splitting Groups on ISQ Subscales

Dominance Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*df*	*p*
Low Splitting	64	0,79	1,12	0,92	125	n.s
High Splitting	63	0,61	1,14			

Submissiveness Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*df*	*p*
Low Splitting	64	0,47	1,05	0,45	125	n.s.
High Splitting	63	0,38	1,09			

Friendliness Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*df*	*p*
Low Splitting	64	1,69	0,88	0,29	125	n.s.
High Splitting	63	1,64	1,10			

Hostility Subscale of Interpersonal Schemas Questionnaire

	N	Mean	SD	*t*	*df*	*p*
Low Splitting	64	-0,03	1,32	-1.52	125	n.s.
High Splitting	63	0,34	1,41			

3.3.3.3 Construct Validity of the Turkish Version of SS

Gerson (1984) constructed the Splitting Scale in order to measure the splitting defense usually seen in the borderline and narcissistic personality disorders. Gerson created items after an extended review of the literature on splitting and by the help and guidance of the experts (supervisor candidates in psychoanalytic education). There were not any reversed items, thus higher score indicate higher levels of utilization of splitting mechanism. 9 items were created in order to assess the separation of good and bad images of self and other (Items were 1, 2, 3, 5, 7, 9, 11, 12, 13). Items 3 and 5 were specifically for assessing the anger as an emotion in the genesis of the splitting. Items 6 and 14 were planned to assess idealization component of the splitting. Items 4 and 8 were designed to understand the relationship between splitting and grandiosity. Item 10 is specifically for assessing identity diffusion, which results from the splitting. Gerson (1984) conducted factor analysis with principle component analysis method and found out 3 factors with the

eigenvalues greater than one. The first factor explained 45,8 % of the variance and composed of 10 items with eigenvalues greater than 3. The other two factors were composed of 4 items related to grandiosity and splitting related relationship problems. Gerson concluded that Splitting Scale has homogeneity enough to measure splitting defense.

The Turkish version of Splitting Scale was examined in terms of construct validity statistics. Exploratory Factor Analysis was conducted with varimax rotation and the principal component analysis (PCA) option of Statistical Package for the Social Sciences (SPSS). Sample size criterion is achieved; there were 223 cases for 14 items. As in line with Tabachnick and Fidel (2001) KMO and Bartlett's test gave the Kaiser-Meyer-Olkin Measure of sampling adequacy as .74, showed that this data is moderately significantly adequate to measure 14 item inventory factor structures (see Table 3.21).

Table 3.21. Kaiser-Meyer-Olkin Measure of Sampling Adequacy and Bartlett's Test of Sphericity for Factor Analysis of SS

Kaiser-Meyer-Olkin Measure of Sampling Adequacy		,739
Bartlett's Test of Sphericity		
	Approx. Chi-Square	457,457
	df	91
	Sig.	,000

The factor analysis revealed four factors, explaining 51% of variance. Eigenvalues of these four factors were 3.16, 1.58, 1.30, and 1.03. 22.58% of variance explained by first factor, 11.28% of variance explained by second factor, 9.30% of variance explained by third factor and 7.41% of variance explained by fourth factor. Item by item loadings examination revealed that results have the similarity in some extend with the Gerson's original article (1984) that the first factor has 10 items explaining greater amount of the variance, namely 45,8 % in the original article, and 22,58 % in this study. For the items of 1, 2, 3, 7 and 13 relevant wording corrections have been made in order to clarify the meaning of the original item construct.

Table 3.22. Rotated Component Matrix for the Turkish Version Splitting Scale

	1	2	3	4
3 When I'm angry, everyone around me seems rotten.	,615	-,385		
11 Sometimes I feel my love is dangerous.	,612			
9 There are times my partner seems as strong as iron, and at other times as helpless as a baby.	,593			
10 I often feel that I can't put the different parts of my personality together, so there is one "me".	,584			-,306
14 Some people have too much power over me.	,563	,370		
2 When I'm with someone really terrific, I feel dumb.	,541		,504	
4 My friends don't know how much I'd like to be admired by people.	,523	-,360		
12 When I'm in a new situation, there is often one person I really dislike.	,521			
6 It's very painful when someone disappoints me.	,431	,587		
7 I have absolutely no sympathy for people who abuse their children.		,487	-,482	
8 Sometimes I feel I could do anything in the world.	,410		-,486	
13 It's harder for me to become sexually excited when I'm depressed.		,411		-,557
5 It's hard for me to get angry at people I like.		,455	,429	,466
1 I hate to hear someone close to me being criticized.	,366			,380

3.3.3.4 Concurrent and Predictive Validity of the Turkish Version of SS

Correlation coefficients between Splitting Scale and other instruments can be followed in the Table 3.10. In addition to the correlations, hierarchical regression analyses with stepwise equation procedure was used in order to investigate predictive powers of Paulson Daily Living Inventory, Separation Individuation Inventory, Emotional Dependency Scale and Interpersonal Schemas Questionnaire on Splitting Scale.

3.3.3.4.1 Correlations

Splitting Scale, which measures use of defense mechanism that break down and keep apart one's self and other representations as good and bad strictly, has

significant positive correlation with use of projective identification in the partner relationship (r= .46, p<.01). Splitting Scale had significant positive correlation with Persecuting Mother to Infant (r= .31, p<.01); with Ideal Mother to Infant (r= .22, p<.01); Infant to Persecuting Mother (r= .36, p<.01) and Infant to Ideal Mother (r= .27, p<.01). In a parallel vein, it has negative correlation with Depressive Position scale of PDLI (r= -.13, p<.05). In addition, SS has significantly positive correlations with Separation Individuation Inventory (r= .57, p<.01); with Emotional Dependency Scale (r= .22, p<.01). Thus, these theoretically related constructs revealed consistent relations among each other in the psychometric study.

3.3.3.4.2 Regression Analyses

For the aim of showing the relationships between Splitting Scale and other variables, hierarchical regression analysis was used. Control variables of sex, age, current and past romantic relationship experiences were entered in the first step. In the second step, all subscales of Paulson Daily Living Inventory, Separation Individuation Inventory, Emotional Dependency Scale, four subscales of ISQ (Dominance, Submissiveness, Hostility, and Friendliness) and desirability of ISQ situations were entered into equation in a stepwise manner.

As can be followed by Table 3.23, controlling the demographic variables, Splitting Scale was positively and strongly associated with the Separation Individuation Inventory. This relationship explained the 32 % of the total variance (R^2 = .32, F_{change} (1, 215) = 103.94, p < .000). Infant to Ideal Mother and Infant to Persecuting Mother subscales of projective identification showed also strong association with Splitting Scale. With their inclusion, total explained variance increased to 40 %. Splitting Scale had significantly positive association with Infant to Ideal Mother (R^2_{change} = .03, F_{change} (1, 214) = 11.75, p < .001) and with Infant to Persecuting Mother (R^2_{change} = .02, F_{change} (1, 213) = 7.21 p < .01). Thus having an internal position of an infant toward a persecuting mother in the couple relationship is highly related with separation individuation pathology. Finally Hostility subscale of Interpersonal Schemas Questionnaire showed significant positive association with Separation Individuation pathology. With the addition of hostility, explained variance increased to % 41 (R^2_{change} = .02, F_{change} (1, 212) = 7.78, p < .01). Having

the assumption in the couple relationship that one's hostile behavior is responded with correspondent hostile behavior of the partner is related with separation individuation pathology. These results were mainly parallel with the relevant literature.

Table 3.23 Hierarchical Regression Analysis for Measuring Predictors of Splitting Scale

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df) F change*
Separation Individuation Inventory	.47	7.82***	.57	.32	(1, 215) 103.94***
Infant to Idealized Mother	.20	3.46**	.28	.03	(1, 214) 11.75**
Infant to Persecuting Mother	.16	2.69*	.38	.02	(1, 213) 7.21*
		Total R^2		.40	

***p<.000, **p<.001, * p<.01

3.4 Conclusion

Psychometric examinations of PDLI, SII, and SS in the sample of Turkish young adults showed that these measurements are moderately reliable and valid instruments. They have average to good reliability and moderate concurrent, predictive and discriminant validity. This preliminary information on these instruments has been examined also in the sample of cohabiting Turkish couples in the present thesis. Due to the fact that these instruments are based on psychodynamic theories, reliability and validity strengths of them are even more important for the empirical researches. They have very vague and complex content in terms of their unconscious dimensions. Adaptation into Turkish was an important process regarding their utilization of clinical and research aims. Besides, specific cultural differences on these scales should be further examined by cross-cultural studies. In addition, ability of these scales to discriminate between normal and clinical samples should be focused in Turkish population as well in order to improve the knowledge on the validity and reliability of these instruments.

CHAPTER 4
METHODS

4.1 Overview

Sample characteristics, procedures of sampling and data analyses of the main study are presented in the Chapter 4. Except from the three newly translated instruments, Young Schema Questionnaire, Young Parenting Inventory, Multidimensional Jealousy Scale, Relationship Assessment Scale, Emotional Dependency Scale, are also used in the main study. In order to avoid repetition, translated instruments are only shortly declared in this chapter.

4.2 Participants

Participants were composed of 178 females and 178 males (356 individuals) who are partners to each other and cohabiting together. Average age of the participants was 35.64, with the standard deviation of 8.97. Age range was between 21 and 70. Three of the participants did not disclose their ages. While 330 of the participants (92.7 %) were married, 26 of them (7.3 %) were not married yet. However, all of the partners were living together in the time period that they filled the questionnaires.

4.3 Instruments

In the main study, in addition to newly adapted three questionnaires, Young Parenting Inventory, Young Schemas Questionnaire, Emotional Dependency Scale, Multidimensional Jealousy Scale, Relationship Assessment Scale were also used. Background information sheet also covers some important aspects of the personal lives of the participants.

4.3.1 Paulson Daily Living Inventory (PDLI)

PDLI (see Appendix B) is 60-item true-false scale to measure projective identification in the couple relationships. It has five subscales each has 12 items: Persecuting Mother to Infant, Infant to Persecuting Mother, Ideal Mother to Infant, Infant to Ideal Mother and Depressive Position subscales. First four subscales were used to make a composite score of projective identification. Depressive Position is a scale for measuring absence of projective identification (Paulson, 1978). For the aims of the present study, Persecuting Mother to Infant and Infant to Persecuting Mother scores were composed to form Persecuting Projective Identification. Ideal Mother to Infant and Infant to Ideal Mother scores were composed to form Idealizing Projective Identification. Detailed information about PDLI can be found in the second chapter, which explains the psychometric properties of PDLI elaborately.

4.3.2 Separation Individuation Inventory (SII)

SII (see Appendix C) is a 39-item, 10-point likert type scale to measure the separation-individuation related psychopathology of the individuals. Higher scores indicate higher levels of separation individuation pathology. Items of 7, 15 and 18 were reversed before the calculation. Even though the scale is constructed from three areas of separation individuation pathology, authors reported that 39-item SII has unitary factor structure explaining 49 % of the variance. The internal reliability of the inventory has been reported to be .92 (Christenson & Wilson, 1985). Second chapter, which explains the psychometric properties of SII elaborately, gives more information about adaptation process and other characteristics of SII.

4.3.3 Splitting Scale (SS)

Splitting Scale (see Appendix D) is a 14 item, 7- point Likert type scale to measure the individual's use of splitting defense mechanism. Total scores of the scale can be ranged between 14 and 98. Higher scores indicate higher use of splitting mechanism. Internal reliability of the total scale was .70, and test-retest reliability correlation was .84 ($p < .001$) (Gerson,1984). Reader can find elaborate

information about this newly translated inventory in the second chapter, which explains the psychometric properties of SS widely.

4.3.4 Young Schema Questionnaire (YSQ)

In the present study 90- item version of Young Schema Questionnaire (see Appendix F) has been used. YSQ originally produced as 205- items 16 schema areas by Young and Brown (1990). There is also 75-item YSQ (Young, 1998), which has 15 schema areas, is more frequently used in the research due to its practicality.

90-item YSQ was produced by including Approval/ Recognition Seeking, Punitiveness, and Negativity/ Pessimism subscales into 75-item YSQ (as cited in Çakır, 2007). Thus this inventory has two advantageous to the other previous forms. It is short enough for research purposes and it has more detailed schema structure then 75-item and 205-item YSQ.

Main construction of the YSQ is based on the schema theory that early maladaptive schemas are originated from toxic life experiences of the child. These bad experiences result in inappropriate fulfillment of 5 core emotional needs of the child, which are a) secure attachment to others; b) autonomy, competence and sense of identity; c) realistic limits and self control; d) freedom to express valid needs and emotions; and e) spontaneity and play (Young et al., 2003)

If these need areas are not satisfied optimally, in line with the theoretical base, 5 probable schema domains can come up in the adulthood: a) Disconnection and Rejection schema domain that individual assumes that his or her needs to have security, safety, stability, nurturance, acceptance or empathy will not be satisfied by the others; b) Impaired Autonomy and Performance schema domain that individual perceives the self as not powerful enough to survive separately from others or to function independently; c) Impaired Limits schema domain that individual has the deficiency in setting internal limits, having responsibility for others, orienting long term goals, cooperating with others and obeying rules; d) Other-directedness schema domain that individual gives more importance to others' feelings or responses at the expense of his or her own needs in order to get acceptance or to avoid interpersonal conflict; and e) Overvigilance and Inhibition schema domain that individual

suppresses spontaneous feelings, has strict and rigid internal rules at the expense of relaxation, intimacy and happiness (Young et al., 2003)

90-item YSQ originally measures 18 different early maladaptive schemas, which are grounded on these 5 schema domains.

a) Disconnection- Rejection: Abandonment/Instability; Mistrust/Abuse; Emotional Deprivation; Defectiveness/Shame; Social Isolation/Alienation

b) Impaired Autonomy and Performance: Dependence/Incompetence, Vulnerability To Harm Or Illness; Enmeshment/Undeveloped Self; Failure

c) Impaired Limits: Entitlement/Grandiosity; Insufficient Self-Control/Self-Discipline

d) Other-directedness: Subjugation; Self-Sacrifice; Approval-Seeking / Recognition-Seeking

e) Overvigilance and Inhibition: Negativity/Pessimism; Emotional Inhibition; Unrelenting Standards/Hypercriticalness; Punitiveness

Each item is rated on a 6-point likert scale. Point of 1 states “entirely untrue for me” and 6 states “describes me perfectly”. There is no previously defined cut off points but for the therapeutic aims only 5 and 6 point responses are interpreted. For the research purposes, mean scores of each schema dimension have been calculated. Higher scores show more frequent and stronger existence of early maladaptive schemas on the particular dimension. In addition, subjects’ mean scores on 5 main schema domains have been calculated.

Long and short versions of YSQ showed satisfactory reliability and validity in increasing number of studies throughout different cultures and populations. Original factor structure of the Young Schema Questionnaire is globally approved in several studies with different populations, yet there are some slight differences from the original construction in terms of subscale number and item loadings. Generally the results of factor analysis studies in clinical population show more accurate factor structure as referred in the original construction of the questionnaire then the studies with student- or normal sample (Schmidt, Joiner, Young & Telch, 1995; Waller,

Shah, Ohanian & Elliott, 2001; Waller, Meyer & Ohanian, 2001; Stopa, Thorne, Waters & Preston, 2001; Glaser, Campbell, Calhoun, Bates & Petrocelli, 2002; Welburn, Coristine, Dagg, Pontefract & Jordan, 2002; Cecero, Nelson & Gillie, 2004; Brotchie, Meyer, Copello, Kidney & Waller, 2004; Calvete, Estévez, López de Arroyabe & Ruiz, 2005;Cooper, Rose & Turner, 2005; Hoffart et al., 2005; Turner, Rose & Cooper, 2005; Rijkeboer, van den Bergh & van den Bout, 2005; Rijkeboer & van den Bergh, 2006; Anderson, Rieger & Caterson, 2006; Baranoff, Oei, Cho & Kwon, 2006; Riso et al., 2006; Lachenal-Chevallet, Mauchand, Cottraux, Bouvard & Martin, 2006; Pinto-Gouveia, Castilho, Galhardo & Cunha, 2006; Unoka, Tölgyes & Czobor, 2007; Atalay, Atalay, Karahan & Caliskan, 2008; Dutra, Callahan, Forman, Mendelsohn & Herman, 2008; Edworthy, Chasey & Williams, 2008; Lawson, Emanuelli, Sines & Waller, 2008; Saariaho, Saariaho, Karila & Joukamaa, 2009; Sines, Waller, Meyer & Wigley, 2008; Soygüt & Çakır, 2009; Specht, Chapman & Cellucci, 2009; Tremblay & Dozois, 2009; Trip, 2006; Van Vlierberghe, Braet & Goossens, 2009; Wright, Crawford & Del Castillo, 2009).

Turkish adaptation of 90-item version of YSQ has been reported by Soygüt et. al. (2009). Principal component factor analysis showed 14 explainable factors, which explain 49.11 % of the variance, and 5 higher-order domains. These are generally consistent with the original theoretical structure of the scale. Items of 14 schema areas are as follows: Emotional deprivation (55, 19, 37, 73, and 1), failure (6, 60, 78, 24, 42, and 33), pessimism (35, 17, 8, 26, and 80), social isolation/mistrust (58, 4, 76, 3, 57, 75, and 40), emotional inhibition (30, 84, 12, 66, and 48), approval- seeking/recognition-seeking (88, 52, 70, 56, 34, and 16), enmeshment /dependence (63, 81, 9, 79, 7, 64, 10, 25, and 82), entitlement/insufficient self-control (68, 69, 15, 50, 32, 51, and 22), self-sacrifice (83, 47, 29, 65, and 11), abandonment (2, 20, 38, 28, and 74), punitiveness (54, 72, 18, 53, 49, and 89), defectiveness (90, 41, 23, 43, 59, and 77), vulnerability to harm (62, 71, 44, 21, and 39), and unrelenting standards (13, 31, and 14). Higher order factors have been determined that a) Impaired Autonomy domain is composed of Enmeshment/Dependence; Abandonment; Failure; Pessimism; and Vulnerability to Harm schemas, b) Disconnection domain is composed of Emotional Deprivation;

Emotional Inhibition; Social Isolation/Mistrust; and Defectiveness schemas, c) Unrelenting Standards domain is composed of Unrelenting Standards; and Approval-Seeking, d) Impaired Limits domain is composed of Entitlement /Insufficient Self-Control schema, and e) Other-Directedness domain is composed of Self-Sacrifice; and Punitiveness schemas.

Cronbach's alpha statistics has been reported in the adaptation study (Soygüt et.al., 2009) that Turkish version of 90-item YSQ has medium level of Internal consistency. Alpha coefficients ranged between .53 and .81 for schema subscales and schema domains. Test- retest reliability of the Turkish version of 90-item YSQ is reported to be satisfactory for both schema subscales and schema domains (Pearson's correlation coefficients ranged between .66 and .83, $p< 0.01$). Concurrent validity of Young Schema Questionnaire is reported from the results of correlations of schema areas and domains with Global Severity Index (GSI), and the anxiety, depression, and interpersonal sensitivity subscales of SCL-90-R. All the correlations were reported to be statistically significant and in line with the expectations. Thus Turkish version of 90-item YSQ showed satisfactory concurrent validity. Discriminant validity analyses have been conducted by group base comparisons of the clinical and normal sample (sample size is 68 for each group). T-test results showed that clinical sample has significantly higher mean scores in schema subscales of emotional deprivation, failure, pessimism, social isolation/mistrust, emotional inhibition, enmeshment/ dependence, abandonment, defectiveness/shame, and vulnerability to harm and in schema domains of impaired autonomy and disconnection then the normal sample.

Supporting the discriminant validity of the Turkish version of 90-item YSQ, (Çakır, 2007) showed that group of patients with antisocial personality disorder have higher levels of failure, emotional deprivation, pessimism, emotional inhibition, enmeshment/dependence, social isolation/mistrust, abandonment, entitlement/insufficient self control, defectiveness, and subjugation then normal group. In addition, supporting the convergent validity, results revealed that for the group of patients with antisocial personality disorder, higher levels of belittling/criticizing parenting of their mothers positively predicted the impaired

autonomy schema domain. Higher levels of unlimited/permissive parenting of mothers predicted their disconnection and impaired limits schema domains. Higher levels of belittling/criticizing parenting of their fathers determined the impaired limits and disconnection schema domains. Also belittling/criticizing and restricted/emotionally inhibited parenting of their fathers determined the impaired limits schema domain.

Supporting the validity of the Turkish version of YSQ, Caner (2009) showed that for females, higher levels of impaired autonomy and other directedness schema domains increased the perception of their partners as more dependent. Higher levels of disconnection schema domain increased their perception of the partners as more detached, more controlling and more negative, but on the other hand lower levels of disconnection schema domain increased their perception of the partners as more reliable. For males, higher level of disconnection schema domain increased their perception of partners as more controlling and more negative.

4.3.5 Young Parenting Inventory (YPI)

Young Parenting Inventory (see Appendix E) is 72- item inventory, which originally constructed by means of clinical experience in order to measure the possible correlates and origins of early maladaptive schemas (Young, 1994). The original YPI consists of 17 different parenting behaviors, which are theoretical correlates of early maladaptive schemas of the individuals. Social Isolation schema has been excluded because it is assumed to emerge as a result of the relationships with peers in the adolescence.

Similar to Young Schema Questionnaire, Young Parenting Inventory is also rated on a 6-point Likert scale. Participants reveal their perceptions of their parents' behaviors during their childhood. Each behavior is rated twice, one for the behaviors of the mother and one for the behaviors of the father. Point of 1 states "completely untrue for my mother/ father" and point of 6 states "completely true for my mother/father". Except form the first 5 items, which are reverse items, higher scores indicate higher level of that particular parenting quality.

Validation studies of YPI are limited for the time being that (Sheffield, et.al, 2005) proposed more valid and reliable short version of YPI, which consists of 37 items and 9 subscales of early parenting behaviors. These subscales were emotionally depriving parenting (Cronbach's alpha's: .91 for mother form and .92 for father form); overprotective parenting (Cronbach's alpha's: .84 for both forms); belittling parenting (Cronbach's alpha's: .91 for both forms); perfectionist parenting (Cronbach's alpha's: .67 for mother form and .69 for father form); pessimistic/fearful parenting (Cronbach's alpha's: .77 for mother form and .73 for father form); controlling parenting (Cronbach's alpha's: .78 for mother form and .70 for father form); emotionally inhibited parenting (Cronbach's alpha's: .71 for mother form and .80 for father form); punitive parenting (Cronbach's alpha's: .74 for mother form and .79 for father form); and conditional/narcissistic parenting (Cronbach's alpha's: .79 for mother form and .70 for father form). Spearman's correlations for test-retest reliability ranged between .53 $p < .003$ and .85 $p < .001$ for all 9 subscales.

Even though there was not one by one match of subscales in the Spearman's rho correlations, many subscales, except from the subscales of perfectionist parenting for both parents and pessimistic/fearful parenting for fathers, were correlated in expected direction with Young Schema Questionnaire subscales. These results reveal moderate level of construct validity for YPI. In addition to that (Sheffield, Waller, Emanuelli & Murray, 2006) showed some evidences for criterion validity of 39- item YPI with eating disordered women sample. Their multiple regression result revealed that somatization and impulsivity in eating disordered women are determined by some of the YPI subscales. Higher scores in punitive parenting in fathers and controlling parenting in mothers and lower scores in pessimistic and controlling parenting in fathers were related to somatization scores of eating disordered women. In addition, pessimistic, controlling, emotionally inhibited, overprotective, perfectionist and punitive parenting in mothers; and overprotective, controlling, conditional/narcissistic parenting in fathers were related to impulsivity in eating disordered women. Lately, (Sheffield, et. al, 2009) reported that clinical group of eating disordered women had higher mean scores of short

version of YPI then non-clinical women group, except from perfectionist parenting subscale for mother and fathers. For normal sample, that has been found that there is positive effect of punitive parenting of father on the drive for thinness and this relationship is mediated by schema processes of the individual, namely social control schema overcompensation and behavioral/somatic avoidance of schema avoidance. For the clinical sample, emotionally avoidant parenting of mothers has positive effect on the body dissatisfaction, and this relationship is mediated by the schema process of behavioral/somatic avoidance. Thus, this study also gives partial evidence for validity of YPI.

Soygüt, et. al. (2008) adapted Young Parenting Inventory into Turkish and conducted psychometric study in the Turkish sample of 994 university students, 251 normal adults and 38 patients. Results of principal components analysis with varimax rotation revealed 10-factor structure, explaining 48 % for the maternal and 52 % for the paternal responses' variance. Resulting from 8 items were not loaded any factor, they are removed from the inventory. Thus, Turkish version of YPI is a 64-item inventory. Besides the first 5 items, 36, 45, 52 and 63 are also reversed items due to their factor loadings.

Subscales of the Turkish version of YPI emerged as follows: Emotionally depriving parenting (items of 1, 2, 3, 4, 5, 36, 45, 52); overprotective/anxious parenting (items of 14, 16, 17, 18, 19, 20, 53); belittling/criticizing (items of 8, 21, 22, 23, 24, 26, 28, 29, 30); pessimistic/worried (items of 56, 58, 59); normative (items of 31, 32, 37, 39, 40, 41, 42, 43, 46, 54, 60, 65); restricted/emotionally inhibited (items of 61, 62, 64); punitive (items of 63, 66, 67, 68); conditional/ achievement focused (items of 38, 69, 70, 71, 72); permissive/unlimited (items of 25, 47, 48, 49, 50, 51); and exploitative/abusive parenting (items of 6, 7, 9, 10, 11, 12, 13) (Soygüt et. al., 2008). Internal reliability coefficients for the subscales for mother form ranged between .53 and .86 and for father form ranged between .61 and .88. Split-half reliability coefficients have been ranged between .38 and .83 for the mother form and between .56 and .85 for the father form ($p < .01$) (Soygüt et. al., 2008). Turkish version of YPI showed good convergent validity that except from exploitative/abusive and permissive/ unlimited parenting of mothers and fathers, all

other subscales of the Turkish version of YPI has significant correlation coefficients with the indexes of SCL-90- R. Revealing the discriminant validity, t-test analyses showed that clinical group has higher scores in belittling/criticizing; emotionally depriving; exploitative/ abusive; conditional/ achievement focused; permissive/ unlimited; and restricted/emotionally inhibited parenting then the normal group.

Çakır (2007) have given the further evidences for the validity of Turkish version of YPI. Comparison of normal sample with the group of patients with antisocial personality disorder on the Turkish version of YPI highlights discriminant validity. Results showed that clinical group had higher scores on normative, belittling/criticizing, emotionally depriving, exploitative/abusive, and unlimited/permissive parenting for mothers and fathers; higher scores on punitive parenting of mothers, and lower scores of overprotective/anxious parenting for their fathers then the normal group. Strengthening the convergent validity, results also showed that belittling/criticizing, unlimited/permissive parenting of mothers and fathers found to be related to relevant early maladaptive schemas development in the group of patients with antisocial personality disorder.

Another study supporting the validity of YPI was conducted with 94 college students in Turkey. Soygüt & Çakır (2009) reported that certain early maladaptive parenting experiences were significantly associated to their interpersonal relationship schemas with their parents. Early experiences of overprotective/ anxious mothering qualities were significantly associated to the expectation of the participants from their mothers that when they are in a submissive behavioral attitude, mother's behaviors would become complementary, i.e. dominant. Punitive mothering experiences in the childhood were significantly associated to lower levels of this complementariness in the mother-child relationship, that means that when the participants behaves in submissive way toward their mothers, they do not expect their mothers to complement their behaviors. This may show the inadequacy in the interpersonal schemas. In addition, permissive/ unlimited mothering experiences in the childhood were associated to lower levels of complementariness in the interpersonal schemas of the participants when they are in friendly situations. That means that when the participants assumed

that they are in friendly attitude toward their mothers, they expected that their mothers do not react friendly to them. Higher levels of experiences of punitive and pessimistic/ anxious mothering were associated with higher levels of complementariness in hostility situations. This means that when participants assumed that they are behaving hostile to their mothers, they expected her to be hostile to them in return. For the early maladaptive parenting experiences for the fathers, results yielded that higher levels of achievement oriented fathering experiences in the childhood were associated with higher levels of complementariness scores in submissive situations, but lower levels of complementarity scores for dominance situations. This means that when the participants assumed that they behave submissively to their fathers, they expected him to behave dominantly and when they assumed that they behave dominantly to their fathers, they expected him not to complement with submission, but behave in dominant way in return. Thus there is an assumption of conflict with their fathers if the participants do not submit them. In addition, higher levels of belittling/ criticizing fathering experiences in the childhood predicted lower complementariness in friendly situation, i.e. expectation of hostile behavior from fathers in times of being in friendly attitude toward them. Lastly, higher levels of experiences of emotionally depriving, achievement-oriented and pessimistic/ anxious fathering were predicted higher levels of complementariness in hostility situations, i.e. participants assumed that when they are in hostile attitude toward their fathers, they expect him to behave in hostile manner in return.

Another study (Caner, 2009) supporting the validity of the Turkish version of YPI revealed that certain early maladaptive experiences of parenting predicted certain perceptions of the participants about their partners. For female subjects, higher levels of overprotective and belittling/criticizing parenting and lower levels of punitive parenting of their mothers predicted their perception regarding the partners' as more dependent. Higher levels of restricted/emotionally inhibited parenting of their fathers increased their perception of partners as more controlling. Higher level of overprotective/ anxious parenting of their fathers increased their perception of partners as more negative, such as more controlling, dependent and

detached. For male subjects, higher levels of belittling/ criticizing parenting of their mothers increased their perceptions of their partners as more controlling and more negative, and also higher levels of overprotective/ anxious parenting of mother and father increased the perception of their partners as reliable. Thus there are proven consistent and theoretically understandable relationships between early parenting behaviors of their mothers and father and participants' perceptions of the partners.

4.3.6 Multidimensional Jealousy Scale (MDJS)

Pfeiffer and Wong (1987) developed Multidimensional Jealousy Scale (see Appendix H) in order to assess different orthogonal dimensions of jealousy, which are emotional, cognitive and behavioral jealousy. MDJS is a 24-item scale and each item is rated on a 7-point scale. The scale has been formed by the consensus of the six judges. Emotional jealousy has been assessed through asking the subjects how upset they would feel in threatening jealousy-provoking situations. Cognitive jealousy has been measured by asking the subjects about how often they had suspicious thoughts regarding the threatening situations for romantic relationship. Questions that how often the subject engages in detecting and protecting behavior against probable threatening situations for romantic relationship has used to assess behavioral jealousy. Subjects are requested to think about a real person to whom the subject had a strong romantic relationship in the present or in the past.

Three sets of research have been used to test reliability and validity properties of Multidimensional Jealousy Scale. One hundred and seventy eight subjects with a broad age-range have participated to the first set. In the second set of there have been one hundred and twenty three subjects and in the third set seventy-six subjects have been enrolled. Principal axis factoring with orthogonal rotation method has been used in all three sets of research and they revealed a consistent and clear three-factor structure for Multidimensional Jealousy Scale. Subscales of the MDJS are cognitive jealousy (explained variance in three studies ranged between 36.3% to 28.7 % with an eigenvalue range of 8.7 to 6.89), emotional jealousy (explained variance in three studies ranged between 11.7 % to 9.4 % with an eigenvalue range of 2.82 to 2.25) and behavioral jealousy (explained variance in

three studies ranged between 16.2 % to 12 % with an eigenvalue range of 3.89 to 2.87). Internal reliability of the subscales has been reported to be ranged from .82 to .92 in three studies. Each subscale had significant positive correlation with to each other in a moderate degree. In the first study, cognitive jealousy had .31 correlation coefficient with emotional jealousy; behavioral jealousy had .37 correlation coefficient with cognitive jealousy; and emotional jealousy had .34 correlation coefficient with behavioral jealousy with 0.001 alpha significance level. Test-retest reliability for cognitive jealousy has been reported to be .75 and for emotional jealousy to be .82 at 0.001 alpha level and for behavioral jealousy correlation coefficient has been .34 at 0.05 alpha level (Pfeiffer et.al, 1989).

In the second study that Pfeiffer & Wong reported (1989) concurrent and discriminant validities of Multidimensional Jealousy Scale have been reported. Happiness, love, liking and other measurement for jealousy were the constructs to be tested in relation with MDJS. All dimensions of jealousy were significantly positively correlated with other jealousy instrument, which is a highly valid common instrument. Emotional jealousy was negatively correlated with happiness (r= -.24, p< .01), positively correlated with love (r= .20, p< .01), and negatively correlated with liking (r= -.15, p< .05). Cognitive jealousy was negatively correlated with love (r= -.20, p< .01) and liking (r= -.37, p< .001). Behavioral jealousy was negatively correlated with happiness (r= -.17, p< .05), and liking (r= -.43, p< .001).

In the third study Pfeiffer and Wong reported (1989) that Multidimensional Jealousy Scale had significant positive correlations with Self Report Jealousy Scale: There were .74 correlation coefficient with Emotional Jealousy; .52 correlation with Behavioral Jealousy; and .27 correlation coefficient with Cognitive Jealousy. This study provided further evidence for convergent validity.

Findings of the above mentioned studies showed that Multidimensional Jealousy Scale is a reliable and valid instrument to measure emotional, cognitive and behavioral jealousy dimensions.

Karakurt (2001) translated MDJS into Turkish and conducted the study revealing its psychometric properties in the Turkish sample. Factor analysis of the Turkish version of MDJS revealed 23 items. Fourth item of the emotional jealousy subscale, "A member of the opposite sex is trying to get close to X all the time", was not involved into the scale. There were 3 factors explaining 61% of the variance in the Turkish version of MDJS. According to the factor analysis results table (Karakurt, 2001, p. 40), emotional jealousy factor is composed of first 7 items, which has a cronbach's alpha of .91, explained 15.3 % of total variance (eigenvalue= 2.03). Behavioral jealousy subscale is composed of 8 items, which has a cronbach's alpha of .88, explained 19% of total variance (eigenvalue= 2.48). Cognitive jealousy subscale is composed of 8 items, which explained 21.9% of the variance (eigenvalue= 8.45), with the cronbach's alpha of .86.

4.3.7 Emotional Dependency Scale (EDS)

Emotional Dependency Scale (see Appendix I) is a 9-item measurement to assess emotional dependency in couple relationship. Items are rated on a 5-point scale. Higher points indicate higher levels of emotional dependency. Fourth item is rated reverse. Internal consistency of EDS has been reported to be .81. EDS has a one- factor structure explaining 48.2 % of the variance (Buunk, 1981).

4.3.8 Relationship Assessment Scale (RAS)

Relationship Assessment Scale (see Appendix G) is developed by Hendrick (1988) in order to have a general but at the same time a short measure of relationship satisfaction. It is a 7-item scale and originally each item is evaluated by the subject on a Likert type scale of "1" strongly disagree to "5" strongly agree for that question of interest. Higher scores show higher levels of relationship satisfaction. Fourth and seventh items are reversed items.

Hendrick (1988) examined the factor structure by means of principal component factor analysis and reported that RAS has a one factor structure with the eigenvalue greater than 1. This factor accounted for 46% of the variance. Also item total correlations are reported as varied from .57 to .76 thus they were in moderate

range. Convergent validity of RAS has also been proved that there is significant positive correlation between Relationship Assessment Scale and Dyadic Adjustment Scale, which is a well-known and strong measurement for relationship satisfaction (r=.80, p< .001) Regarding correlation coefficients between subscales of DAS and Relationship Assessment Scale, dyadic consensus subscale of DAS has .62, dyadic satisfaction subscale has .83, dyadic cohesion subscale has .57, and affectional expression subscale has .51 correlation coefficients, which are significant at .05 alpha level with the Relationship Assessment Scale. Regarding the discriminant validity, it has been shown by the ANOVA statistics that RAS has been significantly discriminating between the two groups of couples who are either continuing their relationship and who had broken up (F(1, 29) = 28.41, p < .0001).

In their article in 1998, Hendrick et. al. reported some further psychometric properties of Relationship Assessment Scale in different new samples. Across different ethnic samples in USA (30 Anglo couples, 27 Mexican-American Bicultural couples and 27 Mexican-American) it has been found that correlations between RAS and DAS ranged between .77 to .64. Thus RAS is generable across different cultures. Another study with different sample that Hendrick et. al. reported that DAS has high correlation with a 3-item scale of relationship satisfaction scale (Kansas Marital Satisfaction Scale, which has reported alpha's coefficient of .93). Variables of love attitudes, self-disclosure, perspective taking (self and other), conflict tactics and relational competence predicted RAS scores with 70 % of explained variance. They also reported some information about the reliability of RAS in terms of its consistency over time. Test-retest correlation of RAS within 6-7 weeks period of time was .85 for sixty- five university students. RAS scores of normal sample were significantly higher than the RAS scores of clinical population, which is composed of people who are seeking professional help for their couple relationship problems (For female group comparison: t (137) = 4.29, p< .01; for male group comparison t (120) = 3.08, p< .01). Authors also indicated that for the purposes of clinical use, scores over 4.0 would indicate normal partners and scores around 3.0 would indicate greater relationship dissatisfaction.

Vaughn and Matyastic Baier (1999) reported their research on the reliability and validity of the Relationship Assessment Scale with the clinical population composed of 55 men and 63 women. In this study alpha coefficient of RAS was .91. Item total correlations were ranged from .35 to .80. They also found high degree of correlation coefficient between RAS and DAS again with the clinical population (r=.84 p< .01).

Relationship Assessment Scale has been used in various researches. It has been found to be a reliable and valid instrument. In addition, it has a consistent and accurate relationship with the relevant measurements. For example, Cramer (2000) reported that RAS has significant negative correlation with conflict (r= -.35, p< .001) and negative conflict style (r= -.53, p< .001) between partners. The relationship between RAS and negative conflict style was still significantly negatively correlated with each other even conflict variable has been controlled. There were negative correlations between RAS and conflict between partners on minor (r= -.51, p< .001) and major issues (r= -.48, p< .001) (Cramer, 2002). RAS also found to be significantly negatively correlated with the belief of "disagreement is destructive" (r= -.26, p< .05). In addition, decrease in the consensus between partners was negatively correlated with RAS (r= -.35, p< .001) (Cramer, 2001a). Similarly, it has been found in a sample of dating students that higher level of discrepancy between the person's assumptions about what should a typical relationship shows about "disagreement is disruptive" assumption accounted for lower levels of Relationship Assessment Scale scores (Johnson, Fine, Polzella & Graetz, 2000). Hendrick and colleages (2006) found some further evidence for RAS that relationship satisfaction was significantly negatively correlated with permissiveness and instrumentality in the sexual attitudes of the partners.

RAS had significant positive correlations with perceptions of empathy (r= .65, p< .001) and unconditional love (r= .49, p< .001) from the partner. Negative conflict perception in the relationship had strong negative correlation with relationship satisfaction (r= -.48, p< .001) but this relationship has been found to be indirect in the path analysis. Conflict between partners destructs the perception of empathy and unconditional regard, thus decreases the relationship satisfaction

(Cramer, 2003b). Cramer (2001b) reported that consensus between the partners and RAS had highly significant positive correlation (r= .56, p< .001). Using humor in the couple relationship in a positive manner predicted RAS score in a positive direction. Also it was found that in the conflict situations, individuals who use less negative humor toward their partners have more RAS scores. Individuals with lower levels of relationship satisfaction has been found to use higher levels of avoiding humor, which is humor used for terminating the discussion, then the individuals who has high levels of relationship satisfaction (Butzer & Kuiper, 2008). In addition, RAS had positive correlation with acceptance in the relationship (r= .69, p< .001). In addition, it was found that the relationship between Relationship Assessment Scale and self-esteem, which was measured by Rosenberg Self Esteem Scale (Rosenberg, 1965), was moderated by the acceptance from the partner and individual's own need for approval in the romantic relationship. There was significant positive relationship between self-esteem and RAS for the individuals who perceive that they are more accepted by the partner. For the individuals who perceive lower acceptance from their partners, there was negative relationship between self-esteem and RAS (Cramer, 2003a). Trait and episodic forgiveness have found to be positively correlated with Relationship Assessment Scale scores (r= .17, p< .05 for trait forgiveness and r= .60, p< .001) for episodic forgiveness (Allemand, Amberg, Zimprich & Fincham, 2007).

RAS had significant negative correlation with Depression subscale of revised SCL-90 (r= -.44, p< .001) (Cramer, 2004). In another study (Cramer, 2006), Relationship Assessment Scale had significant negative correlation with depression subscale of SCL-90 (r= -.28, p< .01) and conflict between partners (r= -.61, p< .001). There were significant positive correlation between RAS and received care from the partner (r= .67, p< .001) and also received support from the partner (r= .49, p< .05). These factors found to be significantly determining RAS scores. White, Hendrick & Hendrick (2004) reported that RAS scores were negatively correlated with neuroticism but neuroticism was the predictive of relationship satisfaction by regression analysis only for men. Abbey, Clopton & Humphreys (2007) reported

that RAS score has been found to be negatively correlated with Obsessive-compulsive thoughts (r= -.26, p< .05).

Depression scores and stress levels of the husbands of women with breast cancer had significantly negatively correlated with relationship satisfaction (r= -.41 to -.53, p< .01 to p<.001 range between three different time measurements for depression) (r= -.27 to -.50, p<.05 to p<.001). Their global mental health scores had significant positive correlation with RAS scores, indicating that higher level of mental health was positively correlated with higher levels of relationship satisfaction (r= .44 to .53, p<.01 to p<.001). Husbands' RAS score had significantly positive correlation with their positive affect measured by PANAS (r= .46 to .32, p<.05 to p<.001) and had significant negative correlation with the negative affect (r= -.48 to -.31, p<.05 to p<.001). Husbands with higher levels of relation satisfaction in the first measurement time showed improvements in global mental health and stress over six weeks. This pattern could only be shown for husbands with higher levels of social support and their stress level. In this case partner relationship satisfaction had more protective power regarding mental health then social support (Segrin, Badger, Sieger, Meek & Lopez, 2006). Relationship satisfaction was significantly related to husbands' adjustment to anxiety related to breast cancer of their wife, but it has been shown that there is not a significant relationship between women's anxiety and relationship satisfaction scores (Segrin, Badger, Dorros, Meek & Lopez, 2007). Partners who are the carers of neurologically disordered patients had lower RAS scores then the patients (O'connor, McCabe & Firth, 2008).

Alpha reliabilities of Relationship Assessment Scale for the samples of those studies were reported to be between .72 and .93.

RAS translated into Turkish by Curun (2001). However differently from the original version, items were evaluated on 7-point scale: Point of 1 indicates strong disagreement for that item and point of 7 indicates strong agreement for the relevant question. Curun reported alpha coefficient of RAS as .86 for a sample of 140 university students who have a romantic relationship. Also factor structure of RAS for this sample revealed one factor explaining 52% of the variance. Turkish version of RAS has been used in order to prove validity of Multidimensional

Relationship Questionnaire (MRQ), which has been developed by Snell, Schicke and Arbeiter (2002) and translated into Turkish by Büyükşahin (2005). Büyükşahin reported that correlation coefficient between RAS and relationship satisfaction subscale of MRQ as .67 ($p < .05$).

In summary, Relationship Assessment Scale is a short, internally consistent and effectively discriminating measurement for relationship satisfaction. It has coherent one factor structure and small number of item content.

4.3.9 Demographic Information Form

Demographic information of the participants such as age, gender, birth and current living places, profession, marriage status, educational level, and socio-economical level were assessed. There were also questions related to family of origin such as weather or not parents are alive, number of siblings and birth order of the participant. In addition to that, some questions related to partner relationship were included, such as duration of the romantic relationship and living together, number of children from that relationship. Quality of the partner relationship was also assessed with such questions: "Do you think that you are in love with your partner now?"; Do you think that there is love in the base, or in the beginning or in any phase of your relationship?" ; "Have you ever had a fight with your partner due to jealousy?"; "Have your relationship with your partner ever broke up in the past?"; "Have you ever separated from your partner without your will?"; "Have you ever experienced physical violence in any form in your relationship with your partner?" (see Appendix A).

There were also five questions for generally assessing traumatic life experiences: Deprivation of the mother or the father in the childhood; "parentification" in the childhood (obliged to take responsibilities of taking care of the siblings, parents, other people or the household, or responsibility of working outside of the home); previous traumatic experiences such as earthquake, fire, flood, torture, kidnap, wounded, traffic accident… etc.; sudden loss of a significant other in the past due to an accident, suicide, natural or man-made disaster; experience of taking care of severely or chronically diseased person for a long time.

4.4 Procedure

Batteries were distributed to 350 couples (700 individuals) by means of snowball sampling procedure. There were reliable contact persons in different cities of Turkey and they were responsible for the return of the batteries. Questionnaires were gathered form the cities of Antalya, Ankara, Istanbul, Izmir, Bursa, Bolu, Balıkesir, Çanakkale, Muğla, Eskişehir, and Samsun in Turkey and three cities of the Netherlands (Rotterdam, Delft and Leiden) within 4 months. The entire Turkish sample in the Netherlands was born in Turkey and their mother language is Turkish. In order to eliminate the bias due to the sequence of the questionnaires in the battery, 4 possible sequences of the measurements were delivered to the participants randomly. Questionnaires were distributed within big envelops to the participants. Each envelope contains two questionnaires and two small envelops. Partners were asked to fill the questionnaires alone and to close the small envelop after putting their filled questionnaire inside it. By doing this, researcher tried to provide confidentiality and tried to omit probable biased answers. Also securely identifying each couple pairs without mistake could be guaranteed. Voluntary participation was acquired by the informed consent form (Appendix J), which states the aims and the procedure of the study and asks their signature for participants' acknowledgement. Demographic information of the participants has been asked in the Demographic Information Form (Appendix A). Beside the demographic information, this questionnaire also explored the participant's previous life events. These questions were related to their previous personal experiences of trauma, loss or "parentification", and also were related to their partner relationship characteristics.

4.5 Data Screening and Statistical Analysis

Prior to conducting the analyses, examination of the data through various SPSS statistical analyses has been conducted in order for accuracy of data entry, missing values, outliers, and the assumptions of multivariate analysis.

In order to provide accurate data analyses, outlier cases were excluded from the study. There were 4 univariate outliers in the sample. These subjects were also partners to each other. Thus 2 couples were excluded from the study. In addition to that, 5 multivariate outliers identified through Mahalonobis distance ($p < .001$) and

they were excluded form the study with their partners' questionnaires. Thus 10 individuals have been excluded further. Exploration of the background information sheet revealed that there was only 1 subject, who had been married and divorced before her current relationship. Thus this subject with her partner was also excluded from the study for the sake of generalizability of the findings. Consequently the sample size of this study has become 356 individuals who compose 178 couples.

Consecutive to that, the tests for normality, linearity, homogeneity, multicollinearity and homoscedasticity tests were explored. Normality tests revealed that Projective Identification scores and Splitting Scale scores were normally distributed, but other variables do not have normal distribution. Test for unidimentionality showed that the main variables do not have multicollinearity with each other. Several tests for homogeneity showed that all variables are homogeneous across gender groups. There are homogenous variance between males and females on all variables. Regarding the education level of the subjects, only Relationship Assessment Scale showed non-homogenous variance. Other variables showed homogenous variability across different educational level groups.

