THE EFFECTS OF EARLY MALADAPTIVE SCHEMAS ON EACH PARTNER'S
MARITAL SATISFACTION: THE MEDIATING ROLES OF SCHEMA COPING
STYLES AND PERCEIVED PARTNER RESPONSIVENESS

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ABSTRACT

THE EFFECTS OF EARLY MALADAPTIVE SCHEMAS ON PARTNERS' MARITAL SATISFACTION: THE MEDIATING ROLES OF SCHEMA COPING STYLES AND PERCEIVED PARTNER RESPONSIVENESS

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The aims of the current study are to examine (1) the possible effects of early maladaptive schemas, schema coping styles, and perceived partner responsiveness on marital satisfaction; (2) the mediating role of avoidance coping style; (3) the mediating role of compensation schema coping style; and (4) the mediating role of perceived partner responsiveness in the relationship between schema domains (i.e. Impaired Autonomy, Disconnection, Unrelenting Standards, Impaired Limits, and Other Directedness) and marital satisfaction. The Actor-Partner Interdependence Model was used to examine the bidirectional effects of variables pertaining to wives and husbands in predicting their marital satisfaction. Each spouse among a hundred and twenty-four couples who were married for at least 5 months completed the measures. The results revealed that husbands' avoidance coping style mediated the relationship between 1) wives' Unrelenting Standards, 2) husbands' Disconnection, 3) husbands' Other Directedness schema domains and wives' marital satisfaction. However, the hypothesis about the mediating effects of compensation coping style was not supported. Regarding the mediating role of perceived partner responsiveness, both wives' and husbands'

Impaired Autonomy schema domains decreased wives' perceived partner responsiveness, and this decrease, in turn, leads to a decrease in both spouses' marital satisfaction. Moreover, husbands' perceived partner responsiveness mediated the relationship between husbands' both Disconnection and Impaired Limits schema domains and husbands' marital satisfaction. Finally, this study discusses its strengths and limitations, clinical implications as well as makes suggestions for future research.

Keywords: Early Maladaptive Schemas, Schema Coping Styles, Perceived Partner Responsiveness, Marital Satisfaction

ÖZ

ERKEN DÖNEM UYUMSUZ ŞEMALARIN PARTNERLERİN EVLİLİK DOYUMU ÜZERİNE ETKİLERİ: ŞEMA BAŞ ETME STİLLERİ VE PARTNER DUYARLILIK ALGISININ ARACI ROLLERİ

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Bu çalışmanın amacı; (1) erken dönem uyumsuz şemalar, şema baş etme stilleri ve partner duyarlılık algısının evlilik doyumu üzerindeki olası etkilerini, (2) şema kaçınma baş etme stilinin, (3) şema telafi etme baş etme stilinin, ve (4) partner duyarlılık algısının şema alanları (zedelenmiş otonomi, kopukluk, yüksek standartlar, zedelenmiş sınırlar, ve başkası yönelimlilik) ve evlilik doyumu arasındaki ilişkideki aracı değişken rolünü araştırmaktır. Evlilik doyumu üzerindeki çift yönlü etkileri saptamak amacıyla istatiksel analiz olarak Aktör-Partner Bağımlılık Modeli kullanılmıştır. Beş aydan uzun süredir evli olan 124 evli çiftten her eş ölçekleri ayrı ayrı doldurmuştur. Bulgular erkeklerin kaçınma baş etme stili, kadınların Yüksek Standartlar şema alanı, erkeklerin Kopukluk ve Başkası Yönelimlilik şema alanları ile kadınların evlilik doyumu arasındaki ilişkilerde aracı değişken rolü oynadığını göstermiştir. Ancak, telafi baş etme stilinin aracı değişken rolüne ilişkin hipotez desteklenememiştir. Partner duyarlılık algısının aracı rolü incelendiğinde ise, hem kadınların hem de erkeklerin Zedelenmiş Sınırlar

şema alanının kadınların partner duyarlılık algısını olumsuz şekilde yordadığı ve her iki eşin evlilik doyumunu düşürdüğü bulunmuştur. Ayrıca, erkeklerin partner duyarlılık algısının kendi Kopukluk ve Zedelenmiş Sınırlar şema alanlarının ve kendi evlilik doyumu arasındaki ilişkide aracı değişken rolü oynadığı bulunmuştur. Son olarak, bu çalışmanın güçlü yönleri ve sınırlılıkları, klinik uygulama anlamında katkıları ve gelecek araştırmalar için öneriler tartışılmıştır.

Anahtar Kelimeler: Erken Dönem Uyumsuz Şemalar, Şema Baş Etme Stilleri, Partner Duyarlılık Algısı, Evlilik Doyumu

To my family and my new life...

ACKNOWLEDGEMENTS

TABLE OF CONTENTS

LIST OF TABLES

LIST OF FIGURES

FIGURES

CHAPTER 1

INTRODUCTION

This chapter consists of six sections. In the first section a general overview about the study is given. The second section includes the definition of marital satisfaction and demographic factors related to marital satisfaction. The third section presents the definition of Schema Theory and early maladaptive schemas (EMSs), the definition of schema domains and literature findings on the relationship between EMSs and marital satisfaction. In the fourth section, the definitions of schema coping styles, schema surrender, schema avoidance, and schema compensation, and the findings in the literature about the relationship between schema coping styles and marital satisfaction are introduced. The next section includes the definition of perceived partner responsiveness and the findings in the literature about its relationship with marital satisfaction. Finally, the last section is composed of aims and hypotheses of the present study.

1.1. General Overview

Marriage has been delineated as one of the most fundamental human relationships because of the fact that the possibility of rearing next generation begins with the primary structure that marriage provides (Larson & Holman, 1994). Long and Burnett (2005, p.321) stated "in a couple, one can find the deepest experience of intimacy in life. Being a member of couple can lead to personal growth and self-awareness or the failure of it can cause wounds that take years to heal". Moreover, marriage has some protective effects for both men and women. That is, married individuals live longer, have better physical and psychological health, psychological wellbeing, and emotional wellness (Mead, 2002). On the other hand, especially in a marriage being a couple is not easy (Gladding, 2011). Difficulties in marriages are

reported as one of the most common problems for people who need psychological help (Veroff, Kulka, & Douvan, 1981, as cited in Fincham & Bradbury, 1987). According to the Marriage and Divorce Statistics 2015 of Turkish Statistical Institute (2016), in Turkey there was no significant change in the number of couples who got married in 2015 (602.982) compared to 2014. Similarly, the number of couples who got divorced did not change significantly in 2015 (131.830), which means that approximately one out of five couples got divorced in 2015, and that is a considerably high ratio.

When the formula of happiness and stability in a marriage was investigated, it was found that a common indicator of marital happiness and stability is marital satisfaction (Ebrahimi & Kimiaei, 2014; Sternberg & Hojjat, 1997). Moreover, marital satisfaction has also been found to be strongly associated with general and psychological well-being of individuals (Hünler & Gençöz, 2003; Yeşiltepe & Çelik, 2014). Thus, it is an important variable in relationship research (Ebrahimi & Kimiaei, 2014). When one assumes that the majority of individuals is married or will marry, it becomes vital to understand the variables that affect satisfaction derived from their marriage (Çağ & Yıldırım, 2013).

The other important variable that will be studied in the current study is schema domains that consist of early maladaptive schemas. Many researchers have emphasized the potential effects of schemas on couple satisfaction (Beck, 1979; Chatav & Whisman, 2009; Ellis, 1986; Sacco & Phares, 2001). Ellis (1986) was the first to highlight that partners' high level of irrational beliefs such as highly exaggerated, rigid, illogical, absolutistic thoughts affect couple satisfaction. How individuals cope with their schemas, also known as schema coping styles, are another important variable because of their powerful relationship with schemas.

Perceived partner responsiveness is a key organizing principle for studies examining romantic relationships (Reis, 2007; Reis & Clark, 2013; Reis, Clark, & Holmes, 2004; Selcuk & Ong, 2013), and which has been found to be an important predictor of relationship satisfaction among romantic couples (Gadassi et al., 2015; Bar-

Kalifa, Hen-Weissberg, & Rafaeli, 2015). Perceived partner responsiveness has usually been investigated as a mediator factor when the relationship between marital/relationship satisfaction and other different constructs (e.g. sexual satisfaction, social anxiety) are examined. Similarly, in the present study its role as a mediator between schemas domains and marital satisfaction is examined.

There is a longitudinal study, in which the relationship between partner's marital satisfaction and divorce was investigated (Hirschberger, Srivastaya, Marsh, Cowan, & Cowan, 2009). In this study, married couples were followed for a period of fifteen years, and it was found that divorce can be predicted by husbands' initial marital satisfaction, but not by their most recent marital satisfaction. Specifically, whether husbands were dissatisfied approximately 8 years after marriage was the best predictor of divorce, suggesting that marital satisfaction is a very important predictor of marital stability.

Given the high rates of divorce in contemporary marriages and its deep and destructive consequences, and the association of marital satisfaction with divorce and its effects on psychological and physical well-being of married individuals, it seems important to understand the factors affecting and predicting marital satisfaction. In the present study, both actor effects (the effects of a person's own characteristics on his or her own outcomes; e.g., to what extent a person's own schemas, own schema coping styles, own perceived partner responsiveness have an effect on his/her own marital satisfaction) and the partner effects (the effects of one partner's characteristics on the other partner's outcome; e.g., to what extent a partner's schemas, schema coping styles, perceived partner responsiveness have an effect on a person's own marital satisfaction) were investigated.

Thus, the present study was conducted to investigate the dyadic effects of early maladaptive schemas in predicting marital satisfaction of wives and husbands. Specifically, this study examines the effects of EMSs, schema coping styles, and perceived partner responsiveness on marital satisfaction and the mediating effects of schema coping styles (i.e. avoidance and compensation coping styles) and perceived

3

partner responsiveness in the relationship between schema domains and marital satisfaction by using the Actor-Partner Interdependence Model (APIM, Kenny, Kashy, & Cook, 2006) that enables one to investigate interpersonal influence and bidirectional effects between partner's predictor variables on each other's outcome variables. In other words, it allows examining the effect of one person's schemas, schema coping styles, and perceived partner responsiveness on his or her partner's marital satisfaction. Although previous studies examined the role of early maladaptive schemas in predicting marital satisfaction, these studies were limited to only one partner's perspective (i.e. Chay, Zarei, & Pour, 2014; Dumitrescu & Rusu, 2012; Nia, Ghiasi, ShirinIzadi, & Forooshani, 2015; Soleymani, 2014; Yiğit & Çelik, 2015) and did not consider dyads. Moreover, among these, there is no study that investigated the mediating roles of schema coping styles and perceived partner responsiveness.

1.2. Marital Satisfaction

Marital satisfaction as a concept has been defined and discussed in different ways in the literature (Bradbury, Fincham, & Beach, 2000). For instance, Thompson (1988, p.95) defined marital satisfaction as "an individual's subjective evaluation of and personal sentiments toward the marriage". Similarly, Pill (1990), stated that it is the degree of a person's gratification with his/her marital interaction. Another description of marital satisfaction is "the subjective feeling of happiness, satisfaction, and pleasure experienced by a spouse when considering all current aspects of his marriage" (Hawkins, 1968, p. 164; as cited in Olson et al., 1989). The concept of marital satisfaction was also introduced as the extent to which one's expectations about marriage being met in his or her marriage (Bahr, 1989, as cited in Sharaievska, Kim, & Stodolska, 2013). Similarly, Tezer (1986) defined the term as "the perception of an individual with regard to the level of which his/her needs in marriage relationship are accommodated".

There is a lack of conceptual clarity of the term "marital satisfaction" (Fısıloglu & Demir, 2000). Marital satisfaction as a concept is used interchangeably with the

concepts such as marital adjustment, marital happiness, and marital stability (Karney & Bradbury, 1995). Although there are some differences between the definitions of these concepts, White (2003) stated that using these terms interchangeably can be acceptable due to the fact that there is a high correlation between the concepts of marital satisfaction, marital happiness, marital adjustment, and marital quality (as cited in Aktürk, 2006).

Positive effects of marriage were revealed by many studies (Hawkins & Booth, 2005; Helms & Buehler, 2007; Williams & Umberson, 2004). It has been found to be as beneficial for both psychological and physical well-being throughout the literature (Carr & Springer, 2010; Costanza et al., 2008; Hawkins & Booth, 2005; Mead, 2002; Waite & Gallagher, 2000). Married people tend to have decreased illness and death rates, lower depression levels, and higher close emotional support (Ross & Mirowsky, 2002; Stack & Eshleman, 1998). In the light of these findings, it is obvious that individuals can more easily reach to happy and fulfilled lives with a marriage. However, it is important to highlight that the protective effects of marriage are present only when couples are satisfied with their marriage (Proulx, Helms, & Buehler, 2007). Consistent with this finding, in a 12-year longitudinal study, Hawkins and Booth (2005) found that unhappily married people suffer from symptoms of psychological distress and poorer health, as well as lower levels of overall happiness, life satisfaction, and self-esteem. It was suggested that remaining in an unhappy marriage is more detrimental compared to divorce and remarriage. That is, only high levels of marital satisfaction predict positive outcomes on individuals' psychological well-being. Similarly, in another study conducted with 361 married older couples, spouses' own marital satisfaction was significantly associated with the life satisfaction of both man and woman (Carr, Freedman, Cornman, & Schwarz, 2014).

1.2.1. Demographic Factors Related to Marital Satisfaction

Throughout the literature, the effects of some demographic factors such as gender, age, education level, income, length of marriage, and existence of children on

marital satisfaction have been investigated, and the findings seem to be contradictory. Jose and Alfons (2007) stated that while examining the findings, it is important to consider that association of demographic factors with marital satisfaction can differ from culture to culture. Thus, the contradictory findings might be due to cultural differences of samples.

One of the main concerns in the literature is whether gender is a significant predictor of marital satisfaction. Findings about the association between gender and marital satisfaction are contradictory. Jose and Alfons (2007) examined whether demographics affect marital satisfaction, and found that men tend to report higher levels of marital satisfaction compared to women. Similarly, Aktürk (2006) reported that Turkish husbands are more satisfied with their marriages as compared to their wives. This finding was interpreted from the gender roles perspective that women have more responsibilities concerning housework and rearing children compared to men. Thus, it may be more difficult for wives to be satisfied in marriage compared to their husbands. On the contrary, Çağ and Yıldırım (2013), with a sample of 811 Turkish married individuals, found no difference between men and women in terms of marital satisfaction, which is consistent with the findings reported by Gilford and Bengtson (1979) and Hamamcı (2005).

As regards age, findings are contradictory as well. Gilford and Bengtson (1979) conducted a study with 1056 currently married individuals composed of three generational families with grandparents, parents, and grandchildren. The results revealed that the highest marital satisfaction is reported by the youngest generation, while the middle generation reported the lowest levels and the eldest generation reported medium levels of marital satisfaction. Jose and Alfons (2007) found that age is significantly associated with the only sexuality subscale of marital satisfaction measure for both man and woman. That is, as the age of the spouses increases, their sexual adjustment problems do so. On the other hand, Karney and Bradbury (1995) found that as the age increases marital satisfaction decreases.

6

In addition to gender and age, education level has been examined in association with marital satisfaction by some researchers. Çağ and Yıldırım (2013) found that there is a negative relationship between marital satisfaction and education level of Turkish married individuals. That is, as the partners' education level increases, their marital satisfaction decreases. People with higher education level may attribute different meanings to marriage, feel more independent, and have different expectations than those with lower levels of education, all of which may negatively affect their marital satisfaction. Contrary to this finding, Jose and Alfons (2007), among married adults in Belgium, found no significant effect of education level on marital satisfaction.

Other than the demographic variables discussed above there are also other demographic variables that were found to be associated with marital satisfaction. It was reported that socioeconomic resources such as income are also related with marital satisfaction (as cited in Aktürk, 2006).

Related to the length of marriage, there are also inconsistent findings about its effects on marital satisfaction. Some researchers suggest that it follows a U-shaped pattern; that is, at the beginning, the level of marital satisfaction is high, as it proceeds to middle years it declines, and at later times it rises again (Rollins & Feldman, 1970, as cited in Bradbury, Fincham & Beach, 2000). The study of Jose and Alfons (2007) supports this by showing that individuals in the middle years of their marriage have lower levels of marital satisfaction as compared to those in early and late years in their marriages. On the other hand, other researchers support the idea that marital satisfaction decreases after the first ten years of marriage (Glass & Wright, 1977; Bradbury et al., 2000). Contrary to these findings, Aktürk (2006) found that the length of marriage is positively associated with marital satisfaction among Turkish married individuals. It was suggested that due to the importance given to family ties and involvement of extended family members in marriages in Turkey, newly married couples might need time to adapt to the marriage. Thus, as years pass by, spouses become more adapted to their marriage, which in turn increases their satisfaction.

In regards to the existence of children, findings suggest no significant difference between married couples with and without children in terms of their marital satisfaction (Hamamcı, 2005; Sakmar, 2010). Consistent with this finding, Çağ and Yıldırım (2013) reported that the number of children do not predict marital satisfaction.

Other relationship related factors such as high degree of acquaintanceship with partner before marriage, similarity of one's values, attitudes and backgrounds with the partner, good communication between partners, and effective conflict resolution skills were reported as predictors of high levels of marital satisfaction (Larson, 2000).

1.3. Schema Theory and Early Maladaptive Schemas

Young's Schema Theory (1999) proposed the concept of Early Maladaptive Schemas (EMS), which refers to extremely stable and enduring characteristics and themes that are comprised of memories, emotions, cognitions, and bodily sensations about self and relationships with others. These pervasive themes and patterns develop primarily as toxic experiences in childhood, elaborated through individual's lifetime, and are dysfunctional to a significant degree. EMSs develop when core emotional needs have not been met during childhood (Young, Klosko, & Weishaar, 2003). These five core emotional needs are secure attachment to others; autonomy, competence, and sense of identity; freedom to express valid needs and emotions; spontaneity and play; and realistic limits and self-control. It is believed that every individual has these needs. Psychologically healthy individuals' core emotional needs have been adaptively met. EMSs develop when the interaction between child's innate temperament and early environment bring about frustration instead of gratification.

Schemas play a major role in how individuals think, feel, and act (Young et al., 2003). They help individuals to transform new stimulus experiences in line with the past, the conditions in childhood that were most harmful to them. Moreover, when schemas are triggered, individuals develop maladaptive behaviors as response to them. According to Young's theory (1990, 1999), behaviors are not part of the schema itself, but maladaptive behaviors develop as responses to schemas. Each schema has its certain

8

dysfunctional behavior patterns, which affects relationships with others via individuals' reactions to their partners and significant others. In addition to everyday behaviors, individual's major life decisions such as their choice of marital partner is affected by their schemas as well. For instance, a woman with an emotional deprivation schema is very likely to be attracted to an emotionally depriving man and marry him. Her husband becomes irritated and pushes her away when she tries to hold him, which in turn triggers her emotional deprivation schema and she overreacts with her anger. Her anger might in turn lead her husband to alienate her even more, which maintains the existence of her emotional deprivation schema. Thus, early maladaptive schema can have detrimental effects on a romantic relationship and couple's satisfaction.

1.3.1. Schema Domains and Early Maladaptive Schemas

There are five main categories of "schema domains" that results from unmet emotional needs. These five schema domains include eighteen schemas.

The first schema domain is "Disconnection and Rejection". People with EMS in this schema domain are not able to form secure, satisfying attachments with others and expect that their needs for safety, stability, nurturance, empathy, love, belonging, acceptance, and respect are not going to be met. They tend to be most damaged compared to people having other schema domains and have an inclination to go into self-destructive relationships or, at the opposite side, avoid close relationships at all. Their parents are typically unstable, abusive, cold, rejecting, or isolated. This domain includes EMSs such as Abandonment/Instability, Mistrust/Abuse, Emotional Deprivation, Defectiveness/Shame, and Social Isolation/Alienation. "Abandonment/Instability" schema is the expectation that one's connection to important others is not stable because they are emotionally unpredictable, will die, or will leave the person for someone better. Furthermore, people with "Mistrust/Abuse" schema expect that others will abuse, hurt, humiliate, lie, cheat, manipulate or use the person because they think of only their own selfish needs. "Emotional Deprivation" schema is the perception that people's emotional needs such as nurturance, empathy, and protection

9

from important others will be unable to met adequately. People with "Defectiveness/Shame" schema perceives themselves as a defective, bad, unwanted, inferior, or invalid in important aspects or as unlovable to their significant others. "Social Isolation/Alienation" schema is the sense that the person is isolated from other people, groups, community, and the rest of the world (Young et al., 2003).

The second schema domain is "Impaired Autonomy and Performance". People with EMSs in this schema domain have expectations about themselves and their environment that contradicts with their ability to separate, survive, function independently, or perform successfully. They are unable to develop their own identities, to have their own independent lives, to set personal goals, and to master necessary skills. Their parents are usually enmeshed, undermining confidence of the child, lacking reinforcement for child's performances outside the family, or overprotective parents who did everything for their child. This domain includes EMSs such as Dependence/Incompetence, Vulnerability to Harm or Illness, Enmeshment/Undeveloped Self, and Failure. "Dependence/Incompetence" is an EMS in which one perceives the self as incompetent to handle everyday responsibilities without considerable help from others. These responsibilities might be taking care of oneself, solving daily problems, exercising good judgment, tackling new tasks, and making good decisions. "Vulnerability to Harm or Illness" schema is the belief that imminent catastrophe can strike any time that will be unable to be prevented by the person that results in exaggerated fear. There are three types of catastrophes depending on the focus of fear: medical catastrophes, emotional catastrophes, and external catastrophes. "Enmeshment/Undeveloped Self" schema is present in people having excessive emotional involvement and closeness with significant others, usually parents, at the cost of having normal development of individuation. "Failure" schema is the expectation of inevitable failure in important areas of achievement such as school, sports, and career and the perception of inadequateness compared to peers (Young et al., 2003).

The third schema domain is "Impaired Limits". People with EMSs in this schema domain are unable to develop adequate internal limits in terms of reciprocity or self-

discipline. Therefore, it might be difficult for them to respect other's rights, cooperate, keep commitments, or meet long-term goals. They tend to be selfish, spoiled, irresponsible, narcissistic, and are unable to control their impulses and to delay gratification. Their parents are typically overly permissive or indulgent. This domain includes EMSs of Entitlement/Grandiosity and Insufficient Self Control/Self Discipline. People with "Entitlement/Grandiosity" schema perceive themselves as superior to others and not responsible for the rules of reciprocity, the latter of which guides normal social interaction. They believe that they are entitled to special rights and privileges. "Insufficient Self-Control/Self-Discipline" schema is present in people, who are unable to have sufficient self-control and frustration tolerance in order to reach their personal goals and to adjust the expression of their emotions and impulses (Young et al., 2003).

The fourth schema domain is "Other-Directedness". People with EMSs in this domain excessively focus on meeting the needs of other people instead of their own in order to receive approval, sustain emotional connection, or avoid punishment. Their families typically give more importance for their own emotional needs and social presentation and eventually fail to give unconditional acceptance. This domain includes EMSs of Subjugation, Self-Sacrifice, and Approval-Seeking/Recognition-Seeking. People with "Subjugation" schema experience an excessive giving up control over other people to avoid the threat of abandonment, anger, or retaliation. There are two types of subjugation: subjugation of needs and subjugation of emotions. People with "Self-Sacrifice" schema are volunteers to meet the needs of others for the cost of their own needs and gratification. "Approval-Seeking/Recognition-Seeking" schema is the perception that one needs approval or recognition from others, which risks developing a secure, autonomous, and genuine sense of self (Young et al., 2003).

The fifth schema domain is "Overvigilance and Inhibition" which is defined as suppression of spontaneous feelings and impulses. People with EMS in this domain try hard to meet internalized rigid rules about their own performance. By doing this, they risk their happiness, self-expression, relaxation, close relationships, or good health. Their parents were typically grim, repressed, and strict. In their childhood, people with

these schemas typically rely on self-control and self-denial at the expense of spontaneity and pleasure. This domain includes EMSs of Negativity/Pessimism, Emotional Inhibition, Unrelenting Standards/Hypercriticalness, and Punitiveness. People with "Negativity/Pessimism" schema pervasively focus on the negative aspects on their life and ignore the positive ones. Their focus is usually pain, death, loss, disappointment, conflict, and betrayal. "Emotional Inhibition" schema is defined as the inhibition of spontaneous actions, feelings, and communication when one has interaction with others in order to avoid criticism or losing control of their impulses. "Unrelenting Standards/Hypercriticalness" schema is the belief that one must make every effort to meet high-internalized standards, usually with the aim of avoiding disapproval or shame. This EMS is generally identified by perfectionism, rigid rules, preoccupation with time and efficiency. "Punitiveness" schema is the perception that people who make mistakes deserve harsh punishment (Young et al., 2003).

Depending on his clinical experience, Young (1990) originally suggested sixteen EMSs. Then, Young and his colleagues (Young, 1999; Young et al., 2003) revised these EMSs and proposed five schema domains that include 18 EMSs mentioned above. Factor analyses of the schemas in different studies revealed different number of schema domains; thus, the numbers of EMSs and schema domains seem to vary across studies. In their studies with the samples of undergraduates and an Australian clinical population, respectively, Schmidt, Joiner, Young, and Telch (1995) suggested 13 EMS; while Lee, Taylor, and Dunn (1999) proposed 16 EMS according to the factor analyses of Young Schema Questionnaire Long Form. Different factor structures depending on the use of clinical or normal populations were produced.

