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ADULT ATTACHMENT, STAGE OF THREAT, AND  
ROMANTIC JEALOUSY IN RELATION TO PSYCHOPATHOLOGICAL  
SYMPTOMS: IMPORTANCE OF PERSONAL CHARACTERISTICS AND  
QUALITY OF RELATIONSHIP

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ROMANTIC JEALOUSY IN RELATION TO PSYCHOPATHOLOGICAL  
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QUALITY OF RELATIONSHIP

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## **ABSTRACT**

### **ADULT ATTACHMENT, STAGE OF THREAT, AND ROMANTIC JEALOUSY IN RELATION TO PSYCHOPATHOLOGICAL SYMPTOMS: IMPORTANCE OF PERSONAL CHARACTERISTICS AND QUALITY OF RELATIONSHIP**

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The present study aimed (1) to examine differences of certain personal and relational variables on romantic jealousy; (2) to examine differentiation of romantic jealousy expressions according to adult attachment styles in different stages of threat; (3) to investigate associations of romantic jealousy with psychopathological symptomatology. Data was collected from 366 adults, having a romantic relationship for at least six months and, their ages ranged from 18 to 65. Results revealed that romantic jealousy differed according to gender and age, relationship status, relationship duration, and quality of sharing. Although the relationship between adult attachment and jealousy did not differ according to stage of threat, important interactions emerged. Firstly, both emotional and communicational expressions of jealousy were higher among preoccupied and fearful individuals than secure and dismissive ones. Emotional intensity differed according emotion type across different

attachment groups as well as stage of threat. Similarly, communicational expressions differed according to communicational expression types across attachment groups as well as stage of threat. After controlling for personal characteristics, relational variables, attachment styles, and personality traits, more frequent use of Rival Contact and Denial/Avoidance, less frequent use of Direct Communication, and more intense levels of sadness in jealousy-evoking situations predicted psychopathological symptoms. These findings indicated that there were a number of personal and relational variables playing role on romantic jealousy, expressions of jealousy differ according to attachment styles and according to stage of threat separately, and after controlling for important factors related to psychopathology, specific expressions of jealousy continued to predict psychopathological symptoms.

**Keywords:** Romantic Jealousy, Adult Attachment, Stage of Threat, Psychopathological Symptoms, Personal and Relational Characteristics

## ÖZ

### PSİKOPATOLOJİK BELİRTİLERE İLİŞKİN YETİŞKİN BAĞLANMA ŞEKİLLERİ, TEHDİT EVRESİ, VE ROMANTİK KISKANÇLIK: KİŞİSEL ÖZELLİKLER VE İLİŞKİ NİTELİKLERİNİN ÖNEMİ

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Bu çalışma (1) çeşitli bireysel ve ilişkisel farklılıkların kıskançlık üzerindeki rolünü; (2) romantik ilişkilerdeki kıskançlık ve yetişkin bağlanma şekilleri arasındaki ilişkide tehdit evresine göre farklılaşmaları; (3) romantik kıskançlık ve psikopatolojik belirtiler arasındaki ilişkiyi incelemeyi amaçlamaktadır. Çalışmanın verisi en az altı aydır romantik bir ilişkisi olan ve yaşları 18-65 arası değişen 366 yetişkinden toplanmıştır. Sonuçlar romantik kıskançlığın cinsiyet ve yaş, ilişki durumu, şu anki ilişkinin süresi ve şu anki partnerle paylaşımların niteliğine göre farklılaşma gösterdiğini ortaya çıkarmıştır. Her ne kadar yetişkin bağlanma şekilleri ve romantik kıskançlık arasındaki ilişki tehdit evresine göre değişmemiş olsa da, önemli etkileşimler bulunmuştur. Öncelikle, kıskançlığın hem duygusal hem de iletişimsel ifadelerinin saplantılı ve korkulu bağlanma gösteren kişilerde güvenli ve

kayıtsız bağlananlara göre daha fazla olduğu görülmüştür. Kıskançlık uyandıran durumlardaki duygusal yoğunluk hissedilen duyguya göre değişiklik göstermiş ve bu ilişki ayrı ayrı yetişkin bağlanma şekilleri ve tehdit evresine göre farklılaşmıştır. Benzer şekilde, iletişimsel ifadelerin sıklığı, ifade türüne göre değişiklik göstermiş ve bu ilişki ayrı ayrı yetişkin bağlanma şekilleri ve tehdit evresine göre farklılaşmıştır. Kişisel özellikler, ilişkisel faktörler, yetişkin bağlanma şekilleri ve kişilik özellikleri kontrol edildikten sonra, kıskançlık uyandıran durumlarda rakiple temas geçme ve inkar/kaçınmanın daha sık kullanılması ve doğrudan iletişimin daha az kullanılması, ayrıca üzüntünün bu durumlarda daha yoğun yaşanması psikopatolojik belirtileri yordamaktadır. Bu sonuçlar, romantik kıskançlıkta bazı kişisel ve ilişkisel değişkenlerin rol oynadığını, kıskançlığın yetişkin bağlanma şekilleri ve tehdit evresine göre ayrı ayrı değişkenlik gösterdiğini ve psikopatoloji ile ilişkili olan oldukça önemli faktörler kontrol edildikten sonra, romantik kıskançlığın belirli ifadelerinin psikopatolojik belirtileri yordamaya devam ettiğini destekler niteliktedir.

**Anahtar Kelimeler:** Romantik Kıskançlık, Yetişkin Bağlanma Şekilleri, Tehdit Evresi, Psikopatolojik Belirtiler, Kişisel ve İlişkisel Özellikler

To My Family

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## CHAPTER 1

### INTRODUCTION

*“Jealousy is the jaundice of the soul.”*

John Dryden

*“There is never jealousy where there is not strong regard.”*

Washington Irving

For some people, jealousy is the devil while for others it is a sign for care. Despite these conflicting views, it is clear that jealousy has attracted attention of many people from writers to researchers. Likewise, the main focus of the present study is jealousy. This study was conducted in order to examine differences of adult attachment styles, and stage of threat on romantic jealousy. Also, specific personal variables and relationship factors playing roles on romantic jealousy were intended to investigate. Moreover, the relationship between romantic jealousy and psychopathological symptomatology was aimed to investigate after controlling relevant variables such as demographic and relational characteristics, adult attachment styles, and personality traits.

For this reason, in the following sections; firstly, romantic jealousy will be introduced by addressing its defining features, conceptualization and measurement, and differentiating factors. Secondly, adult attachment will be reviewed, and literature on Attachment Theory and adult attachment styles will be stated. Moreover, the relationship between adult attachment and romantic jealousy and the role of stage of threat on this relationship will be presented. Lastly, literature findings

on the relationship between romantic jealousy and psychopathological symptoms, and relationship satisfaction will be addressed. Additionally, relevant variables such as personal characteristics, attachment styles, and personality traits as factors associated with well-being will be discussed.

### **1.1. Romantic Jealousy**

Jealousy is a multifaceted concept that brings about various theoretical approaches. Even making a general and comprehensive definition of jealousy seems difficult. Nevertheless, most theorists agree that a social triangle is an important defining feature of jealousy (Harris & Darby, 2010). In this triangle, an individual has an important interpersonal relationship, and perceives a third person as a potential threat to this relationship. Another point that theorists agree regarding jealousy is its motivation. That is, jealousy leads to behaviors protecting relationship from threatening third parties (Harris & Darby, 2010).

Although the theorists have agreement on certain defining characteristics of jealousy, there are different viewpoints regarding its conceptualization. As foreemotional base of jealousy, some theorists argue that jealousy is composed of emotions such as anger, fear, and sadness and individuals experience these emotions simultaneously (Sharpsteen, 1991). Some other theorists think that in a single jealousy episode, people experience these emotions one after another based on the changes in appraisal of the situation (Hupka, 1984). Another perspective is that jealousy involves various feelings and thoughts caused by a specific situation (White & Mullen, 1989). There are also more recent research findings indicating that jealousy is fundamentally a multidimensional construct (Knobloch, Solomon, & Cruz, 2001). Moreover, it is evident that expressions of jealousy differ according to the specific emotions experienced by individuals (Guerrero, Trost, & Yoshimura, 2005).

Parallel to this variation in the conceptualization of jealousy, there are different measurements used to assess jealousy. There are studies measuring jealousy as a unidimensional construct(White, 1981) as well as other studies measuring it as a

multidimensional construct (Pfeiffer & Wong, 1989). In cases where jealousy was measured as a multidimensional construct, the dimensions of the measurements vary widely. For instance, Multidimensional Jealousy Scale (Pfeiffer & Wong, 1989) involves items of affect, behavior, and cognition. The Self-Report Jealousy Scale (Bringle, 1981) aims to measure jealousy as a dispositional construct and involve items to assess jealousy in social, work, family, and sexual domains. On the other hand, Guerrero, Andersen, Jorgensen, Spitzberg, and Eloy's (1995; Guerrero, 2004) Communicative Responses to Jealousy Scale intends to assess communicative reactions of individuals when they felt jealous, with its 14-factor structure.

Considering adulthood jealousy, the form of jealousy experienced in romantic relationships seems to be the area having the most frequent empirical focus (Harris & Darby, 2010). The subjects of research on romantic jealousy points out that demographic, relational, and situational differences attracted researchers' attention.

As for gender and age differences in romantic jealousy, Aylor and Dainton (2001) had comprehensive findings on antecedents of experience and expression of romantic jealousy. Male participants reported higher levels of cognitive jealousy than female participants. Regarding expression of jealousy however, five of the 14 responses to jealousy were more frequently used by females compared to males. While masculinity was positively associated with antisocial responses to jealousy, femininity associated with integrative communication positively and with antisocial responses negatively. Age differences in romantic jealousy pointed out that there was an association between age and decreased levels of jealousy experience and expression. In another study, sex difference introduced by evolutionary psychologist (Daly, Wilson, & Weghorst, 1982; Symons, 1979) was replicated (Shackelford et al., 2004). That is, while men experienced higher levels of distress than women in partner's sexual infidelity, women experienced higher levels of distress than men in partner's emotional infidelity. According to the results, this difference persisted in later adulthood; however, its magnitude became weaker. Moreover, among female participants, younger individuals were more likely to perceive emotional infidelity as more distressing than sexual infidelity compared to older individuals. A more recent

study revealed parallel results and indicated that compared to females, males were more likely to experience distress with their partner's sexual infidelity (Burchell & Ward, 2011). Females also tended to express higher levels of reaction to jealousy in hypothetical infidelity scenarios (Zengel, Edlund, & Sagarin, 2013). Additionally, considerable demand to social networking websites inevitably influenced romantic jealousy research, and it was found that females experienced higher levels of Facebook-evoked jealousy compared to males (McAndrew & Shah, 2013).

Contrary to these findings, there are studies indicating no gender difference in romantic jealousy. For instance, Green and Sabini (2006) stated that emotional reactions to infidelity did not differ according to gender, age, and socio-economic status (SES). Regarding the controversy in the literature, a meta-analytic study conducted by Sagarin et al. (2012) is a useful source. They concluded that sex difference in romantic jealousy is not an artificial effect, and differences were observed due to response format. Jealousy is not observed only in hypothetical infidelities; otherwise, it persists across different cultures, and it seems to be moderated by age.

Another important variable that differentiates romantic jealousy is relationship status. Aylor and Dainton (2001) found that married individuals reported that they experienced lower levels of jealousy and expressed less jealousy compared to single individuals having other types of relationship. In the same study, it was also stated that individuals who had relatively new relationships experienced the highest level of jealousy and this finding draws attention to differentiating role of relationship duration on romantic jealousy. On the other hand, birth order is another demographic variable differentiating romantic jealousy. Buunk (1997) revealed that firstborns reported lower levels of reactive, possessive, and anxious jealousy compared to later-borns. Buunk also indicated that this difference was not a consequence of personality, attachment style, and gender difference between the two groups. Additionally, higher levels of sex drive and being victim of a past sexual infidelity were associated with higher levels of sexual jealousy, particularly for men (Burchell & Ward, 2011).

In addition to these demographic differences, there are differences of relational characteristics on romantic jealousy. Knobloch, Solomon, and Cruz (2001) found out that the association of relational uncertainty with cognitive jealousy was stronger than its association with emotional jealousy. These researchers also underlined the curvilinear relationship between intimacy and emotional jealousy; that is, the highest level of jealousy was observed at moderate levels of intimacy.

Demirtaş and Dönmez (2006) conducted a comprehensive study with a Turkish sample, and examined personal, relational, and situational variables regarding romantic jealousy. The results revealed that in jealousy episodes, females engaged in higher levels of physical, cognitive, and emotional reactions compared to males. The researchers underlined that females were prone to engage in more constructive ways of coping with jealousy compared to males. On the other hand, males were prone to engage in more destructive ways of coping with jealousy compared to females. Also, level of jealousy was negatively associated with age. As for relationship status, married individuals reported lower levels of romantic jealousy than singles. Furthermore, while married women were less jealous than single women, they were more jealous than married men. The results also revealed that expressed jealousy increased with relationship satisfaction, and relationship duration was associated with less severe physical, cognitive, and emotional reactions. The researchers also included partner characteristics to their study and found that physical attractiveness of the partner was associated with higher levels of jealousy.

## **1.2.Attachment Theory and Adult Attachment**

Bowlby's work on attachment indicates that infants have predisposition to form continuous and close bonds with their caregivers (1969). Thus, the caregiver is supposed to be close to the infant in order to provide care and security, and promotes emotional development of the infant. Bowlby states that seeking proximity with the primary caregiver, using the caregiver as a secure base to explore environment, and using him/her as a safe haven for comfort in presence of threat are three functions of the attachment relationship (1973).

Infants develop different expectations about accessibility and responsiveness of the caregiver (Bowlby, 1973). The expectations are shaped by different working models of what to expect from others and self. That is, whether the caregiver is perceived as a person who is generally responsive to the situations which require support and protection, and whether the self is perceived as a person who is able to receive support and protection are the factors that influence these expectations. These inner models are effective in shaping type of attachment (Bowlby, 1973).

The most common attachment styles in childhood are secure, anxious/ambivalent and insecure-avoidant type of attachment (Harris & Darby, 2010). These different attachment types of children are associated with distinct caregiver attitude and behaviors such as characteristics of relationship between the child and caregiver, and sensitivity and responsiveness of the caregiver; therefore, use of caregiver as a secure base differs among children having different attachment types (Ainsworth, Blehar, Waters, & Wall, 1978; Main & Solomon, 1986).

Ainsworth, Blehar, Waters, and Wall (1978) generated a laboratory setting called “Strange Situation” confronting infants with gradually increasing level of stress. In this way, infant’s responses to a number of separations and reunions can be observed. In this setting, responses of children having different attachment styles vary. Caregivers of children having secure attachment style respond in a consistent and appropriate manner whenever their child has a need. Therefore, these children can use their caregiver as a secure base. When the caregiver departs they protest it, they want proximity and feel comfortable with the return of the caregiver, and they can return to exploration. Although securely attached children can be comforted by others, they clearly prefer their caregivers. Caregivers of children having ambivalent attachment style are inconsistent and they can both respond appropriately and neglectfully. Hence, these children cannot use the caregiver as a secure base. Separation from caregivers leads to distress for these children together with ambivalence and anger, and they are reluctant to be comforted by the caregiver and return to exploration. These children want proximity but also resist angrily when they achieve it. They cannot easily be soothed by another person. Caregivers of children

having avoidant attachment style on the other hand, inadequately respond to the distressed child. While they discourage crying, they also encourage independence. These children show little affective sharing during play. Separation from caregiver results in little or no distress. When the caregiver returns, these children do not clearly respond, they ignore and do not try to maintain proximity. Treatment to stranger is similar to the treatment to the caregiver. Researchers proposed another attachment style, disorganized attachment, for children not fitting any of these three attachment groups (Main & Solomon, 1986). When children are exposed to maltreatment, intrusiveness, withdrawal, frightening behaviors, negativity and errors in affective communication or when they experience role confusion, they may develop disorganized attachment style. These children do not have a consistent attachment strategy, and they may react to reunion with freezing or rocking (Ainsworth, Blehar, Waters, & Wall, 1978; Main & Solomon, 1986). In fact, these different coping styles in situations evoking emotional distress underline that an important aspect of attachment theory is emotional regulation under such circumstances (Kobak & Sceery, 1988).

Hazan and Shaver (1987) found that there is behavioral, emotional, and dynamic analogy between infant-caregiver attachment and adult romantic love. In forming romantic relationships, attachment processes, which are similar to those established between infants and their caregivers, seem to be an important factor (Hazan & Shaver, 1987). Hazan and Shaver's (1987) adult attachment styles, namely secure, anxious-ambivalent, and avoidant were revised by Bartholomew (1990), and a four-group model for adult attachment was proposed based on Bowlby's (1969, 1973) work on working model of self and other. According to this model, positive and negative working models of self and other generate four adult attachment styles. Individuals having secure attachment style have positive models of self and other, they desire to establish relationships and feel confident in maintaining them. The ones having preoccupied attachment style have negative self-models but positive other-models. These individuals wish for very close relationships, need external validation, and they are anxious and concerned about their relationships. These two types mainly correspond to secure and anxious-ambivalent attachment styles in

Hazan and Shaver's (1987) work (Feeney & Noller, 1996). Individuals with dismissive attachment style have positive self-models but negative other-models. Thus, these individuals idealize achievement and self-reliance at the expense of close relationships. Individuals with fearful-avoidant attachment style on the other hand, wish for close relationships but they avoid intimacy because they do not trust others and fear rejection; thus their needs contradict with each other. Fearful-avoidant attachment style may correspond to avoidant attachment in Hazan and Shaver's (1987) categorization (Bartholomew, 1990).

Regarding romantic jealousy, there are considerable commonalities between *jealousy complex*; that is thoughts, feelings, and behaviors in jealousy episodes (White & Mullen, 1989), and *attachment system* (Sharpsteen & Kirkpatrick, 1997). Firstly, both mechanisms function to maintain close relationships. Secondly, separation or threat of separation from the caregiver or romantic partner triggers these systems. Moreover, the same basic emotions, namely fear, anger, and sadness, are included in both attachment system and jealousy. Lastly, they both include *quantitative* individual differences in distress levels associated with mental models of self and other.

Buunk (1997) conducted a study in which he examined attachment differences in reactive, possessive, and anxious jealousy. For all three types of jealousy, individuals with secure attachment style were the group feeling the lowest level of jealousy which was followed by those having anxious-ambivalent attachment style, and avoidant attachment style respectively. However, only for the level of reactive jealousy, avoidant and anxious-ambivalent group did not differ from each other.

Sharpsteen and Kirkpatrick (1997) conducted a study in which they focused on qualitative differences of attachment styles on romantic jealousy, and asked participants recall situations they felt jealous. They explored that intensity and frequency of jealousy experienced by participants were associated with attachment styles, and there were attachment style differences in feelings, thoughts, and behaviors in jealousy experience. Results indicated that, in jealousy episodes,

individuals with secure attachment felt anger more intensely than the ones having avoidant attachment. On the contrary, secure individuals felt sadness less intensely than avoidant individuals. Participants with anxious attachment did not differ from secure and avoidant individuals in terms of emotion intensity, and the most prominent emotions in this group were sadness and anger. In terms of coping with jealousy, individuals with secure attachment were more likely to direct anger toward their partner; thus, they facilitated maintenance of the relationship. They were more likely to achieve proximity compared to insecurely-attached individuals. Individuals with avoidant attachment style were more likely to direct anger to the rival. Also, maintaining self-esteem was more prominent among this group than the ones with anxious attachment. Individuals with anxious attachment were less likely to show their anger to their partner overtly; however, passive or indirect expressions of anger did not differ from other groups. Sadness was felt most prominently among anxious individuals and least prominently among secure individuals. Similarly, fear was felt most prominently among anxious individuals and least prominently among secure and avoidant individuals.

Guerrero (1998) conducted a study on attachment styles and romantic jealousy based on inner working models of self and others. Results indicated that individuals having negative self-models (the ones with preoccupied and fearful attachment) experienced higher levels of cognitive jealousy compared to the ones having positive self-models (the ones with secure and dismissive attachment). Moreover, compared to individuals with positive models of others (the ones with secure and preoccupied attachment), the ones with negative models of others (the ones with dismissive and fearful attachment) felt fear less intensely, engaged in relationship maintaining behaviors less frequently, and used denial/avoidance more frequently when they got jealous. Moreover, individuals with preoccupied attachment showed more negative affect and used surveillance behaviors more frequently than other groups. When they are jealous, level of fear experienced by individuals with dismissive attachment was lower than those with secure and preoccupied attachment, and also level of sadness they experienced was lower than individuals with preoccupied attachment style.

There are more recent studies underlying attachment style and romantic jealousy relationship. Knobloch, Solomon, and Cruz (2001) found that emotional jealousy was directly predicted by anxious attachment, although it is a modest level of relationship. Moreover, Fisher, Edelstein, Chopik, Fitzgerald, and Strout(2013) examined attachment differences in perceiving a range of behaviors as cheating. The results revealed that individuals having higher levels of anxious attachment were more likely to appraise wide range of behaviors as cheating. On the contrary, there was lower consistency in results indicating that avoidant attachment was associated with appraisal of fewer behaviors as cheating. Additionally, Marshall, Bejanyan, Di Castro, and Lee (2013) found that Facebook jealousy and surveillance had positive relationship with anxious attachment and negative relationship with avoidant attachment.

Harris and Darby (2010) underlined the discrepancy in the results of research findings and stated that some findings indicated higher levels of jealousy among insecurely attached individuals while some others revealed tendency to react with jealous anger among securely attached individuals. Considering this inconsistency, Harris and Darby (2010) proposed that stage of threat in experience of jealousy could be an important factor moderating relationship between attachment styles and romantic jealousy. In the first stage, which is appraisal of threat, individuals differ in their thresholds to appraise possible threat; therefore, some individuals easily perceive a third party as an interloper whereas some others rarely appraise the third party as a potential threat. In the second stage, which is reaction to the threat, the third party passes the threshold and becomes a real rival; therefore, individual decides his/her own response to jealousy (Harris & Darby, 2010).

Harris and Darby (2010) propose that securely attached individuals have positive mental models of their partners; thus, they are less likely to perceive others as possible threats in the first stage. However, when the threat becomes certain by passing their high threshold, they are likely to show strong reactions with jealousy. For securely attached individuals jealousy experience may be functional and protective which can be supported by the finding that only securely attached people

indicated that experiencing jealousy made them become closer as a couple (Sharpsteen & Kirkpatrick, 1997). Anxiously attached individuals in the first stage, may have lower thresholds for potential threats because of lack of trust to their partners and experience more jealousy than securely attached individuals (Harris & Darby, 2010). For instance, these individuals may show surveillance behavior toward their partner (Guerrero, 1998). When the threat becomes certain, these individuals are likely to suppress overt expression of their anger toward both their partner and the third party (Sharpsteen & Kirkpatrick, 1997). They may envy the rival and feel hurt because of the possible ending of the relationship; however, they respond by keeping themselves distant from their partners which is a counterproductive response for the relationship (Guerrero, 1998). Individuals with insecure-avoidant attachment style appraise least threat in the presence of a possible rival (Harris & Darby, 2010). However, when these individuals feel jealousy they are more likely to show their anger toward and blame the third party rather than their partner (Sharpsteen & Kirkpatrick, 1997). Moreover, they may show highest aggression to the third party when it is possible (Powers, 2000).

Considering the findings presented above, the moderating role of stage of threat on the relationship between adult attachment styles and romantic jealousy seems quite reasonable. However, to the best of our knowledge, there is no study in literature investigation the moderating role of stage of threat between adult attachment and jealousy relationship. Therefore, one of the aims of the current study is to fill this gap in the literature.

### **1.3. Jealousy and Well-Being**

Another aim of the current study was to investigate well-being as an outcome of romantic jealousy. Psychopathological symptomatology and relation satisfaction of individuals seem to be important indicators of well-being. However, literature on this subject is limited.

Regarding psychopathological outcomes of romantic jealousy, Marazziti et al. (2003) examined normal and obsessional jealousy among young adults and analyzed specific behaviors that arise from jealousy thoughts. They found out that, patients having Obsessive –Compulsive Disorder (OCD) obtained higher scores compared to healthy individuals, and an intermediate group that was called “healthy jealous subjects” emerged. That is, scores of participants on those behaviors were highest among OCD patients followed by healthy jealous subjects, and healthy individuals respectively.

Extreme cases of romantic jealousy; namely “pathological/morbid jealousy” is diagnosed as a clinical disorder (Shepherd, 1961). In this case, patients have delusional beliefs on infidelity of the partner or give excessively intense and exaggerated responses to infidelity (Harris & Darby, 2010). Moreover, these people may have intense negative feelings and impulse to spy on the romantic partner. This form of jealousy may lead to violence (Harris & Darby, 2010). Some cases of morbid jealousy seem to be a version of OCD, and OCD with sexual obsessions is more prevalent among males (Lensi et al., 1996; Roy, 1979).

As for the relationship between jealousy and relationship satisfaction, empirical work on romantic jealousy brings about two different aspects which are romantic jealousy may have a destructive side; on the other hand, it may affect individuals and relationships positively (Harris & Darby, 2010). Barelds and Barelds-Dijkstra (2007) conducted a study including both participants and their partners. The results indicated that among participants or their partners experiencing higher levels of suspicion and jealous perseveration regarding a possible betrayal, lower scores of relationship satisfaction and quality were obtained. However, when there was an actual threat, higher levels of negative affect was correlated with higher levels of relationship satisfaction and quality. These findings of this study seem to point out the role of stage of threat.

Because the current study aims to investigate psychopathological outcome of romantic jealousy after controlling for relevant factors, namely personal factors and relational variables, attachment styles, and personality traits; it is important to review

associations of these variables with psychopathological symptomatology. Whitton and Whisman (2010) conducted a study with a sample of female participants. According to the results, females experiencing higher levels of weekly fluctuations in relationship satisfaction had higher levels of depressive symptoms.

As for relationship between attachment styles and psychopathology, Ergin and Dağ (2013) conducted a study with a sample of Turkish university students by using the same psychopathology measure with the current study. The results showed that after approaching problems in a negative way was controlled, both anxious attachment and avoidant attachment predicted psychological symptoms.

Another important variable which will be controlled in romantic jealousy and psychopathology relationship is personality traits. Recently, the five factor model of personality traits – Big Five – has come into prominence. After extensive research indicating reliability and validity of this model, these five factors were reported as Extraversion, Agreeableness, Neuroticism, Openness to Experience, and Conscientiousness. Gençöz and Öncül (2012) developed Basic Personality Traits Inventory (BPTI) in Turkish culture based on the trait approach to personality, and they determined a sixth factor, namely “Negative Valence” in addition to the same five factors. Negative Valence indicated “one’s negative self-attributions”. This measure will be used in the current study and findings related to Negative Valence will be presented.

When the literature on personality traits and psychopathological symptoms were reviewed, consistent results were found. Gutiérrez, Jiménez, Hernández, and Puente (2005) conducted a study on personality traits and subjective well-being. The results showed that Neuroticism was the most strongly associated factor with negative affect while Extraversion was the most strongly associated factor with positive affect. Openness, on the other hand, was related to both positive and negative affect. Malkoç (2011) conducted a study with a Turkish sample and examined subjective well-being, which is positive and negative emotionality and life satisfaction. While Extraversion and Conscientiousness predicted subjective well-being positively,

Neuroticism predicted it negatively. Significant results for Agreeableness and Openness could not be obtained in this study. In another study, Grant, Langan-Fox, and Anglim (2009) examined psychological well-being in addition to subjective well-being. The findings revealed that the association between personality traits and well-being was stronger for psychological well-being compared to subjective well-being. Similar to the findings of previous research, Neuroticism was the factor having the strongest association with both psychological and subjective well-being. On the other hand, Extraversion and Conscientiousness had similar levels of associations with both types of well-being; however, their associations with psychological well-being were slightly stronger. While Agreeableness was related to subjective well-being more strongly, Openness was more strongly related to psychological well-being. Associations with general well-being were strongest for Neuroticism which was followed by Extraversion, Conscientiousness, Openness, and Agreeableness. Mirnics et al. (2013) examined personality dimensions and acute psychopathology by using the same psychopathology measure with the current study. Parallel to previous findings, Extraversion and Conscientiousness predicted lower levels of psychopathology while Neuroticism predicted higher levels of psychopathology.

#### **1.4. Aims of the Present Study**

Considering literature findings discussed above, it was concluded that jealousy is a multifaceted construct and there are wide variety of personal and relational factors playing roles on romantic jealousy. Differences of adult attachment on romantic jealousy seem persistent, yet when it comes to quality of romantic jealousy, contradictions emerge. At that point, stage of threat may help explaining this controversy; however, no study has been found investigating this topic. Lastly, romantic jealousy predicts psychopathology, and while investigating this relationship, considering relational variables, attachment styles, and personality traits is crucial. Therefore, the aims of the current study are:

1. To examine differences of personal and relational characteristics, namely gender, age, education, sibling number, birth order, relationship status, order of the current relationship, duration of the current relationship, intention for marriage, quality of sharing, and relationship satisfaction on the measures of the study.
2. To examine differentiation of romantic jealousy expression according to adult attachment styles in different stages of threat.
3. To investigate interrelations between the measures of the study.
4. To investigate association of romantic jealousy with psychopathological symptomatology, after controlling for personal characteristics and relational variables, personality traits, and adult attachment styles.

## CHAPTER 2

### METHOD

#### 2.1. Participants

The sample of this study included 366 adults, 273 (74.6%) of whom were female and 93 (25.4%) of whom were male. Participants were selected from individuals having a romantic relationship for at least six months. Ages of the participants ranged from 18 to 65 ( $M = 31.67$ ,  $SD = 11.02$ ).

Participants differed in their educational level. Out of 366 participants, 4 (1.1%) of them were literate, 2 (0.5%) of them were graduate of secondary school, 70 (19.1%) of them were graduate of high school, 239 (65.3%) of them were university graduate, 45 (12.3%) of them had master's degree, and 6 (1.6%) of them had doctoral degree. Thus, the sample of this study mainly included individuals having high level of education.

Additionally, out of 366 participants, 33 (9.0%) of them reported that they were unemployed, 87 (23.8%) of them were student, 106 (29.0%) of them were governmental official, 22 (6.0%) of them had independent business, 74 (20.2%) of them worked in private sector, and 44 (12.0%) of them worked in other work domains.

As for number of siblings, 31 (8.5%) of the participants reported that they were single child, 166 (45.4%) of them had one sibling, 78 (21.3%) of them had two siblings, 56 (15.3%) of them had three siblings, 15 (4.1%) of them had four siblings, and 20 (5.5%) of them had five or more siblings. Moreover, 171 (46.7%) of the participants were the first-born child, 115 (31.4%) of them were the second-born, 34

(9.3%) of them were the third-born, 26 (7.1%) of them were the fourth-born, and 14 (3.9%) of them were the fifth or later-born child.

Considering relationship status of the participants, 146 (39.9%) of them had a romantic partner, 42 (11.5%) of them were engaged, and 178 (48.6%) of them were married. Duration of the current romantic relationships of the participants were ranged between 6 and 488 months ( $M = 103.96$ ,  $SD = 115.74$ ), and most of the participants ( $N = 334$ , 91.3%) reported that their current relationship had been continuing regularly for the last six months (See Table 2.1 for details).

## **2.2. Measures**

In the data collection process, participants completed a set of questionnaire. It consisted of Demographic Information Form, Experiences in Close Relationships – Revised Scale (ECR-R), Measures of Jealousy, Brief Symptom Inventory (BSI), Relationship Assessment Scale (RAS), Satisfaction with Life Scale (SWLS), and Basic Personality Traits Inventory (BPTI).

### **2.2.1. Demographic Information Form**

This form was developed by the researcher. Participants were asked to answer the questions on their own gender, age, the highest level of completed educational degree, occupation, number of siblings, birth order, relationship status, duration of the relationship, and several factors related to quality of the relationship.

Additionally, participants rated their own and their partner's quality of sharing, own and partner's opinion of how long lasting their relationship has been, own and partner's trust regarding other party's loyalty, and own and partner's satisfaction with the relationship (see Appendix A for details).

Table 2.1

*Demographic Characteristics of the Participants*

<b>Variables</b>	<b>N (366 participants)</b>	<b>%</b>	<b>M</b>	<b>SD</b>
<b>Gender</b>				
Female	273	74.6		
Male	93	25.4		
<b>Age</b>			31.67	11.02
<b>Education</b>				
Literate	4	1.1		
Graduate of secondary school	2	0.5		
Graduate of high school	70	19.1		
University graduate	239	65.3		
Master's degree	45	12.3		
Doctoral degree	6	1.6		
<b>Occupation</b>				
Unemployed	33	9.0		
Student	87	23.8		
Government official	106	29.0		
Independent business	22	6.0		
Private sector	74	20.2		
Other	44	12.0		
<b>Number of sibling</b>				
0	31	8.5		
1	166	45.4		
2	78	21.3		
3	56	15.3		
4	15	4.1		
5 or more	20	5.5		
<b>Sibling order</b>				
1.	171	46.7		
2.	115	31.4		

Table 2.1 (Continued)

<b>Variables</b>	<b>N (366 participants)</b>	<b>%</b>	<b>M</b>	<b>SD</b>
3.	34	9.3		
4.	26	7.1		
5. or more	14	3.9		
<b>Relationship Status</b>				
Having boyfriend/girlfriend	146	39.9		
Engaged	42	11.5		
Married	178	48.6		
<b>Relationship Duration</b>			103.96	115.74
<b>Order of current relationship</b>				
1.	110	30.4		
2.	68	18.8		
3. or more	184	50.8		
<b>6-month regularity*</b>				
Yes	334	91.3		
No	32	8.7		

\*It indicates whether the relationship has continued regularly for the last 6 months.

### **2.2.2. Experiences in Close Relationships – Revised Scale (ECR-R)**

This scale was developed by Fraley, Waller, and Brennan (2000). The scale includes 36 items measuring dimensions of adult attachments which are anxiety and avoidance. Each dimension contains 18 items.

The Turkish adaptation study of this scale was conducted by Selçuk, Günaydın, Sümer, and Uysal (2005). The results indicated that the scale explained 38% of the total variance. Regarding each domain, avoidance explained 21.36% and anxiety explained 16.33% of the total variance. The findings revealed internal consistency coefficient as .86 for anxiety and as .90 for avoidance. Additionally, test-retest reliability for anxiety ( $r = .82$ ) and avoidance ( $r = .81$ ) was

analyzed. Differing associations of Anxiety and Avoidance domains of attachment with self-esteem, disapproval anxiety, separation anxiety, pleasing others, liking loneliness, and relationship satisfaction, revealed the concurrent validity of the scale (see Appendix B for details).

### **2.2.3. Stage of Threat**

This variable was manipulated by using vignettes prepared by the researcher. In the vignette preparation process, researcher interviewed five individuals and asked them to create scenarios for situations in which they appraised a threat to their romantic relationship but they were not certain as well as situations they perceive 100% threat. Considering these scenarios, two vignettes for appraisal of threat (stage 1), and two vignettes for reaction to threat (stage 2) were prepared. These vignettes were discussed in a focus-group meeting and they were revised.

Before data collection process manipulation check for vignettes was completed. Initially, 19 participants received an online survey. They were asked to read two sets of vignettes and rate the percentage of threat they perceived for their romantic relationships. At the end of the survey, the logic of the manipulation was explained to the participants and they were asked to give feedback on vignettes if they considered a revision necessary. The results indicated that perceived threat was weaker than tried to be achieved, so further adjustments were made on vignettes in focus-group meetings, and they took their final forms (see Appendix C for details). In the questionnaire prepared for the main study, vignette set for appraisal of threat and vignette set for reaction to threat were presented in counterbalanced order. Vignettes in each set were also counterbalanced.

### **2.2.4. Measures of Jealousy**

In order to measure jealousy, two scales were used. Firstly, a measurement used by Sharpsteen and Kirkpatrick (1997) was utilized. In their study, these researchers asked participants how they usually felt in jealousy experience. Nine emotion terms

were presented in a single random order and these terms grouped under three domains: anger (anger, frustration, bitterness), sadness (sadness, loneliness, depression), and fear (fear, distrust, helplessness). These emotion terms were rated on a seven-point Likert-type scale (1 = do not feel this way at all, 7 = feel this very intensely). Cronbach's alpha values for typical episode of jealousy (anger = .85, sadness = .77, fear = .71) and actual episode of jealousy (anger = .91, sadness = .89, fear = .70) were adequate (Sharpsteen & Kirkpatrick, 1997).

In the present study, emotional terms were translated into Turkish and participants were instructed to rate these terms considering intensity of their feelings after reading each set of vignettes. Also, "jealousy" was added the random order of emotional terms; therefore, there were 10 emotional terms to be rated. This scale was named as Emotional Expression of Jealousy Scale (EEJS) (see Appendix D for details), and psychometric characteristics were presented in the result section.

The second measurement was prepared by the researcher with the help of focus-group meetings. Based on the 14 domains of the current version of Guerrero et al.'s (1995; Guerrero, 2004) Communicative Responses to Jealousy Scale, a new 28-item questionnaire was prepared. These domains are integrative communication, distributive communication, negative affect expression, active distancing, avoidance/denial, violent communication, rival derogation, relationship threats, manipulation attempts, surveillance/ restriction, compensatory restoration, rival contact, violent behavior, and signs of possession. This questionnaire was presented after each set of vignettes and participants were instructed to rate each item considering how likely they respond that way by using a seven-point, Likert-type scale (1 = I never do that, 7 = I definitely do that). This 28-item scale was named as Communicative Expression of Jealousy Scale (CEJS) (see Appendix E for details), and psychometric characteristics were presented in the result section.

### **2.2.5. Brief Symptom Inventory (BSI)**

This scale was developed by Derogatis (1975) to measure psychological symptoms of patients. It is the short version of SCL-90-R. The scale includes 53 items measuring psychological distress and it is rated through a five-point Likert-type scale (0 = not at all, 4 = extremely). BSI measures nine dimensions: somatization (SOM), obsessive – compulsive (O-C), interpersonal sensitivity (I-S), depression (DEP), anxiety (ANX), hostility (HOS), phobic anxiety (PHOB), paranoid ideation (PAR), and psychoticism (PSY). Moreover, there are three global indices which are the General Severity Index (GSI), the Positive Symptom Distress Index (PSDI), and the Positive Symptom Total (PST) used to measure distress level in a single score. Derogatis and Melisaratos (1983) found that coefficients for internal consistency of nine symptom dimensions ranged from .71 (PSY) to .85 (DEP). Moreover, the scale had good stability; high convergent and construct validity.

Şahin and Durak (1994) conducted the Turkish adaptation of the scale. The factor structure included five subscales: depression, anxiety, negative self, somatization, and hostility. Internal consistency coefficients were ranged from .71 (for somatization) to .85 (for depression) indicating high reliability. Additionally, statistically and theoretically significant correlations with other psychological symptom related instruments indicated sufficient concurrent validity of the scale (see Appendix F for details).

### **2.2.6. Relationship Assessment Scale (RAS)**

This scale was developed by Hendrick (1988) to measure general relationship satisfaction. There are seven items rated on a seven-point Likert-type scale. RAS consists of two reverse items and higher scores indicate higher levels of positive thoughts about the relationship. Factor analysis indicated that RAS explains 46% of the total variance and it is a one-dimensional scale. Correlation between RAS and Dyadic Adjustment Scale was found .80 which indicated convergent validity of the scale.

The Turkish adaptation study of RAS was conducted by Curun (2001) with a sample of 140 university students. According to the results, alpha coefficient was found .86. Factor analysis results confirmed that it was a one-dimensional scale and it explained 52% of the total variance. Çürükvelioğlu (2012) reported internal consistency coefficient of RAS as .88 (see Appendix G for details).

### **2.2.7. Satisfaction with Life Scale (SWLS)**

This scale was developed by Diener, Emmons, Larsen, and Griffin (1985) to measure “global life satisfaction” of individuals. There are five items rated through a seven-item Likert type scale. Therefore, total score ranges from 5 to 35 and higher scores indicate higher life satisfaction. It was found that 66% of the variance was explained by one factor. The scale has sufficient psychometric properties of internal consistency and reliability.

Turkish adaptation study was conducted by Durak, Şenol-Durak, and Gençöz (2010). The reliability and validity analyses were conducted in three different samples: university students, correctional officers, and elderly adults. Findings indicated satisfactory levels of reliability and validity scores for each sample. It was also found that self-esteem, positive affect, social support, and monthly income was correlated with global life satisfaction (with significant coefficients ranged from .13 to .40). On the other hand, global life satisfaction negatively correlated with negative affect and depression ( $r = -.29$  and  $r = -.40$ , respectively) (see Appendix H for details).

### **2.2.8. Basic Personality Traits Inventory (BPTI)**

This scale was developed by Gençöz and Öncül (2012) in Turkish culture according to trait approach to personality. Three studies were conducted in the development process of the scale. Firstly, they asked individuals to list adjectives which they used to describe people considering Ekman, Friesen, and Ellsworth’s (1982) six basic emotions: happiness, sadness, fear, disgust, surprise and anger. Consequently, 226 adjectives were found. Secondly, participants rated these adjectives through a five-

point Likert-type scale (1 = it does not represent me at all, 5 = it represents me very well). Factor analysis of these items revealed six factors as Extraversion (E), Conscientiousness (C), Agreeableness (A), Neuroticism (N), Openness (O), and as a sixth factor Negative Valence (NV); that is “one’s negative self-attributions”. With the selected 45 items, these factors had internal validity coefficients of .69 to .85. In the last study, reliability and validity coefficients of the scale were analyzed. Internal consistency and test-retest reliability coefficients ranged from .71 to .84. Additionally, Extraversion, Conscientiousness, Agreeableness, and Openness were correlated with self-esteem, problem-focused coping, positive affect and perceived social support; on the other hand, Neuroticism and Negative Valence were negatively correlated with social anxiety, depression, reassurance seeking, trait anxiety and negative affect revealing the concurrent validity of the scale (see Appendix I for details).

### **2.3.Procedure**

At the beginning of the data collection process, ethical approval was obtained from Middle East Technical University Human Subjects Ethics Committee. Later, a booklet including questionnaires indicated above, was prepared and distributed to the participants via Internet. Completion of the questionnaires in the booklet took approximately 30 minutes and voluntary participation was underlined through informed consent form (see Appendix J).

### **2.4.Statistical Analyses**

During statistical analyses of the study, the Statistical Package for Social Sciences (SPSS), version 20 for Windows was used. In order to analyze factor structure of Communicative Expression of Jealousy Scale (CEJS) two factor analyses were conducted. Moreover, in order to examine effects of personal and relational differences on the measures, and to investigate adult attachment and stage of threat differences in romantic jealousy, Analysis of Variance (ANOVA) and Multivariate Analysis of Variance (MANOVA) were conducted. Lastly, Pearson’s correlation

coefficients were calculated, and a hierarchical regression analysis was conducted in order to examine factors associated with psychopathological symptomatology.

## **CHAPTER 3**

### **RESULTS**

#### **3.1. Psychometric Properties of Communicative Expression of Jealousy Scale (CEJS)**

Factor structure of the Communicative Expression of Jealousy Scale (CEJS) was analyzed in order to examine psychometric characteristics of this measurement. Since the CEJS was presented after each vignette, two separate factor analyses were conducted.

##### **3.1.1. Factor Structure of CEJS Presented Following the Vignette Set for Appraisal of Threat**

Principle component factor analysis with varimax rotation was conducted in order to examine factor structure of the Communicative Expression of Jealousy Scale (CEJS) presented after the vignette set for appraisal of threat. According to the results, seven factors emerged with eigenvalues above 1. Considering item distribution and scree plot, five-factor structure was preferred. These five factors totally accounted for 61.92% of the total variance and separately accounted for 19.70%, 15.07%, 10.66%, 8.30%, and 8.21% of the total variance. For inclusion of items, two main criteria were established: (1) having an item loading of .30 or higher, (2) if an item loading was .30 or higher for more than one factor, theoretical congruence was taken into account for the decision, after examining the content of the item.

As presented in Table 3.1, the first factor explained 19.70% of the total variance. Nine items (13, 9, 8, 15, 19, 18, 5, 14, 16) loaded on the first factor and considering theoretical congruence, one item from the second factor (4) and one item from the third factor (17) were included in this factor. After examining the content of these 11 items, the first factor was named as “Punitiveness”, and this factor included items of Violent Communication (VC), Active Distancing (AD), Violent Behavior (VB), Relationship Threats (RT), Distributive Communication (DC), and Rival Derogation (RD). The second factor explained 15.07% of the total variance. Firstly, seven items (2, 1, 3, 7, 6, 4, 20) loaded on this factor; however, one item (4) was included to the first factor and another item (20) was included to the third factor. Consequently, remaining five items were named as “Direct Communication” which included the items of Integrative Communication (IC), and Negative Affect Expression (NAE). The third factor explained 10.66% of the total variance. At first, six items (24, 25, 23, 22, 17, 21) loaded on the third factor however, taking theoretical congruence into account, one item (17) was included to the first factor and one item from the second factor (20) and another item from the fifth factor (28) were included in this factor. Therefore, this seven-item factor was named as “Indirect Coping”, with items of Compensatory Restoration (CR), Surveillance/Restriction (S/R), Manipulation Attempts (MA), and Signs of Possession (SOP). The fourth factor explained 8.30% of the total variance. Three items (12, 11, 10) loaded on this factor, and the fourth factor was named as “Denial/Avoidance” which included only items of Denial/Avoidance (D/A). Lastly, the fifth factor explained 8.21% of the total variance. Originally, three items (27, 26, 28) loaded on this factor and after extraction of one item (28), this two-item factor was named as “Rival Contact” with items of Rival Contact (RC) (for the content of the items see Appendix F).

Table 3.1

*Varimax Rotated Factor Loadings of Communicative Expression of Jealousy Scale (CEJS) Presented After the Vignette Set for Appraisal of Threat*

Factors explained	% variance	Eigenvalue	F1	F2	F3	F4	F5
<b>Factor 1</b>							
<b>(Punitiveness)</b>	19.70%	5.52					
Item # 13 (VC)			<b>.773</b>	-.073	.024	.031	.053
Item # 9 (AD)			<b>.768</b>	.134	-.155	-.085	.080
Item # 8 (AD)			<b>.754</b>	.126	-.072	-.042	-.087
Item # 15 (VB)			<b>.730</b>	.059	.158	-.096	.092
Item # 19 (RT)			<b>.708</b>	.177	.138	-.190	.220
Item # 18 (RT)			<b>.677</b>	.238	.075	-.212	.161
Item # 5 (DC)			<b>.665</b>	.248	.162	-.198	.075
Item # 14 (VC)			<b>.662</b>	-.054	.152	.191	.115
Item # 16 (RD)			<b>.557</b>	.287	.296	-.123	.239
Item # 17 (RD)			<b>.386</b>	.085	.501	.067	.391
Item # 4 (DC)			<b>.340</b>	.568	.083	-.100	.198
<b>Factor 2</b>							
<b>(Direct</b>	15.07%	4.22					
<b>Communication)</b>							
Item # 2 (IC)			-.018	<b>.883</b>	.052	.016	.058
Item # 1 (IC)			-.062	<b>.876</b>	.099	-.009	.005
Item # 3 (IC)			.059	<b>.836</b>	.090	-.111	.012
Item # 7 (NAE)			.227	<b>.703</b>	.169	-.089	-.057
Item # 6 (NAE)			.307	<b>.640</b>	.140	-.233	.011
<b>Factor 3</b>							
<b>(Indirect Coping)</b>	10.66%	2.98					
Item # 24 (CR)			-.021	.197	<b>.809</b>	.047	.144
Item # 25 (CR)			-.224	.180	<b>.747</b>	.133	.187
Item # 23 (S/R)			.429	.172	<b>.536</b>	-.292	-.006

Table 3.1  
(Continued)

Factors explained	% variance	Eigenvalue	F1	F2	F3	F4	F5
Item # 22 (S/R)			.347	.327	<b>.508</b>	-.223	.066
Item # 21 (MA)			.324	-.152	<b>.456</b>	.105	.093
Item # 28 (SOP)			-.036	.144	<b>.548</b>	.014	.552
Item # 20 (MA)			.245	.331	<b>.323</b>	-.084	.004
<b>Factor 4 (Denial/Avoidance)</b>	8.30%	2.33					
Item # 12 (D/A)			-.162	-.046	.008	<b>.846</b>	.048
Item # 11 (D/A)			-.106	-.009	.005	<b>.825</b>	.124
Item # 10 (D/A)			.007	-.310	.061	<b>.681</b>	-.038
<b>Factor 5 (Rival Contact)</b>	8.21%	2.30					
Item # 27 (RC)			.232	-.019	.122	.092	<b>.885</b>
Item # 26 (RC)			.214	.030	.225	.052	<b>.865</b>

*Note 1.* Represented domains are provided in parenthesis.