CHAPTER 5
RESULTS

5.1 Overview

Frequency and crosstabs statistics for the demographic variables, which include some information about relevant personal life experiences and partner relationship characteristics of the sample, have been shown in the beginning part of the results chapter. The following part reveals some psychometric properties of research instruments, namely internal and split half reliability coefficients to provide evidences for internal consistency especially for newly adapted measurements. The results related to the main hypotheses of the thesis have been revealed in the consecutive parts of the result chapter. Correlations among the variables, predictors of the main dependent variables and mediation analyses were explained in order to reveal the relationships among the variables. Moreover, in the last part of the result chapter, intraclass partial pairwise correlations of the partner pairs were presented in order to show similarities and interdependencies between them.

5.2. Descriptive and Crosstabs Statistics for the Demographic Variables

Besides the sample characteristics mentioned in the method chapter, further descriptive analyses were conducted to reveal more information about demographic variables related to personality and relationship characteristics of the sample.

Education level of the participants showed that majority of the participants were university degree graduates (44.1%), 42.7 % of them were women and 57.3% of them were men. 22.2 % of the participants were master degree or PhD graduates, 53.2% of them were women and 46.8% of them were men. 17.4 % of all participants were technical college graduates, 58.1 % of them were women and 41.9 % of them were men. 13.2 % of all participants were high school graduates, 55.3% of them were women and 44.7 of them were men. 1.1% of all participants were middle

school graduates and 1.4% of all participants were primary school graduates in this sample (see Table 5.1).

Table 5.1. Descriptive Statistics for the Demographic Variables: Crosstabs for Education and Gender of the Participants

Education Level	Women		Men		Total	
	N	% women	N	% men	N	% of education
Primary	4	2.3	1	0.6	5	1.4
Middle	1	0.6	3	1.7	4	1,1
High	26	14.8	21	11.8	47	13,2
Technical College	36	20.5	26	14.6	62	17.4
University	67	38.1	90	50.6	157	44.1
Master PhD	42	23.9	37	20.8	79	22.2

As can be seen in Table 5.2 most of the participants reported that they are in the middle class socioeconomic level (84.8 % of the participants). 5.1 % of the participants reported that they were in low socioeconomic level and 9.6 % of them reported that they were in high socioeconomic level.

Most of the participants (43.8% of the participants) reported that the duration of their relationship with the partners as more then 10 years. 28.9 % of the sample had a relationship with their partners between 5 and 10 years long. 16.3 % of the subjects had a relationship with their partner between 2 and 5 years long. Additionally, 5.9 % of the participants reported that their relationship with their partners have been lasting less then 1 year.

Similar to that, most of the participants (34% of the participants) reported that they have been living with their partners for more then 10 years. 20.2 % of them reported they have been living together between 5 and 10 years long and 19.1 % of them have been living between 2 and 5 years long. 10.4 % of the participants reported that they have been living together between 1 and 2 years long. 16.3 % of the subjects have been living together for less then 1 year.

Majority of the participants (46.6% of the participants) have no child. 25.8 % of the subjects had 2 children, 24.4 of them had 1 child. 2.5 % of them had 3 children. Rest of them (0.6 % of the participants) had more then 3 children.

Table 5.2. Descriptive Statistics for the Demographic Variables: Socioeconomic level, duration of the relationship, and duration of living together, number of the children

Demographic Variables		N	%
Socio-economic level	Low	18	5.1
	Middle	302	84.8
	High	34	9.6
Duration of the relationship	Less then 1 year	18	5.1
	Between 1&2 year	21	5.9
	Between 2&5 year	58	16.3
	Between 5&10 year	103	28.9
	More then 10 years	156	43.8
Duration of living together	Less then 1 year	58	16.3
	Between 1&2 year	37	10.4
	Between 2&5 year	68	19.1
	Between 5&10 year	72	20.2
	More then 10 years	121	34
Number of children	None	166	46.6
	1	87	24.4
	2	92	25.8
	3	9	2.5
	4	1	0.3
	5	1	0.3

As can be seen in Table 5.3, the majority of the participants (84.1%) reported that they were in love on the time of answering the questionnaires. 15.9 % of the subjects declared that they were not in love with their partners. When the question changed to whether or not there was love in the beginning, or in any phase of their relationship with the partner, 95.5 % of the participants answered as “yes, there was love in our relationship” and 4.5% of the subjects reported that “no, love was not present in any phase of our relationship”. Crosstabs statistics of these two questions showed that 2.3 % of the participants (8 subjects) reported not being in love with their partners and love was not present in any phase of their relationship.

In terms of the life experiences of the participants, there were number of questions, such as asking about early experiences of trauma or loss. For the item asking whether one or both parents of the subject was not present during the childhood of the participant, 20.1 % of the participants (71 subjects) answered yes, there was a parental deprivation in my childhood. 24.8% of the participants reported that they had overwhelming responsibilities in their childhood, like taking care for the siblings or working outside home to earn money. 32.9 % of the participants reported that they experienced a sudden loss of a significant person in their life due to a catastrophic event, like earthquake, traffic accident, sudden fatal disease or suicide. 13% of the subjects reported that they experienced a traumatic event such as any form of physical or sexual violence, serious accident, earthquake, fire, or flood. 9.6% of the subjects reported that they had to nurse to somebody who had a serious or chronic disease for a long time. 22.8 % of the participants reported that they had to be separated from current partners without their willing in the past. 34.8% of the participants reported that they had broken up with their current partners in the past. Thus those subjects had re-started their relationship with their current partners again.

45.1 % of the participants had at least one time discussion or quarrel with their partners because of jealousy in the past. Among those participants, 52.5% of them were women and 47.5% of them were men.

13.2 % of the subjects (15.3 % of the women and 11.2 % of the men) reported that they experienced physical violence form their partner in any form, such as hitting, harassing or throwing things toward. 16.6 % of the participants (16.4% of the women and 16.9% of the men) reported that they committed physical violence of any form to their partners. The crosstabs of these two items related to physical violence showed 79.4 % of the sample, who reported that they did not experience any form of physical violence in their relationship with their partners ever. 9.3% of the participants (33 subjects) reported that themselves and their partners committed physical violence of any form toward each other in their couple relationship in the past. 3.9% of the participants (14 subjects) reported that they experienced physical violence form their partner but they did not commit any form of physical violence to their partners. 7.3% of the subjects (26 subjects) reported that they committed

physical violence to their partners but they did not experience any physical violence form their partners (See Table 5.3).

Table 5.3. Descriptive Statistics Related to the Personal Experiences and Relationship Characteristics: Crosstabs of the Variables with the Gender of the Participants

		Women		Men		Total	
		N	% of women	N	% of men	N	%
Love Now	Yes	144	81.8	152	86.4	296	84.1
	No	32	18.2	24	13.6	56	15.9
Love in the Relationship	Yes	168	94.9	171	96.1	339	95.5
	No	9	5.1	7	3.9	16	4.5
Parental Deprivation in the Childhood	Yes	30	17	41	23	71	20.1
	No	146	83	137	77	283	79.9
Parentification in the Early Ages	Yes	36	20.3	52	29.2	88	24.8
	No	141	79.7	126	70.8	267	75.2
Experience of Loss	Yes	58	33	58	32.8	116	32.9
	No	118	67	119	67.2	237	67.1
Experience of Trauma	Yes	21	11.9	25	14	46	13
	No	156	88.1	153	86	309	87
Experience of Nursing To Another Person	Yes	18	10.2	16	9	34	9.6
	No	159	89.8	162	91	321	90.4
Unwilling Separation from Partner	Yes	41	23.2	40	22.5	81	22.8
	No	136	76.8	138	77.5	274	77.2
Broken Up with the Partner	Yes	65	36.9	58	32.8	123	34.8
	No	111	63	119	67.2	230	65.2
Discussion with the Partner due to Jealousy	Yes	83	48	75	42.4	158	45.1
	No	90	52	102	57.6	192	54.9
Violence from the Partner	Yes	27	15.3	20	11.2	47	13.2
	No	150	84.7	158	88.8	308	86.8
Violence to the Partner	Yes	29	16.4	30	16.9	59	16.6
	No	148	83.6	148	83.1	296	83.4

5.3. Significant Gender Differences on the Variables

MANOVA has been used to examine gender differences on the present study's variables. Ideal Mother to Infant, Infant to Ideal Mother, Persecuting Mother to Infant and Infant to Persecuting Mother subscales and Depressive Position

Subscale of PDLI, Separation Individuation Inventory, Splitting Scale, all subscales of Young Parenting Inventory, five domains of Young Schema Questionnaire, three dimensions of Multidimensional Jealousy Scale, Emotional Dependency Scale and Relationship Assessment Scale were assigned into the dependent variables, while the gender of the subjects were the comparison factor.

As shown in Table 5.4, MANOVA results indicated a significant group (gender) main effect, Wilks' Lambda = .65, Multivariate F (37, 317) = 4.65, $p < .05$, partial $\eta^2 = .35$. When the significance level for the univariate analyses was set as .001 with Bonferroni correction, Persecuting Mother to Infant, Ideal Mother to Infant subscales of PDLI and Normative Mothering early parenting experiences showed significant group difference.

Women had significantly higher scores on Persecuting Mother to Infant projective identification then men (F(1, 354)= 12.08, $p<.001$). Men had significantly higher scores on Ideal Mother to Infant projective identification them women (F(1, 354)= 36.10, $p<.000$). Results showed that women reported significantly higher levels of early maladaptive experiences of normative mothering (F(1, 354)= 24.91, $p<.000$) then men.

Table 5.4. MANOVA for significant gender differences on the variables

		N	Mean	Sd	*F*	*df*	Effect size (partial η^2)
Persecuting Mother to Infant	Female	178	.34	0.25	12.08*		.033
	Male	178	.26	0.23			
Ideal Mother to Infant	Female	178	.65	0.20	36.10**	1, 354	.093
	Male	178	.77	0.20			
Normative Mother	Female	178	2.86	0.87	24.91**		.066
	Male	178	2.44	0.72			

* $p < .001$, ** $p < .000$

5.4 Descriptive Statistics and Psychometric Properties of the Study Variables

Table 5.5 shows the possible values of the scales and their application values in addition to the means and standard deviations of the present study measures.

Tablo 5.5 Descriptive Statistics of the Study Variables

	Scale values Min-max	Application values Min-max		M	(sd)
Persecuting Mother to Infant	0-1	0-	1	.30	(.24)
Infant to Persecuting Mother	0-1	0-	1	.20	(.22)
Ideal Mother to Infant	0-1	.08-	1	.71	(.21)
Infant to Ideal Mother	0-1	.08-	1	.63	(.21)
Depressive Position	0-1	.25-	1	.72	(.17)
Composite Projective Identification	0-1	.08-	.79	.46	(.12)
Idealizing Projective Identification	0- 1	.17-	1	.67	(.18)
Persecuting Projective Identification	0- 1	0-	.96	.25	(.19)
Separation Individuation Inventory	1-10	1.05-	6.69	3.29	(1.06)
Splitting Scale	1- 7	1.23-	5.71	3.55	(.76)
Emotionally Depriving Mother	1- 6	1-	6	2.38	(.98)
Overprotective/ Anxious Mother	1- 6	1-	5.4	2.88	(.92)
Belittling/ Criticizing Mother	1- 6	1-	4.6	1.41	(.65)
Pessimistic/ Worried Mother	1- 6	1-	6	2.65	(1.15)
Normative Mother	1- 6	1-	5.5	2.65	(1.15)
Restricted/ Emotionally Inhibited Mother	1- 6	1-	6	2.94	(1.05)
Punitive Mother	1- 6	1-	6	2.54	(.95)
Conditional/Achievement Focused Mother	1- 6	1-	6	3.26	(1.08)
Over Permissive/ Boundless Mother	1- 6	1-	4.7	1.71	(.70)
Exploitative/ Abusive Mother	1- 6	1-	4	1.10	(.35)
Emotionally Depriving Father	1- 6	1-	6	2.82	(1.16)
Overprotective/ Anxious Father	1- 6	1-	5.4	2.63	(.85)
Belittling/ Criticizing Father	1- 6	1-	5.8	1.56	(.89)
Pessimistic/ Worried Father	1- 6	1-	6	2.63	(1.22)
Normative Father	1- 6	1-	5.7	2.76	(.90)
Restricted/ Emotionally Inhibited Father	1- 6	1-	6	3.41	(1.28)
Punitive Father	1- 6	1-	6	2.69	(1.07)
Conditional/Achievement Focused Father	1- 6	1-	6	3.27	(1.14)

Table 5.5. cont.

	Scale values Min-max	Application values Min-max		M	(sd)
Over Permissive/ Boundless Father	1- 6	1-	5.2	1.73	(.75)
Disconnection Schema Domain	1- 6	1-	4.1	1.85	(.60)
Exploitative/ Abusive Father	1- 6	1-	4	1.22	(.49)
Impaired Autonomy Schema Domain	1- 6	1-	4.4	1.89	(.60)
Unrelenting Standards Schema Domain	1- 6	1-	5.6	3.29	(.91)
Impaired Limits Schema Domain	1- 6	1-	5.2	3.39	(.80)
Other Directedness Schema Domain	1- 6	1-	5.6	3.35	(.77)
Relationship Assessment Scale	0- 7	2.7-	7	6.01	(.95)
Emotional Dependency Scale	1- 7	1.9-	7	5.02	(1.16)
Emotional Jealousy	1- 7	2-	7	5-88	(.86)
Behavioral Jealousy	1- 7	1-	6.5	2.30	(1.11)
Cognitive Jealousy	1- 7	1-	7	1.47	(.97)
Multidimensional Jealousy Scale	1-7	1.3-	6.2	3.10	(.70)

Table 5.6 presents the Cronbach's alphas, item total correlation ranges, Guttman split-half coefficients and coefficients for the two parts for all instruments as a contribution to the reliability and validity of the newly adapted measurements of the present study and also for the other measurements.

Internal reliability of the PDLI revealed that Cronbach's alpha coefficients of the subscales ranged between .51 to .84. Depressive Position had the lowest Cronbach's alpha coefficient. Except for that, all subscales of the PDLI, including the composed indexes for Persecuting projective identification and Idealizing projective identification, internal consistency is in the satisfactorily good range.

Separation Individuation Inventory had .89 and Splitting Scale had .71 Cronbach's alpha coefficients, which are also good to excellent range.

Other measurements of the present study showed good internal consistency that Cronbach's alphas of the all other measurements ranged between .80 and .95

Tablo 5.6. Reliability Statistics for all Variables

Measures	Cronbach's Alpha	Item Total Correlation Range	Guttman Split Half Reliability Coefficients	Internal Consistency Coefficients for Parts
Persecuting Mother to Infant	.78	.30 - .57	.78	.62 & .65
Infant to Persecuting Mother	.79	.31 - .52	.82	.66 & .61
Ideal Mother to Infant	.72	.12 - .52	.76	.48 & .58
Infant to Ideal Mother	.72	.18 - .48	.77	.48 & .57
Depressive Position	.51	.05 - .34	.55	.26 & .38
Composite Projective Identification Score	.77	-.03 - .42	.80	.61 & .61
Paulson Daily Living Inventory Total Score	.73	-.11 - .334	.74	.55 & .60
Persecuting Projective Identification	.84	.27 - .61	.86	.68 & .75
Idealizing Projective Identification	.80	.09 - .57	.83	.65 & .67
Separation Individuation Inventory	.89	.03 - .56	.88	.78 & .81
Splitting Scale	.71	.09 - .55	.71	.56 & .56
Emotional Jealousy	.82	.43 - .70	.84	.65 & .71
Behavioral Jealousy	.80	.40 - .60	.83	.64 & .67
Cognitive Jealousy	.92	.65 - .89	.92	.84 & .87
Multidimensional Jealousy Scale total score	.86	.24 & .56	.80	.75 & .79
Relationship Assessment Scale	.88	.50 - .80	.90	.71 & .81
Emotional Dependency Scale	.84	.43 - .70	.84	.70 & .75

Table 5.6. cont.

Measures	Cronbach's Alpha	Item Total Correlation Range	Guttman Split Half Reliability Coefficients	Internal Consistency Coefficients for Parts
Young Schema Questionnaire	.95	.24 & .55	.93	.90 & .90
Young Parenting Inventory Mother Form	.91	-.02 & .61	.88	.80 & .86
Young Parenting Inventory Father Form	.93	.24 & .60	.88	.85 & .89

5.5. Correlations Among All Variables in the Main Study

Correlations between the variables can be seen in Table 5.7. In line with the expectations, Persecuting Mother to Infant was significantly positively correlated with Infant to Persecuting Mother subscale of PDLS and significantly negatively correlated with Ideal Mother Infant, Infant to Ideal Mother and Depressive Position subscales of PDLS. Infant to Persecuting Mother had significant negative correlation with Infant to Ideal Mother. Infant to Ideal Mother and Ideal Mother to Infant had significant positive correlation. On the other hand, Depressive Position did not show significant correlations with Infant to Persecuting Mother, Ideal Mother to Infant, Infant to Ideal Mother subscales of PDLS. Also, even though the direction of the correlation was in line with the expectations, its significance level did not reach to .05 level for the correlation between Infant to Persecuting Mother and Ideal Mother to Infant.

Idealizing projective identification had significantly negative correlations with persecuting projective identification and cognitive jealousy. It also had significantly positive correlations with the Separation Individuation Inventory, Emotional Dependency Scale, Emotional Jealousy and Relationship Assessment Scale. Persecuting projective identification had significantly positive correlations with Separation Individuation Inventory, Splitting Scale, with all jealousy dimensions. It had significantly negative correlations with Emotional Dependency

Scale and Relationship Assessment Scale. Moreover, these results were in line with the theoretical expectations.

There were significantly positive correlations of Separation Individuation Inventory with Persecuting Mother to Infant, Infant to Persecuting Mother, Infant to Ideal Mother, Idealizing and Persecuting projective identification, Splitting Scale, all Jealousy measures and significantly negative correlation with Relationship Assessment Scale. Splitting Scale had significantly positive correlations with all dimensions of jealousy, and significant negative correlation with Relationship Assessment Scale. Emotional Dependency Scale had significantly positive correlations with Emotional Jealousy and Relationship Assessment Scale, but had significantly negative correlation with Cognitive Jealousy. Cognitive Jealousy had significantly positive correlation with Behavioral Jealousy but significantly negative correlation with Emotional Jealousy. Emotional Jealousy had significant positive correlation with Behavioral Jealousy, but did not have significant correlation with Cognitive Jealousy. Only Cognitive Jealousy dimension of the jealousy had significantly negative correlation with relationship satisfaction, which is measured by Relationship Assessment Scale.

Table 5.7. Correlations among variables

	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1. Permotinf	.47**	-.13	-.19	.56**	-.19	.87**	-.11	.36**	.27**	-.27**	.15	.22**	.13	.24**	-.53**
2. Infpermot		-.01	-.13	.61**	-.08	.84**	.04	.38**	.29**	-.20**	.06	.15	.20**	.21**	-.45**
3. Idemotinf			.48**	.57**	.86**	-.08	.05	.06	.05	.39**	.18	-.04	-.22**	-.06	.25**
4. Infidemot				.49**	.86**	-.19	.03	.11	.10	.66**	.21**	.07	-.14	.05	.47**
5. COMPOS					.62**	.68**	-.01	.42**	.33**	.24**	.27**	.19	.00	.21**	-.15
6. IDEAL PI						-.16	.04	.10	.09	.61**	.23**	.02	-.21**	.00	.42**
7. PERSC IP							-.05	.43**	.33**	-.28**	.13	.22**	.19	.26**	-.57**
8. Deppos								.05	.00	-.04	-.29**	-.18	-.11	-.26**	.07
9. SII									.53**	.03	.11	.28**	.15	.27**	-.25**
10. SPLIT										.03	.13	.17	.15	.22**	-.23**
11. EDS											.17	.04	-.15	.01	.54**
12. EmoJeal												.28**	-.03	.52**	.05
13. BehJeal													.41**	.85**	-.09
14. CogJeal														.69**	-.22**
15. JEAL															-.14*
16. RAS															-

Permotinf= Persecuting Mother to Infant; 2. Infpermot= Infant to Persecuting Mother; 3. Idemotinf= Ideal Mother to Infant; 4. Infidemot= Infant to Ideal Mother; 5. COMPOS= Composite Projective Identification; 6. IDEAL PI= Idealizing Projective Identification; 7. PERSC PI= Persecuting Projective Identification; 8. Deppos= Depressive Position; 9. SII= Separation Individuation Inventory; 10. SPLIT= Splitting Scale; 11. EDS= Emotional Dependency Scale; 12. EmoJeal= Emotional Jealousy; 13. BehJeal= Behavioral Jealousy; 14. CogJeal= Cognitive Jealousy; 15. JEAL= Multidimensional Jealousy Scale; 16. RAS= Relationship Assessment Scale. *p< .05, **p< .01

Correlations between early maladaptive schemas and projective identification scores showed that while persecuting or malignant dimensions of projective identification showed consistently significant correlations with all early maladaptive personality schemas, idealizing projective identification dimensions were selective in the correlations with early maladaptive schemas. All maladaptive schemas had highly significant and positive correlations with Persecuting Mother to Infant, Infant to Persecuting Mother and Persecuting projective identification scores. Early maladaptive schemas of Approval Seeking, Punitiveness and Unrelenting Standards had significantly positive correlations with both Ideal Mother to Infant and Infant to Ideal Mother subscales of PDLS and Idealizing projective identification composed score. Moreover, Emotional Deprivation had significantly negative correlation with Infant to Ideal Mother. There were significantly positive correlations between early maladaptive schema of Pessimism and Infant to Ideal Mother; and also between Ideal Mother to Infant and early maladaptive schemas of Self Sacrifice and Entitlement-Insufficient Self Control. Depressive Position scores of PDLS only had a significantly positive correlation with Entitlement- Insufficient Self Control (see Table 5.8).

Table 5.8. Correlations among Projective Identification variables and Early Maladaptive Schemas

	PMI	IPM	IMI	IIM	DD	Ideal PI	Pers PI
Emodep	0.27**	0.25**	0.05	-0.13*	-0.06	-0.04	0.31**
Failure	0.12*	0.23**	0.01	-0.03	0.01	-0.01	0.20**
Pessimism	0.15**	0.15**	0.01	0.14**	-0.05	0.09	0.17**
Isotrust	0.18**	0.29**	-0.02	-0.06	0.01	-0.05	0.27**
Represemo	0.22**	0.22**	0.06	-0.08	0.03	-0.01	0.25**
Approseek	0.21**	0.22**	0.16**	0.14**	0.01	0.18**	0.25**
Enmesdepend	0.16**	0.28**	0.01	0.00	-0.09	0.00	0.25**
Insufselfcont	0.16**	0.13*	0.11*	0.05	0.10*	0.09	0.17**
Selfsacrif	0.25**	0.21**	0.20**	0.10	-0.04	0.17**	0.27**
Abondonment	0.21**	0.28**	-0.02	0.06	-0.08	0.02	0.28**
Punitiveness	0.18**	0.10*	0.28**	0.21**	-0.07	0.28**	0.17**
Defectiveness	0.13*	0.26**	0.03	-0.01	-0.02	0.01	0.22**
Vulharm	0.24**	0.27**	0.05	0.08	0.03	0.07	0.30**
Unrelstand	0.11*	0.15**	0.17**	0.12*	0.02	0.17**	0.15**

Note. PMI= Persecuting Mother to Infant; IPM= Infant to Persecuting Mother; IMI= Ideal Mother to Infant; IIM = Infant to Ideal Mother; DD= Depressive Position; Ideal PI= Idealizing Projective Identification; Pers IP= Persecuting Projective Identification; Emodep= Emotional Deprivation; Isotrust= Social Isolation- Mistrust; Represemo= Emotional Inhibition; Approseek= Aproval Seeking; Enmesdepend= Enmeshment-Dependence; Insufselfcont= Entitlement-Insufficient Self Control; Selfsacrif= Self Sacrifice; Vulharm= Vulnerability to Harm; Unrelstand= Unrelenting Standards. *$p < .05$, **$p < .01$

As shown in Table 5.9, correlations between early parenting experiences and projective identification scores showed that all the significant correlations were on a positive direction.

Early maladaptive parenting experiences of normative and emotionally inhibited and restricted for both mothers and fathers showed significantly positive correlations with Persecuting Mother to Infant, Infant to Persecuting Mother and Persecuting projective identification scores. In addition to them, achievement focused fathering and abusive fathering had significantly positive correlations with all persecuting or malignant dimensions of PDLS. Early maladaptive experiences of achievement focused, permissive and abusive mothering and pessimistic fathering had significantly positive correlations with Infant to Persecuting Mother. Depressive Position had significantly positive correlation with only early maladaptive

experiences of pessimistic mothering, belittling/ criticising and emotionally inhibited fathering.

Idealizing projective identification had significantly positive correlations with protective mothering and fathering experiences. Persecuting projective identification had significantly positive correlations with normative, emotionally inhibited, achievement focused and abusive characteristics of early maladaptive mothering and fathering experiences and also had significant positive correlation with pessimistic fathering experiences.

Table 5.9. Correlations among Projective Identification variables and Early Mothering and Fathering Experiences

	PMI	IPM	IMI	IIM	DD	Ideal PI	Pers PI
Emodep-M	0.06	0.07	-0.06	-0.08	-0.02	-0.09	0.08
Protect-M	0.04	0.07	0.09	0.11*	0.00	0.12*	0.06
Critic-M	0.07	0.09	-0.10	-0.02	-0.05	-0.07	0.09
Pessi-M	0.01	0.08	0.05	0.05	0.12*	0.06	0.05
Normative-M	0.13*	0.12*	-0.01	0.08	-0.04	0.04	0.15**
Emoinhibit-M	0.16**	0.14**	0.08	0.02	0.03	0.06	0.17**
Punitive-M	0.04	0.03	-0.10	-0.05	0.02	-0.09	0.05
Achieve-M	0.10	0.13*	0.05	0.02	-0.02	0.04	0.13*
Permis-M	0.05	0.10*	-0.03	0.00	-0.04	-0.02	0.09
Abusive-M	0.09	0.12*	-0.05	0.05	-0.10	0.00	0.12*
Critic-F	0.07	0.08	-0.05	0.02	0.12*	-0.01	0.09
Emodep-F	0.06	0.09	-0.04	-0.07	0.08	-0.07	0.09
Protect-F	0.07	0.10	0.13*	0.13*	-0.06	0.15**	0.09
Pessi-F	0.06	0.14**	0.11*	0.01	0.10	0.07	0.11*
Normative-F	0.11*	0.13*	0.07	0.05	0.02	0.07	0.14**
Emoinhibit-F	0.11*	0.18**	0.12*	0.02	0.16**	0.08	0.17**
Punitive-F	0.07	0.03	-0.06	-0.08	0.04	-0.08	0.06
Achieve-F	0.14**	0.13*	0.06	0.00	0.06	0.03	0.16**
Permis-F	0.04	0.10	-0.01	-0.02	-0.03	-0.02	0.08
Abusive-F	0.11*	0.12*	0.00	0.04	0.00	0.02	0.13*

Note. PMI= Persecuting Mother to Infant; IPM= Infant to Persecuting Mother; IMI= Ideal Mother to Infant; IIM = Infant to Ideal Mother; DD= Depressive Position; Ideal PI= Idealizing Projective Identification; Pers IP= Persecuting Projective Identification; Emodep= Emotionally Depriving; Protect= Protective; Pessi= Pessimistic; Emoinhibit= Restricted- Emotionally Inhibited; Achieve= Conditional-Achievement Focused; Persmis= Permissive; M= Early Experiences of Mothering; F= Early Experiences of Fathering. *$p < .05$, **$p < .01$

As can be seen in Table 5.10, Jealousy scores had significantly positive correlations with early maladaptive schemas of Emotional Deprivation, Failure,

Pessimism, Social Isolation-Mistrust, Emotional Inhibition, Approval Seeking, Enmeshment- Dependence, Abandonment, Defectiveness, and Vulnerability to Harm.

All early maladaptive schemas had negative correlations with relationship satisfaction scores, measured by Relationship Assessment Scale. Except from punitiveness and unrelenting standards schemas, all schemas had significantly negative correlations with relationship satisfaction. Even though their correlations with relationship satisfaction could not reach to a statistically significant level the direction of the correlations were negative.

There was significantly positive correlation between pessimism schema and emotional dependency of the subjects. Emotional Dependency Scale had also significantly negative correlations with Emotional Deprivation and Social Isolation-Mistrust schemas.

Separation Individuation Inventory and Splitting Scale scores had consistently negative correlations with all early maladaptive schemas on a very high statistical significance.

Table 5.10. Correlations of Early Maladaptive Schemas with Jealousy, Relationship Satisfaction, Emotional Dependency, Separation Individuation Pathology, Splitting

	JEAL	RAS	EDS	SII	SS
Emodep	0.11*	-0.33**	-0.11*	0.31**	0.15**
Failure	0.17**	-0.19**	-0.05	0.48**	0.32**
Pessimism	0.12*	-0.14**	0.11*	0.49**	0.40**
Isotrust	0.16**	-0.29**	-0.11*	0.52**	0.42**
Represemo	0.12*	-0.20**	-0.08	0.39**	0.27**
Approseek	0.21**	-0.14**	0.02	0.47**	0.49**
Enmesdepend	0.20**	-0.20**	0.03	0.52**	0.33**
Insufselfcont	0.08	-0.11*	-0.02	0.25**	0.39**
Selfsacrif	0.07	-0.13*	0.07	0.33**	0.34**
Abondon	0.27**	-0.22**	0.05	0.55**	0.38**
Punitiveness	0.10	-0.01	0.20**	0.32**	0.40**
Defectiveness	0.15**	-0.19**	-0.04	0.51**	0.34**
Vulharm	0.21**	-0.17**	0.03	0.56**	0.45**
Unrelstand	0.09	-0.07	0.05	0.25**	0.36**

Note. Emodep= Emotional Deprivation; Isotrust= Social Isolation-Mistrust; Represemo= Emotional Inhibition; Approseek= Approval Seeking; Enmesdepend= Enmeshment-Dependence; Insufselfcont= Entitlement- Insufficient Self Control; Selfsacrif= Self Sacrifice; Abondon= Abondonment; Vulharm= Vulnerability to Harm; Unrelstand= Unrelenting Standards; JEAL= Multidimensional Jealousy Scale; RAS= Relationship Assessment Scale; EDS= Emotional Dependency Scale; SII= Separation Individuation Inventory; SS= Splitting Scale. *p< .05, **p< .01

As shown in Table 5.11, correlations of the early maladaptive parenting experiences with jealousy, relationship satisfaction, emotional dependency, separation individuation pathology and splitting showed theoretically consistent results. Jealousy scores had significantly positive correlations with protective, normative, achievement focused and permissive mothering; protective, normative and achievement focused fathering. There was a significantly negative correlation between jealousy and emotionally depriving fathering.

Relationship Assessment Scale has significantly negative correlations with early maladaptive experiences of Emotionally Depriving, Belittling/ criticising, Permissive Mothering, Emotionally Depriving, Normative, Achievement Focused, and Abusive Fathering.

Emotional Dependency Scale had significantly negative correlations with Emotionally Depriving Mothering and Fathering experiences, and also with early maladaptive experiences of Punitive Fathering.

Separation Individuation Inventory and Splitting Scale had significantly positive correlations with early maladaptive experiences of parenting in general. Separation Individuation Inventory did not have significant correlation with Emotionally Depriving and Punitive Mothering experiences. Splitting Scale did not make significant correlations with Emotionally Depriving Mothering and fathering experiences. Except for these parenting experiences, all other early maladaptive parenting experiences had significantly positive correlations with Separation Individuation Inventory and Splitting Scale.

Table 5.11. Correlations of Early Mothering and Fathering Experiences with Jealousy, Relationship Satisfaction, Emotional Dependency, Separation Individuation Pathology, Splitting

	JEAL	RAS	EDS	SII	SS
Emodep-M	-0.10	-0.16**	-0.11*	0.04	-0.03
Protect-M	0.11*	-0.08	0.11*	0.29**	0.31**
Critic-M	0.02	-0.13*	0.00	0.20**	0.21**
Pessi-M	0.05	-0.01	0.01	0.23**	0.21**
Normative-M	0.12*	-0.05	0.06	0.26**	0.31**
Emoinhibit-M	0.08	-0.08	0.00	0.25**	0.23**
Punitive-M	0.01	-0.04	-0.06	0.03	0.11*
Achieve-M	0.19**	-0.06	0.02	0.25**	0.30**
Permis-M	0.12*	-0.12*	0.00	0.29**	0.17**
Abusive-M	0.01	-0.08	0.04	0.21**	0.19**
Critic-F	-0.06	-0.09	-0.09	0.26**	0.17**
Emodep-F	-0.13*	-0.17**	-0.16**	0.16**	0.05
Protect-F	0.15**	-0.09	0.08	0.31**	0.29**
Pessi-F	0.06	-0.10	-0.05	0.28**	0.23**
Normative-F	0.11*	-0.12*	-0.07	0.30**	0.28**
Emoinhibit-F	0.01	-0.08	-0.04	0.22**	0.28**
Punitive-F	-0.01	-0.10	-0.22**	0.10*	0.13*
Achieve-F	0.19**	-0.13*	-0.07	0.25**	0.25**
Permis-F	0.09	-0.09	-0.03	0.26**	0.14**
Abusive-F	-0.01	-0.12*	-0.02	0.21**	0.19**

Note. JEAL= Multidimensional Jealousy Scale; RAS= Relationship Assessment Scale; EDS= Emotional Dependency Scale; SII= Separation Individuation Inventory; SS= Splitting Scale; Emodep= Emotionally Depriving; Protect= Protective; Pessi= Pessimistic; Emoinhibit= Restricted- Emotionally Inhibited; Achieve= Conditional- Achievement Focused; Permis= Permissive; M= Early Experiences of Mothering; F= Early Experiences of Fathering. *p< .05, **p< .01.

5.6. Regression Analyses Regarding the Functioning of Projective Identification within an Individual

Several regression analyses were conducted in order to explore how projective identification functions within an individual regarding the couple relationship. In the first part exploration of various relations among early parenting experiences, personality constructs and couple relationship constructs by means of several linear regression analyses. In the second part mediation role of projective identification between personality and relationship variables were explored by means of multiple regression analyses.

5.6.1 Multiple Hierarchical Regression Analyses for Relationships Among Early Maladaptive Parenting Experiences, Personality Characteristics and Couple Relationship Qualities

In the first set of various multiple hierarchical regression analyses, the effects of early maladaptive parenting experiences on the personality constructs were explored for mother and father forms separately. In the second set of analyses the effects of early maladaptive parenting experiences on the couple relationship characteristics were examined. In the third set, the effects of personality construct on the couple relationship variables were analyzed. In the fourth set, the contributions of personality variables on the projective identification were questioned. In the last set of analyses all variables of the study were regressed to the projective identification and depressive position variables in order to see the competency of the mixture of whole variables in determining the projective identification.

For all analyses, control variables of age, gender, socio-economical level, education level and marital status of the subjects were entered in the first step of the regression. In the second relevant predictors were entered into equation in a stepwise manner.

5.6.1.1 The Effects of Early Maladaptive Parenting Experiences on the Personality Constructs

For the aim of revealing the relationship between early parenting experiences and personality, several hierarchical regression analyses were conducted. Early maladaptive mothering and fathering experiences were regressed to five schema domains (disconnection, other directedness, impaired autonomy, impaired limits and unrelenting standards), persecuting and idealizing projective identification, splitting and separation individuation pathology separately.

5.6.1.1.1 The Effects of Early Maladaptive Parenting Experiences on Disconnection Schema Domain

As shown in Table 5.12, for the early maladaptive mothering and fathering experiences, among the control variables, gender, age and education level

contributed 13 % of the variance in disconnection schema domain. Being male, older and having lower levels of education were associated with higher levels of disconnection schema.

For the early maladaptive mothering experiences, on the second step, belittling/ criticizing mothering experiences contributed further 13% of the variance. On the third step permissive mothering; on the fourth step abusive mothering; and on the last step emotionally inhibited/ restricted mothering experiences entered into the equation. All these predictors explained 33% of the variance of disconnection schema. Higher levels of early experiences of belittling/ criticizing, permissive, abusive and emotionally inhibiting mothering were associated with higher levels of disconnection schema.

For the early maladaptive fathering experiences, on the second step, permissive fathering experiences were associated with higher levels of disconnection schema domain, which explained 8% of the variance. On the third step, emotionally depriving fathering contributed further 4% of the variance of disconnection schema domain. Moreover on the last step emotionally inhibited/ restricted fathering contributed to the disconnection schema domain. Including the control variables and other three fathering experiences explained 27% of the variance on disconnection schema domain.

Table 5.12. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Disconnection Schema Domain

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Control Variables				.13	(5, 344)	9.85***
Gender	.31	2.34*				
Age	.04	4.79***				
Education level	-.17	-2.56*				
2. Critical Mothering	.71	7.73***	.39	.13	(1, 343)	59.70***
3. Permissive Mothering	.47	5.16***	.38	.05	(1, 342)	26.60***
4. Abusive Mothering	.40	1.98*	.33	.01	(1, 341)	3.92*
5. Emotionally Inhibited Mothering	.13	2.30*	.19	.01	(1, 340)	5.25*
		Total R^2		.33		
Fathering Experiences						
1. Control Variables				.13	(5, 344)	9.85***
Gender	.31	2.34*				
Age	.04	4.79***				
Education level	-.17	-2.56*				
2. Permissive Fathering	.50	6.03***		.08	(1, 343)	36.40***
3. Emotionally Depriving Fathering	.23	4.16***		.04	(1, 342)	17.28***
4. Emotionally Inhibited Fathering	.13	2.78**		.02	(1,341)	7.71**
		Total R^2		.27		

*p< .05, ** p< .01, ***p< .000

5.6.1.1.2 The Effects of Early Maladaptive Parenting Experiences on Impaired Autonomy Schema Domain

None of the control variables were associated with the Impaired Autonomy Schema domain.

As shown in the Table 5.13, for the effects of early maladaptive mothering experiences on the impaired autonomy schema domain, results showed that higher levels of permissive, protective, belittling/ criticizing, pessimistic mothering, lower

levels of punitive mothering, higher levels of normative and abusive mothering were associated with higher levels of impaired autonomy schema domain. Their total contribution to explained variance of impaired autonomy schema domain was .34. When the Pearson's correlations were examined, punitive mothering experiences are positively correlated with impaired autonomy schema domain. Thus in this finding, it is evaluated that there seems to be a suppressor effect in the analysis.

For the effects of early maladaptive fathering experiences on the impaired autonomy schema domain, higher levels of protective, belittling/ criticizing, permissive, pessimistic fathering experiences and lower levels of punitive fathering experiences were found to be associated with higher levels of impaired autonomy schema domain. These five early maladaptive fathering experiences accounted 26% of the explained variance of impaired autonomy schema. Similar to previous regression result with punitive mothering, there is also a suppressor effect regarding punitive fathering experiences in this regression, because there is a positive Pearson's correlation of punitive fathering with impaired autonomy schema domain.

Table 5.13. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Impaired Autonomy Schema Domain

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Permissive Mothering	.33	7.55***	.38	.14	(1, 343)	57.01***
2. Protective Mothering	.18	5.70***	.31	.07	(1, 342)	32.49***
3. Critical Mothering	.19	3.97***	.38	.03	(1, 341)	15.79***
4. Pessimistic Mothering	.07	2.67**	.31	.02	(1, 340)	7.15**
5. Punitive Mothering	-.13	-3.62***	.12	.03	(1, 339)	13.08***
6. Normative Mothering	.10	2.28*	.29	.01	(1, 338)	5.20*
7. Abusive Mothering	.21	2.22*	.31	.01	(1, 337)	4.92*
		Total R^2		.34		
Fathering Experiences						
1. Protective Fathering	.25	7.00***	.35	.12	(1, 343)	49.11***
2. Critical Fathering	.19	5.91***	.35	.07	(1, 342)	32.64***
3. Permissive Fathering	.15	3.68***	.30	.03	(1,341)	13.55***
4. Pessimistic Fathering	.08	3.01**	.34	.02	(1, 340)	9.10**
5. Punitive Fathering	-.09	-2.82**	.13	.02	(1, 339)	7.98**
		Total R^2		.26		

*p< .05, ** p< .01, ***p< .000

5.6.1.1.3 The Effects of Early Maladaptive Parenting Experiences on Unrelenting Standards Schema Domain

None of the control variables were significantly associated with unrelenting standards schema domain.

As shown in Table 5.14, among the early maladaptive mothering experiences variables, on the first step achievement-oriented mothering, on the second step abusive mothering and on the last step emotionally inhibited/ restricted mothering were significantly associated with unrelenting standards schema domain. Their contribution accounted 14% of the variance.

Among the early maladaptive fathering experiences, on the first step emotionally inhibited/ restricted fathering, on the second step achievement-oriented fathering, and on the last step abusive parenting were found to be associated with higher levels of unrelenting standards schema domain. These there factors explained 13% of the variance on this schema domain.

Table 5.14. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Unrelenting Standards Schema Domain

Variables	*β*	*t*	*pr.*	$R^2 \Delta$	*(df)*	*F change*
Mothering Experiences						
1. Achievement- oriented Mothering	.26	5.88***	.30	.09	(1, 343)	34.58***
2. Abusive Mothering	.47	3.64***	.19	.03	(1, 342)	13.28***
3. Emotionally Inhibited Mothering	.13	2.78**	.23	.02	(1, 341)	7.73**
		Total R^2	.14			
Fathering Experiences						
1. Emotionally Inhibited Fathering	.21	5.53***	.29	.08	(1, 343)	30.63***
2. Achievement-oriented Fathering	.15	3.37**	.26	.03	(1, 342)	11.34**
3. Abusive Fathering	.23	2.44*	.14	.02	(1,341)	5.95*
		Total R^2	.13			

*p< .05, ** p< .01, ***p< .000

5.6.1.1.4 The Effects of Early Maladaptive Parenting Experiences on Impaired Limits Schema Domain

As shown in Table 5.15, none of the control variables were significantly associated with impaired limits schema domain.

Among the early maladaptive mothering experiences variables, higher levels of emotionally inhibited/ restricted, permissive and achievement-oriented mothering experiences were found to be associated higher levels of impaired limits

schema domain. The total contribution of these three factors to the explained variance was 12 %.

Among the early maladaptive fathering experiences variables, higher levels of emotionally inhibited/ restricted fathering, abusive fathering, and pessimistic fathering were found to be associated with higher levels of impaired limits schema domain. The contribution of these three factors to the explained variance was 14 %.

Table 5.15. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Impaired Limits Schema Domain

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Emotionally Inhibited Mothering	.15	3.72***	.20	.07	(1, 343)	13.85***
2. Permissive Mothering	.17	2.76**	.15	.03	(1, 342)	7.61**
3. Achievement- oriented Mothering	.10	2.38*	.19	.02	(1, 341)	5.69*
		Total R^2	.12			
Fathering Experiences						
4. Emotionally Inhibited Fathering	.15	4.66***	.24	.09	(1, 343)	21.74***
5. Abusive Fathering	.26	3.16**	.17	.03	(1, 342)	9.96**
6. Pessimistic Fathering	.09	2.57*	.24	.02	(1,341)	6.63*
		Total R^2	.14			

*p< .05, ** p< .01, ***p< .000

5.6.1.1.5 The Effects of Early Maladaptive Parenting Experiences on Other- directedness Schema Domain

As presented in the Table 5.16, control variables of age and education level were significantly associated with Other-directedness schema domain. Being older and having lower levels of education contributed 9% of the explained variance of Other-directedness schema domain.

Among the variables of early maladaptive mothering experiences, higher levels of early experiences of emotionally inhibited/ restricted mothering, normative mothering, abusive mothering and lower levels of punitive mothering were found to be significantly associated with higher levels of Other-directedness schema domain. The total contribution of all significant variables to explained variance of other-directedness schema domain was 24 %.

For the variables of early maladaptive fathering experiences, other than the effects of control variables, higher levels of early experiences of normative fathering, emotionally-inhibited/ restricted fathering, abusive parenting and lower levels of punitive parenting were found to be associated with higher levels of Other-directedness schema domain. The total explained variance of other-directedness schema by these factors was 22%.

Similar to the results of hierarchical regressions for the effects of early maladaptive parenting experiences on the impaired autonomy schema domain, there is also a suppressor effect in these analyses, in which the other-directedness schema domain is the dependent variable. Even though positive Pearson's correlations between other-directedness schema domain with punitive mothering and punitive fathering experiences, regression result showed that there are negative associations between them. Thus, it is concluded that there is a suppressor effect in these regression analyses as well.

Table 5.16. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Other-directedness Schema Domain

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Control Variables						
Age	.02	3.31**		.09	(5, 344)	6.49***
Education level	-.13	-.57**				
2. Emotionally Inhibited Mothering	.21	5.90***	.30	.08	(1, 343)	34.85***
3. Normative Mothering	.20	3.99***	.30	.04	(1, 342)	15.94***
4. Abusive Mothering	.24	2.27*	.15	.01	(1, 341)	5.16*
5. Punitive Mothering	-.13	-2.83**	.04	.02	(1, 340)	8.02**
		Total R^2		.24		
Fathering Experiences						
1. Control Variables						
Age	.02	3.31**		.09	(5, 344)	6.49***
Education level	-.13	-.57**				
2. Normative Fathering	.23	5.42***	.28	.07	(1, 343)	29.38***
3. Emotionally Inhibited Fathering	.11	3.20***	.27	.02	(1, 342)	10.25**
4. Abusive Fathering	.24	3.13**	.18	.02	(1,341)	9.82**
5. Punitive Fathering	-.11	-2.57*	.08	.02	(1, 340)	6.58*
		Total R^2		.22		

*p< .05, ** p< .01, ***p< .000

5.6.1.1.6 The Effects of Early Maladaptive Parenting Experiences on Persecuting Projective Identification

Hierarchical regression analyses were conducted with stepwise regression method in order to explore the effects of early maladaptive parenting experiences on the projective identification of the subjects. There were two regression analyses; one for persecuting projective identification, and one for idealizing projective

identification as dependent variables. As occurred in other regressions, control variables of age, gender, education level, marital status and socioeconomic level were entered into the equation in the first step.

As shown in Table 5.17, none of the control variables were found to be significantly associated with persecuting projective identification.

For the effects of early maladaptive mothering experiences on persecuting projective identification, higher levels of emotionally inhibited mothering and abusive mothering experiences were significantly associated to higher levels of persecuting projective identification. Their total effect accounted only 4 % of the variance.

Among the early maladaptive fathering experiences, emotionally inhibited fathering experiences entered into the equation firstly; it's effect accounted 4 % of the variance. On the next rank, abusive early fathering experiences accounted further 2 % of the variance on persecuting projective identification.