In the Turkish literature, there are two main studies in which early maladaptive schemas were used with two different populations and different numbers of schema domains with different numbers of EMSs were found. Sarıtaş-Atalar and Gençöz (2015), conducted a study with Turkish high school students, principle component analysis of YSQ-SF-3 revealed 3 schema domains, named as Impaired Limits-Exaggerated

Table 1. *Early Maladaptive Schemas and Associated Schema Domains*

Schema Domain	Disconnection & Rejection	Impaired Autonomy &Performance	Impaired Limits	Other Direc-tedness	Overvigilance & Inhibition
Early Maladap-Tive Schema	Abandonment /Instability	Dependence Incompetence	Entitlement /Grandiosity	Subjugation	Negativity/ Pessimism
	Mistrust/ Abuse	Vulnerability to Harm or Illness	Insufficient Self-Control /Self-Discipline	Self-Sacrifice	Emotional Inhibition
	Emotional Deprivation	Enmeshment /Undeveloped Self		Approval Seeking/ Recogniti-on Seeking	Unrelenting Standards/ Hypercriti-calness
	Defectiveness /Shame	Failure			Punitiveness
	Social Isolati-on/Alienation				

Adapted from Young, Klosko, & Weishaar (2003)

Standards, Disconnection-Rejection, and Impaired Autonomy-Other Directedness, which consist of 18 EMSs.

Soygüt, Karaosmanoğlu, and Çakır (2009) conducted a study with Turkish university students and proposed 14 EMSs under 5 schema domains, namely Impaired Autonomy (consists of enmeshment/dependency, abandonment, failure, negativity, vulnerability to harm EMSs), Disconnection (consists of emotional deprivation, emotional inhibition, social isolation/mistrust, and defectiveness EMSs), Unrelenting Standards (consists of unrelenting standards, approval seeking EMSs), Impaired Limits (consists of entitlement/insufficient self-control EMS), and Other-Directedness (consists of self-sacrifice and punitiveness EMSs) based on principal component analysis of Young Schema Questionnaire Short Form Version 3 (YSQ- SF-3). In the present study

Soygüt and her colleagues' questionnaire (2009) and suggested schema domains in their study were used (See Table 2.). They suggested that clinical population represent suggested factors theoretically better than the population composed of university students. They stated that emerged factors overlap with the basic structure of the original factors. Although some of the items are loaded in different dimensions, they are fundamentally universal representations of the schemas.

Table 2. *Listing of Suggested Schema Domains and Early Maladaptive Schemas*

Schema Domain	Impaired Autonomy	Disconnection	Unrelenting Standards	Impaired Limits	Other-Directedness
	Enmeshment Dependence	Emotional Deprivation	Unrelenting Standards	Entitlement/ Insufficient Self-Control	Self-Sacrifice
	Abandonment	Emotional Inhibition	Approval-Seeking		Punitive-ness
	Failure	Social Isolation /Mistrust			
	Pessimism	Defectiveness			
	Vulnerability to Harm				

Adapted from Soygüt, Karaosmanoğlu, and Çakır (2009)

1.3.2. Early Maladaptive Schemas, Schema Domains, and Marital Satisfaction

Throughout the literature it has been acknowledged that cognitions have an important role in the functioning of relationships (Whisman & Uebelacker, 2007). One of those cognitions is an early maladaptive schema. Long-standing and strongly held assumptions affect one's emotions and behaviors towards partners. If these underlying assumptions are unrealistic, extreme, or rigid, they are very likely to cause relationship problems and distress in a marriage. Moreover, partners' core beliefs shaped by

dysfunctional assumptions are important in terms of affecting the way couples interact with each other (Nia et al., 2015), which in turn has an impact on their marital satisfaction. A study investigating the role of EMSs as predictors of divorce found that couples with enmeshment and emotional inhibition EMSs are more likely to divorce (Yoosefi, Etemadi, Bahrami, Fatehizade, & Ahmadi, 2010).

Studies investigating the effects of EMSs on marital satisfaction of individuals are consistent in the sense that in general increased level of EMSs are associated with a decrease in marital or couple satisfaction (Dumitrescu & Rusu, 2012; Nia et al., 2015; Soleymani, 2014; Yiğit & Çelik, 2015). Dumitrescu and Rusu (2012) in their study among 182 Romanian university students for at least have 6 months relationship or married found that increased level of abandonment / instability, emotional deprivation, social isolation / alienation, defectiveness/shame, dependence / incompetence, vulnerability to harm or illness, subjugation, self sacrifice, approval seeking / recognition seeking, and negativity / pessimism schemas predicts low levels of couple satisfaction. Moreover, Young and Brown (2007, as cited in Dumitrescu & Rusu, 2012) stated that people with abandonment and instability schemas might feel that their partner will not provide emotional support, not meet their protection needs, and also have a perception that they will be abandoned. Those with emotional deprivation and defectiveness schemas might have a perception that their partners will not provide the love they need, and might feel worthless. Having social isolation / alienation schemas might make one feel isolated and different from partner. People with dependence / incompetence schema might perceive that they need their partner to carry out all daily responsibilities and are unable to do them without them. Approval-Seeking schema might force people to be extremely committed to their partners' confirmation to avoid anger or abandonment. Those with negativity / pessimism schema might pay attention to negative things in their relationship such as conflicts, blame, unsolved problems, or betrayals while ignoring the positive aspects.

It is also important to consider the role of cultural differences and the perception of family system in that culture when examining the relationship between EMSs and

marital satisfaction. A study comparing the relationship between EMSs and marital dissatisfaction in married individuals in India and Iran revealed that abandonment, dependence, and subjugation schemas predict marital dissatisfaction in an Iranian sample, while in an Indian sample emotional deprivation is the only predictor of marital dissatisfaction (Nia et al., 2015). Another study conducted with an Iranian sample showed that EMSs of emotional deprivation, emotional inhibition, and distrust negatively predict marital satisfaction (Soleymani, 2014).

As regard to studies investigating the relationship between schema domains and marital satisfaction, in a study conducted with Turkish couples, married or in a romantic relationship, Yiğit and Çelik (2015) found that disconnection and rejection schema domain negatively predict relationship satisfaction in married couples. Presence of disconnection and rejection schema domain in people, who could not develop secure attachment with significant others in their childhood and maintain this pattern in their relationships in adulthood, explain their problems in their romantic relationships and their decreased levels of marital satisfaction.

Another study examining the relationship between maladaptive schema domains and marital satisfaction in Iranian mothers of primary school children revealed a significant negative relationship between disconnection rejection, other directedness, and over vigilance and inhibition schema domains and marital satisfaction (Chay, Zarei, & Pour, 2014). Moreover, it was found that there is a positive relationship between impaired autonomy and performance schema domain and marital satisfaction. When interpreting this finding according to Young's theory, people who score high on impaired autonomy and performance schema domain have undeveloped inner self and are incompetent and dependent individuals who cannot independently take responsibilities for their lives. They often ask other people to make their decisions for them. They accept their schema and never try to change it. All these characteristics may lead to feelings of marital satisfaction in them (Yoosefi et al., 2010).

To date there is no study in the literature investigating the dyadic effects of schema domains on marital satisfaction of wives and husbands separately. Thus, the present study aims to examine this by using Actor-Partner Interdependence Model (APIM).

1.4. Schema Coping Styles

It has long been known that all organisms have three basic responses when they perceive threat, namely fight, flight, and freeze (Simeone-DiFrancesco, Roediger, & Stevens, 2015). These correspond to three ways of responding to a schema, namely schema overcompensation, schema avoidance, and schema surrender, respectively. However, animal responses of fight, flight, and freeze are behaviors towards external enemies, schema coping styles are towards a schema, which is an "enemy within". These coping styles, how individuals handle their own schemas, are called "coping reactions" by Young. All three schema coping styles operate unconsciously. Moreover, it is important to underlie that all three ways of responding to a schema, known as schema coping styles, include behaviors, thoughts, and feelings (Simone-DiFrancesco et al., 2015).

Triggering of EMSs during childhood represents presence of a threat. Threat is "the frustration of a core emotional need and the concomitant emotions" of the child. Individuals deal with frustration with a coping style. Although these coping styles are usually adaptive and seen as healthy mechanisms to survive in childhood, they become maladaptive as children grow up. The reason behind this is that coping styles with the EMSs continue to preserve the schema, even though the available conditions change and there may be more favorable options. Individuals become captive with their schemas by using maladaptive schema coping styles. As mentioned above the types of schema coping styles are Schema Surrender, Schema Avoidance, and Schema Overcompensation.

17

1.4.1 Schema Surrender

When surrender schema coping style is used, the person gives into the schema (Simeone-DiFrancesco et al., 2015). They accept their schema as a systematic rule and do not avoid from or fight it; instead their behaviors confirm the schema (Young et al., 2003). In terms of behaviors, they look for people and situations similar to the ones caused the formation of their schemas in childhood. They maintain their schema-driven patterns out of awareness. They act in a way to maintain their EMSs behaviorally by choosing partners, who treat them just as their parents did. For instance, a person with "Emotional Deprivation" schema is more likely to choose a cold, self-centered, or needy partner, who is unable to meet his or her emotional needs. In terms of thoughts, they selectively process the information; that is, they only notice what confirms the schema and ignore what counters it (Simeone-DiFrancesco et al., 2015). In terms of feelings, they directly experience emotional pain of the schema as they confront with schema triggers.

1.4.2 Schema Avoidance

People using schema avoidance coping style avoid activities, thoughts, and images that can trigger the schema and emotional reactions in order to prevent schema activation (Young et al., 2003). Without awareness, they try to live their lives as if the schema is not present. In terms of behaviors, they use both active and passive avoidance of all kinds of situations that might trigger their schema. For instance, a woman with "Emotional Deprivation" schema, who uses schema avoidance coping style, can avoid a romantic relationship due to her assumption that "she is an unlovable person or her partner will not give the love that she needs". When thoughts and images related with their schema appear, they distract themselves to avoid them. It can be seen as the denial of traumatic events or memories as well as psychological defenses such as emotional detachment (Simeone-DiFrancesco et al., 2015). In terms of feelings, just like thoughts and images, they also suppress feelings associated with schema or escape into numbness.

1.4.3 Schema Compensation

According to Schema Theory (Young et al., 2003), when people use schema overcompensation, they fight against their schema with their thinking, feelings, and behaviors as if the opposite of their schema is true. If their schema is triggered, they behave totally different from the child they were at the time of the schema acquisition. That is, if they had the feeling that their parents neglected their emotions in the childhood, they might be overly demanding about their needs to be met or satisfied. If they felt as a worthless person during the childhood, they become narcissistic as adults. If they felt that they would fail inevitably during the childhood, they become perfect or likely to look down to others. From outside, they seem to be self-confident, but in reality they are under the pressure of the schema menacing to show up. Their thoughts and feelings associated with them are opposite to the content of the schema. They do not feel comfortable about their feelings associated with the schema. Moreover, if their overcompensation of the schema fails, their feelings may come back again.

Schema Compensation as a coping style is functional and healthy to a certain extent. As long as the person considers others' feelings, the behavior is appropriate to the situation, and likely to result in a desirable outcome, fighting back against a schema is healthy. It seems to be functional fighting against the schema in order to get an alternative rather than feeling the pain of it. However, these attempts often overshoot the mark and backfire at the end; thus, schema is sustained rather than healed. Narcissistic patient with an Emotional Deprivation schema may reject all the help from her husband, even if she needs help, which might result in alienating her husband, returning once again to the state of deprivation.

1.4.4. Schema Domains and Schema Coping Styles

Gök (2012) investigated the relationship between schema domains and schema coping styles in Turkish university students. It was found that avoidance coping style is significantly related with schema domains of disconnection/rejection and impaired limits/exaggerated standards (Gök, 2012). In regards to the findings about compensation

coping style, it was found that it is significantly associated with schema domains of impaired limits/exaggerated standards and impaired autonomy/other directedness.

1.4.5. Schema Coping Styles and Marital Satisfaction

There is no study investigating the relationship between schema coping styles and marital satisfaction. When it is considered that these coping styles are maladaptive and negatively affects individuals' relationships with significant others, it can be expected that there would be a negative relationship between schema coping styles of avoidance and compensation and marital satisfaction of spouses.

1.5. Perceived Partner Responsiveness

Perceived partner responsiveness (PPR) has been proposed as a core principle throughout the history of relationship research (Reis et al., 2004) and a central aspect of relationship functioning and satisfaction (Reis, 2012). Reis and Gable (2015) reported that responsiveness is the active ingredient that emphasizes important qualities defining satisfying and healthy relationships. In addition, it was also commonly used as mediator and moderator variables for the relationships between relational behaviors and various outcomes (Bar-Kalifa & Rafaeli, 2013; Gadassi et al., 2015; Selcuk & Ong, 2013).

PPR is defined as the extent to which one believes that his or her romantic partner understands, cares for, and appreciates him or her (Reis, 2012). It is important to underline that PPR, as a concept, is somewhat different from received support from a partner (Selcuk & Ong, 2013). That is, PPR refers to an individual's overall view of his or her partner in terms of understanding, caring, and appreciating. On the other hand, received support from a partner reflects the received support's quantity in a specific time interval. For example, it is possible that an individual who has a spouse providing high emotional support can evaluate his or her partner as low on PPR. It significantly predicts some variables such as posttraumatic growth (Canevello et al., 2016), mortality risk (Selcuk & Ong, 2013), and diurnal cortisol levels (Slatcher, Selcuk, & Ong, 2015), important for individuals' psychological and physical well-being.

Reis and Gable (2015) suggested a model of responsiveness in which they emphasize both interpersonal and intrapersonal processes. According to the model, there are three key components of partner responsiveness. The first one is "understanding", defined as comprehending the core self such as needs, strengths, and weaknesses of the partner. The second component is "validation", defined as respecting for or valuing the view of the partner's self. The third one is "caring", defined as expression of warmth, affection, and concern for the well-being of the partner. The model begins with the interaction between partner A and partner B or an eliciting event occurring outside the context of an interaction between A and B such as participating in an activity together, A's disclosure of an stressful event to B, or A's making decision that has implications for B. The event or interaction can be in any context in which one of the partners has an opportunity to be responsive to the other partner. In the context that A has an opportunity to be responsive to B, A has the intention of understanding, validating, and caring for the needs of B. Then, A shows this understanding, validation, and caring for B in his/her verbal or nonverbal behaviors. When it proceeds successfully, A's expressed responsiveness is perceived by B, and perceptions of A's understanding, validation, and caring for B in turn affects B's both personal and relationship outcomes (i.e. satisfaction). They emphasized that the model is dyadic, that is, it specifies both interpersonal, and intrapersonal effects.

1.5.1. Schema Domains and Perceived Partner Responsiveness

Schemas can be inactive for a period of time, and then they can become active by events that occur in the environment (Young, et al., 2003). Yoosefi et al. (2010) reported that activation of schemas might lead to subjectivity in our interpretation of events. This subjectivity in couples can be displayed as incorrect suppositions, unrealistic objectives and expectations, misunderstandings, and mutilated views (Antoine, Antoine, & Nandrino, 2008). Thus, early maladaptive schemas of spouses can distort their perceptions about their partners' responsiveness due to their subjectivity in the interpretations of events.

1.5.2. Perceived Partner Responsiveness and Marital Satisfaction

Attachment Theory, as one of the most influential theories of close relationships, suggests that establishing and maintaining a relationship with a highly responsive attachment figure, that can be either a parent during infancy and childhood or a romantic partner in adulthood, gradually introduce a feeling of security and calmness, which in turn strengthens well-being (Selcuk, Gunaydın, Ong, & Almeida, 2016) as well as marital satisfaction (Gadassi et al., 2015).

PPR is viewed as a fundamental process that gives direction to relationship satisfaction and positively affects well-being and health (Reis, 2012). It has been viewed as a fundamental element of satisfying romantic relationships since it facilitates the development of intimacy among partners (Debrot, Cook, Perrez, & Horn, 2012). However, most of the studies used perceived partner support instead of perceived partner responsiveness. There was only one study that examined the relationship between PPR and marital satisfaction (Gadassi et al., 2015). Specifically, the study examined the mediator role of PPR in the relationship between sexual and marital satisfaction among 34 newlywed couples. Findings indicated that the effect of sexual satisfaction on individuals' marital satisfaction is mediated by perceived partner responsiveness. That is, high PPR predicted increased levels of marital satisfaction.

1.6. Aims of the Study

Based on the aforementioned literature review about empirical studies and theoretical frameworks, one of the aims of the present study was to investigate the dyadic effects of some important variables such as early maladaptive schemas, schema coping styles (i.e. avoidance and compensation), and perceived partner responsiveness in predicting marital satisfaction of Turkish wives and husbands.

According to the Schema Theory, unmet needs during childhood, reflected and represented by EMSs, which are perpetuated through to later in life play a significant role in dysfunctional relationships (Young et al., 2003). These EMSs shape spouses'

memories, emotions, cognitions, and bodily sensations about self and relationships with others. Based on the Schema Theory and the findings of previous studies (i.e. Dumitrescu & Rusu, 2012; Nia et al., 2015; Soleymani, 2014; Yiğit & Çelik, 2015), the present study aimed to investigate the possible negative relationship between specific schema domains and marital satisfaction. It is important to mention that it was not possible to form our hypotheses for each schema domain.

Moreover, Schema Theory suggests that behavior of an individual is part of schema coping processes and that is also expected to affect partners' marital satisfaction because of the fact that behaviors affected by early maladaptive schemas are very likely to have a significant negative effect on marital relationship. Therefore, another aim of the present study was to examine whether avoidance coping style and compensation coping style have mediating effects in the relationship between schema domains and marital satisfaction. For the mediation effects, there were research questions instead of hypotheses. Due to the fact that there were no empirical findings about the mediating effects of avoidance and compensation coping styles in the relationship between specific schema domains and marital satisfaction.

When the possible negative effects of early maladaptive schemas on perceived partner responsiveness and the effects of perceived partner responsiveness on relationship outcomes are considered, the current study also aimed to investigate whether perceived partner responsiveness has a mediating effect in the relationship between schema domains and marital satisfaction of wives and husbands. Since there was no previous study that examined the relationship between schema domains and perceived partner responsiveness, a research question was proposed instead of hypothesis.

Specifically, the following was hypotheses about the main effects:

H1: Early maladaptive schemas, avoidance coping style, and compensation coping style of wives and husbands would predict marital satisfaction of couples negatively, while perceived partner responsiveness would predict marital satisfaction of couples positively (See Figure 1.).

> **H1a :** Early maladaptive schemas, avoidance coping style, and compensation coping style of wives and husbands would predict their own (actor effect) marital satisfaction negatively, while perceived partner responsiveness of wives and husbands would predict their own (actor effect) marital satisfaction positively.

> **H1b :** Early maladaptive schemas, avoidance coping style, and compensation coping style of wives and husbands would predict their partners' (partner effect) marital satisfaction negatively, while perceived partner responsiveness of wives and husbands would predict their partners' (partner effect) marital satisfaction positively.

Research questions about the mediating effects are as follows:

RQ 1: Does avoidance coping style mediate the relationship between schema domains and marital satisfaction of wives and husbands?

RQ 2: Does compensation coping style mediate the relationship between schema domains and marital satisfaction of wives and husbands?

RQ 3: Does perceived partner responsiveness mediate the relationship between schema domains and marital satisfaction of wives and husbands?

This figure represents the hypothesized actor and partner effects in H1a and H1b.
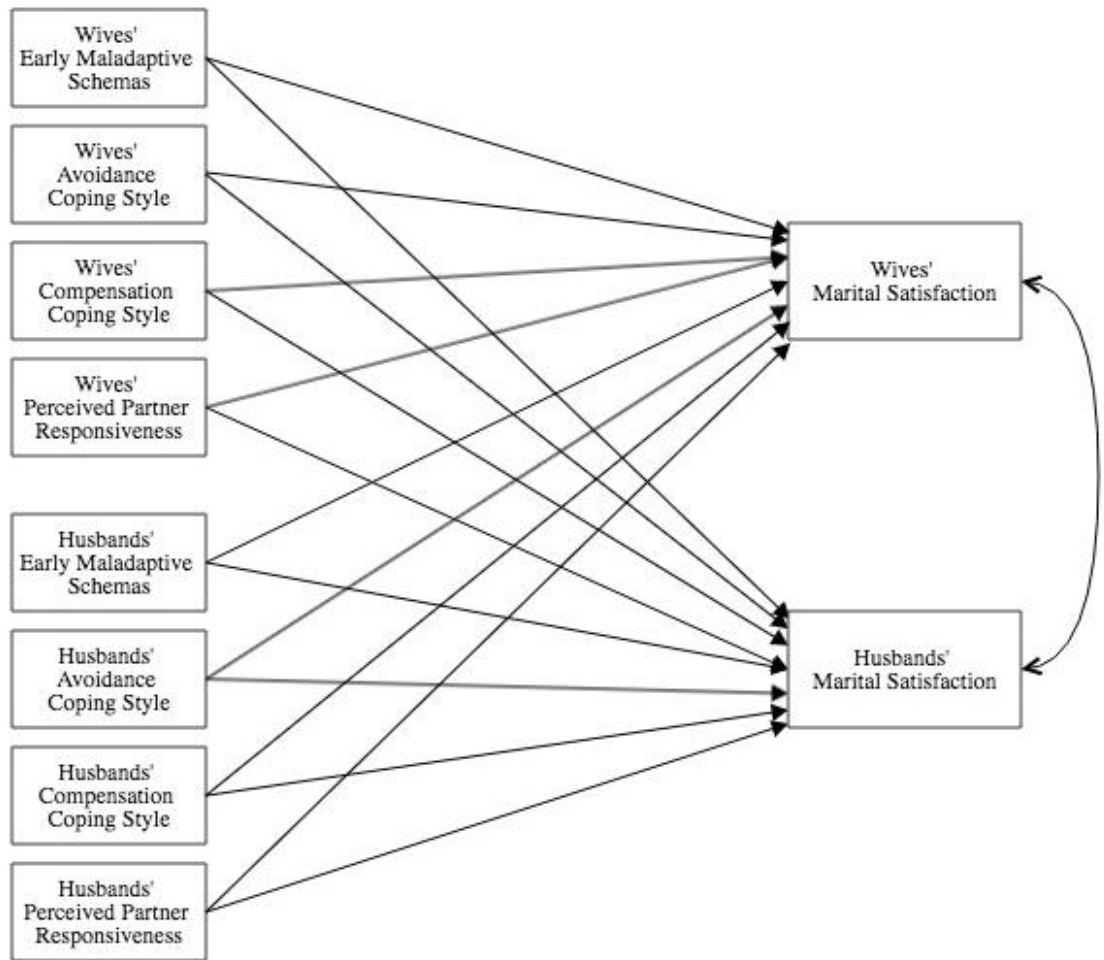
Figure 1. *The Proposed Model for Main Effects of Early Maladaptive Schemas, Schema Coping Styles, and Perceived Partner Responsiveness*

CHAPTER 2

METHOD

2.1. Participants

The sample of the present study consisted of 124 married couples (i.e. wives and husbands), thus 248 participants. The characteristics of the sample are given in Table 3. The ages of the wives ranged from 22 to 60 ($M = 39.30$, $SD= 10.53$), whereas the ages of the husbands ranged from 26 to 68 ($M = 40.94$, $SD= 11.00$).

Education level of wives were scattered as; 3.6% (n = 9) of them were primary school graduates, 1.2% (n = 3) were secondary school graduates, 9.7% (n = 24) were high school graduates, 0.8% (n = 2) were university students, 27.4% (n = 68) were university graduates, 4% (n = 10) had master education, and 3.2% (n = 8) had doctorate education. As regards to husbands' education level, 3.6% (n = 9) of them were primary school graduates, 2.4% (n = 6) were secondary school graduates, 6.9% (n = 17) were high school graduates, 0.8% (n = 2) were university students, 28.6% (n = 71) were university graduates, 5.2% (n = 13) had master education, and 3.2% (n = 8) had doctorate education.

Personal income of the participants differed according to gender, it ranged from 0 to 9000 Turkish Liras (TL) for woman ($M = 2301.65$, $SD = 1672.92$) and from 0 to 12.500 Turkish Liras (TL) for man ($M = 3820.67$, $SD = 2261.29$).