*Note 2.* IC = Integrative Communication, DC = Distributive Communication, NAE = Negative Affect Expression, AD = Active Distancing, D/A = Denial/Avoidance, VC = Violent Communication, VB = Violent Behavior, RD = Rival Derogation, RT = Relationship Threats, MA = Manipulation Attempts, S/R = Surveillance/Restriction, CR = Compensatory Restoration, RC = Rival Contact, SOP = Signs of Possession.

### 3.1.2. Factor Structure of CEJS Presented Following the Vignette Set for Reaction to Threat

Principle component factor analysis with varimax rotation was conducted in order to examine factor structure of the Communicative Expression of Jealousy Scale (CEJS) presented after the vignette set for reaction to threat. According to the results, six factors

emerged with eigenvalues above 1. Considering the item distribution and scree plot, five-factor structure was preferred. These five factors totally accounted for 62.88% of the total variance and separately accounted for 16.51%, 14.31%, 12.79%, 10.00%, and 9.28% of the total variance. Similar to the first analysis, for inclusion of items, two main criteria were established: (1) having an item loading of .30 or higher, (2) if an item loading was .30 or higher for more than one factor, theoretical congruence was taken into account for the decision, after examining the content of the item.

As presented in Table 3.2, the first factor explained 16.51% of the total variance. Six items (8, 9, 18, 19, 16, 5) loaded on the first factor and considering theoretical congruence, two items from the fifth factor (13, 15) and one item from the third factor (4) were included in this factor. Also, one item (17) from the second factor and one item (14) from the fifth factor were included to the first factor although their loadings were lower than .30. This exception was implemented considering the congruence both in theory and factor structure of first and second presented analyses. Therefore, the name of this 11-item factor remained as “Punitiveness”, and this factor included items of Active Distancing (AD), Relationship Threats (RT), Rival Derogation (RD), Distributive Communication (DC), Violent Behavior (VB), and Violent Communication (VC). The second factor explained 14.31% of the total variance. Firstly, 10 items (24, 28, 25, 17, 26, 22, 27, 23, 21, 20) loaded on this factor; however, two items (26, 27) were included to the fifth factor and another item (17) was included to the first factor. Consequently, the name of this seven-item factor remained as “Indirect Coping” with items of Compensatory Restoration (CR), Signs of Possession (SOP), Surveillance/Restriction (S/R), and Manipulation Attempts (MA). The third factor explained 12.79% of the total variance. At first, six items (2, 1, 3, 4, 7, 6) loaded on the third factor; however, one item (4) was included in the first factor. Therefore, the name of this five-item factor remained as “Direct Communication” which included the items of Integrative Communication (IC), and Negative Affect Expression (NAE). The fourth factor, on the other hand, explained 10.00% of the explained total variance. Three items (12, 11, 10) were loaded to this factor, so name of the fourth factor was remained as “Denial/Avoidance” which

included only items of Denial/Avoidance (D/A). Lastly, the fifth factor explained 9.28% of the total variance. Originally, three items (14, 13, 15) loaded on this factor. All of these items were included to the first factor and two items from the second factor (26, 27) were included in the fifth factor considering congruence in theory and parallelism between analyses. Therefore, name of this two-item factor remained as “Rival Contact” with items of Rival Contact (RC) (for the content of the items see Appendix F).

Table 3.2

*Varimax Rotated Factor Loadings of Communicative Expression of Jealousy Scale (CEJS) Presented After the Vignette Set for Reaction to Threat*

<b>Factors explained</b>	<b>% variance</b>	<b>Eigenvalue</b>	<b>F1</b>	<b>F2</b>	<b>F3</b>	<b>F4</b>	<b>F5</b>
<b>Factor 1</b> <b>(Punitiveness)</b>	16.51%	4.62					
Item # 8 (AD)			<b>.806</b>	-.046	-.063	-.058	.159
Item # 9 (AD)			<b>.803</b>	-.043	-.024	-.067	.273
Item # 18 (RT)			<b>.747</b>	.133	.100	-.197	.169
Item # 19 (RT)			<b>.745</b>	.219	.139	-.032	.178
Item # 16 (RD)			<b>.591</b>	.364	.222	-.032	.210
Item # 5 (DC)			<b>.588</b>	.130	.295	-.261	.379
Item # 4 (DC)			<b>.448</b>	.179	.580	.005	-.035
Item # 15 (VB)			<b>.433</b>	.146	-.010	-.153	.606
Item # 13 (VC)			<b>.404</b>	.040	-.014	-.072	.728
Item # 17 (RD)			<b>.253</b>	.622	.064	.128	.273
Item # 14 (VC)			<b>.225</b>	.132	-.028	.022	.770
<b>Factor 2</b> <b>(Indirect Coping)</b>	14.31%	4.01					
Item # 24 (CR)			.095	<b>.778</b>	.159	-.039	-.067
Item # 28 (SOP)			.030	<b>.711</b>	.139	.089	.159
Item # 25 (CR)			-.145	<b>.706</b>	.198	.115	-.199

Table 3.2  
(Continued)

<b>Factors explained</b>	<b>% variance</b>	<b>Eigenvalue</b>	<b>F1</b>	<b>F2</b>	<b>F3</b>	<b>F4</b>	<b>F5</b>
Item # 22 (S/R)			.403	<b>.559</b>	.197	-.285	.087
Item # 23 (S/R)			.315	<b>.503</b>	.071	-.403	.210
Item # 21 (MA)			.191	<b>.444</b>	-.161	-.104	.236
Item # 20 (MA)			.370	<b>.392</b>	.158	-.200	-.007
<b>Factor 3</b>							
<b>(Direct</b>	12.79%	3.58					
<b>Communication)</b>							
Item # 2 (IC)			-.033	.068	<b>.904</b>	-.112	.057
Item # 1 (IC)			-.079	.052	<b>.898</b>	-.061	.066
Item # 3 (IC)			.182	.153	<b>.788</b>	-.142	-.071
Item # 7 (NAE)			.316	.232	<b>.561</b>	-.358	-.094
Item # 6 (NAE)			.450	.198	<b>.450</b>	-.398	-.045
<b>Factor 4</b>							
<b>(Denial/Avoidance)</b>	10.00%	2.80					
Item # 12 (D/A)			-.173	.071	-.108	<b>.847</b>	-.075
Item # 11 (D/A)			-.114	.133	-.012	<b>.829</b>	-.017
Item # 10 (D/A)			-.021	.008	-.340	<b>.696</b>	.075
<b>Factor 5</b>							
<b>(Rival Contact)</b>	9.28%	2.60					
Item # 26 (RC)			.027	.594	.036	.203	<b>.501</b>
Item # 27 (RC)			.032	.552	.005	.259	<b>.471</b>

*Note 1.* Represented domains are provided in parenthesis.

*Note 2.* IC = Integrative Communication, DC = Distributive Communication, NAE = Negative Affect Expression, AD = Active Distancing, D/A = Denial/Avoidance, VC = Violent Communication, VB = Violent Behavior, RD = Rival Derogation, RT = Relationship Threats, MA = Manipulation Attempts, S/R = Surveillance/Restriction, CR = Compensatory Restoration, RC = Rival Contact, SOP = Signs of Possession.

### **3.2.Descriptive Analyses for the Measures of the Study**

In order to analyze descriptive features of the measures, means, standard deviations, minimum and maximum scores, and internal consistency coefficients (Cronbach's alpha) were calculated for the scales and subscales. Anxiety and Avoidance subscales of Experiences in Close Relationships – Revised Scale (ECR-R), Emotional Expression of Jealousy Scale (EEJS) and its Anger, Sadness and Fear subscales, Communicative Expression of Jealousy Scale (CEJS) and its Punitiveness, Direct Communication, Indirect Coping, Denial/Avoidance, Rival Contact subscales, Basic Symptom Inventory (BSI) and its Anxiety, Depression, Negative Self, Somatization and Hostility subscales, Relationship Assessment Scale (RAS), Satisfaction with Life Scale (SWLS), and Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness and Negative Valence subscales of Basic Personality Traits Inventory (BPTI) were included for these calculations. Results including number of participants, mean and standard deviation values, minimum and maximum values and Cronbach's alpha coefficients of each measure were presented in Table 3.3.

Table 3.3.

*Descriptive Characteristics of the Measures*

Measures	N	Mean	SD	Min- Max	Cronbach's alpha	Corrected Item-Total Correlation Range
<b>ECR-R</b>						
Anxiety	366	62.49	17.76	30-114	.84	.064 - .621
Avoidance	366	46.21	16.77	18-98	.83	.220 - .564
<b>ATS: EEJS</b>	366	47.18	14.27	10-70	.89	.571 - .670
Anger	366	4.32	1.73	1-7	.68	.411 - .557
Sadness	366	4.52	1.66	1-7	.75	.566 - .594
Fear	366	4.05	1.76	1-7	.76	.515 - .669
<b>ATS: CEJS</b>	366				.88	-.143 - .672
P	366	42.26	17.24	11-77	.90	.464 - .740
DC	366	29.30	7.23	5-35	.88	.627 - .767
IC	366	28.86	9.83	7-49	.76	.323 - .636
D/A	366	6.85	4.37	3-21	.76	.471 - .666
RC	366	4.57	3.85	2-14	.91	.831
<b>RTS: EEJS</b>	366	49.13	14.00	10-70	.89	.580 - .677
Anger	366	5.39	1.46	1-7	.69	.417 - .596
Sadness	366	4.74	1.61	1-7	.73	.540 - .599
Fear	366	4.32	1.73	1-7	.73	.427 - .632
<b>RTS: CEJS</b>	366				.88	-.183 - .671
P	366	44.44	17.19	11-77	.89	.413 - .707
DC	366	29.04	7.32	5-35	.86	.594 - .727
IC	366	28.66	10.20	7-49	.78	.370 - .653
D/A	366	6.61	4.62	3-21	.82	.574 - .746
RC	366	4.92	3.99	2-14	.90	.824
<b>ATS&amp;RTS: EEJS*</b>	366				.94	.584 - .694
Anger (1&2)*	366				.83	.579 - .644
Sadness (1&2)*	366				.86	.590 - .698
Fear (1&2)*	366				.86	.529 - .717
<b>ATS&amp;RTS: CEJS*</b>	366				.94	-.152 - .672
P(1&2)*	366				.94	.418 - .731
DC(1&2)*	366				.91	.608 - .750

Table 3.3  
(Continued)

Measures	N	Mean	SD	Min- Max	Cronbach's alpha	Corrected Item-Total Correlation Range
IC(1&2)*	366				.88	.382 - .682
D/A(1&2)*	366				.86	.515 - .733
RC(1&2)*	366				.94	.852 - .866
<b>BSI</b>	366	104.83	41.39	53-265	.97	.388 - .779
Anxiety	366	24.61	10.76	13-65	.91	.491 - .726
Depression	366	26.98	11.65	12-60	.92	.432 - .792
Negative Self	366	23.16	10.23	12-60	.90	.481 - .747
Somatization	366	15.19	6.42	9-45	.83	.431 - .660
Hostility	366	14.89	6.07	7-35	.81	.382 - .674
<b>RAS</b>	366	37.58	8.72	7-49	.85	.259 - .795
<b>SWLS</b>	366	22.53	7.46	5-35	.87	.567 - .758
<b>BPTI</b>						
Extraversion	366	29.77	6.19	12-40	.83	.410 - .717
Conscientiousness	366	31.01	5.78	10-40	.83	.415 - .706
Agreeableness	366	34.98	3.99	20-40	.83	.446 - .653
Neuroticism	366	25.33	7.60	9-45	.83	.338 - .702
Openness	366	22.19	4.06	8-30	.74	.259 - .619
Negative Valence	366	9.42	3.35	6-30	.71	.314 - .593

\* The combined mean, standard deviation, and minimum-maximum scores were not presented for the vignettes.

*Note.* ECR-R = Experiences in Close Relationships (Revised), ATS = Appraisal of Threat Stage, RTS = Reaction to Threat Stage, EEJS = Emotional Expression of Jealousy Scale, CEJS = Communicative Expression of Jealousy Scale, P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D/A = Denial/Avoidance, RC = Rival Contact, BSI = Brief Symptom Inventory, RAS = Relationship Assessment Scale, SWLS = Satisfaction with Life Scale, BPTI = Basic Personality Traits Inventory.

### 3.3. The Differences of Levels of Demographic Variables on the Measures of the Study

In order to examine the demographic differences in the measures of the study, each demographic variable which are gender, age, education, sibling order, relationship status, relationship duration, order of the current relationship, intention for marriage, quality of sharing and relationship satisfaction were categorized into different groups. Detail of this categorization was presented in Table 3.4.

Table 3.4

*Demographic Characteristics of the Participants*

<b>Variables</b>	<b>n</b>	<b>%</b>	<b>Mean</b>	<b>SD</b>
<b>Gender</b>				
Female	273	74.6		
Male	93	25.4		
<b>Age</b>				
			31.67	11.02
1 (Emerging Adulthood, between 18-23)	87	23.8	21.78	1.342
2 (Early Adulthood, between 24-27)	100	27.3	25.37	1.079
3 (Middle Adulthood, between 28-36)	89	24.3	31.29	2.496
4 (Established Adulthood, between 37-65)	90	24.6	48.62	7.599
<b>Education</b>				
Graduate of high school or lower	76	20.8		
University Graduate	239	65.3		
Master's degree and higher	51	13.9		
<b>Sibling Order</b>				
First-born child	171	46.7		
Second or later-born child	189	51.6		
<b>Relationship Status</b>				

Table 3.4 (Continued)

<b>Variables</b>	<b>n</b>	<b>%</b>	<b>Mean</b>	<b>SD</b>
Single	188	51.4		
Married	178	48.6		
<b>Relationship Duration</b>				
Shorter (to 26 months)	90	24.6		
Short-moderate (27-54 months)	93	25.4		
Long-moderate (55-130 months)	92	25.1		
Longer (131 months or more)	91	24.9		
<b>Order of Current Relationship</b>				
1. and 2.	178	48.6		
3. or later	184	50.3		
<b>Intention for Marriage</b>				
Negative intention or questioning	76	20.8		
Clear positive intention	107	29.2		
<b>Quality of Sharing</b>				
Low	94	25.7		
Moderate	166	45.4		
High	106	29.0		
<b>Relationship Satisfaction</b>				
Low	92	25.1		
Moderate	141	38.5		
High	133	36.3		

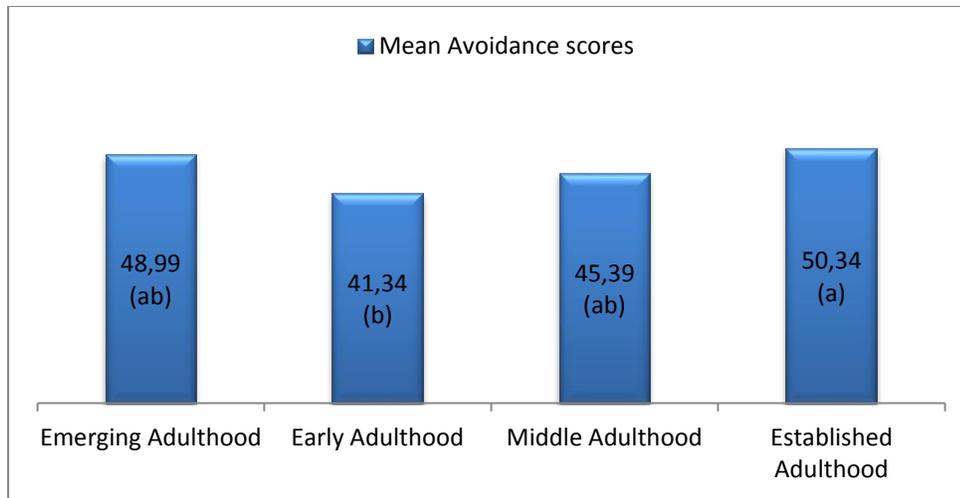
### 3.3.1. Gender and Age Differences on the Measures of the Study

In order to examine differences of gender, age and their interaction on the measures of this study, separate ANOVA and MANOVA's were conducted. Before these analyses, ages of the participants were meaningfully sorted into four categories through quartile

split (see Table 3.4). These age categories roughly corresponded to emerging adulthood (Age Group 1, between 18-23), early adulthood (Age Group 2, between 24-27), middle adulthood (Age Group 3, between 28-36), and established adulthood (Age Group 4, between 37-65) periods.

### 3.3.1.1. Attachment Styles

2 (Gender) x 4 (Age) between subjects factorial Multivariate Analysis of Variance (MANOVA) was conducted in order to see differences of gender, age and their interaction on the Anxiety and Avoidance subscales of ECR-R. According to the results, there was no significant main effect of Gender [*Multivariate*  $F(2, 357) = 0.13, p = .874$ ; Wilks' Lambda = .999,  $\eta^2 = .001$ ] and Gender x Age interaction [*Multivariate*  $F(6, 714) = 0.50, p = .806$ ; Wilks' Lambda = .992,  $\eta^2 = .004$ ]. On the other hand, a significant main effect of Age was found [*Multivariate*  $F(6, 714) = 2.78, p = .011$ ; Wilks' Lambda = .955,  $\eta^2 = .023$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .025 as significant. Following this correction, univariate tests showed a significant age difference in Avoidance subscale of ECR-R [ $F(3, 358) = 3.88, p = .009, \eta^2 = .032$ ]. That is, participants in the established adulthood period ( $M = 50.34, SE = 1.75$ ) had higher scores in Avoidance subscale compared to ones in the early adulthood period ( $M = 41.34, SE = 2.16$ ) (see Figure 3.1).



**Figure 3.1.** Age Differences on Avoidance

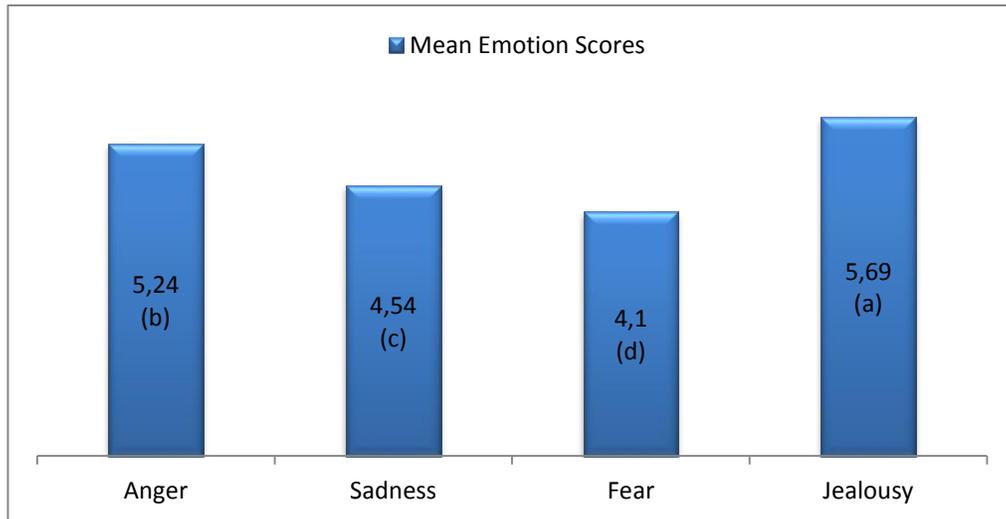
*Note.* The mean scores that did not share the same letter were significantly different from each other.

### 3.3.1.2. Jealousy

#### 3.3.1.2.1. Emotional Expression of Jealousy

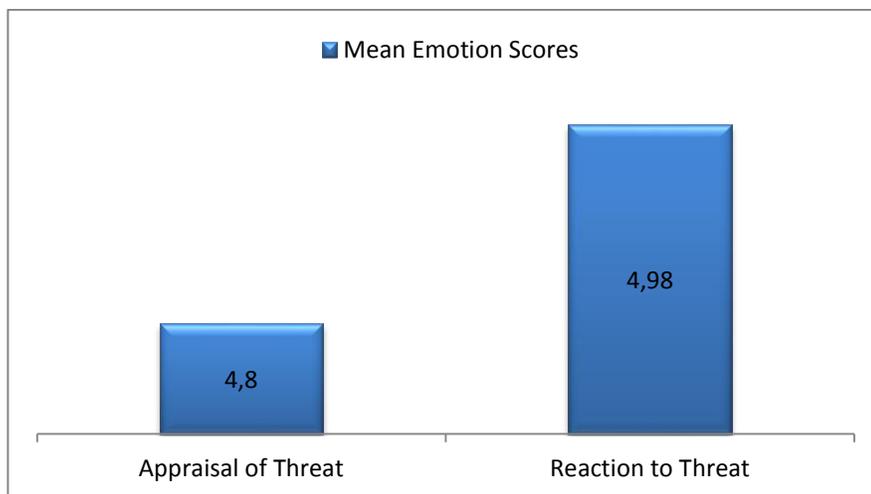
2 (Gender) x 4 (Age) x 2 (Stage of Threat) x 4 (Type of Emotional Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see gender, age, and stage of threat differences and their interaction effect on intensity of different types of emotion. A significant main effect of Emotion Type was found;  $F(2, 825) = 144.24, p < .001, \eta_p^2 = .287$ . Post-hoc comparisons with Bonferroni analysis showed significant differences among all types of emotions and participants had the highest score on Jealousy ( $M = 5.69, SE = .10$ ) which was followed by Anger ( $M = 5.24, SE = .09$ ), Sadness ( $M = 4.54, SE = .10$ ), and Fear ( $M = 4.10, SE = .11$ ) respectively (see Figure 3.2). Similarly, significant main effect of Stage of Threat was found;  $F(1, 358) = 10.27, p = .001, \eta_p^2 = .028$ . Emotion intensity in appraisal of threat scenario ( $M = 4.80, SE = .09$ ) was lower than the intensity in reaction to threat scenario ( $M = 4.98, SE = .09$ ) (see Figure 3.3). Lastly, There was a significant main effect of Age;  $F(3, 358) = 3.62,$

$p = .013$ ,  $\eta_p^2 = .029$ . Post-hoc comparisons with Bonferroni analysis showed that participants in the emerging adulthood period ( $M = 5.17$ ,  $SE = .20$ ) and early adulthood period ( $M = 5.10$ ,  $SE = .17$ ) had higher emotional intensity than the ones in the established adulthood period ( $M = 4.51$ ,  $SE = .14$ ) (see Figure 3.4.).

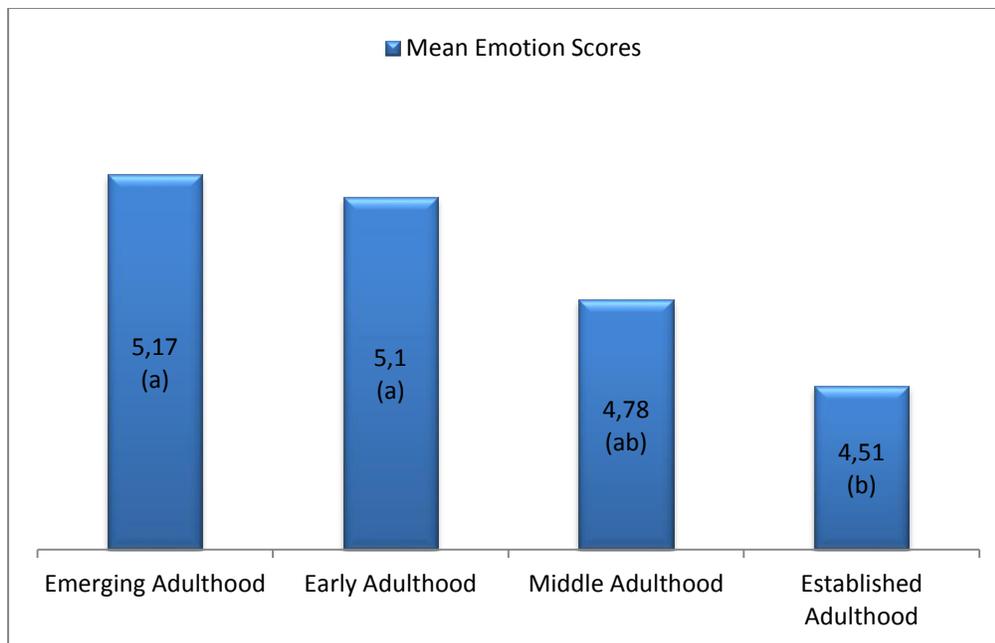


**Figure 3.2.** Emotion Types Differences on Intensity of Emotions

*Note.* The mean scores that did not share the same letter were significantly different from each other.



**Figure 3.3.** Stage of Threat Differences on Intensity of Emotions



**Figure 3.4.** Age Differences on Intensity of Emotions

*Note.* The mean scores that did not share the same letter were significantly different from each other.

### 3.3.1.2.2. Communicative Expression of Jealousy

2 (Gender) x 4 (Age) x 2 (Stage of Threat) x 5 (Types of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see gender, age and stage of threat differences and their interaction effect on frequency of using Types of Communicative Expression of Jealousy. A significant Age x Gender x Type of Communicative Expression interaction was found;  $F(9, 1231) = 4.21, p < .001, \eta_p^2 = .034$ . Post-hoc comparisons with Bonferroni analysis were conducted.

According to the results, female participants in the emerging adulthood period were less likely to cope with jealousy through Denial/Avoidance ( $M = 1.69, SE = .15$ ) and Rival Contact ( $M = 2.13, SE = .21$ ) compared to Punitiveness ( $M = 4.31, SE = .17$ ), Indirect Coping ( $M = 4.45, SE = .16$ ), and Direct Communication ( $M = 6.18, SE = .15$ ).

Similarly, these individuals were less likely to cope with jealousy through punitiveness

and indirect coping than direct communication (see Table 3.5.). Moreover, female participants in the early adulthood period were less likely to cope with jealousy through denial/avoidance ( $M = 1.63, SE = .14$ ) and rival contact ( $M = 1.69, SE = .20$ ) compared to punitiveness ( $M = 3.97, SE = .16$ ), indirect coping ( $M = 4.00, SE = .15$ ), and direct communication ( $M = 6.18, SE = .14$ ). Similarly, these individuals were less likely to cope with jealousy through punitiveness and indirect coping than direct communication (see Table 3.5.). Similarly, female participants in the middle adulthood period were less likely to cope with jealousy through denial/avoidance ( $M = 2.38, SE = .15$ ) and rival contact ( $M = 2.10, SE = .22$ ) compared to punitiveness ( $M = 3.59, SE = .18$ ), indirect coping ( $M = 4.01, SE = .17$ ), and direct communication ( $M = 5.94, SE = .16$ ). Similarly, these individuals were less likely to cope with jealousy through punitiveness and indirect coping than direct communication (see Table 3.5.). Female participants in the established adulthood period, on the other hand, were more likely to cope with jealousy through direct communication ( $M = 5.39, SE = .19$ ) than indirect coping ( $M = 3.96, SE = .20$ ), punitiveness ( $M = 3.83, SE = .22$ ), denial/avoidance ( $M = 3.15, SE = .18$ ), and rival contact ( $M = 2.70, SE = .26$ ). Indirect coping was more likely to be used than denial/avoidance and rival contact, and punitiveness was more likely to be used than rival contact (see Table 3.5. and Figure 3.5.).

Additionally, among female participants, punitiveness was more frequently used in order to cope with jealousy in emerging adulthood period than middle adulthood period. Direct communication was more frequently used in emerging and early adulthood periods compared to established adulthood. Frequency of using indirect coping did not change according to age periods. Denial/avoidance was used more frequently in middle and established adulthood periods than emerging and early adulthood periods, also it was used in established adulthood period more frequently than middle adulthood period. Lastly, Rival contact was used to cope with jealousy more frequently in established adulthood than early adulthood (see Table 3.5. and Figure 3.5.).

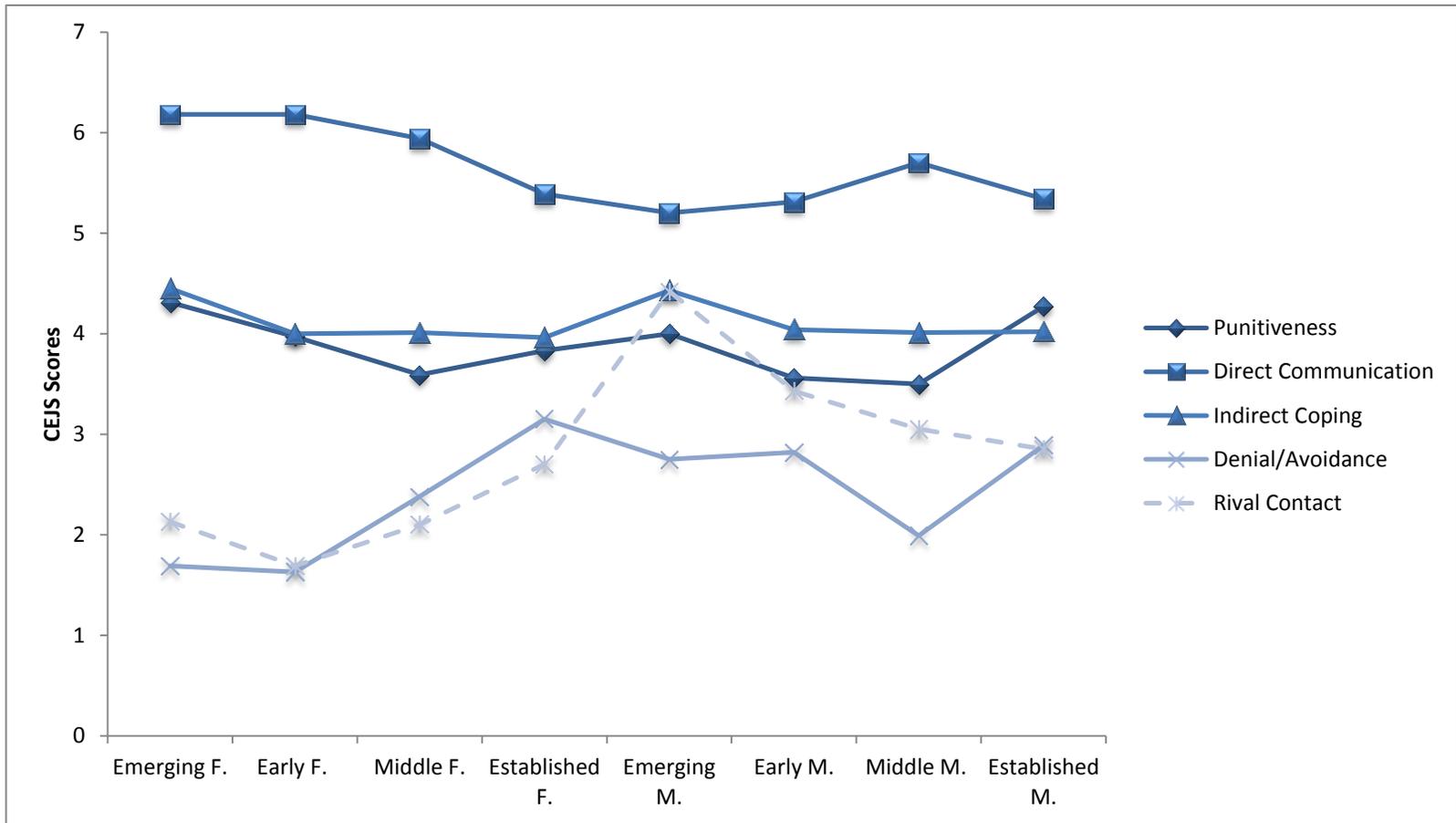
Table 3.5.

*Gender x Age x Type of Communicative Expression Interaction on Frequency of Using Communicative Expression of Jealousy*

	<b>P</b>	<b>DC</b>	<b>IC</b>	<b>D / A</b>	<b>RC</b>
<b>Females</b>					
Emerging Adulthood	4.31 <sub>b1</sub>	6.18 <sub>a1</sub>	4.45 <sub>b1</sub>	1.69 <sub>c3</sub>	2.13 <sub>c12</sub>
Early Adulthood	3.97 <sub>b12</sub>	6.18 <sub>a1</sub>	4.00 <sub>b1</sub>	1.63 <sub>c3</sub>	1.69 <sub>c2</sub>
Middle Adulthood	3.59 <sub>b2</sub>	5.94 <sub>a12</sub>	4.01 <sub>b1</sub>	2.38 <sub>c2</sub>	2.10 <sub>c12</sub>
Established Adulthood	3.83 <sub>bc12</sub>	5.39 <sub>a2</sub>	3.96 <sub>b1</sub>	3.15 <sub>cd1</sub>	2.70 <sub>d1</sub>
<b>Males</b>					
Emerging Adulthood	4.00 <sub>ab1</sub>	5.20 <sub>a1</sub>	4.43 <sub>a1</sub>	2.75 <sub>b1</sub>	4.42 <sub>ab1</sub>
Early Adulthood	3.56 <sub>b1</sub>	5.31 <sub>a1</sub>	4.04 <sub>b1</sub>	2.82 <sub>b1</sub>	3.43 <sub>b12</sub>
Middle Adulthood	3.50 <sub>b1</sub>	5.70 <sub>a1</sub>	4.01 <sub>b1</sub>	1.99 <sub>c1</sub>	3.05 <sub>bc12</sub>
Established Adulthood	4.27 <sub>b1</sub>	5.34 <sub>a1</sub>	4.02 <sub>b1</sub>	2.89 <sub>c1</sub>	2.85 <sub>c2</sub>

*Note 1.* P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D / A = Denial / Avoidance, RC = Rival Contact.

*Note 2.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.5.** Gender x Age x Type of Communicative Expression Interaction on Frequency of Using Communicative Expression of Jealousy

The results also indicated that male participants in the emerging adulthood period were less likely to cope with jealousy through denial/avoidance ( $M = 2.75, SE = .36$ ) compared to indirect coping ( $M = 4.43, SE = .40$ ) and direct communication ( $M = 5.20, SE = .38$ ) (see Table 3.5.). Moreover, male participants in the early adulthood period were less likely to cope with jealousy through denial/avoidance ( $M = 2.82, SE = .30$ ), rival contact ( $M = 3.43, SE = .42$ ) punitiveness ( $M = 3.56, SE = .35$ ), and indirect coping ( $M = 4.04, SE = .32$ ) compared to direct communication ( $M = 5.31, SE = .31$ ) (see Table 3.5.). Male participants in the middle adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.70, SE = .29$ ) than indirect coping ( $M = 4.01, SE = .31$ ), punitiveness ( $M = 3.50, SE = .33$ ), rival contact ( $M = 3.05, SE = .40$ ), and denial/avoidance ( $M = 1.99, SE = .28$ ). These individuals were also more likely to cope with jealousy through indirect coping and punitiveness than denial/avoidance (see Table 3.5.). Male participants in the established adulthood period, on the other hand, were less likely to cope with jealousy through rival contact ( $M = 2.85, SE = .27$ ) and denial/avoidance ( $M = 2.89, SE = .19$ ) than indirect coping ( $M = 4.02, SE = .21$ ), punitiveness ( $M = 4.27, SE = .22$ ), and direct communication ( $M = 5.34, SE = .20$ ). Also, they were more likely to cope with jealousy by using direct communication compared to indirect coping and punitiveness (see Table 3.5. and Figure 3.5.).

Additionally, among male participants, frequency of using punitiveness, direct communication, indirect coping, and denial/avoidance in order to cope with jealousy did not change across different age periods. However, rival contact was used more frequently in emerging adulthood ( $M = 4.42, SE = .52$ ) than established adulthood period ( $M = 2.85, SE = .27$ ) (see Table 3.5. and Figure 3.5.).

In addition to these findings, a significant Age x Stage of Threat x Type of Communicative Expression interaction was found;  $F(10, 1231) = 2.67, p = .003, \eta_p^2 = .022$ . Post-hoc comparisons with Bonferroni analysis were conducted.

According to the results, in appraisal of threat scenario, participants in the emerging adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.73, SE = .22$ ) than indirect coping ( $M = 4.38, SE = .22$ ), punitiveness ( $M = 4.03, SE = .24$ ), rival contact ( $M = 3.19, SE = .29$ ), and denial/avoidance ( $M = 2.10, SE = .21$ ). Also, for these individuals, indirect coping and punitiveness were used more frequently than rival contact and denial/avoidance, and denial/avoidance was less frequently used compared to rival contact. Similarly, in the reaction to threat scenario, participants in the emerging adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.66, SE = .22$ ) than indirect coping ( $M = 4.50, SE = .23$ ), punitiveness ( $M = 4.28, SE = .24$ ), rival contact ( $M = 3.36, SE = .30$ ), and denial/avoidance ( $M = 2.35, SE = .22$ ). Also, for these individuals, indirect coping and punitiveness were used more frequently than rival contact and denial/avoidance, and denial/avoidance was less frequently used compared to rival contact. Additionally, frequency of using punitiveness, direct communication, indirect coping, denial/avoidance, and rival contact did not change according to stage of threat for individuals in emerging adulthood period (see Table 3.6. and Figure 3.6).

Results also indicated that, in the appraisal of threat scenario, participants in the early adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.74, SE = .19$ ) than indirect coping ( $M = 4.01, SE = .18$ ), punitiveness ( $M = 3.54, SE = .20$ ), rival contact ( $M = 2.51, SE = .24$ ), and denial/avoidance ( $M = 2.47, SE = .18$ ). Also, indirect coping and punitiveness were used more frequently than rival contact and denial/avoidance. Similarly, in the reaction to threat scenario, participants in the early adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.75, SE = .19$ ) than indirect coping ( $M = 4.03, SE = .19$ ), punitiveness ( $M = 4.00, SE = .20$ ), rival contact ( $M = 2.61, SE = .25$ ), and denial/avoidance ( $M = 1.99, SE = .19$ ). Also, indirect coping and punitiveness were used more frequently than rival contact and denial/avoidance. Additionally, punitiveness was used more frequently in reaction to threat scenario than appraisal of threat scenario among participants in the early adulthood period. However, denial/avoidance was used less frequently in reaction to

threat scenario than appraisal of threat scenario. There was no difference in direct communication, indirect coping, and rival contact in terms of frequency according to the stage of threat (see Table 3.6. and Figure 3.6).

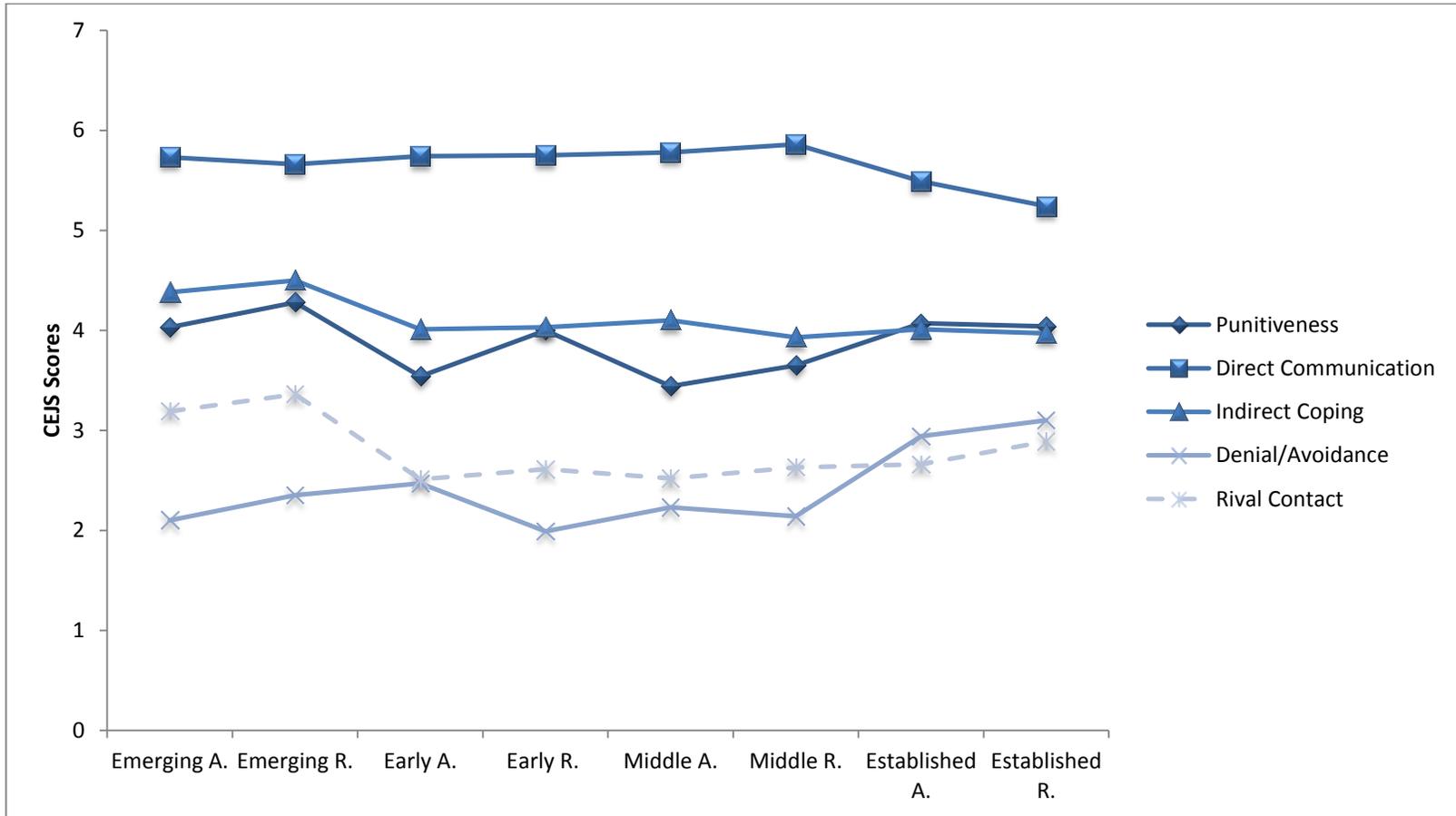
Table 3.6.

*Age x Stage of Threat x Type of Communicative Expression Interaction on Probability of Using Communicative Expression of Jealousy*

	<b>P</b>	<b>DC</b>	<b>IC</b>	<b>D / A</b>	<b>RC</b>
<b>Emerging Adulthood</b>					
Appraisal of Threat	4.03 <sub>b1</sub>	5.73 <sub>a1</sub>	4.38 <sub>b1</sub>	2.10 <sub>d1</sub>	3.19 <sub>c1</sub>
Reaction to Threat	4.28 <sub>b1</sub>	5.66 <sub>a1</sub>	4.50 <sub>b1</sub>	2.35 <sub>d1</sub>	3.36 <sub>c1</sub>
<b>Early Adulthood</b>					
Appraisal of Threat	3.54 <sub>b2</sub>	5.74 <sub>a1</sub>	4.01 <sub>b1</sub>	2.47 <sub>c1</sub>	2.51 <sub>c1</sub>
Reaction to Threat	4.00 <sub>b1</sub>	5.75 <sub>a1</sub>	4.03 <sub>b1</sub>	1.99 <sub>c2</sub>	2.61 <sub>c1</sub>
<b>Middle Adulthood</b>					
Appraisal of Threat	3.44 <sub>c1</sub>	5.78 <sub>a1</sub>	4.10 <sub>b1</sub>	2.23 <sub>d1</sub>	2.52 <sub>d1</sub>
Reaction to Threat	3.65 <sub>b1</sub>	5.86 <sub>a1</sub>	3.93 <sub>b1</sub>	2.14 <sub>c1</sub>	2.63 <sub>c1</sub>
<b>Established Adulthood</b>					
Appraisal of Threat	4.07 <sub>b1</sub>	5.49 <sub>a1</sub>	4.01 <sub>b1</sub>	2.94 <sub>c1</sub>	2.66 <sub>c2</sub>
Reaction to Threat	4.04 <sub>b1</sub>	5.24 <sub>a2</sub>	3.97 <sub>b1</sub>	3.10 <sub>c1</sub>	2.89 <sub>c1</sub>

*Note 1.* P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D / A = Denial / Avoidance, RC = Rival Contact.

*Note 2.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.6.** Age x Stage of Threat x Type of Communicative Expression Interaction on Probability of Using Communicative Expression of Jealousy

Moreover, in the appraisal of threat scenario, participants in the middle adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.78, SE = .18$ ) which was followed by indirect coping ( $M = 4.10, SE = .18$ ), punitiveness ( $M = 3.44, SE = .20$ ), rival contact ( $M = 2.52, SE = .23$ ), and denial/avoidance ( $M = 2.23, SE = .17$ ). Among these, only rival contact and denial/avoidance did not differ significantly in terms of frequency. On the other hand, in the reaction to threat scenario, participants in the middle adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.86, SE = .18$ ) which was followed by indirect coping ( $M = 3.93, SE = .19$ ) and punitiveness ( $M = 3.65, SE = .20$ ), and rival contact ( $M = 2.63, SE = .24$ ) and denial/avoidance ( $M = 2.14, SE = .18$ ). Indirect coping and punitiveness did not differ as rival contact and denial/avoidance. Additionally, these five domains of communicative responses to jealousy did not differ according to stage of threat in terms of frequency (see Table 3.6. and Figure 3.6).

Lastly, results showed that in the appraisal of threat scenario, participants in the established adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.49, SE = .15$ ) which was followed by punitiveness ( $M = 4.07, SE = .16$ ) and indirect coping ( $M = 4.01, SE = .15$ ), and denial/avoidance ( $M = 2.94, SE = .14$ ) and rival contact ( $M = 2.66, SE = .19$ ). Indirect coping and punitiveness did not differ as rival contact and denial/avoidance. Similarly, in the reaction to threat scenario, participants in the established adulthood period were more likely to cope with jealousy through direct communication ( $M = 5.24, SE = .15$ ) which was followed by punitiveness ( $M = 4.04, SE = .16$ ) and indirect coping ( $M = 3.97, SE = .15$ ), and denial/avoidance ( $M = 3.10, SE = .15$ ) and rival contact ( $M = 2.89, SE = .20$ ). Indirect coping and punitiveness did not differ as rival contact and denial/avoidance. Additionally, direct communication was used less frequently in reaction to threat scenario than appraisal of threat scenario among participants in the established adulthood period. However, rival contact was used more frequently in reaction to threat scenario than appraisal of threat scenario. There was no difference in punitiveness, indirect coping, and denial/avoidance in terms of frequency according to the stage of threat (see Table 3.6. and Figure 3.6).