Table 5.17. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Persecuting Projective Identification

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Emotionally Inhibited Mother	.03	2.99**	.16	.03	(1, 343)	8.94**
2. Abusive Mother	.06	2.27*	.12	.01	(1, 342)	5.15*
		Total R^2		.04		
Fathering Experiences						
1. Emotionally Inhibited Father	.03	3.51***	.19	.04	(1, 343)	12.30***
2. Abusive Father	.05	2.65**	.15	.02	(1, 342)	7.04**
		Total R^2		.06		

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

5.6.1.1.7 The Effects of Early Maladaptive Parenting Experiences on Idealizing Projective Identification

In the regression analyses for the effects of early mothering experiences on idealizing projective identification, demographic variables of gender, marital status, and education level were found to be significantly associated with idealizing projective identification. They contributed to 6 % of the variance of idealizing projective identification. Being older, married and having lower levels of education

were significantly associated with idealizing projective identification. Higher levels of early experiences of protective mothering (β = .02, t [343] = 2.019, p< .05) and lower levels of belittling/ criticizing mothering experiences (β = -.03, t [342] = -1.99, p< .05) were significantly associated to higher levels of idealizing projective identification. Their total contribution to explained variance of idealizing projective identification was 9%.

Among the early maladaptive fathering experiences, controlling the effects of demographic variables, only protective father accounted into idealizing projective identification. Its contribution was %2. Higher levels of early protective fathering experiences predicted higher levels of idealizing projective identification (β = .03, t [343] = 2.34, p< .05) (see Table 5.18)

Table 5.18. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Idealizing Projective Identification

Variables	β	t	$pr.$	$R^2 \Delta$	(df)	F change
Mothering Experiences						
1. Control variables						
Gender	.05	2.75**		.07	(5, 344)	5.45***
Marital status	.09	2.43*				
Education	-.03	-3.14**				
2. Protective Mother	.02	2.19*	.12	.01	(1, 343)	4.78*
3. Critical Mother	-.03	-1.99*	.07	.01	(1, 342)	3.96*
		Total R^2		.09		
Fathering Experiences						
1. Control variables						
Gender	.05	2.75**		.07	(5, 344)	5.45***
Marital status	.09	2.43*				
Education	-.03	-3.14**				
2. Protective Father	.03	2.34*	.13	.02	(1, 343)	4.78*
		Total R^2		.09		

*p< .05, **p< .01, ***p< .000

5.6.1.1.8 The Effects of Early Maladaptive Parenting Experiences on Depressive Position

As shown in Table 5.19, among the control variables, marital status and level of education were found to be significantly associated with depressive position with an explained variance of 6 %. Being not married yet and having higher levels of education were associated significantly higher levels of depressive position.

Among the early maladaptive mothering experiences, having higher level of early maladaptive experiences of pessimistic mothering and lower level of abusive mothering were associated significantly with higher levels of depressive position. The total explained variance reached to 10% by their contribution.

Among early maladaptive fathering experiences, only emotionally inhibited/ restricted fathering experiences were found to be significantly associated to depressive position with the explained variance of further 2% after the contributions of control variables. Higher levels of emotionally inhibited fathering experiences predicted higher levels of depressive position.

Table 5.19. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Depressive Position

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Control variables Marital status Education	-.09 .03	-2.74** 3.38***		.07	(5, 344)	4.86****
2. Pessimistic Mother	.02	2.36*	.13	.02	(1, 343)	5.57*
3. Abusive Mother	-.05	-2.14*	-.09	.01	(1, 342)	4.59*
		Total R^2		.10		
Fathering Experiences						
1. Control variables Marital status Education	-.09 .03	-2.74** 3.38***		.07	(5, 344)	4.86****
2. Emotionally Inhibited Father	.02	2.45*	.13	.02	(1, 343)	6.02*
		Total R^2		.09		

*p< .05, **p< .01, ***p< .001, ****p< .000

5.6.1.1.9 The Effects of Early Maladaptive Parenting Experiences on Separation Individuation Pathology

In the hierarchical regression analyses for the effects of early maladaptive parenting experiences on separation individuation pathology, none of the control variables were found to be significantly associated to criterion variable.

For the early maladaptive mothering experiences, permissive, protective, emotionally inhibited/ restricted, abusive, punitive and normative early maladaptive mothering experiences were found to be associated with separation individuation pathology. Their contribution to the explained variance was 23 %. Higher levels of permissive, protective emotionally inhibited, abusive and normative mothering contributed to higher levels of separation individuation pathology. Lower levels of punitive mothering was found to be significantly associated with higher levels of separation individuation pathology, but this finding is not parallel with the Pearson's

correlations. Thus it can be concluded that there's a suppressor effect of punitive early mothering experiences regarding separation individuation pathology.

For the early maladaptive fathering experiences, protective, abusive, pessimistic, permissive, and emotionally inhibited/ restricted fathering were found to be significantly associated with separation individuation pathology. Their contribution to explained variance of separation individuation pathology was 20 %. Higher levels of these fathering experiences in the childhood contributed higher levels of separation individuation pathology in the adulthood (see Table 5.20)

Table 5.20. Hierarchical Regressions for the Effects of Early Maladaptive Mothering and Fathering Experiences on Separation Individuation Pathology

Variables	*β*	*t*	*pr.*	$R^2 \Delta$	*(df)*	*F change*
Mothering Experiences						
1. Permissive Mothering	.46	5.83****	.30	.09	(1, 343)	34.09****
2. Protective Mothering	.30	5.18****	.29	.07	(1, 342)	26.85****
3. Emotionally Inhibited Mothering	.14	2.68**	.24	.02	(1, 341)	7.18**
4. Abusive Mothering	.37	2.42*	.22	.01	(1, 340)	5.84*
5. Punitive Mothering	-.17	-2.82**	.03	.02	(1, 339)	7.96**
6. Normative Mothering	.22	2.72**	.25	.02	(1, 338)	7.40**
		Total R^2		.23		
Fathering Experiences						
1. Protective Fathering	.37	5.86****	.30	.09	(1, 343)	34.38****
2. Abusive Fathering	.48	4.57****	.22	.05	(1, 342)	20.91****
3. Pessimistic Fathering	.16	3.44***	.29	.03	(1, 341)	11.83***
4. Permissive Fathering	.18	2.32*	.25	.02	(1, 340)	5.38*
5. Emotionally Inhibited Fathering	.09	1.97*	.23	.01	(1, 339)	3.39*
		Total R^2		.20		

*p< .05, ** p< .01, *** p< .001, ****p< .000

5.6.1.1.10 The Effects of Early Maladaptive Parenting Experiences on Level of Splitting Defense Use

For the effects of early maladaptive parenting experiences on the splitting use, age of the subjects significantly contributed to the explained variance. Being younger was significantly associated with higher levels of splitting defense use with the explained variance of 4%.

Among the early maladaptive mothering experiences, higher levels of protective, achievement-focused, abusive and emotionally inhibited/ restricted mothering experiences in the childhood significantly associated with higher levels of splitting defense use in the adulthood. Their total contribution to explained variance was 24%.

Among early maladaptive fathering experiences, higher levels of protective, emotionally inhibited/ restricted and abusive fathering experiences in the childhood were associated significantly higher levels of splitting use in the adulthood. Their total contribution to explained variance was 22 % (see Table 5.21)

Table 5.21. Hierarchical Regressions for the Effects of Early Maladaptive Mothering and Fathering Experiences on Splitting

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Control Variables Age	-.01	-2.47		.04	(5, 344)	2.87*
2. Protective Mothering	.27	6.34***	.32	.10	(1, 343)	40.24***
3. Achievement-focused Mothering	.16	4.31***	.31	.05	(1, 342)	18.56***
4. Abusive Mothering	.38	3.73***	.20	.03	(1, 341)	13.90***
5. Emotionally Inhibited Mothering	.08	2.20*	.24	.01	(1, 340)	4.84*
		Total R^2		.24		
Fathering Experiences						
1. Control Variables Age	-.01	-2.47		.04	(5, 344)	2.87*
2. Protective Fathering	.27	5.89***	.30	.09	(1, 343)	34.74***
3. Emotionally Inhibited Fathering	.14	4.41***	.29	.05	(1, 342)	19.47***
4. Abusive Fathering	.28	3.83***	.19	.04	(1, 341)	14.69***
		Total R^2		.22		

*p< .05, ***p< .000

5.6.1.2 The Effects of Early Maladaptive Parenting Experiences on the Couple Relationship Constructs

For the aim of revealing the relationship between early parenting experiences and couple relationship characteristics, several hierarchical regression analyses were conducted. Early maladaptive mothering and fathering experiences were regressed to relationship satisfaction, emotional dependency and jealousy constructs in the couple relationship. As occurred in other analyses, control variables were entered into the equation in the first step, and predictors were entered in the second step by stepwise entry method.

5.6.1.2.1 The Effects of Early Maladaptive Parenting Experiences on the Couple Relationship Satisfaction

As presented in Table 5.22, none of the control variables were significantly contributed to the relationship satisfaction scores.

Among the early maladaptive mothering experiences, only emotionally depriving mothering experiences was significantly associated with relationship satisfaction. Lower levels of emotionally depriving early maladaptive mothering experiences were associated with higher levels of satisfaction in the couple relationship with the explained variance of 4 %.

Among early maladaptive fathering experiences, emotionally depriving and achievement- focused early fathering experiences contributed significantly to relationship satisfaction. Lower levels of these early fathering experiences were significantly associated with higher levels of satisfaction in the couple relationship. Their contribution explained 7 % of the variance.

Table 5.22. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Couple Relationship Satisfaction

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Emotionally Depriving Mother	-.02	-2.79**	-.15	.04	(1, 343)	7.79**
		Total R^2		.04		
Fathering Experiences						
1. Emotional Depriving Father	-.14	-3.32**	-.18	.05	(1, 343)	11.05**
2. Achievement- focused Father	-.11	-2.41*	-.12	.02	(1, 342)	5.79*
		Total R^2		.07		

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

5.6.1.2.2 The Effects of Early Maladaptive Parenting Experiences on Emotional Dependency in the Couple Relationship

As shown in Table 5.23, control variables were found to be significantly associated with emotional dependency in couple relationship with the 6% of explained variance. Being married and having lower education level were significantly associated with higher emotional dependency in the relationship.

Among early maladaptive mothering experiences, lower levels of emotionally depriving and higher levels of protective mothering were significantly associated with higher levels of emotional dependency in couple relationship. They accounted further 3% of the explained variance.

Among early maladaptive fathering experiences, lower levels of punitive and higher levels of protective fathering experiences in the childhood were significantly associated with higher levels of emotional dependency in the couple relationship. With the contribution of control variables, namely marital status and education level, they accounted total of 11% of the explained variance in emotional dependency.

Table 5.23 Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Emotional Dependency in the Couple Relationship

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Control Variables						
Marital Status	.63	2.64**		.06	(5, 344)	4.48***
Education Level	-.22	-3.69****				
2. Emotionally Depriving Mothering	-.15	-2.40*	-.13	.02	(1, 343)	5.75*
3. Protective Mothering	.13	1.98*	.12	.01	(1, 342)	3.91*
		Total R^2		.09		

Table 5.22 cont.

Fathering Experiences					
1. Control Variables					
Marital Status	.63	2.64**	.06	(5, 344)	4.48***
Education Level	-.22	-3.69****			
2. Punitive Fathering	-.20	-3.52****-.19	.04	(1, 343)	12.42****
3. Protective Fathering	.15	2.06* .07	.01	(1, 342)	4.26*
		Total R^2 .11			

*p< .05, ** p< .01, ***p< .001, ****p< .000

5.6.1.2.3 The Effects of Early Maladaptive Parenting Experiences on Jealousy in the Couple Relationship

By means of two separate hierarchical regression analyses, the effects on early maladaptive mothering and fathering experiences were regressed to the total score of multidimensional jealousy scores. None of the control variables were significantly associated with jealousy scores.

It has been found that higher levels of early achievement- focused mothering experiences significantly associated to jealousy in the couple relationship in adult life. This association explained 6 % of the variance.

Similarly, higher levels of early achievement- focused fathering experiences and lower levels of belittling/ criticizing fathering experiences in the childhood were significantly associated with jealous in the couple relationship in adult life. Their contribution explained 8% of the variance in jealousy (see Table 5.24)

Table 5.24. Hierarchical Regression for the Effects of Early Maladaptive Mothering and Fathering Experiences on Jealousy in the Couple Relationship

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Mothering Experiences						
1. Achievement- focused Mother	.13	3.67***	.19	.06	(1, 343)	13.47***
		Total R^2		.06		
Fathering Experiences						
1. Achievement- focused Father	.12	3.75***	.20	.05	(1, 343)	14.05***
2. Critical Father	-.10	-2.23*	-.05	.03	(1, 342)	4.98*
		Total R^2		.08		

*p< .05, ***p< .000

5.6.1.3 The Effects of Personality Constructs on the Variables Related to Couple Relationship

For the aim of revealing the relationship between personality and couple relationship characteristics, several hierarchical regression analyses were conducted. Personality related variables; namely projective identification, separation individuation pathology, splitting and early maladaptive schemas were regressed to relationship satisfaction, emotional dependency and jealousy variables. For these analyses, projective identification scores were regarded as personality constructs. As occurred in other analyses, control variables were entered into the equation in the first step, and predictors were entered in the second step of the hierarchical regressions by stepwise entry method.

5.6.1.3.1 The Effects of Personality Variables on the Couple Relationship Satisfaction

As shown in Table 5.25, none of the control variables were found to be significantly associated with relationship satisfaction scores.

On the first step, persecuting projective identification entered into the equation and explained 33% of the variance in relationship satisfaction. Lower levels of persecuting projective identification was significantly associated with higher levels of relationship satisfaction in the couple relationship. On the second step, idealizing projective identification was found to be significantly associated with relationship satisfaction. This association explained further 11% of the

variance. Higher levels of idealizing projective identification predicted higher levels of couple relationship satisfaction. On the last step, disconnection schema domain entered into the regression equation and explained further 3% of the variance on relationship satisfaction. Lower level of disconnection schema domain was significantly associated with higher levels of relationship satisfaction in the couple relationship. These three factors explained 47% of the total variance of couple relationship satisfaction.

Table 5.25. Hierarchical Regression for the Effects of Personality Constructs on the Satisfaction in the Couple Relationship

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
1. Persecuting Projective Identification	-2.76	-12.74***	-.58	.33	(1, 343)	162.29***
2. Idealizing Projective Identification	1.74	7.87***	.41	.11	(1, 342)	61.86***
3. Disconnection Schema Domain	-.14	4.14***	-.35	.03	(1, 341)	17.10***
		Total R^2		.47		

***p< .000

5.6.1.3.2 The Effects of Personality Variables on the Jealousy in the Couple Relationship

By means of three separate hierarchical regression analyses, all personality related variables were regressed onto emotional jealousy, behavioral jealousy and cognitive jealousy scores in a stepwise regression method.

As shown in Table 5.26, control variables contributed significantly only to the emotional jealousy scores.

For the emotional jealousy, being married and having lower education level contributed to higher levels of emotional jealousy with an explained variance of 9%. After their contribution, among the personality variables, depressive position entered into the equation with an explained variance of further 6 %. Lower level of depressive position was associated with higher levels of emotional jealousy in the couple relationship. On the third step idealizing projective identification entered into the equation with an explained variance of 4%. Higher level of idealizing projective

identification was significantly associated with higher levels of emotional jealousy. On the third step, unrelenting standards schema domain entered into the equation with a significantly explained variance of 2 %. Higher levels of unrelenting standards schema domain was found to be significantly associated with higher levels of emotional jealousy in the couple relationship. Additionally, on the last step, persecuting projective identification entered into the equation with an explained variance of 1%. Higher level of persecuting projective identification was significantly associated to higher levels of emotional dependency in the couple relationship. Their total contribution explained 22 % of the variance of emotional jealousy.

For the behavioral jealousy, among the personality variables, only separation individuation pathology and depressive position were found to be significantly associated to behavioral jealousy with a total explained variance of 11%. Higher levels of separation individuation pathology and lower level of depressive position were significantly associated with higher levels of behavioral jealousy.

For the cognitive jealousy, higher levels of persecuting projective identification, lower levels of idealizing projective identification, higher levels of impaired autonomy schema domain and lower levels of depressive position were found to be significantly associated with cognitive jealousy in the couple relationship with a total explained variance of 12%. See Table 4.26 on the next page for details.

Table 5.26. Hierarchical Regression for the Effects of Personality Constructs on the Jealousy in the Couple Relationship

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
Emotional Jealousy						
1. Control Variables						
Marital Status	.49	2.78**		.09	(5, 344)	6.70****
Education Level	-.21	-4.83****				
2. Depressive Position	-1.25	-4.69****	-.25	.06	(1, 343)	22.02****
3. Idealizing Projective Ide.	.97	4.00***	.18	.04	(1, 342)	16.05****
4. Unrelenting Standards Schema Domain	.13	2.84**	.18	.02	(1, 341)	8.05**
5. Persecuting Projective Identification	.49	2.16*	.12	.01	(1, 340)	4.67*
		Total R^2		.22		
Behavioral Jealousy						
1. Separation Individuation Pathology	.26	4.83****	.15	.08	(1, 343)	23.28****
3. Depressive Position	-1.14	-3.28***	-.17	.03	(1, 342)	10.73***
		Total R^2		.11		
Cognitive Jealousy						
1. Persecuting Projective Identification	.93	3.53****	.19	.05	(1, 343)	12.45****
2. Idealizing Projective Identification	-.84	-2.91**	-.18	.03	(1, 342)	8.47**
3. Impaired Autonomy Schema Domain	.23	2.62**	.17	.02	(1, 341)	6.86**
4. Depressive Position	-.71	-2.30*	-.14	.02	(1, 340)	5.27*
		Total R^2		.12		

*p< .05, ** p< .01, ***p< .001, ****p< .000

5.6.1.3.3 The Effects of Personality Variables on the Emotional Dependency in the Couple Relationship

As revealed in Table 5.27, control variables contributed to emotional dependency in couple relationship with an explained variance of 6%. Being married and having lower levels of education were associated significantly higher emotional dependency in the relationship. Among the personality variables only projective identification variables were found to be significantly associated. With their contribution, total explained variance reached to 44%. Higher levels of idealizing projective identification and lower levels of persecuting projective identification contributed higher levels of emotional dependency in the couple relationship.

Table 5.27. Hierarchical Regression for the Effects of Personality Constructs on the Emotional Dependency in the Couple Relationship

Variables	*β*	*t*	*pr.*	R^2 *Δ*	*(df)*	*F change*
1. Control Variables						
Marital Status	.63	2.64**		.06	(5, 344)	4.48**
Education Level	-.22	-3.69***				
2. Idealizing projective identification	3.82	13.80***	.60	.34	(1, 343)	190.26***
3. Persecuting projective identification	-1.18	-4.72***	-.29	.04	(1, 342)	22.52***
		Total R^2		.44		

**p< .01, ***p< .000

5.7. Mediation Analyses

In accordance with Baron and Kenny (1986), in order to prove that there is mediation between two variables, the following conditions should be achieved by the multiple regression analyses. a) There should be a significant relationship between the independent variable and the dependent variable, b) There should be a significant relationship between the independent variable and the mediator variable, c) There should be a significant relationship between the mediator variable and dependent variable, d) The significance level of the relationship between

independent variable and dependent variable should become non-significant when the effect of mediator variable entered into the equation. If there is a significant decrease in the significance level of this relationship, then it is called partial mediation.

In order to examine these conditions among the variables, multiple regression analyses have been used. For each assessment of mediation two different regression analyses were conducted. Gender, age, education level, socio-economic level and marital status of the subjects were entered in the first step of all regressions in order to control their effect as covariates. In the first regression analysis for each set, after entering control variables in the first step, independent variable was entered into equation. Then in the third step, mediator variable was entered into the equation. In the second regression analysis, the effect of independent variable on moderator variable was measured. For this aim, mediator variable was assigned into the dependent variable position. After entering control variables in the first step, independent variable entered into the equation in the second step.

If the indirect effect of mediator on the relationship between independent and dependent variables is partial, Sobel test was conducted in order to measure the difference in the coefficients mentioned in the forth condition is significantly different from zero. An interactive computer Sobel test (Preacher & Leonardelli, 2003) was performed in order to test whether this decrease in the power of the relationship after the mediator enters into the equation is significant.

5.7.1 Mediational Role of Emotional Dependency in the Relationship between Idealizing Projective Identification and Relationship Satisfaction

Two regression analyses were conducted to understand the mediational role of emotional dependency on the relationship between idealizing projective identification and relationship satisfaction. In the first regression, even though it seems that among the control variables, only age had significant effect on relationship satisfaction (β = -.01, t [344] = -2.12, p< .05), 2% contribution of control variables did not make significant total effect on relationship satisfaction (see Table 5.28). In the second step, adding the effect of idealizing projective

identification accounted 18 % of the variance on relationship satisfaction. Association between them was significantly positive (β = 2.16, t [343] = 8.23, p< .000). Emotional dependency as the mediator factor entered in the third step, accounted further 13% of the variance on relationship satisfaction (β = .38, t [342] = 8.20, p< .000). The significance level of idealizing projective identification decreased at .05 level after the third step (β = .69, t [342] = 2.31, p< .05). Sobel test showed that this decrease in the significance level was significantly different from zero (z = 9.13 > 1.96, p< .000). The conclusion can be drawn that there is a partial mediational effect of emotional dependency on the relationship between idealizing projective identification and relationship satisfaction. Idealizing projective identification leads to relationship satisfaction in the couple relationship by means of increasing emotional dependency (See Figure 5.1).

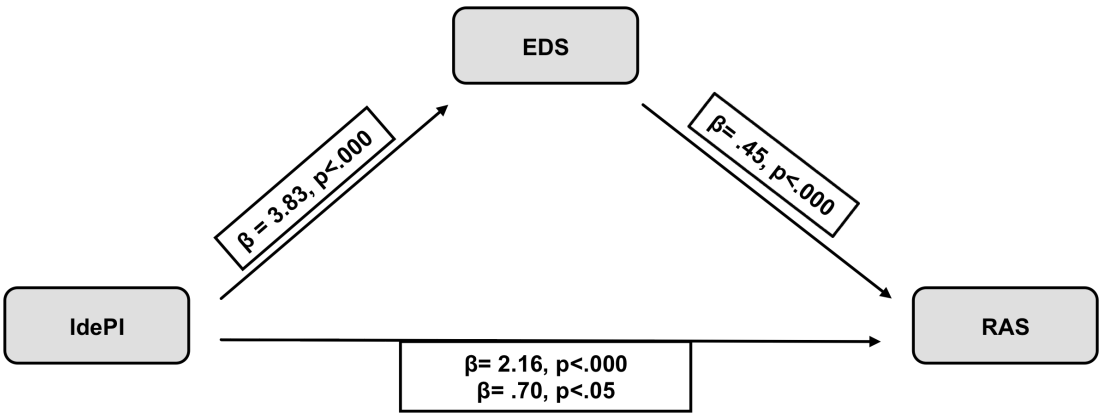


Figure 5.1. Mediation: Emotional Dependency between Idealizing Projective Identification and Relationship Satisfaction

Tablo 5.28. Mediation of Emotional Dependency in the Relationship between Idealizing Projective identification and Relationship Satisfaction

Variables	β	*t (within test)*	*df*	*Fchange*	$R^2 \Delta$
Regression 1 Dependent variable: Relationship Satisfaction					
Step1: Control variables					
Gender	.17	1.65			
Age	-.01	-2.12*	5, 344	1.39	.006
Marital status	.14	0.69			
Education level	-.06	-1.28			
Socio-economic level	.02	.13			
Step2: Independent variable					
Idealizing Projective Identification	2.16	8.23***	1, 343	67.68***	.18
Step3: Moderating variable					
Emotional Dependency	.38	8.20***			
Idealizing Projective Identification (in the third step)	.69	2.31*	1, 342	67.20***	.32
		Adjusted R^2 = .30			
Regression 2 Dependent variable: Emotional Dependency (moderator)					
Step1: Control variables					
Gender	.11	.88			
Age	-.004	-1.36	5, 344	4.48***	.06
Marital status	.63	2.64**			
Education level	-.22	-3.69***			
Socio-economic level	-.07	-.47			
Step2: Independent variable					
Idealizing Projective Identification	3.83	13.79***	1, 343	190.26***	.40
		Adjusted R^2 = .39			

*p< .05, **p< .01, ***p< .000

5.7.2 Mediational Role of Separation Individuation Pathology in the Relationship between Persecuting Projective identification and Jealousy

As shown in Table 5.29, two regression analyses were conducted for exploring the mediational role of separation individuation pathology on the relationship between persecuting projective identification and jealousy in the couple relationship. In the first regression, total effects of control variables on jealousy did not make significant contribution. Yet inquiry of the individual effects of each

variable showed that education level was the only factor among the control variables that contributed to jealousy scores with the explained variance of 2%. Lower levels of education predicted higher levels of jealousy scores in the couple relationship (β = -.10, t [344] = -2.76, p< .01). Persecuting projective identification contributed 6 % of the variance of the jealousy in the second step. Association between persecuting projective identification and jealousy was significantly positive (β = .88, t [343] = 4.68, p< .000). Separation individuation pathology as the mediator factor entered in the third step, accounted further 2% of the variance on jealousy (β = .12, t [342] = 3.21, p< .01). The significance level of persecuting projective identification decreased at .01 alpha level on the third step (β = .61, t [342] = 3.21, p< .01), when the effect of separation individuation pathology was taken into account (see Table 5.29) In order to assess whether this reduction is significantly different from zero, Sobel test was conducted with online statistics calculator (Preacher & Leonardelli, 2003). Result showed that this decrease in the significance level was significantly different from zero (z = 3.80 > 1.96, p< .000). Thus, separation individuation pathology partially mediates to the association that higher level of persecuting projective identification leads to higher level of jealousy in the couple relationship (See Figure 5.2)

Tablo 5.29. Mediation analyses for Separation individuation pathology in the relationship between persecuting projective identification and relationship satisfaction

Variables	β	t (within test)	df	Fchange	R^2 Δ
Regression 1 Dependent variable: Relationship Satisfaction					
Step1: Control variables					
Gender	-.02	-.30			
Age	-.00	-.90	5, 344	1.66	.02
Marital status	-.07	-.46			
Education level	-.10	-2.76**			
Socio-economic level	.06	.58			
Step2: Independent variable Persecuting Projective Identification	.88	4.67***	1, 343	21.87***	.06

Table 5.29 cont.

Step3: Mediating variable					
Separation Individuation Pathology	.12	3.21**			
Persecuting Projective Identification (in the third step)	.61	2.94*	1, 342	10.33**	.02
		Adjusted R^2 = .10			
Regression 2	Dependent variable: Separation Individuation Pathology (moderator)				
Step1: Control variables					
Gender	-.12	-1.06			
Age	.001	.15			
Marital status	-.11	-.52	5, 344	.59	.009
Education level	-.05	-.92***			
Socio-economic level	-.09	-.56			
Step2: Independent variable					
Persecuting Projective Identification	2.30	8.63***	1, 343	74.43***	.185
		Adjusted R^2 = .18			

*p< .01, **p< .001, ***p< .000

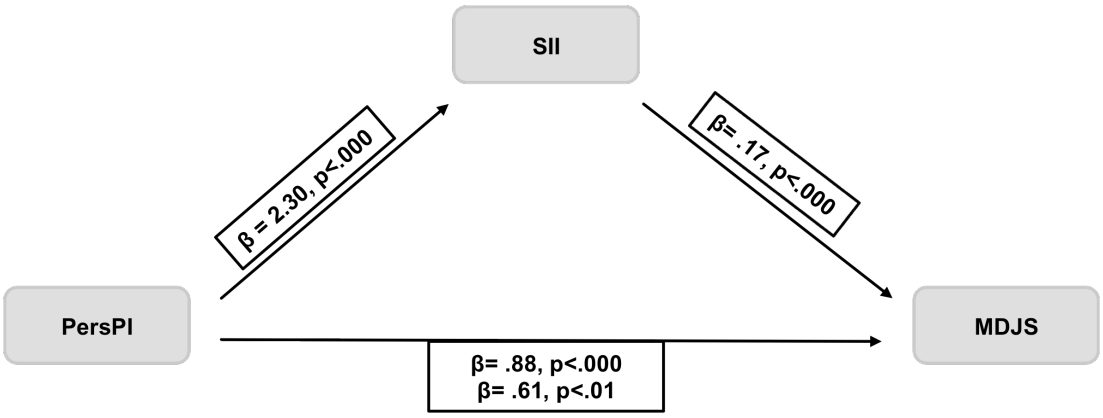


Figure 5.2. Mediation: Separation Individuation Pathology between Persecuting Projective Identification and Jealousy

5.7.3 Mediating Role of Persecuting Projective Identification in the Relationship between Separation-Individuation Pathology and Relationship Satisfaction

Two regression analyses were conducted in order to reveal the mediational role of persecuting projective identification on the relationship between separation individuation pathology and relationship satisfaction in the couple relationship. Control variables were entered in to the regression in the first step for all regression analyses. As shown in Table 5.30, in the first regression, control variables did not contribute significantly on relationship satisfaction scores. Separation individuation pathology contributed 6 % of the variance of the relationship satisfaction in the second step. Association was significantly negative (β = -.006, t [343] = -4.75, $p<$ .000), indicating that lower levels of separation individuation pathology contributed higher levels of relationship satisfaction. Persecuting projective identification as the mediator factor entered in the third step, accounted further 25 % of the variance on relationship satisfaction (β = -2.73, t [342] = -11.43, $p<$ .000). Separation individuation pathology on the third step became non- significant after the contribution of persecuting projective identification entered into the equation (β = .00, t [342] = -.22, ns). This result showed that there is a full mediation effect of persecuting projective identification in the relationship between separation individuation pathology and relationship satisfaction in the couple relationship (See Figure 5.3).

By means of another regression analysis, in which separation individuation pathology scores were regressed to persecuting projective identification after controlling the demographic variables, separation individuation pathology showed a positive predictive power for persecuting projective identification (β = .80, t [343] = 8.63, $p<$ .000) (see Table 5.30)

Tablo 5.30. Mediation analyses for persecuting projective identification in the relationship between separation individuation pathology and relationship satisfaction

Variables	*β*	*t (within test)*	*df*	*Fchange*	R^2 Δ
Regression 1	Dependent variable: Relationship Satisfaction				
Step1: Control variables					
Gender	.17	1.65			
Age	-.01	-2.12	5, 344	1.39	.02
Marital status	.13	.69			
Education level	-.06	-1.28			
Socio-economic level	.02	.13			
Step2: Independent variable					
Separation Individuation Pathology	-.006	-4.75***	1, 343	22.57***	.06
Step3: Mediating variable					
Persecuting Projective Identification	-2.73	-11.43***			
Separation Individuation Pathology (in the third step)	.00	-.22	1, 342	130.78***	.25
		Adjusted R^2 = .32			
Regression 2	Dependent variable: Persecuting Projective Identification (moderator)				
Step1: Control variables					
Gender	-.03	-1.50			
Age	.002	1.71	5, 344	.1.60	.02
Marital status	-.01	-.46			
Education level	-.01	-1.25			
Socio-economic level	.02	.98			
Step2: Independent variable					
Separation Individuation Pathology	.08	8.63***	1, 343	74.43***	.17
		Adjusted R^2 = .18			

***p< .000

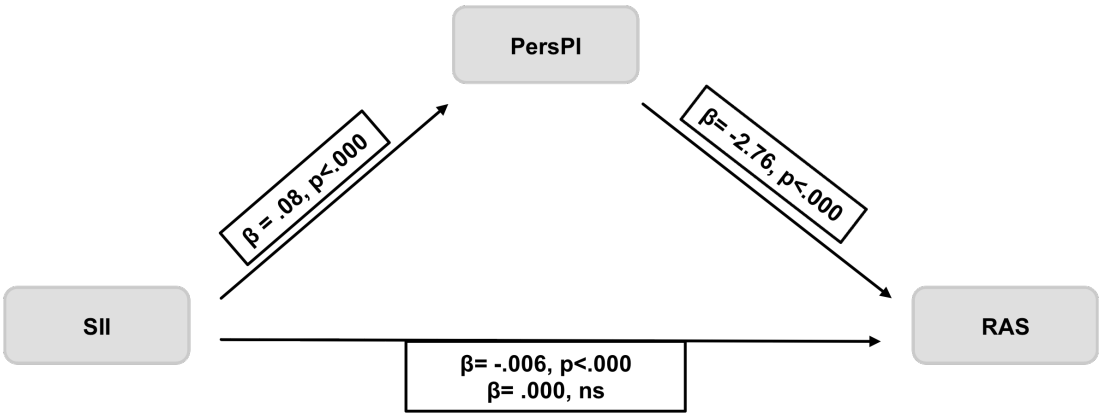


Figure 5.3. Mediation: Persecuting Projective Identification between Separation Individuation Pathology and Relationship Satisfaction

5.7.4 Mediating Role of Persecuting Projective Identification in the Relationship between Separation-Individuation Pathology and Jealousy

In order to find out the mediator role of persecuting projective identification on the relationship between separation individuation pathology and jealousy, two regression analyses were conducted, where demographic variables entered into the regression equation in the first step for controlling their effects.

As revealed in the Table 5.31, in the first regression, total effects of control variables on jealousy did not make significant contribution. Yet they contributed to jealousy scores with the explained variance of 2%. Separation individuation pathology contributed 6 % of the variance of the jealousy in the second step. Higher levels of separation individuation pathology contributed higher levels of jealousy (β = .17, t [343] = 4.86, p< .000). Persecuting projective identification as the mediator factor entered in the third step, accounted further 2% of the variance on jealousy (β = .61, t [342] = 2.94, p< .01). The significance level of separation individuation pathology decreased at .001 alpha level on the third step (β = .12, t [342] = 3.21, p< .001), when the effect of persecuting projective identification entered into the equation. Sobel test on a previously mentioned online statistics calculator (Preacher & Leonardelli, 2003) showed that this decrease in the significance level of separation individuation pathology was significantly different from zero (z = 4.00 >

1.96, $p < .000$). In conclusion, persecuting projective identification partially mediates to the association between separation individuation pathology and jealousy in the couple relationship (See Figure 5.4). Separation individuation pathology leads to jealousy scores in the couple relationship, however this effect is partially mediated through higher levels of persecuting projective identification.

Tablo 5.31. Mediation analyses for persecuting projective identification in the relationship between separation individuation pathology and jealousy

Variables	β	*t (within test)*	*df*	*Fchange*	$R^2 \Delta$
Regression 1 Dependent variable: Jealousy					
Step1: Control variables					
Gender	-.02	-.31			
Age	-.00	-.90			
Marital status	-.07	-.46	5, 344	1.67	.02
Education level	-.10	-2.76			
Socio-economic level	.06	.58			
Step2: Independent variable					
Separation Individuation Pathology	.17	4.86***	1, 343	23.63***	.06
Step3: Mediating variable					
Persecuting Projective Identification	.61	2.94*			
Separation Individuation Pathology (in the third step)	.12	3.21**	1, 342	8.64*	.02
		Adjusted $R^2 = .09$			
Regression 2 Dependent variable: Persecuting Projective Identification (moderator)					
Step1: Control variables					
Gender	-.03	-1.50			
Age	.002	1.71			
Marital status	-.01	-.46	5, 344	.1.60	.02
Education level	-.01	-1.25			
Socio-economic level	.02	.98			
Step2: Independent variable					
Separation Individuation Pathology	.08	8.63***	1, 343	74.43***	.17
		Adjusted $R^2 = .18$			

*$p < .01$, **$p < .001$, ***$p < .000$

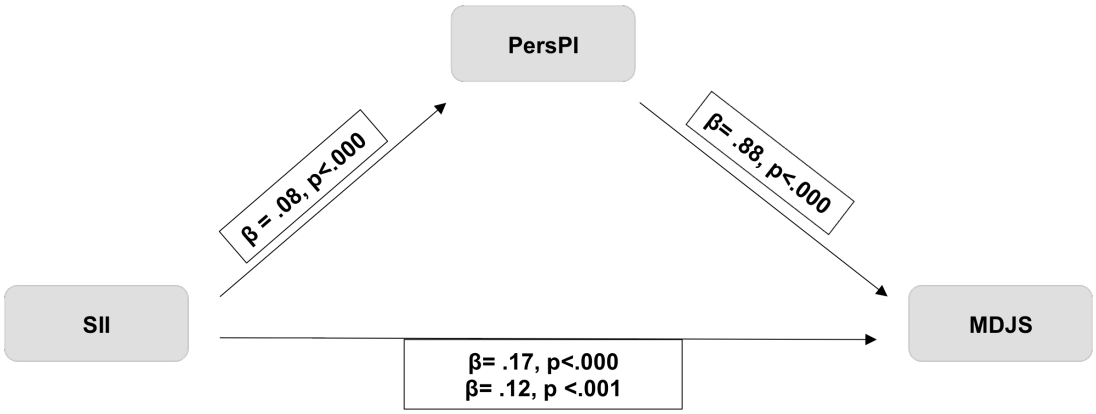


Figure 5.4. Mediation: Persecuting Projective Identification between Separation Individuation Pathology and Jealousy

5.7.5 Mediating Role of Persecuting Projective Identification in the Relationship between Splitting and Jealousy

The mediator role of persecuting projective identification on the relationship between splitting and jealousy has been explored through two regression analyses. As occurred in other regression analyses, demographic variables of age, gender, educational level, socio-economic level and marital status were controlled. As shown in Table 5.32, although the results showed that there were not significant effects of demographic variables on jealousy scores, their contribution to jealousy scores was 2%. Splitting contributed 6 % of the variance of the jealousy in the second step. Higher levels of splitting contributed higher levels of jealousy (β = .19, t [343] = 14.92, p< .000). Persecuting projective identification as the mediator factor entered in the third step, accounted further 3% of the variance on jealousy (β = .72, t [342] = 3.59, p< .000). The significance level of splitting decreased at .05 alpha level on the third step (β = .12, t [342] = 2.48, p< .05), when the effect of persecuting projective identification entered into the equation. Sobel test (Preacher & Leonardelli, 2003) showed that this decrease in the significance level of splitting was significantly different from zero (z = 4.12 > 1.96, p< .000). In conclusion, persecuting projective identification partially mediates to the association between splitting and jealousy in the couple relationship (See Figure 5.5). Higher

levels of splitting have significant positive effect on jealousy scores in the couple relationship, however this effect is partially mediated through higher levels of persecuting projective identification.

Tablo 5.32. Mediation analyses for persecuting projective identification in the relationship between splitting and jealousy

Variables	*β*	*t (within test)*	*df*	*Fchange*	R^2 Δ
Regression 1 Dependent variable: Jealousy					
Step1: Control variables					
Gender	-.02	-.31			
Age	-.00	-.90			
Marital status	-.07	-.46	5, 344	1.67	.02
Education level	-.10	-2.76			
Socio-economic level	.06	.58			
Step2: Independent variable					
Splitting	.19	3.86***	1, 343	14.92***	.04
Step3: Mediating variable					
Persecuting Projective Identification	.72	3.59***			
Splitting (in the third step)	.12	2.48*	1, 342	12.89***	.03
		Adjusted R^2 = .08			
Regression 2 Dependent variable: Persecuting Projective Identification (moderator)					
Step1: Control variables					
Gender	-.03	-1.50			
Age	.002	1.71			
Marital status	-.01	-.46	5, 344	.1.60	.02
Education level	-.01	-1.25			
Socio-economic level	.02	.98			
Step2: Independent variable					
Splitting	.09	6.69***	1, 343	44.69***	.11
		Adjusted R^2 = .13			

*p< .05, ***p< .000

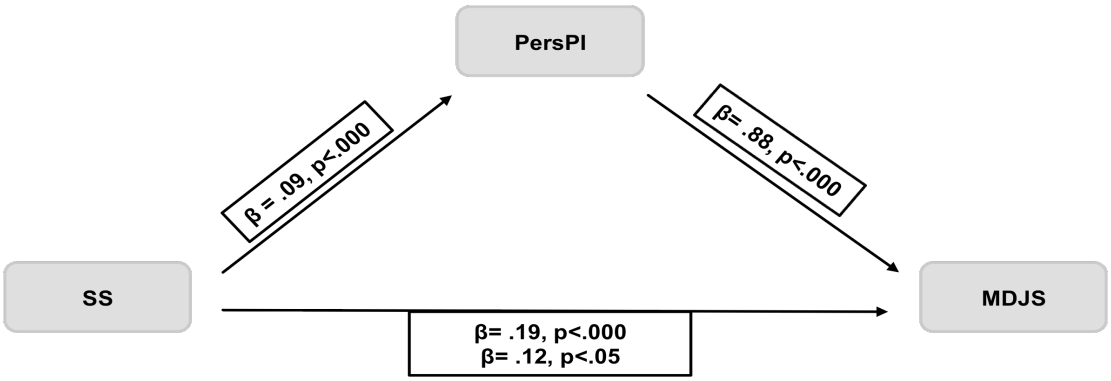


Figure 5.5 Mediation: Persecuting Projective Identification between Splitting and Jealousy

5.7.6 Mediating Role of Persecuting Projective Identification in the Relationship between Splitting and Relationship Satisfaction

Two regression analyses were conducted in order to reveal the mediator role of persecuting projective identification on the relationship between splitting and relationship satisfaction in the couple relationship. Control variables were entered in to the regression in the first step and they did not contribute significantly on relationship satisfaction scores (see Table 5.33) Splitting scores contributed 6 % of the variance of the relationship satisfaction in the second step. There was significant negative association between splitting and relationship satisfaction (β = -.30, t [343] = -4.58, p< .000), showing that higher levels of splitting contributed lower levels of relationship satisfaction. Persecuting projective identification as the mediator factor entered in the third step, accounted further 26 % of the variance on relationship satisfaction that higher levels of persecuting projective identification contributed lower levels of relationship satisfaction (β = -2.67, t [342] = -11.60, p< .000). When persecuting projective identification entered into the equation of regression, splitting on the third step became non- significant (β = -.07, t [342] = -1.14, ns). This result showed that there is a full mediation effect of persecuting projective identification in the relationship between splitting and relationship satisfaction in the couple relationship (See Figure 5.6). Splitting leads to lower levels of relationship

satisfaction, but this effect of splitting is mediated fully by the effect of persecuting projective identification.

In order to reassure that there is a significant relationship between persecuting projective identification and splitting, another regression analysis has been conducted. Splitting scores were regressed to persecuting projective identification after controlling the demographic variables. In this separate regression analysis, splitting showed a positive predictive power for persecuting projective identification (β = .09, t [343] = 6.69, p< .000).

Tablo 5.33. Mediation analyses for persecuting projective identification in the relationship between splitting and relationship satisfaction

Variables	β	t *(within test)*	*df*	*Fchange*	R^2 Δ
Regression 1 Dependent variable: Relationship Satisfaction					
Step1: Control variables					
Gender	.17	1.65			
Age	-.01	-2.12	5, 344	1.39	.02
Marital status	.14	.69			
Education level	-.06	-1.28			
Socio-economic level	.02	.13			
Step2: Independent variable					
Splitting	-.30	-4.58***	1, 343	21.00***	.06
Step3: Mediating variable					
Persecuting Projective Identification	-2.67	-11.60***	1, 342	134.56***	.26
Splitting (in the third step)	-.07	-1.14			
		Adjusted R^2 = .33			
Regression 2 Dependent variable: Persecuting Projective Identification (moderator)					
Step1: Control variables					
Gender	-.03	-1.50			
Age	.002	1.71	5, 344	.1.60	.02
Marital status	-.01	-.46			
Education level	-.01	-1.25			
Socio-economic level	.02	.98			
Step2: Independent variable					
Splitting	.09	6.69***	1, 343	44.69***	.11
		Adjusted R^2 = .13			

***p< .000

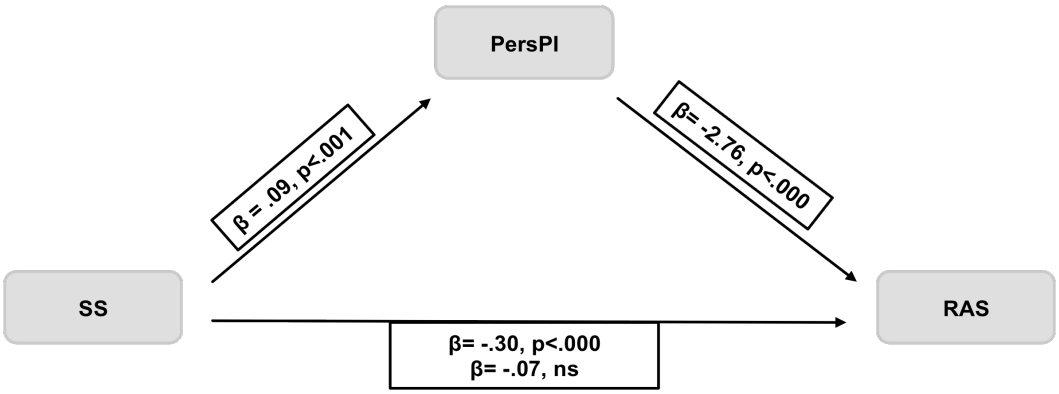


Figure 5.6. Mediation: Persecuting Projective Identification between Splitting and Relationship Satisfaction

5.8. Conclusion for Mediation Analyses

As seen in Figure 5.7, Persecuting Projective Identification is mediating the relationships between personality and relationship characteristics of the couples. Separation individuation pathology and splitting were intra-psychic variables that are predicting relationship satisfaction and jealousy characteristics of the couple relationship. However, persecuting projective identification in the couple relationship, which is an intra-psychic as well as an interpersonal variable, mediates either fully or partially to these associations.

Persecuting projective identification fully mediates to the association between separation individuation pathology and relationship satisfaction; and also to the splitting and relationship satisfaction. Persecuting projective identification partially mediates to the association between separation individuation pathology and jealousy; and also to the association of splitting and jealousy.