Couple's relationship duration before marriage ranged from 0 to 132 months ($M = 29.67$, $SD = 29.15$). Couples who were married for more than 5 months participated in the present study, thus duration of marriage for the participants ranged between 5 to 492

Table 3. *Demographic Characteristics of the Participants*

Variables	*N* (248)	*%*	*M*	*S*	*Min-Max*
Gender					
Female	124	50			
Male	124	50			
Age					
Wives'Age			39.30	10.53	22-60
Husbands' Age			40.94	11.00	26-68
Education					
Wives' Education Level					
Primary	9	3.6			
Secondary	3	1.2			
High school	24	9.7			
University student	2	0.8			
University graduate	68	27.4			
Master	10	4.0			
Doctorate	8	3.2			
Husband's Education Level					
Primary	9	3.6			
Secondary	6	2.4			
High school	17	6.9			
University student	0	0			
University graduate	71	28.6			
Master	13	5.2			
Doctorate	8	3.2			

Table 3. (continued)

Income					
Wife's Income			2301.65	1672.92	0-9000
Husband's Income			3820.67	2261.29	0-12.500
Type of Marriage					
Acquainted	166	66.9			
Arranged	58	23.4			
Duration of relationship before marriage (month)			29.67	29.15	0-132
Duration of marriage (month)			165.53	128.47	5-492
Number of children			1.27	.96	0-4
Whether other family members live with the couple					
Yes	15	6			
No	233	94			

months (*M* = 165.52, *SD* = 128.47). The number of children of participants ranged between 0 and 4. Majority of the participants had 2 children (n= 102, 41.1%). Sixty-six (26.6%) couples had no children, 64 (25.8%) couples had one, 11 (4.4) couples had 3, and 5 (2%) had 4 children.

Majority of the couples, that is 94% (n =233), do not live with other family members outside the nuclear family, e.g. grandmother, grandfather, aunt, uncle. Only 6% (n = 15) live with people from outside the nuclear family.

As for marriage type, that is the way the couples got married, 66.9% (n = 166) of the couples had acquainted marriage, 23.4% (n = 58) of the couples had arranged marriage.

2.2. Instruments

First of all, demographic information form, prepared by the researcher, was administered in order to get information about participant's gender, age, education level, monthly income of the participant, length of the relationship before marriage, length of marriage, number of children, type of marriage, presence or absence of another person from extended family living with the couple (See Appendix B). In addition, five self-report measures were given to participants. The measures included Young Schema Questionnaire-Short Form-3 (See Appendix C), Young Rygh Avoidance Inventory (See Appendix D), Young Compensation Inventory (See Appendix E), Perceived Partner Responsiveness Scale (See Appendix F), and Dyadic Adjustment Scale (See Appendix G).

2.2.1. Young Schema Questionnaire - Short Form 3 (YSQ-SF3)

Young and Brown (1994) developed the original form of Young Schema Questionnaire (YSQ-Long Form), composed of 205 items with the aim of measuring suggested 15 early maladaptive schemas (as cited in Welburn, Coristine, Dagg, Pontefract, & Jordan, 2002). Then a briefer instrument with 75 items, the Schema Questionnaire Short Form (YSQ-Short Form), was developed in order to measure 15 EMSs. Adding three proposed EMSs of approval seeking, pessimism, and punitiveness, Young (2005) developed the third version of the short form of Young Schema Questionnaire (YSQ-SF3), which measures 18 EMSs. The instrument is composed of 90 items, in which participants rate each item on 6-point Likert type scale (from 1= completely untrue of me, to 6= describes me perfectly). High scores on items that correspond to an EMS reveal the greater presence of that maladaptive schema. Internal consistencies of short and long versions of Young's schema questionnaires were found very similar in factor analysis (Welburn et al. 2002).

Soygüt, Karaosmanoğlu, and Çakır (2009) conducted the Turkish adaptation of the YSQ-SF3 among Turkish university students. According to this study, Cronbach's alpha internal consistency for the schema domains were between .53 (unrelenting

standards) and .81 (impaired autonomy), while test-retest reliability as assessed with Pearson correlation coefficients ranged between .66 and .83. The Turkish version of the measure suggested 14 factors (emotional deprivation, failure, pessimism, social isolation/mistrust, emotional inhibition, approval seeking, enmeshment/dependency, entitlement/insufficient self-control, self-sacrifice, abandonment, punitiveness, defectiveness, vulnerability to harm, and unrelenting standards). Higher order factor analysis of these 14 factors revealed that there are five schema domains. The score for each schema domain is calculated by taking the mean of the sum score of the items, which belong to the specific schema domain. In addition, the score of early maladaptive schemas were calculated by taking the mean of total score received from 90 items YSQ.

In the present study, the internal consistency reliability analysis for EMSs revealed Cronbach alpha of .80 for emotional deprivation schema, .75 for failure, .82 for negativity, .77 for social isolation, .77 for emotional inhibition, .76 for approval seeking, .81 for enmeshment/dependency, .71 for entitlement/insufficient self-control, .74 for self-sacrifice, .73 for abandonment, .72 for punitiveness, .70 for defectiveness, .76 for vulnerability to harm, .74 for unrelenting standards. Moreover, internal consistency Cronbach alpha values for the schema domains were found to be .93 for the impaired autonomy schema domain, .90 for the disconnection schema domain, .82 for unrelenting standards schema domain, .71 for the impaired limits schema domain, and .81 for the other directedness schema domain. The overall reliability of the YSQ was found to be .96.

2.2.2. Young Rygh Avoidance Inventory (YRAI)

YRAI was developed by Young and Rygh (1994) in order to measure the degree to which one use schema avoidance as a coping style. It consists of 40 items, in which participants rate each item on a 6-point Likert type scale (from 1= completely untrue of me, to 6= describes me perfectly). Fourteen subscales were determined on the original study, namely not to think deliberately about afflicting events, substance abuse, denial of unhappiness, extreme rationalization and control, the suppression of anger,

30

psychosomatic symptoms, distancing from people, the denial of memories, avoidance by sleeping/energy loss, activity to remove from the mind, self-soothe (eating, shopping), passive prevention of negative emotions, being away from the passive mind (fantasies, television), and avoiding upsetting situations.

The Turkish adaptation of the YRAI was developed and conducted by Soygüt (2007) with university students. Internal consistency coefficient for the overall scale was .77, for the subscales ranged from .45 to .76. In the Turkish adaptation, six subscales were suggested that consist of psychosomatic symptoms, ignoring sadness or disturbance, emotional control, withdrawal from people, distraction through activity, and numbness/suppressing emotions. In the present study, the mean of the overall scale score was used and the internal consistency reliability analysis for YRAI revealed Cronbach alpha of .75 for the overall scale.

2.2.3. Young Compensation Inventory (YCI)

YCI was developed by Young (1995) in order to measure the extent to which individuals use compensation strategies to cope with their schemas. It consists of 48 items, in which participants rate each item on a 6-point Likert type scale (from 1= completely untrue of me, to 6= describes me perfectly). The Turkish adaptation of the instrument was conducted by Karaosmanoğlu, Soygüt, and Kabul (2013). According to factor analysis, seven factors derived, namely, status seeking, control, rebellion, counterdependency, manipulation/attack, intolerance to criticism, and egocentrism. Internal consistency coefficients were found to range between .60 and .81 for the subscales. Split half reliability coefficient was .88 for the overall scale and that indicates acceptable levels of internal consistency. In the present study, the mean of the overall scale score was used and internal consistency reliability analysis for YCI revealed Cronbach alpha of .90 for the overall scale.

2.2.4. Perceived Partner Responsiveness Scale (PPRS)

PPRS is a 18-item measure developed by Reis (2007) to measure the partners' perception of how much their partner cares about them, understand their feelings, and appreciates them. Participants respond to the items on a 9-point scales, ranging from 1 (not true at all) to 9 (completely true). The items of the PPRS were adapted to Turkish by Taşfiliz, Sağel, and Selçuk (2016) from Reis's full 18 items scale, which has not been published yet. PPRS consist of three components of responsiveness, namely understanding, validating, and caring. In the present study, the mean of the overall scale score was used and the internal consistency reliability analysis for PPRS revealed Cronbach alpha of .96 for the overall scale.

2.2.5 Dyadic Adjustment Scale (DAS)

DAS is a 32-item measure developed by Spanier (1976) in order to measure the relationship quality of married and cohabiting couples. It measures four factors, namely dyadic consensus, dyadic satisfaction, dyadic expression of affect, and dyadic cohesion among couples. It is a likert-type questionnaire with 5, 6, and 7-point response options. DAS also have two items with yes or no response options. Most of the items are in 6-point format with the responses ranging from always agree to always disagree or all the time to never. The sum of all items gives the total score that is between 0 and 151. Higher scores on DAS refer to the increased level of relationship satisfaction, while the lower scores denote a decreased level of relationship satisfaction. For the entire scale, DAS has a Cronbach's alpha of .96 and ranges from .73 to .94 for the subscales. It also found to have good content validity. As for the criterion validity, the correlation between DAS and Locke-Wallace Marital Adjustment Test was examined and reported as .86 for married couples.

DAS was adapted to Turkish by Fışıloğlu and Demir (2000). For the entire scale Cronbach's alpha was .92, and ranged from .75 to .83 for the subscales. In addition, split half reliability coefficient was found to be .86. In regards to the construct validity, principle component analysis confirmed the four-factor structure in translated DAS.

Related to criterion validity, correlation between the adapted DAS and adapted Locke-Wallace Marital Adjustment Test was found to be .82. In the present study, DAS is the dependent variable and was used to evaluate dyadic satisfaction of the married couples. The overall scale mean score was used and the internal consistency reliability analysis for DAS revealed Cronbach alpha of .92 for the overall scale in the current study, which is consistent with the findings of the reliability analyses of the original and adapted versions of DAS.

2.3. Procedure

At the beginning of the present study, ethical consent was taken from the Middle East Technical University Human Subjects Ethics Committee. Afterwards, an online survey form was prepared on www.qualtrics.com, which consist of demographic form and other instruments of the study mentioned above. In addition, all the instruments were gathered in a booklet. Snowball sampling technique was used in order to reach the target sample of married couples. Instruments were either delivered by online or by hand with the help of personal acquaintances of the researcher.

In total 154 married couples were reached. In the data collection process 30 printed surveys were eliminated due to three main reasons. Some of the questionnaires were left entirely blank by one spouse or both spouses, some surverys completed by one spouse, or for some questionnaires (PPRS or DAS) both spouses included the same answers that created an impression of copying spouse's answers. Thus, the data of 124 married couples (124 wives and 124 husbands) left included in the analyses of the present study. Among 124 couples, 95 of them completed the printed versions and 29 completed the online survey. Data were collected over 5-month period between the dates of February 2016 and June 2016.

Written instructions about volunteer participation, information about the researcher, aim of the study and confidentiality were attached at the beginning of the instruments. For the instruments mentioned above, each had its own instructions. The completion of the instruments took approximately 30 minutes for each participant.

2.4. Statistical Analysis

In the present study, the Statistical Package for Social Sciences (SPSS), version 21 for Mac, and Linear Structural Relations (LISREL) 9.2. Student version was used for the statistical analyses. Prior to the analysis, the accuracy of data was examined; data entry and missing values were controlled in SPSS. The written duration of marriage in years was converted to months. If one of the spouses in a couple did not state the duration of their marriage, the missing data of marriage duration was completed by the researcher according to the information given by the other spouse. Data were screened for missing values via Descriptive Statistics. It was suggested that if missing values are less than 5%, any procedure to handle missing values can be applied to the data set (Tabachnic & Fidell, 2001). According to descriptive statistics, there was no missing value greater than 5% of the total scale. Thus, Multiple Imputation in SPSS was used to complete the missing values. In the YSQ, the number of missing values ranged from 1 to 4, which were spread in 17 items. In the YRAI, the number of missing ranged between 1 and 3, which were distributed in 15 items. In YCI, the number of missing values ranged from 1 to 3, which were distributed in 8 items. In PPR, there was 1 missing value distributed in 5 items. In DAS, the number of missing values ranged from 1 to 14, which were distributed in 23 items. Furthermore, Cronbach's alpha reliabilities of the measures used in the present study were computed using the 14-factor structure of EMSs obtained in the study of Soygüt et al. (2009) conducted with a Turkish population. Due to the similarity of alpha values among schema domains and EMSs (see Section 2.2.1.), use of suggested 14-factors and 5 schema domains was decided in the present study.

Moreover, independent samples t-test was conducted in SPSS in order to measure whether there is a significant difference between the data collected online and the date collected on printed versions of the surverys. Furthermore, descriptive characteristics of the measures of the study and demographic variables were examined separately for both husbands and wives in SPSS. Then, the correlation coefficients among continuous demographic variables and the measures of the study were

investigated. Next, a series of path analyses were conducted using Actor-Partner Interdependence Model (APIM) framework for distinguishable partners in LISREL. APIM was used to examine the actor-partner effects of early maladaptive schemas (total score received from YSQ), schema coping styles (i.e. avoidance and compensation), and perceived partner responsiveness on marital satisfaction and to test the actor-partner mediating effects of avoidance coping style, compensation coping style, and perceived partner responsiveness in the relationship between schema domains (i.e. impaired autonomy, disconnection, unrelenting standards, impaired limits, and other directedness) and marital satisfaction. According to the dyadic approach, each member of the couple influences the functioning and the outcomes of both members of the dyad; therefore, it was assumed that there is interdependence in the data of the married couples. That is, by controlling for statistical interdependence between dyad members, the effects of each partner's independent variables on the outcome variable of each partner were estimated in tandem. More specifically, Actor-Partner Interdependence Model makes it possible to predict the interpersonal effects of one partner's schema domains on the other partner's marital satisfaction, controlling for the individual's own schema domains. "Actor effect" is the effect of the partners' predictor variables on their own outcome variables. For instance, the effects of partners' own schemas, schema coping styles, and perceived partner responsiveness on their own marital satisfaction are the actor effects. "Partner effect" is the effect of the one partner's predictor variables on the other partner's outcome variables. Effects of one partner's schemas, schema coping styles, and perceived partner responsiveness on his/her partner's marital satisfaction are examples for the partner effects.

CHAPTER 3

RESULTS

In this chapter, the results of the statistical analyses will be presented. First of all, descriptive statistics on the study variables and correlations among the study variables will be given. Secondly, findings related to the testing of specific hypotheses using the Actor-Partner Interdependence Model (APIM) will be presented.

3.1. Descriptive Characteristics

Fist of all, an independent samples t-test was conducted to compare the data collected online and the data collected from printed version of the surveys. Results revealed that wives who completed online versions of the questionnaires had significantly lower total schema scores ($M = 2.42$, $SD = .65$) compared to those completed printed version ($M = 2.79$, $SD = .60$), $t (122) = -2.90$, $p = .004$. Similarly, wives who completed online surveys significantly had lower levels of unrelenting standards schema domain ($M = 2.80$, $SD = .84$) than those completed printed versions ($M = 3.31$, $SD = .99$), $t (122) = -2.54$, $p = .012$. Moreover, wives who completed online surveys significantly had lower levels of impaired limits schema domain ($M = 2.85$, $SD = .86$) than those completed printed versions ($M = 3.33$, $SD = .80$), $t (122) = -2.78$, $p = .006$. Other directedness schema scores of wives who completed online surveys ($M = 2.99$, $SD = .96$) was also significantly lower than those who completed printed surveys ($M = 3.44$, $SD = .87$), $t (122) = -2.41$, $p = .017$. Wives' avoidance coping style scores were lower for those who completed online surveys ($M = 2.88$, $SD = .58$) compared to wives who completed the printed versions ($M = 3.26$, $SD = .52$), $t (122) = -3.39$, $p = .001$. There were no significant differences between husbands who completed online version and those who completed the printed version of the surveys.

Mean, standard deviation and minimum-maximum range were computed for all study variables (i.e. impaired autonomy schema domain, disconnection schema domain, unrelenting standards schema domain, impaired limits schema domain, other directedness schema domain, avoidance schema coping style, compensation schema coping style, perceived partner responsiveness, and marital satisfaction), separately for both wives and husbands. Giving same scales to both husbands and wives controlled the assumption regarding confounding factors. The results are presented in Table 4. As can be seen from the table, there were no significant differences between the mean scores of wives and husbands in terms of YSQ, schema domains of impaired autonomy, disconnection, unrelenting standards, impaired limits, and other directedness, YRAI, PPRS, and DAS, except for YCI. The only significant difference was related to compensation coping style; in that husbands' scores were higher than wives. The lowest score received among five schema domains was disconnection schema domain for wives; impaired autonomy schema domain for husbands. While wives received the highest score on other directedness schema domain, husbands' highest score was on unrelenting standards schema domain.

An inspection of the mean scores shows that Turkish wives and husbands seem to have relatively higher scores in unrelenting standards, impaired limits, and other directedness schema domains compared to impaired autonomy and disconnection schema domains. In addition, perceived partner responsiveness of wives and husbands seem to be very high.

3.2. Correlations Among the Variables of the Study

The correlation coefficients among continuous demographic variables and the measures of the study are given separately for actor variables of wives and husbands as well as for partner variables in Table 5. The valance and the size of the correlations between schema domains and marital satisfaction were all in the expected direction for both wives and husbands.

Table 4. *Gender Differences on the Study Variables*

| Measures | Wives (N = 124) | | | Husbands (N = 124) | | | | Cronbach's |
	Mean	SD	Min-Max	Mean	SD	Min-Max	F	Alpha
YSQ	2.35	.61	1.16-3.59	2.36	.56	1.00-3.97	.01	.96
Impaired Autonomy	1.95	.71	1.00-3.97	1.85	.63	1.00-3.80	1.29	.93
Disconnection	1.80	.63	1.00-3.74	1.93	.61	1.00-3.96	2.65	.89
Unrelenting Standards	3.25	.95	1.11-5.56	3.36	.96	1.00-5.67	.90	.82
Impaired Limits	3.22	.84	1.00-5.57	3.32	.97	1.00-5.71	.81	.71
Other Directedness	3.35	.90	1.36-5.91	3.26	.83	1.99-5.91	.64	.81
YRAI	3.14	.43	2.28-4.40	3.12	.43	1.88-4.48	.09	.75
YCI	3.28	.60	1.65-4.65	3.45	.58	2.20-4.90	5.30*	.90
PPRS	6.92	1.65	2.28-9.00	7.18	1.50	1.33-9.00	1.74	.96
DAS	3.64	.57	1.31-4.66	3.66	.54	1.79-4.66	.03	.92

*Note. *$p <.05$; YSQ = Young Schema Questionnaire (Min–Max = 1-6), YRAI = Young Rygh Avoidance Inventory (Min-Max = 1-6), YCI = Young Compensation Inventory (Min-Max = 1-6), PPRS = Perceived Partner Responsiveness Scale (Min-Max=1-9), DAS = Dyadic Adjustment Scale (Min-Max= 0-6)

In regards to the correlations between demographic variables and marital satisfaction, in general, significant correlations were observed between demographic variables and wives' marital satisfaction. In terms of age, both wives' and husbands' age were negatively correlated with wives' marital satisfaction ($r = -.22$, $p < .05$, $r = -.27$, $p < .001$, respectively). However, only wives' age, not husbands' age, was negatively correlated with husbands' marital satisfaction ($r = -.22$, $p < .05$). Related to income, there was no significant correlation of either wives' or husbands' income with marital satisfaction. In terms of duration of marriage, it was significantly negatively correlated with only wives' marital satisfaction ($r = -.19$, $p < .05$). The correlation between duration of relationship before marriage and marital satisfaction was in the expected direction; it was positively correlated with wives' marital satisfaction ($r = .18$, $p < .05$).

Moreover, there was a significant negative correlation between the number of children and wives' marital satisfaction ($r = -.19$, $p < .05$).

Examination of correlations revealed that schema domain scores were moderately and negatively correlated with marital satisfaction for both wives and husbands. Specifically, all of the schema domains of wives were significantly and negatively correlated with wives' marital satisfaction (ranging from -.22 to -.46). On the other hand, husbands' three schema domains, namely, impaired autonomy, disconnection, and impaired limits were significantly and negatively correlated with husbands' marital satisfaction (ranging from -.18 to -.40). Impaired autonomy and disconnection schema domains had the strongest correlations with marital satisfaction for both wives ($r = -.45$, $p < .001$, $r = -.46$, $p < .001$) and husbands ($r = -.40$, $p < .001$, $r = -.40$, $p < .001$). In regards to the correlations between partner variables, while wives' three schema domains, namely, impaired autonomy, disconnection, and other directedness, were negatively correlated with husbands' marital satisfaction (ranging from -.22 to -.30), all the schema domains of the husbands negatively correlated with wives' marital satisfaction (ranging from -.23 to -.47).

Comparison of the schema coping styles of avoidance and compensation and marital satisfaction indicated that wives' avoidance and compensation coping styles were negatively correlated with wives' marital satisfaction ($r = -.22$, $p < .05$ and $r = -.23$, $p < .001$, respectively). However, there was no significant correlation between husbands' schema coping styles and husbands' marital satisfaction. In regards to the correlations between partner variables, only husbands' compensation coping style was negatively correlated with wives' marital satisfaction ($r = -.32$, $p < .001$).

Correlations between perceived partner responsiveness and marital satisfaction were also in the expected direction. Wives' perceived partner responsiveness scores were strongly and positively correlated with wives' marital satisfaction ($r = .77$, $p < .001$). Similarly, husbands' perceived partner responsiveness was also strongly and positively correlated with husbands' marital satisfaction ($r = .68$, $p < .001$). Related to correlations among partner variables, there was a moderate and positive correlation between wives' perceived partner responsiveness and husbands' marital satisfaction ($r = $

.58, $p < .001$). Consistently, husbands' perceived partner responsiveness was moderately and positively correlated with wives' marital satisfaction ($r = .53$, $p < .001$), indicating that both spouses' perceived partner responsiveness were associated with each other's relationship satisfaction.

When correlations among independent variables were examined, all of the wives' schema domains were significantly and positively correlated with wives' schema coping styles of both avoidance (ranging from .41 to .61) and compensation (ranging from .45 to .63). Similarly, all schema domains of husbands were significantly and positively correlated with husbands' schema coping styles of both avoidance (ranging from .40 to .52) and compensation (ranging from .35 to .65).

Moreover, negative correlations were observed between schema domains and perceived partner responsiveness. Wives' schema domains were all significantly and negatively correlated with their own perceived partner responsiveness (ranging from -.18 to -.41). On the other hand, only two schema domains of husbands, namely impaired autonomy and disconnection, were significantly and negatively correlated with husbands' perceived partner responsiveness ($r = -.35$, $p < .001$ and $r = -.38$, $p < .001$, respectively). In regards to correlations between partner variables, there were significant and negative correlations between wives' impaired autonomy and disconnection schema domains and husbands perceived partner responsiveness ($r = -.20$, $p < .05$ and $r = -.24$, $p < .001$, respectively). Whereas, all schema domains of husbands except other-directedness schema domain was negatively correlated with wives' perceived partner responsiveness (ranging from -.25 to -.42). Furthermore, there was only one significant correlation between coping styles and perceived partner responsiveness. Wives' compensation coping style was found to be significantly and negatively correlated with wives' perceived partner responsiveness ($r = -.23$, $p < .001$).

Table 5.

Pearson Correlation Coefficients Within Actor Variables and Correlation Coefficients Between Spouses IVs

	Wage	Win	WIA	WDI	WUS	WIL	WOD	WAv	WCom	WPpr	WMs	Hage	Hin	HIA	HDI	HUS	HIL	HOD	HAv	HCom	HPpr	HMs	Dma	Dre	Nch
Wage	1	.06	.08	.12	-.05	-.17	.12	.06	-.19*	-.06	-.22*	.95**	.07	.07	-.02	.07	.02	.06	-.12	-.05	-.12	-.22*	-.94**	-.35**	.64**
Win		1	-.24**	-.29**	-.26**	-.25**	-.31**	-.20*	-.18	.19*	.17	-.02	.56**	-.19*	-.23*	-.22*	-.33**	-.34**	-.29**	-.32**	.25**	.15	-.05	.16	-.18
WIA			1	.84**	.48**	.33**	.56**	.46**	.51**	-.41**	-.45**	.06	-.17	.52**	.45**	.34**	.28**	.39**	.33**	.33**	-.20*	-.30**	.12	-.21*	.19*
WDI				1	.39**	.30**	.59**	.49**	.45**	-.40**	-.46**	.12	-.20*	.51**	.50**	.27**	.29**	.44**	.35**	.29**	-.24**	-.26**	.16	-.16	.31**
WUS					1	.54**	.53**	.41**	.63**	-.18*	-.22*	-.04	-.18	.28**	.26**	.51**	.26**	.44**	.40**	.37**	-.06	-.05	-.00	-.06	.12
WIL						1	.37**	.43**	.63**	-.20*	-.27**	-.14	-.20*	.21*	.19*	.28**	.35**	.30**	.29**	.34**	-.02	-.02	-.11	-.02	-.01
WOD							1	.61**	.48**	-.26**	-.39**	.14	-.18	.39**	.35**	.40**	.36**	.57**	.36**	.36**	-.12	-.22*	.17	-.12	.26**
WAv								1	.50**	-.14	-.22*	.05	-.20*	.30**	.21*	.25**	.17	.38**	.38**	.25**	-.04	-.11	.11	-.19*	.19*
WCom									1	-.23**	-.23**	-.19*	-.09	.20*	.25**	.19*	.17	.28**	.28**	.29**	-.11	-.15	-.15	-.01	-.05
WPpr										1	.77**	-.09	.24**	-.42**	-.34**	-.25**	-.27**	-.16	-.09	-.26**	.61**	.58**	-.07	.16	-.1
WMs											1	-.27**	.12	-.47**	-.38**	-.27**	-.24**	-.23**	-.02	-.32**	.53**	.67**	-.19*	.18*	-.19*
Hage												1	.02	.09	.04	.07	.00	.09	-.08	-.03	-.18*	-.13	.94**	-.43**	.66**
Hin													1	-.23*	-.12	-.14	-.23*	-.22*	-.27**	-.16	.21*	.03	-.05	.15	-.15
HIA														1	.73**	.42**	.40**	.46**	.41**	.44**	-.35**	-.40**	.08	-.07	.16
HDI															1	.31**	.41**	.47**	.43**	.35**	-.38**	-.40**	.03	-.10	.20*
HUS																1	.56**	.56**	.40**	.65**	-.01	-.07	.06	-.05	.12
HIL																	1	.51**	.40**	.49**	-.04	-.18*	.01	-.02	.10
HOD																		1	.52**	.42**	-.08	-.13	.09	-.06	.17
HAv																			1	.41**	-.11	-.01	-.05	-.03	.15
HCom																				1	-.13	-.17	-.06	-.02	-.02
HPpr																					1	.68**	-.16	.19**	-.16
HMs																						1	-.12	.05	-.08
Dma																							1	-.41**	.72**
Dre																								1	-.32**
Nch																									1

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

Note. Win = Wives' income, WIA = Wives' Impaired Autonomy Schema Domain, WDI = Wives' Disconnection Schema Domain, WUS = Wives' Unrelenting Standards Schema Domain, WIL = Wives' Impaired Limits Schema Domain, WOD = Wives' Other Directedness Schema Domain, WAv = Wives' Avoidance Coping Style, WCom = Wives' Compensation Coping Style, WPpr = Wives' Perceived Partner Responsiveness, WMs = Wives' Marital Satisfaction, Hin = Husbands' income, HIA = Husbands' Impaired Autonomy Schema Domain, HDI = Husbands' Disconnection Schema Domain, HUS = Husbands' Unrelenting Standards Schema Domain, HIL = Husbands' Impaired Limits Schema Domain, HOD = Husbands' Other Directedness Schema Domain, HAv = Husbands' Avoidance Coping Style, HCom = Husbands' Compensation Coping Style, HPpr = Husbands' Perceived Partner Responsiveness, HMs = Husbands' Marital Satisfaction, Dma = Duration of Marriage, Dre = Duration of Marriage Before Relationship, Nch = Number of children

3.3. What Determines Marital Satisfaction: The Roles of Early Maladaptive Schemas, Schema Coping Styles, and Perceived Partner Responsiveness

The effects of schema domains, schema coping styles, perceived partner responsiveness on wives' and husbands' marital satisfaction were tested by path analysis using APIM framework for distinguishable partners (Kenny et al., 2006). Subsequently, in three separate path models the mediating effects of avoidance coping style, compensation coping style, and perceived partner responsiveness in the relationship between schema domains and marital satisfaction were tested.