### 3.3.1.3. Psychopathological Symptoms

2 (Gender) x 4 (Age) between subjects factorial MANOVA was conducted in order to see gender and age differences and their interaction effect on Anxiety, Depression, Negative Self, Somatization, and Hostility subscales of BSI. Results indicated that main effect of Age [*Multivariate F*(15, 977) = 1.46,  $p = .111$ ; Wilks' Lambda = .941,  $\eta_p^2 = .020$ ] and Gender x Age interaction [*Multivariate F*(15, 977) = 1.62,  $p = .062$ ; Wilks' Lambda = .934,  $\eta_p^2 = .022$ ] was not significant. On the other hand, a significant main effect of Gender [*Multivariate F*(5, 354) = 2.94,  $p = .013$ ; Wilks' Lambda = .960,  $\eta_p^2 = .040$ ] was found. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .01 as significant. However, after this correction, univariate analyses did not reveal any significant effect of gender on the subscales of BSI.

### 3.3.1.4. Relationship Satisfaction

2 (Gender) x 4 (Age) between subjects factorial Analysis of Variance (ANOVA) was conducted in order to examine differences of Gender, Age and their interaction on RAS. Results indicated no significant main effect of Gender [ $F(1, 358) = 1.07, p = .301, \eta_p^2 = .003$ ], Age [ $F(3, 358) = 1.23, p = .299, \eta_p^2 = .010$ ], and their interaction [ $F(3, 358) = .97, p = .408, \eta_p^2 = .008$ ] on relationship satisfaction.

### 3.3.1.5. Satisfaction with Life

2 (Gender) x 4 (Age) between subjects factorial Analysis of Variance (ANOVA) was conducted in order to examine differences of Gender, Age and their interaction on SWLS. Main effect of Gender on life satisfaction was not significant,  $F(1, 358) = 0.13, p = .717, \eta_p^2 = .000$ . Thus, male participants did not differ from female participants in

terms of their level of life satisfaction. Main effect of Age on life satisfaction was significant,  $F(3, 358) = 3.47, p = .016, \eta_p^2 = .028$ . Post-hoc comparisons were conducted with Bonferroni analysis and revealed that participants in the period of emerging adulthood ( $M = 19.77, SE = 1.15$ ) had significantly lower levels of life satisfaction than the ones in the period of established adulthood ( $M = 24.09, SE = .78$ ), but early and middle adulthood periods did not significantly differ from the other periods in terms of life satisfaction (see Figure 3.7.). Lastly, Gender x Age interaction on life satisfaction was not significant  $F(3, 358) = 0.99, p = .398, \eta_p^2 = .008$ .



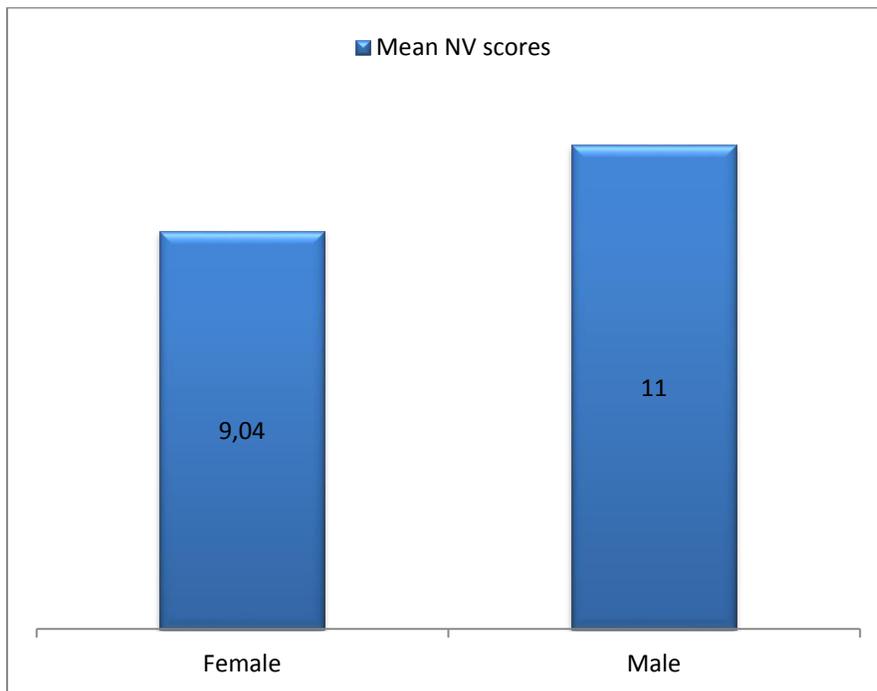
**Figure 3.7.** Age Differences on Satisfaction with Life

*Note.* The mean scores that did not share the same letter were significantly different from each other.

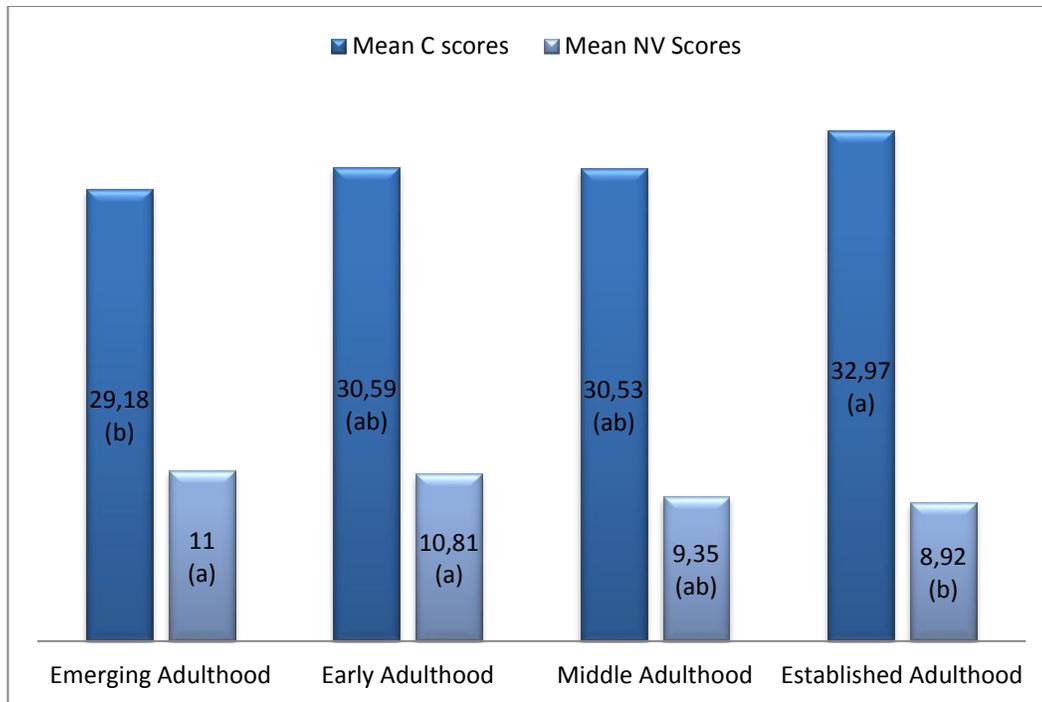
### 3.3.1.6. Personality Traits

2 (Gender) x 4 (Age) between subjects factorial MANOVA was conducted in order to examine gender and age differences and their interaction effect on Extraversion (E), Conscientiousness (C), Agreeableness (A), Neuroticism (N), Openness (O) and Negative Valence (NV) subscales of BPTI. Results indicated significant main effects of Gender [*Multivariate*  $F(6, 353) = 6.01, p = .000$ ; Wilks' Lambda = .907,  $\eta_p^2 = .093$ ] and Age [*Multivariate*  $F(18, 998) = 2.16, p = .003$ ; Wilks' Lambda = .898,  $\eta_p^2 = .035$ ], and also significant Gender x Age interaction effect [*Multivariate*  $F(18, 998) = 2.05, p = .006$ ; Wilks' Lambda = .903,  $\eta_p^2 = .034$ ] on BPTI. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .008 as significant. After this correction, univariate tests showed that there was a significant gender difference in Negative Valence (NV) subscale of BPTI [ $F(1, 358) = 21.32, p < .001, \eta_p^2 = .056$ ]. That is, males ( $M = 11.00, SE = .37$ ) had higher scores in Negative Valence compared to females ( $M = 9.04, SE = .20$ ) (see Figure 3.8.). On the other hand, a significant age difference found in Conscientiousness (C) [ $F(3, 358) = 5.16, p = .002, \eta_p^2 = .041$ ] and Negative Valence (NV) subscales [ $F(3, 358) = 6.44, p < .001, \eta_p^2 = .051$ ]. According to the post-hoc comparisons conducted by Bonferroni analysis, the participants in the emerging adulthood period ( $M = 29.18, SE = .88$ ) had lower levels of Conscientiousness scores than those in the established adulthood period ( $M = 32.97, SE = .60$ ) (see Figure 3.9.). Moreover, participants in the emerging ( $M = 11.00, SE = .50$ ) and early adulthood period ( $M = 10.81, SE = .42$ ) had higher scores in Negative Valence compared to those in the established adulthood period ( $M = 8.92, SE = .34$ ) (see Figure 3.9.). Lastly, there was a significant interaction effect of Gender x Age on Negative Valence (NV) [ $F(3, 358) = 4.56, p = .004, \eta_p^2 = .037$ ] (see Figure c.d). Although female participants did not differ in terms of Negative Valence throughout different age groups, male participants in the emerging adulthood period ( $M = 12.75, SE = .93$ ) had higher Negative Valence scores than males in the middle ( $M = 9.35, SE = .72$ ) and established adulthood period ( $M = 9.33, SE = .49$ ). Similarly, male participants in the early adulthood period ( $M = 12.56, SE = .76$ ) had higher Negative Valence scores than males in the middle and established adulthood periods. Moreover,

male participants in the established adulthood period ( $M = 12.75$ ,  $SE = .93$ ) had higher Negative Valence scores than females in the same age group ( $M = 9.25$ ,  $SE = .37$ ). Similarly, males in the early adulthood period ( $M = 12.56$ ,  $SE = .76$ ) had higher Negative Valence scores compared to female participants in the same age group ( $M = 9.06$ ,  $SE = .36$ ). However, males and females in the middle adulthood period did not differ in Negative Valence scores as those in the established adulthood (see Table 3.7. and Figure 3.10.).



**Figure 3.8.** Gender Differences on Negative Valence (NV)



**Figure 3.9.** Age Differences on Conscientiousness (C) and Negative Valence (NV)

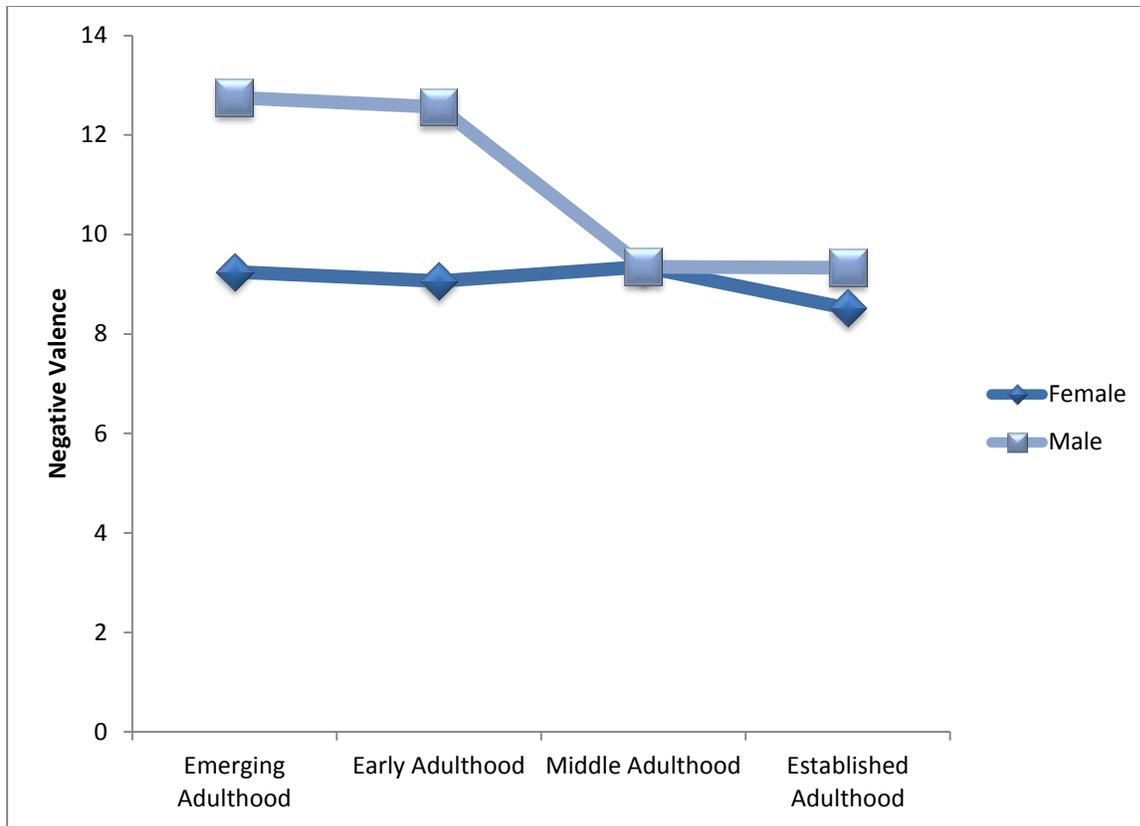
*Note.* The mean scores that did not share the same letter were significantly different from each other, for each dependent variable.

Table 3.7.

*Gender x Age Interaction on Negative Valence (NV)*

	Emerging Adulthood	Early Adulthood	Middle Adulthood	Established Adulthood
Female	9.25 <sub>a2</sub>	9.06 <sub>a2</sub>	9.35 <sub>a1</sub>	8.51 <sub>a1</sub>
Male	12.75 <sub>a1</sub>	12.56 <sub>a1</sub>	9.35 <sub>b1</sub>	9.33 <sub>b1</sub>

*Note.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.10.** Gender x Age Interaction on Negative Valence (NV)

*Note.* The mean scores that did not share the same letter were significantly different from each other.

### 3.3.2. Education Differences on the Measures of the Study

In order to examine differences of education on the measures of this study, separate ANOVA and MANOVA's were conducted. Before these analyses, education level of the participants was sorted into three approximately equal categories as individuals who were graduate of high school or lower, university graduates, and ones having master's degree and higher (see Table 3.4).

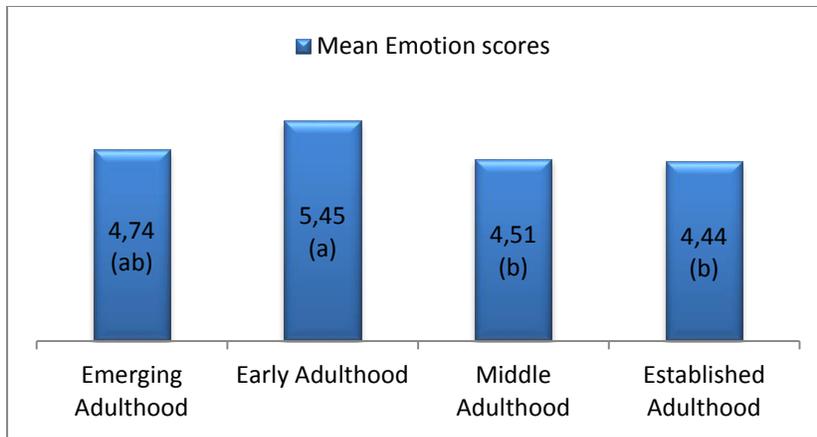
### 3.3.2.1. Attachment Styles

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see differences of level of education on the Anxiety and Avoidance subscales of ECR-R. According to the results, Anxiety and Avoidance scores did not differentiate according to the level of education [*Multivariate*  $F(4, 357) = 1.96, p = .099$ ; Wilks' Lambda = .979,  $\eta_p^2 = .011$ ] on ECR-R.

### 3.3.2.2. Jealousy

#### 3.3.2.2.1. Emotional Expression of Jealousy

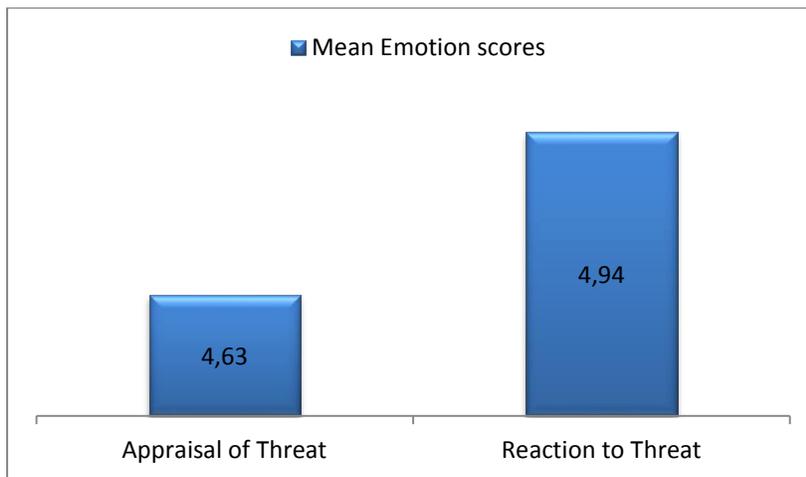
4 (Age) x 3 (Education) x 2 (Stage of Threat) x 4 (Emotion Type) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, education and stage of threat differences and their interaction effect on intensity of emotion types. Firstly, results indicated a significant main effect of Age;  $F(3, 354) = 4.97, p = .002, \eta_p^2 = .040$ . Post-hoc comparisons with Bonferroni analysis showed that, emotion intensity in general was higher among participants in early adulthood period ( $M = 5.45, SE = .22$ ) than the ones in middle adulthood ( $M = 4.51, SE = .21$ ) and established adulthood periods. But emerging adulthood period did not significantly differ from other periods in terms of level of emotion intensity ( $M = 4.44, SE = .18$ ) (see Figure 3.11.).



**Figure 3.11.** Age Differences on Intensity of Emotions

*Note.* The mean scores that did not share the same letter were significantly different from each other.

Secondly, results indicated a significant main effect of Stage of Threat;  $F(1, 354) = 16.94, p < .001, \eta_p^2 = .046$ . According to the results, emotion intensity in general was lower in appraisal of threat scenario ( $M = 4.44, SE = .18$ ) compared to reaction to threat scenario ( $M = 4.44, SE = .18$ ) (see Figure 3.12.).



**Figure 3.12.** Stage of Threat Differences on Intensity of Emotions

*Note.* The mean scores that did not share the same letter were significantly different from each other.

Moreover, a significant difference of Emotion Types on emotion intensity was found;  $F(3, 1062) = 64.95, p < .001, \eta_p^2 = .155$ . Post-hoc comparisons with Bonferroni analysis showed that, the emotion having the highest intensity was jealousy ( $M = 5.53, SE = .14$ ) which was followed by anger ( $M = 5.11, SE = .12$ ), sadness ( $M = 4.50, SE = .14$ ), and fear ( $M = 4.00, SE = .15$ ), respectively (see Figure 3.13.).



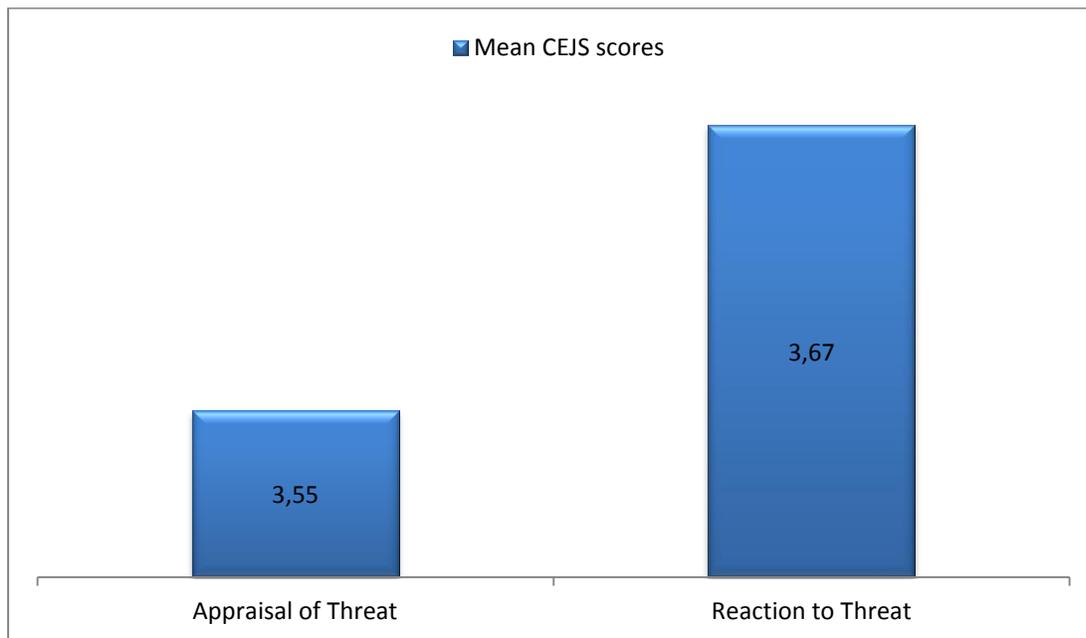
**Figure 3.13.** Emotion Type Differences on Intensity of Emotions

*Note.* The mean scores that did not share the same letter were significantly different from each other.

### 3.3.2.2.2. Communicative Expression of Jealousy

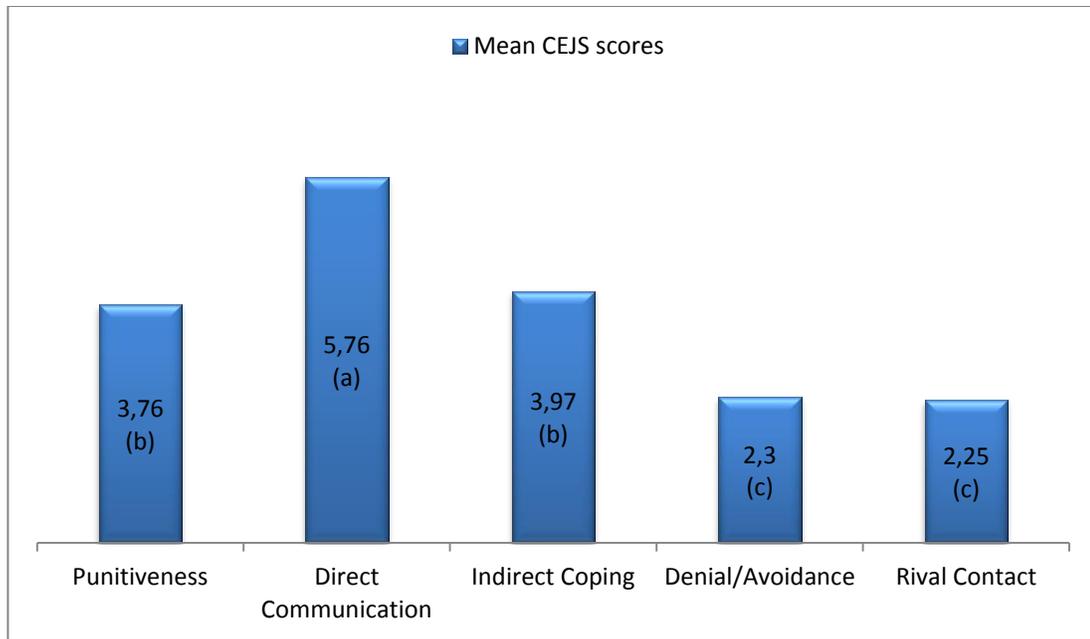
4 (Age) x 3 (Education) x 2 (Stage of Threat) x 5 (Type of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, education, and stage of threat differences and their interaction effect on frequency of using Types of Communicative Expressions of Jealousy. Firstly, results indicated a significant main effect of Stage of Threat on CEJS scores;  $F(1, 354) = 7.27$ ,

$p = .007$ ,  $\eta_p^2 = .020$ . That is, use of communicative expressions of jealousy in general was less frequent in appraisal of threat scenario ( $M = 3.55$ ,  $SE = .08$ ) than in reaction to threat scenario ( $M = 3.67$ ,  $SE = .09$ ) (see Figure 3.14.).



**Figure 3.14.** Stage of Threat Differences on Communicative Expression of Jealousy (CEJS)

Moreover, results indicated a significant main effect of Type of Communicative Expression;  $F(4, 1151) = 142.22$ ,  $p < .001$ ,  $\eta_p^2 = .287$ . That is, the most frequently used communicative expression of jealousy was direct communication ( $M = 5.76$ ,  $SE = .12$ ) which was followed by indirect coping ( $M = 3.97$ ,  $SE = .13$ ) and punitiveness ( $M = 3.76$ ,  $SE = .14$ ). Following indirect coping and punitiveness, denial/avoidance ( $M = 2.30$ ,  $SE = .12$ ) and rival contact ( $M = 2.25$ ,  $SE = .17$ ) were the least frequently used communicative expressions of jealousy (see Figure 3.15.).



**Figure 3.15.** Type of Communicative Expression Differences on CEJS

*Note.* The mean scores that did not share the same letter were significantly different from each other.

In addition to these results, an interaction effect of Communicative Expression Type x Age on CEJS scores was found;  $F(12, 1151) = 3.56, p < .001, \eta_p^2 = .029$ . Among the participants in emerging adulthood period, the most frequently used communicative expression of jealousy was direct communication ( $M = 5.60, SE = .32$ ) which was followed by indirect coping ( $M = 3.99, SE = .34$ ) and punitiveness ( $M = 3.98, SE = .36$ ), and rival contact ( $M = 2.26, SE = .46$ ) and denial/avoidance ( $M = 1.86, SE = .32$ ) as the two least frequently used types. Similarly, among participants in early adulthood period, the most frequently used communicative expression of jealousy was direct communication ( $M = 6.32, SE = .22$ ) which was followed by indirect coping ( $M = 4.32, SE = .23$ ) and punitiveness ( $M = 3.85, SE = .25$ ), and rival contact ( $M = 1.97, SE = .32$ ) and denial/avoidance ( $M = 1.81, SE = .22$ ) as the two least frequently used types. Among participants in middle adulthood period, direct communication ( $M = 5.67, SE = .22$ ) was the most frequently used communicative expression of jealousy compared to

other four types. Indirect coping ( $M = 3.73, SE = .22$ ) was more frequently used than denial/avoidance ( $M = 2.45, SE = .21$ ) and rival contact ( $M = 2.15, SE = .31$ ). Also, punitiveness ( $M = 3.43, SE = .24$ ) was more frequently used than rival contact. Among participants in established adulthood period, direct communication ( $M = 5.43, SE = .18$ ) was the most frequently used communicative expression of jealousy compared to other four types. Indirect coping ( $M = 3.83, SE = .19$ ) and punitiveness ( $M = 3.77, SE = .20$ ) were more frequently used than rival contact ( $M = 2.64, SE = .26$ ). On the other hand, while there was no age difference in punitiveness, indirect coping, and rival contact, frequency of using direct communication was lower among participants in established adulthood than ones in early adulthood. Moreover, frequency of using denial/avoidance was lower among participants in emerging and early adulthood periods compared to ones in established adulthood period ( $M = 3.10, SE = .18$ )(see Table 3.8. and Figure 3.16.).

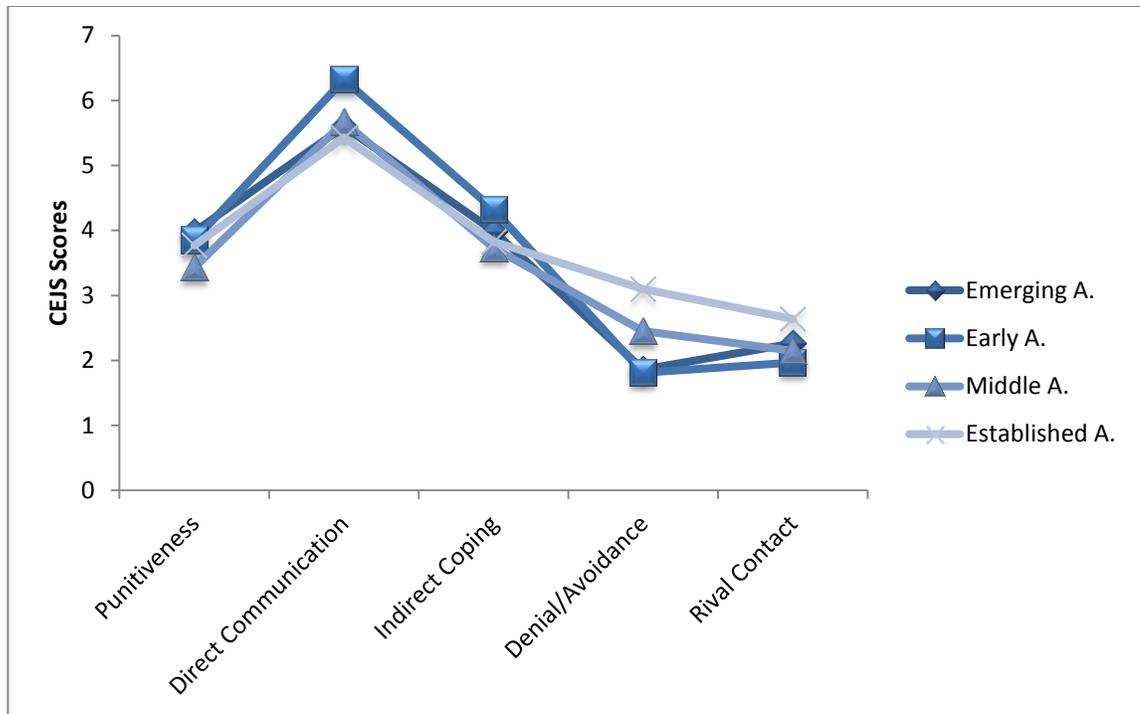
Table 3.8.

*Age x Type of Communicative Expression Interaction on Communicative Expression of Jealousy*

	P	DC	IC	D / A	RC
Emerging Adulthood	3.98 <sub>b1</sub>	5.60 <sub>a12</sub>	3.99 <sub>b1</sub>	1.86 <sub>c2</sub>	2.26 <sub>c1</sub>
Early Adulthood	3.85 <sub>b1</sub>	6.32 <sub>a1</sub>	4.32 <sub>b1</sub>	1.81 <sub>c2</sub>	1.97 <sub>c1</sub>
Middle Adulthood	3.43 <sub>bc1</sub>	5.67 <sub>a12</sub>	3.73 <sub>b1</sub>	2.45 <sub>cd12</sub>	2.15 <sub>d1</sub>
Established Adulthood	3.77 <sub>b1</sub>	5.43 <sub>a2</sub>	3.83 <sub>b1</sub>	3.10 <sub>bc1</sub>	2.64 <sub>c1</sub>

*Note 1.* P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D / A = Denial / Avoidance, RC = Rival Contact.

*Note 2.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.16.** Age x Type of Communicative Expression Interaction on Communicative Expression of Jealousy

### 3.3.2.3. Psychopathological Symptoms

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see differences of level of education on Anxiety, Depression, Negative Self, Somatization, and Hostility subscales of BSI. According to the results, subscales of BSI did not differentiate according to levels of education [*Multivariate*  $F(10, 718) = 1.61, p = .100$ ; Wilks' Lambda = .979,  $\eta_p^2 = .022$ ] on BSI.

### 3.3.2.4. Relationship Satisfaction

A between subjects Analysis of Variance (ANOVA) was conducted in order to see differences of level of education on relationship satisfaction. According to the results,

there was no significant level of education differences on relationship satisfaction,  $F(2, 363) = 0.48, p = .617, \eta_p^2 = .003$ .

### **3.3.2.5. Satisfaction with Life**

A between subjects Analysis of Variance (ANOVA) was conducted in order to see differences of level of education on satisfaction with life. According to the results, no significant level of education differences on life satisfaction was found,  $F(2, 363) = 0.80, p = .449, \eta_p^2 = .004$ .

### **3.3.2.6. Personality Traits**

A between subjects MANOVA was conducted in order to examine differences of educational level on Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness and Negative Valence subscales of BPTI. Results indicated that subscales of BPTI did not differentiate according to levels of education [*Multivariate*  $F(12, 716) = 0.29, p = .991$ ; Wilks' Lambda = .990,  $\eta_p^2 = .005$ ].

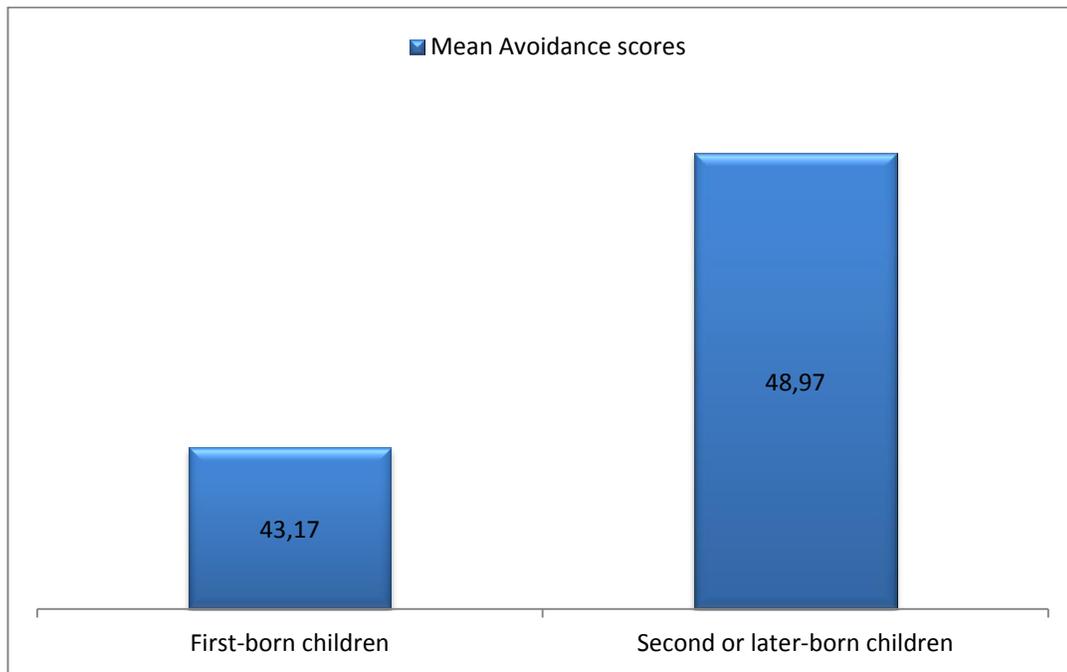
### **3.3.3. Birth Order Differences on the Measures of the Study**

In order to examine differences of birth order on the measures of this study, separate ANOVA and MANOVA's were conducted. Before these analyses, birth order of the participants was sorted into two categories through median split as participants who were the first-born child in their family and participants who were the second or later born-child in their family (see Table 3.4).

#### **3.3.3.1. Attachment Styles**

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see Birth Order differences on the Anxiety and Avoidance subscales of ECR-R.

According to the results, there was a significant difference of Birth Order on ECR-R [*Multivariate*  $F(2, 363) = 7.31, p = .001$ ; Wilks' Lambda = .961,  $\eta_p^2 = .039$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .025 as significant. Following this correction, univariate tests showed a significant Birth Order difference in Avoidance subscale of ECR-R [ $F(1, 364) = 11.21, p = .001, \eta_p^2 = .030$ ]. That is, participants who were first-born children ( $M = 43.17, SE = 1.25$ ) had lower scores in Avoidance subscale compared to those who were second or later-born children ( $M = 48.97, SE = 1.19$ ) (see Figure 3.17.).

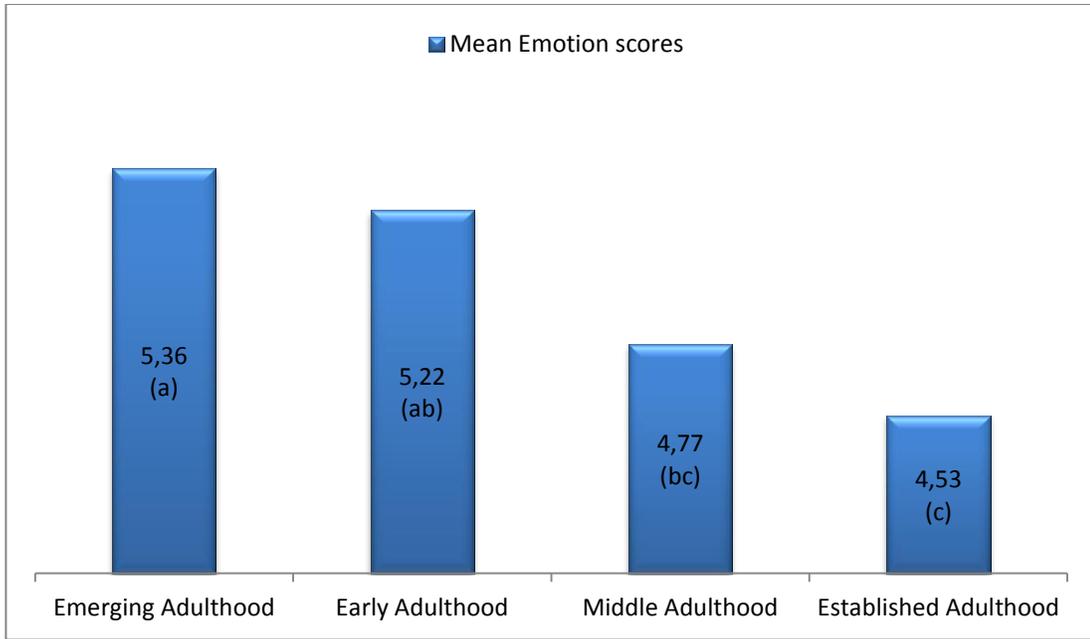


**Figure 3.17.**Birth Order Differences on Avoidance

### 3.3.3.2. Jealousy

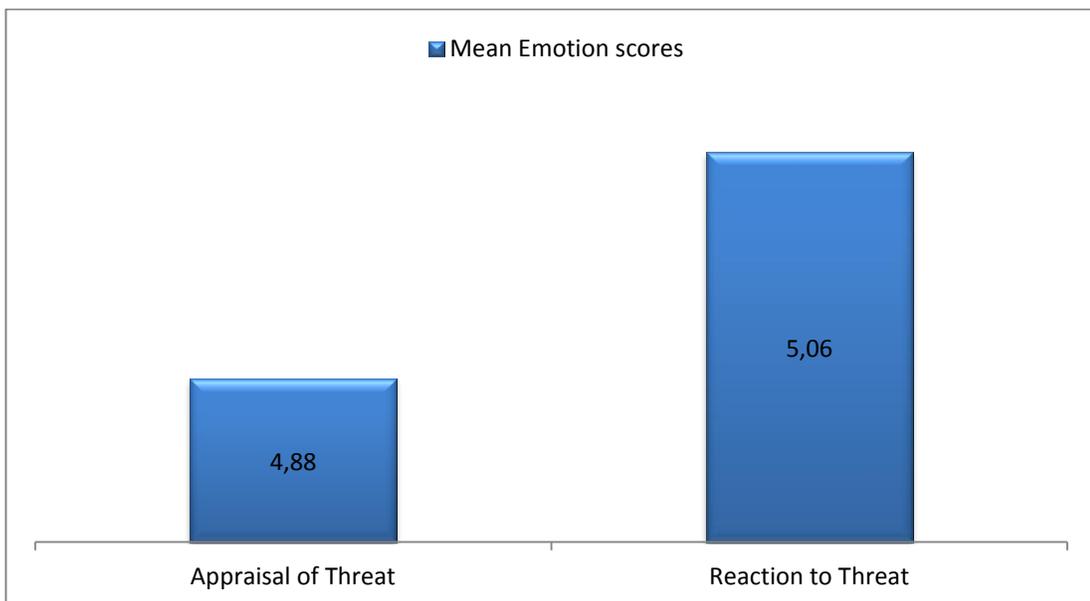
#### 3.3.3.2.1. Emotional Expression of Jealousy

4 (Age) x 3 (Birth Order) x 2 (Stage of Threat) x 4 (Type of Emotion) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, birth order and stage of threat differences and their interaction effect on intensity of Emotion Types. Firstly, results indicated a significant main effect of Age;  $F(3, 358) = 7.32, p < .001, \eta_p^2 = .058$ . Post-hoc comparisons with Bonferroni analysis showed that, emotion intensity in general was higher among participants in emerging adulthood period ( $M = 5.36, SE = .14$ ) than ones in middle adulthood ( $M = 4.77, SE = .14$ ) and established adulthood periods ( $M = 4.53, SE = .15$ ). Moreover, emotion intensity was higher among participants in early adulthood period ( $M = 5.22, SE = .13$ ) than ones in established adulthood (see Figure 3.18.). Secondly, a significant main effect of Stage of Threat was found;  $F(1, 358) = 15.84, p < .001, \eta_p^2 = .042$ . Post-hoc comparisons with Bonferroni analysis showed that, emotion intensity in general was lower in appraisal of threat scenario ( $M = 4.88, SE = .07$ ) than reaction to threat scenario ( $M = 5.06, SE = .07$ ) (see Figure 3.19.). Lastly, results indicated a significant main effect of Emotion Type;  $F(3, 824) = 212.51, p < .001, \eta_p^2 = .372$ . According to post-hoc comparisons with Bonferroni analysis, emotional intensity was highest for jealousy ( $M = 5.76, SE = .08$ ) followed by anger ( $M = 5.33, SE = .07$ ), sadness ( $M = 4.63, SE = .08$ ), and fear ( $M = 4.12, SE = .09$ ), respectively (see Figure 3.20.).

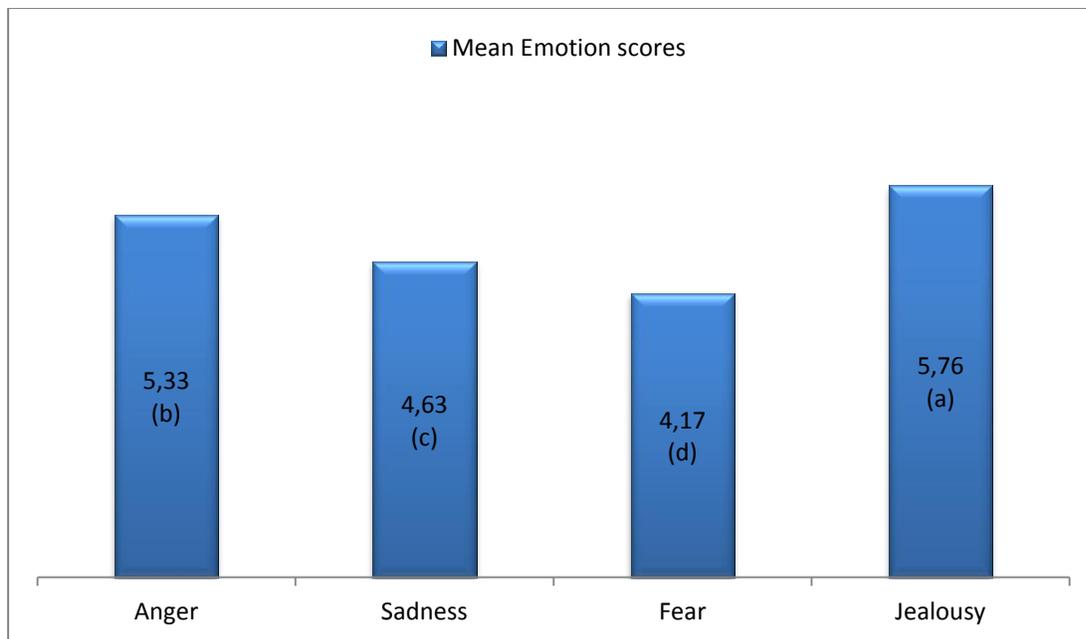


**Figure 3.18.** Age Differences on Intensity of Emotions

*Note.* The mean scores that did not share the same letter were significantly different from each other.



**Figure 3.19.** Stage of Threat Differences on Intensity of Emotions



**Figure 3.20.** Emotion Type Differences on Intensity of Emotions

*Note.* The mean scores that did not share the same letter were significantly different from each other.

### 3.3.3.2.2. Communicative Expression of Jealousy

4 (Age) x 3 (Birth Order) x 2 (Stage of Threat) x 5 (Type of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, birth order, and stage of threat differences and their interaction effect on frequency of using Types of Communicative Expression of Jealousy. Results indicated a significant Age x Stage of Threat x Type of Communicative Expression of Jealousy on CEJS scores;  $F(10, 1228) = 2.42, p = .007, \eta_p^2 = .020$ .

According to the results, among participants in emerging adulthood period, the most frequently used communicative expression of jealousy in appraisal of threat scenario was direct communication ( $M = 6.10, SE = .15$ ) which was followed by indirect coping ( $M = 4.43, SE = .15$ ) and punitiveness ( $M = 4.16, SE = .17$ ), and rival contact ( $M = 2.35,$

$SE = .21$ ) and denial/avoidance ( $M = 1.76, SE = .15$ ) respectively. Similarly, in reaction to threat scenario, the most frequently used communicative expression of jealousy was direct communication ( $M = 6.00, SE = .15$ ) which was followed by indirect coping ( $M = 4.46, SE = .16$ ) and punitiveness ( $M = 4.37, SE = .17$ ), and rival contact ( $M = 2.53, SE = .21$ ) and denial/avoidance ( $M = 1.91, SE = .16$ ) respectively. Moreover, according to stage of threat comparisons, only difference was found in Punitiveness as it was more frequently used in reaction to threat scenario compared to appraisal of threat scenario among participants in emerging adulthood period (see Table 3.9. and Figure 3.21.).

Among participants in early adulthood period, the most frequently used communicative expression of jealousy in appraisal of threat scenario was direct communication ( $M = 6.00, SE = .14$ ) which was followed by indirect coping ( $M = 3.99, SE = .14$ ) and punitiveness ( $M = 3.69, SE = .15$ ), and denial/avoidance ( $M = 2.02, SE = .14$ ) and rival contact ( $M = 1.93, SE = .19$ ) respectively. Similarly, in reaction to threat scenario, the most frequently used communicative expression of jealousy was direct communication ( $M = 6.05, SE = .14$ ) which was followed by punitiveness ( $M = 4.12, SE = .16$ ) and indirect coping ( $M = 4.02, SE = .15$ ), and rival contact ( $M = 2.08, SE = .20$ ) and denial/avoidance ( $M = 1.68, SE = .15$ ) respectively. Moreover, according to stage of threat comparisons, Punitiveness was more frequently used in reaction to threat scenario compared to appraisal of threat scenario among participants in early adulthood period. On the other hand, denial/avoidance was less frequently used in reaction to threat scenario (see Table 3.9. and Figure 3.21.).