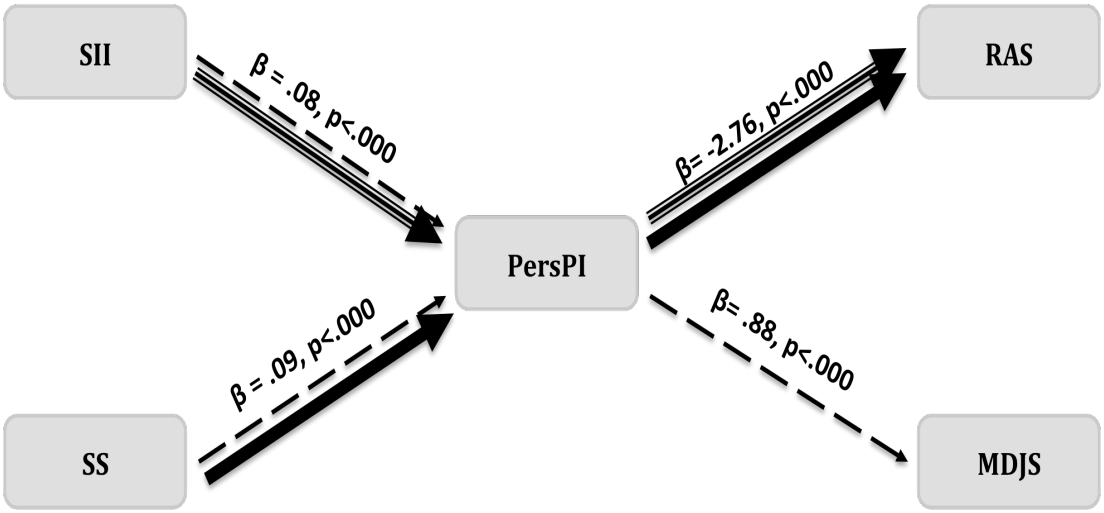


Figure 5.7. Model for Persecuting Projective Identification as a Mediator in the Relationships between Personality Variables and Relationship Variables

5.9. Intraclass Pairwise Partial Correlations

One of the main aims of this thesis was to identify interactional relations between partners in terms of their personality and relationship characteristics. If there is interdependence in the matched dyads such as couples, intraclass pairwise partial correlations method can be used in order to assess how interrelated the partners on one or two variables. The statistical analyses for this aim were conducted as explained in Hovardaoğlu (2000). Besides gender, assigning also age, marital status, economic level and educational level of the subjects as covariates, their effect on the correlations were controlled in all analyses. Z score calculations were utilized to analyze the statistical significance of the results. ∓ 1.96 was the cut of point for the z score to be significant at $p < .05$.

5.9.1. Intraclass Partial Pairwise Correlations of the Couples on the Single Variable

Correlations between each couple pair on several variables of the thesis have been conducted in order to reveal interdependences of the partners on these variables. Table 5.34 shows the correlation coefficients and z scores of each coefficient.

According to the results, partners' persecuting projective identification, idealizing projective identification, depressive position, separation individuation pathology, splitting, emotional dependency, relationship satisfaction, emotional jealousy, unrelenting standards schema domain and impaired limits schema domain are inter-correlated to each other. These findings show that persecuting projective identification of one partner is positively correlated to persecuting projective identification of the other partner. As another example, relationship satisfaction of one partner is associated to the relationship satisfaction of the other partner. In other words, disconnection schema domain in one partner goes in line with disconnection schema domain of the other partner. As high emotional jealousy is high in one partner, that would be also high on the other partner. Thus, there are interdependencies on these variables between partners.

The non-significant correlations were disconnection, impaired autonomy and other directedness schema domains, behavioral and cognitive jealousy and multidimensional jealousy. In terms of these variables there were not significant interdependence in the couples. In contrast to emotional jealousy, behavioral and cognitive jealousy experienced by one partner would not have to exist in the other partner.

Table 5.34. Intraclass pairwise partial correlations for the interdependencies between partners on the variables of the study

Variables	$r_{yy'}$	*Z score*
Persecuting Projective Identification	.378	5.04*
Idealizing Projective Identification	.224	2.98*
Depressive Position	.209	2.78*
Separation Individuation Pathology	.264	3.52*
Splitting	.235	3.13*
Impaired Autonomy Schema Domain	.136	1.81 n.s.
Disconnection Schema Domain	-.081	3.50 n.s.
Unrelenting Standards Schema Domain	.165	2.20*
Impaired Limits Schema Domain	.275	3.66*
Other Directedness Schema Domain	.107	1.42 n.s.
Relationship Satisfaction	.574	7.65*
Emotional Dependency	.344	4.58*
Emotional Jealousy	.204	2.72*
Behavioral Jealousy	.029	0.38 n.s.
Cognitive Jealousy	.010	0.13 n.s.
Multidimensional Jealousy	.025	0.33 n.s.

* $p < .05$

5.9.2. Intraclass Partial Pairwise Correlations of the Couples on the Two Variables

Interdependencies and complementarities between couples were analyzed by means of different sets of Intraclass Partial Pairwise Correlations for two independent variables in each correlation as explained in Hovardaoğlu (2000). Gender, age, marital status, economic level and education level were the covariates in order to control their effect.

5.9.2.1. Intraclass Partial Pairwise Correlations between the Relationship Satisfaction of One Partner with Projective Identification, Separation Individuation Pathology, Splitting, Emotional Dependency, Early Maladaptive Schema Domains and Jealousy of the Other Partner

In order to investigate relations among one partner's projective identification, separation individuation pathology, splitting, emotional dependency and schema domains with other partners' relationship satisfaction, intraclass partial pairwise correlations were conducted and z scores for each correlation coefficient were calculated. As can be seen in Table 5.35, while there was significantly negative correlation between one partner's persecuting projective identification and other partner's relationship satisfaction; high level of idealizing projective identification in one partner was positively correlated with relationship satisfaction in other partner. But depressive position of one partner was not related to relationship satisfaction of the other partner. This conclude that while persecuting projective identification in one partner decreases relationship satisfaction of the other partner, idealizing projective identification in one partner increases relationship satisfaction of the other partner. Depressive Position of one partner does not have to be effective on the relationship satisfaction of the other partner.

In addition, while separation individuation pathology and splitting of one partner was negatively correlated with relationship satisfaction of the other partner; emotional dependency of one partner is positively correlated with relationship satisfaction of the other partner. That might yield the assumption that separation individuation pathology and splitting defense in one partner decreases the

relationship satisfaction of the other partner, but emotional dependency in one partner increases the relationship satisfaction of the other partner.

Correlations related to the schema domains variables showed that high level of impaired autonomy and unrelenting standards schemas of the one partner were negatively correlated with relationship satisfaction of the other partner. There were not significant correlations of the relationship satisfaction of one partner with the disconnection, impaired limits schema and also other directedness schema domains of other partner. This may indicate that high level of impaired autonomy and unrelenting standards of one partner reduces the relationship satisfaction of the other partner.

Results regarding jealousy of the partners in the romantic relationship showed that while behavioral and cognitive jealousy of one partner was negatively correlated with relationship satisfaction of the other partner; one partner's emotional jealousy did not significantly correlated with relationship satisfaction of the other partner. Total score of all three dimensions of jealousy of one partner was also negatively correlated with relationship satisfaction of the other partner. Thus not the emotional jealousy but behavioral and cognitive jealousy of one partner would decrease the relationship satisfaction of the other partner.

Table 5.35. Intraclass partial pairwise correlations for the interdependencies between one partner's idealizing and persecuting projective identification, separation individuation pathology, splitting, emotional dependency, schema domains and jealousy with other partners' relationship satisfaction.

One Partner's	Other Partner's	$r_{x'y}$	*Z score*
Relationship Satisfaction	Persecuting Projective Identification	-.364	-5.53*
	Idealizing Projective Identification	.214	3.27*
	Depressive Position	.033	0.586 n.s.
	Separation Individuation Pathology	-.224	-3.83*
	Splitting	-.184	-3.17*
	Impaired Autonomy Schema Domain	-.160	-2.84*
	Disconnection Schema Domain	.073	1.40 n.s.
	Unrelenting Standards Schema Domain	-.112	-2.00*
	Impaired Limits Schema Domain	-.104	-1.80 n.s.
	Other Directedness Schema Domain	-.077	-1.40 n.s.
	Emotional Dependency	.327	5.05*
	Emotional Jealousy	-.050	-0.89 n.s.
	Behavioral Jealousy	-.114	-2.12*
	Cognitive Jealousy	-.152	-2.80*
	Multidimensional Jealousy	-.155	-2.88*

* $p < .05$

5.9.2.2. Intraclass Partial Pairwise Correlations between the Persecuting Projective Identification of One Partner and Idealizing Projective Identification, Depressive Position, Separation Individuation Pathology, Splitting, Emotional Dependency, Early Maladaptive Schema Domains and Jealousy of the Other Partner

In order to investigate complementarities between one partner's persecuting projective identification, and other partner's idealizing projective identification, depressive position, separation individuation pathology, splitting, emotional

dependency, schema domains, jealousy and relationship satisfaction, intraclass partial pairwise correlations were conducted for each two-variable sets and z scores for each correlation coefficient were calculated. Similar to other partial correlation analyses, gender, age, marital status, education and socio-economic level of the subjects and duration of the relationship and duration of living together were controlled.

As can be seen in Table 5.36, persecuting projective identification of one partner is negatively correlated with idealizing projective identification of the other partner. Persecuting projective identification of one partner did not reveal a significant correlation with the Depressive Position of the other partner. This might yield that presence of persecuting projective identification in one partner is complemented by absence of idealizing projective identification in other partner. Depressive Position of the one partner did not show complementarity with persecuting projective identification of the other partner. So it is shown that persecuting projective identification of one partner in couple relationship is complemented by low level of idealizing projective identification in other partner, but is not complemented by depressive position of the other partner.

Persecuting projective identification of one partner was significantly positively correlated with separation individuation pathology and splitting of the other partner. Thus presence of persecuting projective identification in one partner is complemented by separation individuation pathology and splitting defense use level of the other partner.

Persecuting projective identification also significantly positively correlated with Impaired Autonomy, Disconnection, and Unrelenting Standards schema domains of the other partner. That would mean that high level of persecuting projective identification in one partner is complemented by presence of the schema domains of impaired autonomy and unrelenting standards of the other partner.

Persecuting projective identification of one partner also positively correlated with the Emotional Jealousy and Behavioral Jealousy of the other partner. Persecuting projective identification of one partner also positively correlated with

the total jealousy score of the other partner. Cognitive jealousy did not reveal any significant correlation with Persecuting projective identification of the other partner. It may strengthen the assumption that cognitive jealousy is related more to the individual pathology than the other dimensions of jealousy that it did not showed complementarity in the couple relationship. However, persecuting projective identification in one partner is complemented by high level of emotional and behavioral jealousy of the other partner.

Persecuting projective identification of one partner is significantly negatively correlated with Emotional Dependency and Relationship Satisfaction of the other partner. High levels of persecuting projective identification of one partner is related to low level of Emotional Dependency and low level of Relationship Satisfaction of the other partner. This might indicate that high level of persecuting projective identification in one partner would decrease intimacy, dependency and relationship satisfaction of the other partner.

Table 5.36. Intraclass partial pairwise correlations for the interdependencies between one partner's idealizing projective identification, depressive position, separation individuation pathology, splitting, emotional dependency, schema domains, jealousy and relationship satisfaction with other partners' persecuting projective identification

One Partner's	Other Partner's	$r_{x'y}$	*Z score*
Persecuting Projective Identification	Idealizing Projective Identification	-.128	-2.29 *
	Depressive Position	-.037	-0.67 n.s.
	Separation Individuation Pathology	.276	4.60*
	Splitting	.131	2.25*
	Impaired Autonomy Schema Domain	.160	2.83*
	Disconnection Schema Domain	-.074	-1.21 n.s.
	Unrelenting Standards Schema Domain	.143	2.55*
	Impaired Limits Schema Domain	.092	1.50 n.s.
	Other Directedness Schema Domain	.057	1.02 n.s.
	Emotional Dependency	-.194	-3.32*
	Emotional Jealousy	.134	2.42*
	Behavioral Jealousy	.170	3.12*
	Cognitive Jealousy	.083	1.53 n.s.
	Multidimensional Jealousy	.183	3.33*
	Relationship Satisfaction	-.364	-5.53*

* $p < .05$

5.9.2.3. Intraclass Partial Pairwise Correlations between the Idealizing Projective Identification of One Partner and Persecuting Projective Identification, Depressive Position, Separation Individuation Pathology, Splitting, Emotional Dependency, Early Maladaptive Schema Domains and Jealousy of the Other Partner

Intraclass partial pairwise correlations were conducted in order to explore complementarities between the idealizing projective identification of one partner and the persecuting projective identification, depressive position, separation

individuation pathology, splitting, emotional dependency, schema domains, jealousy and relationship satisfaction of other partner. Similar to other analyses in this last section of result chapter, explanation of Hovardaoğlu (2000) has been followed for each two-variable set and in the calculation of Z scores. Similar to the other analyses of partial correlations in this section, gender, age, marital status, education level and socioeconomic level of the subjects and duration of the relationship and duration of living together were assigned as covariates to control their effects.

Results showed that idealizing projective identification of one partner is negatively correlated with persecuting projective identification of the other partner. Idealizing projective identification of one partner again did not show significant correlation with depressive position of other partner.

Idealizing projective identification of one partner did not show significant correlation with separation individuation pathology and splitting of the other partner.

Idealizing projective identification of one partner was significantly positively correlated with impaired limits and other directedness schema domains of the other partner.

None of the jealousy dimensions of one partner showed significant relations with idealizing projective identification of the other partner.

Idealizing projective identification of one partner showed significantly positive correlations with emotional dependence and relationship satisfaction of the other partner (see Table 5.37)

Table 5.37 Intraclass partial pairwise correlations for the interdependencies between one partner's persecuting projective identification, depressive position, separation individuation pathology, splitting, emotional dependency, schema domains, jealousy and relationship satisfaction with other partners' idealizing projective identification

One Partner's	Other Partner's	$r_{x'y}$	*Z score*
Idealizing Projective Identification	Persecuting Projective Identification	-.114	-2.04 *
	Depressive Position	-.103	-1.89 n.s.
	Separation Individuation Pathology	-.024	-.043 n.s.
	Splitting	.016	0.29 n.s.
	Impaired Autonomy Schema Domain	-.009	-0.16 n.s.
	Disconnection Schema Domain	-.016	-0.27 n.s.
	Unrelenting Standards Schema Domain	.103	1.87 n.s.
	Impaired Limits Schema Domain	.109	1.99*
	Other Directedness Schema Domain	.145	2.62*
	Relationship Satisfaction	.214	3.27*
	Emotional Dependency	.206	3.24*
	Emotional Jealousy	-.004	-0.07 n.s.
	Behavioral Jealousy	-.048	-0.90 n.s.
	Cognitive Jealousy	-.058	-1.07 n.s.
	Multidimensional Jealousy	-.056	-1.05 n.s.

* $p < .05$

5.9.2.4. Intraclass Partial Pairwise Correlations between the Depressive Position of One Partner and Persecuting Projective Identification, Depressive Position, Separation Individuation Pathology, Splitting, Emotional Dependency, Early Maladaptive Schema Domains and Jealousy of the Other Partner

Intraclass partial pairwise correlations between one partner's depressive position and other partner's projective identification, separation individuation pathology, splitting, emotional dependency, schema domains, jealousy and relationship satisfaction revealed that there was only one significant correlation

between one partner's depressive position and other partner's emotional jealousy. Emotional Jealousy of one partner was significantly negatively correlated with the Depressive Position of the other partner. This means that high level of Depressive Position of one partner is related to low level of Emotional Jealousy of the other partner (r_{xy} = -.189, Z= -3.39, p< .05).

5.9.2.5. Intraclass Partial Pairwise Correlations between Five Maladaptive Schema Domains of the Partners

In order to examine interdependencies between personality structures of two partners, intraclass partial pairwise correlations on early maladaptive schemas of partners were analyzes. As in other partial correlation analyses, effects of gender, age, marital status, education level and socioeconomic level of the subjects were controlled.

Table 5.38 shows the correlation matrix of intraclass partial pairwise correlations for five maladaptive schema domains of partners. There were significantly positive correlations between Impaired Autonomy maladaptive schema of one partner with Unrelenting Standards schemas, and Impaired Limits schema domains of the other partner.

Disconnection schema domain of one partner did not show any significant correlations with other schema domains of the other partner.

Unrelenting schema domain of one partner had significant positive correlations with Impaired Autonomy, Impaired Limits schema and Other Directedness schema domains of the other partner.

Impaired Limits schema domain of one partner had significantly positive correlation with Impaired Autonomy, Unrelenting Standards and Other Directedness schema domains of the other partner.

Other –directedness schema domain of one partner was significantly positively correlated with Unrelenting Standards and Impaired Limits schema domains of the other partner.

Table 5.38. Intraclass Partial Pairwise Correlations Matrix for the Correlations between Five Maladaptive Schema Domains of Two Partners Pairs

		Disconnection	Unrelenting Standards	Impaired Limits	Other Directedness
Impaired Autonomy	$r_{x'y}$	.056	.128	.121	.113
	Z score	1.06 n.s.	2.23*	2.14*	1.95 n.s.
Disconnection	$r_{x'y}$		.056	-.088	-.067
	Z score		1.04 n.s.	-1.67 n.s.	-1.27n.s.
Unrelenting Standards	$r_{x'y}$			.187	.123
	Z score			3.19*	2.08*
Impaired Limits	$r_{x'y}$				.168
	Z score				2.86*

* $p < .05$

5.9.2.6. Intraclass Partial Pairwise Correlations between Separation Individuation Pathology and Splitting of One Partner and Five Early Maladaptive Schema Domains of the Other Partner

In order to identify the complementarities in the personality characteristics of the partners, various Intraclass Partial Pairwise Correlations were conducted between Separation Individuation Pathology and Splitting of the one partner and early maladaptive schema domains of the other partner. Z scores for each correlation coefficient were calculated as explained in Hovardaoğlu (2000), and demographic variables of the subjects were controlled in the analyses by assigning them into covariates.

Table 5.39 shows that separation individuation pathology of the one partner was significantly positively correlated with Impaired Autonomy, Unrelenting Standards, and Impaired Limits early maladaptive schema domains of the other partner. There was not significant relationship between separation individuation pathology of one partner and Disconnection schema domain of the other partner and

between separation individuation pathology of one partner and Other Directedness schema domain of the other partner.

Splitting use as a defense mechanism of the one partner was significantly positively correlated with Unrelenting Standards and Impaired Limits early maladaptive schema domains of the other partner. Disconnection, Impaired Autonomy and Other Directedness schema domains of the one partner did not show significant relationship with Splitting of the other partner.

Disconnection and Other Directedness schema domains seem to be not in a complementary relationship with separation individuation pathology or splitting in the partner relationship. Also Impaired Limits schema domain was not in a complementary relationship with splitting in couple relationship. Except from these, separation individuation pathology and splitting of one partner was positively related with early maladaptive schemas of the other partner. Thus personality structures of the couples were in a significant relationship with each other between partners.

Table 5.39. Intraclass Partial Pairwise Correlations for one Partner's Separation Individuation Pathology and Splitting Scores with Other Partner's Five Early Maladaptive Schema Domains Scores

		Separation Individuation Inventory	Splitting Scale
Impaired Autonomy	$r_{x'y}$ *Z score*	.151 2.36*	.116 1.93 n.s.
Disconnection	$r_{x'y}$ *Z score*	-.067 -1.15 n.s.	.019 .361 n.s.
Unrelenting Standards	$r_{x'y}$ *Z score*	.170 2.93*	.168 2.79*
Impaired Limits	$r_{x'y}$ *Z score*	.127 2.25*	.174 3.09*
Other Directedness	$r_{x'y}$ *Z score*	.099 1.73 n.s.	.086 1.45 n.s.

CHAPTER 6
DISCUSSION

Discussion of the main study is composed of two major parts. In the first part, individual level analyses, which explore the relationships among the variables of parenting, personality and couple relationship, are discussed. In the second part, findings of dyadic analyses of the couples, which reveal similarities and complementarities in the couple relationship, are presented.

6.1 Discussion on the Individual Level Analyses

This part of discussion is focused on the individual level examinations. Effects of early maladaptive parenting experiences on the personality and on the couple relationship are presented in this first section. In the second section, the effects of parenting experiences on the couple relationship variables are presented. In the third section, the effects of personality variables on the couple relationship are discussed. In the last section of individual level analyses part, findings of the mediation analyses are discussed.

6.1.1 Discussion on the Effects of Early Parenting Experiences on Personality

The findings of the study showed that there are evidences for the relationships between the early maladaptive parenting experiences and later development of personality of the individuals, which are theoretically consistent. All domains of the early maladaptive schemas showed coherent and comprehensible relatedness with the early parenting experiences at least to an acceptable degree. In addition, parenting experiences of the individual in the childhood showed considerable relatedness with projective identification process, separation individuation process and splitting defense of the individual, which are other constructs of personality in this study.

6.1.1.1 The Effects of Early Maladaptive Parenting Experiences on Early Maladaptive Schema Domains

In order to investigate the effects of early maladaptive parenting experiences of the participants on their later schema development, five separate hierarchical regression analyses were conducted separately for each early maladaptive schema domains. They were repeated for the recall of the participants on their mothers and fathers. Control variables of age, gender, educational level, marital status and socio-economic level of the participants were entered into the equation in the first step and parenting experiences were entered by stepwise method after them. Thus, findings reported here are significant effects after the effects of demographic variables were excluded.

6.1.1.1.1 Disconnection Schema Domain

Childhood experiences of permissive and emotionally- inhibited mother and father; belittling/ criticizing and abusive mother; and emotionally- depriving father predicted disconnection schema domain of the individual.

Disconnection schema domain involves the lack of secure connectedness with the others, and the beliefs about the self as deficient and the others as distrustful (Young et. al., 2003) individuals with disconnection schemas are lack of secure, safe, stable and nurturing relationships in their childhoods that they do not feel secure connections with the others (including their partners). If the individual has the experiences of cold, uninterested, emotionally inhibiting and abusive parenting, intimate and secure relationship cannot be formed and main need to connect cannot be satisfied. Parallel to these claims, examining the findings related to disconnection schema domain showed that relevant predictors of the disconnection schemas were parallel to these theoretical and clinical explanations. The level of explained variance of power of the disconnection schema domain by the early parenting experiences was around 30 percent of the total variance, which is a moderate to good level of explanation value for a complex variable such as personality structure. Moreover these findings were in line with the expectations.

The finding, which reveals the predicting role of permissive parenting on the disconnection schema domain, is found to be interesting. Because permissive parenting experiences were not claimed by Young et. al (2003) as the predictor of disconnection schema domain. This result may be linked to the cultural characteristics of the present sample that for the Turkish participants, perceptions of their parents as permissive in their childhoods may be associated to the perception of them as behaving uninterestedly or neglectfully. Thus for this sample, permissive parenting may lead to disconnection schemas development. Item- based analysis also verified that Turkish version of permissive parenting subscale involves items such as “Allowed me to get very angry or lose control”; “Set few rules or responsibilities for me”; “Provided very little discipline or structure for me”; “Didn't teach me that I had responsibilities to other people”. Turkish translations of these items slightly involve the meaning of lack of interest and care, which are important parenting qualities that Turkish culture demands from the parents. There are increasing number of studies revealing that parental control is actually a prerequisite for Turkish culture. Control is not perceived as a threat for the development of autonomy in the Turkish culture, in contrast to the Western countries. In fact parental control is perceived as an associate of parental warmth and parental care. Thus, lack of parental control, which is defined by giving structure and guidance, in this cultural context, is perceived as neglect, ignorance and lack of care (Kagitcibasi, 1970; Kağıtçıbaşı, 1992; Güngör, 2008). Inferentially concluding that permissive parenting experiences in the childhood can be attributed as lack of care, interest and relatedness, which then lead to the development of disconnection schema in the adulthood.

6.1.1.1.2 Impaired Autonomy Schema Domain

Childhood experiences of permissive, protective, belittling/ criticizing, pessimistic mother and father; and normative and abusive mother predicted impaired autonomy schema domain of the individuals. In addition to them, low level of punitiveness in mother and father also predicted impaired autonomy schema.

Impaired autonomy covers the areas of lack of self-confidence, deficiency in the ability to set goals and show competence to achieve them (Young et al.,

2003). Except for the negative relationship between punitive parenting in the childhood and impaired autonomy schema domain development, all significant parenting experiences, were theoretically coherent and expected findings. However, for this population, lack of punitiveness also seems to be a risk factor for developing impaired autonomy schema domain. Turkish version of punitive parenting experiences subscale contains the items such as: "Would punish me when I did something wrong."; "Would call me names (like stupid or idiot) when I made mistakes."; "Blamed people when things went wrong."; "Rarely expressed anger." Similar to the trans-cultural discussion above on the unpredicted effect of permissive parenting on the disconnection schema domain, lack of punitiveness may also be related to the perception of lack of guidance and watching over the children. In addition, parenting norms of the Turkish culture involves close control and protection of the child. Obedience to the norms of the parents and continuation for the connectedness with them emotionally are requested aspects of the parent-child relationships (Kağıtçıbaşı, 1992). When there is a lack of punitiveness on top of this parenting atmosphere, it might be even more difficult for the child to be individuated from that overprotection. Punitive parenting may provide the child an escape point from very close control and warm relatedness with the parents in the Turkish culture. Lack of punitiveness in early parenting experiences also found to predict higher levels of other directedness schema domain. When these unexpected findings are combined into an inferential conclusion, cultural peculiarities become to be important. Rapidly modernizing Turkish culture shows distinctive family characteristics that interdependency in the family members along with conditional autonomy are evident. Hierarchical/relatedness is a term used for these characteristics of the Turkish culture. It involves high levels of proximity, closeness and relatedness on the one hand; and strong hierarchical structure and control in the relationships on the other hand. The notion of hierarchical/relatedness in the cultural fingerprint of the Turkish culture can be defined as:

> …the combination of the two factors that allows a sense of autonomous but connected selfhood, where hierarchy provides role-based inner differentiation and proximity fosters intimacy and personal depth beyond rules, thus allowing a healthy individuated/

> familial self (Fişek, 1995) or an autonomous relational self (Kağıtçıbaşı, 1996) to develop. (Fişek & Kağıtçıbaşı, 1999, p. 84).

In this cultural climate, control of the parents on the children is associated to care and relatedness. When the early childhood experiences of the parents do not contain any punitiveness and structure, later development of the impaired autonomy and other directedness schemas, both of which have a common ground of lack of self-reliance and confidence, can be resulted.

6.1.1.1.3 Unrelenting Standards Schema Domain

Regarding the predictors of unrelenting standards schema domain, there were three significant early parenting experiences areas, which are consistent for both parents at the same time. Findings showed that conditional/ achievement-oriented, exploitative/abusive and restricted/ emotionally inhibited parenting experiences in the childhood were significant in predicting the later development of unrelenting standards schema domain.

Unrelenting standards schema domain involves the possession of rigid rules and perfectionism and seeking for the approval of the others (Soygüt et.al, 2009). The findings related to the predictive roles of early parenting experiences on the unrelenting standards schema domain were parallel to the theoretical expectations. When the early parenting experiences are characterized by rigid, strict, cruel, neglectful and traumatizing parenting, which values and predominates the self-control and success over spontaneity and free will, then the unrelenting standards schema domain can develop in the adulthood (Young et al., 2003). When the subscale structure of the Turkish version of YSQ is examined, unrelenting standards schema domain consists of high standards, punitiveness, emotional inhibition and pessimism schema dimensions. Concluding that early maladaptive experiences of harsh, strict, rigid and success oriented parenting predict the later development of personality that is characterized by harsh discipline, restricted emotional expression and exertion of criticalness in order to hide the lack self confidence. These three early maladaptive parenting experiences influencing the development of unrelenting standards schema domains were theoretically expected and congruous with the clinical observations (Soygüt, 2010).

6.1.1.1.4 Impaired Limits Schema Domain

Findings showed that the perceptions of both parents as emotionally inhibiting; of mothers as permissive or achievement oriented; and of fathers as abusive or pessimistic/ worried had significant predicting effect on the impaired limits schema domain of the individuals.

Entitlement, narcissistic features and insufficient self- control characterize the impaired limits schema domain (Soygüt et. al., 2009; Caner, 2009). Young et. al (2003) stated that sometimes narcissistic features are overcompensation of disconnection schema domain or more specifically of emotional deprivation schema. Thus if the parents are emotionally inaccessible for the child, narcissistic features in the personality can emerge as a compensation of disconnection schema development. In line with this claim, findings showed that emotionally inhibited/ restricted mothering and fathering experiences in the childhood have a common and the highest predictive factor for the impaired limits schema domain. Influence of early experiences of permissive mothering also is in line with the expectations. In addition to that, achievement-oriented mothering experiences in the childhood are characterized by giving more importance to success, social status, and opinions of the others than the child itself. Also these parents perceive their children as an extension of their selves that have to increase their self-value by achievement and high social status. These parenting qualities were identified as the main etiology of the narcissistic personality characteristics (Glickauf-Hughes, 1997), which are also components of impaired limits schema domain (Young et.al, 2003).

Perception of the early experiences with the fathers as abusive predicted impaired limits schemas development in this study. In addition, pessimistic and worried fathering characteristics were also associated to impaired limits schema domain. These findings seem to be incompatible with what Young et.al (2003) stated. The Turkish version of maladaptive experiences of abusive parenting involves the items of cruelty and instability of the parent. However there are also items related to parental deprivation due to death or abandonment; and using the child for the self-interests and needs. This item-based examination showed that abusive parenting qualities in the Turkish culture also involve parental deprivation

and selfishness, which are identified as the risk factors for the development of narcissistic personality, entitlement and insufficient self control and discipline (Glickauf-Hughes, 1997). Item component analyses regarding the perception of early experiences with the father as pessimistic and anxious showed that items define the fathering characteristics as weak, anxious and negativistic. These characteristics of the father are not socially accepted in Turkish culture due to the patriarchal society characteristics (Yağmurlu & Sanson, 2009), which dictates that men have to be powerful; and fathers play a very dominant role in the family (Bradburn, 1963). Impaired limits schema domain has two dimensions actually that on the one hand entitlement, on the other hand insufficient self-control characteristics are apparent. These two schemas' development in the Turkish culture is related to insufficient control and hierarchy in the family, which would have a more significant effect than it would produce in the western cultures. "The weak father" is perceived as the insufficient control in this patriarchal and hierarchical cultural context (Kağıtçıbaşı, 1992). Thus, it may lead to the development of irresponsible, entitled personality characteristics with insufficient self-control and discipline.

6.1.1.1.5 Other-Directedness Schema Domain

Early maladaptive parenting experiences of restricted/emotionally inhibited; normative; and abusive mothering and fathering predicted higher levels of other directedness schemas development. In addition, lack of punitiveness in the parenting experiences also has a predictive role. Experiences related to mothers and fathers showed parallelism to each other exactly for this schema domain development.

Other directedness schema domain in the Turkish version of the YSQ contains items related to self- sacrificing behaviors and attitudes; need for acceptance, appraise and worthiness from others; and superficial ways of gaining self-worth such as money and acquaintance of important people (Soygüt et. al., 2009). The common characteristics for this domain would be low self- esteem, and dependency on the others. This dependence seems to be two directional: On the one hand individual use the others to feel powerful and effective via serving to them. On

the other hand person needs others to confirm, accept and appraise the self. Both dimensions seemed to aim at enhancing self-value (Young et.al., 2003). All four significant parenting characteristics are found to predict this schema domain diminishes the self –esteem of the child in this culture. Emotionally inhibited/ restricted mother and father do not show emotions to the child and do not let the child to make a bond. As explained above, lack of punitiveness in the parents may be perceived as lack of interest, care and warmth in this cultural context. Abusive parents and normative parents prevent the child to develop independent self-esteem and worthiness. Thus these parental characteristics can lead to other- directedness in the personality development via diminishing self-esteem and self-worth of the child. These arguments should be tested and verified by culture- sensitive empirical studies.

6.1.1.2 The Effects of Early Maladaptive Parenting Experiences on Projective Identification

Object Relations Theory asserts that childhood experiences with the mother and father constitute initial and subsequently developed mental representations of the infant. Child internalizes the relationship characteristics of the parents, besides their personality tendencies. Parental qualities determine the intra-psychic development of the infant in a great deal. Child needs to experience small and tolerable degree of deficiencies in the parenting in order to internalize the external world, adapt to it in a smooth way and develop an intra-psychic world as a counterpart to the external world. On the contrary, severe deficiencies in the parenting result in severe psychopathology such as in psychotic disorders or severe personality disorders (Kernberg, 1976/1984; Fairbairn, 1949; Summers, 1994; Volkan, 1976). Availability of the mother to the child's projective identifications is crucial for firstly forming the mother-child bonding and then for the satisfaction of the basic needs of the child (Spillius, 1988). Young (2003) defined five basic needs of the human being as a) secure relatedness with the others; b) autonomy, competence, success and sense of identity; c) freedom to express internal experiences; d) spontaneity, play, enjoyment; and e) realistic limits and self-control. When the parenting excessively satisfies or does not appropriately satisfy these

needs, developmental need for projective identification becomes to be pathologic. Projective identification was defined as a developmental process of the infant to be secure from internal anxieties coming from death instinct or aggressive drive (Likierman, 2001; Spillius, 1988; Kavaler-Adler, 1993). When the parenting is not "good-enough" (Winnicott, 1998) then the need for these kinds of processes become to be defensive and rigid.

For exploring the effects of parenting qualities on the projective identification of the individual, four stepwise regression equations were formed separately for persecuting projective identification, idealizing projective identification, early maladaptive experiences of mothering and fathering. Age, gender, marital status, educational level and socio-economical level of the participants were entered into the equation in order to evaluate their influence. The findings reported here are the results after the effects of demographic variables were excluded.

When the findings are examined globally, the effects of various parenting characteristics on the projective identification of the individual regarding his or her partner did not show great power in terms of their explanation percentages. Explained variance of the projective identification variables by the parenting qualities did not exceed 10%. This may indicate that there are other variables that directly influence the projective identification utilization of the participants in their romantic relationships. It may also be assumed that there are other variables between parenting experiences and projective identification in the couple relationship. Further studies may involve the examination of other possible predictors of projective identification in the couple relationship.

6.1.1.2.1 Persecuting Projective Identification

The results of the main study showed that early maladaptive experiences of restricted/ emotionally inhibited mothering and fathering attitudes were the strongest predictor for persecuting projective identification. Abusive mothering and fathering experiences in the childhood were the second significant predictors.

Persecuting projective identification is identified with the anxious and aggressive content of the internal mental representations (Klein, 1946). The partner is perceived as either a persecuting mother or as a persecuting infant (Kovacs, 1996). The main themes of the relatedness with the partner are anxiety, fear, ambivalence, power struggles and conflict in the persecuting projective identification.

As tried to explore above that restricted/ emotionally inhibited parenting in the cultural context of Turkey can be characterized by inability to connect emotionally with the child. When the parent is incapable of relating emotionally, child cannot develop basic relatedness, which is the primary condition to improve through the developmental phases for human infant. Mechanical parenting without showing emotions prevents the child to attach securely due to the lack of capacity of emotional sharing and affect regulating (Stern, 1985). It is also lacking the mirroring function for the child's emotions (Winnicott, 1967; Kohut, 1971). Actually this parenting was predicting the disconnection schema development of the individual as explained above. Disconnection schemas are featured by negative, insecure, distrusting core beliefs about oneself and the others (Young et.al, 1997). Item based analyses of disconnection schemas showed that there are many items defining the self and others as bad and persecuting. Restricted/ emotionally inhibited parenting in this sample is related to insecurity in the relationships. Individuals with this type of early maladaptive parenting experiences can show persecuting projective identification in their couple relationships.

Also, in an expected way, early abusive parenting experiences predicted persecuting projective identification of the participants. Selfish, cruel, instable and dangerous parenting, which is lacking of appropriate empathy capacity, damages the child's development of the self and obstructs the emotional regulation capacity. These parenting qualities have been shown as main ingredients in the etiology of the borderline personality disorder (Kellogg & Young, 2006; Lobbestael, Arntz & Sieswerda, 2005), which are characterized by malignant utility of splitting and projective identification in the relationships (Zanarini, Weingeroff & Frankenburg, 2009).

6.1.1.2.2 Idealizing Projective Identification

Results of the study showed that idealizing projective identification in the couple relationship is predicted by early experiences of over-protective/ anxious mothering and fathering. In addition to that, lack of belittling and critical attitudes in the early experiences with the mother also contributed to the idealizing projective identification in the couple relationship.

Idealizing projective identification in the couple relationship involves projection of the ideal parts of the self into the partner. It is identified by the will to be close to the partner. Power relation in the couple relationship is modulated around the protectiveness issue. The partner is put in a condition of being protected or who is supposed to protect. The partner is perceived either as an ideal mother or as an ideal child (Kovacs, 1996). Main themes of the relatedness with the partner are need for closeness, inhibition of conflict, dependence, and self-sacrificing in the idealizing projective identification.

Anxiously over-protective mothering and fathering experiences in the childhood involve the worried, hyper-vigilant parenting that excessively protects the child from the expected threats such as being damaged, sick or wounded. In addition, Turkish version of YPI involves some items related to the consequences of this parenting on the child such as the inability to built individuation and self-reliance. These parents perceive the world as a dangerous place and give great importance to their children in the Turkish culture. It can be speculated that these parents equates the protection of their children with being a successful and good parent. There might also be an additive factor of having an enmeshed relationship with their children that these parents need their children as a way of gaining self-worth. Thus these children may show some difficulty in separation-individuation, and they may develop dependent personality characteristics. These parents cause their children to acquire assumptions that they need others for help, support, nurturance, guidance, protection...etc. (Bornstein, 2000). The findings of this study support this claim that overprotective/ anxious parenting characteristics predicted impaired autonomy schema development in the adulthood, which is characterized by insufficiency, vulnerability, enmeshed relatedness and dependency. Idealizing

projective identification in the couple relationship is predicted by the overprotective parenting, which also involves the vulnerable perception about the world and the self and causes to regarding others as the source of support and care. Thus individuals, who have perceptions of their mothers and fathers as overprotective and anxious, project these internalizations into their partners in their adulthood and expect their partners to nurture them or compensate this internal vulnerability through nurturing them.

Another significant predictor on idealizing projective identification in the couple relationship was belittling/ criticizing mothering perception of the participants from their childhood. Participants reported that low level of belittling/ criticizing mothering experiences in their childhood are associated to idealizing projective identification to their partners. This finding seems to be incompatible with the expectations that lack of a maladaptive behavior predicted idealizing projective identification in the couple relationship. However, item-based analysis showed that belittling/ criticizing mothering perception is based on devaluing the child and favoring others over the child. The harsh attitude toward the child is evident in this parenting experience. Such as there are some items like; “Did what he/she wanted, regardless of my needs.”; “Treated me as if my opinions or desires didn't count.”; “ Preferred my brother(s) or sister(s) to me.” and “Made me feel unloved or rejected.” Considering the lack of these attitudes, perceived mothering experiences become to be characterized by: valuing the child, giving the high importance to the child and perceiving the child with the positive qualities, like in idealizing. Thus this may be speculated as when the child experiences the mother as idealizing himself or herself, later couple relationship might be characterized by idealizing projective identification.

6.1.1.2.3 Depressive Position

The results of the current study showed that lack of abusive experiences of mothering in the childhood predicted later depressive position characteristics in the couple relationship as expected. Also pessimistic mothering experiences in the childhood predicted depressive position in the couple relationship. Regarding the

father: early experiences of restricted/ emotionally inhibited fathering predicted depressive position characteristics in the couple relationship.

Depressive position in the couple relationship identifies the mature and independent relatedness that an individual can perceive the partner free from the internal needs of the self. Depressive Position signifies the lack of any projective identification in the relationship. Individuals with high level of depressive position scores would perceive their partners realistically, are well differentiated and securely attached (Kovacs, 1996; Paulson, 1978)

Except for the lack of abusive mothering experiences, other findings are incongruous with the expectations. Especially, the effects of restricted/ emotionally inhibited fathering experiences are interestingly associated to depressive position that they are supposed to lead to the inability to attach, and to form intimate emotional relatedness. This finding can be explained by two assertions: Firstly, what signifies as depressive position in the Paulson Daily Living Inventory may not be suitable for or representative of the mature relatedness form of the couple relationships in the Turkish culture. Secondly, restricted/ emotionally inhibited fathering in the Turkish culture may not only be associated with the pathological relatedness, because of the fact that emotionality in males usually is inhibited in patriarchal Turkish culture and it is a norm for males not to show too much emotionality. Also it was recognized that father-child distance should be more than the mother-child distance in patriarchal cultures like in Turkey (Güngör, 2008). Though this cultural norm suits better to the fathers of the past decades rather than contemporary fathers. Average age of the whole participants is around 35, which means that their fathers would be over 55. Thus perception of the father as not showing his emotions is common and may be accepted as natural.

6.1.1.3 The Effects of Early Maladaptive Parenting Experiences on Separation Individuation Process

Over-protective/ anxious mothering and fathering was the strongest predictors for the separation-individuation problems in this population, with the slight dominance of father's over-protection over of the mother’s. Over permissive;

abusive; and restricted/ emotionally- inhibited mothering and fathering experiences in the childhood were also predictors of separation-individuation problems of the participants. These experience characteristics were parallel for mothers and fathers of the participants, which can show a common ground in their context related to separation- individuation. Other than them, higher levels of normative mothering and pessimistic/ worried fathering were found to be associated to higher levels of separation-individuation problems. Also as observed for the impaired-autonomy and other-directedness schema domains, lower levels of punitiveness in the mothering was found to be associated to higher levels of separation-individuation problems. There is a phenomenological similarity of separation individuation pathology with impaired-autonomy and other-directedness schema domains on their bases that both result in a lack of separate distinct sense of self, which cause the lack of self-sufficiency and self-reliance. Thus as recognized in the above discussions, lack of punitiveness in the parenting can be perceived as an associate of deficiency in the care and warmth of the parents. In order for a healthy relatedness in which individual can experience the sense of self and freedom, firstly a secure bond between parents and child should be formed that the child can be individuated from it (Mahler, et. al, 2002). It seems to be that these parenting qualities, which were significantly predicting high level of separation individuation problems in this sample, either obstruct the secure and close bonding between parents and child, or prevent the child from being separated from the bond with parents. Putting it in a more concrete way, over-protective/ anxious mothering and fathering, and pessimistic/ worried fathering might be associated with the perception of the external world as dangerous and the self as incapable. Over permissive parenting also is deficient in terms of providing the child to develop his or her capabilities of self-sufficiency and competency. Normative mothering might determine the child's behaviors and attitudes so dominantly that the child cannot generate and pose his or her own norms and identity out of it. Regarding the abusive parenting, while it destroys the securely attaching capacities of the child, it also spoils the sense of security regarding external world, people and the self. Restricted/ emotionally inhibited mothering and fathering may lead to the deficiencies in the primary

bonding and “mutual cuing” (Mahler, 1967) that the child needs this surrounding to grow his or her individuated and related self.

These findings are understandable when considering the cultural surroundings of the participants. Mahler originally proposed the aim of separation individuation process as achieving separateness and autonomy from parents in the childhood (Mahler et al., 2002). However, it has been corrected by some publications that separation-individuation process of the individual should achieve to the point where relatedness and individuation can co-exist, especially when considering a non-Western society (Brewer, 1997; Shiah, Tam & Chiang, 1997; Lam, 1997; Tam, Shiah & Chiang, 1998; Tam, Shiah & Chiang, 2003; Choi, 2002; Göral, 2002). There are also some critics (Gergely, 2000; Lyons-Ruth, 1991; Pine, 2004) related to the simplifications of the Mahlerian developmental theory. These publications directed many researches to explore the generalizability of the Western developmental theories. A new synthesis is growing that identity formation process depends on the balanced- existence of the two dimensions: the separateness from the parents, and healthy relatedness to them (Kağıtçıbaşı, 1996; Fajans, 2006; Imamoglu, 2003; Kağıtçıbaşı, 2005; Luciano, 2009). It is remarkable that initial emergence of this synthesis came from the theoreticians of Turkey, which is an in-between country, in the midst of East and West, well-developed and under-developed, urban and rural, traditional and modern, and individualistic and collectivist. Therefore, the findings related to separation individuation process of the participants were not in the same line consistently with the original theoretical expectations. For the aforementioned cultural context, separateness and autonomy are not the only valued achievements of identity formation process of the individuals. Thus parental characteristics related to the interrelatedness, besides the others, which foster the autonomy, were also found to be associated to separation individuation pathology. In fact, the effects of the interrelatedness- related early maladaptive parenting experiences on the separation individuation process were higher than the autonomy fostering parenting qualities for this sample.

6.1.1.4 The Effects of Early Maladaptive Parenting Experiences on Splitting

The predictors of splitting defense utility regarding the early maladaptive parenting experiences of the participants were found to be over-protective/ anxious, abusive and restricted/ emotionally inhibited mothering and fathering; and achievement focused mothering characteristics. Besides the last one, other early maladaptive parenting experiences were shown also in the predictors of the separation individuation pathology. They have common ground in predicting later splitting use and separation individuation pathology in the adulthood.

According to Object Relations Theory splitting is initially one of the cognitive functions of information organization for the infant, yet inappropriate parenting or disruptions in the development may marginalize its utility and splitting can become to be a major defense for the individual. Then consequent pathologies of splitting may arise. Parenting in the beginning of life should be in optimum level in terms of its nurturance, care, and warmth. Later on it should involve support, respect and acceptance for the development of the child out of symbiotic relatedness (Mahler, et.al, 2002).

Traumatic experiences in the early childhood lead the infant to experience exacerbated internal anxiety, which in turn causes to augment the splitting use (Kilborne, 1999; Manolopoulos, 2006). Traumatic experiences in the childhood are also shown to be in the etiology of the borderline personality disorder, (Clarkin, Lenzenweger, Yeomans, Levy & Kernberg, 2007; Fonagy & Bateman, 2008; Johnston, Dorahy, Courtney, Bayles & O'Kane, 2009) which is characterized by massive use of splitting (Kernberg, 2001; Meissner, 1978; Armbrust, 1996; Baker, Silk, Westen, Nigg & Lohr, 1992; Zanarini et al., 2009). According to Kellogg & Young (2006) early parenting experiences of the borderline patients are “unsafe and unstable”, “depriving”, “harshly punitive”, and “subjugating”. These definitions are globally found in abusive, neglectful, emotionally unavailable and domineering parenting. Thus the finding that abusive parenting experiences in the childhood predict higher levels of splitting is understandable and compatible with the theoretical underpinnings.

Restricted/ emotionally inhibited fathering and mothering also predicted higher levels of splitting in this sample that is in a parallel vein with the above theoretical expectations. The emotional transactions between parents and child, and mutuality in the expressions are the important mirroring functions of the parents in the ego development of the child (Mahler et al., 2002). Many studies showed the effect of parental depression on the psychopathology of the child (Lyons-Ruth, Lyubchik, Wolfe & Bronfman, 2002; Radke-Yarrow & Klimes-Dougan, 2002; Middleton, Scott & Renk, 2009; Rakow et al., 2009). That would indicate the pathogenic effect of the lack of parental responsiveness, either emotionally or instrumentally, on the development of the child. Additively, restricted/ emotionally inhibited parenting were also a significant contributor in separation individuation pathology, persecuting projective identification, and schema domains of disconnection, unrelenting standards, impaired-limits, and other-directedness. This may show the importance of relatedness, responsiveness and mutuality of the parenting for the child development in the Turkish culture.

Moreover, similar to the separation individuation pathology, anxious/ overprotective parenting of both parents was shown to be predicting a high level of splitting in this study. This connection would also be related to the undeveloped self, in which both separation individuation pathology and splitting exists. In addition to that achievement-focused mothering was found to be important in determining splitting utility in the adulthood. Item analyses of these subscales of YPI indicated that achievement-focused mothering would be related to parental rejection and conditioned love of the child. Narcissistic needs of the achievement-focused mothers may lead to the empathic failures. These mothers may also utilize splitting in their attitudes toward their children.