Initially fully saturated models were examined as suggested by Kenny and his colleagues (2006) due to the fact that schema domains, schema coping styles, and perceived partner responsiveness were theoretically related to relationship outcome of marital satisfaction. Then, insignificant paths between predictor and outcome variables were dropped from the model respectively, starting from the lowest correlated path (Özen, 2012). During this procedure, each time a path was dropped from the model, the program was re-run. The procedure went on until all the remaining paths left in the model were significant. After the trimming of all insignificant paths in a standardized way, the final model had only the significant paths.

3.3.1. The Effects of Early Maladaptive Schemas, Schema Coping Styles, and Perceived Partner Responsiveness in Predicting Marital Satisfaction (Hypothesis 1)

Firstly, the effects of spouses' early maladaptive schemas, avoidance coping style, compensation coping style, and perceived partner responsiveness on their own and each others' marital satisfaction were tested in a path model. In these analyses, wives' and husbands' early maladaptive schemas, avoidance coping style, compensation coping style, and perceived partner responsiveness were used separately as predictor variables, and marital satisfaction of wives and husbands was employed as the outcome variables. In total, four paths were examined. In the first path the effects of wives' EMSs, avoidance coping style, compensation coping style, and perceived partner responsiveness on their own marital satisfaction were examined (wives' actor effect).

42

The second path examined the effects of wives' EMSs, avoidance coping style, compensation coping style, and perceived partner responsiveness on their husbands' marital satisfaction (wife-to-husband partner effect). The third path was about the investigation of the effects of husbands' EMSs, avoidance coping style, compensation coping style, and perceived partner responsiveness on their own marital satisfaction (husbands' actor effect). The fourth path was the examination of the effects of husbands' EMSs, avoidance coping style, compensation coping style, and perceived partner responsiveness on their wives' marital satisfaction (husband-to-wife partner effect). In this model, all the variables of the study were included to see the predictors of marital satisfaction. Instead of including 14 separate EMSs, the mean YSQ score was used in the analysis in order to keep the statistical power constant.

The conceptual model was specified as that the early maladaptive schemas, schema coping styles, and perceived partner responsiveness would have direct effects on marital satisfaction without restrictions. Thus, the model was saturated; that is, observed and implied covariance matrices fit exactly. The saturated model indicated that the paths from wives' EMSs to husbands' marital satisfaction, from wives' avoidance coping style to both wives' and husbands' marital satisfaction, from wives' compensation coping style to husbands' marital satisfaction, from husbands' EMSs to wives' marital satisfaction, and from husbands' compensation coping style to husbands' marital satisfaction were insignificant. Thus, the six insignificant links were removed from the model. As can be seen in Figure 2, the final model fit the data very well ($\chi2$ *(6) = 2.14, p = .91, GFI = .997, AGFI = .969, CFI = 1.00, RMSEA =.00, 90 % CI =* [.00, .07].

3.3.1.1. Actor Effects

As seen in Figure 2, the APIM analysis indicated six significant actor effects. In regards to actor effects for wives, wives with higher scores on early maladaptive schemas had lower levels of marital satisfaction (β = -.39, *p* < .05). On the other hand, surprisingly, wives' use of compensation coping style seemed to be functional and positively predicted wives' marital satisfaction (β = .19, *p* < .05). As expected, wives

who perceived their partners as high in responsiveness reported higher levels of marital satisfaction (β = .56, p < .05).

Related to actor effects for husbands, husbands' early maladaptive schemas, as expected, negatively predicted their own marital satisfaction (β = -.20, p < .05). Surprisingly, husbands' use of avoidance coping style predicted husbands' high levels of marital satisfaction (β = .18, p < .05). The result for perceived partner responsiveness was in the expected direction. Specifically, husbands who reported high levels of perceived partner responsiveness were more satisfied with their marital relationship (β = .55, p < .05).

3.3.1.2. Partner Effects

According to the results of the APIM analysis, there were four significant partner effects; one of them was wife-to-husband and three of them were husband-to-wife effects. Consistent with the hypothesis (H1b), wives' high levels of perceived partner responsiveness positively predicted their husbands' marital satisfaction (β = .19, p < .05). However, husbands' avoidance coping style, contrary to the hypothesis, led to increased marital satisfaction of their wives (β = .22, p < .05). On the other hand, as expected, husbands' compensation coping style decreased their wives' marital satisfaction (β = -13, p < .05). Furthermore, husbands' perception of high partner responsiveness was positively related with marital satisfaction of wives (β = .16, p < .05).

In summary, results indicate that wives' and husbands' perceived partner responsiveness and husbands' avoidance coping style had positive effects on marital satisfaction of both spouses. In addition, husbands' compensation coping style negatively influenced their wives' marital satisfaction. It can be seen that husbands' marital satisfaction did not seem to have been affected much by wives' variables; only wives' perceived partner responsiveness significantly predicted husbands' marital satisfaction. However, wives' marital satisfaction seemed to be significantly predicted by many variables of husbands such as avoidance coping style, compensation coping style, and perceived partner responsiveness.

Overall, full model explained 68% and 53% of the total variances in wives' marital satisfaction and husbands' marital satisfaction, respectively.
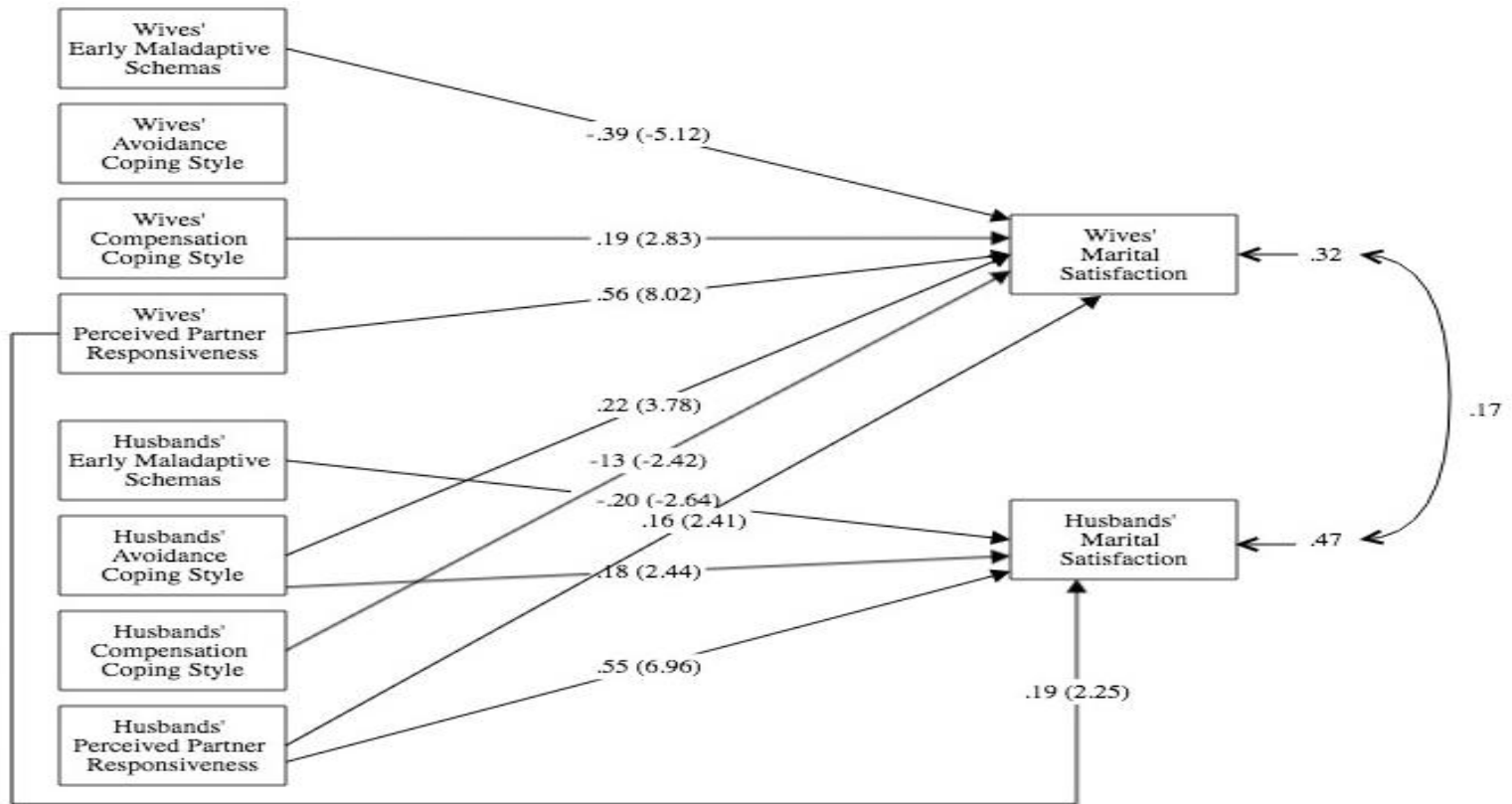
N = 124, χ^2 = 2.14, df = 6, *p*= .91 RMSEA = .00

Note. Error terms represent the percent of unexplained variance. *For the ease of interpretation, correlations among IVs (i.e. schema domains) are not shown. T* values are presented in the parantheses.

Figure 2. *Actor-Partner Effects in Predicting Marital Satisfaction*

3.4. The Mediating Role of Avoidance Coping Style in the Relationship Between Schema Domains and Marital Satisfaction (RQ 1)

The mediating effects of avoidance coping style in the relationship between five schema domains (i.e. impaired autonomy, disconnection, unrelenting standards, impaired limits, other directedness) and marital satisfaction were tested in a separate path analysis. In this analysis, schema domains of wives and husbands were used as predictor variables, avoidance coping style of wives and husbands as the mediator variables, and the marital satisfaction of wives and husbands as the outcome variables.

First, a saturated model, which included all the paths from schema domains to avoidance coping style and to marital satisfaction as well as the paths from avoidance coping style to marital satisfaction, was tested. However, when the correlation matrices of the variables were examined, wives' impaired autonomy schema domain did not significantly predict either avoidance coping style, or marital satisfaction. When wives' impaired autonomy schema domain was included in the model, it did not provide significant effects. That is, including it in the proposed model did not improve the model fit and, as a result, it was removed from the rest of the analysis. In addition to wives' impaired autonomy schema domain, all insignificant paths in the model were trimmed. The final model with standardized parameter estimates were given in Figure 2. The goodness of fit statistics indicated that this model fit the data very well ($\chi2$ $(29) = 19.33$, $p = .91$, $GFI = .98$, $AGFI = .92$, $CFI = 1.00$, $RMSEA = .00$, $90 \% CI = [.00, .02]$).

3.4.1. Actor Effects

As can be seen in Figure 2, there were a number of actor effects between individuals' schema domains, their avoidance coping styles, and marital satisfaction. Specifically, wives' higher scores for disconnection schema domain ($\beta = .18$, $p < .05$), impaired limits schema domain ($\beta = .25$, $p = .05$), and other directedness schema domain ($\beta = .47$, $p = .05$) predicted wives' higher use of avoidance coping style. In addition, wives' higher scores for disconnection schema domain ($\beta = -.26$, $p = .05$) and

impaired limits schema domain ($\beta = -.19$, $p = .05$) were associated with wives' lower levels of marital satisfaction.

As for the husbands, their higher scores for disconnection schema domain ($\beta = .23$, $p < .05$) and for other directedness schema domain ($\beta = .32$, $p < .05$) predicted their higher use of avoidance coping style. Moreover, husbands' higher scores for impaired autonomy schema domain ($\beta = -.37$, $p = .00$) and for disconnection schema domain ($\beta = -.23$, $p < .05$) led to husbands' decreased levels of marital satisfaction. On the other hand, husbands' unrelenting standards schema domain unexpectedly predicted their higher levels of marital satisfaction ($\beta = .15$, $p < .05$). In addition, husbands' frequent use of avoidance coping style predicted husbands' marital satisfaction positively ($\beta = .19$, $p < .05$).

Actor effects revealed no significant mediation effects for wives and husbands. Although avoidance coping style of husbands seemed to mediate the effect of husbands' disconnection schema domain on husbands' marital satisfaction, it was not significant ($b = .04$, S.E. $= .02$, $t = 1.70$, $p =$ n.s.). Husbands' avoidance coping style also seemed to mediate the husbands' other directedness schema domain and husbands' marital satisfaction, although it was not significant ($b = .04$, S.E. $= .02$, $t = 1.83$, $p =$ n.s.).

In summary, only direct actor effects were present. Specifically, significant actor effects for wives were found among the paths from wives' disconnection, impaired limits, and other directedness schema domains to wives' avoidance coping style, were also among the paths from wives' disconnection and impaired limits schema domains to wives' marital satisfaction. Direct actor effects for husbands were found among the paths from husbands' disconnection and other directedness schema domains to husbands' avoidance coping style and also among the paths from husbands' impaired autonomy, disconnection, and unrelenting standards schema domains to husbands' marital satisfaction.

3.4.2. Partner Effects

When the partner effects were examined, four partner effects emerged as significant. Specifically, wives' higher score for unrelenting standards schema domain predicted husbands' use of avoidance coping style positively ($\beta = .20$, $p < .05$), indicating that wives with unrelenting standards schema domain tended to have husbands who use avoidance coping more. Secondly, husbands' higher scores for impaired autonomy schema domain predicted lower levels of marital satisfaction of their wives, without the mediating effect of avoidance coping style ($\beta = -.42$, $p = .05$), which indicated that husbands' impaired autonomy schema domain affects their wives' marital satisfaction negatively. Thirdly, husbands' impaired limits schema domain predicted wives' higher use of avoidance coping style negatively ($\beta = -.16$, $p < .05$), which showed that husbands with impaired limits schema domain tended to have wives who use avoidance coping style. Finally, in contrast to what was hypothesized, husbands' use of avoidance coping style predicted wives' marital satisfaction positively ($\beta = .30$, $p = .05$). It indicated that when husbands cope with their maladaptive schemas by using avoidance, their wives tended to have higher levels of marital satisfaction.

There were three significant mediation effects regarding partner effect. Although husbands' avoidance coping style seemed to mediate the effect of wives' unrelenting standards schema domain on husbands' marital satisfaction, it was not significant ($b = .02$, S.E. $= .01$, $t = 1.61$, $p = $ ns.). One of the significant mediation effect was that husbands' avoidance coping style fully mediated the effects of wives' unrelenting standards schema domain on wives' marital satisfaction ($b = .03$, S.E. $= .02$, $t = 2.09$, $p < .05$). In other words, when the level of unrelenting standards schema domain of wives was high, their husbands were more likely to avoid their schema triggering situations, and this in turn increased wives' marital satisfaction. The second one is that husbands' avoidance coping style mediated the effects of husbands' disconnection schema domain on wives' marital satisfaction ($b = .07$, S.E. $= .03$, $t = 2.31$, $p < .05$). That is, when husbands had disconnection schema domain, they were more likely to use avoidance coping style in situations, in which their schemas were triggered, and this in turn

increased their wives' marital satisfaction. The third one is that husbands' avoidance coping style mediated the effects of husbands' other directedness schema domain on wives' marital satisfaction ($b = .07$, S.E. $= .03$, $t = 2.66$, $p < .05$). This finding indicated that when husbands had other directedness schema domain, they were more likely to use avoidance coping style in situations, in which their schemas were triggered, and this in turn increased their wives' marital satisfaction.

To sum up, there were three significant mediation partner effects of husbands' avoidance coping style. That is, husbands' avoidance coping style significantly mediated the relationships between wives' unrelenting standards schema domain and wives' marital satisfaction; husbands' disconnection schema domain and wives' marital satisfaction; and husbands' other directedness schema domain and wives' marital satisfaction. Related to the direct partner effects, the effect of wives' unrelenting standards schema domain on their husbands' avoidance coping style was the only significant wife-to-husband partner effect. In regards to husband-to-wife partner effects, paths from husbands' impaired autonomy schema domain to wives' marital satisfaction; from husbands' impaired limits schema domain to wives' avoidance coping style; and from husbands' avoidance coping style to wives' marital satisfaction were significant.

Overall, schema domains explained 45% and 35% of the total variance in wives' avoidance coping style and husbands' avoidance coping style, respectively. 37% and 23% of the total variances in wives' and husbands' marital satisfaction were explained by the full model.

N = 124, χ^2 = 19.33, df = 29, p = .91 RMSEA = .00
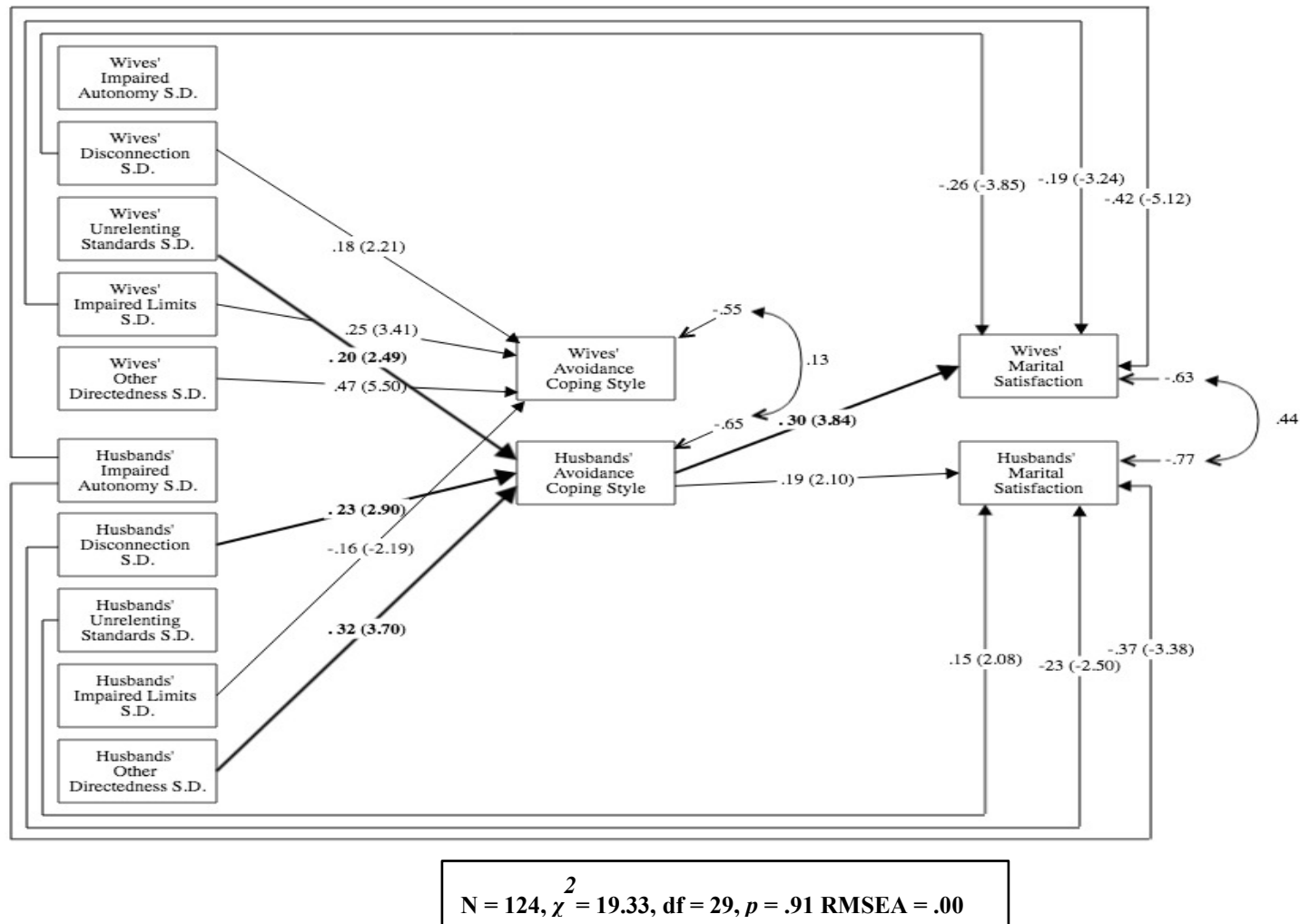
Note. Error terms represent the percent of unexplained variance. *For the ease of interpretation, correlations among IVs are not shown. T* values are presented in the parentheses.

Figure 3. *Structural Model using Avoidance Coping Style as a Mediator*

3.5. The Mediating Role of Compensation Coping Style in the Relationship Between Schema Domains and Marital Satisfaction (RQ 2)

The mediating effects of compensation coping style in the relationship between schema domains and marital satisfaction were tested in a separate path analysis. In the analysis, five schema domains of wives and husbands were employed as predictor variables, avoidance coping style of wives and husbands as the mediator variables, and the marital satisfaction of wives and husbands as the outcome variables.

First, a saturated model, which included all the paths from schema domains to compensation coping style and to marital satisfaction as well as the paths from compensation coping style to marital satisfaction, was tested. When the correlation matrices of the variables were examined, wives' other directedness schema domain and husbands' impaired limits, and other directedness schema domains were not significantly related with wives' and husbands' compensation coping style and marital satisfaction. Therefore, including them in the proposed model would not improve the model fit and thus they were removed from the rest of the analysis. In addition to other directedness schema domain of wives and husbands and husbands' impaired limits schema domain, all insignificant paths in the model were trimmed. Although the goodness of fit statistics indicated that this model fit the data very well ($\chi2\ (32) = 28.10$, $p = .66$, $GFI = .97$, $AGFI = .90$, $CFI = 1.00$, $RMSEA = .00$, $90\ \%\ CI = [.00, .09]$), the final model indicated that compensation coping style had no mediation effect in the relationship between schema domains and marital satisfaction. There were only direct effects between schema domains and compensation coping style and between schema domains and marital satisfaction. Thus, only these direct effects will be presented.

3.5.1. Actor Effects

There were a number of actor effects between individuals' schema domains, compensation coping styles, and marital satisfaction. Specifically, wives' higher scores for impaired autonomy schema domain ($\beta = .26$, $p = .05$), for unrelenting standards schema domain ($\beta = .40$, $p = .05$), and for impaired limits schema domain ($\beta = .39$, $p =$

.05) predicted their higher use of compensation coping style. Moreover, wives' higher scores for disconnection ($\beta = -.23$, $p = .05$) and impaired limits schema domains ($\beta = -.16$, $p = .05$) led to wives' decreased levels of marital satisfaction. Husbands' higher scores for impaired autonomy schema domain ($\beta = .18$, $p = .05$) and unrelenting standards schema domain ($\beta = .53$, $p = .05$) predicted husbands' higher use of compensation coping style. In addition, husbands' higher scores for impaired autonomy schema domain ($\beta = -.29$, $p < .05$) and disconnection schema domain ($\beta = -.23$, $p < .05$) led to husbands' decreased levels of marital satisfaction. On the other hand, husbands' unrelenting standards schema domain was associated with husbands' higher levels of marital satisfaction ($\beta = .15$, $p < .05$). Actor effects revealed no significant mediation effect for the compensation coping style in the relationship between schema domains and marital satisfaction; thus, only the direct effects were evident.