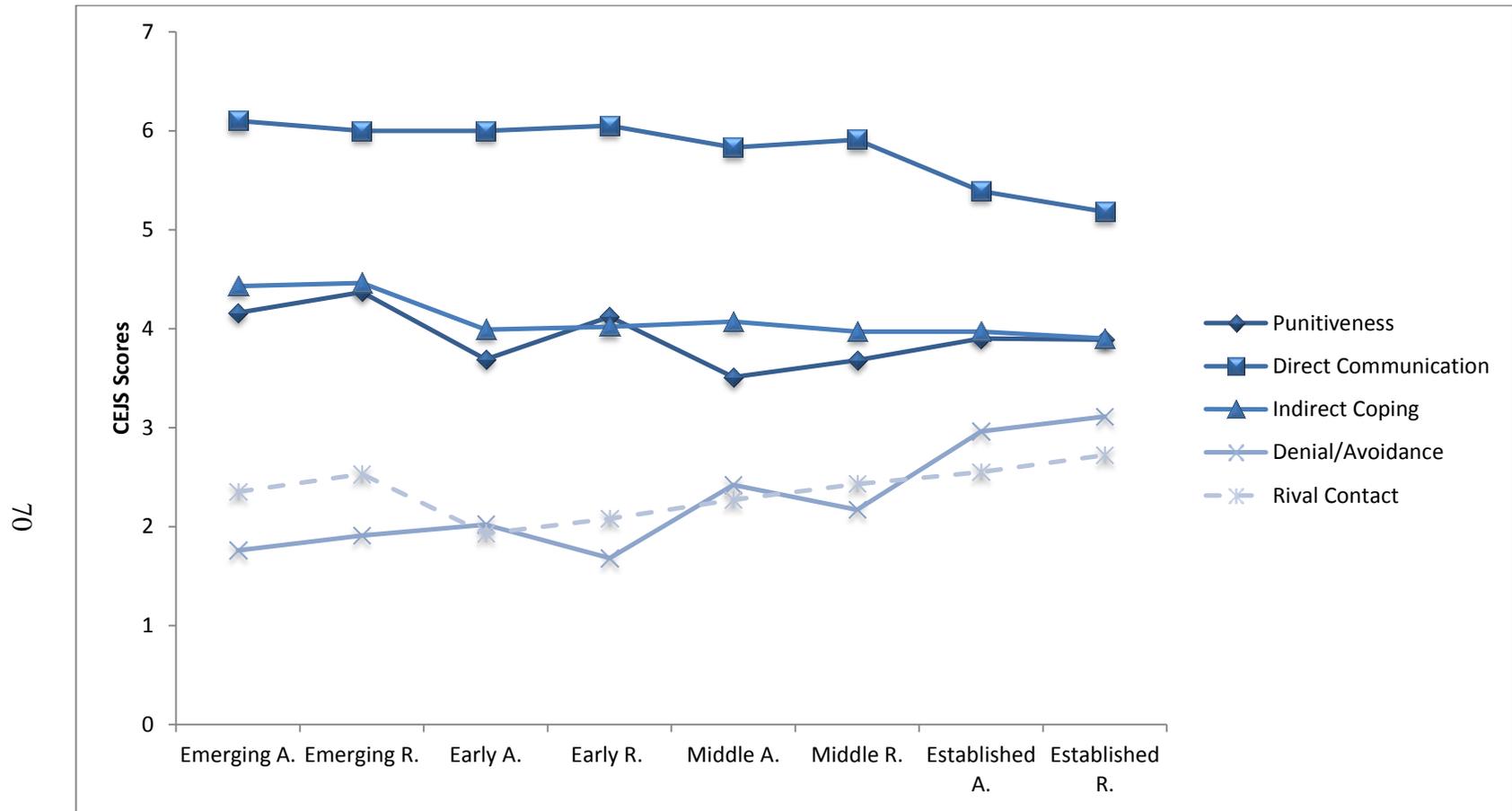
Table 3.9.

*Age x Stage of Threat x Type of Communicative Expression Interaction on Communicative Expression of Jealousy*

	P	DC	IC	D / A	RC
<b>Emerging Adulthood</b>					
Appraisal of Threat	4.16 <sub>b2</sub>	6.10 <sub>a1</sub>	4.43 <sub>b1</sub>	1.76 <sub>c1</sub>	2.35 <sub>c1</sub>
Reaction to Threat	4.37 <sub>b1</sub>	6.00 <sub>a1</sub>	4.46 <sub>b1</sub>	1.91 <sub>c1</sub>	2.53 <sub>c1</sub>
<b>Early Adulthood</b>					
Appraisal of Threat	3.69 <sub>b2</sub>	6.00 <sub>a1</sub>	3.99 <sub>b1</sub>	2.02 <sub>c1</sub>	1.93 <sub>c1</sub>
Reaction to Threat	4.12 <sub>b1</sub>	6.05 <sub>a1</sub>	4.02 <sub>b1</sub>	1.68 <sub>c2</sub>	2.08 <sub>c1</sub>
<b>Middle Adulthood</b>					
Appraisal of Threat	3.51 <sub>c1</sub>	5.83 <sub>a1</sub>	4.07 <sub>b1</sub>	2.42 <sub>d1</sub>	2.27 <sub>d1</sub>
Reaction to Threat	3.68 <sub>b1</sub>	5.91 <sub>a1</sub>	3.97 <sub>b1</sub>	2.17 <sub>c2</sub>	2.43 <sub>c1</sub>
<b>Established Adulthood</b>					
Appraisal of Threat	3.90 <sub>b1</sub>	5.39 <sub>a1</sub>	3.97 <sub>b1</sub>	2.96 <sub>c1</sub>	2.55 <sub>c1</sub>
Reaction to Threat	3.89 <sub>b1</sub>	5.18 <sub>a1</sub>	3.90 <sub>b1</sub>	3.11 <sub>c1</sub>	2.72 <sub>c1</sub>

*Note.* P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D / A = Denial / Avoidance, RC = Rival Contact.

*Note 2.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.21.** Age x Stage of Threat x Type of Communicative Expression Interaction on Communicative Expression of Jealousy

Moreover, among the participants in middle adulthood period, the most frequently used communicative expression of jealousy in appraisal of threat scenario was direct communication ( $M = 5.83$ ,  $SE = .16$ ) which was followed by indirect coping ( $M = 4.07$ ,  $SE = .15$ ), punitiveness ( $M = 3.51$ ,  $SE = .17$ ), and rival contact ( $M = 2.27$ ,  $SE = .21$ ) and denial/avoidance ( $M = 2.42$ ,  $SE = .15$ ) respectively. On the other hand, in reaction to threat scenario, the most frequently used communicative expression of jealousy was direct communication ( $M = 5.91$ ,  $SE = .16$ ) which was followed by indirect coping ( $M = 3.97$ ,  $SE = .16$ ) and punitiveness ( $M = 3.68$ ,  $SE = .17$ ), and rival contact ( $M = 2.43$ ,  $SE = .21$ ) and denial/avoidance ( $M = 2.17$ ,  $SE = .16$ ) respectively. Moreover, according to stage of threat comparisons, only difference was found in Denial/Avoidance as it was less frequently used in reaction to threat scenario compared to appraisal of threat scenario among participants in middle adulthood period (see Table 3.9. and Figure 3.21.).

Lastly, among participants in established adulthood period, the most frequently used communicative expression of jealousy in appraisal of threat scenario was direct communication ( $M = 5.39$ ,  $SE = .16$ ) which was followed by indirect coping ( $M = 3.97$ ,  $SE = .16$ ), punitiveness ( $M = 3.90$ ,  $SE = .181$ ), and denial/avoidance ( $M = 2.96$ ,  $SE = .16$ ) and rival contact ( $M = 2.55$ ,  $SE = .22$ ) respectively. Similarly, in reaction to threat scenario, the most frequently used communicative expression of jealousy was direct communication ( $M = 5.18$ ,  $SE = .16$ ) which was followed by indirect coping ( $M = 3.90$ ,  $SE = .17$ ) and punitiveness ( $M = 3.89$ ,  $SE = .18$ ), and denial/avoidance ( $M = 3.11$ ,  $SE = .17$ ) and rival contact ( $M = 2.72$ ,  $SE = .23$ ) respectively. However, stage of threat comparisons did not reveal any significant difference on frequency of using types of communicative expression of jealousy among participants in established adulthood period (see Table 3.9. and Figure 3.21.).

### **3.3.3.3. Psychopathological Symptoms**

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see birth order differences on Anxiety, Depression, Negative Self, Somatization and Hostility subscales of BSI. According to the results, there was no significant difference of Birth Order [*Multivariate*  $F(5, 360) = 1.64, p = .150$ ; Wilks' Lambda = .978,  $\eta_p^2 = .022$ ] on BSI.

### **3.3.3.4. Relationship Satisfaction**

A between subjects Analysis of Variance (ANOVA) was conducted in order to see birth order differences on RAS. According to the results, there was no significant difference of Birth Order on relationship satisfaction,  $F(1, 364) = 0.03, p = .854, \eta_p^2 = .000$ .

### **3.3.3.5. Satisfaction with Life**

A between subjects Analysis of Variance (ANOVA) was conducted in order to see birth order differences on SWLS. According to the results, there was no significant difference of Birth Order on life satisfaction,  $F(1, 364) = 1.62, p = .204, \eta_p^2 = .004$ .

### **3.3.3.6. Personality Traits**

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to examine birth order difference on Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness, and Negative Valence subscales of BPTI. According to the results, there was no significant difference of Birth Order on the subscales of BPTI [*Multivariate*  $F(6, 359) = 0.95, p = .462$ ; Wilks' Lambda = .984,  $\eta_p^2 = .016$ ].

### **3.3.4. Relationship Status Differences on the Measures of the Study**

In order to examine the differences of relationship status on the measures of this study, separate ANOVA and MANOVA's were conducted. Before these analyses, relationship status of the participants was sorted into two categories through median split, as participants who were single and who were married (see Table 3.4).

#### **3.3.4.1. Attachment Styles**

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see relationship status differences on the Anxiety and Avoidance subscales of ECR-R. Results indicated that there was no significant Relationship Status difference in subscales of ECR-R [*Multivariate*  $F(2, 363) = 2.97, p = .053$ ; Wilks' Lambda = .984,  $\eta_p^2 = .016$ ].

#### **3.3.4.2. Jealousy**

##### **3.3.4.2.1. Emotional Expression of Jealousy**

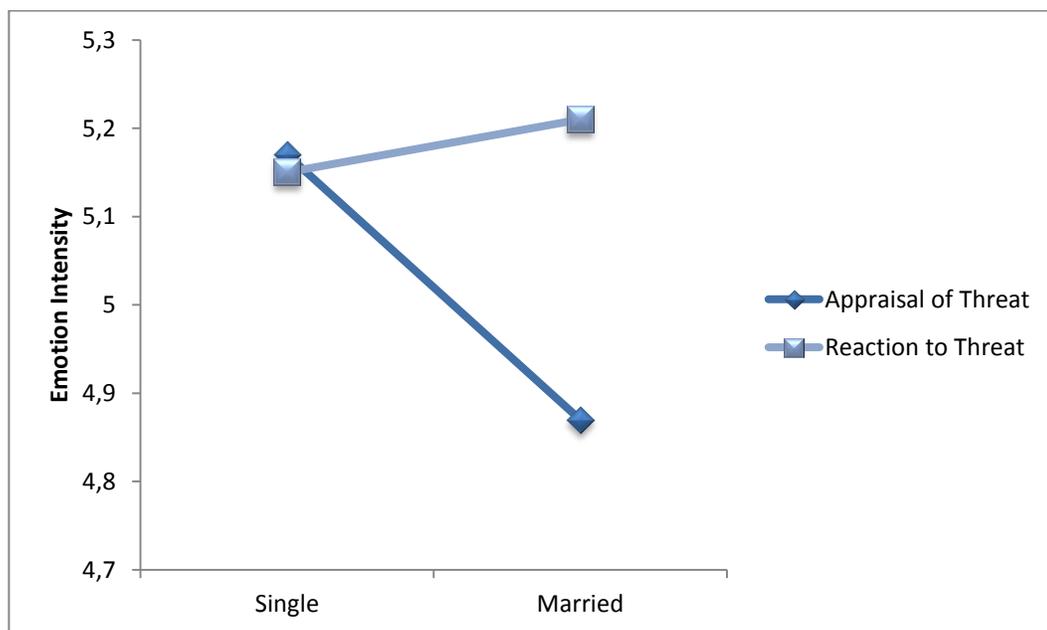
4 (Age) x 2 (Relationship Status) x 2 (Stage of Threat) x 4 (Type of Emotion) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, relationship status and stage of threat differences and their interaction effect on intensity of Emotion Types. Results indicated a significant Relationship Status x Stage of Threat interaction;  $F(1, 358) = 5.87, p = .016, \eta_p^2 = .016$ . Post-hoc comparisons with Bonferroni analysis showed that, emotion intensity did not differ among single and married individuals in appraisal of threat scenario as well as reaction to threat scenario. On the other hand, while there was no difference between two scenarios in terms of emotional intensity among single participants, intensity of emotions was higher in reaction to threat scenario ( $M = 5.21, SE = .17$ ) compared to appraisal of threat scenario ( $M = 4.87, SE = .17$ ) among married participants (see Table 3.10. and Figure 3.22.).

Table 3.10.

*Relationship Status x Stage of Threat Interaction on Emotion Intensity*

	Single	Married
Appraisal of Threat	5.17 <sub>a1</sub>	4.87 <sub>a2</sub>
Reaction to Threat	5.15 <sub>a1</sub>	5.21 <sub>a1</sub>

*Note.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



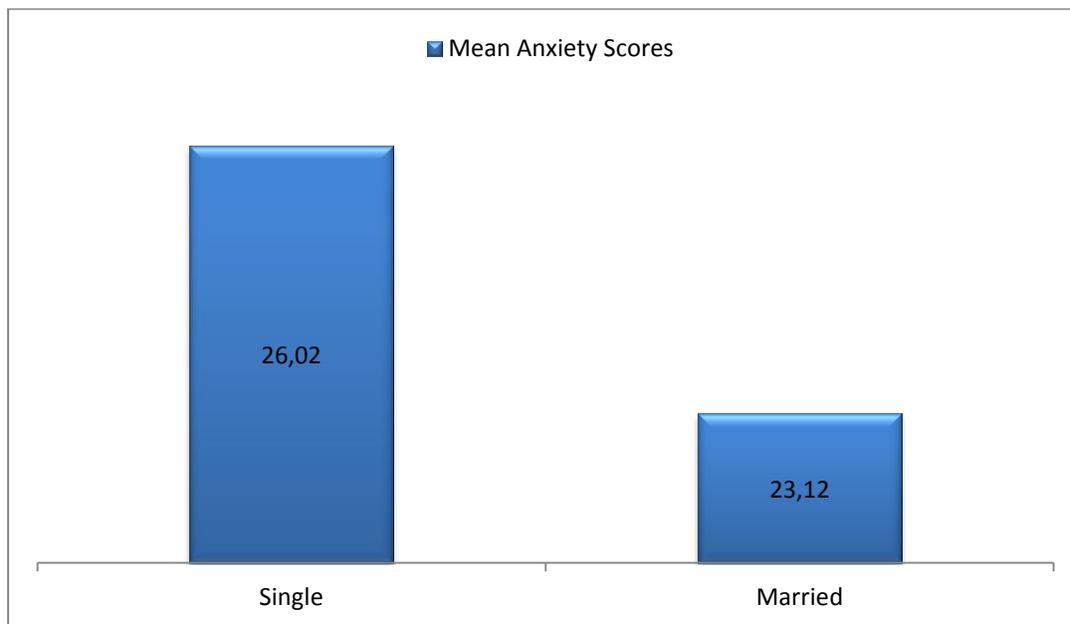
**Figure 3.22.** Relationship Status x Stage of Threat Interaction on Emotion Intensity

### 3.3.4.2.2. Communicative Expression of Jealousy

4 (Age) x 2 (Relationship Status) x 2 (Stage of Threat) x 5 (Type of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, relationship status and stage of threat differences and their interaction effect on frequency of using communicative expressions of jealousy. The results indicated no interaction effect including relationship status.

### 3.3.4.3. Psychopathological Symptoms

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to test relationship status difference in Anxiety, Depression, Negative Self, Somatization, and Hostility subscales of BSI. According to the results, a significant difference of Relationship Status on BSI subscales was found [*Multivariate*  $F(5, 360) = 3.39, p = .005$ ; Wilks' Lambda = .955,  $\eta_p^2 = .045$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .01 as significant. After this correction, univariate tests indicated that there is a significant relationship status difference in Anxiety subscale of BPTI [ $F(1, 364) = 6.74, p = .010, \eta_p^2 = .018$ ]. That is, married participants ( $M = 23.12, SE = .80$ ) had lower levels of anxiety compared to participants who were single ( $M = 26.02, SE = .78$ ) (see Figure 3.23.).



**Figure 3.23.** Relationship Status Differences on the Scores of Anxiety Subscale of BSI

#### **3.3.4.4. Relationship Satisfaction**

A between subjects Analysis of Variance (ANOVA) was conducted in order to see relationship status differences on RAS. According to the results, there was no significant difference of Relationship Status on relationship satisfaction,  $F(1, 364) = 2.39, p = .123, \eta_p^2 = .007$ .

#### **3.3.4.5. Satisfaction with Life**

A between subjects Analysis of Variance (ANOVA) was conducted in order to see relationship status differences on SWLS. According to the results, there was no significant difference of Relationship Status on life satisfaction,  $F(1, 364) = 2.71, p = .101, \eta_p^2 = .007$ .

#### **3.3.4.6. Personality Traits**

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to examine relationship status difference on Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness, and Negative Valence subscales of BPTI. Results indicated significant difference of Relationship Status on the subscales of BPTI [*Multivariate*  $F(6, 359) = 4.58, p = .000$ ; Wilks' Lambda = .929,  $\eta_p^2 = .071$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .008 as significant. After this correction, univariate tests showed that there was a significant Relationship Status difference in Extraversion subscale of BPTI [ $F(1, 364) = 7.70, p = .006, \eta_p^2 = .021$ ]. That is, married participants ( $M = 30.69, SE = .46$ ) had higher levels of Extraversion compared to participants who were single ( $M = 28.90, SE = .45$ ). Similarly, a significant Relationship Status difference was found in Conscientiousness [ $F(1, 364) = 13.56, p < .001, \eta_p^2 = .036$ ]. Married participants ( $M = 32.14, SE = .43$ ) were more conscientious than ones who were single ( $M = 29.95, SE = .41$ ). Also, a significant difference in

Openness subscale was found [ $F(1, 364) = 8.78, p = .003, \eta p^2 = .024$ ]. That is, married participants ( $M = 22.83, SE = .30$ ) had higher levels of Openness compared to participants who were single ( $M = 21.58, SE = .29$ ). Additionally, there was a significant Relationship Status difference in the Neuroticism subscale of BPTI [ $F(1, 364) = 15.93, p < .001, \eta p^2 = .042$ ], and married participants ( $M = 23.74, SE = .56$ ) had lower levels of neuroticism compared to ones who were single ( $M = 26.85, SE = .54$ )(see Figure 3.24.).



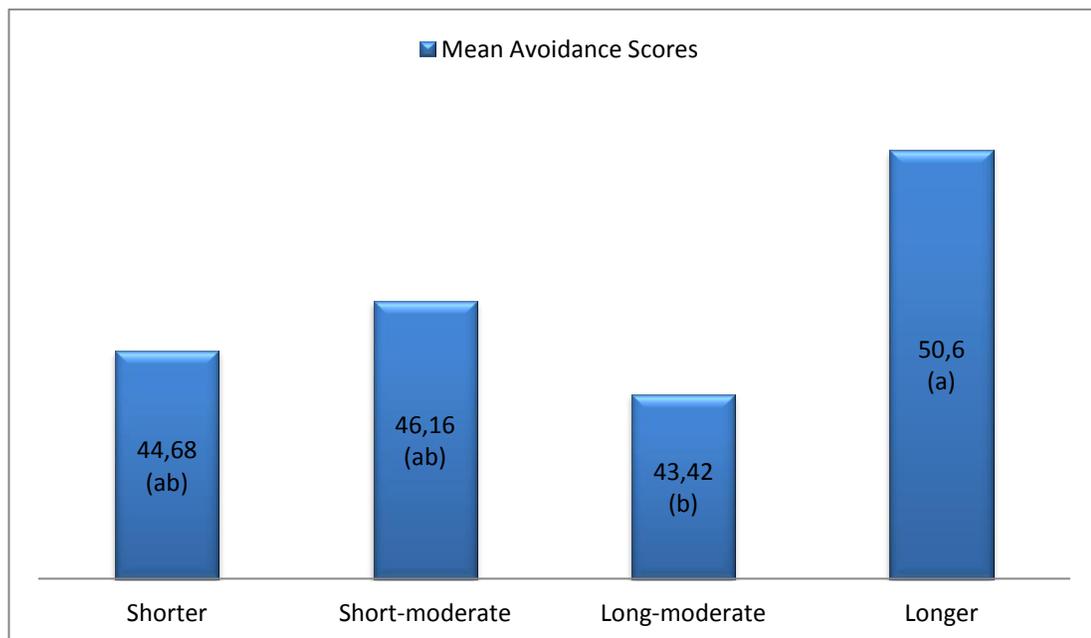
**Figure 3.24.** Relationship Status Differences on Extraversion (E), Conscientiousness (C), Neuroticism (N), and Openness (O) Subscales of BPTI

### 3.3.5. Relationship Duration Differences on the Measures of the Study

In order to examine differences of relationship duration on the measures of this study, separate ANOVA and MANOVA's were conducted. Before these analyses, relationship duration of the participants was sorted into four categories through quartile split as shorter, short-moderate, long-moderate, and longer (see Table 3.4).

### 3.3.5.1. Attachment Styles

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see relationship duration differences on the Anxiety and Avoidance subscales of ECR-R. According to the results, there was a significant difference of Relationship Duration on ECR-R [Multivariate  $F(2, 722) = 3.14, p = .005$ ; Wilks' Lambda = .950,  $\eta_p^2 = .025$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .025 as significant. Following this correction, univariate tests showed a significant relationship duration difference in Avoidance subscale of ECR-R [ $F(3, 362) = 3.24, p = .022, \eta_p^2 = .026$ ]. That is, participants having a long-moderate relationship ( $M = 43.42, SE = 1.73$ ) had lower scores in Avoidance subscale compared to those having longer relationship ( $M = 50.60, SE = 1.74$ ) (see Figure 3.25.).



**Figure 3.25.** Relationship Duration Differences on Avoidance

*Note.* The mean scores that did not share the same letter were significantly different from each other.

### 3.3.5.2. Jealousy

#### 3.3.5.2.1. Emotional Expression of Jealousy

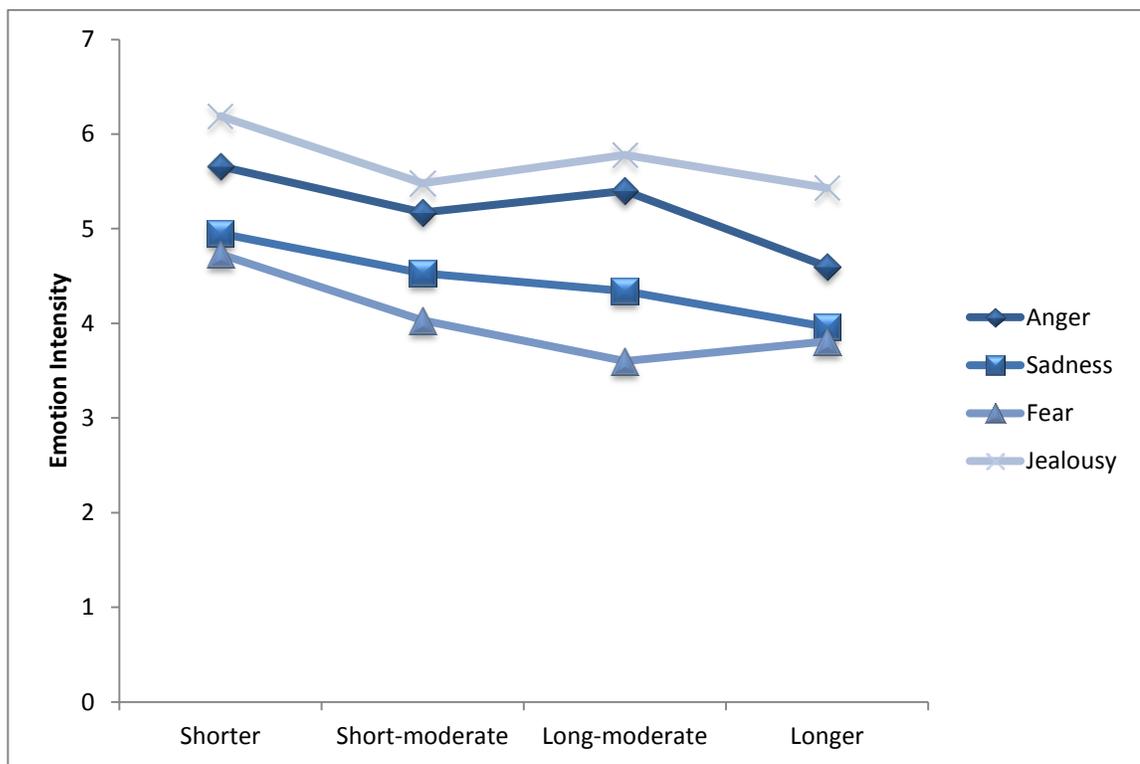
4 (Age) x 4 (Relationship Duration) x 2 (Stage of Threat) x 4 (Type of Emotion) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, relationship duration and stage of threat differences and their interaction effect on intensity of Emotion Types. Results indicated a significant interaction effect of Relationship Duration x Stage of Threat x Emotion Type;  $F(7, 905) = 2.23, p = .025, \eta_p^2 = .019$ . Post-hoc comparisons with Bonferroni analysis revealed significant results only for appraisal of threat scenario. Among participants having shorter romantic relationships, jealousy ( $M = 6.19, SE = .26$ ) was the most intensely experienced emotion which was followed by anger ( $M = 5.66, SE = .22$ ), and sadness ( $M = 4.95, SE = .25$ ) and fear ( $M = 4.73, SE = .26$ ), respectively. Among participants having short-moderate duration of romantic relationships, jealousy ( $M = 5.48, SE = .28$ ) and anger ( $M = 5.17, SE = .24$ ) were the most intensely experienced emotions which were followed by sadness ( $M = 4.53, SE = .28$ ) and fear ( $M = 4.03, SE = .29$ ), respectively. Among participants having long-moderate duration of romantic relationships, jealousy ( $M = 5.78, SE = .24$ ) and anger ( $M = 5.40, SE = .21$ ) were the most intensely experienced emotions which were followed by sadness ( $M = 4.34, SE = .23$ ) and then fear ( $M = 3.60, SE = .24$ ), respectively. Lastly, among intensity of jealousy ( $M = 5.43, SE = .54$ ) was higher than intensity of sadness ( $M = 3.96, SE = .53$ ) and fear ( $M = 3.81, SE = .55$ ). On the other hand, while intensity of anger, sadness, and jealousy did not change according to different levels of relationship duration, fear was more intensely experienced among participants having shorter relationships compared to ones having long-moderate relationships (see Table 3.11. and Figure 3.26.).

Table 3.11.

*Relationship Duration x Emotion Type Interaction on Emotion Intensity in Appraisal of Threat Stage*

	Anger	Sadness	Fear	Jealousy
Shorter	5.66 <sub>b1</sub>	4.95 <sub>c1</sub>	4.73 <sub>c1</sub>	6.19 <sub>a1</sub>
Short-moderate	5.17 <sub>a1</sub>	4.53 <sub>b1</sub>	4.03 <sub>b12</sub>	5.48 <sub>a1</sub>
Long-moderate	5.40 <sub>a1</sub>	4.34 <sub>b1</sub>	3.60 <sub>c2</sub>	5.78 <sub>a1</sub>
Longer	4.60 <sub>ab1</sub>	3.96 <sub>b1</sub>	3.81 <sub>b12</sub>	5.43 <sub>a1</sub>

*Note.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.26.** Relationship Duration x Emotion Type Interaction on Emotion Intensity in Appraisal of Threat Stage

### 3.3.5.2.2. Communicative Expression of Jealousy

4 (Age) x 4 (Relationship Duration) x 2 (Stage of Threat) x 5 (Type of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, relationship duration and stage of threat differences and their interaction effect on frequency of using Types of Communicative Expressions of Jealousy. Firstly, results indicated a significant Age x Relationship Duration x Stage of Threat interaction on CEJS scores;  $F(9, 350) = 2.20, p = .022, \eta_p^2 = .053$ . Post-hoc comparisons with Bonferroni analysis revealed significant results only for long-moderate and longer durations of relationships.

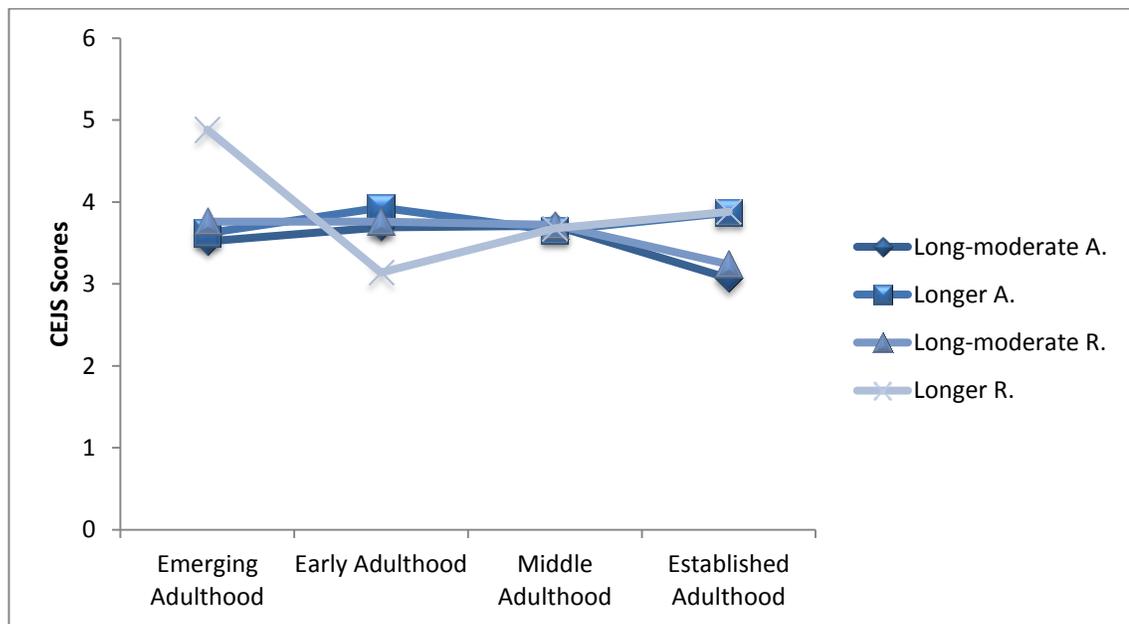
Among participants having long-moderate relationships, there was no age difference in appraisal of threat and reaction to threat scenarios. However, among participants in emerging adulthood period, use of communicative expressions of jealousy was more frequent in reaction to threat scenario ( $M = 3.76, SE = .23$ ) than appraisal of threat scenario ( $M = 3.52, SE = .22$ ). Similarly, among participants having longer relationships, there was no age difference in appraisal of threat and reaction to threat scenarios. However, among participants in emerging adulthood period, use of communicative expressions of jealousy was more frequent in reaction to threat scenario ( $M = 4.88, SE = .66$ ) than appraisal of threat scenario ( $M = 3.62, SE = .65$ ) (see Table 3.12. and Figure 3.27.).

Table 3.12.

*Relationship Duration x AgexStage of Threat Interaction on CEJS*

	Emerging Adulthood	Early Adulthood	Middle Adulthood	Established Adulthood
<b>Long-moderate</b>				
Appraisal of threat	3.52 <sub>a2</sub>	3.69 <sub>a1</sub>	3.71 <sub>a1</sub>	3.07 <sub>a1</sub>
Reaction to threat	3.76 <sub>a1</sub>	3.76 <sub>a1</sub>	3.72 <sub>a1</sub>	3.24 <sub>a1</sub>
<b>Longer</b>				
Appraisal of threat	3.62 <sub>a2</sub>	3.93 <sub>a1</sub>	3.65 <sub>a1</sub>	3.87 <sub>a1</sub>
Reaction to threat	4.88 <sub>a1</sub>	3.14 <sub>a1</sub>	3.68 <sub>a1</sub>	3.88 <sub>a1</sub>

*Note.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.27.** Relationship Duration x Age x Stage of Threat Interaction on CEJS

### **3.3.5.3. Psychopathological Symptoms**

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to test relationship duration difference in Anxiety, Depression, Negative Self, Somatization, and Hostility subscales of BSI. Results indicated that there was no significant difference of Relationship Duration on BSI subscales [*Multivariate*  $F(15, 988) = 1.08, p = .375$ ; Wilks' Lambda = .956,  $\eta_p^2 = .015$ ].

### **3.3.5.4. Relationship Satisfaction**

A between subjects Analysis of Variance (ANOVA) was conducted in order to see relationship duration differences on RAS. According to the results, there was no significant difference of Relationship Duration on relationship satisfaction,  $F(3, 362) = 1.41, p = .239, \eta_p^2 = .012$ .

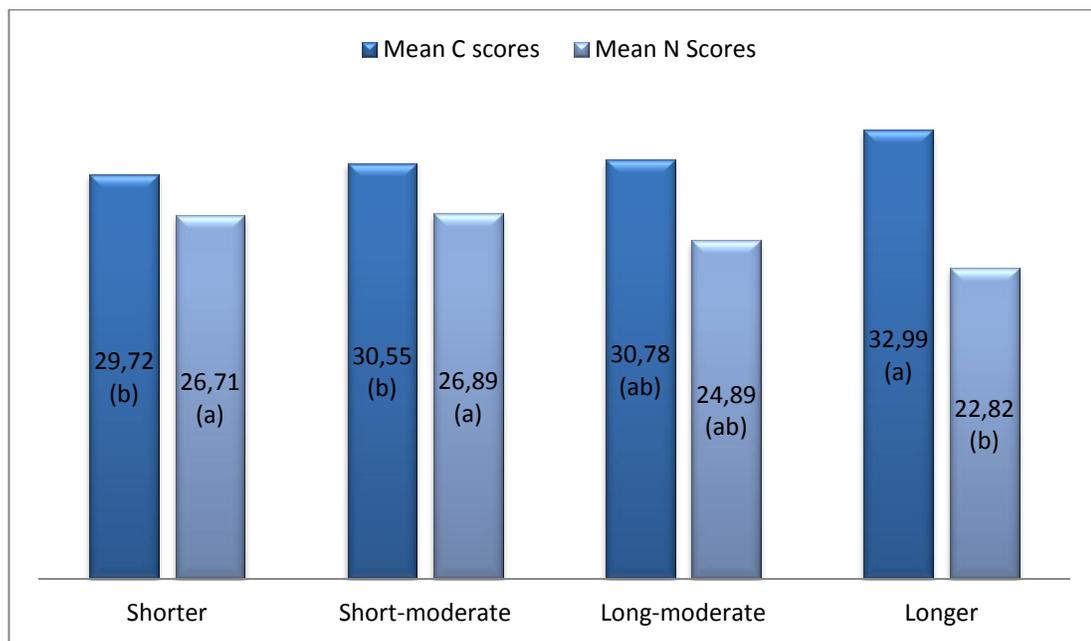
### **3.3.5.5. Satisfaction with Life**

A between subjects Analysis of Variance (ANOVA) was conducted in order to see relationship duration differences on SWLS. According to the results, there was no significant difference of Relationship Duration on life satisfaction,  $F(3, 362) = 1.54, p = .205, \eta_p^2 = .013$ .

### **3.3.5.6. Personality Traits**

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to examine relationship duration difference on Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness, and Negative Valence subscales of BPTI. Results indicated significant difference of Relationship Duration on the subscales of BPTI [*Multivariate*  $F(18, 1010) = 2.35, p = .001$ ; Wilks' Lambda = .891,  $\eta_p^2 = .038$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate

analyses were conducted considering alpha levels lower than .008 as significant. After this correction, univariate tests showed that there was significant Relationship Duration difference in Conscientiousness subscale of BPTI [ $F(3, 362) = 5.49, p = .001, \eta_p^2 = .044$ ]. That is, participants having shorter relationships ( $M = 29.72, SE = .60$ ) and short-moderate relationships ( $M = 30.55, SE = .59$ ) were less conscientious compared to the participants having longer relationships ( $M = 32.99, SE = .60$ ) (see Figure 3.28.). Additionally, a significant relationship duration difference was found in Neuroticism [ $F(3, 362) = 5.93, p = .001, \eta_p^2 = .047$ ]. Participants having shorter relationships ( $M = 26.71, SE = .79$ ) and short-moderate relationships ( $M = 26.89, SE = .77$ ) had higher levels of neuroticism than the ones having longer relationships ( $M = 22.82, SE = .78$ ) (see Figure 3.28.).



**Figure 3.28.** Relationship Duration Differences on Conscientiousness (C) and Neuroticism (N)

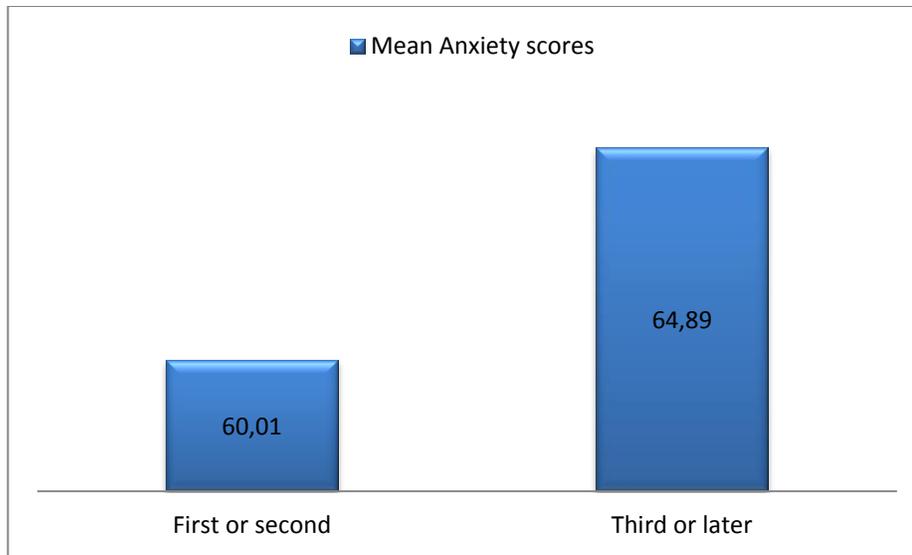
*Note.* The mean scores that did not share the same letter were significantly different from each other, for each dependent variable.

### 3.3.6. Current Relationship Order Differences on the Measures of the Study

In order to examine differences of relationship order on the measures of this study, separate ANOVA and MANOVA's were conducted. Before these analyses, relationship order of the participants was sorted into two categories through median split as participants experiencing their first or second relationship and ones experiencing their third or later relationship (see Table 3.4).

#### 3.3.6.1.Attachment Styles

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see relationship order difference on the Anxiety and Avoidance subscales of ECR-R. According to the results, there was a significant difference of Relationship Order on ECR-R [*Multivariate*  $F(2, 363) = 9.10, p = .000$ ; Wilks' Lambda = .952,  $\eta_p^2 = .048$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering the alpha levels lower than .025 as significant. Following this correction, univariate tests showed a significant relationship order difference in Anxiety subscale of ECR-R [ $F(1, 364) = 7.03, p = .008, \eta_p^2 = .019$ ]. That is, participants experiencing their first or second relationship ( $M = 60.01, SE = 1.31$ ) had lower scores in Anxiety subscale compared to those experiencing their third or later relationship ( $M = 64.89, SE = 1.29$ ) (see Figure 3.29.).



**Figure 3.29.** Relationship Order Differences on Anxiety

### 3.3.6.2. Jealousy

#### 3.3.6.2.1. Emotional Expression of Jealousy

4 (Age) x 2 (Relationship Order) x 2 (Stage of Threat) x 4 (Emotion Type) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, relationship order and stage of threat differences and their interaction effect on intensity of Emotion Types. Results did not reveal significant interactions including relationship order.

#### 3.3.6.2.2. Communicative Expression of Jealousy

4 (Age) x 2 (Relationship Order) x 2 (Stage of Threat) x 5 (Types of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, relationship order and stage of threat differences and their interaction effect on frequency of using Types of Communicative Expression of Jealousy. Results did not reveal significant interactions including relationship order.

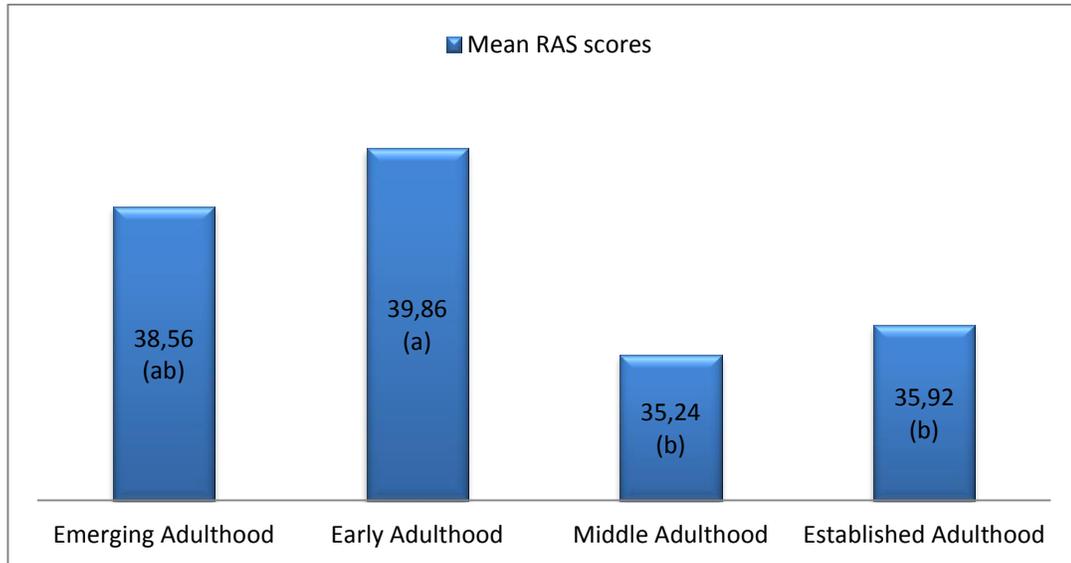
### 3.3.6.3. Psychopathological Symptoms

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to test relationship order difference in Anxiety, Depression, Negative Self, Somatization, and Hostility subscales of BSI. Results indicated that there was no significant difference of Relationship Order on BSI subscales [*Multivariate*  $F(5, 360) = 0.57, p = .726$ ; Wilks' Lambda = .992,  $\eta_p^2 = .008$ ].

### 3.3.6.4. Relationship Satisfaction

2 (Relationship order) x 4 (Age) between subjects factorial Analysis of Variance (ANOVA) was conducted in order to examine differences of Relationship Order, Age and their interaction on RAS. Results indicated that there was a significant main effect of Age [ $F(3, 358) = 5.62, p = .001, \eta_p^2 = .045$ ], and a significant Relationship Order x Age interaction [ $F(3, 358) = 4.01, p = .008, \eta_p^2 = .033$ ] on relationship satisfaction. Post-hoc comparisons with Bonferroni analysis were conducted. Firstly, participants who were in early adulthood period ( $M = 29.86, SE = .88$ ) were more satisfied with their romantic relationships compared to those who were in middle ( $M = 35.24, SE = .94$ ) and established adulthood periods ( $M = 35.92, SE = 1.02$ ) (see Figure 3.30.). On the other hand, the interaction effect indicated that in the early adulthood period the participants experiencing their first or second relationship ( $M = 42.00, SE = 1.38$ ) were more satisfied with their romantic relationships than those experiencing their third or later relationship ( $M = 37.73, SE = 1.08$ ). In the middle adulthood period however, participants experiencing their first or second relationship ( $M = 33.06, SE = 1.48$ ) were less satisfied with their romantic relationship compared to ones experiencing their third or later relationship ( $M = 37.41, SE = 1.14$ ). Moreover, there was not any age difference among participants experiencing their third or later relationship in terms of relationship satisfaction. However, among the ones experiencing their first or second relationship, participants in the middle adulthood period were less satisfied with their romantic relationships than those in the emerging adulthood ( $M = 38.56, SE = 1.30$ ) and early

adulthood periods. Also, participants in the established adulthood period ( $M = 36.97$ ,  $SE = 1.05$ ) were less satisfied with their romantic relationships compared to ones in the early adulthood period (see Table 3.13. and Figure 3.31.).



**Figure 3.30.** Age Differences on Relationship Satisfaction

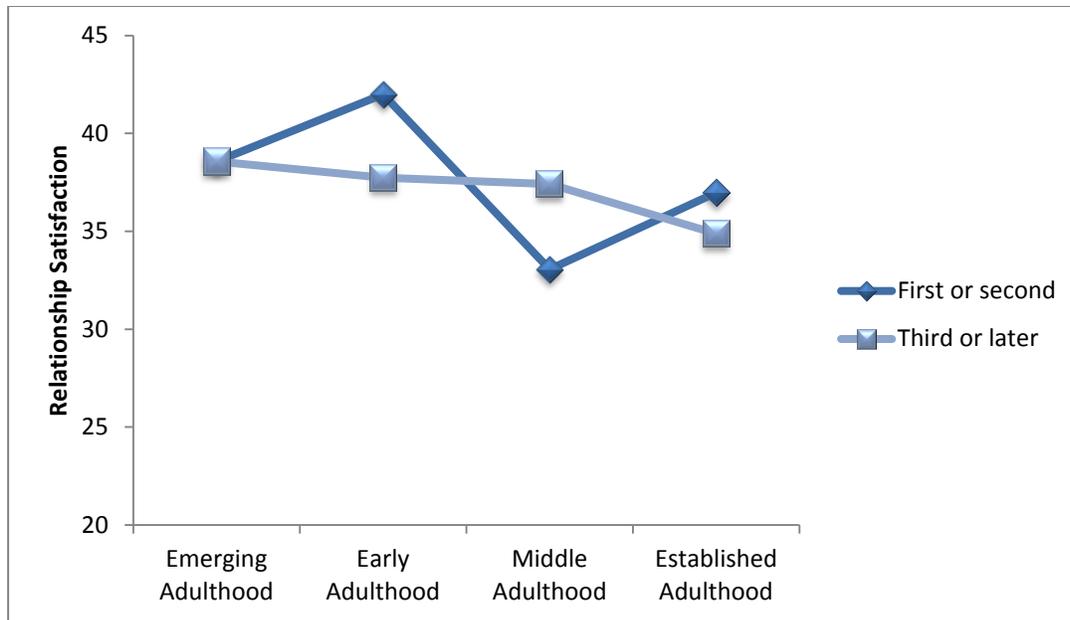
*Note.* The mean scores that did not share the same letter were significantly different from each other.

Table 3.13.

*Age x Relationship Order Interaction on Relationship Satisfaction*

	Emerging Adulthood	Early Adulthood	Middle Adulthood	Established Adulthood
First or second	38.56 <sub>ab1</sub>	42.00 <sub>a1</sub>	33.06 <sub>c2</sub>	36.97 <sub>bc1</sub>
Third or later	38.57 <sub>a1</sub>	37.73 <sub>a2</sub>	37.41 <sub>a1</sub>	34.88 <sub>a1</sub>

*Note.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.31.** Age x Relationship Order Interaction on Relationship Satisfaction

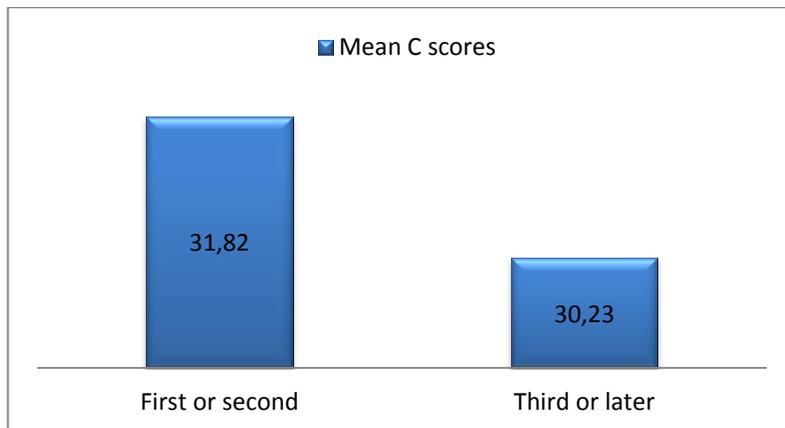
### 3.3.6.5. Satisfaction with Life

A between subjects Analysis of Variance (ANOVA) was conducted in order to see relationship order differences on SWLS. According to the results, there was no significant effect of Relationship Order on life satisfaction,  $F(1, 364) = 0.49, p = .485, \eta_p^2 = .001$ .