6.1.1.5 General Discussion on The Effects of Early Maladaptive Parenting Experiences on the Personality Constructs

Findings generally support that early maladaptive parenting experiences of the participants have a predictive role on the personality. Explained variances of different parenting experiences of the personality variables ranged between 4% and 34%. Generally it can be stated theoretically and empirically that parenting

experiences in the childhood predict the personality of the adulthood. Yet their contribution to the later personality is limited.

Besides, it should be taken into consideration that reports of early maladaptive parenting experiences are the perception of the parents in their childhood. These perceptions can be confounded by the current relationship with the parents. Moreover, not only the effects of individual parenting characteristics of mother and father, but also the combination of the upbringing attitudes of them are also important in the development of later personality schema. In addition, there are some differences in terms of the combinations of gender of the parent and the child. In some families, as reported in Watson, Little & Biderman (1992), healthy parenting style of one parent can compensate the maladaptive parenting of the other parent. For example, the authoritarianism of one parent was reported to be balanced with authoritativeness of the other. Or, while maternal permissiveness has higher level of influence on the immature self- development, father's influence may not be so strong. Also same maternal permissiveness may not result in undeveloped self for males. Thus the unexpected findings of the present study should also be examined in terms of the gender and family role combinations. Analyses should also include mother-father dyads in the future studies.

6.1.2 Discussion on The Effects of Early Parenting Experiences on Couple Relationship

For the effects of parenting experiences of the individual on the satisfaction, jealousy and emotional dependency of couple relationship in the adulthood, three regressions were run separately for each variable of the couple relationship outcome. While the control variables of age, gender, educational level, marital status and socio-economical level were entered in the first step, all early maladaptive parenting experiences, separately for mothers and fathers, were entered via stepwise method. Findings showed that effects of early maladaptive experiences on the couple relationship are limited in strength. Parenting experiences explained the average of 8-10% of the variance of the couple relationship variables.

Generally the effects of early maladaptive parenting experiences on the couple relationship have shown to be significant. However the contribution of parenting on the couple relationship is smaller compared to its effect on personality. It seems that there are other factors explaining the couple relationship more than the parenting experiences.

6.1.2.1 Effects of Early Maladaptive Parenting Experiences on Relationship Satisfaction in the Couple Relationship

Results showed that higher levels of emotionally depriving mothering and fathering; and higher levels of achievement-focused fathering predicted lower levels of relationship satisfaction in the couple relationship. Directions of the correlations among the variables were in line with the expectations. Also it should be noted that early experiences with the fathers seem to be more associated with later relationship satisfaction of the individual than that of mothers. Explained variances of mothering and fathering experiences on the relationship satisfaction were 4% and 7 % respectively.

Emotionally depriving parenting experiences were identified as fostering factors for the development of disconnection problems of the adults, which involves inability to form secure, warm and stable relatedness with the significant others (Young et al., 2003). Emotionally depriving parenting items in the Turkish version of YPI involve lack of warmth, closeness, intimacy, and empathy in the parent-child relationship. It also caused the worthlessness feelings to the individual because of the deprivations in the parent-child closeness (Soygüt, et. al, 2008). Young et.al, (1997) made a revision in the conceptualization of five core needs of the child. They divided the disconnection and rejection schema domain into two and separated the need for close connection from need for safety and stability. They put the early maladaptive “emotionally depriving” parenting qualities as determinants of dissatisfaction of the need for close relatedness with the others. When the child experiences these deficiencies in the relationship with his or her parents, later relationship with their partners becomes to be distant, cold, and unrewarding. When there are emotionally depriving parenting experiences, these adults “may have an overwhelming need for support, attention, or affection from their partners that is

impossible to fulfill, and thus dissatisfaction results. Other individuals may become involved with partners who are cold and withholding, similar to their childhood caretakers." (Young et.al, 1997, p. 363). In any case, there is a decrease in the satisfaction of these individuals in their romantic relationships.

Achievement-focused fathering of the participants predicted lower levels of relationship satisfaction. This parenting involves the attitudes of giving more importance to the achievement and success than the child itself; or behaviors of giving conditional love and acceptance to the child; forcing the child according to the parental expectations and valuing power and competence (Soygüt, et.al, 2008). This characteristic in the Turkish fathering is seen as rejecting, conditional and distant. Turkish parenting normally involves acceptance and control at the same time. When the fathers are deprived of warmth and acceptance, co-existence of control and affection diminishes and their balance deteriorates (Kağıtçıbaşı, 1992; 2005). According to Young et. al, (1997), self- development of these children is conditioned and restricted by their parents' desire for achievement. These children cannot exert their sense of self. They stay to be dependent on their parental expectations. They can either try to satisfy these expectations by selecting a "perfect" mate or selecting an underachiever mate that they can repeat the schema development history in their romantic relationships. According to their theory, the relationship satisfaction of these individuals depends on their liberation from their parents' expectations.

6.1.2.2 Effects of Early Maladaptive Parenting Experiences on Emotional Dependency in the Couple Relationship

Low levels of emotionally depriving mothering and punitive fathering experiences in the childhood predicted higher levels of emotional dependency to the partner in the romantic relationship. In addition to that, high levels of over-protective/ anxious parenting experiences with mothers and fathers predicted higher levels of emotional dependency. Yet their contribution in explaining the emotional dependency to the partner is quite small, around 3% of the variance.

Emotional dependency to the partner may indicate problems related to separation individuation that individual has difficulty in differentiation the self from the other and need for enmeshment in the relationships (Christenson et. al, 1985). All there significant parenting experiences, which predicted higher levels of emotional dependency to the partner, showed commonality with the parenting predictors of separation individuation pathology.

Among all parenting qualities, lack of punitiveness in the early experiences with the father was the strongest predictor of emotional dependency to the partner. Lack of punitiveness in the fathering is characterized by absence of hostile attitudes, including lack of proper guidance and direction that the Turkish culture demands from the fathers normally (Soygüt et al., 2008). This fathering may influence daughters and sons differently in the cultural context of Turkey, in which patriarchal norms give broader freedom to sons rather than daughters (Kağıtçıbaşı & Ataca, 2005). Further studies on this gender difference are needed. Higher levels of anxious/ over-protective fathering experiences in the childhood were also found to be predicted higher levels of emotional dependency in the couple relationship. These findings are parallel with the study of Caner (2009). She reported that higher levels of anxious/ over-protective and lower levels of punitive mothering experiences of the female participants have been associated to perceiving the partner as more "dependent" in Turkish individuals. Similarly, higher levels of anxious-overprotective fathering experiences in the childhood predicted higher levels of perceiving the partner as dependent for females. For the male participants, higher levels of anxious-over-protective mothering and fathering experiences in the childhood were associated to the perception of the current partner as more "dependable" and "reliable". Even though dependency and dependability are two different extends of relatedness (they can be conceptualized as negative and positive extremes of a secure relatedness or closeness continuum), they both have a resemblance to emotional dependency to the partner. They both guarantee the intimate and close attachment with the partner. Findings of the current study shows parallelism with the findings of Caner in this respect that overprotection and lack of punitiveness in the childhood experiences with the parents are related to the

emotional dependency to the partner in the couple relationship. Emotional dependency to the partner may indicate problems related to separation individuation that individual has difficulty in differentiation the self from the other and need for enmeshment in the relationships.

In addition to them lower levels of emotionally- depriving mothering experiences in the childhood predicted higher levels of emotional dependency in the adulthood romantic relationship. This finding is also understandable in terms of Schema Therapy as mentioned in the relationship satisfaction section above, Young et.al (1997) stated that emotionally depriving parenting experiences causes the problems in the later couple relationship regarding closeness and intimacy. The examination of the item content of Emotional Dependency Scale showed that higher levels of intimacy, closeness, warmth, accompanying dominantly define emotional dependency. Collection of 9 items seems to be the main ingredients of romantic love to one extent, such as the romantic dependency and romantic compatibility (Critelli, 1986); of affiliation and dependent need (Rubin, 1970); and of happiness, friendship, trust and desire for reunion (Hazan & Shaver, 1987). Total lack of dependency in the couple relationship is not healthy. The moderate level of dependency is essential for human relatedness, especially in romantic relationships. Bischoff (2008), Attridge, Berscheid & Sprecher (1998) focused on dependency experience as central to the love experiences. Also they stated that dependency in the couple relationship does not have to be related to insecurity. In fact acknowledgement of dependency in the relationship can enhance the security of the romantic relationship (Feeney, 2007). Thus this finding, that lower level of early maladaptive experiences of emotionally-depriving mothering associated higher levels of emotional dependency, can indicate the non-pathological characteristics of emotional dependency in this sample.

6.1.2.3 Effects of Early Maladaptive Parenting Experiences on Jealousy in the Couple Relationship

Achievement-focused mothering and fathering experiences in the childhood were found to be significant predictors of jealousy in the couple relationship. Also

absence of belittling/ criticizing fathering experiences in the childhood predicted high level of jealousy in the couple relationship.

Achievement-focused parenting is usually related to the narcissistically exploitation of the child by the parent. Personal experience of the child with these parents might be the "conditional love" (Roningstam, 2005). It must be noted that achievement-focused mothering and fathering of the participants have got one of the highest mean scores comparing to other parenting experiences in this sample. The mean scores of 3.26 and 3.27, for mothering and fathering respectively, are very similar to the reports of Soygüt et.al (2008). They reported that there was not a difference in the mean scores of normal and clinical group regarding their achievement-focused parenting experiences. That would be compatible with the claim that Turkish family gives importance to academic achievement and perceives education as a mean for economical achievement too (Kağıtçıbaşı et. al, 2005). This parenting quality emphasizes the autonomy and competence of the child while it diminishes the secure attachment, acceptance and warmth, i.e. relatedness (Young et al., 2003). This is contradictory to the traditional culture of the Turkish family that fosters co-existence of autonomy and relatedness (Kağıtçıbaşı, 1992; 1996). Thus, it may lead to exaggerated negative effect of it in the child development. Ronningstam (2005) cited from Rinsley that these parents give double-binding message to the child: "You may go through the motions of separating from me and appear accomplished and successful, but only if everything you achieve is ultimately in relation to me" (Rinsley, 1989, p. 702). Children with achievement-oriented parents may be deprived of a chance to develop solid sense of self because of the conditional love and acceptance. This parenting leads to the lack of authenticity in the self- development and also the lack of a sense of security in the intimate relationships (Roningstam, 2005). This explanation also goes parallel with the discussions in the romantic jealousy literature related to the effect of self-esteem. It has been shown that jealousy is a reaction to threat to the self-esteem and also it is correlated with low self- esteem (White, 1981; Mathes, Adams & Davies, 1985; McIntosh, 1989; Melamed, 1991; Buunk, 1995; DeSteno, Valdesolo & Bartlett, 2006; Karakurt, 2001). Achievement focused parenting results in the instable self-

esteem, which is conditional to achievement, success and acceptance of the others. Thus these parenting may cause instabilities in the sense of security related to the self, the other and the relationship between them, which cause the jealousy in the couple relationship. In addition to that, child identifies with the conditional love from the parents in the childhood and later intimate relationships are shaped by these internalizations. Partner is perceived as instrumental to one's needs and the love given to the partner in the couple relationship is conditional. These are the common origins of jealousy experiences.

In addition, low level of belittling/ criticizing fathering experiences in the childhood predicted high level of jealousy in the couple relationship. Belittling/ criticizing fathering oppresses the self- esteem development of the child (Clarke, 1998). In this regard, this finding is incompatible with the expectations and further studies are needed to provide a proof for it. This finding may be related to the emotional jealousy component of the MDJS, which shows prominent difference from other dimensions of jealousy in terms of intimacy, closeness and affiliation. It has strong correlation with Rubin's love index, which has been defined as "affiliative and dependent need, exclusiveness and absorption, and a predisposition to help." (Pfeiffer & Wong, 1989, p. 189). Thus the total score of MDJS may be interacted with both positive and negative qualities of jealousy experience.

6.1.2.4 General Discussion on The Effects of Early Maladaptive Parenting Experiences on the Couple Relationship

Dicks (Dicks, 1967), ORFT (Scharff, 1991) and ORCT (Scharff et.al, 1991b) emphasized the influence of childhood experiences with the mother and father on the couple relationship. They provided many case examples. However findings of the present study seem to be partially supporting these theories.

Similar to their effects on the personality variables, early maladaptive parenting experiences showed even smaller contribution to the couple relationship variables, averagely 3-4 % of the explained variance. This small effect might indicate other factors, which may contribute to the relationship between parenting experiences and couple relationship. Personality construct is a better determinant for

couple relationship. Theoretically it can be conceived that parenting experiences has more direct effects on personality construct, which in turn predicts couple relationship in the adulthood (Greenberg et.al, 1983). Thus it is expectable that the contribution of parenting experiences on the personality was bigger than the contribution of them on the couple relationship.

6.1.3 Discussion on the Effects of Personality on the Couple Relationship

This study aims to show the effects of personality variables on the couple relationship variables. Personality variables of the present dissertation are persecuting projective identification, idealizing projective identification, depressive position, separation individuation pathology, splitting, and early maladaptive schemas. In order to show their influences on the satisfaction, three dimensions of jealousy and emotional dependency in the couple relationship, five hierarchical regression analyses were conducted. Demographic variables were controlled.

Compared to the effects of parenting experiences, personality variables showed greater contribution on to the relationship variables. For example personality variables of the participants predicted 47 % of their relationship satisfaction. In addition, 44% of the explained variance of emotional dependency in the couple relationship was predicted by personality variables.

6.1.3.1 Effects of Personality Variables on the Relationship Satisfaction

Results showed that persecuting projective identification of the participants regarding their partners determined their relationship satisfaction in the couple relationship in a great extent, with an explained variance of 33%. After that idealizing projective identification of the participants revealed its contribution with 11%. In addition, higher levels of disconnection schema domain predicted lower level of relationship satisfaction in the couple relationship with the explained variance of 3%.

This great contribution of projective identification on the relationship satisfaction is related to the double face of projective identification in this study. Projective identification was used as both a personality and a relationship variable in a sense that it implies intra-psychic and interpersonal areas of the individuals at the

same time. The items are focused on the mental representations, attitudes and behaviors of the individual regarding his or her partner.

High level of persecuting projective identification predicted low level of relationship satisfaction. This finding is totally in line with the expectations. Persecuting projective identification is characterized by "all bad" mental representations. Partner in this type of projective identification is perceived either a persecutor or the target of the persecution of the individual (Kovacs, 1996). Hostile attitude toward the partner is distinct. Aggressive parts of the self are discharged onto the partner; consequently relationship quality turns out to be hostile, aggressive and negative area for these interactions (Zosky, 2000). Partner is approached as an extension of the self because there is a fusion in the mental representations of self and other. Thus the reciprocity in the hostility is prominent. While this couple relationship satisfies unconscious needs of the partners by means of complementing and re-experiencing the internal anxieties, concurrently relationship quality between them diminishes substantially due to externalized hostility.

Contrary to persecuting projective identification, idealizing projective identification of the participants enhanced satisfaction in the couple relationship. This finding also is in line with the expectations. Idealizing projective identification is characterized by projection of the "all good" mental representations regarding the partner. Idealization and projection of internal good parts into the partner are the main components of relatedness. Individual may idealize his or her partner or behave toward the partner in an idealized way (Kovacs, 1996). Affiliation, closeness, and altruism are main characteristics of the idealizing projective identification. Due to fusion in the self and other mental representations, reciprocity in the relationship is prominent and it leads to mutual sharing of positive and elevated emotions in the relationship. Thus relationship satisfaction of the individual is also elevated.

Another significant personality contributor to the relationship satisfaction was disconnection schema domain. Higher levels of disconnection schema domain predicted lower level of relationship satisfaction in the couple relationship. This finding is also meaningful in terms of Schema Therapy theory. Young et.al (1997)

identified the relevance of this schema domain in determining the satisfaction in the couple relationship. “Basic safety and security” and “close connection to others” are two dimensions that the authors suggested to be involved in disconnection schema domain. If there is not a development of disconnection schema, that would mean that individual’s the core need to have secure and stable relationship was satisfied in the childhood and he or she can form intimately close affiliation to the partner. These individuals select reliable and warm people to be close with, and they can commit securely to the relationships. The sharing of closeness and intimacy results in increase in the satisfaction in the couple relationship. It may be important to note that among all schema domains, disconnection schema domain came forward to predict relationship satisfaction directly. This may indicate the importance of the closeness issues in the couple relationship, for this sample.

6.1.3.2 Effects of Personality Variables on the Emotional Dependency

The personality- related predictors of emotional dependency in the couple relationship were idealizing projective identification and persecuting projective identification of the individual, with the contribution proportions of 34% and 4% respectively. High level of idealizing projective identification was the strongest predictor of emotional dependency in the relationship. Also low level of persecuting projective identification predicted emotional dependency. These findings were compatible with the expectations. It seems that projective identification variables melt other personality variables such as separation individuation pathology and splitting into itself that none of them were found to be predicting emotional dependency in the couple relationship.

Theoretically idealizing projective identification and emotional dependency are very similar. They have a common ground that they both involve idealization related to the partner. They emphasize closeness, affiliation, need for the partner and importance of the partner for the person. Idealizing projective identification consists of projection of “all-good” aspects of the self into the partners and desire to unify with him or her. Need for closeness to the partner is prominent. Emotional dependency is defined as high degree of determination capacity of the partner on the self, and need of the individual for the partner to complement the internal emotional

needs. Thus it is basically “degree to which the behavior of the partner affects one’s feelings” (Buunk, 1991, p. 154). Idealizing projective identification enhances this need of the individual, thus predicts high level of emotional dependency in the couple relationship.

On the contrary, persecuting projective identification predicted lower levels of emotional dependency in the couple relationship. This finding also clarifies the nature of emotional dependency. The main component of emotional dependency seems to be related to the closeness and loving feelings, rather than dependency. Because, persecuting projective identification, theoretically, involves the enmeshment in the relationship. When the self and other boundary in the relationship is blurred, projective identification emerges. There is massive reciprocity and dependency in the couple relationship, which involves any form of projective identification (Scharff et. al, 1991a). Emotional dependency also implies the enmeshment in the relationship, yet its negative association with persecuting projective identification now undermines the emphasis of this association. This finding can be concluded as the destructive consequences of persecuting projective identification on the intimacy and emotional closeness in the couple relationship. Thus it decreases emotional dependency and intimacy related to partner. This finding emphasizes the positive functioning of emotional dependency in the couple relationship.

6.1.3.3 The Effects of Personality Variables on the Jealousy

In order to clarify the natures of different dimensions of jealousy, three separate regression analyses were conducted for emotional, behavioral and cognitive jealousy, rather than examining a unified jealousy score in the couple relationship.

6.1.3.3.1 Emotional Jealousy

Results regarding emotional jealousy showed that while depressive position decreases emotional jealousy; idealizing projective identification, persecuting projective identification and unrelenting standards schema domain increases it in the couple relationship. These findings generally are in an expected direction.

Emotional jealousy can be defined globally as one's vulnerability to the actions of the partners, which are perceived as threat to the relationship with the partner. Emotional upset of the individual toward these perceptions characterizes the emotional jealousy (Pfeiffer et. al, 1989).

Depressive position indicates the individual's perception of the partner as a separate distinct individual who has both negative and positive qualities. The mature acceptance of the partner and solid distinction between self and other are prominent in these individuals' mental representations. Individuals with these depressive position characteristics do not exert total control and influence on their partners' thoughts, behaviors, or emotions. On the contrary they show respect for their individual identity (Kissen, 1996; Baum, 2006). Due to the fact that there is a non-possessive relational atmosphere for these participants, their emotional jealousy does not increase to a pathological level. On the other hand, both idealizing projective identification and persecuting projective identification result in enmeshment in the relationship with the partner, and fusion in the self and other representations of the individual. There is a massive reciprocity in the interactions between partners. Thus, individual experiences great level of emotional vulnerability to the actions of the partner because of the undifferentiated self and other representations. Emotional vulnerability to the actions of the partner manifests itself in the emotional jealousy reactions (Catherall, 1992; Pfeiffer et. al, 1989; Scharff et.al, 1997). Thus if an individual has high idealizing projective identification or persecuting projective identification regarding his or her partner, then emotional jealousy related to the partner would also be high.

Unrelenting standards schema domain of the Turkish version of YSQ involves the items from pessimistic/ worried, emotional inhibition, high standards and punitiveness schemas (Soygüt et al., 2009). Participants who have higher score in this schema domain might be rigid, distant, emotionally vulnerable and vigilant individuals that have also some narcissistic tendencies, such as emphasizing the self-interests and values over the others' point of views. They may have perfectionism and rigid values and rules. They may over- value the rationality over emotionality and they may restrict emotional expression of anger or intimacy toward others

(Young et al., 2003). It is unexpected that among all schema domains, unrelenting standards schema domain significantly contributed to the emotional jealousy in the couple relationship. Item-content analysis of Emotional Jealousy subscale implied that this dimension might also manifest one's rigid rules regarding the fidelity and faithfulness in the couple relationship. Deviations from these rigid rules of relationship might be perceived by the participant with unrelenting standards schema domain as unacceptable. Thus they may cause to increase emotional reactions of jealousy.

6.1.3.3.2 Behavioral Jealousy

Results showed that higher levels of separation individuation pathology and lower levels of depressive position in the individual predict higher levels of behavioral jealousy. These findings are in the same direction with the expectations.

Behavioral Jealousy consists of control and checking behaviors against unfaithfulness of the partner and threatening situations in the couple relationship. Controlling behaviors can originate from two emotional sources: jealous feelings toward partner and aggressive attitude toward the rival (Pfeiffer et. al, 1989). Separation individuation pathology in this study indicates enmeshment in the close relationship with the partner; splitting the self and partner into all-good and all-bad poles; inability to tolerate aloneness; using coercion to manipulate the partner and lack of object constancy related to partner (Christenson et. al, 1985). Individuals with higher separation individuation pathology show impairments in the intra-psychic development of autonomy and separateness. They experience anxiety due to lack of object constancy and feel insecure in their close relationships. These individuals are lacking the ability to regulate emotional self- states and they have limitations to see the others as whole, separate individuals (McDevitt, 1975; Zosky, 2006). Due to these inabilities and characteristics of insecurity and deficient object constancy (Kernberg, 1972), these individuals might constantly need to control the presence or absence of the threatening situations in the close relationships. Thus they might report high level of behavioral jealousy in their couple relationship. Because of their need for enmeshment, these individuals may also exaggerate the impact of the threats to their romantic relationship.

Depressive position, on the other hand, is one of the consequences of an adequate attainment of separation individuation process. When there were not any disruptions in the early development regarding separation individuation and object relations, individuals can achieve a mature self and other mental representations, and a well-developed self (Segal, 2004; Spillius, 1988). These individuals show solid object constancy that they do not experience anxiety in the close relationships due to external threats. Object constancy attainment result in security feelings toward the partner, thus it may lead to low level of behavioral jealousy (Kernberg, 1972; Kernberg, 1975).

6.1.3.3.3 Cognitive Jealousy

Persecuting projective identification and impaired autonomy schema domain predicted higher levels of cognitive jealousy, while idealizing projective identification and depressive position predicted lower cognitive jealousy towards the partner.

Cognitive Jealousy is composed of the suspicious thinking about the probable threats to the romantic relationship with the partner. Person shows "paranoid worries and suspicions concerning his or her partner's infidelity" (Pfeiffer et. al, 1989, p. 183). Originally cognitive jealousy dimension of MDJS is suggested to measure more pathological jealousy, especially if there is not a real threat to the relationship. The results of the present study were in accordance with theoretical expectations and what the original article on MDJS suggested completely (Pfeiffer et. al, 1989).

Among all personality variables, persecuting projective identification was the strongest predictor of cognitive jealousy that it contributed 5% of the explained variance on its own. Also compared to other emotional and behavioral jealousy dimension, there is a strong association between persecuting projective identification and cognitive jealousy. As a malignant manifestation of paranoid-schizoid position, persecuting projective identification toward the partner definitely involves negative assumptions regarding partner's infidelity. Individuals who have persecuting projective identification in their close relationships are projecting their

internal annihilatory anxieties and aggressive drives to their partners (Zinner, 1991; Zosky, 2000). Lack of object constancy, impaired development of object relations and self cause the individual to experience more malignant forms of jealousy in the couple relationship.

Impaired autonomy schema domain contains schemas related to vulnerability to harm, enmeshment and failure (Soygüt et al., 2009). They reveal deficiency in the development of the self that person cannot differentiate self from other, thus needs enmeshed relatedness with the other. Self-esteem is not strong that person perceives himself or herself vulnerable to any kind threats and he or she is incapable of exerting competence and success. Rydell & Bringle stated that suspicious jealousy, which was identified from MDJS, is related to "high levels of anxiety, doubt, suspiciousness, and insecurity in the self and in the relationship" (Rydell et. al., 2007, p. 1101). It has reported that in contrast to the emotional jealousy, suspicious jealousy is highly correlated with low self-esteem (Rydell et. al, 2007). This finding also was proven in the Turkish sample (Karakurt, 2001). Thus positive association of impaired autonomy and cognitive jealousy might be indicative of anxiety and low self-esteem components of this type of jealousy. The positive association between cognitive jealousy and persecuting projective identification, which was mentioned above, also supports this finding that anxiety is more prominent in cognitive jealousy.

It is also important to note that there was two schema domains found to be related to jealousy in the couple relationship. They are disconnection and impaired autonomy. Disconnection schema domain predicted emotional jealousy, impaired autonomy predicted cognitive jealousy. This finding indicates the differences of two jealousy types regarding their associates of personality. While emotional jealousy is related to closeness and intimacy in the relationship, cognitive jealousy is related to vulnerability, anxiety and low self-worthiness.

6.1.4 Discussion on the Mediation Analyses

In order to show probable paths among the variables of early maladaptive parenting experiences, personality and couple relationship, several regression analyses were run. There were both full and partial mediation results in the findings.

Conclusive path analyses revealed that persecuting projective identification has important mediating role in the relationship between personality and couple relationship variables. This mediating role of persecuting projective identification also supported the proposal of this dissertation that it is a multi-function variable. Projective identification in this thesis is conceived as both intra-psychic and also interpersonal variables. Thus it shows mediating role between personality and couple relationship variables.

6.1.4.1 Mediating Role of Persecuting Projective Identification

Findings revealed that there is a significant path related to the relationship between individual's personality and couple relationship. The combined evaluation of mediation analyses regarding the mediator role of persecuting projective identification showed that it is mediating to the relationships among personality and couple relationship variables.

First path indicates that there is a strong relationship between separation individuation pathology and relationship satisfaction in the couple relationship. High level of separation individuation pathology leads to low level of relationship satisfaction in the couple relationship. Mediation analysis showed that persecuting projective identification mediates to this relationship fully. This path clearly showed that separation individuation pathology leads to persecuting projective identification of the individual, which in turn leads to dissatisfaction in the partner relationship. This finding is in line with the theoretical and empirical statements. Many psychoanalysts, psychotherapists and theorists gave examples of this path in their case studies with the patients (Dicks, 1967; Catherall, 1992; Middelberg, 2001; Kernberg, 1991; Scharff et.al, 1997; Mones et. al, 2000). There were also some empirical examinations related to this path indirectly (Rosegrant, 1981; Zosky, 2000).

Second path was revealed as occurred between splitting utilization of the individual and relationship satisfaction in the couple relationship. Findings showed that splitting utilization of the individual predicts low level of relationship satisfaction in the couple relationship. Mediation analyses revealed total mediating role of persecuting projective identification in this association. This path analysis clearly showed that utilization of splitting defense is associated strongly to persecuting projective identification of the individual regarding his or her partner, which in turn causes the decrease in the relationship satisfaction in the couple relationship. Grotstein (1981/1986) and Siegel (1992; 1999; 1991) specifically and De Varela (2004), Feldman (2003/1992) and Middelberg (2001) indirectly gave the examples of this path in their case studies and empirical findings. Yet this study is unique so far to reveal this theoretically and therapeutically understandable phenomenon by an empirical examination.

Third path showed strong association between separation individuation pathology of the individual and jealousy in the couple relationship. Mediation analysis proved that separation individuation pathology leads to jealousy in the couple relationship partially through persecuting projective identification. The path revealing the causal relationships that high level of separation individuation pathology leads to persecuting projective identification, which in turn causes the jealousy reactions of the individual in the couple relationship. This causal relationship has been implied in some case studies, yet there is no empirical finding particularly for this association. Solely, Emerian- Schievert (1989) showed theoretically similar path in her study that disruptions in the early family relations lead to borderline personality, which in turn is associated to jealousy experiences. Because borderline personality is featured by separation individuation pathology, this study shows evidence for the present study partly.

Fourth path indicated the association of splitting utilization of the individual to the jealousy experiences in the couple relationship. Mediation analysis revealed the causal relationship that splitting utilization leads to jealousy in the couple relationship. Persecuting projective identification mediates partially to this relationship. According to the revealed path, high level of splitting utilization is

strongly associated to persecuting projective identification regarding the partner, which in turn leads to jealousy about the partner in the couple relationship. Pam & Pearson (1998) mentioned about the functioning of splitting in the romantic jealousy shortly. Yet there seems to be absence of studies investigating this association empirically, even though object relations theory originally conceptualized this relationship.

Concluding from these four paths, in which persecuting projective identification plays the role of mediator, it can be stated that projective identification of the individual is functioning in the middle of personality and relationship variables. It has two dimensions. It shows bidirectional relatedness. This is compatible to its theoretical setting that projective identification is originally an intra-psychic mechanism, yet it has been emphasized that it also has power to determine interpersonal relations. Thus manifestations of projective identification can be traced in the close relationships, including couple relationship.

However it is interesting that idealizing projective identification did not reveal any mediating relationship among personality and relationship variables. This somehow shows parallelism with the Klein's notion of projective identification. Although there were some critics to Klein about ignoring the projection of good parts of the self in the projective identification, she emphasized the impact of persecutory projective identification in the pathology formation. Persecuting projective identification and idealizing projective identification are differentiated on their impacts on the pathology. Persecuting projective identification mostly causes negative consequences, yet idealizing projective identification selectively causes negative outcomes. Ramchandani (1989) wrote that if idealizing projective identification exists in a securely formed relationship, its negative consequences, such as depletion of the ego or massive self-sacrificing and masochism, do not emerge. Instead, mutual enrichment in the relationship can be observed.

In addition to that, Kernberg (1987; 1984) stated that idealization might be varied on a continuum of maturity and pathology. He mentioned about primitive idealization, in which splitting is a predominant defense. It is seen in borderline personality organization and primitively falling in love experiences that do not

survive for a long time. In second form of idealization, there is still idealization of the object, but there is also concern for more realistic awareness about the object. This type idealization is seen in normal falling in love experiences of the neurotic patients. These idealization experiences are also different from normal idealization, which depends on integrated ego capacity. It consists of the externalizations of good parts of the self to the object for the aim of attachment. This type of idealization includes personal integrity, reality awareness and also concern for social environment. Thus, when the idealization obscures reality testing and when it is based on excessive splitting and projecting of the massive object relations, then its pathology markers are salient. Thus, the sample of the present study may not be representative of pathological idealizing projective identification. Majority of the participants were married longer than 5 years with their partners, they had higher education, and middle socio-economical level. Also majority of them reported that they were in love with their partners in the time of filling the questionnaires. Thus they represent securely attached couple relationship rather than problematic or immature couple relationship. In this sampling idealizing projective identification might function in the service of secure and stable attachment formation in the couple relationship. Thus its negative consequences in the relationship did not emerge. In fact idealizing projective identification showed strengthening effects on relationship satisfaction and emotional dependency in the couple relationship. Idealizing projective identification also showed discrimination of the jealousy experiences. While it increases the emotional jealousy, it diminishes cognitive jealousy.

6.1.4.2 Mediating Role of Emotional Dependency between Idealizing Projective Identification and Relationship Satisfaction

Findings also revealed partial mediation effect of emotional dependency between idealizing projective identification and relationship satisfaction. Path revealed that idealizing projective identification fosters emotional dependency in the couple relationship, which in turn improves relationship satisfaction. Idealizing projective identification showed positive impact on the emotional dependency and relationship satisfaction in the couple relationship.

This path also supports the sample characteristics of the present study regarding the healthy function of idealizing projective identification. Idealizing projective identification in this sample did not show pathogenic effect regarding the couple relationship.

6.1.4.3 Mediating Role of Separation Individuation between Persecuting Projective Identification and Jealousy

Another path analyses revealed that separation individuation pathology of the individual has partial mediation function between persecuting projective identification and jealousy in the couple relationship. Persecuting projective identification of the individual fosters jealousy in the couple relationship, but this relationship emerges through partially separation individuation pathology of the individual. Thus jealousy in the couple relationship is a function of persecuting projective identification and separation individuation pathology of the individual.

This finding also supports the notion that persecuting projective identification is responsible in a degree of jealousy in the couple relationship. However its effect on jealousy is partially explained by the separation individuation pathology. Enmeshment, lack of differentiation self and other, relationship problems related to splitting and lack of differentiation result in experiences of jealousy in the couple relationship.

This finding is also overlapping with other mediation result explained above that persecuting projective identification is mediating the relationship between separation individuation pathology and jealousy in the couple relationship. It seems that persecuting projective identification and separation individuation pathology overlap in terms of their effects on the couple relationship. Both have causal effects on jealousy. Both concepts also show commonality regarding the jealousy. This common ingredient might be related to undifferentiated- self and other representations and splitting defense. Yet further studies are needed to discriminate the common and uncommon aspects of these two concepts.

6.2 Discussion on Couple Dyads Level Analyses

Besides the individual-based analyses presented above, this study also evaluated two partners as a unit and analyzed the couple pairs regarding their personalities, their parenting experiences and relationship qualities. This part mainly aims to approach projective identification concept in its interpersonal dynamics.

The quantitative research methods have considerable limitations in revealing dynamic issues such as close relationship dynamics. Projective identification is a very complex concept to examine its dynamics by a quantitative empirical study. One of the ways to compensate this limitation is to conduct a research approaching two partners as a unit. This would provide to measure inter-relatedness between partners. Whisman, Uebelacker & Weinstock (2004) emphasized the importance of evaluating two partners together in the inferential understanding of the effects of psychopathologies. They focused on the effects of psychopathologies of the partners on their marital satisfactions and found significant interaction effect of depression of one partner and the marital satisfaction of the other partner. There are not many empirical studies focusing on the interrelatedness of the partners in the couple relationship. As Gaunt (2006) and Luo et.al (2008) suggested, this study used correlations between partners' scores in order to measure the interrelatedness of the couples because it's a more reliable method than absolute difference methods.

Findings of this part are divided into two: In the first part similarities of the partners on a single variable are presented. In the second part interrelatedness of two partners regarding their personality and relationship related characteristics are revealed.

6.2.1 Discussion on the Similarities of the Couples

Projective identification in the couple relationship is assumed to be a cementing factor for the coupling processes. It creates or enhances the complementariness and similarities between partners (Dicks, 1967; Scharff et. al, 2005). In order to trace the outcomes of projective identification processes in the couple relationship, similarities and complementariness between partners can

provide evidences. Similarity of the partners on a certain domain may involve also complementing function in their relationship. Reported similarities between partners are discussed in terms of their contribution to the couple relationship.

6.2.1.1 Similarity of the Couple on Projective Identification

Findings revealed that persecuting projective identification, idealizing projective identification and depressive position levels of the partners are similar to each other. If one participant has high level of persecuting projective identification toward his or her partner, then his or her partner has also high persecuting projective identification toward him or her. If a participant has idealizing projective identification toward his or her partner, the partner also utilizes idealizing projective identification toward the participant. If depressive position level of one partner is high, then the depressive position level of the other partner is also high. Thus partners in this study showed similarity in their projective identification processes regarding each other.

This finding is supporting the literature on projective identification in the couple relationship. Dicks (1967) gave many examples of couples, who formed mutual projective identification interactions between themselves. In his terms, individuals make collusive partner relationship through reciprocal and mutual transactions of projective identifications. According to him, projective identification plays role also in the mate selection. Individuals select persons who can fit their internal mental representations of self or other. Thus similarity in the beginning gives clue for the partner selection and then strengthens the partners' acceptance of each others' projections. Crisp (1988) similarly stated that partner selection depends on the similarity of the object relations of the individuals in an extent, yet the complementarity of partners on their internal needs is also important. According to Crisp, partners should also be somewhat different in terms of their internal needs in order to form a couple through complementing each other's needs. Projective identification in the relationship plays role for these partners to accept the complementary roles. Scharff et. al (1997) reformulated Dicks's term, "collusive", into "unconscious complementarity". Partners project their internal mental representations into each other and mutuality in projective identifications, which

leads to cementing the couple relationship. Couples become to that particular couple by mutual projective identification processes, which are based on the valence of the partners to take or to suit with the projected material. This valence, which is based on similarity basically, is perceived unconsciously during mate selection, which also contributes to projective identification process (Scharff et. al, 1991a). Thus, similarity plays role in the partner selection in the beginning and later mutuality of projective identification process results in the strengthening of the similarity between partners in their projective identification utilizations.

6.2.1.2 Similarity of the Couple on Personality

Intraclass partial pairwise correlations regarding the personality variables of the partners also revealed significant similarities between partners.

Separation individuation pathology of one partner is significantly correlated with that of other partner. Level of splitting utility of the participant is also positively correlated with that of his or her partner. These two findings are also related to the similarity of the couple on projective identification that is discussed above. Individuals might select their mates unconsciously in terms of their fit on the separation individuation pathology and splitting as well. Yet there are not empirical studies showing this particular similarity between partners in the couple relationship. Valence of the partners to match to each other's object relations is also important for this finding that couples are similar regarding their separation individuation pathology and splitting utilization (Scharff et. al, 1991a). Dicks (1967) also revealed these unconscious processes of selection and matching up.

Regarding the early maladaptive schemas of the couples, two of the five core schema domains were significantly and positively correlated between partners. Unrelenting standards of one partner is positively correlated with the unrelenting schema domain of his or her partner. Thus partners' personalities of pessimism, emotional inhibition, high standards and punitiveness show similarity to his or her partner. Also impaired limits schema domain of one partner is positively correlated with impaired limits schema domain of his or her partner. They show similarity in their entitlement or narcissistic personality characteristics. There is not any research

specifically focusing the similarities of the schema domains of the romantic partners, these findings need to be examined by further studies. There is limited research on the similarity of the partners regarding their personalities and its evidences in their partner selection, even though they do not specifically focus on early maladaptive schemas. For example studies showed that there is similarity in the personalities of the partners (Gonzaga, Campos & Bradbury, 2007; Luo et al., 2008), even though similarities of demographic characteristics are higher than their personalities (2009). In addition there is similarity of personalities and values in the beginning of the relationship that individuals select their partners considering the similarities (Luo, 2009).

6.2.1.3 Similarity of the Couple on Their Relationship Characteristics

Relationship satisfaction of the partners showed significant positive correlation to each other. Partners showed similarity on their reports of relationship satisfaction. If one partner reported that he or she has high relationship satisfaction, relationship satisfaction of his or her partner is also high.

Emotional dependency to the partner also showed similarity to each other. If one partner in the relationship has higher level of emotional dependency toward his or her partner, partner also shows high emotional dependency.

Among all jealousy scores, only emotional jealousy showed similarity between partners. High level of emotional jealousy of the individual is also seen in his or her partner. Behavioral and cognitive jealousy of the participants did not show similarity between partners. This may show that emotional jealousy in the relationship is more likely to be a consequence of mutual interactions in the couple relationship. However behavioral and cognitive jealousy seem to be more likely belong to the individual characteristics, which are determined by non-relational constitutions, such as personality, traumatic personal history or psychopathology. In addition, emotional jealousy is defined as an emotional reaction, particularly sadness, to the infidelity of the partner or threat to the relationship. This component of jealousy is conceived to be an important ingredient and one of the required conditions to be a couple in the Turkish culture in which fidelity is valued. Thus

cohabiting couples in the present study showed homogeneity on this dimension with the mean score of 5.02 out of 7 points and standard deviation of 1.16.

6.2.2 Discussion on the Interdependencies and Possible Complementarities of the Couple

In this part of the discussion, interdependencies among two partners' personality and relationship related variables are focused on while their similarities in the couple relationship are taken into account. Through examining the interrelations and complementarities of the partners in the couple relationship, the process of projective identification between them can be revealed.

6.2.2.1 Partner- Related Associates of Relationship Satisfaction

Findings showed that relationship satisfaction of a participant is negatively correlated to his or her partner's persecuting projective identification utilization, separation individuation pathology and splitting utilization. Relationship satisfaction of the participant is positively related with idealizing projective identification utilization of his or her partner. Depressive Position of his or her partner did not show relevance to relationship satisfaction of the participant. These revealed that if one of the partners have high utilization of persecuting projective identification toward his or her partner, use high level of splitting and have high level of separation individuation pathology, then the other partner's relationship satisfaction decreases. If his or her partner has high level of idealizing projective identification toward him or her, then relationship satisfaction of the other partner increases. Supporting this latter finding, Murray et.al (1996) showed the importance of idealization in the relationship satisfaction of the couples. Except for the depressive position, these findings are very consistent with the expectations. It seems that depressive position does not guarantee the relationship satisfaction in this sampling.

Among early maladaptive schemas, unrelenting standards and impaired autonomy schema domains of one of the partners found to be negatively correlated with relationship satisfaction of his or her partner. If one of the partners has impaired autonomy schema domain, i.e. if he or she has vulnerability to harm and

threats, enmeshment/ undifferentiated self, and failure schemas, his or her partner's relationship satisfaction decreases. If he or she has unrelenting standards schema domain, i.e. high level of pessimism, emotional inhibition, high standards, and punitiveness schemas, his or her partner's relationship satisfaction diminishes. People with unrelenting standards show deflated form of narcissism that they may find their partners as insufficient for their standards (Young et. al, 1997). These findings are consistent with the expectations. Yet other schema domains did not reveal significant associations with relationship satisfaction of the other partner, even though impaired limits and other directedness schema domains had negative correlations, they could not reach to a significant level. This might be related to the other factors such as schema processes of maintenance, avoidance and compensation, and coping styles of the individual (Young et. al, 1997). Besides the early maladaptive schemas of the individual, these factors and also complementary reactions of the partner may also contribute to the relationship satisfaction of the other partner.

Among the relationship variables, emotional jealousy related to the partner did not reveal significant correlation with other partner's relationship satisfaction, even though its direction was negative. However behavioral jealousy, cognitive jealousy and total jealousy of one partner showed significant negative correlation with other partner's relationship satisfaction. If the individual has high level of jealousy, behavioral jealousy and cognitive jealousy toward the partner, his or her partner's relationship satisfaction decreases. This finding is also consistent with the expectations.

High level of emotional dependency of the individual to his or her partner had significant positive correlation with the relationship satisfaction of his or her partner. If the individual is emotionally dependent on his or her partner, relationship satisfaction of the partner increases. This finding is also in line with the expectations that emotional dependency designates loving feelings toward the partner, including intimacy, closeness, need for the partner and emotional impact of the partner on the individual.

6.2.2.2 Partner- Related Associates of Persecuting Projective Identification

Findings revealed that high level of persecuting projective identification of an individual is negatively correlated with idealizing projective identification of his or her partner. However there is not a significant association between persecuting projective identification of the individual and depressive position of his or her partner, even though the direction of the correlation between them was negative. Remembering above-mentioned discussion that partners show similarity regarding their persecuting projective identification, this finding indicates that if the individual has persecuting projective identification, his or her partner also has persecuting projective identification rather than idealizing projective identification or depressive position. Thus complementarity of the persecuting projective identification of the partners can be inferred from this finding. Further examination of the role complementarities in these couples with mutual persecuting projective identification is needed to identify the complementarities between partners in a content-base way.

As expected, persecuting projective identification of the individual showed significant positive correlations with separation individuation pathology and splitting utilization of his or her partner. Combining this finding with the above discussion, persecuting projective identification of the individual has interaction with the persecuting projective identification, separation individuation pathology and splitting of his or her partner. This would indicate that in order for projective identification to emerge in the couple relationship, receiver partner should accept and "contain" the projected material. Projected material should also be adjusting to the intra- psychic mental representations of the receiver partner. Indicators of these compatibilities of the receiver partner are separation individuation pathology and splitting. The self and other boundary in the relationship should be blurred, and there should be enmeshment between partners for the interlocking to exist. Receiver partner should have split off good and bad mental representations regarding the self and the partner, which are compatible with the object relations of the projecting partner (Crisp, 1988; Catherall, 1992; Middelberg, 2001; Scharff et. al, 1991a)

Persecuting projective identification of the individual showed positive correlations with his or her partner's impaired autonomy and unrelenting standards

schema domain. This indicates that persecuting projective identification of the individual toward his or her partner is related to pessimism, emotional repression/inhibition, high standards, and punitiveness schemas of the receiver partner. Similarly, vulnerability to harm and threats, enmeshment/ undifferentiated self, and failure schemas of the partner are associated with persecuting projective identification of the individual toward him or her. Originating from these findings, speculating over the complementariness regarding the persecuting projective identification might tell that pessimism, high standards vulnerability to harm, failure or punitiveness schemas of a partner is complemented in the couple relationship through persecuting projective identification of his or her partner. Also individuals with enmeshed/ undeveloped self schema are complemented by their partners persecuting projective identification, in a way that enmeshment of the partner allow for persecuting projective identification.

Regarding the couple relationship variables, persecuting projective identification of the individual showed positive correlations with total jealousy, emotional jealousy and behavioral jealousy of his or her partner. Correlation of cognitive jealousy did not reach to significant level even though its direction was positive. These results were in line with the expectations and other findings that if there is persecuting projective identification of the individual, his or her partner also has high level of persecuting projective identification, which is related to persecutory anxieties and insecurities that jealousy is assumed to be one manifestation of them. However non-significance of cognitive jealousy was unexpected. Very small mean score of cognitive jealousy might be related to this result that there seems to be small representation of this jealousy in the sample.

Persecuting projective identification of the individual had significantly negative correlation with emotional dependency of his or her partner to the self. This finding seems to be contrary to the expectations because if there is persecuting projective identification in the relationship, dependency of the partner would be expected. However emotional dependency in the current study is focusing on the emotional need for the partner, i.e. need for closeness to the partner, and loving feelings toward him or her, as opposed to instrumental need to the partner. Arntz

(2005), Bornstein (2005b) and Bischoff (2008) tried to discriminate healthy and unhealthy dependency in the relationships. Emotional dependency in the couple relationship seems to be functional for the couple mating. Item- content of the EDS also indicates the relevance of the emotional dependency to the concepts of love, warmth, closeness and need for the partner emotionally (Zuroff & de Lorimier, 1989). Persecuting projective identification does not involve closeness, warmth and loving feelings even though it requires dependency and enmeshment. Thus persecuting projective identification of the individual is associated with negative feelings in the partner, such as anger, hatred, rage, guilt, shame, jealousy, envy…etc. In this situation, this finding is supporting the destructibility of persecuting projective identification in the couple relationship that it diminishes emotional dependency of the partner.