3.5.2. Partner Effects

When the partner effects were examined, only three direct partner effects were observed. Specifically, wives' impaired limits schema domain predicted their husbands' compensation schema coping style positively ($\beta = .15$, $p < .05$); whereas, husbands' unrelenting standards schema domain negatively predicted their wives' compensation coping style ($\beta = -.21$, $p < .05$). In addition, husbands' impaired autonomy schema domain predicted their wives' marital satisfaction negatively ($\beta = -.32$, $p < .05$). Regarding the partner effects, there was also no significant mediation effect of compensation coping style.

In summary, contrary to the hypotheses of the present study, compensation coping style had no mediator effects in the relationship between schema domains and marital satisfaction.

3.6. The Mediating Role of Perceived Partner Responsiveness in the Relationship Between Schema Domains and Marital Satisfaction (RQ 3)

The mediating effects of perceived partner responsiveness in the relationship between schema domains and marital satisfaction were tested in a separate path analysis. In the analysis, predictor variables were five schema domains of wives and husbands, mediator variables were perceived partner responsiveness of wives and husbands, and the outcome variable was marital satisfaction of them.

First, a saturated model, which included all the paths from schema domains to perceived partner responsiveness and to marital satisfaction as well as the paths from perceived partner responsiveness to marital satisfaction, was tested. However, when the correlation matrices of the variables were examined, wives' unrelenting standards schema domain and husbands' other directedness schema domain were not significantly related with wives' and husbands' perceived partner responsiveness and marital satisfaction. That is, when wives' unrelenting standards schema domain and husbands' other directedness schema domain were included in the model, they did not provide significant effects. Therefore, including them in the proposed model did not improve the model fit and thus they were removed from the rest of the analysis. In addition, all insignificant paths in the model were trimmed. The final model with standardized parameter estimates were given in Figure 4. The goodness of fit statistics indicated that this model fit the data very well ($\chi2\ (36) = 44.66$, $p = .15$, $GFI = .95$, $AGFI = .87$, $CFI = .99$, $RMSEA = .04$, $90\ \%\ CI = [.00, .08]$).

3.6.1. Actor Effects

As can be seen from Figure 4, there were a number of actor effects between individuals' schema domains, perceived partner responsiveness, and marital satisfaction. Specifically, wives' high scores for impaired autonomy schema domain predicted low levels of their own perceived partner responsiveness ($\beta = -.27$, $p = .05$). Moreover, wives' other directedness schema domain predicted their marital satisfaction negatively ($\beta = -.17$, $p = .05$), suggesting that wives who scored high on other directedness schema

domain were less satisfied with their marriage. In addition, when wives have high perceived partner responsiveness, they tend to be more satisfied with their relationship ($\beta = .72$, $p = .05$). As for the husbands, high scores for disconnection schema domain, as expected, predicted low levels of their own perceived partner responsiveness ($\beta = -.43$, $p = .05$). On the other hand, husbands scoring high in impaired limits schema domain tended to perceive their partner responsiveness more positively ($\beta = .20$, $p < .05$). As expected, husbands who perceive that their partners are high in responsiveness tended to be more satisfied with their marital relationship ($\beta = .47$, $p = .05$). It is also important to highlight that the relationship between wives' perceived partner responsiveness and wives' marital satisfaction was stronger than the relationship between husbands' perceived partner responsiveness and husbands' marital satisfaction.

There were three important mediations for actor effects. First, wives' perceived partner responsiveness mediated the effect of wives' high levels of impaired autonomy schema domain on wives' marital satisfaction ($b = -.15$, S.E. $= .04$, $t = -3.41$, $p < .05$). It suggests that wives scoring high on impaired autonomy schema domain tended to perceive their partners as low in responsiveness, and this in turn decreased their marital satisfaction. Second, husbands' perceived partner responsiveness mediated the effect of husbands' disconnection schema domain on husbands' marital satisfaction ($b = -.17$, S.E.$= .04$, $t = -4.16$, $p < .05$), indicating that husbands who score high on disconnection schema domain tended to perceive their partner as low in responsiveness, which in turn, decreased their marital satisfaction. These results indicate that lack of perceived partner responsiveness has a hindering effect on marital satisfaction for both wives with impaired autonomy schema domain and husbands with disconnection schema domain. Lastly, husbands' perceived partner responsiveness mediated the effect of husbands' impaired limits schema domain on husbands' marital satisfaction ($b = .05$, S.E. $= .02$, $t = 2.53$, $p < .05$). This result is interesting and suggests that when husbands score high in impaired limits schema domain, they perceive their partner high in responsiveness, and this in turn increases their marital satisfaction.

3.6.2. Partner Effects

There were three significant mediation effects for partners. Firstly, wives were less satisfied with their relationship if their husbands scored high on impaired autonomy schema domain characteristics, and this relationship is mediated by wives' perceived partner responsiveness ($b = -.14$, S.E. $= .05$, $t = -2.61$, $p < .05$). That is to say, when husbands were high on impaired autonomy schema domain, their wives perceived their husbands as less responsive, and this in turn decreased wives' marital satisfaction. Secondly, husbands were less satisfied with their relationship, if they had impaired autonomy schema domain characteristics, and this relationship was mediated by wives' perceived partner responsiveness ($b = -.05$, S.E. $= .02$, $t = -2.18$, $p < .05$). It indicates that when husbands have the characteristics of impaired autonomy schema domain, their wives perceive them as less responsive; their wives' perception in turn decreases husbands' marital satisfaction. Lastly, the relationship between wives' impaired autonomy schema domain and husbands' marital satisfaction was mediated by wives' perceived partner responsiveness ($b = -.06$, S.E. $= .02$, $t = -2.59$, $p < .05$). It suggests that when wives have schemas in impaired autonomy schema domain, they are more likely to perceive their husbands as less responsive, which in turn, lead to decreased marital satisfaction of husbands.

To summarize, both wives' and husbands' high scores for impaired autonomy schema domain decreased wives' perceived partner responsiveness. Wives' lower levels of marital satisfaction was related to their high scores for other directedness schema domain and their low scores for for perceived partner responsiveness. Related to husbands, their high scores for disconnection schema domain decreased their perceived partner responsiveness, on the other hand their high scores for impaired limits schema domain increased their perceived partner responsiveness. Moreover, husbands' decreased levels of marital satisfaction was associated both with wives' and husbands' low scores of perceived partner responsiveness.

Overall, schema domains explained 18% and 15% of the total variance in wives' and husbands' perceived partner responsiveness, respectively. The full model explained 61% and 47% of the total variances in wives' and husbands' marital satisfaction.

58
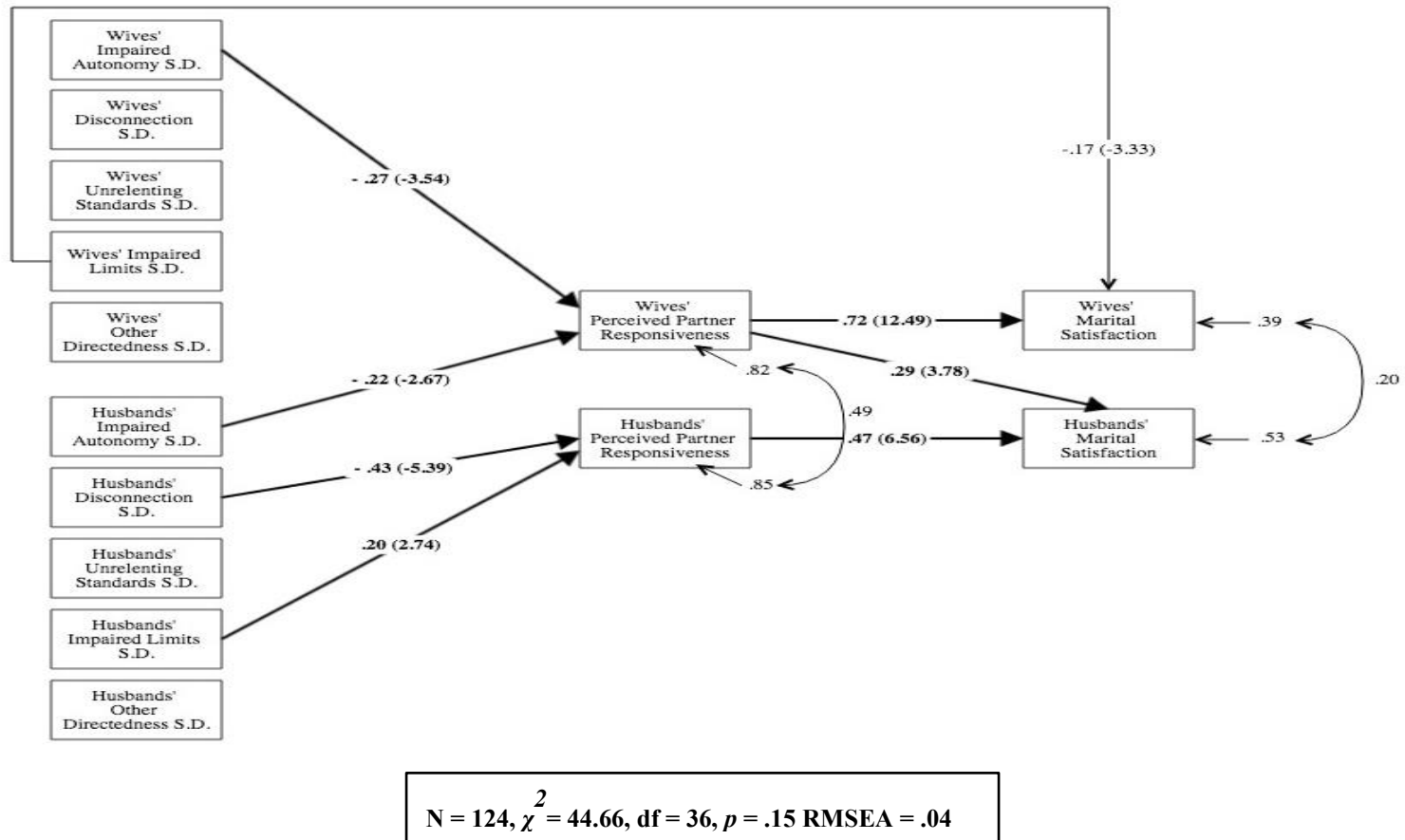
Note. Error terms represent the percent of unexplained variance. *For the ease of interpretation, correlations among IVs are not shown. T* values are presented in the parentheses.

Figure 4. *Structural Model using Perceived Partner Responsiveness as a Mediator*

3.7. Summary of the Proposed Mediating Models of Avoidance Coping Style, Compensation Coping Style, and Perceived Partner Responsiveness

To summarize, the first model tested the direct effects of early maladaptive schemas, schema coping styles, and perceived partner responsiveness on marital satisfaction of couples. According to the results, there were 6 significant actor effects and 4 significant partner effects. Specifically, wives' marital satisfaction was predicted by wives' early maladaptive schemas, compensation coping style, perceived partner responsiveness, as well as their husbands' avoidance coping style, husbands' compensation coping style, and husbands' perceived partner responsiveness. On the other hand, the predictors of husbands' marital satisfaction were husbands' early maladaptive schemas, avoidance coping style, and perceived partner responsiveness. There was only one partner effect for husbands' marital satisfaction. That is, only wives' perceived partner responsiveness significantly predicted husbands' marital satisfaction. This suggests that although husbands' schema coping styles are significant predictors of wives' marital satisfaction, wives' schema coping styles has no significant effect. In addition, the results of this model indicated that contrary to our predictions, partners' early maladaptive schemas had no significant effect on individuals' marital satisfaction.

When the mediating effect of avoidance coping style in the relationship between schema domains and marital satisfaction was examined, out of 22 possible actor and partner effects 10 actor effects and 4 partner effects were significant. In regards to direct effects, the predictors of wives' marital satisfaction were wives' disconnection and impaired limits schema domains as well as their husbands' impaired autonomy schema domain, and avoidance coping style. Husbands' marital satisfaction was predicted by husbands' impaired autonomy, disconnection, and unrelenting standards schema domain, and avoidance coping style. The model also revealed three mediation effects of husbands' avoidance coping style (3 partner effects). Specifically, wives high scores in unrelenting standards schema domain positively predicted their husbands' use of avoidance coping style, and this in turn increased wives' marital satisfaction. In addition, husbands having schemas mostly in the disconnection schema domain tended to use

avoidance coping style, and this in turn, increased their wives' marital satisfaction. Moreover, husbands' high scores in other directedness schema domain predicted their use of avoidance coping style positively, and that in turn, increased their wives' marital satisfaction. 37% and 23% of the total variances in wives' and husbands' marital satisfaction were explained by the full model.

When the mediating effect of compensation coping style was examined, out of 22 actor and partner effects 10 actor and 3 partner effects were significant. However, contrary to the hypothesis, the model revealed no significant mediation effect of compensation coping style in the relationship between schema domains and marital satisfaction. In regards to direct effects, wives' marital satisfaction was predicted by wives' disconnection and impaired limits schema domains as well as husbands' impaired autonomy schema domain. On the other hand, only husbands' variables such as husbands' impaired autonomy, disconnection, and unrelenting standards schema domains significantly predicted husbands' marital satisfaction. As it was mentioned before, there were only direct significant links between spouses' schema domains, compensation coping style, and marital satisfaction.

When the mediating effect of perceived partner responsiveness was examined, out of 22 possible actor and 22 partner effects, 6 actor and 2 partner effects were significant. In regards to direct effects, while wives' perceived partner responsiveness and other directedness schema domain predicted wives' marital satisfaction, husbands' marital satisfaction was predicted both by their own and their wives' perceived partner responsiveness. Furthermore, there were six significant mediating effects (3 actor and 3 partner effects) in the mediation model of perceived partner responsiveness. Specifically, wives' high scores in impaired autonomy schema domain predicted low levels of wives' perceived partner responsiveness, which in turn decreased both their own and their husbands' marital satisfaction. Similarly, when the husbands scored high in impaired autonomy schema domain, it was associated with low levels of wives' perceived partner responsiveness, and that in turn decreased marital satisfaction of both wives and husbands. Furthermore, husbands' high scores in disconnection schema domain predicted decreased levels of husbands' perceived partner responsiveness, and it

was in turn lowered their own marital satisfaction. On the other hand, husbands' high scores in impaired limits schema domain predicted high levels of husbands' perceived partner responsiveness, and it was in turn increased their own marital satisfaction. Overall, the full model explained 61% and 47% of the total variances in wives' and husbands' marital satisfaction. The summary of direct actor-partner effects in all models can be seen in Table 6. The summary of significant actor-partner mediation effects can be seen in Table 7.

Table 6. *Summary of the Main Actor-Partner Effects in All Models*

	Actor Effects	Partner Effects
Model I. Direct Effects of All Variables	**Predictors of W' Marital Satisfaction**	**Predictors of W' Marital Satisfaction**
	W' Early Maladaptive Schemas W' Compensation Coping Style W' PPR	H' Avoidance Coping Style H' Compensation Coping Style H' PPR
	Predictors of H' Marital Satisfaction	**Predictors of H' Marital Satisfaction**
	H' Early Maladaptive Schemas H' Avoidance Coping Style H' PPR	W' PPR

Table 6. (continued)

Model II. Direct Effects in Avoidance Coping Style Model	**Predictors of W' Marital Satisfaction**	**Predictors of W' Marital Satisfaction**
	W' Disconnection S.D. W' Impaired Limits S.D.	H' Impaired Autonomy S.D. H' Avoidance Coping Style
	Predictors of H' Marital Satisfaction	**Predictors of H' Marital Satisfaction**
	H' Impaired Autonomy S.D. H' Disconnection S.D. H' Unrelenting Standards S.D. H' Avoidance Coping Style	W' PPR
	Predictors of W' Avoidance Coping Style	**Predictors of W' Avoidance Coping Style**
	W' Impaired Limits S.D. W' Disconnection S.D. W' Other Directedness S.D.	H' Impaired Limits S.D.
	Predictors of H' Avoidance Coping Style	**Predictors of H' Avoidance Coping Style**
	H' Disconnection S.D. H' Other Directedness S.D.	W' Unrelenting Standards S.D.

Table 6. (continued)

Model III. Direct Effects in Perceived Partner Responsiveness Model	**Predictors of W' Marital Satisfaction**	**Predictors of W' Marital Satisfaction**
	W' Other Directedness S.D. W' PPR S.D.	-
	Predictors of H' Marital Satisfaction	**Predictors of H' Marital Satisfaction**
	H' PPR H' Disconnection S.D. H' Unrelenting Standards S.D.	W' PPR
	Predictors of W' PPR	**Predictors of W' PPR**
	W' Impaired Autonomy S.D.	H' Impaired Autonomy S.D.
	Predictors of H' PPR	**Predictors of H' PPR**
	H' Disconnection S.D. H' Impaired Limits S.D.	-

Note. W' = Wives', H' = Husbands', PPR = Perceived Partner Responsiveness.

Table 7. Summary of Actor-Partner Mediation Effects

	Actor Effects			Partner Effects		
	Predictor	Mediator	Outcome	Predictor	Mediator	Outcome
Model II. Mediating Effects of Avoidance Coping Style		-		W' Unrelenting Standards S.D.	H' Avoidance Coping Style	W' Marital Satisfaction
				H' Disconnection S.D.	H' Avoidance Coping Style	W' Marital Satisfaction
				H' Other Directedness S.D.	H' Avoidance Coping Style	W' Marital Satisfaction
Model III. Mediating Effects of PPR	W' Impaired Autonomy S.D.	W' PPR	W' Marital Satisfaction	H' Impaired Autonomy S.D.	W' PPR	H' Marital Satisfaction
	H' Disconnection S.D.	H' PPR	H' Marital Satisfaction			
	H' Impaired Limits S.D.	H' PPR	H' Marital Satisfaction			

Note. W' = Wives', H' = Husbands', PPR = Perceived Partner Responsiveness.

CHAPTER 4

DISCUSSION

The primary goal of the current study was to examine the roles of schema domains, schema coping styles, and perceived partner responsiveness in predicting marital satisfaction in married couples by using the Actor-Partner Interdependence Model (APIM). As a model of dyadic relationships, APIM combines the concept of interdependence with the appropriate statistical tests and thus, allows the examination of the impact of a partner's characteristics on a person's outcome (partner effect) as well as the impact of a person's own characteristics on his or her own outcomes (actor effect) (Cook & Kenny, 2005). This model considers the idea that one partner's thoughts, emotions, and behaviors can affect the other partner's outcomes (Kenny et al., 2006). The mutual influence should always be considered in studies investigating the outcomes of two-person relationships. When examining marital relationships, reciprocal examination of the variables is important since couple relationships cannot be fully understood only by examining one partner. In addition, there will be lack of information when only the individual factors are considered in the assessment of marital satisfaction. Thus, the present study included both wives' and husbands' characteristics (i.e. early maladaptive schemas, schema coping styles of avoidance and compensation, and perceived partner responsiveness) and a relationship outcome of marital satisfaction.

Although Schema Therapy approach is potentially more effective than cognitive therapy in terms of dealing with dysfunctional patterns in intimate relationships (Simone-DiFrancesco et al., 2015), there is lack of research on how early maladaptive schemas of partners affect their own and each other's relationship satisfaction. In addition to this, there is also lack of research on what mediates the relationship between early maladaptive schemas and marital satisfaction. Considering this gap in the

literature, the present study examined one general APIM model that included all the variables and three mediating APIM models.

In the first model, the roles of all the predictor variables such as EMSs, avoidance coping style, compensation coping style, and perceived partner responsiveness of both wives and husbands were examined, in which the marital satisfaction of both partners was used as an outcome variable. The first model included four pathways: two for the wife-to-wife and husband-to-husband effects, which are also known as actor effects; and two for the wife-to-husband and husband-to-wife effects that are also known as partner effects. The other three models investigated the possible mediating roles of avoidance coping style, compensation coping style, and perceived partner responsiveness in the relationship between schema domains and marital satisfaction. Similar to the first model, these three mediation models included both wives' and husbands' predictor and outcome variables.

In this chapter, results will be discussed in the light of the previous research findings and Young's Schema Theory perspective. Subsequently, the strengths and the limitations of the study will be discussed. Next, suggestions for future research will be presented followed by clinical implications, and the conclusions will be presented.

4.1. The Roles of Early Maladaptive Schemas, Schema Coping Styles, and Perceived Partner Responsiveness in Predicting Marital Satisfaction

In this part, the direct actor-partner effects of each variable on marital satisfaction will be discussed separately based on the findings of the general APIM model which included all the variables of the study, as well as the three mediating models.

4.1.1. The Role of Early Maladaptive Schemas in Predicting Marital Satisfaction

4.1.1.1. Actor Effects

In the general APIM model, overall results revealed that, as expected, both wives' and husbands' early maladaptive schemas were negatively associated with their own marital satisfaction. It indicates that as the early maladaptive schemas of spouses increase, their marital satisfaction tends to decrease. In line with this finding, Schema Theory suggests that individuals who have high levels of early maladaptive schemas have chronic difficulties in their relationships with others (Young et al., 2003). This result is also supported by the previous findings in the literature (Dumitrescu & Rusu, 2012; Nia et al., 2015; Soleymani, 2014; Yiğit & Çelik, 2015), showing that higher scores in early maladaptive schemas predicted lower levels of their marital satisfaction. Moreover, Ellis (1986) previously emphasized the importance of cognitions on marital relationships. He reported that when one or both of the partners have a high level of irrational beliefs (i.e. exaggerated, illogical, absolutistic, and rigid thoughts), they tend to have disturbed marriages with low levels of marital satisfaction. This is another support for our finding. In addition to these, Yousefi and colleagues (2010) also showed that early maladaptive schemas are the predictors of dysfunctional relationships among couples.

As Young and colleagues (2003) suggested, early maladaptive schemas not only include memories, emotions, cognitions, and bodily sensations regarding oneself, but also one's expectations about relationships with others. Thus, the present finding may indicate that when one has high levels of EMSs, he or she is likely to have negative expectations about his or her romantic relationship, and this in turn, may result in interpreting partner's behavior negatively, and ignoring any information inconsistent with the schema (Chatav & Whisman, 2009). These lead to negative behavioral reactions to partner's behaviors. This may be the reason for lower relationship satisfaction for the person holding maladaptive schemas. Similarly, Halford, Keefer, and Osgarby (2002) found that individuals who have a tendency to focus selectively on and

recall negative behaviors of their partner and to ignore or forget partners' positive behaviors have low levels of relationship satisfaction.

In addition to the effects of early maladaptive schemas mentioned above, some direct actor effects of specific schema domains on marital satisfaction were found in the mediation analyses of avoidance coping style and compensation coping style. Firstly, wives' high scores on the disconnection schema domain directly predicted wives' low levels of their marital satisfaction in both mediation models. This finding is consistent with the previous finding in the literature, in which a negative association between disconnection schema domain and marital satisfaction among mothers of primary school children (Chay et. al, 2014) was found. The reason underlying such finding can be interpreted in the light of Schema Theory. That is, unpredictable, uninterested, or abusive caregiving experiences (Simeone-DiFrancesco et al., 2015) of married women in the past and their possible negative expectations of their husbands' which was shaped with those past experiences might be playing a role in decreasing their marital satisfaction. It is important to mention that Turkey is a country that has been in the process of transition from traditionalism to modernism (Kağıtçıbaşı, 2001). Thus, it is also plausible that wives' distorted beliefs about their relationship with husbands may make it difficult for them to be unconditionally warm at home, which is expected from woman in relational cultures such as Turkey (Ataca, 2009), and this may distort their own satisfaction in marriage.

Similarly, wives' high scores in impaired limits schema domain was directly associated with their decreased marital satisfaction in both mediation models, indicating that wives' inadequate boundaries, lack of responsibility, and poor frustration tolerance decreases their marital satisfaction. It might be due to the gender roles in collectivist cultural context since Turkish married women are expected to have concrete boundaries, high tolerance for frustration, and be highly responsible. According to the collectivist characteristics of Turkish culture, wives are considered as house makers and relationship maintainers (Özen, 2012). Harma and Sümer (2016) revealed in line with this findings that wives' behaviors that are characterized by attachment avoidance such as

69

independence, emotional distance, and unresponsiveness to the husbands' needs are especially maladaptive for the marital quality in Turkish culture. Since their associated behaviors conflict with the values of the collectivistic cultures. In this regard, it can be claimed that wives' impaired limits schemas that are inconsistent with the expectations of woman in Turkish culture might create conflicts with their husbands' expectations. Thus, they may have a negative influence on their interactions with their husbands in terms of making major decisions, correct or proper behavior, demonstration of affection, and frequency of discussions (Spanier, 1976). All of that, in turn, decreases wives' marital satisfaction.