### 3.3.6.6. Personality Traits

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to examine relationship order difference on Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness, and Negative Valence subscales of BPTI. Results indicated significant difference of Relationship Order on the subscales of BPTI [*Multivariate*  $F(6, 359) = 3.52, p = .002$ ; Wilks' Lambda = .945,  $\eta_p^2 = .055$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .008 as significant. After this

correction, univariate tests showed that there was a significant relationship order difference in Conscientiousness subscale of BPTI [ $F(1, 364) = 7.00, p = .008, \eta_p^2 = .019$ ]. That is, participants experiencing their first or second relationship ( $M = 31.82, SE = .43$ ) were more conscientious compared to the ones experiencing their third or later relationship ( $M = 30.23, SE = .42$ ) (see Figure 3.32.).



**Figure 3.32.** Relationship Duration Differences on Conscientiousness (C)

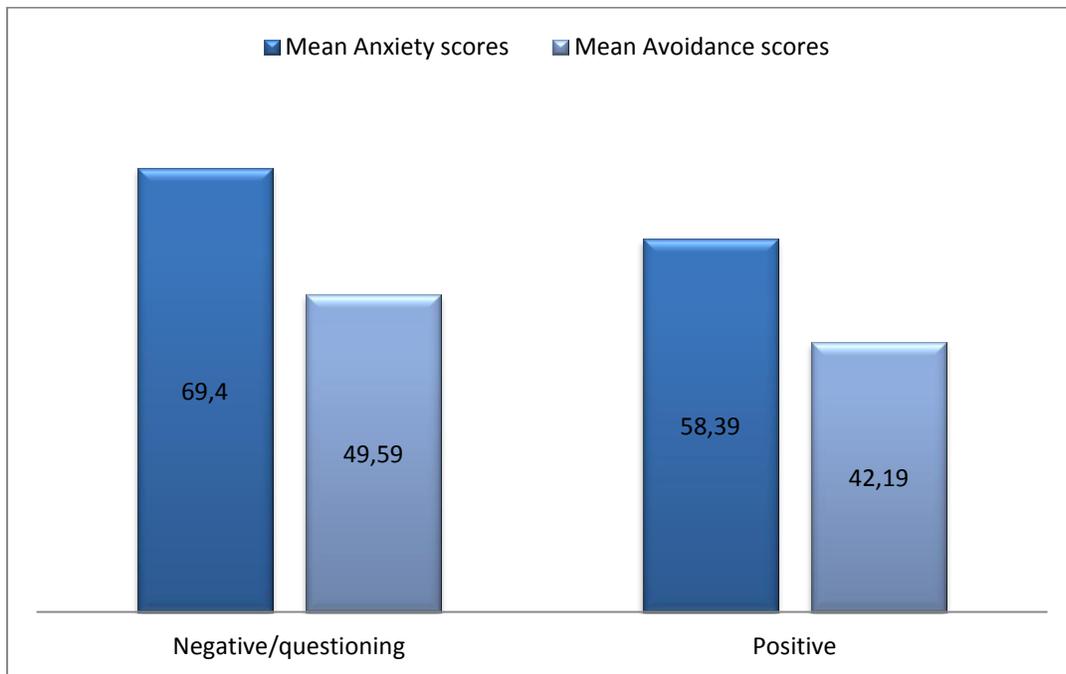
### 3.3.7. Intention for Marriage Differences on the Measures of the Study

In order to examine differences of intention for marriage on the measures of this study, separate ANOVA and MANOVA's were conducted. Before these analyses, intention for marriage of the participants was sorted into two categories through median splits: ones having negative intention for marriage or questioning marriage, and the ones having clear positive intention for marriage (see Table 3.4).

#### 3.3.7.1. Attachment Styles

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see intention for marriage difference on the Anxiety and Avoidance subscales of ECR-R. According to the results, there was a significant difference of Intention for

Marriage on ECR-R [*Multivariate*  $F(2, 180) = 11.23, p = .000$ ; Wilks' Lambda = .889,  $\eta_p^2 = .111$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .025 as significant. Following this correction, univariate tests showed a significant intention for marriage difference in both Anxiety [ $F(1, 181) = 17.74, p < .001, \eta_p^2 = .089$ ] and Avoidance subscale of ECR-R [ $F(1, 181) = 10.81, p = .001, \eta_p^2 = .056$ ]. According to the results, those participants having negative intention for marriage or questioning marriage ( $M = 69.40, SE = 2.00$ ) had higher scores in Anxiety subscale compared to those having clear positive intention for marriage ( $M = 58.39, SE = 1.68$ ). Similarly, participants having negative intention for marriage or questioning marriage ( $M = 49.59, SE = 1.72$ ) had higher scores in Avoidance subscale compared to those having clear positive intention for marriage ( $M = 42.19, SE = 1.45$ ) (see Figure 3.33.).



**Figure 3.33.** Intention for Marriage Differences on Anxiety and Avoidance

### **3.3.7.2. Jealousy**

#### **3.3.7.2.1. Emotional Expression of Jealousy**

4 (Age) x 2 (Intention for Marriage) x 2 (Stage of Threat) x 4 (Emotion Type) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, intention for marriage and stage of threat differences and their interaction effect on intensity of Emotion Types. Results did not reveal significant interactions including intention for marriage.

#### **3.3.7.2.2. Communicative Expression of Jealousy**

4 (Age) x 2 (Intention for Marriage) x 2 (Stage of Threat) x 5 (Types of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, intention for marriage and stage of threat differences and their interaction effect on frequency of using Types of Communicative Expression of Jealousy. Results did not reveal significant interactions including intention for marriage.

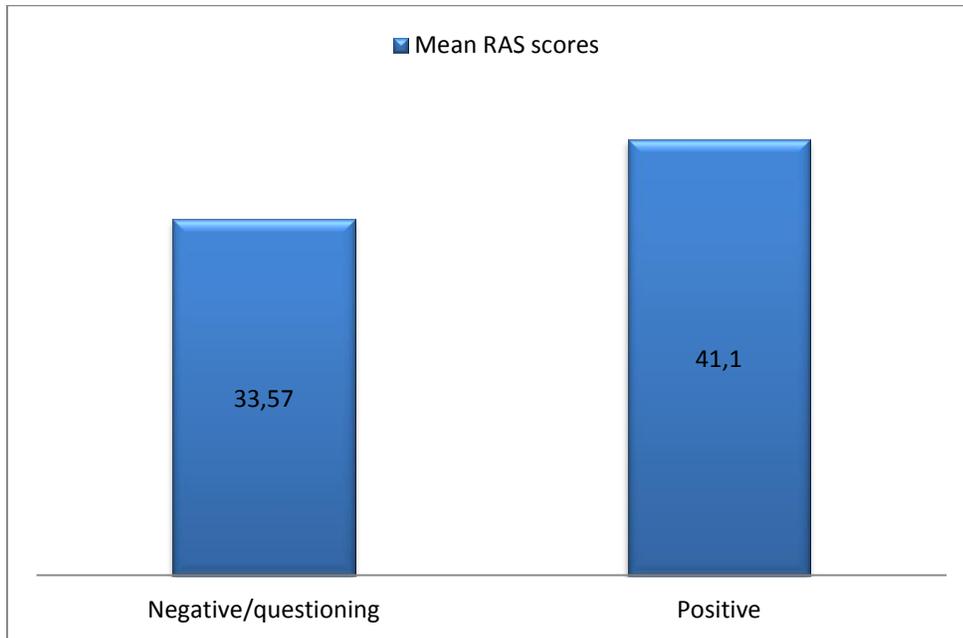
#### **3.3.7.3. Psychopathological Symptoms**

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to test intention for marriage difference in Anxiety, Depression, Negative Self, Somatization, and Hostility subscales of BSI. Results indicated that there was no significant difference of Intention for Marriage on BSI subscales [*Multivariate F*(5, 177) = 1.97,  $p = .086$ ; Wilks' Lambda = .947,  $\eta^2 = .053$ ].

#### **3.3.7.4. Relationship Satisfaction**

A between subjects Analysis of Variance (ANOVA) was conducted in order to examine differences of intention for marriage in RAS. Results indicated that there was a

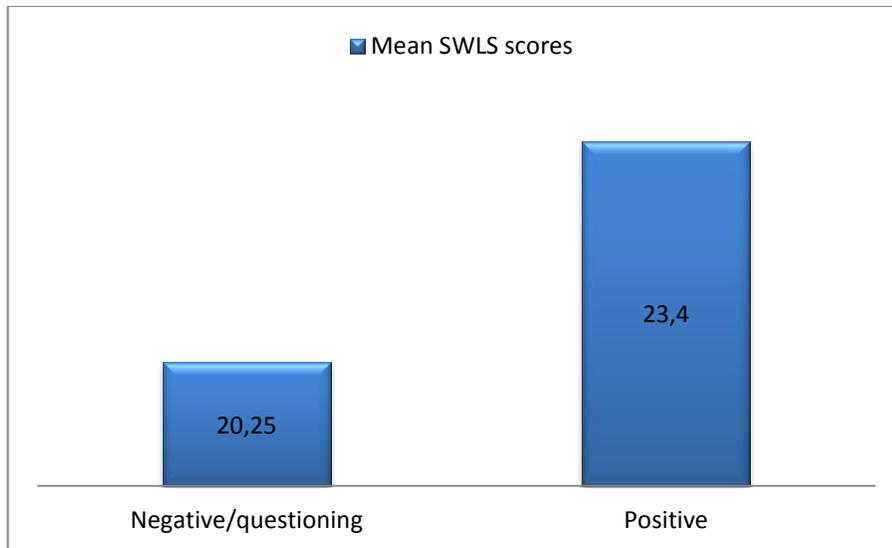
significant difference of Intention for Marriage on relationship satisfaction [ $F(1, 181) = 57.15, p < .001, \eta_p^2 = .240$ ]. That is, participants having negative intention for marriage or questioning marriage ( $M = 33.57, SE = .76$ ) were less satisfied with their romantic relationships compared to those having clear positive intention for marriage ( $M = 41.10, SE = .64$ ) (see Figure 3.34.).



**Figure 3.34.** Intention for Marriage Differences on Relationship Satisfaction

### 3.3.7.5. Satisfaction with Life

A between subjects Analysis of Variance (ANOVA) was conducted in order to examine differences of intention for marriage in SWLS. Results indicated that there was a significant difference of Intention for Marriage on life satisfaction [ $F(1, 181) = 9.21, p = .003, \eta_p^2 = .048$ ]. That is, participants having negative intention for marriage or questioning marriage ( $M = 20.25, SE = .79$ ) were less satisfied with their lives compared to those having clear positive intention for marriage ( $M = 23.40, SE = .67$ ) (see Figure 3.35.).



**Figure 3.35.** Intention for Marriage Differences on Life Satisfaction

### 3.3.7.6. Personality Traits

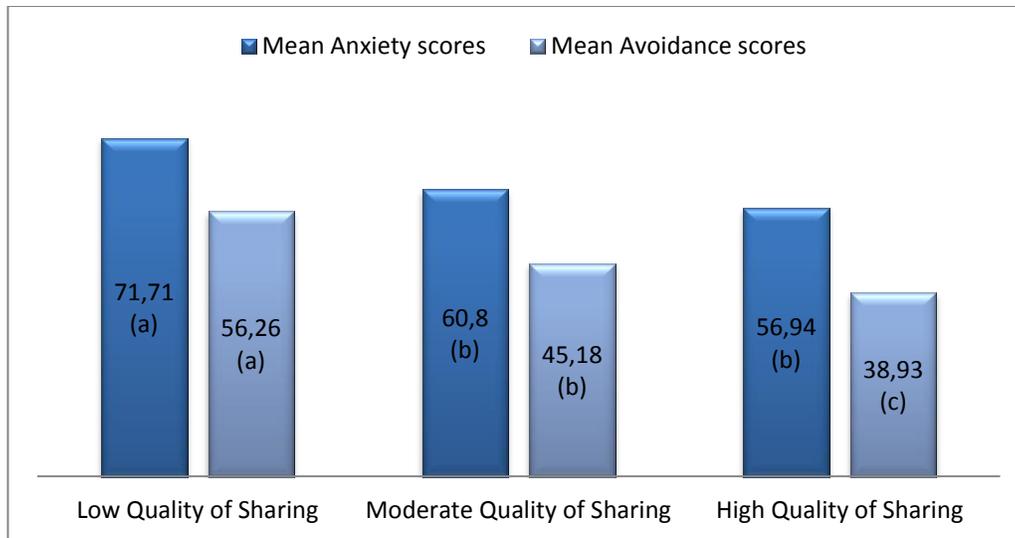
A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to examine intention for marriage difference on Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness, and Negative Valence subscales of BPTI. Results indicated that there was no significant difference of Intention for Marriage on the subscales of BPTI [*Multivariate*  $F(6, 176) = 1.56, p = .162$ ; Wilks' Lambda = .950,  $\eta^2 = .050$ ].

### 3.3.8. Quality of Sharing Differences on the Measures of the Study

In order to examine differences of quality of sharing with the partner on the measures of this study, separate ANOVA and MANOVA's were conducted. Before these analyses, quality of sharing of the participants was sorted into three approximately equal categories as low, moderate, and high quality of sharing (see Table 3.4).

### 3.3.8.1. Attachment Styles

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see quality of sharing differences on the Anxiety and Avoidance subscales of ECR-R. According to the results, there was a significant difference of Quality of Sharing on ECR-R scores [*Multivariate*  $F(4, 724) = 20.37, p < .001$ ; Wilks' Lambda = .808,  $\eta_p^2 = .101$ ]. Therefore, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .025 as significant. Following this correction, univariate tests showed a significant quality of sharing difference in both Anxiety [ $F(2, 363) = 20.60, p < .001, \eta_p^2 = .102$ ] and Avoidance subscales of ECR-R [ $F(2, 363) = 31.74, p < .001, \eta_p^2 = .149$ ]. According to the results, participants who rated quality of sharing with their partner as low ( $M = 71.71, SE = 1.74$ ) had higher scores in Anxiety subscale compared to the ones rated quality of sharing as moderate ( $M = 60.80, SE = 1.31$ ) and the ones rated quality of sharing as high ( $M = 56.94, SE = 1.64$ ). Moreover, participants who rated quality of sharing with their partner as low ( $M = 56.26, SE = 1.60$ ) had higher scores in Avoidance subscale compared to the ones rated quality of sharing as moderate ( $M = 45.18, SE = 1.20$ ). Also, avoidance scores of participants having moderate quality of sharing were higher than the ones having high quality of sharing with their partners ( $M = 38.93, SE = 1.51$ ) (see Figure 3.36.).



**Figure 3.36.** Quality of Sharing Differences on Anxiety and Avoidance

*Note.* The mean scores that did not share the same letter were significantly different from each other, for each dependent variable.

### 3.3.8.2. Jealousy

#### 3.3.8.2.1. Emotional Expression of Jealousy

4 (Age) x 3 (Quality of Sharing) x 2 (Stage of Threat) x 4 (Type of Emotion) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, quality of sharing and stage of threat differences, and their interaction effect on intensity of Emotion Types. Results did not reveal significant interactions including quality of sharing.

#### 3.3.8.2.2. Communicative Expression of Jealousy

4 (Age) x 3 (Quality of Sharing) x 2 (Stage of Threat) x 5 (Type of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, quality of sharing and stage of threat differences and their

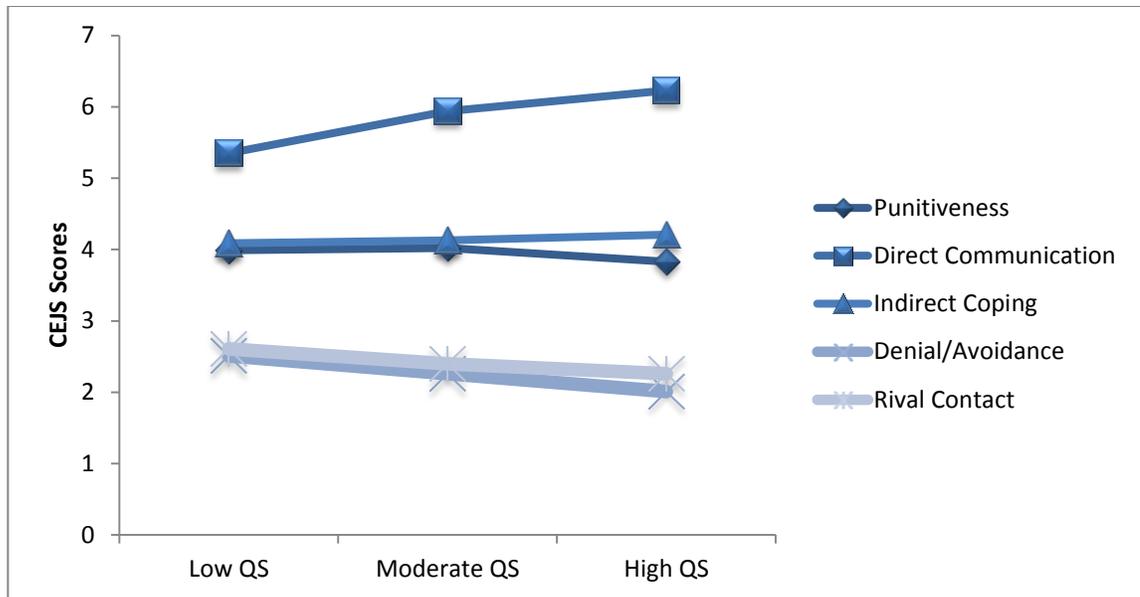
interaction effect on frequency of using Types of Communicative Expression of Jealousy. Results revealed a significant Quality of Sharing x Communicative Expression Type interaction on CEJS scores;  $F(6, 1136) = 4.09, p = .000, \eta_p^2 = .023$ . Post-hoc comparisons with Bonferroni analysis revealed that among participants having low quality of sharing, the most frequently used communicative expression of jealousy was direct communication ( $M = 5.35, SE = .14$ ) which was followed by indirect coping ( $M = 4.09, SE = .15$ ) and punitiveness ( $M = 3.99, SE = .16$ ), and rival contact ( $M = 2.61, SE = .20$ ) and denial/avoidance ( $M = 2.51, SE = .14$ ). The same order in frequency of using communicative expressions was found among participants having moderate and high quality of sharing. On the other hand, while punitiveness, indirect coping, and rival contact did not differ in terms of frequency of using communicative expressions according to different levels of sharing quality, direct communication was more frequently used among participants having high ( $M = 6.23, SE = .13$ ) and moderate quality of sharing ( $M = 5.94, SE = .10$ ) than ones having low quality of sharing ( $M = 5.35, SE = .14$ ). Yet, denial/avoidance was more frequently used among participants having low quality of sharing ( $M = 2.51, SE = .14$ ) than ones having high quality of sharing with their partners ( $M = 2.01, SE = .13$ ) (see Table 3.14. and Figure 3.37.).

Table 3.14.

*Quality of Sharing x Type of Communicative Expression Interaction on CEJS*

	P	DC	IC	D / A	RC
Low Quality of Sharing	3.99 <sub>b1</sub>	5.35 <sub>a2</sub>	4.09 <sub>b1</sub>	2.51 <sub>c1</sub>	2.61 <sub>c1</sub>
Moderate Quality of Sharing	4.02 <sub>b1</sub>	5.94 <sub>a1</sub>	4.13 <sub>b1</sub>	2.26 <sub>c12</sub>	2.40 <sub>c1</sub>
High Quality of Sharing	3.83 <sub>b1</sub>	6.23 <sub>a1</sub>	4.21 <sub>b1</sub>	2.01 <sub>c2</sub>	2.26 <sub>c1</sub>

*Note.* P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D / A = Denial / Avoidance, RC = Rival Contact.

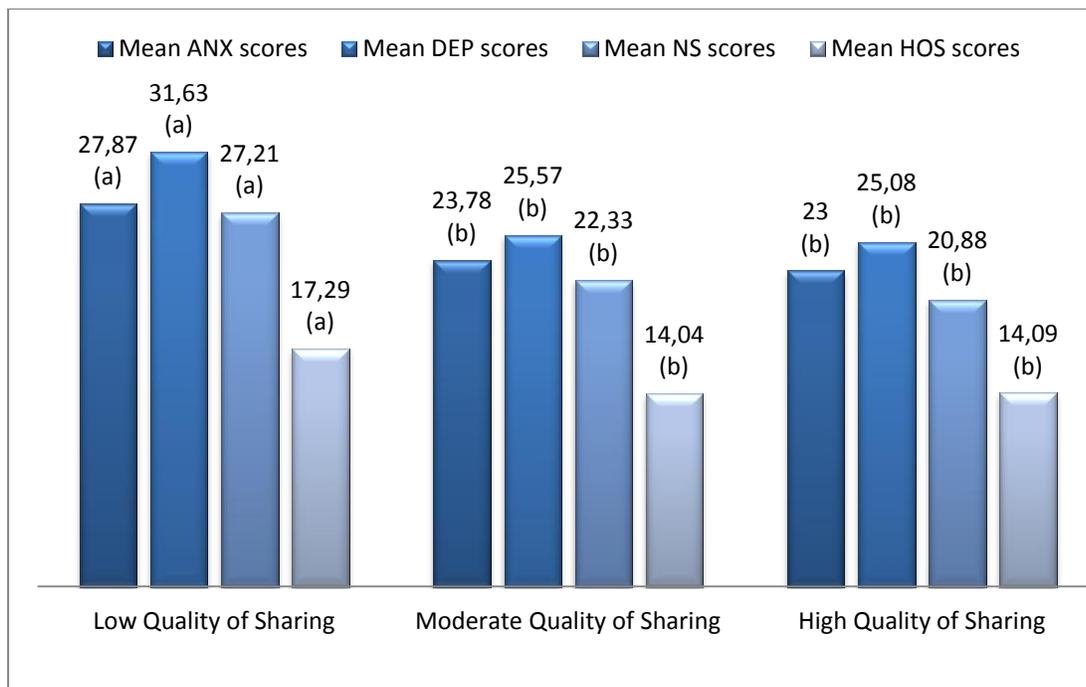


**Figure 3.37.** Quality of Sharing x Type of Communicative Expression Interaction on CEJS

### 3.3.8.3. Psychopathological Symptoms

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to test Quality of Sharing difference in Anxiety, Depression, Negative Self, Somatization, and Hostility subscales of BSI. According to the results, a significant difference of quality of sharing on BSI subscales was found [*Multivariate*  $F(10, 718) = 3.49, p < .001$ ; Wilks' Lambda = .909,  $\eta_p^2 = .046$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .01 as significant. After this correction, univariate tests indicated that there was a significant quality of sharing difference in Anxiety [ $F(2, 363) = 6.17, p = .002, \eta_p^2 = .033$ ], Depression [ $F(2, 363) = 10.66, p < .001, \eta_p^2 = .055$ ], Negative Self [ $F(2, 363) = 11.16, p < .001, \eta_p^2 = .058$ ], and Hostility [ $F(2, 363) = 10.38, p < .001, \eta_p^2 = .054$ ] subscales of BPTI. According to the results, participants having low quality of sharing with their partners ( $M = 27.87, SE = 1.10$ ) had higher levels of anxiety compared to the participants having moderate ( $M = 23.78, SE = .82$ ) and high quality of

sharing ( $M = 23.00, SE = 1.03$ ). Similarly, participants having low quality of sharing with their partners ( $M = 31.63, SE = 1.17$ ) had higher levels of depression compared to participants having moderate ( $M = 25.57, SE = .88$ ) and high quality of sharing ( $M = 25.08, SE = 1.10$ ). A similar pattern was found for Negative Self subscale; that is, participants having low quality of sharing with their partners ( $M = 27.21, SE = 1.03$ ) had higher levels of negative self than participants having moderate ( $M = 22.33, SE = .77$ ) and high quality of sharing ( $M = 20.88, SE = .97$ ). Lastly, participants having low quality of sharing with their partners ( $M = 17.29, SE = .61$ ) had higher levels of hostility compared to participants having moderate ( $M = 14.04, SE = .46$ ) and high quality of sharing ( $M = 14.09, SE = .58$ ) (see Figure 3.38.).

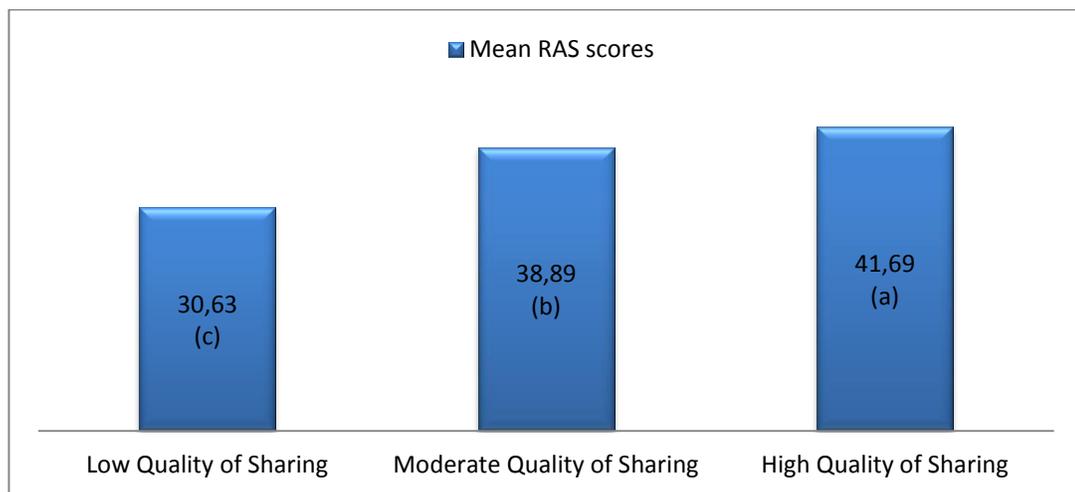


**Figure 3.38.** Quality of Sharing Differences on Anxiety (ANX), Depression (DEP), Negative Self (NS), and Hostility (HOS)

*Note.* The mean scores that did not share the same letter were significantly different from each other, for each dependent variable.

### 3.3.8.4. Relationship Satisfaction

A between subjects Analysis of Variance (ANOVA) was conducted in order to examine differences of quality of sharing in RAS. Results indicated that there was a significant difference of Quality of Sharing on relationship satisfaction [ $F(2, 363) = 56.88, p < .001, \eta_p^2 = .239$ ]. That is, participants having low quality of sharing with their partners ( $M = 30.63, SE = .79$ ) were less satisfied with their romantic relationships compared to the participants having moderate quality of sharing ( $M = 38.89, SE = .59$ ). Moreover, participants having moderate quality of sharing were less satisfied with their romantic relationships than the ones having high quality of sharing with their partners ( $M = 41.69, SE = .74$ ) (see Figure 3.39.).



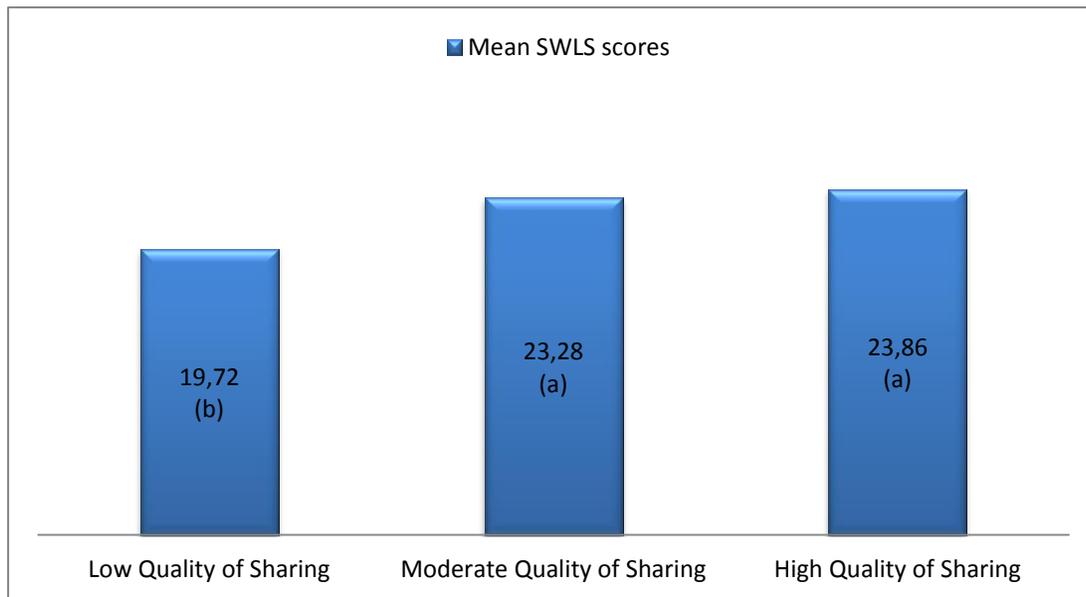
**Figure 3.39.** Quality of Sharing Differences on Relationship Satisfaction

*Note.* The mean scores that did not share the same letter were significantly different from each other.

### 3.3.8.5. Satisfaction with Life

A between subjects Analysis of Variance (ANOVA) was conducted in order to examine differences of quality of sharing in SWLS. Results indicated that there was a significant

difference of Quality of Sharing on life satisfaction [ $F(2, 363) = 9.59, p < .001, \eta_p^2 = .050$ ]. That is, participants having low quality of sharing with their partners ( $M = 19.72, SE = .75$ ) were less satisfied with their lives compared to the ones having moderate ( $M = 23.28, SE = .57$ ) and high quality of sharing ( $M = 23.86, SE = .67$ ) (see Figure 3.40.).



**Figure 3.40.** Quality of Sharing Differences on Life Satisfaction

*Note.* The mean scores that did not share the same letter were significantly different from each other.

### 3.3.8.6. Personality Traits

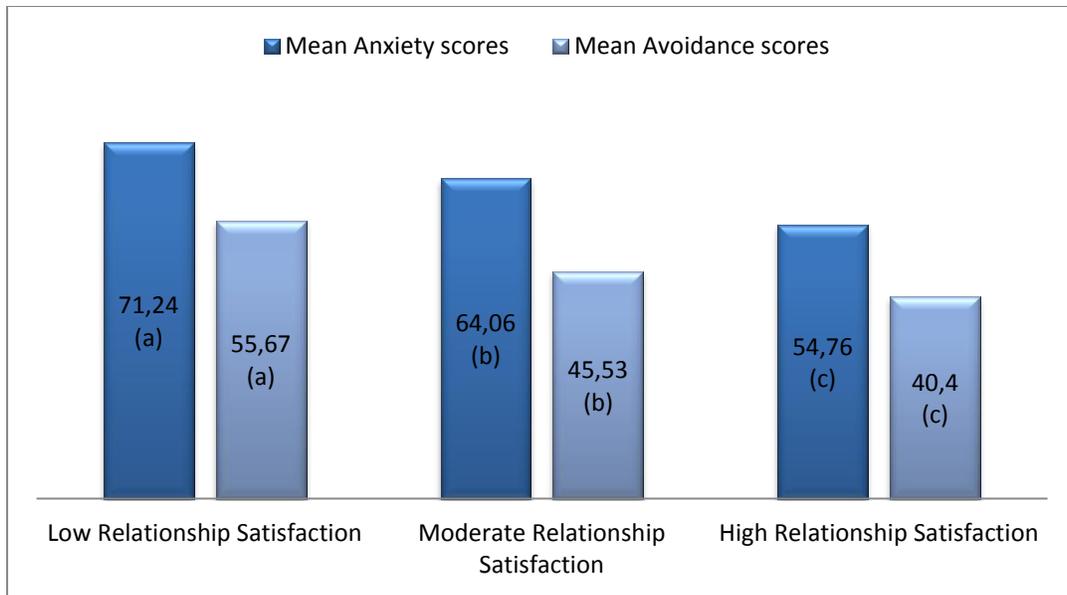
A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to examine quality of sharing difference on Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness and Negative Valence subscales of BPTI. Results indicated that there was no significant difference of Quality of Sharing on the subscales of BPTI [*Multivariate*  $F(12, 718) = 1.39, p = .167$ ; Wilks' Lambda = .955,  $\eta_p^2 = .023$ ].

### 3.3.9. Relationship Satisfaction Differences on the Measures of the Study

In order to examine differences of relationship satisfaction with the partner on the measures of this study, separate ANOVAs and MANOVAs were conducted. Before these analyses, relationship satisfaction of the participants was sorted into three approximately equal categories as low, moderate, and high satisfaction with romantic relationship(see Table 3.4).

#### 3.3.9.1.Attachment Styles

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to see relationship satisfaction difference on the Anxiety and Avoidance subscales of ECR-R. According to the results, there was a significant difference of Relationship Satisfaction on ECR-R [*Multivariate*  $F(4, 724) = 21.09, p = .000$ ; Wilks' Lambda = .802,  $\eta_p^2 = .104$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .025 as significant. Following this correction, univariate tests showed a significant relationship satisfaction difference in both Anxiety [ $F(2, 363) = 27.92, p < .001, \eta_p^2 = .133$ ] and Avoidance subscale of ECR-R [ $F(2, 363) = 25.86, p < .001, \eta_p^2 = .125$ ]. According to these results, participants who rated relationship satisfaction as low ( $M = 71.24, SE = 1.73$ ) had higher scores in Anxiety subscale compared to the ones rated level of relationship satisfaction as moderate ( $M = 64.06, SE = 1.40$ ). Also, participants having moderate level of relationship satisfaction had higher scores than the ones having high level of relationship satisfaction ( $M = 54.76, SE = 1.44$ ). Moreover, participants who rated level of relationship satisfaction as low ( $M = 55.67, SE = 1.64$ ) had higher scores in Avoidance subscale compared to the ones rated level of relationship satisfaction as moderate ( $M = 45.53, SE = 1.33$ ). Also, Avoidance scores of participants having moderate level of relationship satisfaction were higher than ones having high level of relationship satisfaction ( $M = 40.40, SE = 1.36$ ) (see Figure 3.41.).



**Figure 3.41.** Relationship Satisfaction Differences on Anxiety and Avoidance

*Note.* The mean scores that did not share the same letter were significantly different from each other, for each dependent variable.

### 3.3.9.2. Jealousy

#### 3.3.9.2.1. Emotional Expression of Jealousy

4 (Age) x 3 (Relationship Satisfaction) x 2 (Stage of Threat) x 4 (Emotion Type) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see age, relationship satisfaction and stage of threat differences, and their interaction effect on intensity of Emotion Types. Results did not reveal significant interactions including relationship satisfaction.

#### 3.3.9.2.2. Communicative Expression of Jealousy

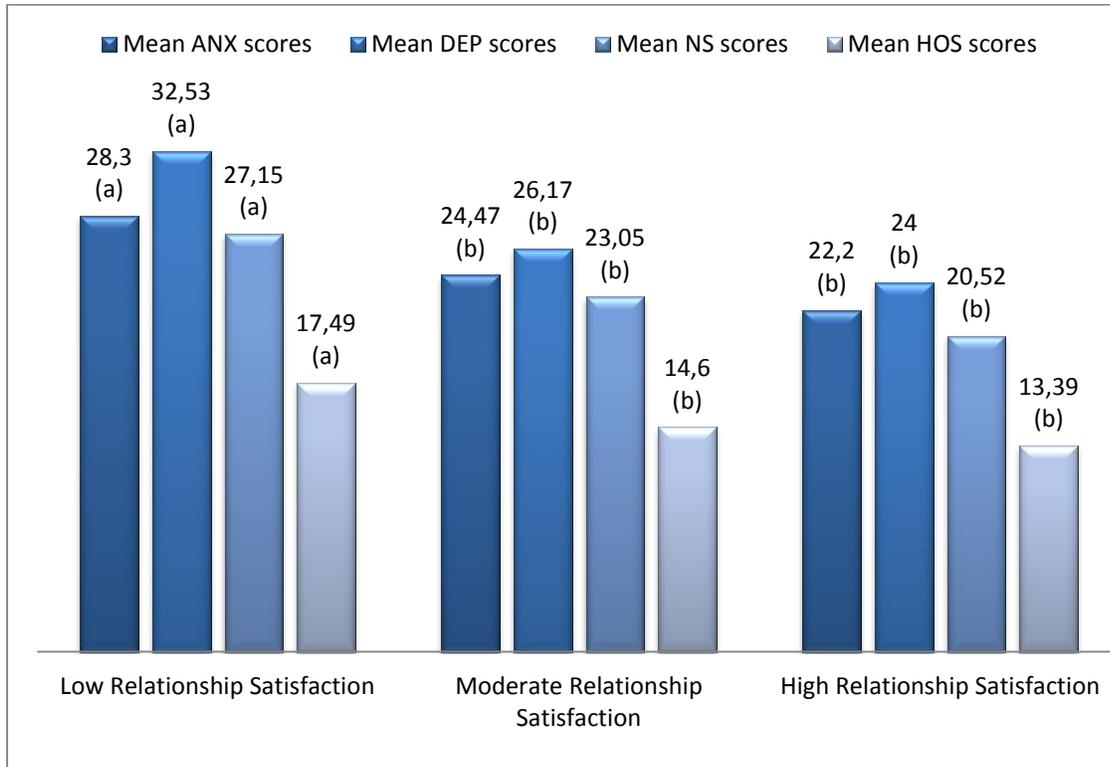
4 (Age) x 3 (Relationship Satisfaction) x 2 (Stage of Threat) x 5 (Type of Communicative Expression) Mixed design ANOVA with repeated measures on the last

two factors was conducted in order to see age, relationship satisfaction and stage of threat differences, and their interaction effect on frequency of using Types of Communicative Expression of Jealousy. Results did not reveal significant interactions including relationship satisfaction.

### 3.3.9.3. Psychopathological Symptoms

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to test Relationship Satisfaction difference in Anxiety, Depression, Negative Self, Somatization, and Hostility subscales of BSI. According to the results, a significant difference of relationship satisfaction on BSI subscales was found [*Multivariate*  $F(10, 718) = 4.73, p < .001$ ; Wilks' Lambda = .880,  $\eta_p^2 = .062$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .01 as significant. After this correction, univariate tests indicated that there was a significant Relationship Satisfaction difference in Anxiety [ $F(2, 363) = 9.18, p < .001, \eta_p^2 = .048$ ], Depression [ $F(2, 363) = 16.43, p < .001, \eta_p^2 = .083$ ], Negative Self [ $F(2, 363) = 12.15, p < .001, \eta_p^2 = .063$ ], and Hostility [ $F(2, 363) = 13.51, p < .001, \eta_p^2 = .069$ ] subscales of BPTI. According to these results, participants having low level of relationship satisfaction ( $M = 28.30, SE = 1.10$ ) had higher levels of anxiety compared to participants having moderate ( $M = 24.47, SE = .89$ ) and high level of relationship satisfaction ( $M = 22.20, SE = .91$ ). Similarly, participants having low level of relationship satisfaction ( $M = 32.53, SE = 1.17$ ) had higher levels of depression compared to participants having moderate ( $M = 26.17, SE = .94$ ) and high level of relationship satisfaction ( $M = 24.00, SE = .97$ ). A similar pattern was found for Negative Self subscale; that is, participants having low level of relationship satisfaction ( $M = 27.15, SE = 1.04$ ) had higher levels of negative self than participants having moderate ( $M = 23.05, SE = .84$ ) and high level of relationship satisfaction ( $M = 20.52, SE = .86$ ). Lastly, participants having low level of relationship satisfaction ( $M = 17.49, SE = .61$ ) had higher levels of hostility compared to participants having moderate ( $M =$

14.60,  $SE = .50$ ) and level of relationship satisfaction ( $M = 13.39$ ,  $SE = .51$ ) (see Figure 3.42.).



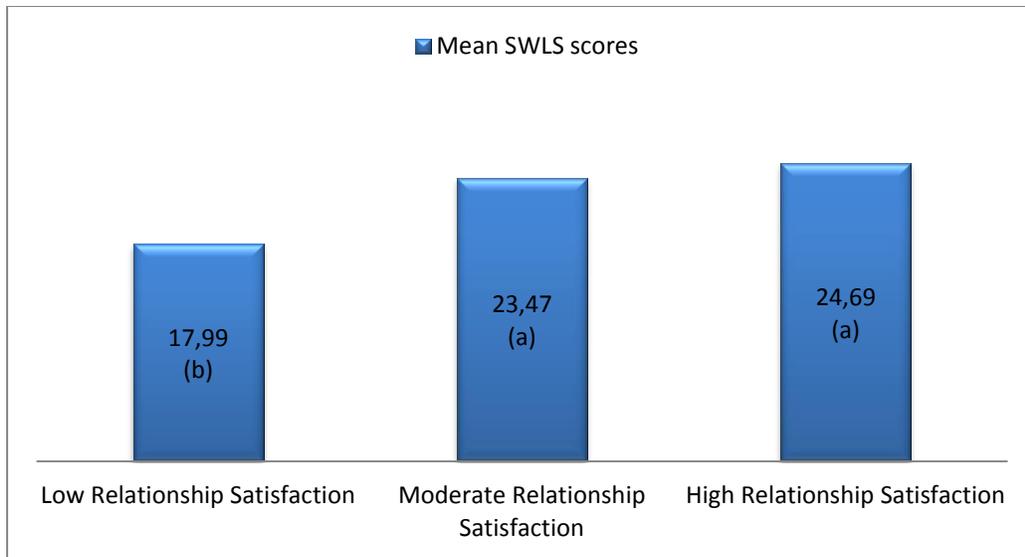
**Figure 3.42.** Relationship Satisfaction Differences on Anxiety (ANX), Depression (DEP), Negative Self (NS), and Hostility (HOS)

*Note.* The mean scores that did not share the same letter were significantly different from each other, for each dependent variable.

### 3.3.9.4. Satisfaction with Life

3 (Relationship Satisfaction) x 4 (Age) between subjects factorial Analysis of Variance (ANOVA) was conducted in order to examine differences of relationship satisfaction, age, and their interaction in SWLS. Firstly, a significant main effect of Relationship Satisfaction on life satisfaction was found [ $F(2, 354) = 26.47$ ,  $p < .001$ ,  $\eta_p^2 = .130$ ]. That is, participants having low level of relationship satisfaction ( $M = 17.99$ ,  $SE = .74$ ) were

less satisfied with their lives compared to the ones having moderate ( $M = 23.47$ ,  $SE = .59$ ) and high level of relationship satisfaction ( $M = 24.69$ ,  $SE = .60$ ) (see Figure 3.43.). Secondly, a significant main effect of Age on life satisfaction was found [ $F(3, 354) = 4.12$ ,  $p = .007$ ,  $\eta_p^2 = .034$ ]. That is, participants in established adulthood period ( $M = 23.95$ ,  $SE = .73$ ) were more satisfied with their lives than the ones in emerging adulthood period ( $M = 20.31$ ,  $SE = .75$ ) (see Figure 3.44.). Moreover, a significant interaction effect of Relationship Satisfaction x Age on life satisfaction was found [ $F(6, 354) = 2.32$ ,  $p = .033$ ,  $\eta_p^2 = .038$ ]. Among participants with low relationship satisfaction, there was not any age difference. Among participants with moderate relationship satisfaction; however, ones in the established adulthood period ( $M = 25.88$ ,  $SE = 1.17$ ) were more satisfied with their lives than the ones in middle adulthood period ( $M = 21.27$ ,  $SE = 1.25$ ). Also, among participants with high relationship satisfaction, ones in the established adulthood period ( $M = 26.93$ ,  $SE = 1.29$ ) were more satisfied with their lives than ones in early adulthood period ( $M = 22.33$ ,  $SE = 1.08$ ). On the other hand, in emerging adulthood, participants with low relationship satisfaction ( $M = 14.36$ ,  $SE = 1.46$ ) were less satisfied with their lives than the ones with moderate ( $M = 22.26$ ,  $SE = 1.23$ ) and high relationship satisfaction ( $M = 24.29$ ,  $SE = 1.17$ ). In early adulthood, participants with low relationship satisfaction ( $M = 19.36$ ,  $SE = 1.83$ ) were less satisfied with their lives compared to ones with moderate relationship satisfaction ( $M = 24.48$ ,  $SE = 1.01$ ). In middle adulthood, participants with low relationship satisfaction ( $M = 19.21$ ,  $SE = 1.29$ ) were less satisfied with their lives compared to ones with high relationship satisfaction ( $M = 25.23$ ,  $SE = 1.23$ ). Lastly, in established adulthood, participants with low relationship satisfaction ( $M = 19.04$ ,  $SE = 1.29$ ) were less satisfied with their lives compared to ones with moderate ( $M = 25.88$ ,  $SE = 1.17$ ) and high relationship satisfaction ( $M = 26.93$ ,  $SE = 1.29$ ) (see Table 3.15. and Figure 3.45.).



**Figure 3.43.** Relationship Satisfaction Differences on Life Satisfaction

*Note.* The mean scores that did not share the same letter were significantly different from each other.



**Figure 3.44.** Age Differences on Life Satisfaction

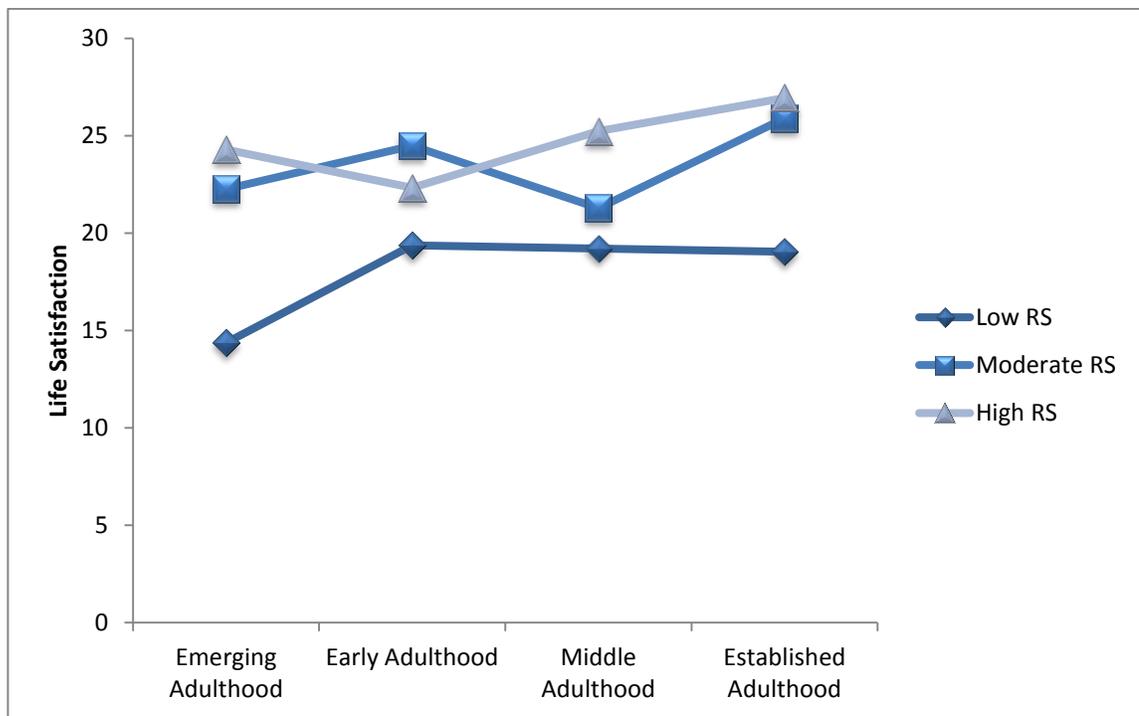
*Note.* The mean scores that did not share the same letter were significantly different from each other.

Table 3.15.