6.2.2.3 Partner- Related Associates of Idealizing Projective Identification

Supporting the previous results and discussions, idealizing projective identification of the individual showed negative correlation with persecuting projective identification and depressive position of his or her partner. Yet correlation of depressive position did not reach to significant level. In addition to that the correlations with partner's separation individuation pathology and splitting did not also achieve to a significant level for the idealizing projective identification of the individual. This might indicate that idealizing projective identification in this population does not designate the pathological idealizing projective identification in which massive split off good and bad representations exist and unrealistic idealization of the partner is seen. In fact it seems to be that idealizing projective identification in the cohabiting normal population of Turkish couples functions in the service of secure, intimate bonding and closeness. In this population idealizing projective identification to the partner is not associated to the separation individuation pathology or splitting utilization of the other partner.

Expectedly, idealizing projective identification of the individual showed positive correlation with two of the five core schema domains of his or her partner: Other-directedness and Impaired limits schema domains. According to this finding, the individual, who is showing idealizing projective identification toward his or her

partner, seems to have a partner who has the schema development of either self-sacrifice and approval seeking, or entitlement and insufficient self control. Idealizing projective identification is designated by projection of the good self- or other parts into the partner, and behaving to him or her in the manner of either of the following two ways: as if the partner is a protective and good mother and the self as a child; or as if the partner is the child, who is protected by the good self. Thus nurturance and dependency characteristics are salient in idealizing projective identification (Paulson, 1978; Kovacs, 1996). These two findings on the complementariness of the partners represent these two faces of idealizing projective identification clearly, in that partner is perceived as good child who needs to be protected in Ideal Mother to Infant projective identification, and partner is perceived as good mother who protects the self in Infant to Ideal Mother projective identification. Self-sacrifice and approval seeking schemas of the partner can lead the other partner to experience Infant to Ideal Mother projective identification in the couple relationship. Individuals with other-directedness schema domain put the partner into the first place. They sacrifice their individualistic sides for the acceptance and love of the partner (Young et al., 2003). They play the role of generous mother who gives everything for the idealized child, i.e. as occurs in Ideal Mother to Infant. Thus self-sacrificing persons are complementary to idealizing projective identification of the other partner. In addition to this schema domain, entitlement schema of the partner showed high correlation with idealizing projective identification of the other partner. Entitlement schema involves idealization of the self and emphasis on the heightened self-worth (Young et al., 2003). The individual with the narcissistic and entitled personality qualities accepts the projected good-parts of the partner easily, also enforces his or her partner to idealize him or her unconsciously through projective identification process. They may exert omnipotent control over their partner probably in the form of protectiveness if idealization takes place and in the form of aggression if devaluation takes place (Kernberg, 1974a; Kernberg, 1991). Their attitudes toward their partners can be characterized by Infant to Ideal Mother projective identification, in that they can enjoy the generous care or presence of their partners in a selfish manner (Kernberg, 1991). Thus as the finding also showed, idealizing projective identification of the person can be complemented

by the inflated self- worth and narcissistic personality of his or her partner. Concluding that this finding presented both Ideal Mother to Infant and Infant to Ideal Mother characteristics of idealizing projective identification clearly. In this regard, these findings related to the schemas of the partners can be conceived to present the complementariness of the two partners through projective identification process.

Regarding the couple relationship variables, idealizing projective identification of the individual had significantly positive correlations with relationship satisfaction and emotional dependency of the other partner. These findings were also expectable that projection of the good parts of the self or other to the partner result in rapprochement, closeness and loving feelings. This might indicate the interrelatedness of the partners and mutuality of the couple relationship that idealizing projective identification of the one partner reciprocally leads to or reinforces the emotional dependency and relationship satisfaction of the other. Regarding the jealousy, idealizing projective identification of the individual did not show significant correlation with any of the jealousy dimensions even though the direction of the correlations were negative. This finding also supports above-mentioned discussion that idealizing projective identification in this population is not associative to pathology. Idealizing projective identification can lead to negative consequences only when there are massive projections of the good internal parts that are diminishing any possibility of reality testing. In this non-healthy form of idealizing projective identification loss of boundary between self and other is evident. In addition self and other mental representations are not differentiated. Also there is higher need for avoiding aggressive drive and death instinct. Attainment of object constancy is not sufficient that individual clings to the partner (Kernberg, 1991; 1995). Consequently jealousy emerges in the relationship where pathological idealizing projective identification is present.

6.2.2.4 Partner- Related Associates of Depressive Position

Although several intraclass partial pairwise correlations were run between depressive position of an individual and his or her partner's personality and relationship characteristics, the only significant variable was emotional jealousy.

Finding indicates that if the individual has depressive position in the relationship with his or her partner, then the emotional jealousy of the partner decreases. Even though this finding seems to be compatible with the theoretical expectations, it has actually some implications regarding the Turkish culture. Emotional jealousy consists of sadness and negative emotions if the partner involves in various reproaching behaviors toward opposite sex. These kinds of behaviors are regarded in the Turkish culture as unfaithfulness and they are not acceptable by the norms. This finding is puzzling in a way that emotional jealousy can be regarded as a common and basic component of being a couple in the Turkish culture. Thus, decrease in the emotional jealousy, as an associate of depressive position of the partner may not be compatible with the cultural atmosphere. This may indirectly indicate that depressive position in the couple relationship seems to be overly individuated stance for the Turkish culture. Item analysis also supported that these items in the following might be associated to the detachment between husband and wife. For instance, the statements of "I believe that most of the time s/he should make his/her own decisions about what s/he does and when s/he goes." "I think it is at times good for us to take time away from each other and to take separate vacations." "I am quite comfortable if her/his opinions are different from mine." are might indicate both respectfulness and insufficient intimacy in the relationship of Turkish couples. Although the perception of the partner as a distinct individual and respect for his or her free exist in the these items that belong to the depressive position, they also imply a sort of distance in the relationship between partners or losing of the family ties in the Turkish culture (Aslan, 2009; Fişek & Kağıtçıbaşı, 1999; Kağıtçıbaşı, 2005). Thus higher level of depressive position in one partner may lead to decrease in the emotional jealousy of the other partner. This finding should be evaluated by taking the cultural aspects of Turkey into account.

6.2.2.5 Complementarities between Early Maladaptive Schemas of the Partners

Several intraclass partial pairwise correlations between partners' early maladaptive schemas showed that there are probable complementarities in the couple relationship regarding the personality schemas of the partners.

Findings showed that impaired limits schema domain of the individual showed positive correlations with his or her partner's impaired autonomy, unrelenting standards and other directedness schema domains. Remembering above discussion that impaired limits schema domain of the individual was also positively correlated with same schema of the partner.

Impaired limits schema domain is composed of entitled and narcissistic features of the personality and insufficient self- control (Young et al., 2003). These characteristics were also consistently identified in the Turkish culture (Soygüt et al., 2009). These individuals are demanding, domineering toward the people around them. They have need for control and power. They have the belief that they do not have to obey social rules. They have freedom to behave free from constrictions as contrary to other ordinary people (Young et al., 2003). They may be inconsiderate to their partners. They do not give empathic understanding and respect to their partners. They behave toward them as if they exist in order to satisfy their needs (Young et. al, 1997). These individuals become to be the irresponsible child in couple relationship that their partners play the roles of restricted mothers.

Impaired autonomy schema domain is characterized by vulnerability to threats and harm, enmeshed and dependent self- characteristics, and failure (Soygüt et al., 2009). Behavioral manifestations of this schema might be perceived as the opposite of impaired limits schema domain. The individuals with these schemas seem to possess some beliefs such as 'I am weak thus I need other people.' (Young et al., 2003). In the couple relationships these individuals are infantilized and overprotected by their partners. They become to be dependent on their partners, who are perceived as competent and self-reliant, while the perception of the self is maintained as weak or incompetent. These individuals stay to be incompetent in these couple relationships that partners project extremes of power and competence into each other (Young et. al, 1997).

Other directedness schema domain contains self-sacrificing and acceptance seeking schemas in the Turkish version of YSQ (Soygüt et al., 2009). Self-sacrificing individuals hide their neediness and dependency through serving to the others and helping them. They also avoid guilty feelings of selfishness. Individuals

with approval seeking schema have dependency on the acceptance of the others in order to maintain their self-esteem (Young et al., 2003). They develop "false self" that personality of the individual becomes to be 'as-if' in relation to self, other and the world. They live as expected from them by the significant others, because these individuals depend on others to feel worthy and loved (Masterson, 1988). They may be coupled with the partners who do not give approval, acceptance, love, and care to them. The schemas of these individuals are maintained by constant struggle to find acceptance from outside (Young et. al, 1997)

People with unrelenting standards schema have the personality characteristics of rigidity, harshness, perfectionism, pessimism, vigilance, and domineering attitudes in the Turkish version of YSQ (Soygüt et al., 2009). They are preoccupied with the maintenance of their self-esteem through perfection and criticalness. Unrelenting standards schemas are developed mainly to avoid shame. Individual possesses critical attitude toward others and shows perfectionism in order to avoid shame and incompetence (Young et. al, 1997). They exert rigid rules, inhibit emotional expression and behave punitively for the deviations from the standards (Young et al., 2003). They project the imperfection to the others and criticize them. These individuals might select partners to whom they can project their internal anxieties related to incompetence.

Complementing the internal needs of each other unconsciously, individuals form couple relationships in which they play complementary roles to each other. Mostly this complementariness leads to the couple to locate themselves in two poles of the same continuum through this process. There are many examples related to this polarization in the literature (Dicks, 1967; Crisp, 1988; Kissen, 1996; Scharff et.al, 1997; Middelberg, 2001; Young et. al, 1997). Individuals with impaired limits may form couple relationship with the individuals who have impaired autonomy, other directedness and unrelenting standards schemas in order to maintain self- schemas unchanged or unchallenged. Individual with entitlement schema is coupled with self-sacrificed partner (other-directedness) that both sides are gaining some sort of satisfaction for their internal needs. Young & Gluhoski (1997) mentioned about this

coupling as “self-serving and self-sacrificing” poles of maladaptive coping styles regarding the mutuality spectrum. This finding is supporting their claim empirically.

Individual with entitlement and grandiosity schema may form a couple relationships with a partner who is overly dependent and incompetent (impaired autonomy). Both partners can maintain their schemas in this type of couple relationship. Young et. al (1997) exemplified these couple relationships as the poles of “submission-dominance” on a spectrum of power. On the one side individual with impaired autonomy schema submits, on the other side individual with impaired limits dominates to the other. While they complement each other, relationships are cemented, but also early maladaptive schemas of the partners are maintained.

Individual with impaired limits, who shows insufficient self- control may form couple relationships with the individuals with rigid rules, normative attitudes (unrelenting standards) that are giving emphasis on perfection and discipline. Middelberg (2001) mentioned about this type of collusive couple relationship that one partner becomes responsible, disciplined mother, the other partner becomes irresponsible, spoiled child.

In addition to these theoretically consistent empirical findings on the complementary interconnections between partners’ early maladaptive schemas, the positive correlation between impaired limits of two partners can be focused now. Impaired limits schemas of two partners were found to be positively correlated to each other. That means that individuals with entitled/ grandiose personality characteristics have partners who have also narcissistic personality tendencies and insufficient self- control schemas. Kernberg (1974b) focused the role of idealization in the narcissistic personalities and falling in love experiences. People with narcissistic tendencies split off good from bad internal representations and repress the bad parts or avoid to have contact with them. They may possess the idealized parts of the self or project them to the partner. They usually form mirroring relationships that they can appraise themselves in the eyes of their partners. Similarly, as Siegel (2006) noted narcissistic couples may form dependent couple relationship in which they may compete with each other or they may swing between mutual forms of devaluation or idealization of each other. Contempt and conflict

may also be a part of these relationships. Yet these partners are attached to each other by the reciprocity of idealization/devaluation cycles between them. Therefore, they become interdependent to each other via projective identification, which is featured by idealizing projective identification mostly. This finding supports these theoretical claims empirically that through idealization and projective identification process two partners' narcissistic/ entitled schemas can complement each other in the couple relationship.

Findings also showed that unrelenting standards schema domain of an individual in this sample had significant positive correlations with impaired autonomy and other-directedness schema domains of his or her partner. Remembering from the above discussion that unrelenting standards schemas of the individual also showed positive correlation with unrelenting standards schema domain of his or her partner.

These findings indicate that individuals with rigid rules, perfectionism and criticalness form couple relationship with the others who have dependency needs, who show incompetence and low-self esteem. It seems that people with this kind of coupling reinforce the internal needs of each other while placing each other on the poles of a continuum. These couples may be on "submission-dominance" or "idealize-devalue" poles of two spectrums (1997). While the partner with unrelenting standards can project his or her incompetence or weak parts into his or her partner, the other partner with impaired autonomy may posses the weakness and projects his or her internal need for competence and power into the partner. This collusive couple relationship is also one of the most popular examples of projective identification literature (Middleberg 2001; Scharff et.al, 1991b; Zinner, 1991). This finding shows empirical evidence for these types of collusive couple relationships that is an outcome of projective identification processes.

Also individuals with unrelenting standards schemas seem to form couple relationships with individuals who have other-directedness schema domain, i.e. who are dependent on others in order to maintain their self-esteems through self-sacrificing or approval seeking behaviors. People with other- directedness schemas easily submit to others in order to get their approval (Young et al., 2003); they can

sacrifice their authentic selves. When they form couple relationship with rigid, domineering and critical partners, they may comply with their standards rather than challenging their dominance. In this complementariness, each partner can reinforce the needs of the other and their schemas stay to be unchanged in these couple relationships. Most "dominance-submissive" (Young et. al, 1997) couple relationships can be characterized by this type of coupling. Thus this finding is also supporting the theoretical notions of complementariness of the internal object relations of the partners and schema maintenance processes via couple relationship.

6.2.2.6 Complementarities between Early Maladaptive Schemas and Separation Individuation Pathology of the Partners

Findings showed that separation individuation pathology of an individual has positive correlations with impaired autonomy, unrelenting standards and impaired limits of his or her partner in the couple relationship. There seem to be complementary connectedness regarding these dimensions between partners.

Individuals with high level of separation individuation pathology show high level of need for enmeshment and closeness with the partner, high utilization of splitting defense and frequent experiences of ambivalences in the relationships due to their separation individuation problems (Christenson et. al, 1985). They have deficiencies in differentiating self and other mental representations. They may exert omnipotent control onto others as they see them as an extension of themselves. This dimension of separation individuation pathology is common in narcissistic and borderline personality characteristics (Christenson et. al, 1985; Dolan, et. al, 1992). Individuals with separation individuation problems may form enmeshed couple relationship dynamics in which they treat their partners as an extension of themselves and exert dominance and control (Sternschein, 1973; Givelber, 1990). Individuals with impaired autonomy also have strong dependency needs. They need to be in enmeshed-dependent relationships with their partners in order to feel secure and loved. They may comply with omnipotent control of their partners (Young et. al, 1997). They also may have a need to be controlled and dominated. Thus this finding may indicate that people with separation individuation pathology may constitute coupling easily with people who have impaired autonomy schemas.

Combining this finding with the above-mentioned discussion that separation individuation pathology of a person is positively correlated with separation individuation pathology of his or her partner, it can be asserted that people form couple relationships with others who have similar level of separation individuation pathology and dependency needs. Also mutual interactions of projective identification processes between partners maintain the level of dependency needs in the couple relationship.

The finding that individual's separation individuation pathology has positive association with partner's impaired limits schema domain is also one of the theoretically sound results of this study. Because impaired limits schema domain has commonalities with high level of separation individuation problems, there seems to be some resemblances and commonalities in their outcomes of the couple relationship. Individuals with impaired limits schemas have omnipotence and narcissistic tendencies in their relations. They may be lacking of empathy in the relationships due to difficulty of differentiation of the self from the other. They may expect others to satisfy the needs of the self selfishly (Young et al., 2003). There are some psychotherapeutic publications stating that separation individuation pathology is an important contributor of narcissistic personality (Mahler, 1967; Kernberg, 1975; Rinsley, 1989; Glickauf-Hughes, 1997; West, 2004). Thus this finding seem to reveal these commonalities of impaired limits and separation individuation problems in the couple relationship that partners' personality qualities can show similarities and complementarities. This finding indicates the empirical evidence for the complementariness in the couple relationship that separation individuation pathology of an individual shows pairing with the impaired limits schemas of his or her partner.

Unrelenting standards schema domain of the partner also showed significant positive correlation with separation individuation pathology of the other partner. Restriction of the emotions, criticism, perfectionism, high standards, rigid rules and punitiveness are characteristics of a person with unrelenting standards schema domain (Young et al., 2003). These characteristics show resemblance with the narcissistic tendencies in the personality organization that individuals with false

self- development may show extreme level of self-reliance, over-emphasis to intellectual functioning and power as a compensation of their immature and vulnerable self (Masterson, 1988). Unrelenting standards schema development may be representative for some of the narcissistic individuals as a compensation for their vulnerabilities. Usually individuals with unrelenting standards are also characterized by their lacking of empathy and emotional connectedness, which is also another commonality with the narcissistic personality organizations (Kernberg, 1975). It seems that individuals with separation individuation problems connect with the individuals who have these personality characteristics. This indication is also in parallel to the above- mentioned association between separation individuation and narcissism.

6.2.2.7 Complementarities between Early Maladaptive Schemas and Splitting of the Partners

Similar to the separation individuation pathology, splitting of a partner in couple relationship showed positive correlation with unrelenting standards and impaired limits of the other partner. Findings showed that if a person has high level of splitting, his or her partner might have high level of unrelenting standards or impaired limits schemas. High level of splitting defense of a partner indicates need to defend against aggressive drive and improper development of object relations (Klein, 1946). High utilization of splitting is also related to idealizing or devaluing of the self and the partner unrealistically (Kernberg, 1987). It has been reported that narcissistic individuals utilize primitive form of idealization or devaluation of their relationships due to primitive object relations and splitting defense (Auerbach, 1993). In this type of relationships good parts of the self are split off from bad parts and good parts are projected into the other partner. If the partner has grandiosity, he or she easily accepts and contains these split off parts. Thus this finding may show empirical evidence for the functioning of splitting defense in the couple relationship as Siegel (2006) proposed. These phenomena may lead to the formation of couple relationship, in which one of the partners' splitting utilization is complemented by the other partner's impaired limits schema domain, i.e. entitlement and grandiosity characteristics of the personality. Because these characteristics have commonalities

in their nature, both of them can be seen in the couple relationship as partners' personalities.

In addition, finding showed that individuals with high level of splitting defense seem to form couple relationship with individuals who have high level of unrelenting standards schema domain. Connecting with the above-mentioned finding that unrelenting standards schemas of an individual also has a positive correlation with separation individuation pathology of the partner, that can be asserted that splitting and separation individuation pathology of an individual has an association to the coupling of an individual with unrelenting standards schemas. Splitting is an important defense mechanism for the narcissistic personality organization as well as for borderline personality organization (Kernberg, 1975). Thus referring the above- mentioned discussion on the relationship between unrelenting standards schema domain and separation individuation, conclusion can be drawn that the relevance of the unrelenting standards schema domain with the narcissistic personality in this sample is indicated by the findings of the present study.

6.3 Limitations of the Study

The primary limitation of this study is its restriction to quantitative research. Concepts such as projective identification, separation individuation and dynamics of two individuals in the couple relationship require in-depth analyses as well as quantitative research because of their nature as complex and multidimensional constructs. There was a limited number of empirical researches on these issues in the literature due to this fact. Measuring these concepts with the questionnaires, which are limited to the pre-determination of the authors on the items and restricted choice of the participants to likert-type questions, causes considerable amount of information loss.

In addition, research design of the study is the cross-sectional method. Cross-sectional designs limit the findings only to the time being of the measurements. However the projective identification in the couple relationship, separation individuation and other qualities of the experiences in the relationship

with the partner dynamically changes through the phases of the relationship and development of the individual. Thus the present thesis shows a shortcoming that it failed to analyze the effects of the duration of the relationship between partners on the projective identification and experiences in the couple relationship.

As a third limitation of the current study, statistical analyses are based on correlational relations between variables. Even though these methods show some advantages, they also are limited to draw causal relationships (Kazdin, 1998).

Another limitation of the study is related to sampling that all subjects of the main study participated through snowball sampling method. Although the generalizability of the study is high due to the fact that participants could be reached from many different cities of Turkey, and sample size of the study permits to generalize the findings to the general population. The participation to the study was based on voluntariness, which might be very indicative of psychological-mindedness, and ability to tolerate at least minimum level of internal anxiety due to facing the internal conflicts. Cognitive avoidance is an important factor in the participation responses of the individuals (Butler, Fennell & Hackmann, 2008). Couple relationship quality of the participants seems to be also important for their participation decisions. There were challenging questions in the questionnaires that some of the individuals avoided to fill them. Thus the findings might be limited to the sample characteristics of the current study and external validity of the study should be cautiously framed.

In addition, this study does not focus on the clinical sample, which would be very informative in revealing the psychodynamics of the couple relationship because of the fact that theoretical background of the concepts utilized in this study are all originating from clinical knowledge. A comparison study focusing on both clinical and normal sampling is more efficient to show healthy and pathological manifestations of the psychodynamics.

6.4 Suggestions of Possible Directions for the Future Research

Projective identification is a mechanism that operates mainly unconsciously in the relationships and intra-psychic worlds of the individuals. Subtle manifestations in the interactions between partners and their outcomes in the couple relationship are main ways through which the empirical studies are designed. However there is great amount of information in the pscyhodynamics of the individuals regarding their personality organizations, early experiences with the parents and their couple relationship. Future researches combining the quantitative methods with qualitative methods are more integrative in a sense that the gap of knowledge is greatly reduced for the concepts of the present study.

Moreover, the concepts of the thesis are very dynamic and changing in time depending on the experiences of the individuals. Longitudinal research design for exploring the dynamic natures of these concepts is more suitable than the cross-sectional researches. In addition, causal relationships can be inferred from longitudinal researches, which involve Structural Equation Modeling (SEM) (Hoyle, 1995) techniques.

This study proposes the model of projective identification in the couple relationship at the end of the discussion chapter that needs to be tested and validated by future studies, which utilized SEM. In addition future studies on the projective identification processes in the couple relationship should include the clinical sample of couples in order to examine the pathological manifestations in the relationship.

The findings of the pilot and main study showed that many results seem to have cultural implications regarding the Turkish culture. Especially for the child upbringing practices experienced in the childhood and personality of the participants showed cultural differences then the Western culture, in which the instruments have been originated. In addition, although the psychometric studies for the newly adapted instruments revealed acceptable reliability and validity in the Turkish sampling, some subscales of the instruments showed variance compared to original articles. For example, idealizing projective identification and emotional dependency in the couple relationship showed many interesting results that in contrast to the

participants of the Western societies, Turkish cohabiting couples do not perceive the closeness, intimacy, reciprocity, self-sacrificing and dependency as dysfunctional and unhealthy in the relationships. Similarly, depressive position subscale of the Paulson Daily Living Inventory showed results different from the theoretical expectations. The depressive position did not reveal association to high relationship satisfaction for the Turkish cohabiting couples. Items of the depressive position might be associated with detachment rather then the respectfulness and well-individuation in the couple relationship for this sample. Thus, further studies might also aim to produce Turkish instruments for the same constructs of the resent study in the future that culture specific psychodynamics could be explored more accurately.

Reviewing the findings of the study revealed that there are some suggestions for the future studies in order to clarify some findings. For example, for the findings on relationships among early maladaptive schemas, early maladaptive parenting experiences, projective identification and splitting, there were some explanations specific to the Turkish culture, which need to be validated by further researches conducted in Turkey. For example, there was a consistent finding that anxious/ overprotective parenting in the early experiences of Turkish cohabiting couples showed relatedness with their splitting and separation individuation pathology. Even though this consistency is theoretically sound, it also deserves closer attention in the case of considering its relevance for upbringing practices in the Turkish culture. In addition, regarding the similarities and complementarities of early maladaptive schemas between the couples, there is not available empirical evidence in the literature in order to compare the results of this study. Thus further studies are required to understand similarities between partners on their early maladaptive schemas. Moreover, there were such unexpected findings that further studies are needed to examine such associations thoroughly. For example among all schema domains, unrelenting standards schema domain was the only significant contributor for the emotional jealousy in the couple relationship. The relevance of these two constructs regarding the couple relationship should be examined by future studies.

6.5 Implications of the Study for Research Applications and Clinical Settings

This study translated and adapted three measurement tools into Turkish that they are intending to assess in-depth psychological processes. These instruments show considerably good reliability and validity in the studies of the present thesis. Turkish versions of these instruments provide the researchers to conduct trans-cultural studies in the future in order to show applicability of the western theories of psychodynamics into the non-western cultures. In addition, the presence of the instruments in Turkish provides the measurement tools for the clinicians to assess very crucial, yet not easily identifiable processes of couples and individuals, namely projective identification process in the couple relationship, separation individuation pathology and splitting defense mechanism.

Clinical implication of this study can be summarized by its contribution to the understanding of the unhealthy couple relationships in which extreme enmeshment; isolation; conflict; or avoidance is evident. The resistance to change is also prominent. Therefore mutual trans-identifications and projective identification processes of the partners should be highlighted in the therapy in order to release the blockage in front of the therapeutic change. This study indicates the operations of mutual projective identification processes and provides empirical evidences for them, consequently it gives direction for the clinicians and researches to explore these psychodynamics.

By investigating the operations of projective identification processes in an individual and in the couple relationship at the same time, this study provides more comprehensive and holistic approach. In addition this study contains object relations theory, schema therapy and system approaches to the couple relationship in the theoretical framework and methodology. Considering the multilayered psychodynamics of the personality and multidimensional nature of relational world of human beings, integration of many perspectives is essential. This study contributes to holistic approach and shows empirical evidences for supporting it. The study aimed to integrate the intra-psychic and interpersonal areas of the couple

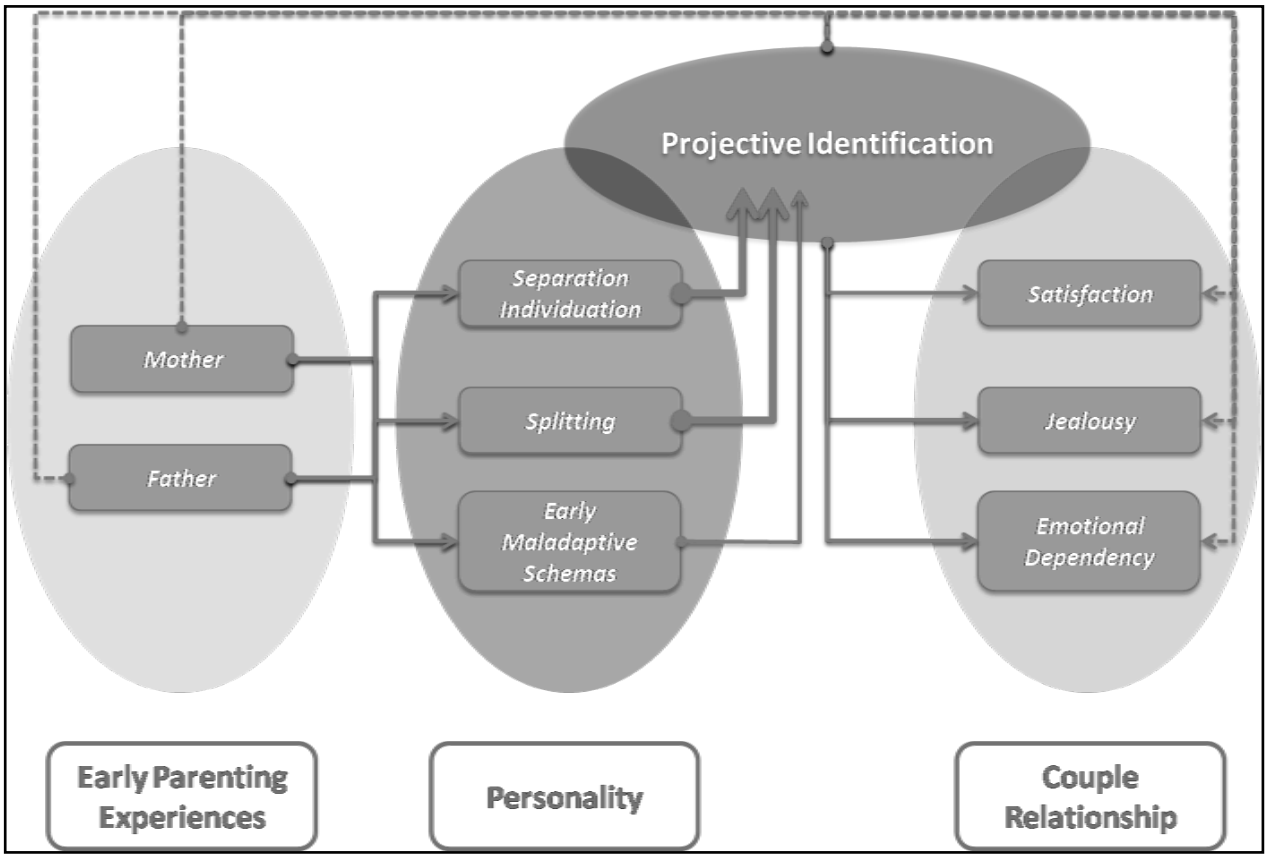
relationship into a comprehensible model that might shed light to the future research and might provide a perspective to clinicians.

6.6 Conclusion

The relationships among the variables of early maladaptive parenting experiences, personality and couple relationship are proposed to reveal a model for projective identification processes. This dissertation proposed the utilization of the concept of projective identification as a bidirectional construct. It has two dimensions, intra-psychic and interpersonal. It can be conceived to be as both a personality dimension and a couple relationship dimension. It is bridging one's early childhood experiences to couple relationship experiences.

This model can be summarized as the following figure presents: Childhood experiences with the parents constitute internal mental representations, which are initial constructs of personality. Projective identification is innate capacity of human being, which becomes to be a predisposed defense mechanism if the early parenting is not "good-enough" or is not characterized by moderate levels of satisfaction. Process of projective identification is the reflection of these early experiences and subsequent personality development. Similarly separation individuation, splitting and early maladaptive schemas are determined by qualities of the early experiences with the parents. Projective identification, by its nature, has solid potential to determine the external world, compared to other defense mechanisms. Person projects his or her internal representations into the other, who is manipulated, affected or determined from the within, if the other also has valence for that. Thus projective identification processes has impact on the couple relationship psychodynamics. The role of projective identification in the couple relationship originates from its unique characteristics pertaining to the relatedness of human being. This dissertation presented empirical evidences for the parts of this psychodynamic model. Its bidirectional characteristics explored in this study should be explored by further empirical studies in the future.

Figure 6.1 Model for the Role of Projective Identification in the Couple Relationship



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APPENDIX A

DEMOGRAPHIC INFORMATION FORM

Demografik Bilgiler	
1. Yaşınız:	2. Cinsiyetiniz: K E
3. Doğum yeriniz:	4. Yaşadığınız şehir:
5. Uyruğunuz:	6. Mesleğiniz:
7. Medeni durumunuz: a) Bekar b) Evli c) Boşanmış d)Dul	
8. Eğitim Durumunuz: a) İlkokul b)Ortaokul) Lise d) Y. Okul d) Üniversite e) Y.lisans/doktora	
9. Gelir Durumunuz: a) Düşük b)Orta c) Yüksek	
10. Kaç kardeşsiniz?:	11. Siz kaçıncı çocuksunuz?:
12. Eşinizle/sevgilinizle birlikte olma süreniz: a)1 yıldan az b) 1 – 2 yıl arası c)2- 5 yıl arası d) 5- 10 yıl arası e) 10 yıl ve daha fazla	
13. Eşinizle/sevgilinizle birlikte yaşama süreniz: a)1 yıldan az b) 1 – 2 yıl arası c)2- 5 yıl arası d) 5- 10 yıl arası e) 10 yıl ve daha fazla	
14. Kaç çocuğunuz var?:	
15. Anneniz hayatta mı? a) Evet b) Hayır 16. Babanız hayatta mı? a) Evet b) Hayır	

17. Şu anda eşinize âşık olduğunuzu düşünüyor musunuz?	a) Evet b) Hayır
18. Eşinizle ilişkinizin temelinde, başlangıcında ya da belli bir safhasında 'aşk'ın var olduğunu söyleyebilir misiniz?	a) Evet b) Hayır
ukluğunuzda anne ya da babanızdan ayrı/ yoksun kaldınız mı?	a) Evet b) Hayır
20. Çocuk yaşta kardeşlerin ya da başkasının bakımı, ev işleri gibi ya da dışarıda çalışarak para kazanmak gibi erken sorumluluklar üstlendiniz mi?	a) Evet b) Hayır
21.Geçmişte sizin için çok önemli bir kişiyi (kaza, afet, yangın, ani ya da ölümcül bir hastalık, trafik kazası, ya da intihar gibi bir nedenle) aniden kaybettiğiniz oldu mu?	a) Evet b) Hayır
22.Geçmişte (ciddi hayati tehlikeye neden olabilecek kaza, dayak, işkence, tecavüz, yaralanma, kaçırılma, deprem, yangın, sel gibi) doğal ya da insan eliyle meydana gelmiş büyük ve çok örseleyici (travmatik) bir olay yaşadınız mı?	a) Evet b) Hayır
23.Kronik hastalığı olan ya da ölümcül bir hastalığa yakalanmış birine uzun süreli ve yoğun bir biçimde bakmanız gerekti mi?	a) Evet b) Hayır
24.İsteğiniz dışında eşinizle uzun süre ayrılık yaşamak zorunda kaldınız mı?	a) Evet b) Hayır
25.Geçmişte eşinizden ayrılma/ kopma noktasına geldiniz mi?	a) Evet b) Hayır
26.Eşinizle kıskançlık yüzünden kavga ettiğiniz oldu mu?	a) Evet b) Hayır
27.Eşinizle tartışmalarınızda eşinizin size (büyük ya da küçük şiddette olsa da vurmak, tartaklamak vesaire gibi) fiziksel şiddet uyguladığı oldu mu?	a) Evet b) Hayır
28.Eşinizle tartışmalarınızda sizin eşinize (büyük ya da küçük şiddette olsa da vurmak, tartaklamak vesaire gibi) fiziksel şiddet uyguladığınız oldu mu?	a) Evet b) Hayır

APPENDIX B

PAULSON DAILY LIVING INVENTORY

Aşağıdaki sorular ile sizin "eşiniz, nişanlınız ya da sevgiliniz" konumundaki kişi ile ilişkinizi anlamak amaçlanmaktadır. Lütfen soruları "eşinizi, nişanlınızı ya da sevgilinizi" düşünerek cevaplayınız. Cümle sizin için doğruysa "D", yanlışsa "Y" seçeneğini daire içine alarak işaretleyiniz. Lütfen hiçbir soruyu boş bırakmayınız.

EXAMPLE OF "INFANT TO PERSECUTING MOTHER" INDEX	
1.Yeni arkadaşlar edindiğimde, eşimin onlara karşı eleştirel olacağından korkarım.	D Y
12. Bazen eşim bana beynim yokmuş gibi davranıyor.	D Y
EXAMPLE OF "PERSECUTING MOTHER TO INFANT" INDEX	
8. Bir nedenle işleri ondan istediğim zamanda yapmaz ve son ana kadar erteler, bu da beni çok sinirlendirir.	D Y
53. Eşim rahatına çok düşkündür. Nefsine daha çok hâkim olmayı öğrenmesinin kimseye bir zararı olmazdı.	D Y
EXAMPLE OF "INFANT TO IDEAL MOTHER" INDEX	
3. Eğer bir şeyi gerçekten çok istiyorsam bilirim ki eşimden bunu istemeye devam edersem onu benim için yapar.	D Y
11. Rahatsız edici ya da üzücü bir şey olduğunda hemen eşimi ararım çünkü çoğu zaman o ne yapılacağını bilir.	D Y
EXAMPLE OF "IDEAL MOTHER TO INFANT" INDEX	
6. Onu bozguna uğratan üzücü bir şey başına geldiğinde eşimi koruyup kollamaya gayret ederim.	D Y
20. Bir şeyi yapmakta zorlanıyorsa ve rahatsız oluyorsa o işi eşimin yerine ben yapmayı denerim.	D Y
EXAMPLE OF DEPRESSIVE POSITION INDEX	
4. O olduğu gibidir ve eşimden beni memnun etmek için değişmesini beklemeye hiç hakkım yok.	D Y
23. Birbirimizin tüm arkadaşlarını sevmemizin şart olduğunu düşünmüyorum.	D Y

APPENDIX C

SEPARATION INDIVIDUATION INVENTORY

Aşağıdaki cümleler genel olarak insanlarla ve kendimizle ilgili düşüncelerimizi yansıtmaktadır. Her ifadeyi aşağıda verilen 10 dereceli ölçeği kullanarak değerlendiriniz. Yaptığınız derecelendirmeyi cümlenin yanındaki boş kutuya yazınız. Lütfen hiçbir soruyu boş bırakmayınız.

Hiç katılmıyorum — Tamamen katılıyorum

1 2 3 4 5 6 7 8 9 10

EXAMPLES OF THE ITEMS	
1. İnsanlar birine gerçekten çok değer verip bağlandığında, sıklıkla kendileri hakkında daha kötü hissederler.	
2. Bir kişi, başka birine duygusal olarak aşırı yakınlaştığında, çoğu zaman kendini kaybolmuş hisseder.	
3. İnsanlar birine gerçekten öfkelendiğinde genelde kendilerini değersiz hisseder.	
4. İnsanların birine karşı duygusal olarak çok fazla yakınlaşmaya başladıkları zaman, büyük bir olasılıkla incinmeye en açık oldukları zamandır.	
5 İnsanlar zarar görmemek için başkaları üzerindeki kontrolü elinde tutmaya ihtiyaç duyar.	
6. İnsanları tanıdıkça değişmeye başladıklarını hissederim.	
7. Hem iyi hem kötü yanlarımı aynı anda görebilmek benim için kolaydır.	
8. Bana öyle geliyor ki insanlar benden ya gerçekten hoşlanıyor ya da nefret ediyorlar.	
9. İnsanlar bana karşı çoğu zaman sanki ben yalnızca onların her isteğini yerine getirmek için oradaymışım gibi davranıyor.	
10. Kendimden gerçekten hoşlanmak ile kendimi hiç beğenmemek arasında ciddi anlamda gidip geliyorum.	

APPENDIX D

SPLITTING SCALE

Aşağıdaki cümleleri okuyup sizin için ne derece doğru olduklarını aşağıdaki 1 ile 7 arasındaki ölçeği kullanarak değerlendirdiniz. Size uyan derecenin rakamını soruların yanındaki boş kutulara yazınız. Lütfen soruları hiç boş bırakmadan eksiksiz cevaplayınız.

1	2	3	4	5	6	7
Hiç doğru değil	Çok az doğru	Biraz doğru	Bir dereceye kadar doğru	Oldukça doğru	Çok doğru	Tam doğru

EXAMPLES OF THE ITEMS	
1. Bana yakın birinin eleştirildiğini duymaktan nefret ederim.	
2. Ne zaman gerçekten harika bir insanın yanında olsam kendimi aptal gibi hissediyorum.	
3. Kızgın ve öfkeli olduğumda etrafımdaki herkes çok kötü, berbat ve rezil gibi görünür.	
4. İnsanların bana hayran olmasından ne kadar hoşlandığımı arkadaşlarım bilmez.	
5. Sevdiğim insanlara öfkelenmek benim için zordur.	
6. Birinin beni hayal kırıklığına uğratması benim için çok acı vericidir.	

APPENDIX E

YOUNG PARENTING INVENTORY

Aşağıda, anne ve babanızı tarif etmekte kullanabileceğiniz tanımlamalar verilmiştir. Lütfen her tanımlamayı dikkatle okuyunuz ve ayrı ayrı anne ve babanıza ne kadar uyduğuna karar veriniz. Aşağıdaki ölçeği kullanarak 1 ile 6 arasında, çocukluğunuz sırasında annenizi ve babanızı tanımlayan dereceyi seçiniz. Eğer sizi, anne veya babanız yerine başka insanlar büyüttü ise onları da aynı şekilde derecelendiriniz. Eğer anne veya babanızdan biri hiç olmadı ise o sütunu boş bırakınız.

1	2	3	4	5	6
Tamamı ile yanlış	Çoğunlukla yanlış	Uyan tarafı daha fazla	Orta derecede doğru	Oldukça doğru	Ona tamamı ile uyuyor

	Anne	Baba	
1.			Beni sevdi ve bana özel birisi gibi davrandı.
2.			Bana vaktini ayırdı ve özen gösterdi.
3.			Bana yol gösterdi ve olumlu yönlendirdi.
4.			Beni dinledi, anladı ve duygularımızı karşılıklı paylaştık.
5.			Bana karşı sıcaktı ve fiziksel olarak şefkatliydi.
6.			Ben çocukken öldü veya evi terk etti.
7.			Dengesizdi, ne yapacağı belli olmazdı veya alkolikti.
8.			Kardeş(ler)imi bana tercih etti.
9.			Uzun süreler boyunca beni terk etti veya yalnız bıraktı.
10.			Bana yalan söyledi, beni kandırdı veya bana ihanet etti.
11.			Beni dövdü, duygusal veya cinsel olarak taciz etti.
12.			Beni kendi amaçları için kullandı.
13.			İnsanların canını yakmaktan hoşlanırdı.
14.			Bir yerimi inciteceğim diye çok endişelenirdi.
15.			Hasta olacağım diye çok endişelenirdi.
16.			Evhamlı veya fobik/korkak bir insandı.
17.			Beni aşırı korurdu.
18.			Kendi kararlarıma veya yargılarıma güvenememe neden oldu.
19.			İşleri kendi başıma yapmama fırsat vermeden çoğu işimi o yaptı.
20.			Bana hep daha çocukmuşum gibi davrandı.
21.			Beni çok eleştirirdi.
22.			Bana, kendimi sevilmeye layık olmayan veya dışlanmış biri gibi hissettirdi.
23.			Bana, hep bende yanlış bir şey varmış gibi davrandı.

24.			Önemli konularda kendimden utanmama neden oldu.
25.			Okulda başarılı olmam için gereken disiplini bana kazandırmadı.
26.			Bana salakmışım veya beceriksizmişim gibi davrandı.
27.			Başarılı olmamı gerçekten istemedi.
28.			Hayatta başarısız olacağıma inandı.
29.			Benim fikrim veya isteklerim önemsizmiş gibi davrandı.
30.			Benim ihtiyaçlarımı gözetmeden kendisi ne isterse onu yaptı.
31.			Hayatımı o kadar çok kontrol altında tuttu ki çok az seçme özgürlüğüm oldu.
32.			Her şey onun kurallarına uymalıydı.
33.			Aile için kendi isteklerini feda etti.
34.			Günlük sorumluluklarının pek çoğunu yerine getiremiyordu ve ben, her zaman kendi payıma düşenden fazlasını yapmak zorunda kaldım.
35.			Hep mutsuzdu; destek ve anlayış için hep bana dayandı.
36.			Bana güçlü olduğumu ve diğer insanlara yardım etmem gerektiğini hissettirdi.
37.			Kendisinden beklentisi hep çok yüksekti ve bunlar için kendini çok zorlardı.
38.			Benden her zaman en iyisini yapmamı bekledi.
39.			Pek çok alanda mükemmeliyetçiydi; ona göre her şey olması gerektiği gibi olmalıydı.
40.			Yaptığım hiçbir şeyin yeterli olmadığını hissetmeme sebep oldu.
41.			Neyin doğru neyin yanlış olduğu hakkında kesin ve katı kuralları vardı.
42.			Eğer işler düzgün ve yeterince hızlı yapılmazsa sabırsızlanırdı.
43.			İşlerin tam ve iyi olarak yapılmasına, eğlenmekten veya dinlenmekten daha fazla önem verdi.
44.			Beni pek çok konuda şımarttı veya aşırı hoşgörülü davrandı.
45.			Diğer insanlardan daha önemli ve daha iyi olduğumu hissettirdi.
46.			Çok talepkardı; her şeyin onun istediği gibi olmasını isterdi.
47.			Diğer insanlara karşı sorumluluklarımın olduğunu bana öğretmedi.
48.			Bana çok az disiplin veya terbiye verdi.
49.			Bana çok az kural koydu veya sorumluluk verdi.
50.			Aşırı sinirlenmeme veya kontrolümü kaybetmeme izin verirdi.
51.			Disiplinsiz bir insandı.
52.			Birbirimizi çok iyi anlayacak kadar yakındık.
53.			Ondan tam olarak ayrı bir birey olduğumu hissedemedim veya bireyselliğimi yeterince yaşayamadım.
54.			Onun çok güçlü bir insan olmasından dolayı büyürken kendi yönümü belirleyemiyordum.
55.			İçimizden birinin uzağa gitmesi durumunda, birbirimizi üzebileceğimizi hissederdim.
56.			Ailemizin ekonomik sorunları ile ilgili çok endişeli idi.
57.			Küçük bir hata bile yapsam kötü sonuçların ortaya çıkacağını

			hissettirirdi.
58.			Kötümser bir bakışı açısı vardı, hep en kötüsünü beklerdi.
59.			Hayatın kötü yanları veya kötü giden şeyler üzerine odaklanırdı.
60.			Her şey onun kontrolü altında olmalıydı.
61.			Duygularını ifade etmekten rahatsız olurdu.
62.			Hep düzenli ve tertipliydi; değişiklik yerine bilineni tercih ederdi.
63.			Kızgınlığını çok nadir belli ederdi.
64.			Kapalı birisiydi; duygularını çok nadir açardı.
65.			Yanlış bir şey yaptığımda kızardı veya sert bir şekilde eleştirdiği olurdu.
66.			Yanlış bir şey yaptığımda beni cezalandırdığı olurdu.
67.			Yanlış yaptığımda bana aptal veya salak gibi kelimelerle hitap ettiği olurdu.
68.			İşler kötü gittiğinde başkalarını suçlardı.
69.			Sosyal statü ve görünüme önem verirdi.
70.			Başarı ve rekabete çok önem verirdi.
71.			Başkalarının gözünde benim davranışlarımın onu ne duruma düşüreceği ile çok ilgiliydi.
72.			Başarılı olduğum zaman beni daha çok sever veya bana daha çok özen gösterirdi.

APPENDIX F

YOUNG SCHEMA QUESTIONNAIRE

Aşağıda, kişilerin kendilerini tanımlarken kullandıkları ifadeler sıralanmıştır. Lütfen her bir ifadeyi okuyunuz ve sizi ne kadar iyi tanımladığına karar veriniz. Emin olamadığınız sorularda neyin doğru olabileceğinden çok, **duygusal olarak** ne hissettiğinize dayanarak cevap veriniz.

Bir kaç soru, anne babanızla ilişkiniz hakkındadır. Eğer şu anda hayatta değillerse, bu soruları onlar hayatta iken ilişkinizi göz önüne alarak cevaplandırınız.

1 den 6'ya kadar olan seçeneklerden sizi tanımlayan rakamı seçerek soruların yanındaki boş kutuya yazınız.