In regards to husbands, consistent with the literature, husbands' impaired autonomy schema domain, including enmeshment/dependence, abandonment, failure, pessimism, and vulnerability to harm EMSs, decreased their marital satisfaction in both mediating models of avoidance and compensation coping styles. Believing that they are incapable of functioning and of performing independently creates problems about their autonomy, which is an important aspect of an healthy individual. Thus, when the EMSs included in the impaired autonomy schema domain were considered in the present study, one can expect from husbands with impaired autonomy schema domain to be either enmeshed, pessimistic, or to feel vulnerability to harm, have fear of abandonment, and failure, and all of which seem very likely to have a negative effect on husbands' satisfaction in their marriage. For instance, impaired autonomy schema domain might create a feeling in husbands that they are nothing without their wife, and their overdependence on their wives may be the result of such decrease in their marital satisfaction.

Consistent with the Young's Schema Theory (Young et al., 2003), husbands' high scores in disconnection schema domain decreased their own marital satisfaction in both mediation models. Although there is no study that investigated the relationship between husbands' schema domains and marital satisfaction, the findings of Yiğit and Çelik's study (2015), in which they found a negative association between disconnection schema domain and marital satisfaction among married individuals, supports the present

70

finding to some extent. One explanation for such a result might be that husbands who have EMSs in the disconnection schema domain may avoid thoughts, images, situations, and feelings that remind them that they are unable to form secure, satisfying attachments with others, and unable to feel safe in interpersonal relationships. This might make husbands to avoid most of the events or situations that they can normally share with their wives, and this in turn decreases their marital satisfaction.

High scores in husbands' unrelenting standards schema domain, including unrelenting standards and approval seeking EMSs, directly predicted husbands' higher levels of marital satisfaction in both mediation models. This was not an expected finding since having EMSs in unrelenting standards schema domain very likely to lead to significant impairments in pleasure, relaxation, health, self-esteem, sense of accomplishment, or satisfying relationships due to high internalized standards (Young et al., 2003). All these impairments of husbands were expected to had a negative effect on husbands' relationship outcome of marital satisfaction. However, high marital satisfaction of husbands with unrelenting standards schema domain may be because of their choice of wives. That is, they might be attracted to woman who meets their high standards, and this in turn might increase husbands' marital satisfaction. This issue needs to be further examined in future research.

Another direct actor effect was found in the mediation analysis of perceived partner responsiveness. Specifically, wives' EMSs in the other directedness schema domain, including self-sacrifice and punitiveness EMSs, was found to directly predict wives' low levels of marital satisfaction. This finding is consistent with the literature about Schema Theory. Considering Young and colleagues (2003) suggestions, wives' excessive attention to meet the needs of husbands at the expense of their own gratification may result in a feeling that their own needs are not being adequately met and a resentment of their husbands, who are taken care of. These factors may be the sources of such decrease in wives' marital satisfaction.

71

4.1.1.2. Partner Effects

Although it was hypothesized that early maladaptive schemas of a partner will predict one's own marital satisfaction negatively, the findings of the general APIM model revealed no significant partner effects. This result suggests that partner's early maladaptive schemas do not have a significant direct effect on individuals' relationship satisfaction. There is no study in the literature that investigated the effects of partner's maladaptive schemas on one's own marital satisfaction. Schema chemistry between partners rather than the pure effect of partner's total schema scores might be more important in predicting marital satisfaction. Schema chemistry is a concept that refers to mutually triggering schemas and was suggested to understand the attraction between partners (Simeone-DiFrancesco et al., 2015). In the process of schema chemistry, schemas are activated by memory-based likeness, which in turn results in remaining in an unhealthy dyadic relationship. That is, due to the activation of schema chemistry, individuals become more inclined to be most attracted to and choose partners who trigger that individuals' core schema. Based on this concept of schema chemistry, it may be that specific partner schemas may be more predictive of an individual's marital satisfaction rather than the YSQ score of a partner.

Same significant direct partner effect was found in the mediation analyses of avoidance and compensation coping styles. Specifically, husbands' impaired autonomy schema domain decreased their wives' marital satisfaction, which is consistent with the Schema Theory (Young et al., 2003). This means that husbands who believe that they cannot function and perform independently might fear to make decisions because of their belief that it might damage important relationships and that decreases their wives' marital satisfaction. Autonomy is an important part of healthy adult life, however husbands with EMSs in the impaired autonomy schema domain are likely to be enmeshed, dependent, and pessimistic, have the fear of abandonment and failure, and believe that they are vulnerable to harm. Husbands' impaired autonomy might burden their wives because of an increased number of responsibilities, negative expectations of their husbands, or not having spare time for themselves. In line with this, Harma and

72

Sümer (2016) proposed that husbands' clingy behaviors and overdependence on their wives might damage their relationship. All these characteristics of husbands may overwhelm their wives and consequently decreases their wives' marital satisfaction. This direct effect also shows that the use of total schema scores (like in the general APIM model) might hinder significant effects of schema domains on marital satisfaction. Thus, the use of specific schema domains in the analyses is better and likely to reveal more information.

4.1.2. The Role of Avoidance Coping Style in Predicting Marital Satisfaction

4.1.2.1. Actor Effects

In regards to the actor effects of avoidance coping style in the general APIM model, it was hypothesized that avoidance coping style of wives and husbands would predict their own marital satisfaction negatively, considering Young and colleagues' suggestions (2003) in Schema Theory. However, because of the fact that wives' avoidance coping style had no significant effect on either wives' or husbands' marital satisfaction, it was removed from the first model. On the other hand, husbands' avoidance coping style significantly predicted husbands' marital satisfaction, however in a positive way, suggesting that as husbands use avoidance coping style, their own marital satisfaction increases. The same significant effect was also found in the findings of the mediating model of avoidance coping style. However, this finding is inconsistent with the Schema Theory (Young et al., 2003), which suggests that although avoidance coping style sometimes help an individual to avoid an EMS, it does not heal the schema, since it also helps to perpetuate the schema.

Based on the present finding, when husbands block thoughts, images, and avoids situations, activities, and emotional reactions associated with their schemas, it seems that husbands' evaluations or interpretations about their marital relationship are positively affected. This may be due to the fact that avoiding the overwhelming thoughts and fraught emotional reactions may actually have some protective effects for husbands in their relationship. Avoiding from EMSs may protect them to engage in further

discussions or problems with their wives. Another explanation might be that coping with avoidance might create a feeling that everything is okay in their relationship with their partner. Moreover, Harma and Sümer (2016) suggested that married man in collectivist cultures are forced by gender roles to act avoidant in order to meet cultural gender standards. Thus, although avoidance coping was seen as maladaptive for individualistic cultures (Young et al., 2003), the present finding suggests that it might indeed have positive affects on husbands' marital satisfaction in collectivistic cultures.

4.1.2.2. Partner Effects

A significant partner effect regarding avoidance coping style was found only for husbands both in the general APIM model and the mediation model of avoidance coping style. Specifically, husbands' use of avoidance coping style increased their wives' marital satisfaction, indicating that wives tend to be more satisfied with their marriage as their husbands avoid themes, events, or people that are likely to trigger their early maladaptive schemas.

In the light of these findings regarding actor and partner effects discussed above, it seems that husbands' avoidance from the expression of loaded emotions or emotional reactions associated with triggering of their schemas lead to higher marital satisfaction not only for husbands themselves but also for their wives. In line with this finding, Yedirir and Hamarta (2015) reported that it is not common for Turkish spouses to express their emotions in marital relationships. Thus, it seems that husbands' avoidance from unpleasant thoughts about their schemas and associated emotional reactions make both themselves and their wives feel good about their relationship. Considering Turkish husbands' potential avoidance of emotional expressions, husbands' use of avoidance coping style might play a role in preventing the couple from potential discussions, which might positively affect both spouses' perceptions about marriage.

4.1.3. The Role of Compensation Coping Style in Predicting Marital Satisfaction

4.1.3.1. Actor Effects

As Young and colleagues (2003) suggested, the use of compensation is viewed as partially healthy since people using compensation coping style actually fight against their schema. However, "overcompensators" usually remain fixed on counterattacking, which results in excessive, insensitive, and unproductive behaviors, suggesting that compensation is likely to be detrimental for relationships with significant others. Considering Young and colleagues' suggestions, the use of compensation coping style of wives and husbands was expected to negatively predict their own marital satisfaction. However, the findings revealed significant actor effect only for wives. That is, only wives' compensation coping style significantly predicted their own marital satisfaction. However, the direction of this relationship was positive, which was the opposite of our expectation (H1a) and Schema Theory.

The finding of the present study indicated that when wives cope with their EMSs with compensation, it works well for them, and consequently they become more satisfied with their relationship. This may be due to the fact that many of the individuals using overcompensation coping style appear healthy (Young et al., 2003) and the healthy appearance of wives might have a positive effect on their marital relationship, and that in turn increase their marital satisfaction. Furthermore, when the characteristics of the sample that is consisted of a nonclinical sample of females were considered, another explanation might be that they are less likely to "exaggerate" overcompensation. In other words, wives using schema compensation coping style may behave in a more healthy way, and thus have fewer problems with their husbands and the increase in wives' marital satisfaction might be associated with this. The present finding also leads us to the question of why husbands' compensation coping style did not predict their own marital satisfaction. It may be because of the fact that there are some possible mediators playing an important role in the relationship between husbands' compensation coping style and their marital satisfaction. This needs to be examined further in future research.

75

4.1.3.2. Partner Effects

In regards to the partner effects of compensation coping style, there was only husband-to-wife partner effect. In line with the Schema Theory (Young et al., 2003) and our hypothesis, husbands' compensation coping style predicted their wives' marital satisfaction negatively. That is, when husbands use compensation in dealing with their EMSs, their wives' marital satisfaction tended to decrease. Although compensation is viewed as healthy to some extent, it can overshoot the mark and might lead to perpetuation of the schema (Young et al., 2003), which often result in aggressively independent behaviors (Simone-DiFrancesco et al., 2015). Considering the fact that men are more likely to be defensive than women (Carstenson, Gottman, & Levenson, 1995), it can be claimed that husbands' use of compensation coping style overshoots the mark and negatively affect or decrease their wives' relationship satisfaction. However, it does not affect husbands' own marital satisfaction according to the findings of the general APIM model.

4.1.4. The Role of Perceived Partner Responsiveness in Predicting Marital Satisfaction

4.1.4.1. Actor Effects

According to the findings, wives' high levels of perceived partner responsiveness increased their own marital satisfaction. That is, when wives perceive their husbands as highly responsive to them, they tend to be more satisfied with their relationship. Similarly, congruent with our hypothesis, husbands who perceive their wives as highly responsive to them have higher levels of marital satisfaction. These findings are consistent with a recent study, which indicated that women and men who perceive their partner as high in responsiveness have greater marital satisfaction (Gadassi et al., 2015). Thus, it can be suggested that perceived partner responsiveness is a very important aspect of a marital relationship in terms of both wives' and husbands' satisfaction.

4.1.4.2. Partner Effects

The findings regarding the partner effects were also in line with our hypothesis. Wives' high levels of perceived partner responsiveness predicted husbands' increased levels of marital satisfaction, while husbands' high levels of perceived partner responsiveness predicted increased marital satisfaction of wives. Reis and Gable (2015) recently brought attention to the question of whether perceived partner responsiveness, per se, promote relationship well being. They found that responsiveness itself promotes well-being in a variety of relationships. Moreover, high responsiveness was found to increase partner's willingness to behave in a way that benefits their relationship (Reis et al., 2010). The present findings may be interpreted from this perspective, that is; when married woman and man perceive their partners as highly responsive to them, they might act in a manner that benefits their marital relationship, which in turn increases both their own and partner's marital satisfaction. Furthermore, perceived responsiveness predicts not only one's own but also partner's feelings of intimacy, indicating that knowing that one is perceived as a responsive partner results in intimacy enhancing effect (Debrot et al., 2012), and that is likely to increase marital satisfaction.

All in all, when the model as a whole was examined there was no wife-to-husband partner effect of avoidance coping style and compensation coping style except the partner effect of wives' perceived partner responsiveness on husbands' marital satisfaction. This means that while wives' marital satisfaction is prone to be affected by their husbands' cognitions and associated behaviors, husbands' marital satisfaction is not affected much by their wives except their wives' perceived partner responsiveness. One of the likely causes of such a result might be due to the fact that husbands' use of schema coping styles may cause some emotions in women, and as it was stated by Levenson, Carstensen and Gottman (1993), women are more likely to focus on their emotions while also being more emotionally expressive and both more positive and negative than men (Carstensen, Gottman, & Levenson, 1995). Thus, focusing on the emotions during the interactions with their husbands might significantly affect women's marital satisfaction more than their husbands.

4.2. The Mediating Role of Avoidance Coping Style in the Relationship Between Schema Domains and Marital Satisfaction

Testing the mediating role of avoidance coping style in the relationship between schema domains and marital satisfaction of wives and husbands revealed that only husbands' avoidance coping style had significant mediating effects.

There is no study in the literature that investigated the mediating role of schema coping styles in the relationship between schema domains and marital satisfaction. Thus, the present study is the first we know of to focus on this association. As it was mentioned earlier, Young and colleagues (2003) suggested that behaviors are not part of the schema content, but they are part of the schema coping styles. That is, schemas include cognitions, but not behaviors. On the other hand, marital satisfaction includes both cognitions and behaviors. One of the most important determinants of marital satisfaction is the behavior of the partner, which is represented by demonstration of affection, sex relations, frequency of discussions, and engagement of outside activities. Thus, avoidance coping style that is affected by early maladaptive schemas and includes the behavioral responses to these schemas was used as a mediator to explain how maladaptive cognitions developed in childhood have an effect on current satisfaction of the most important interpersonal relationship of adulthood.

4.2.1. Actor Effects

Findings revealed no mediating effect of wives' avoidance coping style in the relationship between their own schema domains and marital satisfaction. However, there were some direct effects of schema domains on the use of avoidance coping style.

Firstly, wives' high scores in disconnection schema domain, including emotional deprivation, emotional inhibition, social isolation/mistrust, and defectiveness EMSs, directly predicted wives' use of avoidance coping style. Considering the evidence in the literature (Simeone-DiFrancesco et al., 2015; Young et al., 2003), women who score high on early maladaptive schemas related to disconnection schema domain have serious

difficulties in depending on the reliability of others. Since they assume that their needs for reliability, support, empathy, respect, security, safety, stability, nurturance, sharing of feelings, and acceptance will not be met. Consequently, they seem to deal with this negative expectation by ignoring or avoiding the options on the way to building an intimate relationship with their partners.

Similarly, wives' high scores in impaired limits schema domain, which includes entitlement/insufficient self-control EMS, directly predicted their use of avoidance coping style. As it was mentioned before, individuals with impaired limits schema domain are characterized by their inadequate boundaries, lack of responsibility, and poor frustration tolerance (Simeone-DiFrancesco et al., 2015). Thus, the present finding suggests that wives who have a difficulty in respecting the rights of others, making commitments, or in setting and meeting realistic personal goals tend to avoid showing their weaknesses, conflicting with others, and their difficulty in taking responsibility for others. This finding can be interpreted from cultural perspective. Specifically, wives' independent behaviors and unresponsiveness to the partners' needs are gender atypical behavior patterns for woman in Turkish collectivist culture (Özen, 2012). Therefore, wives might feel pressure to avoid all the situations or events that are likely to trigger their impaired limits schemas.

Lastly, wives' other-directedness schema domain, including self-sacrifice and punitiveness EMSs, directly predicted wives' avoidance coping style. As it was mentioned earlier, individuals having high scores on other-directedness schema domain always consider others' needs and repress their own needs for self-assertiveness; thereby they receive love and approval of others (self-sacrifice schema) (Simeone-DiFrancesco et al., 2015) and also believe that people must be punished for their own mistakes (punitiveness schema). Thus, this finding may be interpreted in a way that Turkish wives with other-directedness schema domain might avoid being in close relationships, avoid arousing expectations, or comply with all the details in order to prevent making mistakes that would not be acceptable in terms of cultural expectations of woman.

4.2.2. Partner Effects

Testing of the hypothesis that avoidance coping style would mediate the relationship between schema domains and marital satisfaction (Hypothesis 2) revealed three significant mediation effects of husbands' avoidance coping style, which partially supported our hypothesis.

First of all, findings showed that the relationship between wives' unrelenting standards schema domain and wives' marital satisfaction was significantly mediated by husbands' avoidance coping style. Specifically, unrelenting standards schema domain in wives when mediated by husbands' avoidance coping style led to an increase of wives' marital satisfaction. This is an unexpected finding since husbands' use of avoidance coping style is likely to diminish intimacy in their relationship due to the fact that avoidant people refrain from expressing affect (Young et al., 2003). Moreover, wives' with unrelenting standards schema domain believe that they must do their utmost to meet very high standards with their behaviors and performance in order to avoid criticism (Young et al., 2003). Thus, wives who have husbands using avoidance coping may fulfill their desire to prevent being criticized by their husbands. Since having a husband who use avoidance coping style may decrease the likelihood of being exposed to a criticism. Another explanation might be that if a man avoids being exposed to stress, in this way he may also prevent problems or discussions likely to result from stress, and these in turn, may increase their wives' marital satisfaction. Therefore, depending on this result, it can be claimed that husbands' use of avoidance coping style increases satisfaction for wives with EMSs in unrelenting standards schema domain, who want to avoid criticism and potential problems. This finding might be also somewhat related to the results of a study by Harma and Sümer (2016) in which they showed that Turkish men are not so distant and cold within their relationships, compared to men from western cultures. Thus, even if their husbands are using avoidance coping style, this increases wives' marital satisfaction because of the fact that Turkish husbands try to protect themselves from being too much "avoiders" and because they are functional in the sense that they keep their wives away from potential criticism and problems.

Secondly, the relationship between husbands' disconnection schema domain and wives' marital satisfaction was significantly mediated by husbands' avoidance coping style. It suggests that husbands who have high scores in EMSs on disconnection schema domain are more likely to be "avoidants", and that increased their wives' marital satisfaction, which is inconsistent with the Schema Theory perspective. This finding suggests that husbands' avoidance coping style play a buffering role in the relationship between husbands' disconnection schema domain and wives' marital satisfaction by decreasing the possible negative effects of disconnection schemas on marital satisfaction. One explanation for such a result might be that husbands who have EMSs in the disconnection schema domain are likely to avoid thoughts, images, situations, and feelings that remind them that they are unable to form secure, satisfying attachments with others, and unable to feel safe in interpersonal relationships (Young et al., 2003) and this avoidance of negative expectations from themselves and others might make their wives to more positively evaluate their marital relationship, and consequently increase their marital satisfaction.

Thirdly, husbands' avoidance coping style also mediated the relationship between husbands' other directedness schema domain and wives' marital satisfaction. Specifically, husbands who scored high in EMS on other directedness schema domain were significantly inclined to use avoidance coping style, and this in turn lead to wives' higher levels of marital satisfaction. This means that husbands having EMSs in the other-directedness schema domain tend to avoid thoughts, images, situations, and feelings that remind them of their excessive focus on the others' desires, feelings, and responses (Young et al., 2003), and that seem to have a boosting effect for their wives' marital satisfaction. Based on the knowledge from Schema Theory that schema coping styles become maladaptive in adulthood, it was expected that the use of avoidance coping style would predict decreased marital satisfaction. However, the results revealed the exact opposite of this expectation, showing that husbands' avoidance coping style (who have other directedness) is a satisfaction boosting response for their wives. From the cultural point of view, husbands' clingy behaviors or extensive closeness seeking

including an excessive focus on the desires, feelings, and responses of others at the cost of their own needs are culturally incongruent and expected to be detrimental among Turkish families (Ataca, 2009; Harma & Sümer, 2016). Thus, having met the expectations of the society by cognitively and behaviorally avoiding their other-directedness schema triggers might make their wives to see them as "healthy" man and that may lead to an enhancement of wives' satisfaction.

In addition to three indirect effects, there was one significant direct effect of a schema on avoidance coping style. Specifically, husbands' impaired limits schema domain negatively predicted their wives' use of avoidance coping style. This suggests that husbands who have deficiencies or problems in having internal limits, responsibility to others, or pursuing long term goals tend to have partners who are less likely to use avoidance coping style. It might be due to the fact that husbands with the impaired limits schema domain tend to have difficulties in respecting the rights of others, cooperating with others, and making commitments and all these behaviors of husbands are very hard to be dealt with by using avoidance coping style for wives. Since people using avoidance coping style try to arrange their lives so that their schema is never activated and ignore all their schema triggers. However, for wives who have husbands with impaired limits schema domain, avoidance may not be a very suitable coping style. Thus, it can be suggested that wives of husbands with impaired limits schema domain have a difficulty to cope with their schemas by using avoidance.

Overall, these findings suggest that husbands' avoidance coping style is a satisfaction-boosting mediator in the relationship between wives' unrelenting standards, husbands' disconnection, and husbands' other directedness schema domains and wives' marital satisfaction. While husbands' avoidance coping style significantly mediated the relationship between some of the schema domains and wives' marital satisfaction, wives' avoidance coping style did not have any mediating effect. Considering the commonly observed roles in Turkish culture, wives' avoidance seem to be incongruent with the cultural expectations since being an avoidant wife is the opposite of her expected gender roles and avoidance is mostly expected from man (Ataca, 2009). Thus,

no mediating effect of avoidance coping style of wives may be the result of expected gender roles in Turkish culture.

4.3. The Mediating Role of Compensation Coping Style in the Relationship Between Schema Domains and Marital Satisfaction

The hypothesis that compensation coping style would mediate the relationship between schema domains and marital satisfaction of wives and husbands was tested (H3a) and the results indicated no significant mediating effect of compensation coping style. Although findings did not support our hypothesis, important direct effects between schema domains and compensation coping style as well as between schema domains and marital satisfaction were found and discussed below.

4.3.1. Actor Effects

Firstly, wives' high scores in impaired autonomy schema domain positively predicted wives' compensation coping style, suggesting that wives with EMSs in the impaired autonomy schema domain tend to use compensation coping style. It indicates that Turkish wives who are incapable of functioning and performing independently (Simeone-DiFrancesco et al., 2015) tend to behave in the opposite direction of their impaired autonomy schema and behave as if they are capable of sustaining their lives without depending on others. Wives with impaired autonomy related schemas might have adopted their compensation coping style with selective internalization or modeling (Young et al., 2003). As mentioned before, in traditional collectivist cultures, women are considered as house makers and relationship maintainers (Özen, 2012). Thus, women are likely to be aware of the expectations to perform their responsibilities at home such as cooking, house cleaning, and childcare without depending on their husband since these are seen as wives' duties. Turkish women growing up in such a collectivist culture might think that they should overcompensate their impaired autonomy schema, thus; should perform independently from their husbands.

Secondly, wives' unrelenting standards related EMSs (i.e. unrelenting standards and approval seeking) positively predicted wives' compensation coping style, indicating that wives with unrelenting standards schema domain are more likely to compensate for their schema. These wives have the sense that they must strive to meet very high standards that are internalized by them (Young et al., 2003), thus they tend to believe that they can be valuable, only if they become very good. However, traditional stereotypes encourage men to be assertive leaders and dominant decision makers in a romantic relationship, while woman are encouraged to be submissive and passive conformists (Peplau & Gordon, 1985). These expectations may encourage women to compensate for their unrelenting standards and behave as if they do not have very high standards.

Thirdly, wives' EMSs in impaired limits schema domain (i.e. entitlement/insufficient self control) positively predicted wives' compensation coping style, showing that wives with impaired limits related schemas are more likely to compensate for their schemas. Being deficient in internal limits, responsibility to others, or long-term goal orientation for wives may not be accepted by most of the people in Turkish culture since in collectivist cultures since there are more traditional and gender stereotypic expectations from wives (Özen, 2012). Indeed, emotional interdependence is valued in collectivist cultures (Kağıtçıbaşı, 2007). In these cultures, gender stereotypes are more common, thus; women are more expected to be congruent with their traditional roles (Özen, 2012). Considering Turkish cultural context, Turkish wives may be coping with their impaired limit schemas by compensating in order to represent their 'self' as normal and to meet the expectations of the collectivist society.

In regards to husbands, their high scores in the impaired autonomy schema domain positively predicted their compensation coping style, suggesting that husbands with impaired autonomy schema domain tend to use compensation coping style to deal with their schemas. Husbands' belief that they cannot function or perform independently from significant others is not consistent with gender stereotypes about how men are supposed to behave in a romantic relationship, since they are expected to be assertive

and take the lead (Peplau & Gordon, 1985). Thus, the use of compensation coping style of husbands with impaired autonomy schema domain may be explained by the cultural expectation that a man should be autonomous, active, and use full potential. Husbands may be compensating for their impaired autonomy schemas in order to be accepted or to see themselves like most of the man who are able to function independently.

Lastly, husbands' EMSs in the unrelenting standards schema domain positively predicted husbands' compensation coping style. It indicates that husbands who have an underlying belief that one must strive to meet very high internalized standards of behavior and performance tend to fight their unrelenting standards schema by thinking, feeling, behaving, and relating as if the opposite of their schema is true.

4.3.2. Partner Effects

The first significant partner effect is that wives' EMSs in impaired limits schema domain (i.e. entitlement/insufficient self-control), positively predicted husbands' compensation coping style. Gök (2012) also found among Turkish university students that higher levels of impaired limits was associated with utilization of more compensation, which partially supports our finding. The present finding suggests that wives who hold the belief that they are superior to other people, entitled to special rights and privileges, or who have pervasive difficulty to achieve their personal goals or to inhibit the excessive expression of their emotions and impulses tend to have husbands who use compensation coping style. Their husbands' fight their schemas by behaving in the opposite direction from their schema. Compensation might be husbands' way of coping with their wives' limitless behaviors that may be triggering husbands' maladaptive schemas.