*Relationship Satisfaction x Age Interaction on Life Satisfaction*

	Emerging Adulthood	Early Adulthood	Middle Adulthood	Established Adulthood
Low Relationship Satisfaction	14.36 <sub>a1</sub>	19.36 <sub>a1</sub>	19.21 <sub>a1</sub>	19.04 <sub>a1</sub>
Moderate Relationship Satisfaction	22.26 <sub>ab2</sub>	24.48 <sub>ab2</sub>	21.27 <sub>b12</sub>	25.88 <sub>a2</sub>
High Relationship Satisfaction	24.29 <sub>ab2</sub>	22.33 <sub>b12</sub>	25.23 <sub>ab2</sub>	26.93 <sub>a2</sub>

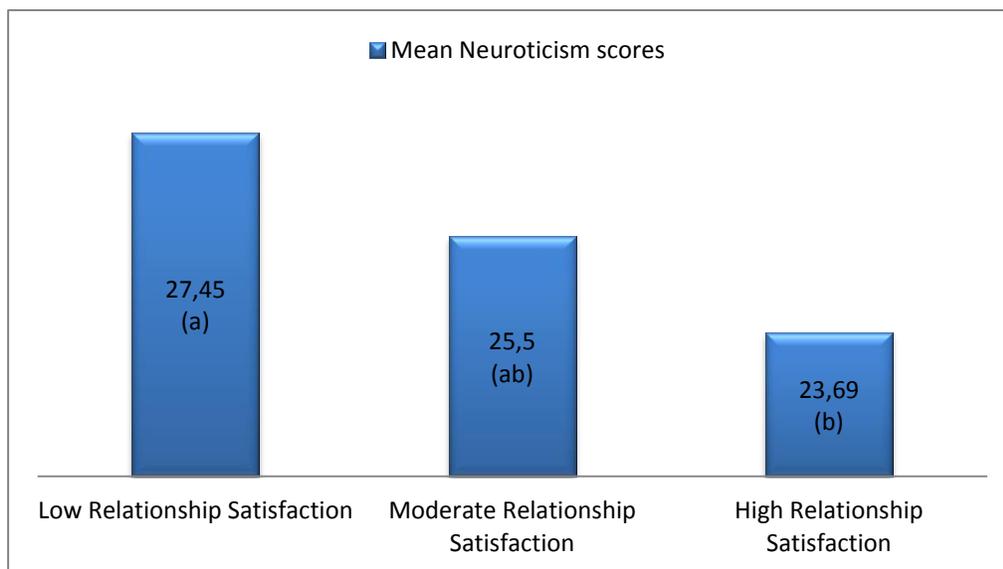
*Note.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.45.** Relationship Satisfaction x Age Interaction on Life Satisfaction

### 3.3.9.5. Personality Traits

A between subjects Multivariate Analysis of Variance (MANOVA) was conducted in order to examine relationship satisfaction difference on Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness, and Negative Valence subscales of BPTI. Results indicated significant difference of Relationship Satisfaction on the subscales of BPTI [*Multivariate*  $F(12, 716) = 1.85, p = .038$ ; Wilks' Lambda = .941,  $\eta_p^2 = .030$ ]. Thus, the alpha value was adjusted according to Bonferroni correction and univariate analyses were conducted considering alpha levels lower than .008 as significant. After this correction, univariate tests showed that there was a significant Relationship Satisfaction difference in Neuroticism subscale of BPTI [ $F(2, 363) = 6.90, p = .001, \eta_p^2 = .037$ ]. That is, participants with high relationship satisfaction ( $M = 23.69, SE = .65$ ) had lower levels of neuroticism compared to the ones with low relationship satisfaction ( $M = 27.45, SE = .78$ ) (see Figure 3.46.).



**Figure 3.46.** Relationship Satisfaction Differences on Neuroticism

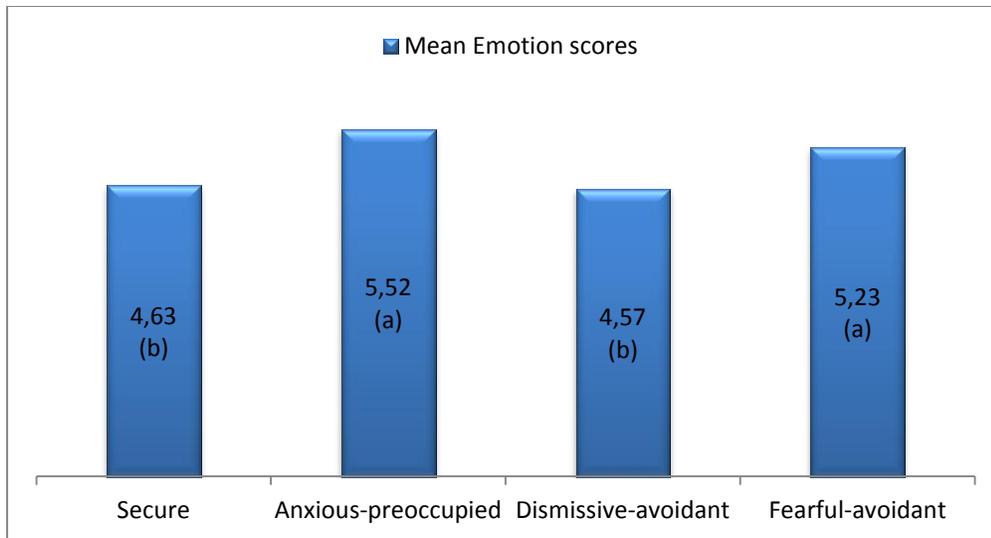
*Note.* The mean scores that did not share the same letter were significantly different from each other.

### **3.4. Attachment Style x Stage of Threat x Expression Type of Jealousy Interactions**

At the beginning of the analyses, Anxiety and Avoidance domains of attachment were sorted into two categories as low and high through two separate median split; therefore, attachment was sorted into four categories and each category was named in accordance with attachment theory and work of Bartholomew (1990). The first category including participants having low scores on both Anxiety and Attachment domains was named as Secure Attachment Style. The second category with participants having high scores in Anxiety and low scores in Avoidance was named as Anxious-Preoccupied Attachment Style. The third category which included participants having low scores on Anxiety and high scores on Avoidance was named as Dismissive-Avoidant Attachment Style. Lastly, the fourth category with participants having high scores in both domains was named as Fearful-Avoidant Attachment Style.

#### **3.4.1. Emotional Expression of Jealousy Scale**

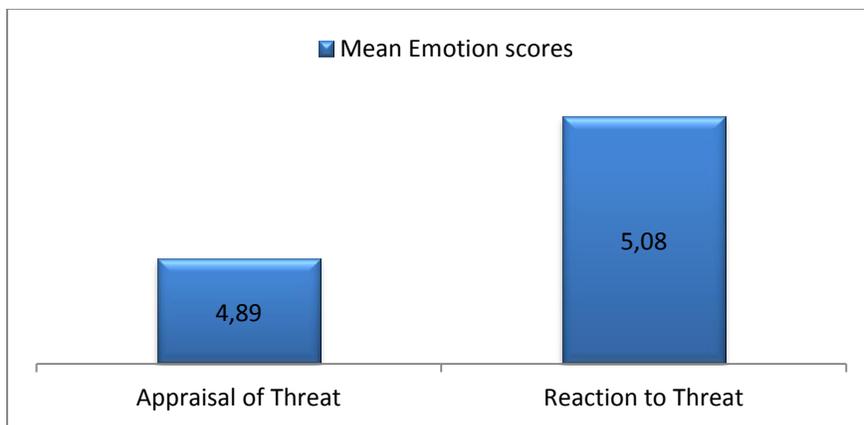
4 (Attachment Styles) x 2 (Stage of Threat) x 4 (Emotion Type) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see attachment, and stage of threat differences and their interaction effect on intensity of Emotion Types. Firstly, results indicated a significant main effect of Attachment Styles;  $F(3, 362) = 10.58, p < .001, \eta_p^2 = .081$ . Post-hoc comparisons with Bonferroni analysis showed that, emotion intensity in general was higher among participants having anxious-preoccupied ( $M = 5.52, SE = .16$ ) and fearful-avoidant attachment styles ( $M = 5.23, SE = .12$ ) than ones having secure ( $M = 4.63, SE = .12$ ) and dismissive-avoidant attachment styles ( $M = 4.57, SE = .16$ ) (see Figure 3.47.).



**Figure 3.47.** Attachment Differences on Intensity of Emotions

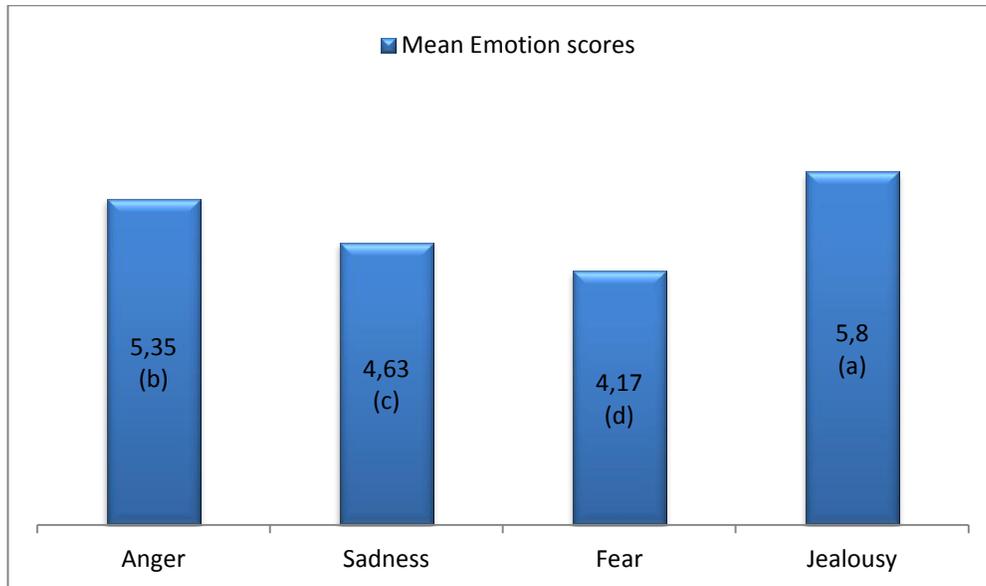
*Note.* The mean scores that did not share the same letter were significantly different from each other.

Secondly, a significant main effect of Stage of Threat was found;  $F(1, 362) = 18.81, p < .001, \eta_p^2 = .049$ . Post-hoc comparisons with Bonferroni analysis showed that, emotion intensity in general was lower in appraisal of threat scenario ( $M = 4.89, SE = .07$ ) than reaction to threat scenario ( $M = 5.08, SE = .07$ ) (see Figure 3.48.).



**Figure 3.48.** Stage of Threat Differences on Intensity of Emotions

Lastly, results indicated a significant main effect of Emotion Type;  $F(2, 864) = 226.31$ ,  $p < .001, \eta_p^2 = .385$ . According to the post-hoc comparisons with Bonferroni analysis, emotional intensity was highest for jealousy ( $M = 5.806$ ,  $SE = .09$ ) followed by anger ( $M = 5.35$ ,  $SE = .07$ ), sadness ( $M = 4.63$ ,  $SE = .08$ ), and fear ( $M = 4.17$ ,  $SE = .09$ ) respectively (see Figure 3.49.).



**Figure 3.49.** Emotion Type Differences on Intensity of Emotions

*Note.* The mean scores that did not share the same letter were significantly different from each other.

In addition to these main effects, results revealed a significant interaction effect of Attachment Styles x Emotion Types on emotion intensity;  $F(7, 864) = 5.32$ ,  $p < .001, \eta_p^2 = .042$ . According to the post-hoc comparisons with Bonferroni analysis, among securely attached participants, the most intense emotion was jealousy ( $M = 5.57$ ,  $SE = .15$ ) followed by anger ( $M = 5.02$ ,  $SE = .13$ ), sadness ( $M = 4.19$ ,  $SE = .14$ ), and fear ( $M = 3.73$ ,  $SE = .15$ ), respectively. Similarly, among individuals with anxious-preoccupied attachment, the most intense emotion was jealousy ( $M = 6.40$ ,  $SE = .19$ ) followed by anger ( $M = 5.85$ ,  $SE = .17$ ), sadness ( $M = 5.21$ ,  $SE = .18$ ), and fear ( $M = 4.63$ ,  $SE = .19$ ),

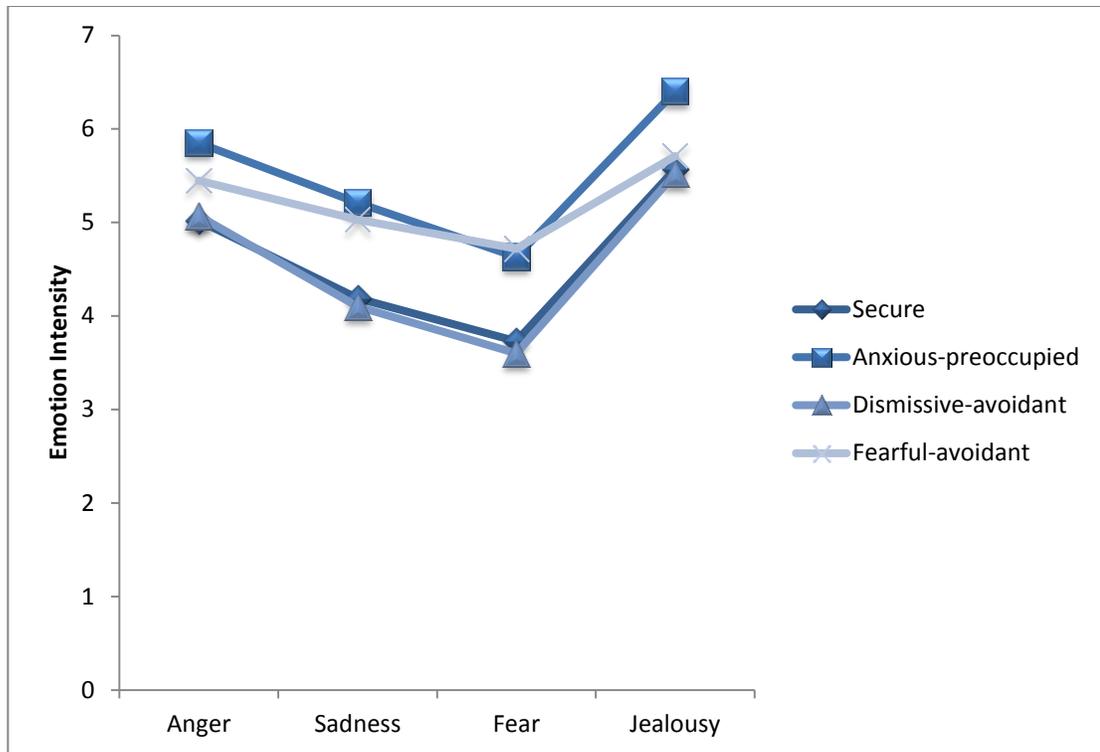
respectively. Parallel to these findings, among participants with dismissive-avoidant attachment, the most intense emotion was jealousy ( $M = 5.52, SE = .19$ ) followed by anger ( $M = 5.07, SE = .17$ ), sadness ( $M = 4.10, SE = .18$ ), and fear ( $M = 3.60, SE = .19$ ), respectively. However, among participants having fearful-avoidant attachment style, the most intense emotions were jealousy ( $M = 5.71, SE = .15$ ) and anger ( $M = 5.45, SE = .13$ ), and they were followed by sadness ( $M = 5.03, SE = .14$ ) and fear ( $M = 4.72, SE = .15$ ), respectively. On the other hand, anger was more intensely felt among participants with anxious-preoccupied attachment compared to ones having dismissive-avoidant and secure attachment styles. Sadness was more intensely felt among participants having anxious-preoccupied and fearful-avoidant attachments than ones having secure and dismissive-avoidant attachment styles. Similarly, fear was more intensely felt among participants with anxious-preoccupied and fearful-avoidant attachments than ones having secure and dismissive-avoidant attachment styles. However, jealousy was most intensely felt emotion among participants having anxious-preoccupied attachment style (see Table 3.16. and Figure 3.50.).

Table 3.16.

*Attachment Style x Emotion Type Interaction on Intensity of Emotions*

	Anger	Sadness	Fear	Jealousy
Secure	5.02 <sub>b2</sub>	4.19 <sub>c2</sub>	3.73 <sub>d2</sub>	5.57 <sub>a2</sub>
Anxious-preoccupied	5.85 <sub>b1</sub>	5.21 <sub>c1</sub>	4.63 <sub>d1</sub>	6.40 <sub>a1</sub>
Dismissive-avoidant	5.07 <sub>b2</sub>	4.10 <sub>c2</sub>	3.60 <sub>d2</sub>	5.52 <sub>a2</sub>
Fearful-avoidant	5.45 <sub>a12</sub>	5.03 <sub>b1</sub>	4.72 <sub>c1</sub>	5.71 <sub>a2</sub>

*Note.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.50.** Attachment Style x Emotion Type Interaction on Intensity of Emotions

Additionally, results revealed a significant interaction effect of Stage of Threat x Emotion Types on emotion intensity;  $F(2, 943) = 3.13, p = .031, \eta_p^2 = .009$ . According to the post-hoc comparisons with Bonferroni analysis, in appraisal of threat scenario, the most intense emotion participants felt was jealousy ( $M = 5.75, SE = .09$ ) which was followed by anger ( $M = 5.27, SE = .08$ ), sadness ( $M = 4.51, SE = .09$ ), and fear ( $M = 4.02, SE = .09$ ), respectively. Similarly, in reaction to threat scenario, the most intense emotion was jealousy ( $M = 5.85, SE = .09$ ) which was followed by anger ( $M = 5.42, SE = .08$ ), sadness ( $M = 4.75, SE = .08$ ), and fear ( $M = 4.32, SE = .09$ ), respectively. On the other hand, while anger, sadness, and fear was felt more intensely in reaction to threat scenario compared to appraisal of threat scenario, intensity of jealousy did not differ according to the stage of threat (see Table 3.17. and Figure 3.51.).

Table 3.17.

*Stage of Threat x Emotion Type Interaction on Intensity of Emotions*

	Anger	Sadness	Fear	Jealousy
Appraisal of Threat	5.27 <sub>b2</sub>	4.51 <sub>c2</sub>	4.02 <sub>d2</sub>	5.75 <sub>a1</sub>
Reaction to Threat	5.42 <sub>b1</sub>	4.75 <sub>c1</sub>	4.32 <sub>d1</sub>	5.85 <sub>a1</sub>

*Note.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.

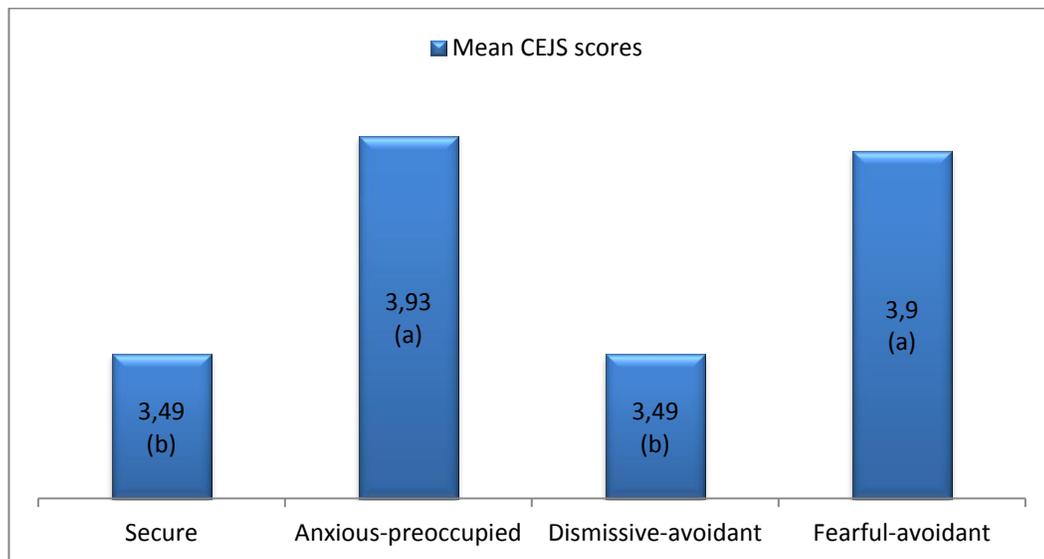


**Figure 3.51.** Stage of Threat x Emotion Type Interaction on Intensity of Emotions

### 3.4.2. Communicative Expression of Jealousy Scale

4 (Attachment Styles) x 2 (Stage of Threat) x 5 (Type of Communicative Expression) Mixed design ANOVA with repeated measures on the last two factors was conducted in order to see attachment and stage of threat differences, and their interaction effect on frequency of using Types of Communicative Expression of Jealousy. Firstly, results

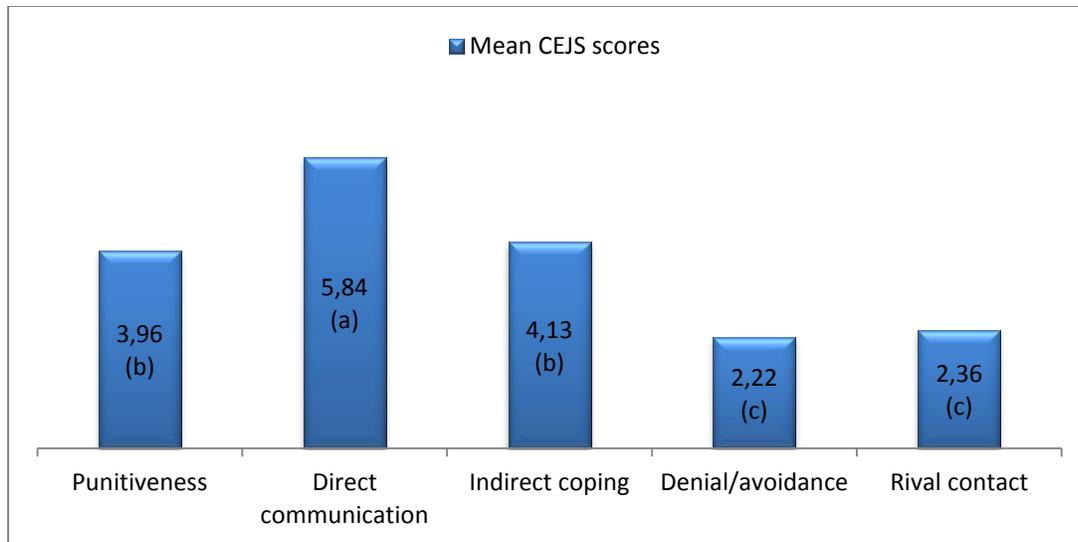
indicated a significant main effect of Attachment Style on CEJS scores;  $F(3, 362) = 7.02$ ,  $p < .001$ ,  $\eta_p^2 = .055$ . According to the post-hoc comparisons with Bonferroni analysis, use of communicative expressions of jealousy was more frequent among participants with anxious-preoccupied ( $M = 3.93$ ,  $SE = .11$ ) and fearful-avoidant attachment ( $M = 3.90$ ,  $SE = .08$ ) compared to ones having secure ( $M = 3.49$ ,  $SE = .08$ ) and dismissive-avoidant attachment style ( $M = 3.49$ ,  $SE = .11$ ) (see Figure 3.52.).



**Figure 3.52.** Attachment Differences on CEJS

*Note.* The mean scores that did not share the same letter were significantly different from each other.

Secondly, results indicated a significant main effect of Type of Communicative Expression;  $F(3, 1137) = 425.88$ ,  $p < .001$ ,  $\eta_p^2 = .541$ . According to the post-hoc comparisons with Bonferroni analysis, the most frequently used communicative expressions of jealousy was direct communication ( $M = 5.84$ ,  $SE = .07$ ) followed by indirect coping ( $M = 4.13$ ,  $SE = .07$ ) and punitiveness ( $M = 3.96$ ,  $SE = .08$ ), and rival contact ( $M = 2.36$ ,  $SE = .10$ ) and denial/avoidance ( $M = 2.22$ ,  $SE = .07$ ), respectively (see Figure 3.53.).



**Figure 3.53.** Differences of Type of Communicative Response on CEJS

*Note.* The mean scores that did not share the same letter were significantly different from each other.

Additionally, a significant interaction effect of Attachment Style x Type of Communicative Expression on frequency of using communicative expressions of jealousy was found;  $F(9, 1137) = 5.70, p < .001, \eta_p^2 = .045$ . According to the post-hoc comparisons with Bonferroni analysis, among securely attached participants, direct communication ( $M = 5.97, SE = .12$ ) was the most frequently used communicative response to jealousy which was followed by indirect coping ( $M = 3.87, SE = .13$ ), punitiveness ( $M = 3.33, SE = .13$ ), and denial/avoidance ( $M = 2.26, SE = .13$ ) and rival contact ( $M = 2.02, SE = .17$ ). Among participants having anxious-preoccupied attachment style, direct communication ( $M = 6.29, SE = .16$ ) was the most frequently used communicative expression and it was followed by indirect coping ( $M = 4.70, SE = .16$ ) and punitiveness ( $M = 4.32, SE = .17$ ), and rival contact ( $M = 2.46, SE = .23$ ) and denial/avoidance ( $M = 1.89, SE = .17$ ), respectively. Similarly, among participants with dismissive-avoidant attachment, the most frequently used communicative expression was direct communication ( $M = 5.48, SE = .16$ ) which was followed by punitiveness ( $M = 3.76, SE = .17$ ) and indirect coping ( $M = 3.74, SE = .16$ ), and denial/avoidance ( $M =$

2.31,  $SE = .17$ ) and rival contact ( $M = 2.16$ ,  $SE = .23$ ), respectively. Similar pattern was observed among participants with fearful-avoidant attachment; thus, the most frequently used communicative expression of jealousy was direct communication ( $M = 5.64$ ,  $SE = .12$ ) which was followed by punitiveness ( $M = 4.42$ ,  $SE = .13$ ) and indirect coping ( $M = 4.22$ ,  $SE = .12$ ), and rival contact ( $M = 2.80$ ,  $SE = .17$ ) and denial/avoidance ( $M = 2.39$ ,  $SE = .13$ ), respectively. On the other hand, punitiveness was more frequently used among individuals with fearful-avoidant attachment compared to the ones having dismissive-avoidant and secure attachment. Moreover, participants having anxious-preoccupied attachment used punitiveness more frequently than securely attached participants. Direct communication was used more frequently among ones having anxious-preoccupied attachment than ones having dismissive and fearful-avoidant attachments. Indirect communication was used more frequently among participants having anxious-preoccupied attachment than ones having secure attachment and dismissive-avoidant attachment. For denial/avoidance, no difference was observed among different attachment groups. Lastly, rival contact was more frequently used among participants with fearful-avoidant attachment than securely attached individuals (see Table 3.18 and Figure 3.54.).

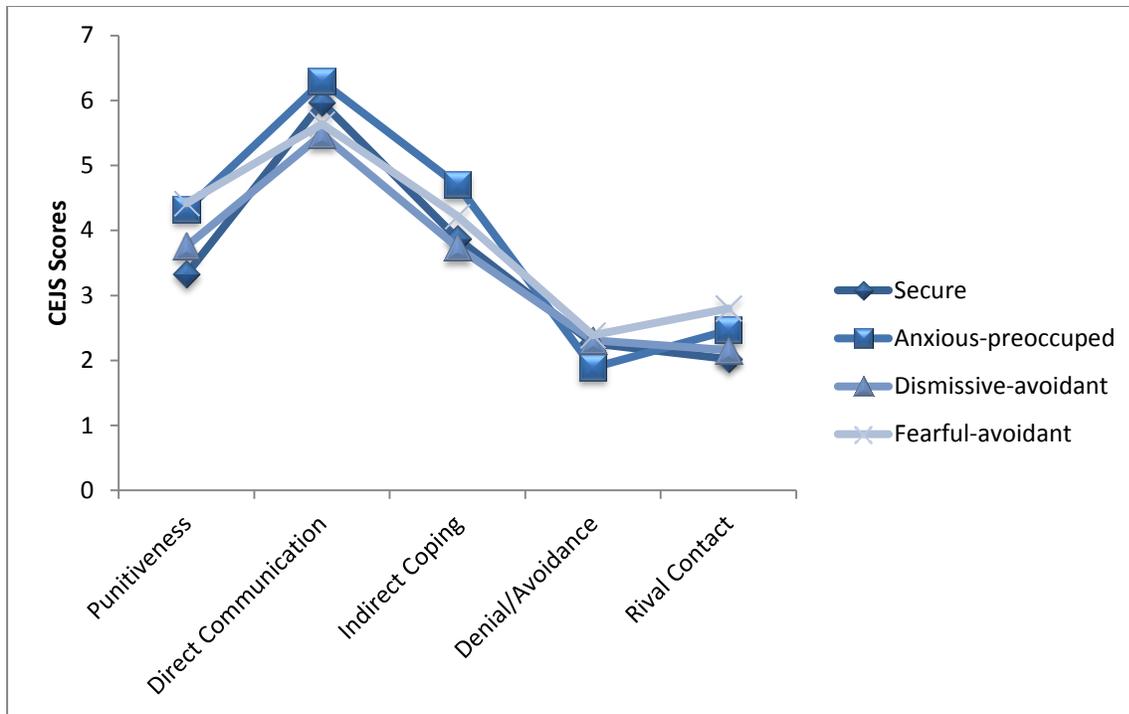
Table 3.18.

*Attachment x Communicative Expression Type Interaction on CEJS*

	P	DC	IC	D/A	RC
Secure	3.33 <sub>c3</sub>	5.97 <sub>a12</sub>	3.87 <sub>b2</sub>	2.26 <sub>d1</sub>	2.02 <sub>d2</sub>
Anxious-preoccupied	4.32 <sub>b12</sub>	6.29 <sub>a1</sub>	4.70 <sub>b1</sub>	1.89 <sub>c1</sub>	2.46 <sub>c12</sub>
Dismissive-avoidant	3.76 <sub>b23</sub>	5.48 <sub>a2</sub>	3.74 <sub>b2</sub>	2.31 <sub>c1</sub>	2.16 <sub>c12</sub>
Fearful-avoidant	4.42 <sub>b1</sub>	5.64 <sub>a2</sub>	4.22 <sub>b12</sub>	2.39 <sub>c1</sub>	2.80 <sub>c1</sub>

*Note 1.* P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D / A = Denial / Avoidance, RC = Rival Contact.

*Note 2.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure3.54.** Attachment x Communicative Expression Type Interaction on CEJS

In addition to these results, a significant interaction effect of Stage of Threat x Type of Communicative Expression on frequency of using communicative expressions of jealousy was found;  $F(3, 1228) = 6.10, p < .001, \eta_p^2 = .017$ . In appraisal of threat scenario, the most frequently used communicative response was direct communication ( $M = 5.87, SE = .08$ ) which was followed by indirect coping ( $M = 4.14, SE = .07$ ), punitiveness ( $M = 3.86, SE = .08$ ), and rival contact ( $M = 2.27, SE = .10$ ) and denial/avoidance ( $M = 2.26, SE = .08$ ), respectively. Moreover, in reaction to threat scenario, the most frequently used communicative response was direct communication ( $M = 5.82, SE = .08$ ) which was followed by indirect coping ( $M = 4.12, SE = .08$ ) and punitiveness ( $M = 4.06, SE = .08$ ), and rival contact ( $M = 2.44, SE = .11$ ) and denial/avoidance ( $M = 2.17, SE = .08$ ). On the other hand, while frequency of using direct communication, indirect coping and denial/avoidance did not change according to stages of threat, punitiveness and rival contact were more frequently used among in

reaction to threat scenario compared to appraisal of threat scenario (see Table 3.19. and Figure 3.55.).

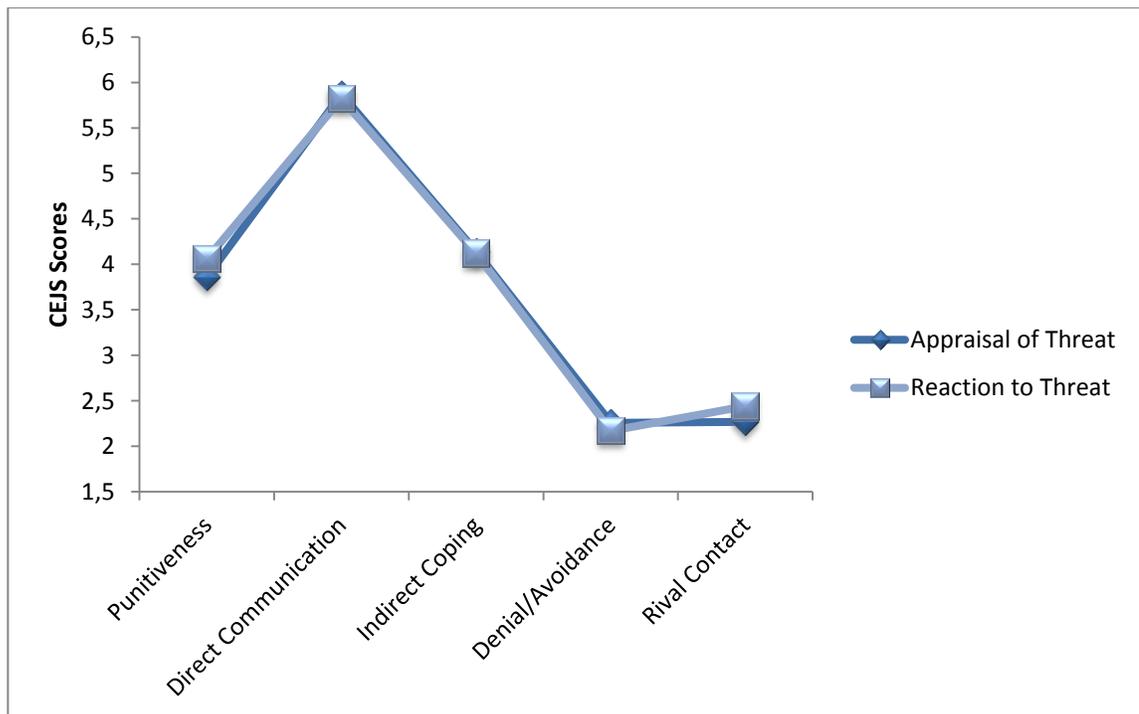
Table 3.19.

*Stage of Threat x Communicative Expression Type Interaction on CEJS*

	P	DC	IC	D/A	RC
Appraisal of threat	3.86 <sub>c2</sub>	5.87 <sub>a1</sub>	4.14 <sub>b1</sub>	2.26 <sub>d1</sub>	2.27 <sub>d2</sub>
Reaction to threat	4.06 <sub>b1</sub>	5.82 <sub>a1</sub>	4.12 <sub>b1</sub>	2.17 <sub>c1</sub>	2.44 <sub>c1</sub>

*Note 1.* P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D / A = Denial / Avoidance, RC = Rival Contact.

*Note 2.* The mean scores that did not share the same letter subscript on the same row and number subscript on the same column were significantly different from each other.



**Figure 3.55.** Stage of Threat x Communicative Expression Type Interaction on CEJS

### 3.5. Correlation Coefficients between the Measures of the Study

In order to examine the intercorrelations between measures of the study, Pearson's correlation coefficients were calculated for demographic variables which were gender, age, education level, sibling number, birth order, relationship duration, relationship order, quality of sharing, relationship satisfaction, relationship status and for other measures of the study, namely anxiety and avoidance subscales of attachment, domains of personality, four type of emotions, five type of communicative expressions of jealousy, and psychopathological symptomatology. The results of this analysis are presented in Table 3.20., and only variables having at least correlation coefficient of .30 will be reported.

For demographic variables, results indicated that Relationship Duration was correlated with Denial/Avoidance domain of communicative expressions ( $r = .34, p < .01$ ). That is, longer duration in romantic relationship was associated with more frequent use of denial/avoidance in jealousy evoking situations.

Moreover, Quality of Sharing was positively correlated with Relationship Satisfaction ( $r = .61, p < .01$ ) and negatively correlated with attachment related to Anxiety, meaning that higher quality of sharing was associated with higher levels of relationship satisfaction and lower levels of anxious attachment. On the other hand, relationship satisfaction was negatively correlated with both Anxiety ( $r = -.36, p < .01$ ) and Avoidance ( $r = -.36, p < .01$ ) domains of attachment. That is, higher level of relationship satisfaction was related to lower levels of anxiety and avoidance related to attachment.

As for the domains of attachment, Anxiety and Avoidance were correlated with each other ( $r = .32, p < .01$ ), meaning that higher levels of anxiety associated with higher levels of avoidance in attachment. Moreover, Anxious attachment was correlated with Neuroticism ( $r = .33, p < .01$ ), Anger ( $r = .31, p < .01$ ), Sadness ( $r = .40, p < .01$ ), Fear ( $r = .42, p < .01$ ), and Punitiveness ( $r = .34, p < .01$ ). That is, higher levels of anxious

attachment was associated with more intense feelings of anger, sadness, and fear, as well as more frequent use of Punitiveness in a jealousy evoking situation together with higher levels of Neuroticism.

Regarding personality domains, Extraversion was correlated with Conscientiousness ( $r = .32, p < .01$ ), Agreeableness ( $r = .31, p < .01$ ), and Openness ( $r = .55, p < .01$ ) which means higher levels of Extraversion was associated with higher levels of Conscientiousness, Agreeableness, and Openness. Moreover, Conscientiousness was correlated with Agreeableness ( $r = .34, p < .01$ ), and Openness ( $r = .34, p < .01$ ), which means higher levels of Conscientiousness was associated with higher levels of Agreeableness and Openness. Agreeableness was positively correlated with Openness ( $r = .44, p < .01$ ), and negatively correlated with Negative Valence ( $r = -.38, p < .01$ ), meaning that higher levels of Agreeableness was related to higher levels of Openness and lower levels of Negative Valence. Moreover, Neuroticism was correlated with Negative Valence ( $r = .45, p < .01$ ), Fear ( $r = .30, p < .01$ ), Punitiveness ( $r = .34, p < .01$ ), and Psychopathological Symptomatology ( $r = .56, p < .01$ ). This means, higher levels of neuroticism was associated with higher levels of negative valence, psychopathological symptoms, and more intense feeling of fear and more frequent use of punitiveness in jealousy evoking situations. Lastly, Negative Valence was correlated with Psychopathological Symptomatology ( $r = .32, p < .01$ ), meaning that higher levels of negative valence was related to higher levels of psychopathological symptoms.

For emotional expressions, Jealousy was correlated with Anger ( $r = .71, p < .01$ ), Sadness ( $r = .55, p < .01$ ), Fear ( $r = .54, p < .01$ ), Punitiveness ( $r = .43, p < .01$ ), Direct Communication ( $r = .49, p < .01$ ), and Indirect Coping ( $r = .43, p < .01$ ) positively, and with Denial/Avoidance ( $r = -.41, p < .01$ ) negatively. That is, more intense feeling of jealousy was associated with more intense feelings of anger, sadness, and fear, more frequent use of punitiveness, direct communication, and indirect coping, and less frequent use of denial/avoidance in jealousy evoking situations. Similarly, Anger was correlated with Sadness ( $r = .66, p < .01$ ), Fear ( $r = .68, p < .01$ ), Punitiveness ( $r = .48, p$

< .01), Direct Communication ( $r = .47, p < .01$ ), Indirect Coping ( $r = .45, p < .01$ ) positively, and with Denial/Avoidance ( $r = -.41, p < .01$ ) negatively. That is, more intense feeling of anger related to more intense feelings of sadness and fear, more frequent use of punitiveness, direct communication and indirect coping, and less frequent use of denial/avoidance in jealousy evoking situations. Sadness was correlated with Fear ( $r = .82, p < .01$ ), Punitiveness ( $r = .49, p < .01$ ), Direct Communication ( $r = .39, p < .01$ ), Indirect Coping ( $r = .46, p < .01$ ), and Psychopathological Symptomatology ( $r = .35, p < .01$ ). That is, more intense feeling of sadness was associated with more intense feelings of fear, more frequent use of punitiveness, direct communication and indirect coping in jealousy evoking situations, and higher levels of psychopathological symptoms. Moreover, Fear was correlated with Punitiveness ( $r = .46, p < .01$ ), Direct Communication ( $r = .31, p < .01$ ), Indirect Coping ( $r = .45, p < .01$ ), and Psychopathological Symptomatology ( $r = .32, p < .01$ ) positively, and with Denial/Avoidance ( $r = -.30, p < .01$ ) negatively. That is, more intense feeling of fear was related to more frequent use of punitiveness, direct communication and indirect coping, and less frequent use of denial/avoidance in jealousy evoking situations, as well as higher levels of psychopathological symptoms.

As for communicative expression of jealousy, Punitiveness was correlated with Direct Communication ( $r = .38, p < .01$ ), Indirect Coping ( $r = .52, p < .01$ ), and Rival Contact ( $r = .40, p < .01$ ). That is, more frequent use of punitiveness was associated with more frequent use of direct communication, indirect coping, and rival contact in jealousy evoking situations. Direct Communication was positively correlated with Indirect Coping ( $r = .45, p < .01$ ), and negatively correlated with Denial/Avoidance ( $r = -.35, p < .01$ ), which means more frequent use of direct communication was related to more frequent use of indirect coping and less frequent use of denial/avoidance in jealousy evoking situations. Lastly, Indirect Coping was correlated with Rival Contact ( $r = .48, p < .01$ ), meaning that more frequent use of indirect coping was associated with more frequent use of rival contact in jealousy evoking situations.

Table 3.20. *Pearson Correlation Coefficients between the Measures of the Study*

	G	Age	Ed	SN	BO	RD	RO	QS	RS	RSt	Anx	Avo	E	C	Ag	N	O	NV	J	A	S	F	P	DC	IC	D/A	RC	BSI
G	1	.32**	.01	.16 <sup>†</sup>	.12 <sup>†</sup>	.26**	.11 <sup>†</sup>	-.04	.04	.16 <sup>†</sup>	.00	.02	-.01	.03	-.06	-.09	.07	.17 <sup>†</sup>	-.07	-.05	-.08	-.14 <sup>†</sup>	.00	-.19**	-.01	.18 <sup>†</sup>	.26**	-.10
Age		1	.05	.34**	.26**	.89**	.18**	-.13 <sup>†</sup>	-.02	.64**	-.11 <sup>†</sup>	.13 <sup>†</sup>	.15 <sup>†</sup>	.23**	.08	.22**	.17 <sup>†</sup>	-.11 <sup>†</sup>	-.25**	.27**	.19**	.25**	-.03	-.22**	-.10	.37**	.10 <sup>†</sup>	-.15 <sup>†</sup>
Ed			1	-.05	-.06	-.08	.07	.09	-.03	.06	-.07	-.10	.02	-.02	-.04	-.08	.02	-.01	.01	-.01	-.05	-.01	.15 <sup>†</sup>	.04	-.09	-.03	.17 <sup>†</sup>	-.07
SN				1	.73**	.32**	-.15 <sup>†</sup>	.18**	-.07	.24**	.05	.21**	-.02	.16 <sup>†</sup>	.03	-.06	.06	.03	-.07	-.02	-.02	-.02	.10	-.11 <sup>†</sup>	.04	.14 <sup>†</sup>	.19**	.03
BO					1	.26**	-.16 <sup>†</sup>	-.10	-.03	.22**	-.01	.22**	-.02	.12 <sup>†</sup>	.02	-.05	.06	.02	-.06	-.02	-.02	-.02	.11 <sup>†</sup>	-.09	.04	.12 <sup>†</sup>	.17 <sup>†</sup>	.06
RD						1	.28**	-.12 <sup>†</sup>	.01	.58**	-.08	.13 <sup>†</sup>	.12 <sup>†</sup>	.23**	.08	.19**	.09	-.10	.21**	.26**	-.18 <sup>†</sup>	.24**	.04	.19**	-.05	.34**	.12 <sup>†</sup>	-.12 <sup>†</sup>
RO							1	.01	-.07	.16 <sup>†</sup>	.08	-.01	.07	.14 <sup>†</sup>	.03	.04	.05	.07	.09	.11 <sup>†</sup>	.08	.10	.01	.04	.10	-.05	.06	.11 <sup>†</sup>
QS								1	.61**	.17 <sup>†</sup>	.30**	.40**	.05	.05	.05	-.09	.08	-.11 <sup>†</sup>	.16 <sup>†</sup>	.11 <sup>†</sup>	.05	.03	-.03	.28**	.05	-.17 <sup>†</sup>	-.05	.21**
RS									1	-.06	.36**	.36**	-.03	.09	.05	.19**	.04	-.06	.11 <sup>†</sup>	.04	.01	-.01	-.03	.17 <sup>†</sup>	.05	.03	.06	.28**
RSt										1	-.05	.10	.14 <sup>†</sup>	.19**	.12 <sup>†</sup>	.21**	.15 <sup>†</sup>	-.10	.19**	-.17 <sup>†</sup>	-.14 <sup>†</sup>	.19**	.01	-.14 <sup>†</sup>	-.02	.30**	.14 <sup>†</sup>	-.09
Anx											1	.32**	.23**	.17 <sup>†</sup>	-.12 <sup>†</sup>	.33**	-.18 <sup>†</sup>	.25**	.19**	.31**	.40**	.42**	.34**	.05	.26**	-.07	.15 <sup>†</sup>	.47**
Avo												1	.23**	.11 <sup>†</sup>	-.19**	.09	.20**	.17 <sup>†</sup>	-.11 <sup>†</sup>	.00	.06	.10	.19**	.25**	-.03	.11 <sup>†</sup>	.14 <sup>†</sup>	.24**
E													1	.32**	.31**	.27**	.55**	.25**	-.05	-.09	.20**	.26**	-.09	.09	.01	.03	.00	.29**
C														1	.34**	.22**	.34**	.23**	-.06	-.04	-.05	-.16 <sup>†</sup>	-.04	.03	.01	.11 <sup>†</sup>	.01	.19**
Ag															1	.16 <sup>†</sup>	.44**	.38**	.08	.01	.05	-.05	-.06	.16 <sup>†</sup>	.03	.01	.05	-.04
N																1	.18**	.45**	.23**	.25**	.28**	.30**	.34**	.06	.18**	.25**	.04	.56**
O																	1	-.13 <sup>†</sup>	-.04	-.04	-.13 <sup>†</sup>	.19**	-.08	.07	.02	.10	.08	.15**
NV																		1	-.01	.05	.08	.11 <sup>†</sup>	.21**	-.10	.12 <sup>†</sup>	.10	.13 <sup>†</sup>	.32**
J																			1	.71**	.55**	.54**	.43**	.49**	.43**	.41**	.12 <sup>†</sup>	.13 <sup>†</sup>
A																				1	.66**	.68**	.48**	.47**	.45**	.41**	.16 <sup>†</sup>	.18**
S																					1	.82**	.49**	.39**	.46**	.29**	.23**	.35**
F																						1	.46**	.31**	.45**	.30**	.19**	.32**
P																							1	.38**	.52**	.40**	.29**	
DC																								1	.45**	.09	-.03	
IC																									1	-.10 <sup>†</sup>	.22**	
D/A																										1	.16 <sup>†</sup>	-.04
RC																											1	.18**
BSI																												1

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

Note. G = Gender, Ed = Level of Education, SN = Sibling Number, BO = Birth Order, RD = Relationship Duration, RO = Relationship Order, QS = Quality of Sharing, RS = Relationship Satisfaction, RSt = Relationship Status, Anx = Anxiety, Avo = Avoidance, E = Extraversion, C = Conscientiousness, Ag = Agreeableness, N = Neuroticism, O = Openness, NV = Negative Valence, J = Jealousy, A = Anger, S = Sadness, F = Fear, P = Punitiveness, DC = Direct Communication, IC = Indirect Coping, D/A = Denial/Avoidance, RC = Rival Contact, BSI = Brief Symptom Inventory.