1	2	3	4	5	6
Benim için tamamıyla yanlış	Benim için büyük ölçüde yanlış	Uyan tarafı uymayan tarafından biraz fazla	Benim için orta derecede doğru	Benim için çoğunlukla doğru	Beni mükemmel şekilde tanımlıyor

1. Bana bakan, benimle zaman geçiren, başıma gelen olaylarla gerçekten ilgilenen kimsem olmadı.	
2. Beni terkedeceklerinden korktuğum için yakın olduğum insanların peşini bırakmam.	
3. İnsanların beni kullandıklarını hissediyorum.	
4. Uyumsuzum.	
5. Beğendiğim hiçbir erkek/kadın, kusurlarımı görürse beni sevmez.	
6. İş (veya okul) hayatımda neredeyse hiçbir şeyi diğer insanlar kadar iyi yapamıyorum.	
7. Günlük yaşamımı tek başıma idare edebilme becerisine sahip olduğumu hissetmiyorum.	
8. Kötü bir şey olacağı duygusundan kurtulamıyorum.	
9. Anne babamdan ayrılmayı, bağımsız hareket edebilmeyi, yaşıtlarım kadar, başaramadım.	
10. Eğer istediğimi yaparsam, başımı derde sokarım diye düşünürüm.	
11. Genellikle yakınlarıma ilgi gösteren ve bakan ben olurum.	
12. Olumlu duygularımı diğerlerine göstermekten utanırım (sevdiğimi, önemsediğimi göstermek gibi).	

13. Yaptığım çoğu şeyde en iyi olmalıyım; ikinci olmayı kabullenemem.	
14. Diğer insanlardan bir şeyler istediğimde bana "hayır" denilmesini çok zor kabullenirim.	
15. Kendimi sıradan ve sıkıcı işleri yapmaya zorlayamam.	
16. Paramın olması ve önemli insanlar tanıyor olmak beni değerli yapar.	
17. Her şey yolunda gidiyor görünse bile, bunun bozulacağını hissederim.	
18. Eğer bir yanlış yaparsam, cezalandırılmayı hakkederim.	
19. Çevremde bana sıcaklık, koruma ve duygusal yakınlık gösteren kimsem yok.	
20. Diğer insanlara o kadar muhtacım ki onları kaybedeceğim diye çok endişeleniyorum.	
21. İnsanlara karşı tedbiri elden bırakamam yoksa bana kasıtlı olarak zarar vereceklerini hissederim.	
22. Temel olarak diğer insanlardan farklıyım.	
23. Gerçek beni tanırlarsa beğendiğim hiç kimse bana yakın olmak istemez.	
24. İşleri halletmede son derece yetersizim.	
25. Gündelik işlerde kendimi başkalarına bağımlı biri olarak görüyorum.	
26. Her an bir felaket (doğal, adli, mali veya tıbbi) olabilir diye hissediyorum.	
27. Annem, babam ve ben birbirimizin hayatı ve sorunlarıyla aşırı ilgili olmaya eğilimliyiz.	
28. Diğer insanların isteklerine uymaktan başka yolum yokmuş gibi hissediyorum; eğer böyle yapmazsam bir şekilde beni reddederler veya intikam alırlar.	
29. Başkalarını kendimden daha fazla düşündüğüm için ben iyi bir insanım.	
30. Duygularımı diğerlerine açmayı utanç verici bulurum.	
31. En iyisini yapmalıyım, "yeterince iyi" ile yetinemem.	
32. Ben özel biriyim ve diğer insanlar için konulmuş olan kısıtlamaları veya sınırları kabul etmek zorunda değilim.	
33. Eğer hedefime ulaşamazsam kolaylıkla yılgınlığa düşer ve vazgeçerim.	
34. Başkalarının da farkında olduğu başarılar benim için en değerlisidir.	
35. İyi bir şey olursa, bunu kötü bir şeyin izleyeceğinden endişe ederim.	
36. Eğer yanlış yaparsam, bunun özürü yoktur.	
37. Birisi için özel olduğumu hiç hissetmedim.	
38. Yakınlarımın beni terk edeceği ya da ayrılacağından endişe duyarım.	
39. Herhangi bir anda birileri beni aldatmaya kalkışabilir.	
40. Bir yere ait değilim, yalnızım.	
41. Başkalarının sevgisine, ilgisine ve saygısına değer bir insan değilim.	
42. İş ve başarı alanlarında birçok insan benden daha yeterli.	
43. Doğru ile yanlışı birbirinden ayırmakta zorlanırım.	

44. Fiziksel bir saldırıya uğramaktan endişe duyarım.	
45. Annem, babam ve ben özel hayatımız birbirimizden saklarsak, birbirimizi aldatmış hisseder veya suçluluk duyarız.	
46. İlişkilerimde, diğer kişinin yönlendirici olmasına izin veririm.	
47. Yakınlarımla o kadar meşgulüm ki kendime çok az zaman kalıyor.	
48. İnsanlarla beraberken içten ve cana yakın olmak benim için zordur.	
49. Tüm sorumluluklarımı yerine getirmek zorundayım.	
50. İstediğimi yapmaktan alıkonulmaktan veya kısıtlanmaktan nefret ederim.	
51. Uzun vadeli amaçlara ulaşabilmek için şu andaki zevklerimden fedakarlık etmekte zorlanırım.	
52. Başkalarından yoğun bir ilgi görmezsem kendimi daha az önemli hissederim.	
53. Yeterince dikkatli olmazsanız, neredeyse her zaman bir şeyler ters gider.	
54. Eğer işimi doğru yapmazsam sonuçlarına katlanmam gerekir.	
55. Beni gerçekten dinleyen, anlayan veya benim gerçek ihtiyaçlarım ve duygularımı önemseyen kimsem olmadı.	
56. Önem verdiğim birisinin benden uzaklaştığını sezersem çok kötü hissederim.	
57. Diğer insanların niyetleriyle ilgili oldukça şüpheciyimdir.	
58. Kendimi diğer insanlara karşı uzak veya kopmuş hissediyorum.	
59. Kendimi sevilebilecek biri gibi hissetmiyorum.	
60. İş (okul) hayatımda diğer insanlar kadar yetenekli değilim.	
61. Gündelik işler için benim kararlarıma güvenilemez.	
62. Tüm paramı kaybedip çok fakir veya zavallı duruma düşmekten endişe duyarım.	
63. Çoğunlukla annem ve babamın benimle iç içe yaşadığını hissediyorum-Benim kendime ait bir hayatım yok.	
64. Kendim için ne istediğimi bilmediğim için daima benim adıma diğer insanların karar vermesine izin veririm.	
65. Ben hep başkalarının sorunlarını dinleyen kişi oldum.	
66. Kendimi o kadar kontrol ederim ki insanlar beni duygusuz veya hissiz bulurlar.	
67. Başarmak ve bir şeyler yapmak için sürekli bir baskı altındayım.	
68. Diğer insanların uyduğu kurallara ve geleneklere uymak zorunda olmadığımı hissediyorum.	
69. Benim yararıma olduğunu bilsem bile hoşuma gitmeyen şeyleri yapmaya kendimi zorlayamam.	
70. Bir toplantıda fikrimi söylediğimde veya bir topluluğa tanıtıldığımda onaylanılmayı ve takdir görmeyi isterim.	
71. Ne kadar çok çalışırsam çalışayım, maddi olarak iflas edeceğimden ve neredeyse her şeyimi kaybedeceğimden endişe ederim.	
72. Neden yanlış yaptığımın önemi yoktur; eğer hata yaptıysam sonucuna da katlanmam gerekir.	

73. Hayatımda ne yapacağımı bilmediğim zamanlarda uygun bir öneride bulunacak veya beni yönlendirecek kimsem olmadı.	
74. İnsanların beni terk edeceği endişesiyle bazen onları kendimden uzaklaştırırım.	
75. Genellikle insanların asıl veya art niyetlerini araştırırım.	
76. Kendimi hep grupların dışında hissederim.	
77. Kabul edilemeyecek pek çok özelliğim yüzünden insanlara kendimi açamıyorum veya beni tam olarak tanımalarına izin vermiyorum.	
78. İş (okul) hayatımda diğer insanlar kadar zeki değilim.	
79. Ortaya çıkan gündelik sorunları çözebilme konusunda kendime güvenmiyorum.	
80. Bir doktor tarafından herhangi bir ciddi hastalık bulunmamasına rağmen bende ciddi bir hastalığın gelişmekte olduğu endişesine kapılıyorum.	
81. Sık sık annemden babamdan ya da eşimden ayrı bir kimliğimin olmadığını hissediyorum.	
82. Haklarıma saygı duyulmasını ve duygularımın hesaba katılmasını istemekte çok zorlanıyorum.	
83. Başkaları beni, diğerleri için çok, kendim için az şey yapan biri olarak görüyorlar.	
84. Diğerleri beni duygusal olarak soğuk bulurlar.	
85. Kendimi sorumluluktan kolayca sıyıramıyorum veya hatalarım için gerekçe bulamıyorum.	
86. Benim yaptıklarımın, diğer insanların katkılarından daha önemli olduğunu hissediyorum.	
87. Kararlarıma nadiren sadık kalabilirim.	
88. Bir dolu övgü ve iltifat almam kendimi değerli birisi olarak hissetmemi sağlar.	
89. Yanlış bir kararın bir felakete yol açabileceğinden endişe ederim.	
90. Ben cezalandırılmayı hak eden kötü bir insanım.	

APPENDIX G

RELATIONSHIP ASSESSMENT SCALE

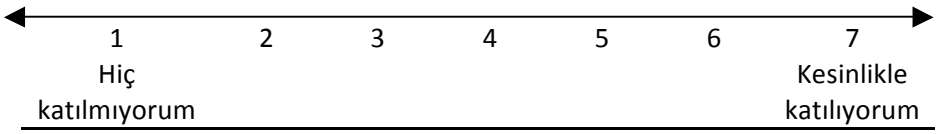
Aşağıda sevgililik ya da evlilik ilişkinizle ilgili olarak ilişkiden aldığınız doyumu ölçmeyi amaçlayan bazı sorular bulunmaktadır. Lütfen her soruyu o soruya ait 7 dereceli ölçeği kullanarak değerlendiriniz ve seçtiğiniz rakamı belirgin bir şekilde işaretleyiniz. Lütfen hiçbir soruyu boş bırakmayınız.

1. Sevgiliniz/ eşiniz ihtiyaçlarınızı ne kadar iyi karşılıyor?	⓪ ① ② ③ ④ ⑤ ⑥ ⑦ Hiç karşılamıyor — Çok İyi karşılıyor
2. Genel olarak ilişkinizden ne kadar memnunsunuz?	⓪ ① ② ③ ④ ⑤ ⑥ ⑦ Hiç memnun değilim — Çok memnunum
3. Diğerleri ile karşılaştırıldığında ilişkiniz ne kadar iyi?	⓪ ① ② ③ ④ ⑤ ⑥ ⑦ Çok daha kötü — Çok daha iyi
4. Ne sıklıkla ilişkinize hiç başlamamış olmayı isterdiniz?	⓪ ① ② ③ ④ ⑤ ⑥ ⑦ Hiçbir zaman — Sürekli
5. İlişkiniz ne dereceye kadar sizin başlangıçtaki beklentilerinizi karşılıyor?	⓪ ① ② ③ ④ ⑤ ⑥ ⑦ Hiç karşılamıyor — Çok İyi karşılıyor
6. Sevgilinizi/ eşinizi ne kadar seviyorsunuz?	⓪ ① ② ③ ④ ⑤ ⑥ ⑦ Hiç sevmiyorum — Çok seviyorum
7. İlişkinizde ne kadar problem var?	⓪ ① ② ③ ④ ⑤ ⑥ ⑦ Hiç yok — Çok fazla var

APPENDIX H

EMOTIONAL DEPENDENCY SCALE

Lütfen aşağıdaki ankette yer alan sorulara "eşinizi, sevgilinizi ya da nişanlınızı" düşünerek cevap veriniz. Cümlelerdeki ifadelerin size ne kadar uygun olduğunu aşağıdaki 7 puanlı ölçeği kullanarak işaretleyiniz. Eğer o cümleyle ilgili hiçbir fikriniz yoksa ve kararsızlık yaşıyorsanız 4 rakamını işaretleyiniz. Lütfen cevapsız soru bırakmayınız.



1. O birkaç günlüğüne benden ayrı kaldığında genel olarak kendimi pek iyi hissetmem.	1	2	3	4	5	6	7
2. O olmasaydı hayatımın nasıl olacağını tahmin bile edemem.	1	2	3	4	5	6	7
3. Şu anda onunla mutlu olduğum kadar mutlu olabileceğim başka insan bulmak benim için zor olurdu.	1	2	3	4	5	6	7
4. O olmadan da mutlu olabilirdim.	1	2	3	4	5	6	7
5. Onunla birlikte yapmaktan hoşlandığım birçok şey var.	1	2	3	4	5	6	7
6. O olmadan yaşamak zorunda olmak benim için zor olurdu.	1	2	3	4	5	6	7
7. O olmadan karar vermeyi zor buluyorum.	1	2	3	4	5	6	7
8.Kendimi iyi hissetmediğim zaman bu konuda konuşabileceğim tek insan odur.	1	2	3	4	5	6	7
9. Hayatımdaki en önemli şey onunla olan ilişkimdir.	1	2	3	4	5	6	7

APPENDIX I

MULTIDIMENSIONAL JEALOUSY SCALE

Lütfen aşağıdaki ifadelerin size ne kadar uygun olduğuna, aşağıdaki 7'li ölçeği kullanarak karar verip cümlelerin yanındaki rakamlardan uygun olanını daire içine alınız. Lütfen maddeleri okurken "_____" olarak gösterilen boşluğun yerine eşinizin, sevgilinizin ya da nişanlınızın adını koyunuz.

Sevinirim ← → Üzülürüm

1 2 3 4 5 6 7

1. "_____" size karşı cinsten bir başkasının ne kadar iyi göründüğü hakkında yorum yapıyorsa…	1	2	3	4	5	6	7
2. "_____" karşı cinsten birisiyle konuşmak için aşırı ilgi ve heyecan gösterirse…	1	2	3	4	5	6	7
3. "_____" karşı cinsten birisine sıcak bir tavırla gülümserse…	1	2	3	4	5	6	7
4. "_____" karşı cinsten birisiyle flört ederse...	1	2	3	4	5	6	7
5. Karşı cinsten birisi "_____" ile çıkarsa…	1	2	3	4	5	6	7
6. "_____" karşı cinsten birisini kucaklar ve öperse...	1	2	3	4	5	6	7
7. "_____" karşı cinsten biriyle çok yakın çalışırsa…	1	2	3	4	5	6	7

Beni tanımlamıyor ← → Beni tanımlıyor

1 2 3 4 5 6 7

8. "_____"in çekmecelerini, el çantasını ve ceplerini kontrol ederim.	1	2	3	4	5	6	7
9. "_____"i hiç beklemediği zamanlarda orada olup olmadığını anlamak için ararım.	1	2	3	4	5	6	7
10. "_____"e geçmişteki ve bugünkü romantik ilişkileri hakkında sorular sorarım.	1	2	3	4	5	6	7
11. Eğer "_____" karşı cinsten birisine ilgi gösterirse onun hakkında kötü şeyler söylerim.	1	2	3	4	5	6	7
12. "_____"i telefon konuşmaları hakkında sorgularım.	1	2	3	4	5	6	7

13. "_____”e nerede olduğu konusunda sorular sorarım.	1	2	3	4	5	6	7
14. "_____”i ne zaman karşı cinsten biriyle konuşurken görsem araya girerim.	1	2	3	4	5	6	7
15. Sadece yanında kim olduğunu görmek için "_____”e sürpriz ziyaretler yaparım.	1	2	3	4	5	6	7
16. "_____”in karşı cinsten birisiyle gizlice görüştüğünden şüphe ediyorum.	1	2	3	4	5	6	7
17. Karşı cinsten birisinin "_____”in peşinden koşuyor olmasından kaygı duyuyorum.	1	2	3	4	5	6	7
18. "_____”in başka birisinden etkilenmiş olmasından şüpheleniyorum.	1	2	3	4	5	6	7
19. "_____”in benim arkamdan, karşı cinsten bir başkasıyla fiziksel yakınlık kurmuş olmasından kuşkulanıyorum.	1	2	3	4	5	6	7
20. Karşı cinsten bazı insanların "_____”e romantik ilgi duyuyor olduğunu düşünüyorum.	1	2	3	4	5	6	7
21. "_____”in gizlice karşı cinsten birisiyle romantik yakınlık kurmakta olduğunu düşünüyorum.	1	2	3	4	5	6	7
22. Karşı cinsten birisinin "_____”i ayarttığından endişe ediyorum.	1	2	3	4	5	6	7
23. "_____”in karşı cinse aşırı tutkun olduğunu düşünüyorum.	1	2	3	4	5	6	7

APPENDIX J
CONSENT FORM

Değerli katılımcı,

Bu araştırma, Orta Doğu Teknik Üniversitesi Psikoloji Bölümü bünyesinde sürmekte olan bir doktora tezinin parçasıdır. Doktora tezi gibi büyük emek ve zahmet gerektiren bir araştırmaya katkıda bulunduğunuz için teşekkürlerimizi sunarız.

Araştırmanın amacı, kişilerin sevgililik ya da evlilik ilişkilerindeki tutumları ile kişilik özellikleri arasındaki ilişkiyi anlamaktır. Anketlerde sizin geçmiş yaşantılarınız ve eşinizle ilişkiniz hakkında bilgiler sorulmaktadır. İki eşin karşılıklı olarak özelliklerinin anlaşılması amaçlandığından, araştırmaya bir çift olarak katılmanız yani eşinizin de anketleri doldurması büyük önem taşımaktadır. Bu araştırma önemli bazı kişisel bilgilerinizi paylaşmanızı gerektirse de, değerlendirmelerin tamamı grup temelinde olacağından anketlerde isminiz sorulmamaktadır. Etik ilkeler bunu gerektirdiği için, yalnızca bu sayfa üzerinde araştırmaya gönüllü olarak katıldığınıza dair isim ve imzanız istenmektedir. Vereceğiniz bilgiler yalnızca araştırma kapsamında ve araştırma amacıyla kullanılacaktır. Doldurulmuş anketlerin gizliliğine önem verilmektedir. Zarflar araştırmacı tarafından açılacak ve yalnızca grup analizi yapmak amaçlı kullanılacaktır.

Anketlerin yanı sıra biri büyük ikisi küçük toplam 3 zarf bulunmaktadır. Araştırmanın gerçek bilgilere ulaşabilmesi için sorulara verdiğiniz cevapların içten ve doğru olması gerekmektedir. Lütfen soruları eşinizden ayrı olarak birbirinizi etkilemeden doldurunuz. Kendi anketinizi doldurduktan sonra küçük zarflardan birine koyarak zarfın ağzını kapatınız. Eşinizin de anketini tamamlamasının ardından lütfen iki küçük zarfı büyük zarf içine koyarak teslim ediniz ya da postalayınız.

Soruların herhangi doğru ya da yanlış cevabı yoktur. Anketleri doldurmak yaklaşık olarak 1 saatinizi alacaktır. Lütfen soruları eksiksiz ve içten bir şekilde doldurunuz.

Bu araştırma ile ilgili daha fazla bilgi almak isterseniz aşağıdaki e-mail adresini kullanabilirsiniz. Sorularınıza uygun olan en yakın zamanda cevap verilecektir.

Katılımınız ve zaman ayırdığınız için teşekkür ederiz.

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Yukarıda bilgileri verilen bu araştırmaya katılmayı gönüllü olarak kabul ediyorum.

İmza

APPENDIX K

INTERPERSONAL SCHEMAS QUESTIONNAIRE

Aşağıdaki anket, bireylerin belirli bir biçimde davrandıkları zaman karşılarındaki kişilerden ne gibi tepkiler aldıklarını değerlendirmek için düzenlenmiştir. Sizden aşağıda yer alan her bir durumda bulunduğunuzu hayal etmenizi ve **sevgilinizin ya da eşinizin** böyle bir durumda nasıl tepkide bulunacağını bildirmenizi istiyoruz. Her sayfanın başında olası tepkilerin bir listesi bulunmaktadır. Lütfen bu listeye bakarak, her bir durum için partnerinizin o durumda vereceği tepkiler arasında sizin **TAHMİNİNİZE EN YAKIN GELEN** tepkiyi gösteren harfi daire içine alın. (Her bir tepki iki ya da daha fazla tanımlama içermektedir: partnerinizin tepkilerinin bu tanımlamaların HEPSİNE birden uyması gerekli değildir. Örneğin: partneriniz "güvenini kaybetmiş" olabilir ama "gücenmiş" olmayabilir, yine de yanıtınızı B tepkisi olarak verebilirsiniz).

Daha sonra, işaretlediğiniz tepkinin sizin açınızdan İSTENİRLİK derecesini (1..2..3..4..5..6..7..) şeklinde düzenlenmiş ölçek üzerinde gösterin. Bunun için, aşağıda belirtilen hoşnutluk derecelerine göre uygun rakamı daire içine alın:

hiç orta biraz nötr biraz orta çok
1------2------3------4------5------6------7
hoşuma gitmez hoşuma gider

Eğer partnerinizin bu tepkisi karşısında, kendinizi çok iyi hissederseniz 7; orta düzeyde iyi hissederseniz 6; biraz iyi hissederseniz 5 rakamını daire içine alınız. Eğer bu tepki karşısında kendinizi çok mutsuz hissederseniz 1; orta düzeyde mutsuz hissederseniz 2; biraz mutsuz hissederseniz 3 rakamını yuvarlak içine alınız. Eğer bu tepki karşısında kendinizi tamamen nötr hissediyorsanız ölçeğin ortasında yer alan 4 sayısını yuvarlak içine alınız.

A. Sorumluluğu üstlenir ya da beni etkilemeye çalışır.
B. Güvenini kaybeder ya da gücenir.
C. Sabırsızlık gösterir ya da kavga çıkarır.
D. Uzak durur ya da kayıtsız kalır.
E. Bana katılır ya da itiraz etmez
F. Bana saygı gösterir ya da bana güvenir.
G. Yakın ya da dostça davranır.
H. İlgi gösterir ya da düşündüklerini açıkça söyler.

Bu ankette de benzer bir şekilde şu anda bir sevgiliniz ya da eşiniz varsa onu, yoksa geçmişte yaşadığınız en önemli aşk ilişkisindeki partnerinizi düşünerek cevap verin. Eğer bu güne kadar hiçbir romantik ilişki yaşamadıysanız hayalinizde canlandıracağınız eşi düşünerek soruları yanıtlayın. Aşağıdaki durumlarda SEVGİLİNİZLE/ PARTNERİNİZLE/ EŞİNİZLE birlikte olduğunuzu düşünerek her bir durum için yukarıdaki tepkiler arasında sizin beklentinize en yakın gelen tepkinin başındaki harfi daire içine alın.

1. Önemli bir konuda partnerinizle birlikte karar verme aşamasındasınız. Bu konuda daha bilgili ve yeterli olduğunuz için kararı siz yönlendirmek istiyorsunuz.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

hiç orta biraz nötr biraz orta çok
Bu tepki: 1------2------3------4------5------6------7
hoşuma gitmez hoşuma gider

2. Partnerinize kızdığınızı ve onunla tartışmak istediğinizi farzedin.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

hiç orta biraz nötr biraz orta çok
Bu tepki: 1------2------3------4------5------6------7
hoşuma gitmez hoşuma gider

3. Kendinizi güçsüz ve pasif hissettiğinizi ve partnerinizden meseleye el koymasını istediğiniz bir durum düşünün.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

hiç orta biraz nötr biraz orta çok
Bu tepki: 1------2------3------4------5------6------7
hoşuma gitmez hoşuma gider

4. Partnerinize karşı samimi davrandığınızı ve ona yardımcı olduğunuzu düşünün.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

hiç orta biraz nötr biraz orta çok
Bu tepki: 1------2------3------4------5------6------7
hoşuma gitmez hoşuma gider

5. Partnerinizle bir oyun oynadığınızı (tavla, iskambil, satranç v.b.), bir iddiaya (lades v.b.) girdiğinizi düşünün. Siz onu yenip oyunu kazanmak için çok çaba gösteriyorsunuz.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

hiç orta biraz nötr biraz orta çok
Bu tepki: 1------2------3------4------5------6------7
hoşuma gitmez hoşuma gider

6. Düşüncelerinize aşırı derecede daldığınız için kendinizi partnerinizden uzaklaşmış bir durumda hayal edin.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

hiç orta biraz nötr biraz orta çok
Bu tepki: 1------2------3------4------5------6------7
hoşuma gitmez hoşuma gider

7. Kendinizi isteksiz, kapıp koyuvermiş hissettiğiniz ve partnerinizin yaptığı her şeye itirazsız uyacağınız bir durumda düşünün.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

8. Partnerinize onunla ilgilendiğinizi ve ona önem verdiğinizi belli ettiğinizi düşünün.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

9. Partnerinizi sizden hiç beklemediği bir biçimde hayal kırıklığına uğrattığınız bir durumu düşünün.
Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

10. Partnerinizle birlikte olduğunuz ama onunla konuşmayı istemediğiniz bir ruh halinde bulunduğunuzu farzedin.

Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

11. Sizin için önemli bir konuda partnerinize güvenip açıldığınızı düşünün.

Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

12. Partnerinize karşı içinizden geldiği gibi, doğal davrandığınızı düşünün.

Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

13. Berbat bir gün geçirdiğinizi ve bütün dünyaya küstüğünüzü düşünün, hiç kimseye karşı sevgi ya da yakınlık hissetmiyorsunuz.

Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

14. Kendinize pek güvenmediğinizi ve sırtınızı partnerinize dayamak istediğinizi düşünün.

Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

15. Partnerinize karşı yakınlık ve sevgi gösterdiğinizi düşünün.

Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

16. Daha önce hiç yapmadığınız bir işi tek başınıza, kendinize güvenerek yürüttüğünüzü ve partnerinize, onun yardımına gerek duymadığınızı söylediğinizi düşünün.

Partneriniz buna nasıl tepki gösterir? A B C D E F G H

	hiç	orta	biraz	nötr	biraz	orta	çok
Bu tepki:	1	2	3	4	5	6	7
	hoşuma gitmez						hoşuma gider

APPENDIX L

INFORMED CONSENT FORM FOR THE PSYCHOMETRIC STUDY

Bu çalışma ODTÜ Klinik Psikoloji doktora programında yer alan bir tezin pilot çalışması niteliğindedir. Araştırmanın amacı, kişilerin sevgili ya da evlilik ilişkilerindeki tutumları ve kişilik özellikleri arasındaki ilişkiyi anlamaktır. Değerlendirmeler grup temelinde olacağından ankette kimliğinizi belirtecek bilgiler istenmemektedir. Ancak, araştırma sonuçlarının güvenirliğini ölçmek için anket daha sonra yeniden uygulanacaktır, bu yüzden isim bilgileri alınmadan, her öğrenci numarasına bir kod atanacaktır. Bu kodlar aynı bireyin doldurduğu iki anketin birleştirilebilmesini sağlayacaktır.

Soruların doğru ya da yanlış cevapları bulunmamaktadır. Lütfen soruları eksiksiz ve içten bir şekilde doldurunuz. Katılımınız için teşekkür ederiz.

Bu çalışma ile ilgili bilgi almak isterseniz aşağıdaki iletişim bilgilerini kullanabilirsiniz.

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Yukarıda bilgileri verilen bu araştırmaya katılmayı gönüllü olarak kabul ediyorum.

İmza

Bölüm/ Sınıf: **KOD:**
Dersin Adı/ Kodu:
Öğrenci Numaranız:
Yaşınız:
Cinsiyetiniz:
Medeni durumunuz:
Doğum yeriniz:
Uyruğunuz:

APPENDIX M

PAULSON DAILY LIVING INVENTORY (RATERS' FORM)

Değerli psikanalist / psikoterapist,

Aşağıda "yansıtmalı özdeşim" kavramını ölçen bir ölçek bulunmaktadır. Bu ölçek 1978'de Güney Kaliforniya Üniversitesi'nde Dr. Paulson tarafından geliştirilmiştir. Erken dönem nesne ilişkilerinin, daha sonra eşle kurulan ilişkide yeniden yaşandığı düşünülerek kavramsallaştırılmıştır. Ölçek, "doğru-yanlış" şeklinde cevaplanan 60 maddelik cümlelerden oluşmaktadır. Her birine 12 madde düşen 5 alt ölçeği bulunmaktadır. Alt ölçekler Paranoid-Şizoid ve Depresif Pozisyonlar temelinde kurgulanmış, ancak Paranoid-Şizoid Pozisyon kendi içinde dörde ayrılmıştır. Depresif Pozisyonda bulunan birinin yansıtmalı özdeşim yapmadığı kabul edilmiştir. Paranoid- şizoid Pozisyonda bulunan birinin de dört farklı konum içinde yansıtmalı özdeşim yapabileceği düşünülmüştür. Bunlarda, kişinin ilişki içinde kendini nerede konumlandırdığı düşünülerek, kendilik ve nesne temsilinin (tasarımının) "iyi" ya da "kötü" oluşu üzerine bir ayrım yapılmıştır. Bu alt ölçekler şunlardır:

A- Persecuting Mother to Infant (Bebeğe karşı zulüm edici anne pozisyonu)

B- Ideal Mother to Infant (Bebeğe karşı ideal anne pozisyonu)

C- Infant to Persecuting Mother (Zulmedici anneye karşı bebek pozisyonu)

D- Infant to Ideal Mother (İdeal anneye karşı bebek pozisyonu)

E- Depressive Position (Depresif Pozisyon)

Örneğin A alt ölçeğinde, kişi ilişkisinde eşine karşı içsel olarak " kötü anne" rolüne girerek davranmaktadır. B alt ölçeğinde, kişi eşine karşı "iyi anne" rolünde davranmaktadır. C alt ölçeğinde, kişi ilişkisinde eşini "kötü anne" olarak algılamaktadır. D alt ölçeğinde ise kişi eşini "iyi anne" olarak algılamaktadır.

Sizden iki konuda yardım rica ediyoruz. Öncelikle her maddeyi okuyarak size göre hangi alt ölçeğe aitse tespit ettiğiniz alt ölçek harfini boş bırakılan yere yazınız. İkinci sırada ise, her maddenin yansıtmalı özdeşim kavramını ne ölçüde ölçtüğünü belirtiniz. Bunun için her maddenin yan tarafında yer alan 1 ile 7 arasındaki ölçek üzerinde daire içine alarak işaretleme yapınız.

Yardımınız ve katkınız için çok teşekkür ederim.

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Orta Doğu Teknik Üniversitesi
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ALT ÖLÇEK	ÖLÇME DERECESİ
A- Persecuting Mother to Infant (Bebeğe karşı zulüm edici anne) B- Ideal Mother to Infant (Bebeğe karşı ideal anne) C- Infant to Persecuting Mother (Zulmedici anneye karşı bebek) D- Infant to Ideal Mother (İdeal anneye karşı bebek) E- Depressive Position (Depresif Pozisyon)	Yansıtmalı Özdeşimi Hiç ölçmüyor | Çok iyi ölçüyor 1-----2-----3----4-----5-----6-----7

MADDE	ALT ÖLÇEK	ÖLÇME DERECESİ
1) Yeni arkadaşlar edindiğimde, onlarda kusur bulacağından korkarım.		1—2—3—4—5—6—7
2) Kendimi güvensiz hissettiğimde onun bana karşı eleştirel olacağını düşünüyorum, bu yüzden böyle anlarda kendime olduğumdan daha çok güveniyor gibi yapıyorum.		1—2—3—4—5—6—7
3) Eğer bir şeyi gerçekten çok istiyorsam bilirim ki ondan bunu istemeye devam edersem mutlaka istediğimi yapar.		1—2—3—4—5—6—7
4) O olduğu gibidir ve ondan beni memnun etmek için değişmesini beklemeye hiç hakkım yok.		1—2—3—4—5—6—7
5) Onun kadar kabiliyetli bir insanın bu kadar aptalca şeyler yapabilmesi hayret verici.		1—2—3—4—5—6—7
6) Üzücü bir şey olduğunda onu bu durumdan korumaya çalışırım.		1—2—3—4—5—6—7

APPENDIX N
TURKISH SUMMARY
Giriş

Bu çalışmada eşler arası ilişkilerde yansıtmalı özdeşim mekanizmasının etkileri araştırılmak istenmiştir. Literatürde eş ilişkileri, ya eşlerin bireysel özellikleri ya da aile-eş sistemi merkeze alınarak incelenmiştir. Bu iki yaklaşımı birleştiren bütüncül bir bakış açısına duyulan ihtiyaç son dönemdeki yayınlarda göze çarpmaktadır (Belsey, 1990; Miehls, 1999; Melito, 2006; Scheinkman, 2008).

Yansıtmalı özdeşim mekanizması bu iki bakış açısını bütünleştirebilecek niteliğe sahip bir kavramdır. Çünkü bir yönüyle bireyin içsel dünyasına aittir, diğer yönüyle de insanlar arası ilişkiler alanını etkileme gücünü gösteren bir mekanizmadır (Zinner, 1991; Meissner 1987).

Nesne İlişkileri kuramcılarından olan Melanie Klein (1946), yansıtmalı özdeşim kavramını ilk tanımlayan kişidir. Ona göre yansıtmalı özdeşim, bebeğin hayatta kalma kaygılarına karşı düşlemsel dünyasında gelişen bir savunma mekanizmasıdır. Klein için bebek ölüm dürtüsü ve saldırganlık içgüdüsü dolayısıyla, yaşamın ilk başlarında içsel yok edilme anksiyetesiyle başetmek zorundadır. Klein bebeğin yoğun anksiyetelerle yüklü yaşantılarının olduğu bu duruma "paranoid-şizoid durum" adını vermiştir. Bu pozisyonda gelişimsel olarak bebeğin içsel nesne ilişkileri dünyası, iyi ve kötü zihinsel temsillerin birbirinden ayrışık olduğu bir yapılanma gösterir. Bu süreçte bebek dış dünyayı ya hepten iyi ya da hepten kötü algılar. Bu durum bölme savunma mekanizmasının öncülüdür. Bebek hayatta kalma kaygıları yaşarken içsel "kötü" zihinsel temsilleri dışarıya yansıtır. Bu aşamada anne en önemli dışsal nesnedir. Anne, bebekten gelen kötü yansıtmaları içine alır ve duygusal olarak dönüştürerek bebeğe geri verir. Bebeğin kaygısı, anneden dönüşerek gelen bu yansıtmalarla özdeşleşmesi ile normalleşir. Bu yanstıma ve tekrar özdeşleşme sürecine yansıtmalı özdeşim denir. Anne ile bebek arasında

görülen duygusal düzenleme ilişkilerinin çoğu yansıtmalı özdeşim mekanizması aracılığı ile gerçekleşir. Yansıtmalı özdeşim, bebeğin gereksinimlerini ve kaygılarını anneye yükleyerek onu bu ihtiyacları karşılamak icin hareketlendirmesini, bir başka deyişle kendi ihtiyaçları için anneyi kontrol edebilmesini sağlayan mekanizmadır.

Klein'a (1946) göre paranoid-şizoid durumun ardılı "depresif durum"dur. Hem bebeğin korteks gelişimine, hem de dış dünya ile ilişkilerinde örselenmeler olmamasına bağlı olarak, paranoid-şizoid duruma ait parçalı zihinsel temsilleri, depresif duruma geçildikçe bütünleşmeye başlar. Paranoid-şizoid durumda görülen yok edilme kaygıları, depresif durumda suçluluk duyguları ile yer değiştirir. Paranoid-şizoid duruma ait yoğunca hissedilen saldırganlık, yıkıcılık dürtüleri ve sahiplenme arzusu, daha sonradan içsel zihinsel temsiller bütünleştikçe yerini empati, sevgi, ve tamir edebilme isteğine bırakır. Paranoid-şizoid durum ile depresif durum birer gelişim evresi değil, yaşam boyu zaman zaman yer değiştirecek olan psikolojik durumlardır. Yetişkinlikte de kişiler, özellikle örseleyici deneyimlerden sonra paranoid-şizoid duruma gerileyebilir ve yakın ilişkilerinde saldırgan, sahiplenici ya da kıskanç olabilirler. Yine de yaşamın başlangıcındayken bebeğin paranoid-şizoid durumdan depresif duruma geçmesi psikolojik sağlığı açısından önemli bir aşamadır. Bu yolla bebek nesne sürekliliğine kavuşur ve ayrışmış kendilik ve nesne temsillerini birleştirme yoluna girer (Greenberg & Mitchell, 1983; Spillius, 1988; Segal, 2008; Likierman, 2001).

Klein'dan sonra yansıtmalı özdeşim kavramı pek çok klinisyen ve kuramcı tarafından kullanılmış, kavram zaman içinde dönüşüme uğramıştır. Kavram evrimi içinde sadece içsel bir mekanizma olmaktan çıkmış, ilk önce terapist ile danışan arasındaki aktarım ilişkisinin önemli bir bileşeni, ardından da hemen hemen tüm insan ilişkilerinde işleyen bir mekanizma haline gelmiştir (Waska, 2001; Göka, Yüksel & Göral, 2006; Forrester, 2006). Bu yönüyle yansıtmalı özdeşim, hem intrapsişik hem de kişiler arası bir kavram olarak değerlendirilmektedir.

Pincus (1962), Dicks (1967), Zinner (1972), Shapiro (1978) ve Crisp (1988) gibi bazı yazarlar yansıtmalı özdeşimi eşler arası ilişkilerde işleyen yönleriyle ele almışlar ve Nesne İlişkileri Aile ve Eş Terapisinin oluşumuna zemin hazırlamışlardır.

Dicks (1967) yansıtmalı özdeşimin iki eş arasındaki bilinçdışı aktarımların temel mekanizması olduğunu önermiştir. Ona göre, yansıtmalı özdeşim sayesinde iki birey birbirlerinin eşleri haline gelirler. Belli düzeyde işleyen yansıtmalı özdeşim eşler arasındaki ilişkinin benzerlikler ve tamamlayıcılıklar aracılığı ile oluşmasını sağlar. Ancak yansıtmalı özdeşimin ilkel ve kötücül oldukça, iki eş arasındaki tamamlayıcılığa yol açan rol dağılımlarının katılaşmasına neden olur ve çoğu zaman sağlıksız ve uyum bozucu sonuçlara yol açar. Eşler arası ilişkideki yansıtmalı özdeşim iki şekilde evlilik çatışmasına yol açar: Birincisinde eşlerden birinin yaptığı yansıtma diğer eş tarafından kabullenilmezse ve yansıtılan içsel duygulanma diğer eş tarafından içselleştirilmeden kalırsa, yansıtmayı yapan eş ilişkide kopukluk olduğunu yaşantılar. İkincisi ise yansıtılan intra-psişik parçalar diğer eş tarafından içe alınsa bile dönüştürülmeden, olduğu gibi geri yansıtılabilir. Bu durumda yansıtılanlar "tümden kötü" içsel zihinsel temsillerden oluşuyorsa, ilişkide saldırganlık ve yıkıcılık öne çıkar. Yansıtılanlar "tümden iyi" zihinsel temsillerden oluşuyor ise, bu durumda ilişki gerçeklikten kopuk düzeyde işleyen bir idealleştirmenin etkisi altında kalır (Dicks, 1967; Catharell,1992). Saldırgan eyleme dökmeler (acting-out) çoğu zaman aile-içi şiddet ve kıskançlık krizlerinin altında yatan dinamiklerdendir.

Zinner (1991) eşler arası ilişkideki yansıtmalı özdeşimin iki ucu bulunan bir çizgide durduğunu söyler. Bir ucunda birey, kendisi ve öteki arasındaki ayrımı yapamaz. Ayrıca eşle ilgili nesnel ve yargısız bir değerlendirme mümkün değildir. Bu uçta yansıtmalı özdeşim dahil olmak üzere, bölme ve yansıtma gibi daha ilkel savunma mekanizmaları yoğun bir şekilde işler. Diğer uçta ise, yansıtmalı özdeşim aracılığı ile iki eş birbirini daha iyi anlar ve birbirlerine empati duyabilirler. Çünkü yansıtmalı özdeşim kişinin kendi öz bütünlüğünü eş ilişkisi aracılığı ile yeniden anlayıp değerlendirmesine olanak sağlar.

Finell (1986), Braverman (1987), Crisp (1988), Kernberg (1991) ve Scharff & Scharff (1997) yansıtmalı özdeşim mekanizması aracılığı ile iki eşin birbirlerini tamamlar hale geldiklerini dile getirmiştir. Eş ilişkisi içindeki karşılıklı bağımlılıkların ve bağlılıkların bu yolla oluştuğunu ifade etmişlerdir. Ayrıca kişilerin eşlerini yine yansıtmalı özdeşimler aracılığı ile bilinçdışı içsel

gereksinimlerine göre belirlediklerini dile getirmişlerdir. Yansıtmalı özdeşim kişilere içsel çatışmalarını dışarıdaki bir nesneye ya da kişiye yansıtma ve onlardan kurtulma olanağı verir. Kişi eşini kendinin istemediği zihinsel parçalarla özdeşleşmeye zorlar, böylece kişiliğinin bu parçaları ile dolaylı da olsa ilişki içinde kalmaya devam eder. Yansıtmalı özdeşim kişinin kendinde kalsaydı kaygı duyacağı parçalarıyla eşi üzerinden de olsa yeniden ilişki kurmasına ve kendiliğini dönüştürmesine olanak verir.

Bu yönüyle bakıldığında yansıtmalı özdeşim ile eş ilişkilerinde görülen tamamlayıcı ilişki yapısı arasında bir ilişki bulunmaktadır. Kendini tamamlayan bir eş seçerek ya da eşi bilinçdışı ihtiyaçlarını tamamlayacak şekilde davranmaya yönlendirerek, kişiler içsel anksiyetelerini bertaraf edebilirler ve kendilerinde istemedikleri özellikleri eşlerinde görerek bir çeşit rahatlama yaşayabilirler. İki kutupta ayrışmış roller içine girmek bunun önemli bir göstergesidir. Bu "yapay-ayrışmış" ilişki yapısı aslında eşlerin ayrılma bireyleşme problemleri olduğunu işaret eder. Kendi kimliklerini koruyabilmek için eşleri ile kutuplaşmış roller içine girmeleri gerekir. Bu rol paylaşımları bir eş ilişkisi oluşturmanın yollarından biridir, ancak esneklik göstermeyen ve bireysel yönelimleri baltalayan türden rol paylaşımları sağlıksız ilişki yapılarını oluşturur. İlişkilerde ortaya çıkan belirgin rol paylaşımlarında ve katılaşmış tamamlayıcılık tarzındaki eş ilişkilerinde, iki eş arasında karşılıklı işleyen yansıtmalı özdeşimlerin olduğunu söylemek mümkündür. (Braverman, 1987; Crisp, 1988).

Bölme savunma mekanizması ve **ayrılma bireyleşme** süreci, yansıtmalı özdeşim süreci ile kuramsal ve olgusal ilişkisellik göstermektedir. Bölme savunma mekanizması olmadan yansıtmalı özdeşim gerçekleşemez. Klein (1946) bölme ve yansıtmalı özdeşim savunma mekanizmalarının paranoid-şizoid duruma özgü savunmalar olduklarını vurgulamıştır. İlk başta ayrışık durumdaki iyi ve kötü kendilik ve nesne temsilleri, eğer ilk çocukluk dönemi yaşantılarında örselenmeler olursa bütünleşmeden kalır ve bölme savunma mekanizması olarak kalır. Bu savunma, kötü ile iyinin birbirine temas etmesini engellemenin bir yoludur. Bölünme ile ayrı tutulan bu istenmeyen parçalar ayrıca yansıtmalı özdeşim ya da yansıtma savunma mekanizmaları ile eşe atılır. (Grotstein, 1986). Siegel (2006;

2008) eş ilişkisi içindeki bölme savunma mekanizmasının izlerinin, eşin tümden-iyi ya da tümden-kötü algılanması; bu algılamalar arasında hızlı geçişler yaşanması; aşırı yakınlaşma ve uzaklaşma, güven ve güvensizlik, ayrışma ve içiçelik uçları arasında hızlı gidip gelmeler; iletişimin sadece belli konularda aşırı derecede olumsuz bir hale gelmesi olduğunu dile getirmiştir. Bu türden ilişkilerde ya çatışma alanlarından savunmacı bir şekilde kaçınma gösterilir, ya da ilişki çatışma ve iletişimsizlik sürecine girer. Terapide bu çiftler değişime karşı büyük direnç gösterebilirler.

Ayrılma bireyleşme süreci ile yansıtmalı özdeşim birbirinden ayrışmış iki kuramsal kökenden gelse de ikisinin belirttiği temel özellikler ortaklıklar içermektedir. Ayrılma bireyleşme, Mahler (1974) tarafından ortaya konmuş bir gelişimsel modeldir. Bu modele göre bebek anneyle içiçe, ortakyaşamsal bir dönemden başlayarak üç evreli bir gelişim ile kendisi ile öteki arasındaki ayrımı yapabilen, bağımsızlaşmış ve özerklik kazanmış bir birey haline gelir. Bu gelişim evrelerinde örselenme ve yetersiz ebeveynlik yaşantılayan bebekler bağımsız bir kendilik geliştiremezler ve içsel temsilleri ayrışmadan kalır. Ayrılma bireyleşme problemi olarak tanımlanan bu durum yansıtmalı özdeşimi yoğun kullanan bireylerin de ortak özelliğidir. Bu kişiler eşlerini kendilerinden bağımsız bireyler olarak göremezler. İlişkide bağımlılık ihtiyacı ve içiçelik dikkat çekicidir. Eşlerini ya iyi ya kötü özellikleri ile algılarlar. İstenmeyen parçalar kendilikten uzak tutulmaya çalışıldığından bu eş ilişkilerinde yansıtmalı özdeşim de yoğun olarak işler. Eşe kendiliğin istenmeyen tarafları yansıtılır ve bunlarla özdeşim kurmaya zorlanır. (Goldstein, 1991; Hamilton, 1990; Siegel, 2006; Middelberg, 2001).

Bu çalışmada Şema Terapi'nin kavramları bireyin erken dönem uyumsuz ebeveyn deneyimleri, kişilik yapıları ve eş ilişkisi yapıları arasındaki ilişkileri araştırabilmek için kullanılmıştır. Şema Terapi yaklaşımı Nesne İlişkileri yaklaşımı ile ortaklıklar ve benzerlikler göstermektedir. Örneğin "erken dönem uyum bozucu şemalar" kavramı ile "kendiliğe ve nesneye ait içsel zihinsel temsiller" kavramı arasında benzerlikler mevcuttur. Erken dönem uyum bozucu şemalar, Young (2003) tarafından, kişinin kendisi ve diğerleri ile ilgili duygularından, bilişlerinden ve bedensel duyumsamalarından oluşan geniş ve kalıcı kişilik yapıları olarak

tanımlanmıştır. Şema Terapi'ye göre bir çocuğun temel gereksinimlerini oluşturan a) güvenli bağlanma, b) bağımsızlık ve kendini gerçekleştirme, c) ihtiyaçlarını, duygularını ifade edebilme, d) kendiliğindenlik ve oyun, e) gerçekçi limit ve özdenetim alanlarının erken dönem yaşantılarında yetersiz doyrulması ya da örselenmesi nedeniyle ilişkili alandan uyum bozucu şemalar ortaya çıkar. Erken dönemde ebeveynlerle yaşanan uyum bozucu deneyimler bu temel gereksinimlerin karşılanmadan kalmalarına neden olur ve şema gelişiminde en önemli etki yaratan unsurlar olarak kabul edilir.