In addition, husbands' EMSs in unrelenting standards schema domain negatively predicted their wives' compensation coping style, indicating that husbands having high internalized standards and striving to meet those tend to have partners who do not or do rarely use compensation coping style. As Young and colleagues (2003) suggested that in the development of coping styles temperament plays one of the main role. For instance,

85

while individuals with passive temperaments tend to surrender or to avoid, individuals with aggressive temperaments tend to overcompensate. Depending on this suggestion, the preference of husbands with unrelenting standards schema domain may come from their ambition to do their best, since wives using compensation coping style are likely to be "fighters", just like them.

4.4. The Mediating Role of Perceived Partner Responsiveness in the Relationship Between Schema Domains and Marital Satisfaction

Testing the mediating role of perceived partner responsiveness in the relationship between schema domains and marital satisfaction of wives and husbands revealed both significant actor and partner effects.

4.4.1. Actor Effects

In regards to mediation effects of actors, there were three significant mediating effects of perceived partner responsiveness; one of them is for wives and two of them is for husbands. Firstly, wives' perceived partner responsiveness mediated the relationship between wives' impaired autonomy schema domain and wives' marital satisfaction. Wives' EMSs in the impaired autonomy schema domain led to a decrease on their own perceived partner responsiveness, and this in turn was associated with their decreased levels of marital satisfaction. Some part of the present finding is consistent with the findings in the literature, in which low perceived partner responsiveness was found to decrease marital satisfaction (Bar-Kalifa et al., 2015; Gadassi et al., 2015; Reis & Gable, 2015). Believing that they are incapable of functioning and performing independently, wives might have higher expectations from their husbands, which might lead to low levels of perceived partner responsiveness since their husbands become less likely to meet their wives' high responsiveness standards. That, in turn, seems to decrease wives' marital satisfaction. All the memories, emotions, cognitions, and bodily sensations about wives' inability to function independently (enmeshment/dependence EMS), expectation to loose anyone with whom they have an emotional attachment (abandonment EMS), being convinced that they are not capable of performing at the same level as peers

86

(failure EMS), seeing the negative side of things while ignoring the positive (pessimism EMS), and being convinced that something terrible might happen and there is no protection (vulnerability to harm EMS) (DiFrancesco et al., 2015) are very likely to influence wives' perceptions about the responsivity of their partner negatively.

Second mediator effect was that husbands' perceived partner responsiveness mediated the relationship between their own disconnection schema domain (including EMSs of emotional deprivation, emotional inhibition, social isolation/mistrust, and defectiveness) and own marital satisfaction. Specifically, husbands' disconnection schema domain negatively affected their own perceptions about their wives' responsiveness, and this was in turn decreased their own marital satisfaction. As mentioned before, people who receive high scores in EMSs included in disconnection schema domain are expected to unable to form secure attachments with others since they have the belief that their needs (i.e. love, safety, stability, nurturance, and belonging) will not be met by them. They may also be expected to excessively inhibit spontaneous action, feeling, or communication to avoid rejection or disapproval from others (Young, et al. 2003). Furthermore, people with schemas in the disconnection schema domain, especially those with emotional deprivation, defectiveness, and mistrust EMSs are often the most damaged. Thus, it can be claimed that husbands' all the distorted cognitions regarding disconnection schema domain tend to damage husbands' perceptions about their wives' responsiveness, that in turn decreased their satisfaction in their marriage.

Thirdly, husbands' perceived partner responsiveness mediated the relationship between their own impaired limits schema domain and marital satisfaction. Specifically, husbands' impaired limits schema domain was unexpectedly associated with husbands' high levels of perceived partner responsiveness, which in turn was associated with increased levels of husbands' marital satisfaction. As mentioned earlier, having difficulties in respecting the rights of others, cooperating with others, making commitments, or in setting and meeting realistic goals are some of the characteristics of people with schemas about impaired limits (Young et al., 2003). Considering the present finding, these characteristics are associated with high levels of husbands' perceived

87

partner responsiveness. This may be resulted from their belief that they are superior to other people, which might leads to a more positive perception of themselves and their relationship that is associated with their higher levels of perceived partner responsiveness, and that in turn lead to an increase on husbands' marital satisfaction.

It is also important to discuss that the relationship between wives' perceived partner responsiveness and wives' marital satisfaction was stronger than the relationship between husbands' perceived partner responsiveness and husbands' marital satisfaction. It means that wives' marital satisfaction are affected more by their perception about their husbands' responsiveness compared to their husbands. This difference between wives and husbands might be associated with differential gender roles; however it needs to be further examined in future studies.

4.4.2. Partner Effects

Related to partner effects, findings also suggested three important mediation effects. The two of them are that wives' perceived partner responsiveness mediated the relationship between husbands' impaired autonomy schema domain and both wives' and husbands' marital satisfaction. Specifically, husbands' EMSs in the impaired autonomy schema domain led to a decrease on their wives' perceived partner responsiveness, and that was associated with both wives' and husbands' decreased levels of marital satisfaction. As it was mentioned earlier, impaired autonomy schema domain consists of abandonment, enmeshment/dependence, failure, pessimism, and vulnerability to harm schemas (Young et al., 2003). Thus, husbands who received high scores on this domain are expected to be incapable of taking on normal responsibilities and of functioning independently from their significant others (DiFrancesco et al., 2015), and have a perception of instability or unreliability of others for being available for support (Young et al., 2003). Considering these, husbands' incapability of taking normal responsibilities and overdependence on their wives may result in their wives' perception that their husbands are not responsive to their needs. Wives' decreased perceived partner responsiveness is likely to negatively affect wives' behaviors on their interactions with

88

their husbands and that may be the reason of the decrease in both wives' and husbands' marital satisfaction.

The last indirect (mediation) partner effect was found in the relationship between wives' impaired autonomy schema domain and husbands' marital satisfaction, which was mediated by wives' perceived partner responsiveness. Wives' EMSs on impaired autonomy schema domain was associated with their low perceived partner responsiveness, which in turn led to husbands' decreased marital satisfaction. This finding can also be interpreted from Schema Theory perspective since there is no previous study investigated this relationship. From the Schema Theory perspective, it can be argued that wives' impaired autonomy schema domain might make them to be overly dependent on their husbands (Young et al., 2003) and that may lead to the perception that their husbands' are not responsive enough since they need too much responsiveness, help, and attention. Their wives' overdependence and the perception that they are not responsive enough may be the result of such a decrease in husbands' marital satisfaction.

To summarize the indirect (mediating) actor and partner effects of perceived partner responsiveness, it is important to underlie the pattern that wives' perceived partner responsiveness was negatively affected by both their own and their husbands' impaired autonomy schema domain, and that decrease in wives' perceived partner responsiveness in turn decreased both partners' marital satisfaction. As stated previously, people with EMSs on impaired autonomy schema domain have the belief that they are unable to function and perform independently from significant others (Simone-DiFrancesco et al., 2015) and this unhealthy belief about themselves might damage wives' perceptions about their own responsiveness toward their husbands. That is, their overdependence on their husbands might create a perception that they are not responsive enough to their husbands' needs. On the other hand, husbands' EMSs on impaired autonomy schema domain might lead to higher expectations from their wives and they might burden them with their needs, and this may lead to their wives to perceive husbands as low in responsiveness. Furthermore, expectations from married

couples in Turkish collectivist culture are shaped by cultural norms and gender roles. Attachment avoidance is a critical risk factor for marital satisfaction of Turkish couples (Harma & Sümer, 2016), suggesting that wives' are expected to be emotionally responsive for their husbands' needs. When they are not perceived as emotionally responsive, they may create a contrast with cultural expectations of women (Sunar & Fişek, 2005). Considering the cultural expectations in Turkish cultural context, low perceived responsiveness of wives may result in decrease in the levels of both partners' marital satisfaction. Besides, as in line with the suggestions of Schema Theory (Young et al., 2003), husbands' disconnection schema domain decreased their own perceived partner responsiveness, and in turn decreased own marital satisfaction. An unexpected finding was that husbands' impaired limits schema domain increased their perceived partner responsiveness, and that in turn increased their marital satisfaction.

4.5. Strengths and Limitations of the Study

First of all, our analysis of APIM is the first we know of investigating the effects of schema domains (i.e. impaired autonomy, impaired limits, disconnection, unrelenting standards, and other directedness) on marital satisfaction by using avoidance coping style, compensation coping style, and perceived partner responsiveness as mediators among married couples. In addition to this, it is also the first study that is investigating the actor-partner effects of overall schemas, schema coping styles, and perceived partner responsiveness on marital satisfaction of spouses.

Cook and Kenny (2005) reported that in most of the studies the focus is only on one spouse's perception about marriage and does not consider perceptions of both spouses. However there is an interdependence in couple relationships; that is, one spouse's emotion, cognition, or behavior affects the emotion, cognition, or behavior of the other spouse. As in line with Schrodt's (2015) suggestions, this study somewhat advanced our theoretical understandings of relational dynamics that animate couple interaction by focusing on dyads. Thus, another strength of the present study is its emphasis on and the consideration of the interpersonal perspective on marital

90

satisfaction by using Actor-Partner Interdependence Model (APIM). The use of APIM in estimating actor and partner effects also controlled for artificial increases in Type I and Type II errors since it accounts for non-independence of dyadic data (Schrodt, 2015)

Schema Theory is a popular research topic of today's literature, however there is still a lack of research about which schema domains of couples have an influence on one's own and partners' marital satisfaction. Despite the fact that the hypothesis about the mediating effect of compensation coping style was not supported, the current study contributed to the Schema Theory literature with the findings regarding the significant mediating effects of avoidance coping style and perceived partner responsiveness. The present study may also lead to new research questions in regards to the roles of wives and husbands' schema domains in predicting their marital satisfaction.

Moreover, the present study provided evidence about the relationship between wives and husbands' schema domains, schema coping styles, perceived partner responsiveness, and marital satisfaction in a sample of Turkish married couples. Thus, it provides some evidence on how schemas, schema coping styles, and perceived partner responsiveness influence partners' marital satisfaction in the Turkish culture. The other strength of the present study might be its' consideration of cultural influences when interpreting the findings.

The last strength of the present study is that the sample did not consist of university students, but rather consisted of married individuals, which increases its external validity, the extent to which the results of the present study can be generalized to other situations and people in real life.

The current study has also some limitations that should be considered when interpreting the findings. First of all, the present study composed of 248 married individuals, of which 124 were woman and 124 were man. Due to the nature of the dyadic analysis, couples were treated as dyads, thus the sample size of the present study was 124 married couples. Cook and Kenny (2005) suggested that larger sample size would result in greater power when hypotheses are tested. Therefore, 5 schema domains

91

were used instead of using 14 different EMSs in the analyses in order to prevent a reduced power. The use of each EMS separately might have given more detailed information about the couples' dynamics, thus in future studies larger samples need to be used.

The second limitation of the study is that most of the participants in the sample were university graduates, had moderate level of income, and reported high levels of perceived partner responsiveness. Thus, the findings of the present study might not be generalizable to other populations such as populations with low socioeconomic status, low education level, and low perceived partner responsiveness and also couples with strained marriages.

The third limitation is that snowball technique was used in the data collection in order to reach more participants. However, due to the presence of very little control over the sample, external validity of the findings might become limited. Another limitation about the characteristic of data is that there were some differences (i.e. total schema score, unrelenting standards schema domain, impaired limits schema domain, other directedness schema domain, and avoidance coping style) between the scores of wives who completed online surveys and those who completed printed surveys.

The last limitation is about the need for the readjustment of two inventories such as YSQ and DAS. In YSQ, there are very few questions to measure some EMSs such as unrelenting standards schema. Moreover, during the data collection some participants reported to have a difficulty in understanding the items in the YSQ. Related to DAS, some participants gave feedback about the inappropriateness of an item, which is about sexual relationship. These inventories may provide a better assessment of maladaptive schemas and marital satisfaction, if they are further readjusted and adapted to Turkish culture.

4.6. Suggestions for Future Research

Using qualitative methods such as semi-structured interviews with married couples may be suggested for future research in order to understand the interpersonal effects of the relationship between EMSs, schema coping styles, perceived partner responsiveness, and marital satisfaction. Future studies should consider using a mixed design that is composed of a combination of self-measure and semi-structured interviews to understand what shapes marital satisfaction. Then, all the important variables can be included in the quantitative part.

Secondly, the present study revealed how EMSs of partners have an effect on each other's coping styles, perceived partner responsiveness, and marital satisfaction. Future studies might investigate Young's idea of schema chemistry by testing whether individuals become more inclined to be most attracted to and choose partners who trigger that individual's core schema to reveal the dynamics of attraction in a couple's relationship and the effects of schema chemistry on the relationship outcomes.

Thirdly, it would be fruitful to explore each specific early maladaptive schema and its effects in larger samples, instead of evaluating the impact of schema domains. This may give more detailed information about the influence of each specific EMS on relationship outcomes of spouses.

Fourthly, the present study was composed of university graduates with middle-income level and with high levels of perceived partner responsiveness. Future studies might include participants from different socio-economic statuses, with different educational and perceived partner responsiveness levels in order to increase the generalizability of the findings. In addition, future studies may also examine couples having marital conflicts.

Fifthly, some participants in the study provided feedback about the lack of clarity for some items in the YSQ. Moreover, most of the participants did not respond to some of the last items, such as the item questioning "being too tired for sex" and the last item

93

that has six options, in the DAS. The present study showed the need for an adaptation of YSQ in terms of clarity of items and of DAS in terms of comprehensibility of response types and appropriateness of words for Turkish culture. Thus, future studies should consider this need.

Lastly, in the first model, the direct effects of EMSs calculated by YSQ score, and results showed that EMSs on marital satisfaction were not significant. However, in the other models where the schema domains were used, significant effects of schema domains on marital satisfaction were found. This indicated that using the mean of the total YSQ score instead of using separate schema domains may conceal the effects and thus a finer analysis is desirable. Therefore, researchers using total YSQ scores in their analysis should be careful when interpreting their results.

4.7. Clinical Implications

The present study is expected to have important implications for both scientists and practitioners in the field of clinical psychology. First of all, while satisfying marriages have positive influences on spouses' well being (Carr & Springer, 2010), marital dissatisfaction resulting from destructive relationships increases the likelihood of divorce (Amato & Homann-Marriott, 2007; as cited in Panahifar, Taghizade, Esfandyari, Mahdavi, & Salehi, 2015). Hence, one of the implications of the present study is to provide clinicians background information about predictors of marital satisfaction that can be worked on and emphasized during both individual and couple Schema Therapy process in order to increase marital satisfaction. Focusing on individuals' both own and their partners' EMSs, schema coping styles, and perceived partner responsiveness in psychotherapy process may be helpful with clients having relationship problems in their marriage.

As Jose and Alfons (2007) stated, relationship dynamics differs across cultures. Married couples evaluate their satisfaction depending on the extent that their marriage meets the expectations of that cultural context (Lucas et al., 2008). The present study provides information about the predictors of Turkish wives and husbands' marital

94

satisfaction. Although schema approach is becoming one of the most frequently used methods in both individual and couple therapy in the treatment of relationship problems, there was no study providing evidence about the dyadic effects of early maladaptive schemas, coping styles, perceived partner responsiveness on marital satisfaction. In this regard, some of the findings of the study were inconsistent with what Schema Theory suggests. For instance, Turkish husbands' avoidance coping style have a buffering effect, that is, it reduces the negative impact of husbands' disconnection schema domain and other-directedness schema domain on wives' marital satisfaction. Therefore, after replicating the study in a larger and more diverse sample, the effects of cultural influences may be given more attention in the clinical practice.

In addition to husbands' avoidance coping style, the present study also emphasizes the importance of perceived partner responsiveness in the relationship between schema domains and marital satisfaction. This finding might be a support for clinical psychologists working with marital relationship problems to pay more attention to distorted perceptions of partner responsiveness.

The present study also provides empirical evidence about the contribution of both actor and partner variables on marital satisfaction. Thus, this study provides very rich information about how partners' EMSs have an influence on each other's marital satisfaction. This rich information might be very helpful for clinical psychologists and psychotherapists, who are using Schema-focused Couple Therapy approach in their clinical practices. That is, the information gathered from this study can be used to help patients develop an awareness of both their own and spouses early maladaptive schemas, maladaptive coping styles, how their perceptions about partner's responsiveness is affected by their own EMSs and their partner's EMSs, as well as their effects on marital satisfaction.

In addition to this, some results of the study were inconsistent with what Schema Theory suggests. For instance, the results revealed that husbands' avoidance coping style works well for husbands with disconnection schema domain, husbands with other-

directedness schema domain, and wives with unrelenting standards schema domain in terms of positively affecting wives' marital satisfaction. In this regard, the buffering mediating role of avoidance coping style in the relationship between EMSs and marital satisfaction may be given more attention in the clinical practice.

Considering all these clinical implications, the findings of this study may help clinical psychologists and psychotherapists working with couples to better understand the predictors of marital satisfaction and the mutual mechanisms working behind that.

4.8. Conclusion

In conclusion, the findings of the present study have contributed to the understanding of the roles of schema domains, schema coping styles, and perceived partner responsiveness in predicting marital satisfaction by using dyadic data from married couples. Specifically, mediating effects of avoidance coping style, compensation coping style, and perceived partner responsiveness were investigated according to Actor-Partner Interdependence Model (APIM) framework. Findings showed that husbands' avoidance coping style has a mediating effect in the relationship between schema domains and marital satisfaction. In other words, EMSs in some schema domains (i.e. wives' EMSs in unrelenting standards schema domain, husbands' EMSs in disconnection schema domain and in other directedness schema domain) predicted husbands' avoidance coping style, which in turn predicted wives' increased levels of marital satisfaction. This study provided evidence that husbands' avoidance coping style has a satisfaction-enhancing role for wives, when dealing with some maladaptive schemas.

Furthermore, perceived partner responsiveness of both wives and husbands was found to have mediating effect in the relationship between some schema domains and marital satisfaction. Wives and husbands' EMSs in impaired autonomy schema domains negatively predicted wives' perceived partner responsiveness, which in turn decreased marital satisfaction of both wives and husbands. In regards to the mediator role of husbands' perceived partner responsiveness, husbands' schemas on disconnection

96

schema domain had a negative influence on husbands' perceived partner responsiveness, and that in turn decreased husbands' marital satisfaction. On the other hand, husbands' EMSs in impaired limits schema domain had a positive influence on husbands' perceived partner responsiveness, which in turn increased husbands' marital satisfaction.

Considering both direct and mediation effects, there were more husband-to-wife partner effects compared to wife-to-husband partner effects, suggesting that wives' are more prone to be affected by husbands' variables.

This study provided preliminary evidence about marital satisfaction by including both partners in dyadic context to provide more interpersonal approach on marital satisfaction.

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APPENDICES

APPENDIX A. INFORMED CONSENT

Bu çalışma, Orta Doğu Teknik Üniversitesi Psikoloji Bölümü Klinik Psikoloji Yüksek Lisans öğrencisi Psk. Selin Akkol tarafından, Prof. Dr. A. Nuray Karancı danışmanlığında yürütülmektedir. Araştırmanın amacı evli çiftlerin erken dönem uyumsuz şemaları, bu şemalarla uyumsuz baş etme stilleri, algılanan partner desteği ve evlilik doyumu arasındaki ilişkiyi incelemektir. Çalışma genel olarak kişisel rahatsızlık verici sorular içermemektedir. Ancak, herhangi bir rahatsızlık duyduğunuz takdirde soruları cevaplamayı istediğiniz zaman bırakabilirsiniz. Katılımcılardan alınan bilgiler tamamen gizli tutulacak ve elde edilen cevaplar toplu olarak değerlendirilecektir. Çalışmadan elde edilecek sonuçlar yalnızca bilimsel yayınlarda kullanılacaktır. Çalışma hakkında daha fazla bilgi almak için Psk. Selin Akkol (Tel: 0505 587 38 65, E-posta: akkolselin@gmail.com) ile iletişime geçebilirsiniz. Çalışmaya katıldığınız için şimdiden çok teşekkür ederiz.

Bu anketi eşinizin de doldurması gereklidir. Bunun için eşinizle ortak bir rumuz oluşturmanız gerekmektedir. Lütfen eşinizle ortak soyadınızın **ilk harfi**, **son harfi** ve **evlendiğiniz yıl**dan oluşan rumuzunuzu yazınız.

Örneğin; 1990 yılında evlenen Ayşe ÖZDEMİR ve Mehmet ÖZDEMİR çiftinin rumuzu **ÖR1990** olmalıdır.

Rumuzunuz: _____

Bu çalışmaya tamamen gönüllü olarak katılıyorum ve verdiğim bilgilerin bilimsel amaçlı kullanılmasını kabul ediyorum.

APPENDIX B. DEMOGRAPHIC INFORMATION FORM

Lütfen size uygun gelen seçeneği işaretleyiniz ve boş soru bırakmayınız.

1. Cinsiyetiniz: Kadın____   Erkek____

2. Yaşınız: _____

3. Eğitim seviyeniz:

İlkokul mezunu___   Ortaokul mezunu___   Lise mezunu___

Üniversite öğrencisi___   Üniversite mezunu___   Yüksek lisans___

Doktora___

4. Kendinize ait (eşinizin geliri dışında) toplam aylık geliriniz: _____

5. Evlenmeden önce eşinizle birliktelik süreniz:

      1 yıldan **kısa** süredir birlikteyseniz:_____ (ay)

      1 yıldan **uzun** süredir birlikteyseniz:_____(yıl)

6. Ne kadar süredir evlisiniz?

      1 yıldan **kısa** süredir evliyseniz:_____ (ay)

      1 yıldan **uzun** süredir evliyseniz:_____(yıl)

7. Kaç çocuğunuz var? ___

8. Eşinizle ne şekilde evlendiniz?

      Görücü usulü___   Tanışarak___   Diğer (lütfen belirtiniz)___

9. Evinizde eşiniz ve (varsa) çocuklarınız dışında sizinle birlikte yaşayan (kendi anneniz, babanız,kardeşiniz veya eşinizin annesi, babası, kardeşi vb.) başka bireyler var mı?

    Evet___   Hayır___

Aşağıda, kişilerin kendilerini tanımlarken kullandıkları ifadeler sıralanmıştır. Lütfen her bir ifadeyi okuyun ve sizi ne kadar iyi tanımladığına karar verin. Emin olamadığınız sorularda neyin doğru olabileceğinden çok, sizin **duygusal olarak** ne hissettiğinize dayanarak cevap verin.

Bir kaç soru, anne babanızla ilişkiniz hakkındadır. Eğer biri veya her ikisi şu anda yaşamıyorlarsa, bu soruları o veya onlar hayatta iken ilişkinizi göz önüne alarak cevaplandırın.

1 den 6'ya kadar olan seçeneklerden sizi tanımlayan en yüksek şıkkı seçerek her sorudan önce yer alan boşluğa yazın.

Derecelendirme:

1. Benim için tamamıyla yanlış
2. Benim için büyük ölçüde yanlış
3. Bana uyan tarafı uymayan tarafından biraz fazla
4. Benim için orta derecede doğru
5. Benim için çoğunlukla doğru
6. Beni mükemmel şekilde tanımlıyor

1. _____ Bana bakan, benimle zaman geçiren, başıma gelen olaylarla gerçekten ilgilenen kimsem olmadı.

2. _____ Beni terkedeceklerinden korktuğum için yakın olduğum insanların peşini bırakmam.

3. _____ İnsanların beni kullandıklarını hissediyorum.

4. _____ Uyumsuzum.

5. _____ Beğendiğim hiçbir erkek/kadın, kusurlarımı görürse beni sevmez.

6. _____ İş (veya okul) hayatımda neredeyse hiçbir şeyi diğer insanlar kadar iyi yapamıyorum.

7. _____ Günlük yaşamımı tek başıma idare edebilme becerisine sahip olduğumu hissetmiyorum.

8. _____ Kötü bir şey olacağı duygusundan kurtulamıyorum.

9. _____ Anne babamdan ayrılmayı, bağımsız hareket edebilmeyi, yaşıtlarım kadar, başaramadım.

10. _____ Eğer istediğimi yaparsam, başımı derde sokarım diye düşünürüm.

11. _____ Genellikle yakınlarıma ilgi gösteren ve bakan ben olurum.

12. _____ Olumlu duygularımı diğerlerine göstermekten utanırım (sevdiğimi, önemsediğimi göstermek gibi).

13. _____ Yaptığım çoğu şeyde en iyi olmalıyım; ikinci olmayı kabullenemem.

14. ___ __ Diğer insanlardan bir şeyler istediğimde bana "hayır" denilmesini çok zor kabullenirim.

15. _____ Kendimi sıradan ve sıkıcı işleri yapmaya zorlayamam.

16. _____ Paramın olması ve önemli insanlar tanıyor olmak beni değerli yapar.

17. _____ Her şey yolunda gidiyor görünse bile, bunun bozulacağını hissederim.

18. _____ Eğer bir yanlış yaparsam, cezalandırılmayı hak ederim.