### 3.6. Regression Analysis

Factors associated with psychopathological symptomatology were determined through a regression analysis. This regression analysis included five steps of variables which hierarchically entered into the equation. First step variables were the control variables, namely Age and Gender. Second step variables were the other demographic variables which were Education, Sibling Number, Birth Order, Relationship Status, Relationship Order, Relationship Duration, Quality of Sharing, and Relationship Satisfaction. Third step variables were Anxiety and Avoidance as domains of attachment. At the fourth step, there were Extraversion, Conscientiousness, Neuroticism, Agreeableness, Openness, and Negative Valence as personality variables. Last step variables were Anger, Sadness, Fear, and Jealousy as emotional expression of jealousy, and Punitiveness, Direct Communication, Indirect Coping, Denial/Avoidance, and Rival Contact as communicative expression of jealousy.

In order to determine the factors associated with psychopathological symptoms, a hierarchical regression analysis was conducted (see Table 3.21.). Initially, Age entered into the regression equation [ $R^2 = .02$ ,  $\beta = -.15$ ,  $t(364) = -2.92$ ,  $p = .004$ ]; and explained 2 % of the total variance [ $F(1, 364) = 8.52$ ,  $p = .004$ ]. The results indicated that younger participants tended to have higher levels of psychopathological symptoms.

At the second step of the regression analysis, Relationship Satisfaction entered into the equation [ $\Delta R^2 = .08$ ,  $\beta = -.29$ ,  $t(363) = -5.73$ ,  $p < .001$ ]; and increased the explained total variance up to 10 % [ $F_{change}(1, 363) = 32.79$ ,  $p < .001$ ]. The results showed that participants who were more satisfied with their romantic relationships reported lower levels of psychopathological symptoms.

At the third step of the regression analysis Anxiety domain of attachment entered into the regression equation [ $\Delta R^2 = .14$ ,  $\beta = .41$ ,  $t(362) = 8.29$ ,  $p < .001$ ]; and increased the

explained total variance up to 25 % [ $F_{change}(1, 362) = 68.73, p < .001$ ]. The results revealed that participants having higher levels of anxious attachment also had higher levels of psychopathological symptoms.

At the next step of the regression analysis, Neuroticism initially entered into the regression equation [ $\Delta R^2 = .16, \beta = .44, t(361) = 9.99, p < .001$ ]; and increased the explained total variance up to 41 % [ $F_{change}(1, 361) = 99.74, p < .001$ ]. Then, Extraversion entered into the regression equation [ $\Delta R^2 = .01, \beta = -.12, t(360) = -2.77, p = .006$ ]; and increased the explained total variance up to 42 % [ $F_{change}(1, 360) = 7.65, p = .006$ ]. Lastly, Agreeableness entered into the equation [ $\Delta R^2 = .01, \beta = .11, t(359) = 2.71, p = .007$ ]; and increased the explained total variance up to 43 % [ $F_{change}(1, 359) = 7.35, p = .007$ ]. These results indicated that more neuroticistic, more agreeable and less extraverted participants reported higher levels of psychopathological symptoms.

At the last step of the regression analysis, Rival Contact initially entered into the regression equation [ $\Delta R^2 = .02, \beta = .14, t(358) = 3.38, p = .001$ ]; and increased the explained total variance up to 45 % [ $F_{change}(1, 358) = 11.40, p = .001$ ]. Secondly, Denial/Avoidance entered into the regression equation [ $\Delta R^2 = .01, \beta = .10, t(357) = 2.20, p = .029$ ]; and increased the explained total variance up to 46 % [ $F_{change}(1, 357) = 4.83, p = .029$ ]. Then, Sadness entered into the equation [ $\Delta R^2 = .01, \beta = .14, t(356) = 2.87, p = .004$ ]; and increased the explained total variance up to 47 % [ $F_{change}(1, 356) = 8.26, p = .004$ ]. Lastly, Direct Communication entered into the regression equation [ $\Delta R^2 = .01, \beta = -.10, t(355) = -2.16, p = .032$ ]; and increased the explained total variance up to 48 % [ $F_{change}(1, 355) = 4.66, p = .032$ ]. These results indicated that participants reacting jealousy evoking situations with sadness, rival contact, and denial/avoidance, tended to have higher levels of psychopathological symptoms. However, those who used less direct communication in these situations reported higher levels of psychopathological symptoms.

Table 3.21.

*Factors Associated with Psychopathological Symptomatology*

DV	IV	<i>df</i>	<i>F</i> <sub>change</sub>	$\beta$	<i>t</i>	$\Delta R^2$	$R^2$
<b>Psychopathological Symptoms</b>							
<b>I.</b>	<b>Control Variable</b>						
	Age	1, 364	8.52**	-.15	-2.92**	.02	.02
<b>II.</b>	<b>Demographic Variable</b>						
	Relationship Satisfaction	1, 363	32.79***	-.29	-5.73***	.08	.10
<b>III.</b>	<b>Attachment</b>						
	Anxiety	1, 362	68.73***	.41	8.29***	.14	.25
<b>IV.</b>	<b>Personality</b>						
	Neuroticism	1, 361	99.74***	.44	9.99***	.16	.41
	Extraversion	1, 360	7.65**	-.12	-2.77**	.01	.42
	Agreeableness	1, 359	7.35**	.11	2.71**	.01	.43
<b>V.</b>	<b>EEJS &amp; CEJS</b>						
	Rival Contact	1, 358	11.40**	.14	3.38**	.02	.45
	Denial/Avoidance	1, 357	4.83*	.10	2.20*	.01	.46
	Sadness	1, 356	8.26**	.14	2.87**	.01	.47
	Direct Communication	1, 355	4.66*	-.10	-2.16*	.01	.48

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

## **CHAPTER 4**

### **DISCUSSION**

This study initially investigated personal and relational differences on the measures of the study. That is, gender and age, education, sibling number, birth order, relationship status, order of the current relationship, duration of the current relationship, intention for marriage, quality of sharing, and relationship satisfaction differences on adult attachment, expressions of romantic jealousy, personality traits, and well-being especially psychopathological symptomatology were examined. Moreover, adult attachment style and stage of threat differences in different expressions of jealousy were analyzed. After calculating intercorrelations between measures of the study, associations between romantic jealousy and psychopathological symptomatology were examined through a hierarchical regression after controlling personal and relational variables, personality traits, and adult attachment style.

In this section, the results of this study will be discussed based on the current literature. Followingly, after stating limitations and strengths of the study, clinical implications of the current study and suggestions for the future research will be presented.

#### **1.1. Findings Related to Differences in Personal and Relational Variables on the Measures of the Study**

One of the main aims of the present study was examining the differences of demographic and relational variables on the measures of the study. Thus, gender, age, education, sibling number, birth order, relationship status, order of the current

relationship, duration of the current relationship, intention for marriage, quality of sharing, and relationship satisfaction differences on attachment styles, emotional and communicative expressions of jealousy, satisfaction with life, personality traits, relationship satisfaction, and psychopathological symptoms were investigated.

Considering gender and age differences on the measures, the results indicated an increase in avoidant attachment with age, especially from mid-twenties onwards. However, the results of a recent study indicated that individuals in the middle adulthood period had higher levels of avoidant attachment compared to younger and older individuals (Chopik, Edelstein, & Fraley, 2013). This difference between the two studies might be due to the different categorizations of age groups. The “established adulthood” group in this study included 37 to 65 year-old individuals. Therefore, this group actually included middle-aged individuals along with older adults. In this respect, established adults having higher levels of avoidant attachment could be congruent with the findings of Chopik, Edelstein, and Fraley (2013).

As for jealousy, firstly, the emotional intensity in jealousy-evoking situations decreased with age. This finding received support from previous studies indicating that older individuals experienced less jealousy than the younger ones (Aylor & Dainton, 2001; Demirtaş & Dönmez, 2006). On the other hand, age differences on communicative expression of jealousy varied between females and males. For females, use of Punitiveness decreased with age except an insignificant increase in established adulthood, Direct Communication decreased with age, Indirect Coping remained stable across age groups, Denial/Avoidance and Rival Contact increased with age in general. For males, use of Punitiveness, Direct Communication, Indirect Coping, and Denial/Avoidance remained stable while Rival Contact decreased with age. When gender differences were examined in general, females used direct communication more frequently, and denial/avoidance and rival contact less frequently than males. However, frequency of using Punitiveness and Indirect Coping did not change according to gender. Direct communication appears to be more constructive and integrative coping

style, whereas denial/avoidance and especially rival contact seem to be more destructive and antisocial ways of coping with jealousy. Therefore, these gender differences seem parallel to literature findings revealing that females were prone to cope with jealousy with more constructive and integrative ways, but males were prone to cope with jealousy with more destructive and antisocial ways (Aylor & Dainton, 2001; Demirtaş & Dönmez, 2006). However, it is important to keep in mind that these gender differences vary across age groups, which is consistent with the findings of Sagarin et al. (2012). Thus, gender differences in jealousy should be evaluated considering age differences.

Moreover, use of communicative expressions varied according to threat scenarios in different age groups. Individuals in emerging and middle adulthood periods did not differ in their use of communicative expressions between appraisal of threat and reaction to threat scenarios. However, individuals in early adulthood period used Punitiveness more frequently and Denial/Avoidance less frequently in reaction to threat scenario than appraisal of threat scenario. On the other hand, individuals in established adulthood used Direct Communication less frequently and Rival Contact more frequently in reaction to threat scenario compared to appraisal of threat scenario. According to this finding, qualitative changes in communicative expressions of jealousy due to different threat scenarios vary across age groups.

In addition to these findings, life satisfaction increased with age, which is in line with findings indicating that life satisfaction tended to increase towards the middle of sixties (Mroczek & Spiro III, 2005). Moreover regarding personality traits, while Conscientiousness increased with age, Negative Valence decreased. Actually, age differences on Negative Valence differed according to gender. That is, while Negative Valence remained stable and relatively lower among females, for males, it was higher until late twenties, and then it decreased and reached the same level with females. This difference between females and males might be due to higher expectations of parents and society from men, especially in Turkish culture. Although this situation has been changing lately, men are expected to have a job, gain status, and achieve certain goals,

and these expectations might put the pressure on men especially in their twenties. While in the process of achieving these goals, men may appraise themselves more negatively, however, after achieving certain goals, this negativity may decline.

As for differences of birth order, significant difference was observed only in attachment styles. That is avoidance levels of individuals who were second or later-born children were higher than the ones who were first-born children. Second or later-born children may be less likely to experience sensitivity and responsiveness since their caregivers are supposed to provide care and attention to more than one child; which may cause them to develop negative view towards others (in this case caregivers). Hence, these children may have avoidant attachment due to possessing a more negative view towards others/caregivers. However, first-born children who had been enjoying all resources of their caregivers at least until their sibling arrived may develop more positive view towards others/caregivers.

Considering relationship status differences, emotional intensity experienced in different jealousy-evoking scenarios varied between single and married individuals. In reaction to threat scenario, single and married individuals experienced approximately same level of emotional intensity. However, in appraisal of threat scenario, while married individuals experienced the emotions less intensely, single individuals experienced as intense emotions as all individuals experienced in reaction to threat scenario. The distinction between single and married individuals in terms of jealousy is parallel to the findings of the previous studies stating that single individuals had higher levels of jealousy compared to married ones (Aylor & Dainton, 2001; Demirtaş & Dönmez, 2006). However, the current study has gone one step further and revealed that this difference between single and married individuals is evident only when the threat is uncertain.

Considering relationship status differences in psychopathological symptoms, single individuals had higher levels of anxiety symptoms than married ones. Literature

findings indicating that individuals living with their partners exhibited higher levels of psychological well-being than single individuals, as being married was also more advantageous than cohabitating (Reneflot & Mamelund, 2011) support this result. For personality traits, while married individuals were more extraverted, conscientious, and open to experiences compared to single individuals, they were also less neuroticistic than single individuals. In fact, personality traits included in Extraversion, Conscientiousness, and Openness domains seem to be essential to form and maintain a marital bond. Also, considering that Neuroticism contributed relationships negatively (Gençöz & Öncül, 2012), it is expected that individuals continuing a marriage are expected to be less neuroticistic than single individuals.

Another important variable that led to differentiations in the measures was relationship duration. Firstly, individuals having long-moderate relationships were less avoidant than the ones having longer relationships while those having shorter and short moderate relationships were placed between the two groups in terms of avoidance. The increase in avoidant attachment in longer relationship may be partly due to age. Since individuals having longer relationships are mostly relatively older individuals, and since avoidant attachment increased with age as indicated above, age might have been played a role in this finding.

Moreover, emotional intensity experienced in jealousy-evoking situations varied across different durations of relationship for different emotions. That is, while intensity of anger, sadness, and jealousy did not differ with relationship duration, intensity of fear decreased as the relationship duration increased, except an insignificant increase in longer relationships. Although, for all relationship duration groups, jealousy and anger tended to be experienced more intensely than sadness and fear, the increased jealousy intensity for shorter relationships, decreased fear intensity in long-moderate relationships, and decreased anger intensity in longer relationships are salient. Regarding relationship duration differences on communicative expression of jealousy, results showed that communicative expressions varied across different jealousy-evoking

scenarios for different age groups in long-moderate and longer relationship durations. In other words, both for long-moderate and longer relationships, frequency of using communicative expressions of jealousy did not differ across the jealousy-evoking scenarios for individuals in early, middle, and established adulthood periods. However, both for long-moderate and longer relationships, individuals in the emerging adulthood period used communicative responses more frequently in reaction to threat scenarios than appraisal of threat scenarios. Also, frequency of using communicative expressions remained stable across the age groups. Although, literature findings state the negative association between relationship duration and jealousy (Demirtaş & Dönmez, 2006) and the pattern of experiencing fear in jealousy-evoking situations shows parallelism with this, the current study underlined other related factor in this relationship. Apparently, experienced emotions and age differentiated the association between relationship duration and jealousy expressions.

Lastly, considering relationship duration differences in personality traits, Conscientiousness tended to increase and Neuroticism tended to decrease with increased durations of relationship. Actually, this finding is similar to the pattern observed in the age differences in Conscientiousness and Neuroticism. Since the relationship duration increases with age, this finding might be related to the age differences. At the same time, especially decrease in Neuroticism may positively contribute to maintenance of relationships.

As for current relationship order differences on the measures, individuals experiencing their first or second relationships had lower levels of anxious attachment than the ones experiencing their third or later relationship. Anxiously attached individuals have negative self and positive other-models, and they strongly desire close relationships but also they are concerned about these relationships. Since this might be compelling for both partners, anxiously-attached individuals may be less likely to maintain long-term relationships, and more likely to go through several relationships.

Moreover, relationship satisfaction differed across age groups for different relationship orders. Individuals experiencing their third or later relationships remained stable in terms of relationship satisfaction across age groups. On the other hand, for those experiencing their first or second relationships, individuals in early adulthood period were more satisfied with their relationships than the ones in middle and established adulthood periods, and also those in the emerging adulthood period were more satisfied with their relationships than people in middle adulthood period. In early adulthood period, individuals experiencing their first or second relationships were more satisfied with their relationships than those experiencing their third or later relationships. On the contrary, in middle adulthood period, individuals experiencing their first or second relationships were less satisfied with their relationships compared to those experiencing their third or later relationships. Lastly considering differences in personality traits, individuals experiencing their first or second relationships were more conscientious than the ones experiencing their third or later relationships. Regarding that individuals experiencing their first or second relationships are more conscientious, these individuals might have higher expectations from relationships and they may search for serious relationships rather than casual dating. When they found the serious relationship in early adulthood, they might be highly satisfied with this relationship. However, in middle adulthood, after at least a couple of years together, their satisfaction may decline due to responsibility of family and even children or due to discrepancy in their high expectations and reality.

As for intention for marriage differences on the measures, it was found that both anxious and avoidant attachment were higher among individuals having negative intention for marriage or questioning marriage than those having clear positive intention for marriage. Moreover, individuals having negative intention for marriage or questioning marriage were less satisfied with their relationships and lives compared to the ones having clear positive intention for marriage. These results are highly consistent with the findings of Collins, Ford, Guichard, and Allard (2006). These researchers underlined that, individuals having negative self-models and having pessimistic

attitudes for relationships tended to have negative appraisal of events, so their reactions based on these appraisals impair their relationships. In this case, it is quite expected that individuals with high attachment anxiety and avoidance would be reluctant to marry, and would be less satisfied with their relationships and even their lives due to their negative appraisals of situations.

In addition to these findings, there were quality of sharing differences on the measures of the study. Firstly, anxious and avoidant attachment were higher among individuals having low quality of sharing than those having moderate and high quality of sharing. As for difference in frequency of communicative expressions in jealousy-evoking situations, while frequency of using Punitiveness, Indirect Coping, and Rival Contact remained stable across levels of sharing quality, frequency of using Direct Communication and Denial/Avoidance differed. That is, frequency of using Direct Communication increased with higher levels of sharing quality; on the contrary, frequency of using Denial/Avoidance decreased with higher levels of sharing quality. Regarding differences in psychopathological symptoms, individuals having low quality of sharing had higher levels of symptoms in anxiety, depression, negative self, and hostility than those having moderate and high quality of sharing. Additionally, relationship satisfaction and life satisfaction increased with higher levels of sharing quality. The differences of quality of sharing on these measures are highly consistent with each other. It seems that higher quality of sharing with partners facilitates direct communication instead of ignoring problems, and it plays a critical role in higher levels of psychological well-being, relationship satisfaction, and life satisfaction.

The last variable differentiating measures of the study was relationship satisfaction. The findings indicated that anxious and avoidant attachment decreased with higher levels of relationship satisfaction. Similarly, anxiety, depression, negative self, and hostility symptoms were higher among individuals having low relationship satisfaction than those having moderate and high relationship satisfaction. Regarding differences on life satisfaction, individuals having low relationship satisfaction were less satisfied with their

lives than those having moderate and high relationship satisfaction, across all age groups. Although stability in level of life satisfaction for relationship satisfaction groups was evident across age groups, decreased levels of life satisfaction among emerging adults having low relationship satisfaction, early adults having high relationship satisfaction, and among individuals in middle adulthood period having moderate relationship satisfaction was notable. Lastly, considering personality traits, Neuroticism decreased with higher levels of relationship satisfaction. Similar to quality of sharing, relationship satisfaction seems to positively contribute psychological well-being, relationship satisfaction, and life satisfaction.

### **1.2. Findings Related to Attachment Style x Stage of Threat x Romantic Jealousy Interactions**

An important main aim of the current study was to determine adult attachment style and stage of threat differences on the emotional and communicative expressions of romantic jealousy. With respect to this, the results revealed that individuals having anxious-preoccupied and fearful-avoidant attachment experienced emotions more intensely compared to the ones having secure and dismissive-avoidant attachment. This pattern was evident for Sadness and Fear; however, the pattern in Jealousy and Anger was slightly different. For Jealousy, it was felt more intensely among preoccupied individuals than the ones with other attachment styles, and these three attachment styles did not differ. For Anger, it was felt more intensely among preoccupied individuals than secure and dismissive individuals, but intensity of anger experienced by fearful individuals did not differ from any other attachment group, and remained in between. Therefore, it seems that although preoccupied and fearful individuals experience more intense emotions than secure and dismissive individuals in jealousy-evoking situations, fearful individuals slightly deviate from this pattern regarding their lower scores in jealousy.

In general, jealousy was the most intensely felt emotion, and it was followed by Anger, Sadness, and Fear, respectively. This order in intensity of emotions was observed across different attachment styles except for fearful-avoidant attachment. Individuals with fearful-avoidant attachment style experienced as much jealousy as they experienced anger, and sadness, and fear followed these feelings, respectively. Moreover, individuals felt emotions more intensely in reaction to threat scenario than the appraisal of threat scenario. In both stages, individuals felt jealousy more intensely, and anger, sadness, and fear followed it. On the other hand, although they experienced anger, sadness, and fear more intensely in reaction to threat scenario than to appraisal of threat scenario, intensity of jealousy did not differ across scenarios. Considering these attachment differences on experiencing jealousy, both consistencies and contradictions with the literature findings are evident. Experienced fear and sadness were lower among dismissive individuals compared to preoccupied ones which is in line with the findings of Guerrero (1998). However, contrary to the findings of Guerrero, intensity of fear experienced by dismissive and secure individuals did not differ. Moreover, instead of dismissive and fearful individuals, dismissive and secure individuals felt jealousy less intensely compared to those with other attachment styles. This contradiction might be due to the fact that a different instrument was used in order to measure adult attachment in the current study. According to the findings of the current study, preoccupied and fearful individuals have positive models of others, they seem to be more likely to express their feelings in jealousy-evoking situations, and these two appear to be parallel.

In addition, anger, sadness, and fear increased with higher threat, but individuals experienced jealousy in appraisal to threat scenario as intense as they experienced it in reaction to threat scenario. Therefore, jealousy seems to be much stronger than anger, sadness, and fear. While individuals feel anger, sadness, and fear less intensely when the threat is not certain, they cannot help feeling jealousy quite intensely. Considering the findings that jealousy consists of anger, sadness, and fear (Sharpsteen, 1991), when these emotions are combined to form “jealousy”, they seem to become greater.

As for communicative expression of jealousy, preoccupied and fearful individuals more frequently expressed their jealousy than secure and dismissive individuals. Moreover, in jealousy-evoking situations, Direct Communication was the most frequently used communicative expression of jealousy, and it was followed by Indirect Coping and Punitiveness, and Rival Contact and Denial/Avoidance, respectively. Although this order was observed among preoccupied, dismissive, and fearful individuals, secure individuals used Punitiveness less frequently than Indirect Coping. Therefore, for securely attached individuals, the order of the communicative expression of jealousy became Direct Communication, Indirect Coping, Punitiveness, and Rival Contact and Denial/Avoidance, respectively. Although there is a preoccupied-fearful and secure-dismissive differentiation in communicative expression of jealousy in general, there are variations when each domain is examined individually. For Direct Communication, it was used more frequently among preoccupied individuals than fearful and dismissive individuals. For Indirect Coping, preoccupied individuals used it more frequently than secure and dismissive individuals. As for Punitiveness, it was used most frequently among fearful individuals and least frequently among securely attached individuals. While there was no difference in use of Denial/Avoidance across attachment groups, Rival Contact was used more frequently among fearful individuals than the securely attached ones. Parallel to the findings of Guerrero (1998), preoccupied individuals were the ones who used Indirect Coping and Direct Communication most frequently. Moreover, dismissive and fearful individuals were the ones who used Direct Communication least frequently. Contrary to findings of Guerrero, dismissive and fearful individuals used Denial/Avoidance as frequently as secure and preoccupied individuals did.

In addition, the general order in frequency of using communicative expressions of jealousy was evident for reaction to threat scenario; however, in appraisal of threat scenario, use of Punitiveness was less frequent than use of Indirect Coping. Moreover, while frequency of using Direct Communication, Indirect Coping, and Denial/Avoidance remained stable across the scenarios, Punitiveness and Rival Contact

was more frequently used in reaction to threat scenarios than appraisal of threat scenarios. Apparently, punitive responses and contact with the rival are more likely responses with increased level of threat.

The results revealed interaction of adult attachment styles and types of emotional and communicative expressions of jealousy as indicated above. Stage of threat was expected to be included in this interaction and moderate the relationship between adult attachment and jealousy; however, the results of the current study did not support this. One reason for this might be stage of threat manipulation in the current study. Although manipulation check was conducted before the study and the scenarios were reviewed according to the feedbacks, this manipulation might not have been sufficient to reveal the expected effect of stage of threat. Additionally, it is not certain that the moderating effect of stage of threat exists considering lack of studies in this topic.

### **1.3. Findings Related to Regression Analysis**

Factor associated with psychopathological symptoms were determined through a regression analysis. According to the results, initially, as the control variable Age was found to be associated with psychopathology, and as discussed previously, it indicated that psychopathological symptoms decreased with age. After Age was controlled, it was found that relationship satisfaction was negatively associated with psychopathology. Later, anxious attachment was found to be positively associated with psychopathological symptoms and explained a significant amount of variance. In the next step, Neuroticism was found to be related with psychopathological symptoms positively and it explained a considerable amount of variance. While Extraversion was negatively associated with psychopathology, Agreeableness was positively. At the last step of the analysis, controlling all these variables, frequent use of Rival Contact and Denial/Avoidance, and less frequent use of Direct Communication in jealousy-evoking situations predicted psychopathological symptoms. Moreover, intense feelings of sadness in these situations also predicted psychopathology.

These results were consistent with the previous findings. Firstly, the association between weekly fluctuations in relationship satisfaction and higher levels of depressive symptoms (Whitton & Whisman, 2010) is in line with the results of the current study. Also, psychopathological symptoms were predicted by anxious attachment (Ergin & Dağ, 2013) as observed in this study. Regarding the association between personality traits and psychopathology, previous findings pointed out that Extraversion and Conscientiousness were negatively related to psychopathology while Neuroticism was positively associated (Grant, Langan-Fox, & Anglim, 2009; Malkoç, 2011; Mirnics et al., 2013). However, according to the results of the present study, Conscientiousness did not take a place among associated factors with psychopathology, but instead Agreeableness was included as being positively associated with level of psychopathological symptoms. Considering characteristics of Turkish culture, being agreeable may get to the point of self-sacrifice and this may influence psychological well-being negatively. Lastly, after all these variables were controlled, sadness was associated with psychological symptoms. Also, integrative communication and expression of negative feelings seem to be healthy ways of coping with jealousy rather than escaping the main point by ignoring emotions and problems or impulsively confronting with the rival.

#### **1.4. Strengths and Limitations of the Study**

One of the main strengths of the present study was investigating diverse aspects of romantic jealousy. That is, both emotional and behavioral expressions of jealousy were included in analyses which led to implications about the nature of romantic jealousy. Moreover, the results of variance analyses with a number of personal and relational variables provided detailed and comprehensive knowledge regarding differentiation in romantic jealousy. Also, to the best of our knowledge, this is the first study examining differences of stage of threat together with adult attachment in romantic jealousy. In addition to differentiation in romantic jealousy, examining its associations with psychopathological outcomes contributed literature on clinical psychology.

As for sampling of the participants, inclusion of individuals from different age groups increased generalizability of the results to Turkish population. Nevertheless, use of convenient sampling may have impaired generalizability of the results. Also, gender distribution of the sample was not equal which may lead problems in evaluation of gender differences in measures.

Regarding the design of the current study, it is possible making causal inferences to a degree due to its experimental nature. Counterbalancing the order of the vignettes and use of more than one vignette for each condition were the other strengths in the research design.

In this study, measures relied on self-reports and this may lead to bias in results. Together with other questionnaires, especially jealousy measures are susceptible to social desirability bias.

Lastly, a number of caveats should be addressed considering the employed measures. Communicative Expressions of Jealousy Scale (CEJS) was prepared by the researcher throughout focused-group meetings, and although its reliability coefficients were highly satisfactory, validity analysis of the scale has not been conducted yet. Similarly, although focused-group meetings were utilized and a study for manipulation check was conducted before the study, validity of the manipulation should be considered.

### **1.5. Clinical Implications and Future Directions**

It is clear that there is a pathological side of romantic jealousy, namely “morbid jealousy”, and in this case, jealousy is exaggerated and becomes quite intense (Harris & Darby, 2010). This pathological aspect of jealousy was linked to Obsessive-Compulsive Disorder (OCD) (Lensi et al., 1996; Roy, 1979) and findings indicated that it may increase spousal violence (Wang, Parish, Laumann, & Luo, 2009). The current study initially identified the important predictors of psychopathological symptoms, namely

age, lower levels of relationship satisfaction, anxious attachment, Neuroticism, lower levels of Extraversion, and Agreeableness. After controlling for these factors explaining a considerable variance, romantic jealousy predicted psychopathological symptoms.

Specifically, intense feeling of sadness in jealousy-evoking situations, coping with these situations through rival contact, and through avoidance of feelings and communication of jealousy were related to higher levels of psychopathological symptoms. This finding underlines that instead of the emotion itself, communicative expression of the emotion is related to psychopathological outcomes. Therefore, in psychotherapy, creating awareness of emotions and including psycho-educational interventions in order to develop healthy communication of emotions should be a primary goal with clients having problems with jealousy. Additionally, since jealousy is a multifaceted concept and there are plenty of variables playing role in experience and expression of jealousy, it might be important to consider these variables in assessment of the client and case formulation.

For the future studies in this area, it is suggested that experiments in laboratory settings can be used in studying jealousy. In many of the studies, researchers either presented hypothetical scenarios related to jealousy or they asked participants to recall a past jealousy experience (Harris & Darby, 2010). Both methods have certain limitations and advantages, but laboratory setting may provide clearer results. Regarding adult attachment, instead of self-report questionnaires, interviews can be utilized.

Additionally, since experience and expression of jealousy differ according to a variety of factors, a comprehensive model testing with a large sample size might be a useful type of analysis.

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## APPENDICES

### Appendix A: Demographic Information Form

#### Demografik Bilgi Formu

**Cinsiyetiniz:**

- Kadın  Erkek

**Yaşınız:** \_\_\_\_\_

**Eğitim Durumunuz?**

- Okur-yazar değil  Ortaokul mezunu  Yüksek lisans  
 Okur-yazar  Lise mezunu  mezunu  
 İlkokul mezunu  Üniversite mezunu  Doktora mezunu

**Mesleğiniz?**

- Çalışmıyor  Serbest meslek  Diğer:  
 Öğrenci  Özel sektör \_\_\_\_\_  
 Devlet memuru

**Kaç kardeşiniz var (sizin haricinizde)?** \_\_\_\_\_

**Ailenizde kaçınıcı çocuksunuz (büyükten küçüğe sıralamada)?** \_\_\_\_\_

**İlişki durumunuz?**

- Sevgilim var  Sözlüm/nişanım var  Evliyim

**Ne kadar zamandır partnerinizle birliktesiniz?** \_\_\_\_\_ yıl, \_\_\_\_\_ ay.

**Şu anki partnerinizle olan ilişkiniz şu ana kadarki kaçınıcı ilişkiniz?** \_\_\_\_\_

**Evliyseniz, çocuđunuz var mı?**

- Evet
- Hayır

**Evliyseniz ve henüz çocuđunuz yoksa, çocuk sahibi olmayı düşünüyor musunuz?**

- Evet
- Hayır

**Halen evli değilseniz, řu anki partnerinizle ilerde evlenmeyi düşünür müsünüz?**

- Bu konuda henüz hiç düşünmedim
- Hiç düşünmem
- Olabilir
- Kesinlikle düşünüyorum

**Son 6 ay için ilişkiniz düzenli şekilde devam etmekte midir?**

- Evet
- Hayır

**Partnerinizle ilişkiniz uzak mesafeden yürütölen bir ilişki midir?**

- Evet
- Hayır

**Partnerinizle ne sıklıkta haberleşiyorsunuz?**

- Günde birkaç kez
- Günde 1 kez
- Haftada 3-4 kez
- Ayda 7-8 kez
- Ayda 2-3 kez
- Ayda 1'den az

**Partnerinizle ne sıklıkta buluşuyorsunuz?**

- Her gün
- Haftada 3-4 kez
- Ayda 7-8 kez
- Ayda 2-3 kez

Ayda 1 veya daha az

**Partnerinizle paylaşımlarınız (duygu, fikir, karar, görüş) ne kadar niteliklidir?**

Hiç nitelikli değil	Biraz nitelikli	Orta düzeyde nitelikli	Oldukça nitelikli	Çok nitelikli
1	2	3	4	5

**Partnerinizin sizinle paylaşımı (duygu, fikir, karar, görüş) ne kadar niteliklidir?**

Hiç nitelikli değil	Biraz nitelikli	Orta düzeyde nitelikli	Oldukça nitelikli	Çok nitelikli
1	2	3	4	5

**İlişkinizin ne kadar uzun ömürlü olduğunu düşünüyorsunuz?**

Hiç uzun ömürlü değil	Biraz uzun ömürlü	Orta düzeyde uzun ömürlü	Oldukça uzun ömürlü	Çok uzun ömürlü
1	2	3	4	5

**Partneriniz ilişkinizin ne kadar uzun ömürlü olduğunu düşünüyor?**

Hiç uzun ömürlü değil	Biraz uzun ömürlü	Orta düzeyde uzun ömürlü	Oldukça uzun ömürlü	Çok uzun ömürlü
1	2	3	4	5

**Partnerinize, size olan sadakati konusunda ne kadar güvenirsiniz?**

Hiç güvenmem	Biraz güvenirim	Orta düzeyde güvenirim	Oldukça güvenirim	Çok güvenirim
1	2	3	4	5

**Partneriniz, sizin ona olan sadakatiniz konusunda size ne kadar güvenir?**

Hiç güvenmez	Biraz güvenir	Orta düzeyde güvenir	Oldukça güvenir	Çok güvenir
1	2	3	4	5

**İlişkinizden ne kadar memnunsunuz?**

Hiç memnun değilim	Biraz memnunum	Orta düzeyde memnunum	Oldukça memnunum	Çok memnunum
1	2	3	4	5

**Partneriniz ilişkinizden ne kadar memnun?**

Hiç memnun değil	Biraz memnun	Orta düzeyde memnun	Oldukça memnun	Çok memnun
1	2	3	4	5

**Partnerinizle ilişkinizi nasıl tanımlarsınız?**

1. Partnerimin benimle ilişkisi devam ederken başkasıyla da ilişkisinin olması beni rahatsız etmez.
  - Doğru
  - Yanlış
2. Benim partnerimle ilişkim devam ederken başkasıyla da ilişkimin olması partnerimi rahatsız etmez.
  - Doğru
  - Yanlış

## Appendix B: Experiences in Close Relationships – Revised Scale (ECR-R)

### Yakın İlişkilerde Yaşantılar Envanteri - II

Aşağıdaki maddeler romantik ilişkilerinizde hissettiğiniz duygularla ilgilidir. Bu araştırmada sizin ilişkinizde yalnızca şu anda değil, genel olarak neler olduğuyla ya da neler yaşadığınızla ilgilenmekteyiz. Maddelerde sözü geçen "birlikte olduğum kişi" ifadesi ile romantik ilişkide bulunduğunuz kişi kastedilmektedir. Eğer halihazırda bir romantik ilişki içerisinde değilseniz, aşağıdaki maddeleri bir ilişki içinde olduğunuzu varsayarak cevaplandırınız. Her bir maddenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılardaki 7 aralıklı ölçek üzerinde, ilgili rakam üzerine çarpı (X) koyarak gösteriniz.

1-----2-----3-----4-----5-----6-----7

Hiç  
katılmıyorum

Kararsızım/  
fikrim yok

Tamamen  
katılıyorum

	1	2	3	4	5	6	7
1. Birlikte olduğum kişinin sevgisini kaybetmekten korkarım.	1	2	3	4	5	6	7
2. Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim.	1	2	3	4	5	6	7
3. Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım.	1	2	3	4	5	6	7
4. Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissederim.	1	2	3	4	5	6	7
5. Sıklıkla, birlikte olduğum kişinin beni gerçekten sevmediği duygusuna kapılırım.	1	2	3	4	5	6	7
6. Romantik ilişkide olduğum kişilere güvenip inanmak bana zor gelir.	1	2	3	4	5	6	7
7. Romantik ilişkide olduğum kişilerin beni, benim onları önemsedığım kadar önemsemeyeceklerinden endişe duyarım.	1	2	3	4	5	6	7
8. Romantik ilişkide olduğum kişilere yakın olma konusunda çok rahatımdır.	1	2	3	4	5	6	7
9. Sıklıkla, birlikte olduğum kişinin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.	1	2	3	4	5	6	7

10.Romantik ilişkide olduğum kişilere açılma konusunda kendimi rahat hissetmem.	1	2	3	4	5	6	7
11.İlişkilerimi kafama çok takarım.	1	2	3	4	5	6	7
12.Romantik ilişkide olduğum kişilere fazla yakın olmamayı tercih ederim.	1	2	3	4	5	6	7
13.Benden uzakta olduğunda, birlikte olduğum kişinin başka birine ilgi duyabileceği korkusuna kapılırım.	1	2	3	4	5	6	7
14.Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım.	1	2	3	4	5	6	7
15.Romantik ilişkide olduğum kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım.	1	2	3	4	5	6	7
16.Birlikte olduğum kişiyle kolayca yakınlaşabilirim.	1	2	3	4	5	6	7
17.Birlikte olduğum kişinin beni terkedeceğinden pek endişe duymam.	1	2	3	4	5	6	7
18.Birlikte olduğum kişiyle yakınlaşmak bana zor gelmez.	1	2	3	4	5	6	7
19.Romantik ilişkide olduğum kişi kendime olan güvenimi sarsar.	1	2	3	4	5	6	7
20.Genellikle, birlikte olduğum kişiyle sorunlarımı ve kaygılarımı tartışırım.	1	2	3	4	5	6	7
21.Terk edilmekten pek korkmam.	1	2	3	4	5	6	7
22.Zor zamanlarımda, romantik ilişkide olduğum kişiden yardım istemek bana iyi gelir.	1	2	3	4	5	6	7
23.Birlikte olduğum kişinin, bana istediğim kadar yakın olmadığını düşünürüm.	1	2	3	4	5	6	7
24.Birlikte olduğum kişiye hemen hemen her şeyi anlatırım.	1	2	3	4	5	6	7
25.Romantik ilişkide olduğum kişiler bazen bana olan duygularını sebepsiz yere değiştirirler.	1	2	3	4	5	6	7
26.Başımдан geçenleri birlikte olduğum kişiyle konuşurum.	1	2	3	4	5	6	7
27.Çok yakın olma arzum bazen insanları korkutup uzaklaştırır.	1	2	3	4	5	6	7
28.Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissederim.	1	2	3	4	5	6	7
29.Romantik ilişkide olduğum bir kişi beni yakından tanıdıkça, benden hoşlanmayacağından korkarım.	1	2	3	4	5	6	7
30.Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır.	1	2	3	4	5	6	7
31.Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkelenendirir.	1	2	3	4	5	6	7

32.Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır.	1	2	3	4	5	6	7
33.Başka insanlara denk olamamaktan endişe duyarım	1	2	3	4	5	6	7
34.Birlikte olduğum kişiye şefkat göstermek benim için kolaydır.	1	2	3	4	5	6	7
35.Birlikte olduğum kişi beni sadece kızgın olduğumda farkeder.	1	2	3	4	5	6	7
36.Birlikte olduğum kişi beni ve ihtiyaçlarımı gerçekten anlar.	1	2	3	4	5	6	7

## Appendix C:Vignettes

### Vignettes for Appraisal of Threat Stage:

*Partnerinizle birlikte bir restorana yemeğe gittiniz.Yemek yiyip, sohbet ederken yanınıza bir hemcinsiniz geliyor.Partneriniz bu kişinin kendisinin eski bir arkadaşı olduğunu belirtiyor ve sizi de onunla tanıştırtıyor.Bu kişinin şehirde yeni olduğunu ve birkaç gün önce restoranın bulunduğu binaya taşındığını öğreniyorsunuz. O da size katılıyor ve sohbeta hep birlikte devam ederken bu kişinin partnerinize biraz fazla samimi davrandığını fark ediyorsunuz. Aradan biraz zaman geçip tam bu kişi yanınızdan ayrılırken partneriniz durup dururken ona cep telefonu numarasını veriyor. Sonrasında, partnerinizin gizli gizli telefonuyla ilgilenmesi dikkatinizi çekiyor.*

*Partneriniz bir şirkette bir ay önce işe girdi.Yeni işinden ve çalışma ortamından oldukça memnun. Partnerinizin çoğunlukla karşı cinsten bir iş arkadaşıyla işbirliği içinde çalışması gerekiyor. Haftada 2-3 gün bir proje için mesai saatlerinin dışında da çalışmaya devam etmeleri gerekebiliyor.Onunla yeterince vakit geçirmenin zorlaştığını fark ediyor ve onun müsait olacağını söylediği bir akşam için plan yapıyorsunuz. O akşam hazırlanıp partnerinizin gelmesini beklerken sizi arıyor ve projeye ilgili son dakika çıkan bir sorun nedeniyle iş arkadaşıyla çalışmaları gerektiğinden planın iptal olduğunu haber veriyor. Sonrasında, size konuyla ilgili bir açıklama getirmekten ısrarla kaçınıyor ve sorularınızı geçiştiriyor.*

### Vignettes for Reaction to Threat Stage:

*Partnerinizle birlikte bir restorana yemeğe gittiniz.Yemek yiyip, sohbet ederken yanınıza bir hemcinsiniz geliyor.Partneriniz bu kişinin kendisinin eski bir arkadaşı olduğunu söylüyor ve sizi de onunla tanıştırtıyor.Bu kişinin şehirde yeni olduğunu ve birkaç gün önce restoranın bulunduğu binaya taşındığını öğreniyorsunuz. O da size katılıyor ve sohbeta hep birlikte devam ederken bu kişinin partnerinize biraz fazla samimi davrandığını fark ediyorsunuz. Aradan biraz zaman geçip tam bu kişi yanınızdan ayrılırken partneriniz de ona kapıya kadar eşlik etmek için size bir şey söylemeden kalkıyor. Sonrasında, Sonrasında partnerinizin gizli gizli telefonuyla ilgilenmesi dikkatinizi çekiyor.Ayrıca, bir ortak arkadaşınızdan bu kişinin partnerinizin eski sevgilisi olduğunu öğreniyorsunuz.Daha sonra bu konuyu partnerinize açtığınızda, o ısrarla konuyu konuşmaktan kaçınıyor.*

*Partneriniz bir şirkette bir ay önce işe girdi.Yeni işinden ve çalışma ortamından oldukça memnun. Partnerinizin çoğunlukla karşı cinsten bir iş arkadaşıyla işbirliği içinde*

*çalışması gerekiyor. Haftada 2-3 gün bir proje için mesai saatlerinin dışında da çalışmaya devam etmeleri gerekebiliyor. Onunla yeterince vakit geçirmenin zorlaştığını fark ediyor ve onun müsait olacağını söylediği bir akşam için plan yapıyorsunuz. O akşam hazırlanıp partnerinizin gelmesini beklerken sizi arıyor ve projeye ilgili son dakika çıkan bir sorun nedeniyle çalışmalarını gerektiğinden planın iptal olduğunu haber veriyor. Sonrasında, partnerinizin iş yerine uğradığınız bir gün orada tanıdığınız bir personelden söz konusu akşam, partnerinizin planınızın iptali için mazeret gösterdiği sorunun çok kısa bir sürede halledildiğini ve iş arkadaşıyla ofisten ayrıldığını öğreniyorsunuz. Daha sonra bu konuyu partnerinize açtığınızda, o ısrarla konuyu konuşmaktan kaçınıyor ve sorularınızı geçiştiriyor.*

## Appendix D: Emotional Expression of Jealousy Scale (EEJS)

**Bu gibi olayları yaşamış olsanız aşağıda verilen duyguları ne kadar hissedeceğinizi değerlendiriniz. Bunun için, her bir duygu ifadesinin önündeki boşluğa aşağıdaki derecelendirmeden yararlanarak size en uygun sayıyı yazınız.**

1-----2-----3-----4-----5-----6-----7

Hiç  
hissetmem hissederim hissederim

Orta yoğunlukta

Çok yoğun

\_\_\_ Öfke

\_\_\_ Yalnızlık

\_\_\_ Çaresizlik

\_\_\_ Engellenme

\_\_\_ Depresyon

\_\_\_ Kıskançlık

\_\_\_ Hoşnutsuzluk

\_\_\_ Korku

\_\_\_ Üzüntü

\_\_\_ Güvensizlik

## Appendix E: Communicative Expression of Jealousy Scale (CEJS)

Yaşadığınız olay ve hissettiğiniz duygularla nasıl baş edersiniz?

	Kesinlikle yapmam			Kararsızım			Kesinlikle yaparım
	1	2	3	4	5	6	7
1. Bu durumun bana neler hissettirdiğini partnerimle paylaşırım.							
2. Bu durumun bana neler düşündürdüğünü partnerimle paylaşırım.							
3. Partnerime bu davranışlarının sebebini sorarak ondan bir açıklama isterim.							
4. Partnerime bu durumu ona hiç yakıştırmadığımı söylerim.							
5. Hayal kırıklığımı bağırarak gösteririm.							
6. Ne kadar hayal kırıklığı yaşadığımı partnerimin görmesini sağlarım.							
7. Ne kadar üzüldüğümü partnerimin görmesini sağlarım.							
8. Partnerime bir süre ondan uzak durmak istediğimi söylerim.							
9. Partnerime ondan soğuduğumu söylerim.							
10. Hiçbir şey olmamış gibi davranırım.							
11. Partnerim konuyla ilgili açıklama getirirse bile ona güvendiğim için konuyu değiştiririm.							
12. Partnerimin bildiği bir şey vardır der ve konuyu daha fazla irdelemem.							
13. Partnerimin yüzüne hakaret ederim.							
14. Partnerime olan öfkemi onun canını acıtarak (yumruk, tekme, itme, cimcik ... vb) gösteririm.							
15. Öfkemi davranışlarımla belli ederim (tabağı masaya sert koyma, kapıları sert kapatma, eşyaları fırlatma...vb)							
16. Partnerime böyle biri için nasıl olur da ilişkimizi bozmayı göze aldığını sorarım.							
17. Partnerime bu kişinin ne kadar değersiz biri olduğunu göstermeye çalışırım.							
18. Partnerime bu tip davranışları nedeniyle ilişkimizin bitebileceğini söylerim.							

19. Partnerime, bir daha böyle bir şey yaparsa ondan ayrılacağımı söylerim.							
20. Bu kişi hakkında konu açıp partnerimin tepkilerini gözlemlerim.							
21. Ben de benzer bir davranışta bulunup partnerime aynı hisleri yaşatmaya çalışırım.							
22. Partnerimin her yaptığından haberdar olmaya çalışırım.							
23. Partnerimin özel eşyalarını (cep telefonu, çanta..vb) ve sosyal medya hesaplarını o yokken incelerim.							
24. Partnerimin ilgisini daha çok çekmek için kendime daha fazla bakarım.							
25. Partnerimle daha çok ilgilenirim.							
26. Diğer kişinin iletişim bilgilerini alarak onunla temasa geçmeye çalışırım.							
27. Diğer kişiyle buluşup bir daha partnerimle görüşmemesini sağlarım.							
28. Partnerimle bir ilişkimizin olduğunu ve bana ait olduğunu dışarıya gösterecek davranışlarda bulunurum.							

## Appendix F: Brief Symptom Inventory (BSI)

### Kısa Semptom Envanteri

Aşağıda, insanların bazen yaşadıkları belirtilerin ve yakınmaların bir listesi verilmiştir. Listedeki her maddeyi lütfen dikkatle okuyun. Daha sonra o belirtinin SİZDE BUGÜN DAHİL, SON BİR HAFTADIR NE KADAR VAROLDUĞUNU yandaki bölmede uygun olan yerde işaretleyin. Her belirti için sadece bir yeri işaretlemeye ve hiçbir maddeyi atlamamaya özen gösterin. Yanıtlarınızı kurşun kalemle işaretleyin. Eğer fikir değiştirirseniz ilk yanıtınızı silin.

Yanıtlarınızı aşağıdaki ölçeğe göre değerlendirin:

**Bu belirtiler son bir haftadır sizde ne kadar var?**

**0. Hiç Yok**

**1. Biraz var**

**2. Orta derecede var**

**3. Epey var**

**4. Çok fazla var**

Bu belirtiler son bir haftadır  
sizde ne kadar var?