"Şema kimyası", kişinin kendi uyum bozucu şemasının değişmeden kalmasını sağlamak için aşırı kaçınma ya da aşırı telafi başetme tarzlarını kullanarak kendi şemasına uygun bir eş seçmesi ve tamamlayıcı veya benzerliğe dayanan bir eş ilişkisi kurması anlamına gelir. Young ve arkadaşları şema kimyasını ortaya koyan vaka örnekleri vermişlerdir. (Young et al., 2003; Young, 2007; Young & Gluhoski, 1997) Bu örneklerin eş ilişkisindeki yansıtmalı özdeşim ile ortaklık gösterdiği düşünülmektedir. Kişiler geçmişlerinden getirdikleri örselenmeleri ya da eksiklikleri eş ilişkilerine aktarırlar ve bu yolla kendi iç dünyalarını doğrulayan ilişkiler kurarlar. Bu aktarımı sağlayan temel mekanizma yansıtmalı özdeşimdir.

Erken dönem uyum bozucu ebeveynlik deneyimlerinin eş ilişkisi üzerine etkileri üzerine çalışmalar çok sınırlıdır. Bu alanda Türk örneklemi ile bir çalışma dışında başka bir araştırmaya rastlanmamıştır. Caner (2009) kadınlarının eşlerini "bağımlı" olarak değerlendirmeleri ile annelerine ve babalarına yönelik aşırı koruyucu/ evhamlı, kusurbulucu/küçümseyici algılamaları arasında olumlu; annelerine yönelik cezalandırıcılık algılamaları arasında olumsuz yönde bir ilişki olduğunu bildirilmiştir. Erkeklerin eşlerini "kontolcü" olarak değerlendirmeleri ile annelerine yönelik küçümseyici/kusur bulucu algılamaları arasında olumlu bir ilişki bulunmuştur. Ayrıca erkeklerin eşlerini "güvenilebilir" algılamaları ile babalarına yönelik aşırı koruyucu/evhamlı ebeveynlik algılamaları arasında olumlu ilişki bildirilmiştir. Kadınların eşlerini "kontrolcü" algılamaları ile babalarına yönelik kısıtlayıcı/değişime kapalı ebeveynlik algılamaları arasında olumlu bir ilişki bulunmuştur.

Erken dönem uyum bozucu şemaların eş ilişkisine etkileri ile ilgili olarak bazı çalışmalar bulunmaktadır. Clifton (1995) utanma ve sosyal isolasyon şemalarının, evlilik uyumunu; başarısızlık ve güvensizlik-suistimal şemalarının, eşi güvenilir bulmayı olumsuz etkilediğini söylemiştir. Nemati (1996) duygusal yoksunluk, terkedilme, bağımlılık ve hak görme/ baskınlık şemalarının ilişki doyumunu olumsuz, başarısızlık şemasının ise olumlu yönde etkilediğini bildirmiştir. Ayrıca bağımlılık şeması da eş ilişkisinde kaçınmacı tarzdaki çatışma çözümü ile olumlu ilişkili, yapıcı problem çözme ile olumsuz ilişkili bulunmuştur. Freeman (1998) terkedilme, duygusal yoksunluk, sosyal izolasyon, kusurluluk/ utanç, boyun eğicilik ve duygusal bastırılmışlık şemalarının ilişki doyumu ile olumsuz ilişkide olduğunu bildirmiştir. Dobrenski (2001) terkedilme, kusurluluk, boyun eğicilik, güvensizlik/ suistimal ve bağımlılık/ yetersizlik şemalarının eş ilişkisindeki kıskançlık ile ilişkili olduğunu rapor etmiştir. Chatav & Whisman (2006) kadınlarda duygusal yoksunluk, kusurluluk/ utanç, ve içiçelik/bağımlılık şemaları ile erkek arkadaşlarıyla ilişkilerindeki ilişki doyumu arasında negatif korelasyon, ve yüksek standartlar şeması ile ilişki doyumu arasında pozitif korelasyon bulmuşlardır. Erkeklerde ise sosyal izolasyon, kusurluluk/utanç, başarısızlık, bağımlılık/yetersizlik ve zarar görmeye karşı savunmasızlık, içiçelik ve boyun eğme şemaları ile ilişki doyumu arasında olumsuz yönde korelasyon olduğunu bildirmişlerdir.

Çalışmanın Amacı

Yukarıda ifade edilen bilgilerin ışığında bu çalışmanın amacı genel olarak eşler arası ilişkilerde yansıtmalı özdeşimin rolünü ortaya çıkarmaktır. Bu amaçla yansıtmalı özdeşim bir yönüyle intra-psişik, bir yönüyle kişiler arası bir kavram olarak merkeze alınmıştır. Bu yönüyle hem bir kişilik terimi hem de bir eş ilişkisi terimi olarak kullanılmaktadır.

Bu amaca uygun olarak araştırma kapsamında iki yönlü analizler bulunmaktadır. Birinci grupda, yansıtmalı özdeşimin bireyin çocukluğunda ebeveynleriyle ilişkileri, kişilik yapıları ve eşiyle ilişkisi arasındaki çoğul ilişkiler yapılan pek çok hiyerarşik regresyon analizi ile incelenmiştir. İkinci yaklaşımda ise bir kişinin kişilik özellikleri ile eşinin kişilik yapıları arasında ortaya çıkan

benzerlikler ve tamamlayıcılıklar, karşılıklı yansıtmalı özdeşimleri açısından, yapılan pek çok kısmi karşılıklı korelasyon analizi ile araştırılmıştır.

Yöntem

Katılımcılar

Araştırmaya beraber yaşayan 178 kadın ve 178 erkek (356 birey) katılmıştır. Katılımcıların yaş ortalaması 35.64 (standart sapma 8.97) olarak tespit edilmiştir. Yaş aralığı 21 ile 70 arasında değişmektedir. Katılımcıların 330'u (92.7 %) evli, 26'sı (7.3 %) bekar olduğunu bildirmiştir.

Ölçüm Araçları

Paulson Gündelik Yaşam Envanteri: Paulson (1978) tarafından üretilmiş olan ölçek eşler arasındaki yansıtmalı özdeşim süreçlerini tespit etme amacıyla kullanılmıştır. 60 maddeden oluşan ölçek doğru-yanlış kodlarıyla puanlanır. Doğru cevabı için 1, yanlış cevabı için 0 puan verilir. Ölçek 5 alt indeksten oluşmaktadır. Her alt indeks 12 maddeden oluşur.

Zulmedici Anneye Karşı Bebek alt indeksi, eşin zulmedici rolde algılandığı, kendiliğin ise savunmasız bebek durumunda bulunduğu ilişki yapısı içindeki yansıtmalı özdeşimi ölçmektedir.

İdeal Anneye Karşı Bebek alt indeksi, eşin koruyucu ve ideal bir anne rolünde algılandığı, kendiliğin ise zayıf ve edilgen durumda bulunduğu ilişki yapısı içindeki yansıtmalı özdeşimi ölçmektedir.

Zulmedici Bebeğe Karşı Anne alt indeksi, eşin kötü bir çocuk rolünde algılandığı, kendiliğin ise koruyucu anne durumunda bulunduğu ilişki yapısı içindeki yansıtmalı özdeşimi ölçmektedir.

İdeal Bebeğe Karşı Anne alt indeksi, eşin ideal bir çocuk rolünde algılandığı, kendiliğin ise koruyucu anne durumunda bulunduğu ilişki yapısı içindeki yansıtmalı özdeşimi ölçmektedir.

Depresif Durum alt indeksi, eşin bağımsız bir birey olarak algılandığı olgun bir ilişki modelini ölçmektedir. Bu ilişki içinde yansıtmalı özdeşim mekanizmasının kullanılmayacağı varsayılmaktadır.

Ölçek Türkçe'ye bu araştırma kapsamında çevrilmiş ve psikometrik çalışması yapılmıştır.

Ayrılma Bireyleşme Envanteri: Christenson and Wilson (1985) tarafından Mahler'in (1946) ayrılma bireyleşme kuramından hareketle üretilen ölçek, bu sürecin çocuklukta problemli tamamlanması sonucu yetişkinlikte yaşanan bireysel etkilerini ölçme amacıyla üretilmiştir. 39 maddeli, 10 noktalı Likert tipi ölçekten alınan yüksek puanlar ayrılma bireyleşme problemlerini gösterir. 190 puan ayrılma bireyleşme patolojisini gösteren kesme puanı olarak belirlenmiştir.

Ayrılma Bireyleşme Envanteri Türkçe'ye bu araştırma kapsamında çevrilmiş ve psikometrik çalışması yapılmıştır.

Bölme Ölçeği: Gerson (1984) tarafından bireyin bölme savunma mekanizması kullanımının düzeyini ölçmek amacıyla üretilmiş olan Bölme ölçeği 14 maddeden oluşmaktadır. Puanlama 7- noktalı Likert tipi ölçek üzerinden yapılır. Ölçek, ben ve ötekinin iyi ve kötü parçalarının kopukluğu, idealleştirme ve büyüklenmecilik/ narsistik özellikleri ölçmeye yönelik maddelerden oluşmaktadır.

Bölme Ölçeği Türkçe'ye bu araştırma kapsamında çevrilmiş ve psikometrik çalışması yapılmıştır.

Young Şema Ölçeği: Bireyin erken dönem uyum bozucu şemalarını tespit etmek amacıyla, Young Şema Ölçeğinin 90 maddelik Türkçe versiyonu kullanılmıştır. Her şema 5 maddeden oluşur. Maddeler 6'lı Likert tipi ölçek üzerinden puanlanır. Yüksek puanlar o şemaya ait özelliklerin yüksekliğini gösterir. Ölçeğin temel oluşturuluşu Şema Terapinin kuramsal çatkısına dayalıdır. Buna göre beş alt alan altında toplanan 18 şema belirlenmiştir. Bu beş alan çocuğun temel gereksinim alanlarının uygun şekilde doyurulamamış olması yüzünden ortaya çıkan şemalardan oluşur.

Türkçe'ye Soygüt, Karaosmanoğlu ve Çakır (2009) tarafından çevrilen ve adaptasyonu yapılan ölçeğin iç tutarlılık katsayılarının .53 and .81 arasında değiştiği bildirilmiştir.

Young Ebeveynlik Ölçeği: 72 maddeli ölçek, Young (1994) tarafından Şema Terapi modeli çerçevesinde geliştirilmiştir. Kişinin çocukluğunda, erken

dönem uyum bozucu şemaların temelini oluşturan çesitli anne- baba davranışlarını içermektedir. Ölçekteki maddeler anne ve baba için ayrı ayrı 6'lı Likert tipi ölçek kullanılarak cevaplanır. Yüksek puanlar o erken dönem uyum bozucu ebeveynlik tarzının varlığını işaret eder.

Türkçe'ye Soygüt, Çakır & Karaosmanoğlu (2008) tarafından çevrilen ve adaptasyonu yapılan ölçeğin anne ve baba formlarındaki tüm alt ölçekler için iç tutarlılık katsayılarının .53 and .89 arasında değiştiği bildirilmiştir.

İlişki Doyumu Ölçeği: Hendrick (1988) tarafından 7-maddelik kısa bir ilişki doyumu ölçeği olarak üretilen ölçek, orijinalinde 5'li, Türkçe versiyonunda 7'li Likert tipi ölçek üzerinden puanlanmaktadır.

Türkçe'ye Curun (2001) tarafından çevrilen İlişki Doyumu Ölçeği'nin iç tutarlılık katsayısı .86 olarak bildirilmiştir.

Çok-Boyutlu Kıskançlık Ölçeği: Pfeiffer and Wong (1987) tarafından eşe yönelik duygusal, davranışsal ve bilişsel kıskançlık boyutlarını ölçmek için üretilen ölçek orijinalinde 24 maddeden oluşmaktadır ve her kıskançlık boyutu 8 maddeyi içermektedir. Her madde 8'li likert tipi ölçek üzerinden puanlanmaktadır ve yüksek puanlar o boyuttaki kıskançlığın yüksekliğini göstermektedir.

Çok-Boyutlu Kıskançlık Ölçeği'ni Türkçe'ye Karakurt (2001) 23 maddeli olarak çevirmiştir. Türkçe versiyonunun iç tutarlılık katsayılarının .86 ile .91 arasında değiştiği bildirilmiştir.

Duygusal Bağımlılık Ölçeği: Buunk (1981) tarafından eşe yönelik duygusal bağımlılığı ölçmek amacıyla üretilmiş 9 maddelik bir ölçektir. Duygusal bağımlılık eşin göreceli olarak diğer herşeyden daha önemli algılanması olarak tanımlanmıştır. Ölçeğin iç tutarlılık katsayısı orijinal makalede .81 (Buunk, 1981), Türkçe'ye adaptasyon çalışmasında .87 (Karakurt, 2001) olarak bildirilmiştir.

Demografik Bilgi Formu: Araştırmanın amaçları doğrultusunda hazırlanan demografik bilgi formu, demografik bilgiyerin yanısıra katılımcıların kayıpları, travmatik deneyimleri gibi geçmiş yaşam olaylarına dair bir takım sorular da içermektir.

İşlemler

Ölçekler Türkiye'nin çeşitli illerinde ve Hollanda'nın 3 kentinde birlikte yaşayan 350 Türk çifte (700 birey) dağıtılmıştır. Sorular sıra etkisini bertaraf edebilmek için 4 farklı sırada rastgele dağıtılmıştır. Anketler çiftlere iki küçük zarf ve iki anket içeren bir büyük zarf içinde ulaştırılmıştır. Katılım izin formu ile katılımcıların gönüllü katılımları sağlanmıştır. Yönergede eşlerin anketleri ayrı ayrı birbirlerini etkilemeden doldurup, küçük zarfa koyup zarfı kapatarak teslim etmeleri istenmiştir.

Temel Bulgular ve Tartışma

Araştırmada yansıtmalı özdeşimin hem bireysel hem de iki eş arasındaki işleyen süreçlerine yönelik analizler yapılmıştır. Yansıtmalı özdeşimin bireyin çocukluğundaki ebeveynlik deneyimleri, kişiliği ve eşiyle ilişkisi arasındaki rolünü incelemek üzere hiyerarşik regresyon analizleri yapılmıştır. Yansıtmalı özdeşimin iki eş arasındaki ilişki içindeki rolünü incelemek üzere, karşılıklı olarak iki eşin ebeveynleriyle deneyimleri, kişilikleri ve eş ilişkisi değişkenleri arasında kısmi karşılıklı korelasyon analizleri yapılmıştır.

A) BİREYSEL BULGULAR

Erken Dönem Uyum Bozucu Şemaları Yordayan Ebeveynlik Deneyimleri:

Kopukluk/ reddedilmişlik şema alanını yordayan ebeveynlik değişkenlerinin, kontrol etmeyen/ sınırsız ve duygularını bastıran/ değişime kapalı ebeveynlik, küçümseyici/kusur bulucu ve sömürücü/suistimal edici annelik ve duygusal bakımdan yoksun bırakıcı babalık olduğu bulunmuştur.

Zedelenmiş Otonomi şema alanını yordayan ebeveynlik deneyimleri değişkenlerinin, kontrol etmeyen/ sınırsız, aşırı koruyucu/evhamlı, küçümseyici/kusur bulucu, kötümser/endişeli ebeveynlik, kuralcı/kalıplayıcı ve sömürücü/istismar edici annelik olduğu bulunmuştur. Ayrıca cezalandırıcı ebeveynliğin olmaması da zedelenmiş bağımsızlık şema alanını yordamaktadır.

Yüksek standartlar ve bastırılmışlık şema alanını yordayan ebeveynlik deneyimleri değişkenlerinin, başarı odaklı, sömürücü/istismar edici ve duygularını bastıran/değişime kapalı ebeveynlik olduğu bulunmuştur.

Zedelenmiş Sınırlar şema alanını yordayan ebeveynlik deneyimleri değişkenlerinin, duygusal bakımdan yoksun bırakıcı ebeveynlik, kontrol etmeyen/sınırsız annelik, sömürücü/istismar edici ve kötümser/endişeli babalık olduğu bulunmuştur.

Diğeri Yönelimlilik şema alanını yordayan ebeveynlik deneyimleri değişkenlerinin, duygularını bastıran/değişime kapalı, kuralcı/kalıplayıcı, sömürücü/istismar edici ebeveynlik olduğu bulunmuştur. Ayrıca cezalandırıcı ebeveynliğin olmaması da diğeri yönelimlilik şema alanını yordamaktadır.

Bulgular büyük oranda literatür ile aynı doğrultudadır. Tutarsızlık gösteren bazı bulgular bulunmaktadır. Örneğin, çocuklukta cezalandırıcı ebeveynliğin olmayışı zedelenmiş otonomi ve diğeri yönelimlilik şema alanlarını yordamaktadır. Bu bulgu Türkiye'nin kültürel özellikleri doğrultusunda anlaşılabilir. Türk kültürünün çocuk yetiştirme özelliklerinde bir yandan yakınlık, koruyuculuk ve sevgi, diğer taraftan da kontrol ve yönlendirme bulunmaktadır. Çocuktan, ebeveynlerin kurallarına uyması beklenir ve bu aynı zamanda aile içi bağlılığın da göstergesi kabul edilir. (Kağıtçıbaşı, 1992). Türk aile yapısındaki hiyerarşik yapı ile yakınlık, ilişkisellik ve bağlılık özelliklerinin birleşimi Batı kültüründen farklılaşmış bir benlik gelişimi ortaya çıkarır. Buna bireyleşmiş- ailevi benlik veya bağımsız-ilişkisel benlik adı verilir. (Fişek & Kağıtçıbaşı, 1999). Bu kültürel iklim içinde cezalandırıcı olmayan ebeveynlik batı kültürlerinin tersine ilgisiz, soğuk, duygusal olarak kopuk ebeveynlik olarak algılanabilir. Çocuğun ihtiyaç duyduğu gerçekçi sınırları geliştirmede eksiklere, dolayısıyla da zedelenmiş sınırlar şema alanının gelişimine yol açabilir. Başka bir açıdan da, cezalandırıcı boyutu olmayan bir ebeveynlik çocukta ilgisiz, sevgisiz, soğuk ve uzak bir ebeveynlik algılamasına, dolayısıyla da sevgi ve onaylanma ihtiyacının giderilememesine yol açabilir. Bunlar çocuğun kendilik değerini örseleyebilir. Doyurulamadan kalmış gereksinim kişiyi sevgi ve onaylanma ihtiyacını dışarıda aramaya yönlendirip, diğeri yönelimlilik şema alanının gelişimine neden olabilir.

Yansıtmalı Özdeşimi Yordayan Ebeveynlik Deneyimleri:

Duygularını bastıran/değişime kapalı ve sömürücü/istismar edici ebeveynliğin tehdit edici/zulmedici yansıtmalı özdeşimi yordadığı bulunmuştur. Aşırı kotuyucu/evhamlı ebeveynliğin idealleştirici yansıtmalı özdeşimi yordadığı bulunmuştur. Ayrıca küçümseyici/kusur bulucu annelik deneyimlerinin idealleştirici yansıtmalı özdeşimi olumsuz yönde yordadığı bulunmuştur. Çocuklukta kötümser/endişeli annelik deneyiminin ve duygularını bastıran/değişime kapalı babalık deneyiminin depresif durumu yordadığı bulunmuştur. Ayrıca çocuklukta sömürücü/istismar edici anneliğinin yokluğu da depresif durumu yordamaktadır.

Bulgular literatürden gelen bilgi ile uyumludur. Duygularını bastıran/değişime kapalı ebeveynlik mesafeli, soğuk, ilişki kurmayan, ilgisiz bir ebeveynlik algılaması ile ilişkilidir. Çocuğun ihtiyaç duyduğu ilişkisellik içinde öğrenilen duygusal düzenleme yönünden eksik kaldığı gibi (Stern, 1985), aynı zamanda da çocuğun ilişkiselliğini ve benlik gelişimini birebir etkileyen aynalama işlevini de yerine getiremez (Winnicott, 1967; Kohut, 1971). Bu işlevlerin eksik kalması Young & Gluhoski'nin (1997) de ifade ettiği gibi kopukluk şemalarının gelişmesine yani temel güven duygusunun zedelenmesine yol açar. Bu anlamda tehdit edici/ zulmedici yansıtmalı özdeşimi yordaması anlaşılır olmaktadır. Benzer türden bir ilişki sömürücü/istismar edici ebeveynlik ile de ortaklık göstermektedir. Kellogg & Young (2006), Lobbestael, Arntz & Sieswerda (2005) sömürücü/istismar edici ebeveynlik ile sınır kişilik bozukluğu arasındaki ilişkiye vurgu yapmışlardır. Sınır kişilik bozukluğu'nun tehdit edici/zulmedici yansıtmalı özdeşim ve bölme savunmalarının katı kullanımı ile ilişkilidir. (Zanarini, Weingeroff & Frankenburg, 2009)

Aşırı koruyucu/evhamlı ebeveynlik tarzı dış dünyayı tehlikeli, kendiliği de hassas ve kırılgan algılar. Türk kültüründe aşırı koruyucu ebeveynlik tarzı çocuğuna aşırı önem verme ve çocuğunu sakınma ile ilişkili görülmektedir. Bu ebeveynlik özelliği zedelenmiş otonomi şema gelişimi ile de ilişkili bulunmuştu. Zedelenmiş otonomi şama alanının önemli özellikleri değersizlik, yetersizlik, düşük kendine güven, ve bağımlılık ihtiyacı olarak sıralanabilir. Bu bulgu idealleştirici yansıtmalı özdeşim ile iki yönlü ilişki göstermektedir. Kişi ebeveyn tutumunda gördüğü aşırı

koruyuculuk ve çocuğunu önemseme ile özdeşim kurar ve eş ilişkisinde koruyucu ve aşırı önem verici bir ebeveyn olarak yansıtmalı özdeşim geliştirebilir. Bu, "bebeğe karşı ideal anne" tipi yansıtmalı özdeşimi işaret eder. İkinci yönde ise kişi ebeveynlerinin çocuğu zayıf, korumaya ihtiyacı olan birey gibi algılamasını içselleştirir, ve benlik gelişimi zayıflık imgeleriyle şekillenir. (Bornstein, 2000). Eş ilişkisinde "ideal anneye karşı bebek" tipi yansıtmalı özdeşim geliştirebilir. Bu durumda kendilik zayıf, hassas, korumaya muhtaç; eş ise ideal, güçlü ve koruyucu anne olarak algılanır. İdealleştiren yansıtmalı özdeşim ile ilgili ikinci yordayıcı, küçümseyen/ kusur bulucu anneliğin olmayışıdır. Young Ebeveynlik Envanteri'nin Türkçe versiyonunda ilgili maddelere düşük puan verenlerin ebeveynlerinden yüksek düzeyde ilgi ve önemsenme gördükleri düşünülebilir. Anne ile kurdukları ilişkide gördükleri önemsenme ve idealleştirme ile özdeşleşen çocuk, eş ilişkisindeki yansıtmalı özdeşimlerinde bu içselleştirilmiş nesne temsillerini yansıtır.

Eş ilişkisinde depresif pozisyonu yordayan ebeveynlik deneyimleri değerlendirildiğinde sömürücü/istismar edici anneliğin olmayışının yordayıcı etkisi literatürle uyumludur. Ancak çocuklukta kötümser/endişeli annelik deneyiminin ve duygularını bastıran/değişime kapalı babalık deneyiminin, eş ilişkisinde depresif durumu yordaması beklemedik bir bulgudur. Bu bulguları iki şekilde değerlendirmek mümkündür. İlki, Paulson Gündelik Yaşam Envanteri içinde depresif durum olarak tanımlanan maddelerin Türk kültürü içinde farklı algılanması ile ilişkili olabilir. Batı kültüründe eşin ayrı istekleri, beğenileri ve tercihleri olan bir birey olarak kabul edildiği, olgun bir durum olarak değerlendirilen depresif durum, ilişkiselliğin göreceli olarak daha önemli olduğu Türk kültüründe mesafeli, kopuk, bağlılık içermeyen bir ilişki olarak algılanabilir. Madde analizi de bu yönde bir bilgiyi işaret etmektedir. Diğer açıklama, duygularını bastıran/değişime kapalı babalık deneyimlerinin depresif durumu yordaması ile ilişkilidir. Duygularını bastıran/değişime kapalı babalık Türk kültüründeki cinsiyet rollerine uygunluk gösterir. Türk kültürü ebeveynlik tutumlarında erkeklerin özellikle hassaslık ve duygusal yakınlıkla ilgili duyguları göstermesi sosyal olarak kabul edilmezdir. Pek çok katılımcının da içine dahil olduğu bir grubun babasının geleneksel ebeveynlik kuralları gereğince çocuklarını kendi anne-babalarının yanında kucağa alması bile

kınanan bir davranıştı. Şimdi bu davranış esnemiş olsa da kültür içinde etkileri izlenebilmektedir. Dolayısıyla babaların duygularını göstermeyen, bastıran bir ebeveynlik göstermesi normal kabul edilmiş bir tarzdır ve olumsuz bir etkiye neden olmaması beklenebilir.

Eş İlişkisini Yordayan Ebeveynlik Değişkenleri:

Kişinin eş ilişkisi doyumunu, çocukluktaki duygusal bakımdan yoksun bırakıcı ebeveynlik, ve başarı odaklı babalık deneyimleri negatif yönde yordamıştır. Duygusal bakımdan yoksun bırakıcı ebeveynlik, Young and Gluhoski'nin (1997) belirttiği gibi, yakın ve güvenli bir ilişki kurma ihtiyacını doyuramadığından, duygusal kopukluk şemalarının temel belirleyicisidir. Duygusal bakımdan yoksun bırakıcı bir ebeveynlik yaşandığında, çocuk mesafeli, soğuk ve ilgisiz bir ilişkisellikle özdeşleşme yaşar; bunu daha sonraki eş ilişkisine aktardığında ya eşine ebeveynlerinin kendisine yaklaşımı gibi davranırlar ya da ebeveynlerine benzeyen eşlerle ilişki kurarlar. Her iki durumda da eş ilişkisindeki doyum düşük olur. Çocukluğunda başarı odaklı bir babalık yaşamış olmak da eş ilişkisindeki doyumu olumsuz etkilemektedir. Başarı odaklı babalığın temel özelliği çocuğa sevgi ve yakınlığı başarılı olması koşulu ile vermesi ve yakınlık, onaylayıcılık ve anlayış yönünden gereken duygusal ihtiyacı karşılayamamasıdır. Bu ebeveynlikte kontrol boyutu, sevgi ve yakınlık boyutu ile tamamlanmamaktadır. (Kağıtçıbaşı, 1992; 2005). Çocuğu kendi içsel ihtiyaçları yönünde kullanan bir babalık gözlenebilir. Çocuğun ebeveyn tarafından bir takım narsistik ihtiyaçları tatmin etme aracı olarak kullanılması, çocukta benlik gelişimini olumsuz etkiler, kendine güvenini başarı koşullu hale getirir. Yakınlık ve koşulsuz sevgi vermek bu çocuklar için zorlaşır ve eş ilişkisinden alınan doyum bu psikolojik engeller nedeniyle kısıtlanır.

Kişinin eşine karşı duygusal bağımlılığını, düşük düzeydeki duygusal bakımdan yoksun bırakıcı annelik ve düşük düzeydeki cezalandırıcı babalık ile yüksek düzeydeki aşırı koruyucu/evhamlı ebeveynlik deneyimleri yordamıştır. Eşe karşı duygusal bağımlılığı yordayan ebeveynlik faktörlerinin tamamı, ayrılma bireyleşme problemlerini de yordamaktadır. Bu yönüyle iki değişken arasında ortaklık olduğu düşünülmektedir. Ayrıca aşırı koruyucu/ evhamlı ebeveynlik ile düşük düzeyde cezalandırıcı ebeveynliğin eşe karşı duygusal bağımlılığı yordaması,

Caner'in (2009) bulguları ile paralellik göstermektedir. Bischoff (2008), Attridge, Berscheid & Sprecher (1998) ve Feeney (2007) eş ilişkilerinde belli düzeydeki duygusal bağımlılığın aşk deneyiminin bir parçası olduğunu ve bağımlılığın her zaman güvensizliği işaret etmediğini vurgulamışlardır. Dolayısıyla düşük düzeydeki duygusal bakımdan yoksun bırakıcı ebeveynliğin yordayıcı faktör olması, eş ilişkilerinde duygusal bağımlılığın sağlıksız olmayan yönlerini göstermektedir.

Eş ilişkisindeki kıskançlığı yordayan ebeveynlik deneyimlerinin çocuklukta başarı odaklı ebeveynlik ile düşük düzeydeki küçümseyici/kusur bulucu babalık deneyimlerinin olduğu bulunmuştur. Pek çok çalışmada eş ilişkisindeki kıskançlık ile düşük ve istikrarsız kendine güven arasında pozitif yönde ilişki bulunmuştur. (White, 1981; Mathes, Adams & Davies, 1985; McIntosh, 1989; Melamed, 1991; Buunk, 1995; DeSteno, Valdesolo & Bartlett, 2006; Karakurt, 2001). Başarı odaklı ebeveynlik, koşullu sevgi ve yakınlık vermesi ve çocuğu kendi narsistik ihtiyaçlarını gidermek için bir araç olarak algılaması nedenleriyle çocuğun benlik gelişimini olumsuz etkilemektedir. (Roningstam, 2005). Çocukluğunda ebeveynlerinden koşullu sevgi görmüş, kendisinden çok başarıya önem verilmiş çocuklar kendilik değerinde aşınmalar yaşar ve kendine güvenleri dış etkenlere bağımlı olur. Bu da kıskançlık deneyiminin zemini oluşturan önemli bir faktördür. Eş ilişkisindeki kıskançlığı yordayan diğer ebeveynlik faktörü olan düşük düzeydeki küçümseyici/kusur bulucu babalık deneyimi ise beklentilere uymamaktadır. Küçümseyici/kusur bulucu olmayan babalık deneyimi aslında çocuğun temel güvenlik duyusunu örselemez ve kendilik değerini zedelemez. Dolayısıyla kıskançlık ile ilişki duygusal zeminle ilişkili değildir. Ancak bu bulgu, üç boyutu olan Çok Boyutlu Kıskançlık Ölçeği'nin duygusal kıskançlık boyutu ile ilişkili olabilir. Duygusal kıskançlık, duygusal yakınlığı da gösteren bir boyuttur. Dolayısıyla sağlıklı kıskançlığın bu bulguda etkisi olmuş olabilir.

Eş İlişkisini Yordayan Kişilik Faktörleri:

Eş ilişkisinden alınan doyumu, tehdit edici/zulmedici yansıtmalı özdeşimin en önemli faktör olarak olumsuz yönde etkilediği bulunmuştur. Ardından idealleştirici yansıtmalı özdeşimin olumlu yönde; şema alanları içinden ise yalnızca kopukluk/reddedimişlik şema alanının olumsuz yönde yordayıcı etkisi bulunmuştur.

İlk iki faktörün yansıtmalı özdeşim değişkenleri olması, yansıtmalı özdeşimin eş ilişkisindeki rolünü işaret etmektedir. Ayrıca etkileri beklenilen yöndedir. Kopukluk/ reddedilmişlik şema alanı temel güvenlik ve tutarlı bir yakınlık ihtiyacı giderilmediğinde ortaya çıkan uyumsuz şema alanıdır. Bu alanın romantik ilişki üzerindeki özgül etkisi Young & Gluhoski (1997) tarafından vurgulanmıştır. Bu yönüyle literatür ile uyumlu bir bulgudur.

Eş ilişkisindeki duygusal bağımlılık da büyük oranda yansıtmalı özdeşim değişkenleri tarafından yordanmıştır. İdealleştiren yansıtmalı özdeşim olumlu yönde, zulmedici yansıtmalı özdeşim ise olumsuz yönde yordamaktadır. Bu bulgular duygusal bağımlılığın, eş ilişkisini kuvvetlendiren yönüne ışık tutmaktadır. Duygusal bağımlılık, içerisinde duygusal yakınlık ihtiva eder, ancak bu kötücül bir simbiotik ilişkiden farklıdır. Bu bulgu, bu örneklemdeki romantik ilişkide varolan yakınlığa verilen önemi ve duygusal bağımlılığın pozitif rolünü vurgulamaktadır.

Duygusal, bilişsel ve davranışsal kıskançlığı yordayan faktörler literatür eşliğinde anlaşılır bulgular vermektedir. Duygusal kıskançlığı, düşük düzeydeki depresif pozisyon, yüksek düzeydeki idealleştirici ve zulmedici yansıtmalı özdeşim ve yüksek standartlar şema alanı yordamaktadır. Sahiplenici olmayan ve eşin bireyselliğine saygıyı içeren depresif pozisyonun duygusal kıskançlık ile negatif ilişkide olması beklentilerin doğrultusundadır. Yansıtmalı özdeşimin duygusal kıskançlık ile pozitif bir ilişkide olması da içiçe geçmiş ilişkiselliğin doğasının bir göstergesi olarak literatürle aynı doğrultudadır. Yansıtmalı özdeşim kişinin eş ilişkisinden duygusal olarak kolayca etkilenmesini doğurduğundan, eşin romatik ilişkiye tehdit getirebilecek davranışları karşısında duygusal kıskançlık reaksiyonunu geliştirmesi beklenilen yöndedir. Young ve ark. (2003) yüksek standartlar şema alanına sahip bireylerin katı, mesafeli ve duygusal olarak kırılgan bireyler olabileceğini söylemişlerdir. Mükemmelliyetçilik ve kendilik değerine aşırı yatırım gibi bazı gizil narsistik özellikler gösterebilirler. Bu yönüyle bu bireyler eş ilişkisinde kendi standartlarını dayatma, katı sınırlar getirmeye çalışma ve bağlılıkla ilgili katı kurallara sahip olma gibi duygusal kıskançlıkla ilişkili özelliklere sahip olabilir.

Davranışsal kıskançlığı yordayan faktörler yüksek düzeydeki ayrılma bireyleşme problemleri ve düşük düzeyde depresif pozisyondur. Ayrılma bireyleşme problemleri içiçe geçmiş, bağımlılık ihtiyaçları ile karakterize bir ilişkiselliği ve kendilik değerindeki zedelenebilirliği işaret etmektedir. Nesne sürekliliği olmayan bu bireyler eş ilişkisine gelebilecek tehditlere karşı kontrol etme davranışları ile tepki verebilirler. Depresif pozisyon ise sahiplenici olmayan olgun bir ilişkiselliği ve nesne sürekliliğini içermektedir. Bu yönüyle davranışsal kıskançlık ile negatif bir ilişkide olması beklentilerle aynı yöndedir.

Bilişsel kıskançlığı yordayan kişilik faktörleri yüksek düzey zulmedici yansıtmalı özdeşim ve zedelenmiş otonomi şema alanı ile düşük düzeydeki idealleştirici yansıtmalı özdeşim ve depresif pozisyondur. Düşüncedeki bozukluklarla ilişkili süpheler ve endişeleri içeren bilişsel kıskançlık, diğer boyutlara göre en patolojik kıskançlık boyutudur. Zulmedici yansıtmalı özdeşimin bilişsel kıskançlığı yordayan en enemli faktör oluşu beklentilerle uyumlu ve yansıtmalı özdeşimin eş ilişkisindeki rolünü gösteren bir bulgudur. Zedelenmiş otonomi ise bağımlılık ihtiyacı ve tam gelişmemiş bir benlik ile karakterizedir. Tüm şema alanları içinden yalnızca zedelenmiş otonomi bilişsel kıskançlığı yordayan faktör olmuştur. Rydell & Bringle (2007) bilişsel kıskançlığın diğer kıskançlık boyutlarına göre düşük kendine güvenle daha büyük korelasyon gösterdiğini bildirmişlerdir. Bu yönüyle zedelenmiş otonomi ile ilişkili olan kıskançlık boyutunun bilişsel kıskançlık olması literatür ile aynı yöndedir.

Yansıtmalı Özdeşimin Aracı Rolü:

Yapılan bir dizi hiyerarşik regresyon analizi ile zulmedici yansıtmalı özdeşimin, ayrılma bireyleşme problemleri ile ilişki doyumu arasında; ve bölme savunması ile ilişki doyumu arasındaki ilişkide tam bir aracı role sahip olduğu bulunmuştur. Ayrıca ayrılma bireyleşme problemleri ile romantik kıskançlık; ve bölme savunması ile kıskançlık arasındaki ilişkide kısmi olarak aracı rolü olduğu bulunmuştur. Bu bulgular yansıtmalı özdeşimin kişilik ile eş ilişkisi arasındaki bağlayıcı rolünü ortaya çıkarmakta ve hem intra-psişik hem de kişiler arası bir faktör olduğunu göstermektedir.

B) İKİ EŞ ARASINDAKİ BULGULAR

Eşler Arası Benzerlikler: Yapılan karşılıklı çiftler kısmi korelasyonları, iki eşin aşağıdaki değişkenlerde benzerlikler gösterdiğini ortaya koymuştur: İki eşin karşışıklı olarak tüm yansıtmalı özdeşim değişkenleri, ayrılma bireyleşme problemleri, bölme savunmaları, yüksek standartlar ve zedelenmiş sınırlar şema alanları, ilişki doyumu, duygusal bağlanma ve duygusal kıskançlık değişkenleri açısındann benzerlikler gösterdiği bulunmuştur.

Eşler Arası Tamamlayıcılıklar: İki eş arasında iki değişken açısından yapılan kısmi korelasyonlar eş ilişkisinde bazı tamamlayıcılıklar olduğunu ortaya çıkarmıştır. Eşlerden birinin **zulmedici yansıtmalı özdeşimi** ile diğer eşin idealleştirici yansıtmalı özdeşimi ve depresif pozisyonu negatif ilişkidedir. Eşlerden birinin zulmedici yansıtmalı özdeşiminin, diğer eşin zedelenmiş otonomi ve yüksek standartlar şema alanları; ayrıca diğer eşin bilişsel kıskançlık dışındaki kıskançlık boyutlarıyla pozitif bir ilişki içinde olduğu bulunmuştur. Ayrıca bir eşin zulmedici yansıtmalı özdeşimi ile diğer eşin duygusal bağımlılık ve ilişki doyumu negatif yönde ilişkili bulunmuştur.

Eşlerden birinin **idealleştirici yansıtmalı özdeşimi** ile diğer eşin zulmedici yansıtmalı özdeşimi arasında negatif bir ilişki; diğer eşin zedelenmiş sınırlar ve diğeri yönelimlilik şema alanları arasında pozitif; aynı şekilde diğer eşin ilişki doyumu ve duygusal bağımlılığı arasında pozitif yönde ilişki olduğu bulunmuştur.

Eşlerden birinin **zedelenmiş sınırlar** şema alanı ile diğer eşin zedelenmiş sınırlar, yüksek standartlar, diğeri yönelimlilik ve zedelenmiş otonomi şema alanları arasında pozitif korelasyon bulunmuştur.

Eşlerden birinin **yüksek standartlar** şema alanı ile diğer eşin yüksek standartlar, zedelenmiş otonomi, diğeri yönelimlilik ve zedelenmiş sınırlar şema alanları arasında pozitif korelasyon bulunmuştur. Eşlerden birinin **zedelenmiş otonomi** şema alanı ile diğer eşin yüksek standartlar, ve zedelenmiş sınırlar şema alanları arasında pozitif korelasyon bulunmuştur. Benzer şekilde eşlerden birinin **diğeri yönelimlilik** şema alanı ile diğer eşin yüksek standartlar, ve zedelenmiş sınırlar şema alanları arasında pozitif korelasyon bulunmuştur.

Bu bulgular çeşitli yönlerden, iki eş arasındaki benzerlikler ve tamamlayıcılıklar için görgül kanıtlar oluşturmaktadır. Kuramsal açıdan bu bulgular anlamlıdır. İki eş bilinçdışı yollarla kendi intra-psişik ihtiyaçlarına uygun olarak eş seçimi yaparlar. Bu eş seçimi iki eşin benzerliklerine dayalıdır ve yansıtmalı özdeşim bu seçimi yapma yoludur. Bazen iki eş arasında görülen tamamlayıcılıklar ya da iki kutuplu roller o ilişkideki yansıtmalı özdeşimin rolünü işaret eder. (Dicks, 1967; Crisp, 1988; Kissen, 1996; Scharff & Scharff, 1997; Middelberg, 2001; Young & Gluhoski, 1997).

Çalışmanın Katkıları

Bu çalışma eşler arası ilişkideki yansıtmalı özdeşim konusunda alanda yapılan sınırlı sayıdaki çalışmalardan biridir, ayrıca Türkiye'deki ilk çalışmadır. Bu çalışma kapsamında Paulson Gündelik Yaşam Envanteri, Ayrılma Bireyleşme Envanteri ve Bölme Ölçeği'inin Türkçe'ye adaptasyonu yapılmıştır. Bu ölçekler bireylerin önemli intra-psişik süreçlerinin araştırmacılar ve klinisyenler tarafından değerlendirilmesine olanak sağlamaktadır. Bu araştırma eş terapisindeki birey ve sistem yaklaşımlarının bütünleşmesine katkıda bulunmaktadır. Ayrıca Nesne İlişkileri ve Şema Terapi yaklaşımları açısından uyumlu görgül bulgulara sahiptir. Önemli, karmaşık ve gizil nesne ilişkilerinin araştırıldığı bu çalışma Nesne İlişkileri alanındaki literatüre katkıda bulunmaktadır. İki eşin karşılıklı erken dönem uyum bozucu şemaları arasındaki benzerlik ve tamamlayıcılıkları göstermesi de Şema Terapi literatürüne bir katkı sunmaktadır.

APPENDIX O

CURRICULUM VITAE

PERSONAL INFORMATION

Surname, Name:	Göral Alkan, F. Sevinç
Nationality:	Turkish (TC)
Date and Place of Birth:	18 April 1978, Antalya
Marital Status:	Married
E-mail address:	sevincgoral@gmail.com

EDUCATION

Degree	Institution	Year of Graduation
PhD	METU, Clinical Psychology	2010
MS	Boğaziçi University Clinical Psychology	2002
BS	METU Psychology	1999
High School	Antalya Gazi High School, Antalya	1994

WORK EXPERIENCE

Year	Place	Enrollment
2010-present	AlleKleur Mental Health, Amsterdam	Clinical Psychologist
2009-2010	I-PSY Rotterdam & Utrecht	Clinical Psychologist
2008-2009	Illuminatus, Utrecht	Clinical Psychologist
2005-2007	ASAM, Ankara	Political Psychology Specialist
2002-2005	ASAM, Ankara	Research Assistant
2002-2007	Clinic of E. Göka, Ankara	Clinical Psychologist, part time
2001-2002	Beyciler Self-Help Housing Project for the Earthquake Victims, Düzce	Community Participation Manager & Psychologist
1999-2001	Psycho-Social Support, Physiotherapy and Rehabilitation Center, Düzce	Psychologist

EXTERNSHIP
• Ankara Dışkapı Yıldırım Beyazıt SSK Hospital, Ankara, (2005)
• Ankara Dışkapı Yıldırım Beyazıt SSK Hospital, Ankara, (2005)
• Hacettepe University Hospital, Child Mental Health Centre, Ankara (2006)

INTERNSHIP
• Middle East Technical University-UYAREM, Ankara (2004)

CURRENT RESEARCH INTERESTS
Psychodynamics of the Close Relationships
Couple Relations
Personality Disorders
Schema Therapy
Immigration and Mental Health
Acculturation and Identity

PUBLICATIONS

Book Chapters
Erol Göka, F. Sevinç Göral and Çetin Güney, (2003), 'Bir Hayat İnsanı Olarak Türk Muhafazakarı ve Kaygan Siyasal Tercihi', (Turkish Conservatives as People in Daily Life and Their Political Preferences) Modern Türkiye'de Siyasi Düşünce, Muhafazakarlık, No 5, Istanbul: İletişim Press, 2003, pp. 302- 314.

Articles
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Master Thesis
F. Sevinç Göral (2002). The Second Separation- Individuation Process of the Turkish Young Adults: The Relationship between the Perceived Maternal Parenting Attitudes, Second Separation- Individuation, Expanding Self and Experiences in the Romantic Relationships, Boğaziçi University, Istanbul, Turkey.

Conference Papers and Presentations
F. Sevinç Göral, (2000), 'Jacques Lacan'ın Psikanaliz Kuramları Üzerine Çalışma: Özne, Dil ve Benlik Gelişimi', (On the Psychoanalytic Theories of Jacques Lacan:

Subject, Language and Self Development) The National Psychology Students Congress, İstanbul, Turkiye.

F. Sevinç Göral, (2000), 'Margaret Mahler'in Psikanaliz Kuramı Üzerine Çalışma: Ayrılma-Bireyleşme Evreleri ve Benlik Gelişimi', (On the Psychoanalytic Theory of Margaret Mahler: Separation Individuation Process and Self Development) The National Psychology Students Congress, İstanbul, Turkiye.

F. Sevinç Göral (2004), Psikolojinin Barışa Katkısı Olabilir mi? Yansıtmalı Özdeşim Kavramının Etnisite Olgusunun Anlaşılmasında Kullanılması, (Could Psychology Contribute to the Peace: Projective Identification for the Understanding of Ethnicity), National Psychology Congress, İstanbul, Turkey, 17-19 September.

F. Sevinç Göral (2006), Turkish- Armenian Relations from Psychology and Psychoanalysis Point of View: Psychology of Victimization and Large- Group Identity, New Approaches to Turkish-Armenian Relations International Symposium, İstanbul University, Turkey, 24- 26 March.

F. Sevinç Göral Alkan (2007), Psycho-social Expansions on Turkish- Armenian Relationships, Approaches of Turkish University Students about Turkish-Armenian Relations Symposium, Middle East Technical University, Ankara, Turkey, 4-6 May.

F. Sevinç Göral Alkan (2007), Projective Identification in the Couple Relationships, IV. National Family and Marriage Therapies Congress, İstanbul, Turkey, 16-17-18 March.

TEACHING EXPERIENCE

F. Sevinç Göral Alkan (2007-2008), **Political Psychology**, Lectures for ASAM Interns, Ankara, Turkey, July-August.

LANGUAGES

Turkish (Native), English (Advanced), Dutch (Elementary)

NON-PROFFESSIONAL INTERESTS

Scuba diving (CMAS-8 dive leader license), swimming, water sports, music, cinema, theatre

Reading and writing on political psychology, psychotherapy, philosophy, sociology and literature