Hiç

Çok fazla

1.	İçinizdeki sinirlilik ve titreme hali	0	1	2	3	4
2.	Baygınlık, baş dönmesi	0	1	2	3	4
3.	Bir başka kişinin sizin düşüncelerinizi kontrol edeceği fikri	0	1	2	3	4
4.	Başınıza gelen sıkıntılardan dolayı başkalarının suçlu olduğu duygusu	0	1	2	3	4
5.	Olayları hatırlamada güçlük	0	1	2	3	4
6.	Çok kolayca kızıp öfkelenme	0	1	2	3	4
7.	Göğüs (kalp) bölgesinde ağrılar	0	1	2	3	4
8.	Meydanlık (açık) yerlerden korkma duygusu	0	1	2	3	4
9.	Yaşamınıza son verme düşünceleri	0	1	2	3	4

10. İnsanların çoğuna güvenilemeyeceği hissi	0	1	2	3	4
11. İştahta bozukluklar	0	1	2	3	4
12. Hiç bir nedeni olmayan ani korkular	0	1	2	3	4
13. Kontrol edemediğiniz duygu patlamaları	0	1	2	3	4
14. Başka insanlarla beraberken bile yalnızlık hissetmek	0	1	2	3	4
15. İşleri bitirme konusunda kendini engellenmiş hissetmek	0	1	2	3	4
16. Yalnızlık hissetmek	0	1	2	3	4
17. Hüzünlü, kederli hissetmek	0	1	2	3	4
18. Hiçbir şeye ilgi duymamak	0	1	2	3	4
19. Ağlamaklı hissetmek	0	1	2	3	4
20. Kolayca incinebilme, kırılmak	0	1	2	3	4
21. İnsanların sizi sevmediğine, kötü davrandığına inanmak	0	1	2	3	4
22. Kendini diğerlerinden daha aşağı görme	0	1	2	3	4
23. Mide bozukluğu, bulantı	0	1	2	3	4
24. Diğerlerinin sizi gözlediği ya da hakkınızda konuştuğu duygusu	0	1	2	3	4
25. Uykuya dalmada güçlük	0	1	2	3	4
26. Yaptığınız şeyleri tekrar tekrar doğru mu diye kontrol etmek	0	1	2	3	4
27. Karar vermede güçlükler	0	1	2	3	4
28. Otobüs, tren, metro gibi umumi vasıtalarla seyahatlerden korkmak	0	1	2	3	4
29. Nefes darlığı, nefessiz kalmak	0	1	2	3	4
30. Sıcak soğuk basmaları	0	1	2	3	4
31. Sizi korkuttuğu için bazı eşya, yer ya da etkinliklerden uzak kalmaya çalışmak	0	1	2	3	4
32. Kafanızın "bomboş" kalması	0	1	2	3	4

33. Bedeninizin bazı bölgelerinde uyuşmalar, karıncalanmalar	0	1	2	3	4
34. Günahlarınız için cezalandırılmanız gerektiği	0	1	2	3	4
35. Gelecekle ilgili umutsuzluk duyguları	0	1	2	3	4
36. Konsantrasyonda (dikkati bir şey üzerinde toplama) güçlük/ zorlanmak	0	1	2	3	4
37. Bedenin bazı bölgelerinde zayıflık, güçsüzlük hissi	0	1	2	3	4
38. Kendini tedirgin ve gergin hissetmek	0	1	2	3	4
39. Ölme ve ölüm üzerine düşünceler	0	1	2	3	4
40. Birini dövme, ona zara verme, yaralama isteği	0	1	2	3	4
41. Bir şeyleri kırma, dökme isteği	0	1	2	3	4
42. Diğerlerinin yanındayken yanlış bir şeyler yapmamaya çalışmak	0	1	2	3	4
43. Kalabalıklarda rahatsızlık duymak	0	1	2	3	4
44. Bir başka insan hiç yakınlık duymamak	0	1	2	3	4
45. Dehşet ve panik nöbetleri	0	1	2	3	4
46. Sık sık tartışmaya girmek	0	1	2	3	4
47. Yalnız bırakıldığında/ kalındığında sinirlilik hissetmek	0	1	2	3	4
48. Başarılarınız için diğerlerinden yeterince takdir görmemek	0	1	2	3	4
49. Yerde duramayacak kadar tedirgin hissetmek	0	1	2	3	4
50. Kendini değersiz görmek/ değersizlik duyguları	0	1	2	3	4
51. Eğer izin verirsiniz insanların sizi sömüreceği duygusu	0	1	2	3	4
52. Suçluluk duyguları	0	1	2	3	4
53. Aklınızda bir bozukluk olduğu fikri	0	1	2	3	4

## Appendix G: Relationship Satisfaction Scale (RAS)

### İlişki Doyumu Ölçeği

Aşağıda romantik ilişkilerden sağlanan doyuma ilişkin ifadeler bulunmaktadır. Eğer halihazırda bir romantik ilişki içerisinde değilseniz, aşağıdaki maddeleri bir ilişki içerisinde olduğunuzu varsayarak cevaplandırınız. Her bir maddenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılardaki 7 aralıklı ölçek üzerinde, ilgili rakam üzerine çarpı (X) koyarak belirtiniz.

	Hiç karşılıyor						Çok iyi karşılıyor
1. Sevgiliniz ihtiyaçlarınızı ne kadar iyi karşılıyor?	1	2	3	4	5	6	7
	Hiç memnun değilim						Çok memnunum
2. Genel olarak ilişkinizden ne kadar memnunsunuz?	1	2	3	4	5	6	7
	Çok daha iyi						Çok daha kötü
3. Diğerleri ile karşılaştırıldığında ilişkiniz ne kadar iyi?	1	2	3	4	5	6	7
	Hiçbir zaman						Her zaman
4. Ne sıklıkla ilişkinize hiç başlamamış olmayı istiyorsunuz?	1	2	3	4	5	6	7
	Hiç karşılıyor						Tamamen karşılıyor
5. İlişkiniz ne dereceye kadar sizin başlangıçtaki beklentilerinizi karşılıyor?	1	2	3	4	5	6	7
	Hiç sevmiyorum						Çok seviyorum
6. Sevgilinizi ne kadar seviyorsunuz?	1	2	3	4	5	6	7
	Hiç yok						Çok var
7. İlişkinizde ne kadar problem var?	1	2	3	4	5	6	7

## Appendix H:Satisfaction with Life Scale (SWLS)

### Yaşam Doyumu Ölçeği

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

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

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

## Appendix I: Basic Personality Traits Inventory (BPTI)

### Türk Kültüründe Geliştirilmiş Temel Kişilik Özellikleri Ölçeği

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

Örneğin;

Kendimi .....biri olarak görüyorum.

Hiç uygun değil Uygun değil Kararsızım Uygun Çok uygun

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

## Appendix J: Informed Consent Form

### Gönüllü Katılım Formu

Bu çalışma Orta Doğu Teknik Üniversitesi Psikoloji Bölümü, Klinik Psikoloji Yüksek Lisans öğrencisi Selen Arslan tarafından, Psikoloji Bölümü öğretim üyesi Prof. Dr. Tülin Gençöz'ün danışmanlığında, tez çalışması olarak yürütülmektedir. Çalışmanın amacı çeşitli kişilik özelliklerinin romantik ilişkilerdeki yaşantılarla ilişkisinin araştırılmasıdır.

Çalışmaya katılım gönüllülük temeline dayanmaktadır. Ankette sizden kimliğinizi belirleyecek hiçbir bilgi istenmemektedir. Cevaplarınız tamamen gizli tutulacak ve yalnızca araştırmacı tarafından değerlendirilecektir. Elde edilecek bilgiler bilimsel yayımlarda kullanılacaktır.

Anketi doldurmak yaklaşık 30 dakika sürmektedir. Ankette genel olarak kişisel rahatsızlık verecek sorular bulunmamaktadır. Ancak, anketi doldururken sorulardan ya da herhangi bir sebepten ötürü rahatsızlık hissederseniz cevaplama işini yarıda bırakabilirsiniz. Böyle bir durumda, anketi tamamlamadığınızı belirtmeniz yeterli olacaktır. Çalışma sonuçlarının güvenilir olması için sorulara içtenlikle cevap vermeniz oldukça önemlidir. Anketi tamamladıktan sonra çalışmayla ilgili sorularınız cevaplanacaktır. Bu çalışmaya katıldığınız için şimdiden teşekkür ederiz. Çalışma hakkında daha fazla bilgi almak için çalışmanın yürütücüsü Selen Arslan (e-mail: e165176@metu.edu.tr) ile iletişime geçebilirsiniz.

***Bu çalışmaya tamamen gönüllü olarak katılıyorum ve istediğim zaman yarıda kesip çıkabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayımlarda kullanılmasını kabul ediyorum.***

Ad Soyad (Rumuz)

Tarih

İmza

## Appendix K: Ethics Committee Approval

UYGULAMALI ETİK ARAŞTIRMA MERKEZİ  
APPLIED ETHICS RESEARCH CENTER



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Sayı: 28620810/36-78

23.01.2015

Gönderilen : Prof. Dr. Tülin Gençöz  
Psikoloji

Gönderen : Prof. Dr. Canan Sümer  
IAK Başkan Vekil.

İlgi : Etik Onayı

Danışmanlığını yapmış olduğunuz Psikoloji Bölümü öğrencisi Selin Arslan'ın "Yetkin Bağlanma Tarzı ve Romantik Kışkıklık Arasındaki İlişkide Tendit Evresinin Düzenleyici Rolü: İlişki ve Yaşam Doyumu, Özdeğer ve Psikolojik Semptomlara Yönelik Sonuçlar" isimli araştırması "İnsan Araştırmaları Komitesi" tarafından uygun görülerek gerekli onay verilmiştir.

Bilgilerinize saygılarımla sunarım.

Etik Komite Onayı

Uygundur

23/01/2015

Prof. Dr. Canan Sümer  
Uygulamalı Etik Araştırma Merkezi  
(UEAM) Başkan Vekili  
ODTÜ 06531 ANKARA

27.01.2015

04

## Appendix L:Turkish Summary

### 1. GİRİŞ

Bu çalışma yetişkin bağlanma şekilleri ve tehdit evresindeki farklılıkların romantik kıskançlıktaki rolünü incelemektedir. Ayrıca, romantik kıskançlığı farklılaştıran kişisel ve ilişkisel değişkenler araştırılmakta ve romantik kıskançlık ile psikopatolojik belirtiler arasındaki ilişki incelenmektedir.

#### 1.1.Romantik Kıskançlık

Kıskançlık çok yönlü bir kavramdır ve pek çok teorik yaklaşımı da beraberinde getirmektedir. Fakat çoğu teorisyen, kişinin önemli bir ilişkiye üçüncü bir kişiyi olası bir tehdit olarak algılamasının ve kıskançlığın ilişkiyi korumaya yönelik olmasının kıskançlığı tanımlayıcı özellikler olduğu konusunda hemfikirdir (Harris ve Darby, 2010). Bu fikir birliğine karşın, kıskançlığın kavramlaştırılması konusunda çeşitli fikirler vardır ve bu çeşitlilik sonucunda kıskançlık farklı farklı ölçümlerle değerlendirilmektedir.

Yetişkinlik dönemindeki kıskançlık göz önünde bulundurulduğunda, romantik ilişkilerde yaşanan kıskançlık en çok çalışılan konulardandır (Harris ve Darby, 2010). Romantik kıskançlık üzerine yapılan çalışmalar, çeşitli kişisel ve ilişkisel değişkenlerin kıskançlıkta farklılaşmayla sonuçlandığını ortaya çıkarmıştır. İlk olarak, romantik kıskançlık yaşla birlikte azalmaktadır (Aylor ve Dainton, 2001). Cinsiyet konusunda ise bazı çalışmalar kıskançlık konusunda kadınlar ve erkekler arasında farklılıklar olduğunu ortaya koymakta (eg. Aylor ve Dainton, 2001; Burchell ve Ward, 2011; Demirtaş ve Dönmez, 2006; McAndrew ve Shah, 2013; Shackelford ve ark., 2004; Zengel, Edlund, ve Sagarin, 2013), bazıları ise herhangi

bir farklılığın olmadığını işaret etmektedir (eg. Green ve Sabini, 2006). Bu konuda Sagarin ve arkadaşları (2012) tarafından yürütülen meta-analiz, romantik kıskançlıkta cinsiyet farklılıklarının yapay bir etki olmadığını ve yaşın bu ilişkide düzenleyici rolünün olduğunu ortaya koymuştur.

Yaş ve cinsiyete ek olarak, kıskançlık ilişki durumuna göre de farklılık göstermektedir. Evli bireyler bekarlara göre daha yüksek düzeyde kıskançlık göstermişlerdir (Aylor ve Dainton, 2001). Ayrıca doğum sırası da etkili olabilmekte ve ilk çocuklar diğerlerine göre daha düşük seviyede kıskançlık göstermektedirler (Buunk, 1997).

Kişisel farklılıkların yanı sıra ilişkisel farklılıklar da kıskançlık üzerinde rol oynamaktadır. Knobloch, Solomon, ve Cruz (2001) yakınlık ve duygusal kıskançlık arasında eğrisel bir ilişki bulmuş ve en yüksek düzeyde kıskançlığın orta düzeyde yakınlıkta görüldüğünü belirtmiştir. Ayrıca, ifade edilen kıskançlık düzeyinin ilişki doyumuyla birlikte arttığını gösteren bulgular vardır (Demirtaş ve Dönmez, 2006).

## **1.2.Bağlanma Kuramı ve Yetişkin Bağlanma Şekilleri**

Yetişkin bağlanma şekilleri temel olarak Bowlby'nin bağlanma üzerine çalışmalarına dayanmaktadır. Bebekler bakımverenleri ile yakın ve sürekli bağlar kurma eğilimindedirler (Bowlby, 1969). Bu ilişki sırasında bakımverenlerinin ulaşılabilirlik ve duyarlılık düzeylerine göre kendileri ve diğerleri hakkında beklentiler geliştirirler (Bowlby, 1973).

Hazan ve Shaver (1987) bebek-bakımveren arasındaki bağlanma ile romantik ilişki arasındaki paralelliğin altını çizmiştir. Görece daha yeni bir model olan bağlanma şekillerinde dört-grup modeli (Bartholomew, 1990) bağlanma şekillerini kendilik ve diğerlerine yönelik zihin modellerinin olumlu ya da olumsuz olmasıyla açıklamaktadır.

Yetişkin bağlanma şekilleri ve romantik kıskançlık ilişkisi göz önünde bulundurulduğunda, Buunk (1997) farklı yetişkin bağlanma şekillerinde niceliksel kıskançlık farklarından söz etmektedir. Diğer bir taraftan, Sharpsteen ve Kirkpatrick (1997) ile Guerrero (1998) yetişkin bağlanma şekilleri arasındaki niteliksel kıskançlık farklarını vurgulamıştır.

Harris ve Darby (2010) araştırma bulgularındaki uyumsuzlukların altını çizmiş ve bazı bulguların güvensiz bağlanan bireylerde daha yüksek seviyede kıskançlık yaşandığını işaret ederken bazılarında da güvenli bağlanan kişilerin kıskançlık ve öfkeyle tepki verme yatkınlığının daha yüksek olduğunun ortaya konduğunu belirtmiştir. Bu çelişki göz önünde bulundurularak Harris ve Darby (2010) tehdit evresinin yetişkin bağlanma şekilleri ve romantik kıskançlık arasındaki ilişkide düzenleyici rolü olan önemli bir etmen olabileceğini öne sürmüştür. Tehdit evrelerinden ilki tehdidi değerlendirme evresidir ve bazı bireyler üçüncü kişileri kolaylıkla tehdit olarak algılamakta bazıları bunu oldukça seyrek algılar; dolayısıyla tehdidin değerlendirilmesi kişiler arası farklılık gösterir. Tehdit evrelerinden ikincisi ise tehdiye tepki verme evresidir ve bu evrede üçüncü kişi gerçek bir rakip hâlini almıştır ve kişi kıskançlık sonucunda vereceği tepkiye karar verir.

Her ne kadar tehdit evresinin bağlanma şekilleri ve kıskançlık arasındaki düzenleyici rolü makul görünse de, bu konudaki literatür yetersizdir.

### **1.3.Kıskançlık ve İyilik Hali**

Romantik ilişkilerde kıskançlık ve iyilik hali arasındaki ilişkiye bakıldığında, kıskançlığın aşırı durumları “patolojik/morbid kıskançlık” olarak adlandırılmaktadır ve klinik bir bozukluk olarak teşhis edilmektedir (Shepherd, 1961). Literatür bulgularına göre kıskançlık genellikle Obsesif-Kompulsif Bozukluk ile ilişkilendirilmektedir (Lensi ve ark., 1996; Marazziti ve ark., 2003; Roy, 1979).

Barelds ve Barelds-Dijkstra (2007) ise ilişki doyumu ve niteliği üzerine sonuçlar elde etmiştir. Olası bir ihanet karşısında yüksek düzeyde şüphe duyma ve kıskançlığı sürdürme düşük seviyede ilişki doyumu ve niteliği ile ilişkili bulunmuştur. Fakat gerçek bir tehdit durumunda yüksek düzeyde yaşanan olumsuz duygu yüksek seviyede ilişki doyumu ve niteliği ile ilişkilidir.

#### **1.4.Çalışmanın Amaçları**

Yukarıda tartışılan literatür bulgularının ışığında, bu çalışmanın amaçları:

1. Bireysel ve ilişkisel değişkenler (cinsiyet, yaş, eğitim düzeyi, kardeş sayısı, doğum sırası, ilişki durumu, şu anki ilişkinin sırası, şu anki ilişkinin süresi, evliliğe karşı tutum, şu anki partnerle paylaşımların niteliği ve ilişki doyumu) açısından çalışmanın diğer ölçümlerindeki farkları incelemek.
2. Romantik kıskançlığın farklı tehdit evrelerinde yetişkin bağlanma şekillerine göre farklılaşmasını incelemek.
3. Çalışmadaki değişkenler arasındaki ilişkileri incelemek.
4. Bireysel özellikler, ilişkisel değişkenler, kişilik özellikleri ve yetişkin bağlanma şekillerini kontrol ettikten sonra romantik kıskançlık ile pskopatolojik belirtiler arasındaki ilişkiyi incelemek.

## **2. YÖNTEM**

### **2.1.Katılımcılar**

Çalışmanın katılımcıları en azından son altı aydır romantik bir ilişkisi olan 366 yetişkinden oluşmaktadır. Katılımcıların yaşları 18-65 arasındadır ve %74.6'sı kadınlardan, % 25.4'ü erkeklerden oluşmaktadır. Katılımcılar genel olarak yüksek eğitim düzeyine sahiptirler. Çalışmaya romantik partneri olan (%39.9), sözlü/nişanlı (%11.5), ve evli bireyler (48.6%) dahil edilmiştir ve bu ilişkilerin çoğu son altı ay içerisinde düzenli şekilde devam etmektedir.

## **2.2. Ölçüm Araçları**

Demografik Bilgi Formu, Yakın İlişkilerde Yaşantılar Envanteri-II, Kıskançlık Ölçekleri, Kısa Semptom Envanteri, İlişki Doyumu Ölçeği, Yaşam Doyumu Ölçeği ve Temel Kişilik Özellikleri Ölçeğinden oluşan ölçek paketi katılımcılara internet aracılığıyla gönderilmiştir.

### **2.2.1. Yakın İlişkilerde Yaşantılar Ölçeği – II**

Bu ölçek yetişkin bağlanma boyutları olan kaygı ve kaçınmayı ölçmek amacıyla Fraley, Waller ve Brennan tarafından geliştirilmiştir. Ölçekte 18 maddesi kaygı, 18 maddesi ise kaçınma boyutunu ölçmek üzere toplamda 36 madde bulunmaktadır. Ölçeğin Türkçe uyarlaması Selçuk, Günaydın, Sümer ve Uysal (2005) tarafından yapılmıştır. Ölçeğin iç tutarlılık katsayısı kaygı alt ölçeği için .86 ve kaçınma alt ölçeği için .90 bulunmuştur. Test-tekrar test güvenilirliği kaygı alt ölçeği için .82, kaçınma alt ölçeği için .81 bulunmuştur.

### **2.2.2. Tehdit Evresi**

Tehdit evresi araştırmacı tarafından hazırlanan senaryolar kullanılarak manipüle edilmiştir. Tehdidi değerlendirme ve tehde tepki verme evreleri için ikişer adet senaryo hazırlanmıştır. Senaryoların hazırlık süreci sırasıyla beş kişiyle görüşme yapma, odak-grup görüşmeleriyle senaryoları düzeltme ve 19 kişiyle manipülasyonu kontrol etmeyi kapsamaktadır. Senaryolar aynı tehdit evresine ait olanlar bir arada kalmak şartıyla denkleştirilmiş şekilde sunulmuştur.

### **2.2.3. Kıskançlık Ölçekleri**

Romantik kıskançlık iki farklı ölçek kullanılarak ölçülmüştür. İlk ölçek Sharpsteen ve Kirkpatrick (1997) tarafından kullanılmış olan bir ölçektir. Her bir senaryo

grubundan sonra duyguların yoğunluğunu ölçmek amacıyla kullanılmıştır. Bu duygular öfke (öfke, engellenme, hoşnutsuzluk), üzüntü (üzüntü, yalnızlık, depresyon) ve korku (korku, güvensizlik, çaresizlik) boyutlarını içermektedir. Cronbach alpha güvenirlik puanları .70 ve .91 arasındadır.

Bu çalışmada duygu ifadeleri Türkçeye çevrilerek “kıskançlık” eklenmiş ve ortaya çıkan 10 maddelik ölçek Kıskançlığın Duygusal İfadeleri Ölçeği (KDİÖ) olarak adlandırılmıştır.

İkinci ölçek ise Guerrero ve arkadaşlarının (1995; Guerrero, 2004) geliştirdiği Kıskançlığa İletişimsel Yanıtlar Ölçeğinin 14 alt ölçeğine dayanarak odak-grup çalışmalarıyla hazırlanan yeni bir 28 maddelik ölçektir. Bu ölçek her bir senaryo grubundan sonra iletişimsel ifadelerin olasılığını ölçmek amacıyla kullanılmıştır. Bu yeni ölçek Kıskançlığın İletişimsel İfadeleri Ölçeği (KİİÖ) olarak adlandırılmıştır.

#### **2.2.4. Kısa Semptom Envanteri**

Bu ölçek psikolojik belirtileri ölçmek amacıyla Derogatis (1975) tarafından geliştirilmiştir. Ölçek 53 maddeden oluşmaktadır ve iç tutarlılık katsayıları .71 ve .85 arasındadır. Ölçeğin Türkçe uyarlaması Şahin ve Durak (1994) tarafından yapılmıştır. Ölçeğin faktör yapısı beş alt ölçekten oluşmuştur: Depresyon, anksiyete, olumsuz benlik, somatizasyon ve hostilite. İç tutarlılık katsayıları .71 ve .85 arasında değişmektedir. Ayrıca ölçek yeterli seviyede çakışmalı geçerliliğe sahiptir.

#### **2.2.5. İlişki Doyumu Ölçeği**

Bu ölçek Hendrick (1988) tarafından genel ilişki doyumunu ölçmek amacıyla geliştirilmiştir. Yedi maddeden oluşan bu ölçek Curun (2001) tarafından Türkçeye uyarlanmıştır. Çürükvelioğlu (2012) ölçeğin iç tutarlılık katsayısını .88 olarak bulmuştur.

### **2.2.6. Yaşam Doyumu Ölçeği**

Bu ölçek yaşam doyumunu ölçmek amacıyla Diener, Emmons, Larsen ve Griffin (1985) tarafından geliştirilmiştir. Beş maddeden oluşan ölçek yeterli düzeyde iç tutarlılığa sahiptir. Ölçek Durak, Şenol-Durak ve Gençöz (2010) tarafından Türkçeye uyarlanmıştır. Güvenirlik ve geçerlilik çalışmaları üç ayrı örneklem üzerinde yapılmış ve yeterli düzeyde güvenirlik ve geçerlilik katsayıları elde edilmiştir.

### **2.2.7. Temel Kişilik Özellikleri Envanteri**

Bu ölçek Gençöz ve Öncül (2012) tarafından Türk kültüründe geliştirilmiştir. Ölçek 45 sıfattan oluşmaktadır ve faktör analizi sonucunda altı faktör ortaya çıkmıştır: Dışadönüklük, sorumluluk, geçimlilik/uyumluluk, duygusal tutarsızlık, gelişime açıklık ve olumsuz değerlik. İç tutarlılık ve test-tekrar test güvenirlik katsayıları .71 ve .84 arasında değişmektedir. Geçerlilik analizleri sonucunda ölçeğin yeterli düzeyde çakışmalı geçerliliği olduğu bulunmuştur.

## **2.3. Prosedür**

Çalışmanın başında ODTÜ Etik Komitesi'nden gerekli izin alınmış ve yukarıda belirtilen ölçeklerden oluşan paket katılımcılara internet aracılığıyla gönderilmiştir. Katılımcılar bilgilendirme yazısını okuduktan sonra yaklaşık 30 dakika içinde ölçekleri doldurmuşlardır.

## **2.4. İstatistiksel Analizler**

İlk olarak, Kıskançlığın İletişimsel İfadesi Ölçeği'nin faktör yapısını anlamak amacıyla iki faktör analizi yapılmıştır. Sonrasında ölçümler üzerinde bireysel ve ilişkisel değişkenlerin rolünü anlamak ve romantik kıskançlık üzerinde yetişkin bağlanma şekilleri ve tehdit evresi farklarını incelemek amacıyla Varyans Analizleri (ANOVA) ve Çoklu Varyans Analizleri (MANOVA) yürütülmüştür. Değişkenler

arası ilişkiler korelasyon analiziyle belirlenmiş ve psikopatolojik belirtilerle ilişkili değişkenler hiyerarşik regresyon analizleriyle incelenmiştir.

### **3. BULGULAR**

#### **3.1.Kıskançlığın İletişimsel İfadeleri Ölçeğinin (KİİÖ) Psikometrik Özellikleri**

Kıskançlığın İletişimsel İfadeleri Ölçeğinin faktör yapısını incelemek amacıyla biri tehdidi değerlendirme senaryolarından diğeri ise tehdide tepki senaryolarından sonra verilmiş olan ölçekler için olmak üzere iki ayrı faktör analizi yapılmıştır. Bu iki analizin sonuçları beş faktör ortaya çıkarmıştır (bakınız Tablo 3.1 ve 3.2). İlk faktör olan Cezalandırıcılık (C) şiddet içeren iletişim, mesafe koyma, şiddet içeren davranış, ilişkiye yönelik tehditler, dağıtıcı iletişim ve rakibi kötüleme ile ilgili maddeleri kapsamıştır. İkinci faktör olan Doğrudan İletişim (Dİ) bütünleştirici iletişim ve olumsuz duygu ifadesi maddelerini içermektedir. Üçüncü faktör olan Dolaylı Baş Etme (DBE) ise telafi edici onarım, gözetim/kısıtlama, manipülasyon girişimleri ve sahiplik işaretleri maddelerini kapsamaktadır. Dördüncü faktör olan İnkâr/Kaçınma (İ/K) ve beşinci faktör olan Rakiple Temas (RT) yalnızca kendi isimleriyle aynı içerikteki maddeleri içerdiklerinden, madde isimleri aynen faktör ismi olarak da kullanılmıştır.

#### **3.2. Çalışmanın Değişkenlerine Yönelik Betimleyici Analizler**

Çalışmanın değişkenlerine yönelik ortalama puanlar, standart sapma değerleri, minimum ve maksimum değerler, Cronbach alpha puanları hesaplanmıştır. Bu değerler Tablo 3.3'de görülebilir.

### **3.3.Romantik Kıskançlığın Demografik Değişkenler Açısından Karşılaştırılması**

#### **3.3.1. Cinsiyet x Yaş Etkileşimi Farklılıkları**

Cinsiyet ve yaşın romantik kıskançlık üzerindeki rolü araştırıldığında ilk olarak kıskançlık çağrıştıran durumlarda duygusal yoğunluğun yaşla birlikte azaldığı görülmüştür. Kıskançlığın iletişimsel ifadeleri göz önünde bulundurulduğunda ise genel olarak erkeklere kıyasla kadınlar doğrudan iletişimi (Dİ) daha çok inkar/kaçınmayı (İ/K) ve rakiple teması (RT) ise daha az kullanma eğilimindedirler. Fakat cezalandırıcılık (C) ve dolaylı baş etme (DBE) cinsiyete göre farklılık göstermemiştir. Fakat kıskançlığın iletişimsel ifadelerindeki cinsiyet farklılıkları yaşa göre değişkenlik göstermiştir. Kadın katılımcılar arasında, C'nin kullanımı kurulmuş yetişkinlik dönemindeki anlamlı olmayan bir yükselişin dışında genellikle yaşla birlikte azalmıştır. Dİ'nin kullanımı yaşla birlikte azalırken İ/K ve RT'nin kullanımı genel olarak artmıştır. DBE'nin kullanımı ise aynı düzeyde kalmıştır.

Ayrıca, kıskançlığın iletişimsel ifadelerindeki yaş farklılıkları tehdit evresine göre değişkenlik göstermiştir. Erken yetişkinlik dönemindeki kişiler tehdidi değerlendirme senaryolarına göre tehdide tepki senaryolarında C'yi daha çok, İ/K'yi daha az kullanma eğilimindedirler. Kurulmuş yetişkinlik dönemindeki kişiler ise tehdidi değerlendirme senaryolarına göre tehdide tepki senaryolarında Dİ'yi daha az, RT'yi daha çok kullanma eğilimindedirler.

#### **3.3.2. İlişki Durumu Farklılıkları**

Kıskançlık çağrıştıran durumlarda yaşanan duygusal yoğunluktaki ilişki durumu farklılıkları tehdit evresine göre değişkenlik göstermiştir. Tehdide tepki senaryolarında evli ve bekar katılımcılar neredeyse aynı düzeyde duygusal yoğunluk yaşamışlardır. Fakat tehdidi değerlendirme senaryolarında evli katılımcılar duyguları

daha az yoğun yaşarken, bekar katılımcılar tehdide tepki senaryosunda tüm katılımcıların yaşadığı kadar yüksek düzeyde yoğun duygular yaşadıklarını bildirmişlerdir.

### **3.3.3. İlişki Süresi Farklılıkları**

Kıskançlık çağrıştıran durumlarda yaşanan duygusal yoğunluktaki ilişki süresi farklılıkları yaşanan duyguya göre değişkenlik göstermiştir. Öfke, üzüntü ve kıskançlığın yoğunluğu ilişki süresine göre değişmezken, korkunun yoğunluğu genel olarak ilişki süresiyle birlikte azalmıştır. Her ne kadar tüm ilişki süresi gruplarında kıskançlık ve öfke, üzüntü ve korkuya oranla daha yoğun yaşansa da, kısa süreli ilişkilerdeki daha yoğun kıskançlık, orta-uzun süreli ilişkilerdeki düşük seviyeli korku yoğunluğu ve uzun süreli ilişkilerdeki düşük seviyeli öfke yoğunluğu belirgindir.

Bu sonuçlara ek olarak, kıskançlığın iletişimsel ifadelerinde ilişki süresi x yaş x tehdit evresi etkileşimi bulunmuştur. Orta-uzun ve uzun süreli ilişkileri olan beliren yetişkinlik dönemindeki kişiler iletişimsel ifadeleri tehdide tepki senaryolarında tehdidi değerlendirme senaryolarına göre daha çok kullanmışlardır.

### **3.3.4. Paylaşımların Niteliği Farklılıkları**

Kıskançlık çağrıştıran durumlarda iletişimsel ifadelerin kullanım sıklığı paylaşım niteliği ve iletişimsel ifadelerin türüne göre değişkenlik göstermiştir. Dİ'nin kullanımı paylaşım niteliğiyle birlikte artarken, İ/K'nin kullanımı paylaşım niteliği arttığında azalmıştır.

### **3.4. Yetişkin Bağlanma Şekilleri x Tehdit Evresi x Romantik Kıskançlık Etkileşimleri**

#### **3.4.1. Yetişkin Bağlanma Şekli x Duygunun Türü Etkileşimi**

Sonuçlara göre kıskançlık çağrıştıran durumlarda, saplantılı ve korkulu bağlanan bireyler güvenli ve kayıtsız bağlananlara göre duyguları daha yoğun yaşamışlardır. Bu örüntü üzüntü ve korku için geçerli olsa da kıskançlık ve öfke biraz farklılaşmıştır. Kıskançlık en yoğun saplantılı bireyler tarafından hissedilmiş ve diğer gruplar kendi aralarında farklılık göstermemiştir. Öfke ise güvenli ve kayıtsız bağlananlara göre saplantılı bağlananlarda daha yoğundur fakat korkulu bağlanan bireyler ikisi arasında yer alarak iki gruptan da anlamlı şekilde farklılaşmamıştır. Genel olarak bakıldığında, kıskançlık en yoğun hissedilen duygudur ve onu sırasıyla öfke, üzüntü ve korku takip etmiştir. Bu örüntü korkulu bağlananlar hariç diğer tüm bağlanma şekillerinde görülmektedir. Korkulu bağlananlar ise kıskançlık ve öfkeyi neredeyse aynı yoğunlukta yaşamış, üzüntü ve korku sırasıyla bunları takip etmiştir.

#### **3.4.2. Tehdit Evresi x Duygunun Türü Etkileşimi**

Kıskançlık çağrıştıran durumlarda duygular genel olarak tehdide tepki senaryolarında tehdidi değerlendirme senaryolarına göre daha yoğun yaşanmıştır. Her ne kadar öfke, üzüntü ve korku tehdide tepki senaryolarında tehdidi değerlendirme senaryolarına göre daha yoğun yaşansa da, kıskançlık iki tip senaryoda da aynı düzeyde yoğun hissedilmiştir.

#### **3.4.3. Yetişkin Bağlanma Şekli x İletişimsel İfadelerin Türü Etkileşimi**

Kıskançlık çağrıştıran durumlarda saplantılı ve korkulu bağlanan bireyler güvenli ve kayıtsız bağlananlara göre iletişimsel ifadeleri daha sık kullanmışlardır. Genel olarak, Dİ en sık kullanılan iletişimsel ifadedir ve DBE ve C, sonrasında ise RT ve

İ/K sırasıyla onu takip etmiştir. Her ne kadar bu sıra saplantılı, korku ve kayıtsız bağlananlarda geçerli olsa da, güvenli bağlanan bireyler C'yi DBE'den daha az kullanma eğilimindedirler.

Ayrıca, kıskançlığın iletişimsel ifadelerinde bağlanma şekillerinde saplantılı-korkulu ve güvenli-kayıtsız kutuplaşması görülmesine karşın her bir iletişimsel ifade tek tek incelendiğinde farklılaşmalar mevcuttur. Dİ saplantılı bağlanan bireylerde korkulu ve kayıtsız olanlara oranla daha sık kullanılmıştır. DBE saplantılı bağlanan bireylerde güvenli ve kayıtsız olanlara oranla daha sık kullanılmıştır. C en çok korkulu bağlanan bireyler, en az ise güvenli bağlanan bireyler arasında kullanılmıştır. İ/K bağlanma şekillerine göre farklılaşmazken, RT korkulu bağlananlar arasında güvenli bağlananlara göre daha sık kullanılmıştır.

#### **3.4.4. Tehdit Evresi x İletişimsel İfadelerin Türü Etkileşimi**

Kıskançlık çağrıştıran durumlarda iletişimsel ifadelerin kullanımının genel sırası tehdide tepki senaryolarında geçerli olsa da tehdidi değerlendirme senaryolarında C DBE'ye göre daha az kullanılmıştır. Dİ, DBE ve İ/K'nin kullanım sıklığı senaryolar arasında sabit kalırken, C ve RT tehdide tepki senaryolarında tehdidi değerlendirme senaryolarına oranla daha sık kullanılmıştır.

#### **3.5. Regresyon Analizi**

Psikopatolojik belirtilerle ilişkili faktörleri belirlemek amacıyla hiyerarşik regresyon analizi yapılmıştır. İlk olarak kontrol değişkenleri içinden yaş psikopatoloji ile ilişkili bulunmuş ve psikopatolojik belirtilerin yaşla birlikte azaldığı görülmüştür. Yaş kontrol edildikten sonra, diğer kişisel ve ilişkisel değişkenler içinden ilişki doyumu psikopatolojik belirtileri negatif yönde yordamıştır. Sonrasında, yetişkin bağlanma şekilleri analize dahil edilmiş ve kaygılı bağlanma psikolojik semptomları önemli ölçüde yordamıştır. Sonrasında kişilik özellikleri analize dahil edilmiştir.

Duygusal tutarsızlık psikopatolojik belirtilerle ilişkili bulunmuş ve kaydadeğer düzeyde varyansı açıklamıştır. Gelişime Açıklık psikopatolojik belirtileri negatif yönde yordarken, Geçimlilik/Uyumluluk pozitif yönde yordamıştır. Analizin son aşamasında, yukarıda belirtilen tüm değişkenler kontrol edildikten sonra, kıskançlık çağrıştıran durumlarda Rakiple Temas ve İnkâr/Kaçınmanın sık kullanımı ve Doğrudan İletişimin daha seyrek kullanımı psikopatolojik belirtileri yordamıştır. Ayrıca, bu tarz durumlarda yoğun düzeyde üzüntü hissedilmesi de psikopatolojik belirtilerle ilişkili bulunmuştur.

#### **4. TARTIŞMA**

##### **4.1. Kişisel ve İlişkisel Değişkenlere Yönelik Farklılıklarla İlgili Bulgular**

Romantik kıskançlıkta bireysel ve ilişkisel farklılıklar göz önünde bulundurulduğunda, kıskançlık çağrıştıran durumlarda duygusal yoğunluğun yaşla birlikte azalması literatür bulgularıyla (Aylor ve Dainton, 2001; Demirtaş ve Dönmez, 2006) paraleldir. Bunun yanı sıra iletişimsel ifadeler göz önünde bulundurulduğunda, doğrudan iletişim daha yapıcı bir baş etme yöntemi gibi görünürken, inkâr/kaçınma ve rakiple temas kıskançlıkla baş etmenin daha yıkıcı ve antisosyal yönü gibi görünmektedir. Dolayısıyla, bu çalışmanın bulguları kadınların kıskançlıkla dah yapıcı şekilde, erkeklerinse daha yıkıcı ve antisosyal şekilde baş ettiği yönündeki literatür bulgularıyla (Aylor ve Dainton, 2001; Demirtaş ve Dönmez, 2006) aynı yöndedir. Fakat, unutmamak gerekir ki gerek bu çalışmanın, gerekse önceki çalışmaların (Sagarin ve ark., 2012) belirttiği gibi kıskançlıkta cinsiyet farklılıkları yaşa göre de değişkenlik göstermektedir. Bu nedenle, romantik kıskançlıktaki cinsiyet farklılıkları yaş göz önünde bulundurularak değerlendirilmelidir. Buna ek olarak, bu çalışma kıskançlığın iletişimsel ifadelerindeki niteliksel farklılaşmanın farklı yaş gruplarında tehdit evresine göre değiştiğinin de altını çizmektedir.

Bu çalışma bekar bireylerin evli bireylere oranla daha yüksek düzeyde kıskançlık yaşadığını ortaya çıkararak önceki çalışmalarla (Aylor ve Dainton, 2001; Demirtaş ve Dönmez, 2006) paralel sonuçlar elde etmiştir. Fakat bu çalışma bir adım daha ileri giderek bekar ve evli bireyler arasındaki bu farkın yalnızca tehdit net değilken oluştuğunu ortaya çıkarmıştır.

Bunlara ek olarak, yaşanan duygular ve yaşın, ilişki süresi ve kıskançlık arasındaki ilişkiyi farklılaştırdığı görülmüştür. Paylaşım niteliğine yönelik bulgular ise daha nitelikli paylaşımların sorunların göz ardı edilmesinden dolayı doğrudan iletişimi teşvik ettiği yönündedir.

#### **4.2. Yetişkin Bağlanma Şekilleri x Tehdit Evresi x Romantik Kıskançlık Etkileşimlerine Yönelik Bulgular**

Yetişkin bağlanma şekilleri, tehdit evresi ve romantik kıskançlık etkileşimleri göz önünde bulundurulduğunda, ilk olarak, her ne kadar saplantılı ve korkulu bağlanan bireyler güvenli ve kayıtsız bağlananlara göre kıskançlık çağrıştıran durumlarda duyguları daha yoğun yaşasalar da, korkulu bağlanan bireylerin bu örüntüden kıskançlık düzeylerindeki görece düşük seviyeli yoğunluk nedeniyle ayrıştığı görülmüştür. Guerrero (1998) tarafından da belirtildiği gibi, korku ve üzüntü yoğunluğu kayıtsız bağlanan bireylerde saplantılı bağlananlara göre daha düşüktür. Fakat Guerrero'nun bulgularından farklı olarak güvenli ve kayıtsız bağlanan bireyler arasında korku yoğunluğu değişiklik göstermemiştir. Yine, kayıtsız ve korkulu bağlanan bireyler yerine, kayıtsız ve güvenli bağlananlar kıskançlığı daha az yoğun hissetmişlerdir. Bu çalışmanın bulguları ve kıskançlığın öfke, üzüntü ve korkuyu içerdiğini belirtilen geçmiş bulgular (Sharpsteen, 1991) göz önünde bulundurulduğunda, bu duygular kıskançlığı oluşturmak için bir araya geldiklerinde daha güçlü bir hale gelmeleri olasıdır.

Kıskançlığın iletişimsel ifadeleri açısından, Guerrero'nun (1998) bulgularıyla paralel şekilde saplantılı bağlanan bireyler dolaylı baş etme ve doğrudan iletişimi en çok kullanan bireylerdir. Ayrıca, kayıtsız ve korkulu bağlanan bireyler de doğrudan iletişimi en az kullananlardır. Guerrero'nun bulgularından farklı olarak, kayıtsız ve korkulu bağlanan bireyler güvenli ve saplantılı bağlananlarla aynı düzeyde İnkâr/Kaçınma kullanmışlardır. Tehdit evresi açısından ise, cezalandırıcı ifadeler ve rekiple temasa geçmenin yüksek düzeydeki tehdit durumlarında daha olası olduğu görülmüştür.

Bu bulguların yanı sıra, tehdit evresinin yetişkin bağlanma şekilleri ve romantik kıskançlık arasında düzenleyici bir rolünün olması beklenmesine karşın bunu destekleyici bir bulgu bulunmamıştır. Bu konuda yapılan manipülasyonun geçerliliği ve literatürdeki yetersizlikten dolayı böyle bir rolün olup olmadığına yönelik çıkarım yapmanın zorluğu göz önünde bulundurulmalıdır.

Regresyon analizlerinin sonuçları göz önünde bulundurulduğunda, ilişki doyumundaki haftalık dalgalanmalar ve depresif belirtiler arasındaki ilişki (Whitton ve Whisman, 2010) bu çalışmada bulunan ilişki doyumunu ve psikopatolojik belirtiler arasındaki ilişki ile paralellik göstermektedir. Yine Ergin ve Dağ'ın (2013) çalışmasında da altı çizildiği üzere, psikopatolojik belirtiler kaygılı bağlanma tarafından yordandığı görülmektedir. Ayrıca dışadönüklük ve duygusal tutarsızlıkla ilgili sonuçlar literatürle paralellik gösterse de sorumlulukla ilgili bir sonuç elde edilmemiştir. Bunun yerine geçimlilik/uyumluluk psikopatolojik belirtileri yordamıştır. Türk kültürü göz önünde bulundurulduğunda bu sonuç, yüksek düzeyde uyumluluğun bir noktadan sonra kendini fedaya dönüştürebilmesiyle ilgili olabilir. Regresyon analizinde romantik kıskançlık ve psikopatolojik belirtiler arasındaki ilişkiye dair sonuçlar, duyguları yok sayarak asıl konudan uzaklaşmak veya favri biçimde üçüncü kişiyle yüzleşmektense, birleştirici ifadelerin ve olumsuz duyguların ifade edilmesinin daha sağlıklı baş etme yolları olduğunun altını çizmektedir.

### **4.3. Çalışmanın Güçlü Yönleri ve Sınırlılıkları**

Bu çalışmanın romantik kıskançlığı çok yönlü olarak incelemiş olması, belirli bir yaş grubuyla sınırlı kalmayarak farklı yaş gruplarından bireylerin dahil edilmesi, çalışmanın deneysel deseninden ötürü bir dereceye kadar nedensel çıkarımların yapılabilmesi, her bir durum için birden fazla senaryo kullanılması ve bunların dengelenmiş bir sırayla katılımcılara sunulması çalışmanın güçlü yönleridir.

Diğer taraftan, kolayda örneklem yönteminin kullanılması, cinsiyet dağılımının eşit olmaması, veri toplama araçlarının özbildirim ölçeklerine dayanması ve Kıskançlığın İletişimsel İfadeleri Ölçeğinin geçerlilik çalışmasının olmaması çalışmanın sınırlılıklarıdır.

### **4.4. Çalışmanın Katkıları ve Gelecek Çalışmalar için Öneriler**

Bu çalışma psikopatolojik belirtilerin önemli yordayıcıları olan yaş, düşük düzeyde ilişki doyumu, kaygılı bağlanma, duygusal tutarsızlık, düşük düzeyde dışadönüklük, ve geçimlilik/uyumluluğu ortaya çıkarmıştır. Önemli ölçüde varyansı açıklayan bu değişkenler kontrol edildikten sonra ise, romantik kıskançlık psikopatolojiyi yordamaya devam etmiştir.

Ayrıntılara bakıldığında, kıskançlık çağrıştıran durumlarda yoğun üzüntü yaşanması, bu durumlarla başa çıkmak için üçüncü kişiyle temasa geçmek, duyguları ve olayları yok saymak ve doğrudan iletişimden kaçınmak psikopatolojik belirtileri yordamaktadır. Kıskançlık hissetmekten çok, bunun iletişimsel düzleme nasıl taşındığı ve bu duyguyla nasıl baş edildiği psikopatolojik belirtilerle daha ilişkili görünmektedir. Bu nedenle, duyguların farkına varılması ve bunların sağlıklı ve yapıcı ifadelerinin geliştirilmesini amaçlayan psiko-eğitimsel müdahaleler, kıskançlıkla ilgili sorun yaşayan bireylerin psikoterapi süreçlerinde temel amaçlardan biri olmalıdır.

Ayrıca, kıskançlığın pek çok deęişkenle ilişki halinde olduęu bu çalışmayla görülmüştür. Bu nedenle de danışanların deęerlendirilmesinde ve vaka formülasyonlarında bu deęişkenlerin göz önünde bulundurulması önemlidir. Gelecek çalışmalarda araştırmacılar, kıskançlığı çalışmak için laboratuvar çalışmalarını tercih edebilirler. Ayrıca, yetişkin bağlanma şekillerinin ölçümünde özbildirim ölçümleri kullanmak yerine katılımcılarla görüşme yapılabilir. Son olarak, kıskançlık üzerinde pek çok deęişken rol oynadıęından dolayı daha fazla sayıda bir örnekleme model denemesi yararlı bir analiz yöntemi olabilir.

## Appendix M: TEZ FOTOKOPİSİ İZİN FORMU

### ENSTİTÜ

Fen Bilimleri Enstitüsü	<input type="checkbox"/>
Sosyal Bilimler Enstitüsü	<input checked="" type="checkbox"/>
Uygulamalı Matematik Enstitüsü	<input type="checkbox"/>
Enformatik Enstitüsü	<input type="checkbox"/>
Deniz Bilimleri Enstitüsü	<input type="checkbox"/>

### YAZARIN

Soyadı: ARSLAN

Adı : SELEN

Bölümü: PSİKOLOJİ

**TEZİN ADI** (İngilizce): Adult Attachment, Stage of Threat, and Romantic Jealousy in Relation to Psychopathological Symptoms: Importance of Personal Characteristics and Quality of Relationship

**TEZİN TÜRÜ:** Yüksek Lisans  Doktora

1. Tezimin tamamından kaynak gösterilmek şartıyla fotokopi alınabilir.
2. Tezimin içindekiler sayfası, özet, indeks sayfalarından ve/veya bir bölümünden kaynak gösterilmek şartıyla fotokopi alınabilir.
3. Tezimden bir bir (1) yıl süreyle fotokopi alınamaz.

**TEZİN KÜTÜPHANEYE TESLİM TARİHİ:**