19. _____ Çevremde bana sıcaklık, koruma ve duygusal yakınlık gösteren kimsem yok.

20. _____ Diğer insanlara o kadar muhtacım ki onları kaybedeceğim diye çok endişeleniyorum.

21. _____ İnsanlara karşı tedbiri elden bırakamam yoksa bana kasıtlı olarak zarar vereceklerini hissederim.

22. _____ Temel olarak diğer insanlardan farklıyım.

23. _____ Gerçek beni tanırlarsa beğendiğim hiç kimse bana yakın olmak istemez.

24. _____ İşleri halletmede son derece yetersizim.

25. _____ Gündelik işlerde kendimi başkalarına bağımlı biri olarak görüyorum.

26. _____ Her an bir felaket (doğal, adli, mali veya tıbbi) olabilir diye hissediyorum.

27. _____ Annem, babam ve ben birbirimizin hayatı ve sorunlarıyla aşırı ilgili olmaya eğilimliyiz.

28. _____ Diğer insanların isteklerine uymaktan başka yolum yokmuş gibi hissediyorum; eğer böyle yapmazsam bir şekilde beni reddederler veya intikam alırlar.

29. _____ Başkalarını kendimden daha fazla düşündüğüm için ben iyi bir insanım.

30. _____ Duygularımı diğerlerine açmayı utanç verici bulurum.

31. _____ En iyisini yapmalıyım, "yeterince iyi" ile yetinemem.

32. _____ Ben özel biriyim ve diğer insanlar için konulmuş olan kısıtlamaları veya sınırları kabul etmek zorunda değilim.

33. _____ Eğer hedefime ulaşamazsam kolaylıkla yılgınlığa düşer ve vazgeçerim.

34. _____ Başkalarının da farkında olduğu başarılar benim için en değerlisidir.

35. _____ İyi bir şey olursa, bunu kötü bir şeyin izleyeceğinden endişe ederim.

36. _____ Eğer yanlış yaparsam, bunun özrü yoktur.

37. _____ Birisi için özel olduğumu hiç hissetmedim.

38. _____ Yakınlarımın beni terk edeceği ya da ayrılacağından endişe duyarım

39. _____ Herhangi bir anda birileri beni aldatmaya kalkışabilir.

40. _____ Bir yere ait değilim, yalnızım.

41. _____ Başkalarının sevgisine, ilgisine ve saygısına değer bir insan değilim.

42. _____ İş ve başarı alanlarında birçok insan benden daha yeterli.

43. _____ Doğru ile yanlışı birbirinden ayırmakta zorlanırım.

44. _____ Fiziksel bir saldırıya uğramaktan endişe duyarım.

45. _____ Annem, babam ve ben özel hayatımız birbirimizden saklarsak, birbirimizi aldatmış hisseder veya suçluluk duyarız

46. _____ İlişkilerimde, diğer kişinin yönlendirici olmasına izin veririm.

47. _____ Yakınlarımla o kadar meşgulüm ki kendime çok az zaman kalıyor.

48. _____ İnsanlarla beraberken içten ve cana yakın olmak benim için zordur.

49. _____ Tüm sorumluluklarımı yerine getirmek zorundayım.

50. _____ İstediğimi yapmaktan alıkonulmaktan veya kısıtlanmaktan nefret ederim.

51. _____ Uzun vadeli amaçlara ulaşabilmek için şu andaki zevklerimden fedakarlık etmekte zorlanırım

52. _____ Başkalarından yoğun bir ilgi görmezsem kendimi daha az önemli hissederim.

53. _____ Yeterince dikkatli olmazsanız, neredeyse her zaman bir şeyler ters gider.

54. _____ Eğer işimi doğru yapmazsam sonuçlara katlanmam gerekir.

55. _____ Beni gerçekten dinleyen, anlayan veya benim gerçek ihtiyaçlarım ve duygularımı önemseyen kimsem olmadı.

56. _____ Önem verdiğim birisinin benden uzaklaştığını sezersem çok kötü hissederim.

57. _____ Diğer insanların niyetleriyle ilgili oldukça şüpheciyimdir.

58. _____ Kendimi diğer insanlara uzak veya kopmuş hissediyorum.

59. _____ Kendimi sevilebilecek biri gibi hissetmiyorum.

60. _____ İş (okul) hayatımda diğer insanlar kadar yetenekli değilim.

61. _____ Gündelik işler için benim kararlarıma güvenilemez.

62. _____ Tüm paramı kaybedip çok fakir veya zavallı duruma düşmekten endişe duyarım.

63. _____ Çoğunlukla annem ve babamın benimle iç içe yaşadığını hissediyorum-Benim kendime ait bir hayatım yok.

64. _____ Kendim için ne istediğimi bilmediğim için daima benim adıma diğer insanların karar vermesine izin veririm.

65. _____ Ben hep başkalarının sorunlarını dinleyen kişi oldum.

66. _____ Kendimi o kadar kontrol ederim ki insanlar beni duygusuz veya hissiz bulurlar.

67. _____ Başarmak ve bir şeyler yapmak için sürekli bir baskı altındayım.

68. _____ Diğer insanların uyduğu kurallara ve geleneklere uymak zorunda olmadığımı hissediyorum.

69. _____ Benim yararıma olduğunu bilsem bile hoşuma gitmeyen şeyleri yapmaya kendimi zorlayamam.

70. _____ Bir toplantıda fikrimi söylediğimde veya bir topluluğa tanıtıldığımda onaylanılmayı ve takdir görmeyi isterim.

71. _____ Ne kadar çok çalışırsam çalışayım, maddi olarak iflas edeceğimden ve neredeyse her şeyimi kaybedeceğimden endişe ederim.

72. _____ Neden yanlış yaptığımın önemi yoktur; eğer hata yaptıysam sonucuna da katlanmam gerekir.

73. _____ Hayatımda ne yapacağımı bilmediğim zamanlarda uygun bir öneride bulunacak veya beni yönlendirecek kimsem olmadı.

74. _____ İnsanların beni terk edeceği endişesiyle bazen onları kendimden uzaklaştırırım.

75. _____ Genellikle insanların asıl veya art niyetlerini araştırırım.

76. _____ Kendimi hep grupların dışında hissederim.

77. _____ Kabul edilemeyecek pek çok özelliğim yüzünden insanlara kendimi açamıyorum veya beni tam olarak tanımalarına izin vermiyorum.

78. _____ İş (okul) hayatımda diğer insanlar kadar zeki değilim.

79. _____ Ortaya çıkan gündelik sorunları çözebilme konusunda kendime güvenmiyorum.

80. _____ Bir doktor tarafından herhangi bir ciddi hastalık bulunmamasına rağmen bende ciddi bir hastalığın gelişmekte olduğu endişesine kapılıyorum.

81. _____ Sık sık annemden babamdan ya da eşimden ayrı bir kimliğimin olmadığını hissediyorum.

82. _____ Haklarıma saygı duyulmasını ve duygularımın hesaba katılmasını istemekte çok zorlanıyorum.

83. _____ Başkaları beni, diğerleri için çok, kendim için az şey yapan biri olarak görüyorlar.

84. _____ Diğerleri beni duygusal olarak soğuk bulurlar.

85. _____ Kendimi sorumluluktan kolayca sıyıramıyorum veya hatalarım için gerekçe bulamıyorum.

86. _____ Benim yaptıklarımın, diğer insanların katkılarından daha önemli olduğunu hissediyorum.

87. _____ Kararlarıma nadiren sadık kalabilirim.

88. _____ Bir dolu övgü ve iltifat almam kendimi değerli birisi olarak hissetmemi sağlar.

89. _____ Yanlış bir kararın bir felakete yol açabileceğinden endişe ederim.

90. _____ Ben cezalandırılmayı hak eden kötü bir insanım.

APPENDIX D. YOUNG RYGH AVOIDANCE INVENTORY

Aşağıda kişilerin kendilerini tanımlarken kullandıkları ifadeler sıralanmıştır. Lütfen her bir ifadeyi okuyun ve sizi ne kadar iyi tanımladığına karar verin. Daha sonra 1 den 6 ya kadar olan seçeneklerden sizi tanımlayan en yüksek dereceyi seçerek her sorudan önce yer alan boşluğa yazın.

1. Benim için tamamıyla yanlış
2. Benim için büyük ölçüde yanlış
3. Bana uyan tarafı uymayan tarafından biraz fazla
4. Benim için orta derecede doğru
5. Benim için çoğunlukla doğru
6. Beni mükemmel şekilde tanımlıyor

1. ___ Beni üzen konular hakkında düşünmemeye çalışırım.
2. ___ Sakinleşmek için alkol alırım.
3. ___ Çoğu zaman mutluyumdur.
4. ___ Çok nadiren üzgün veya hüzünlü hissederim.
5. ___ Aklı duygulara üstün tutarım.
6. ___ Hoşlanmadığım insanlara bile kızmamam gerektiğine inanırım.
7. ___ İyi hissetmek için uyuşturucu kullanırım.
8. ___ Çocukluğumu hatırladığımda pek bir şey hissetmem.
9. ___ Sıkıldığımda sigara içerim.
10. ___ Sindirim sistemim ile ilgili şikayetlerim var (Örn: hazımsızlık, ülser, bağırsak bozulması).
11. ___ Kendimi uyuşmuş hissederim.
12. ___ Sık sık baş başım ağrır.
13. ___ Kızgınken insanlardan uzak dururum.
14. ___ Yaşıtlarım kadar enerjim yok.
15. ___ Kas ağrısı şikayetlerim var.

16. ___ Yalnızken oldukça fazla TV seyrederim.

17. ___ İnsanın duygularını kontrol altında tutmak için aklını kullanması gerektiğine inanırım.

18. ___ Hiç kimseden aşırı nefret edemem.

19. ___ Bir şeyler ters gittiğindeki felsefem, olanları bir an önce geride bırakıp yola devam etmektir.

20. ___ Kırıldığım zaman insanların yanından uzaklaşırım.

21. ___ Çocukluk yıllarımı pek hatırlamam.

22. ___ Gün içinde sık sık şekerleme yaparım veya uyurum.

23. ___ Dolaşırken veya yolculuk yaparken çok mutlu olurum.

24. ___ Kendimi önümdeki işe vererek sıkıntı hissetmekten kurtulurum.

25. ___ Zamanımın çoğunu hayal kurarak geçiririm.

26. ___ Sıkıntılı olduğumda iyi hissetmek için bir şeyler yerim.

27. ___ Geçmişimle ilgili sıkıntılı anıları düşünmemeye çalışırım.

28. ___ Kendimi sürekli bir şeylerle meşgul edip düşünmeye zaman ayırmazsam daha iyi hissederim.

29. ___ Çok mutlu bir çocukluğum oldu.

30. ___ Üzgünken insanlardan uzak dururum.

31. ___ İnsanlar kafamı sürekli kuma gömdüğümü söylerler; başka bir deyişle, hoş olmayan düşünceleri görmezden gelirim.

32. ___ Hayal kırıklıkları ve kayıplar üzerine fazla düşünmemeye eğilimliyim.

33. ___ Çoğu zaman, içinde bulunduğum durum güçlü duygular hissetmemi gerektirse de bir şey hissetmem.

34. ___ Böylesine iyi ana-babam olduğu için çok şanslıyım.

35. ___ Çoğu zaman duygusal olarak tarafsız/ nötr kalmaya çalışırım.

36. ___ İyi hissetmek için, kendimi ihtiyacım olmayan şeyler alırken bulurum.

37. ___ Beni zorlayacak veya rahatımı kaçıracak durumlara girmemeye çalışırım.

38. ___ İşler benim için iyi gitmiyorsa hastalanırım.

39. ___ İnsanlar beni terk ederse veya ölürse çok fazla üzülmem.

40. ___ Başkalarının benim hakkımda ne düşündükleri beni ilgilendirmez.

APPENDIX E. YOUNG COMPENSATION INVENTORY

Aşağıda kişilerin kendilerini tanımlarken kullandıkları ifadeler sıralanmıştır. Lütfen her bir ifadeyi okuyun ve sizi ne kadar iyi tanımladığına karar verin. **Eğer isterseniz ifadeyi size en yakın gelecek şekilde yeniden yazıp derecelendirebilirsiniz.** Daha sonra 1 den 6 ya kadar olan seçeneklerden sizi tanımlayan en yüksek dereceyi seçerek her sorudan önce yer alan boşluğa yazın.

1. Benim için tamamıyla yanlış
2. Benim için büyük ölçüde yanlış
3. Bana uyan tarafı uymayan tarafından biraz fazla
4. Benim için orta derecede doğru
5. Benim için çoğunlukla doğru
6. Beni mükemmel şekilde tanımlıyor

A: Örnek: ---4---İnsanların benden hoşlanmayacaklarından beni gözetmeyeceklerinden endişe duyarım

1. ___ Kırıldığımı çevremdeki insanlara belli ederim.
2. ___ İşler kötü gittiğinde sıklıkla başkalarını suçlarım.
3. ___ İnsanlar beni hayal kırıklığına uğrattığında veya ihanet ettiğinde çok fazla öfkelenir ve bunu gösteririm.
4. ___ İntikam almadan öfkem dinmez.
5. ___ Eleştirildiğimde savunmaya geçerim.
6. ___ Başarılarımı veya galibiyetimi başkalarının taktir etmesi önemlidir.
7. ___ Pahalı araba, elbiseler, ev gibi başarının görünür ifadeleri benim için önemlidir.
8. ___ En iyi ve en başarılı olmak için çok çalışırım.

9. ___ Tanınmış olmak benim için önemlidir.

10. ___ Başarı, ün, zenginlik, güç veya popülarite kazanma ile ilgili hayaller kurarım.

11. ___ İlgi odağı olmak hoşuma gider.

12. ___ Diğer insanlardan daha cilveli / baştan çıkarıcı bir insanımdır.

13. ___ Hayatımda düzen olmasına çok önem veririm (Organizasyon, düzenlilik, planlama, gündelik işler).

14. ___ İşler kötü gitmesin diye çok çaba harcarım.

15. ___ Hata yapmamak için karar verirken kılı kırk yararım.

16. ___ Çevremdeki insanların yaptıklarını fazlasıyla kontrol ederim.

17. ___ Çevremdeki insanlar üzerinde denetim veya otorite sahibi olabildiğim ortamlardan hoşlanırım.

18. ___ Hayatımla ilgili bir şey söyleyen, bana karışan insanlardan hoşlanmam.

19. ___ Uzlaşmakta veya kabullenmekte çok zorlanırım.

20. ___ Kimseye bağımlı olmak istemem.

21. ___ Kendi kararlarımı almak ve kendime yeterli olmak benim için hayati önem taşır.

22. ___ Bir insana bağlı kalmakta veya yerleşik bir düzen kurmakta güçlük çekerim.

23. ____ İstediğimi yapma özgürlüğüm olması için "bağımsız biri" olmayı tercih ederim.

24. ___ Kendimi sadece bir iş veya kariyerle sınırlamakta zorlanırım, hep başka seçeneklerim olmalıdır.

25. ___ Genellikle kendi ihtiyaçlarımı başkalarınınkinden önde tutarım.

26. ___İnsanlara sık sık ne yapmaları gerektiğini söylerim. Her şeyin doğru bir şekilde yapılmasını isterim.

27. ___ Diğer insanlar gibi önce kendimi düşünürüm.

28. ___ Bulunduğum ortamın rahat olması benim için çok önemlidir (örn: ısı, ışık, mobilya).

29. ___ Kendimi asi biri olarak görürüm ve genellikle otoriteye karşı koyarım.

30. ___ Kurallardan hoşlanmam ve onları çiğnemekten mutlu olurum.

31. ___ Hoş karşılanmasa veya bana uymasa da alışılmışın dışında olmayı severim.

32. ___ Toplumun standartlarında başarılı olmak için uğraşmam.

33. ___ Çevremdekilerden hep farklı oldum.

34. ___ Kendimden bahsetmeyi sevmem ve insanların özel yaşamımı veya hislerimi bilmelerinden hoşlanmam.

35. ___ Kendimden emin olmasam da veya kendimi kırılmış hissetsem de başkalarına hep güçlü görünmeye çalışırım.

36. ___ Değer verdiğim insana yakın dururum ve sahiplenirim.

37. ___ Hedeflerime ulaşmak için sık sık çıkarlarım doğrultusunda yönlendirici davranışlarda bulunurum.

38. ___ İstediğimi elde etmek için açıkça söylemektense dolaylı yollara başvururum

39. ___ İnsanlarla aramda mesafe bırakırım; bu sayede benim izin verdiğim kadar beni tanırlar.

40. ___ Çok eleştiririm.

41. ___ Standartlarımı korumak ve sorumluluklarımı yerine getirmek için kendimi yoğun bir baskı altında hissederim.

42. ___ Kendimi ifade ederken sıklıkla patavatsız veya duyarsızımdır.

43. ___ Hep iyimser olmaya çalışırım; olumsuzluklara odaklanmama izin vermem.

44. ___ Ne hissettiğime aldırmadan çevremdekilere güler yüz göstermem gerektiğine inanırım.

45. ___ Başkaları benden daha başarılı veya daha fazla ilgi odağı olduğunda kıskanırım veya kötü hissederim.

46. ___ Hakkım olanı aldığımdan ve aldatılmadığımdan emin olmak için çok ileri gidebilirim.

47. ___ İnsanları gerektiğinde şaşırtıp alt edebilmek için yollar ararım, dolayısı ile benden faydalanamazlar veya bana kötülük yapamazlar.

48. ___ İnsanların benden hoşlanması için nasıl davranacağımı veya ne söyleyeceğimi bilirim.

APPENDIX F. PERCEIVED PARTNER RESPONSIVENESS SCALE

Lütfen şu anki eşinizle ilgili aşağıdaki soruları cevaplayınız.

1	2	3	4	5	6	7	8	9
hiç doğru		biraz		orta derecede		oldukça		tamamen
değil		doğru		doğru		doğru		doğru

Eşim çoğu zaman:

_____ 1.   ... nasıl biri olduğumu çok iyi bilir.

_____ 2.   ... "gerçek ben"i görür.

_____ 3.   ... iyi yönlerimi ve kusurlarımı, benim kendimde gördüğüm gibi görür.

_____ 4.   … söz konusu bensem yanılmaz.

_____ 5.   ... zayıf yönlerim de dahil her şeyimi takdir eder.

_____ 6.   ... beni iyi tanır.

_____ 7.   ... iyisiyle kötüsüyle "gerçek ben"i oluşturan her şeye değer verir ve saygı gösterir.

_____ 8.   ... çoğu zaman en iyi yönlerimi görür.

_____ 9.   ...ne düşündüğümün ve hissettiğimin farkındadır.

_____ 10.   ... beni anlar.

_____ 11.   ... beni gerçekten dinler.

_____ 12.   ... bana olan sevgisini gösterir ve beni yüreklendirir.

_____ 13.   ... ne düşündüğümü ve hissettiğimi duymak ister.

_____ 14.   ... benimle birlikte bir şeyler yapmaya heveslidir.

_____ 15.   ... yetenek ve fikirlerime değer verir.

_____ 16.   ... benimle aynı kafadadır.

_____ 17.   ... bana saygı duyar.

_____ 18.   ...ihtiyaçlarıma duyarlıdır.

APPENDIX G. DYADIC ADJUSTMENT SCALE

Sample Items:

23. Eşinizi öper misiniz?

Her gün	Hemen hemen her gün	Ara sıra	Nadiren	Hiçbir zaman

24. Siz ve eşiniz ev dışı etkinliklerinizin ne kadarına birlikte katılırsınız?

Hepsine	Çoğuna	Bazılarına	Çok azına	Hiçbirine

Yazışma Adresi: Prof. Dr. Hürol Fışıloğlu, Orta Doğu Teknik Üniversitesi Psikoloji Bölümü, Ankara, Türkiye.

APPENDIX H. ETHICS COMMITTEE APPROVAL

27 OCAK 2016

Gönderilen: Prof.Dr. A.Nuray KARANCI

Psikoloji Bölümü

Gönderen: Prof. Dr. Canan SÜMER

İnsan Araştırmaları Komisyonu Başkanı

İlgi: Etik Onayı

Sayın Prof.Dr. A.Nuray KARANCI danışmanlığını yaptığı yüksek lisans öğrencisi Selin AKKOL'un " Evlilik Doyumunu Etkileyen Faktörler: Erken Dönem Uyumsuz Şemalar, Uyumsuz Şema Baş etme Stilleri ve Algılanan Partner Desteğinin Rolü" başlıklı araştırması İnsan Araştırmaları Komisyonu tarafından uygun görülerek gerekli onay 2016-SOS-005 protokol numarası 08.02.2016-01.09.2016 tarihleri arasında geçerli olmak üzere verilmiştir.

Prof. Dr. Canan SÜMER

Uygulamalı Etik Araştırma Merkezi

İnsan Araştırmaları Komisyonu Başkanı

GİRİŞ

1. Genel Bakış

Günümüz evliliklerindeki yüksek boşanma oranlarına ve bunun evli bireylerdeki psikolojik ve fiziksel açıdan derin ve yıkıcı sonuçları göz önünde bulundurulduğunda evlilik doyumunu etkileyen değişkenleri anlamak önemli hale gelmektedir. Bu çalışmanın amacı farklı erken dönem uyumsuz şemaların evlilik doyumu üzerindeki olumsuz etkisinin hangi süreçler aracılığı ile gerçekleştiğini incelemektir. Spesifik olarak, bu çalışmada karı kocanın şema alanları (zedelenmiş otonomi, kopukluk, zedelenmiş sınırlar, yüksek standartlar ve diğerleri yönelimlilik) evlilik doyumları üzerine etkisinde şema baş etme stilleri ve partner duyarlılık algısının aracı rolü araştırılmaktadır.

1.1. Evlilik Doyumu

Evlilik doyumu literatürde farklı şekillerde tanımlanmış ve tartışılmış olan bir kavramdır (Bradbury, Fincham, & Beach, 2000). Örneğin, Thompson (1988, s. 95) evlilik doyumunu "bir kişinin evlilik konusundaki öznel değerlendirmesi ve kişisel düşünceleri" olarak tanımlamıştır. Benzer şekilde Phil (1990) de kişinin eşiyle bulunduğu etkileşimdeki hazzın derecesi olarak açıklamıştır. Tezer ise evlilik doyumu kavramını "bir bireyin evlilik ilişkisi içerisindeki gereksinimlerinin ne derece karşılandığının algısı" olarak tanımlamıştır. Evlilik doyumu teriminin kavramsal olarak tanımı konusunda bir eksiklik olsa da (Fısıloglu & Demir, 2000), evlilik doyumu, evlilik uyumu, evlilik doyumu ve evlilik istikrarı gibi kavramlarla birbirlerinin yerine kullanılmaktadır.

Literatürdeki bir çok çalışma evliliğin hem psikolojik hem de fiziksel iyilik hali üzerine olumlu etkilerini ortaya koymuştur (Carr & Springer, 2010; Costanza vd., 2008;

Hawkins & Booth, 2005; Mead, 2002; Waite & Gallagher, 2000). Fakat evliliğin koruyucu etkilerinin yalnızca çiftler evliliklerinden memnun olduklarında ortaya çıktığının vurgulanması önemlidir (Proulx, Helms, & Buehler, 2007). Bununla tutarlı olarak Hawkins ve Booth (2005), evliliklerinde mutsuz olan insanların psikolojik sıkıntı ve kötü sağlık belirtilerinin yanı sıra düşük seviyedeki genel mutluluk, yaşam doyumu ve benlik saygısından muzdarip oldukları bulunmuştur.

1.2. Şema Teori ve Şema Alanları

Young'ın Şema Teorisi (1999), kişinin kendisine ve başkalarıyla olan ilişkilerine ilişkin anı, duygu, biliş ve bedensel duyumlardan oluşan son derece istikrarlı ve kalıcı özelliklerine ve temalarına değinen "Erken Uyumsuzluk Şemalar" kavramını önermektedir. Bu yaygın temalar ve kalıplar, başta çocuklukta olumsuz deneyimler olarak gelişir, kişinin yaşamı boyunca geliştirilir ve önemli derecede işlevsizdir. Young'a göre kişilerin doğdukları andan itibaren beş temel duygusal ihtiyacı vardır, bunlar başkalarına güvenli bağlanma; özerklik, yeterlilik ve kimlik duygusu; ihtiyaçları ve duyguları ifade etme özgürlüğü; kendiliğindenlik ve oyun; ve gerçekçi sınırlar ve özdenetimdir. Erken dönem uyumsuz şemalar, çocukluk çağında bu temel duygusal ihtiyaçlar karşılanmadığında gelişir (Young, Klosko, & Weishaar, 2003).

Karşılanmamış duygusal ihtiyaçlar sonucu oluşan beş ana şema alanı vardır. Bu beş şema alanı on sekiz şemayı içerir. "Kopukluk ve Reddedilmişlik" şema alanındaki uyumsuz şemalara sahip kişiler, başkalarıyla güvenli, tatmin edici bir bağlanma kuramamakta ve emniyet, istikrar, bakım, empati, sevgi, aidiyet, kabul ve saygı gibi ihtiyaçlarının karşılanmayacağına inanmaktadır. İkinci şema alanı "Zedelenmiş Otonomi ve Kendini Orta Koyma"dır. Bu şema alanında uyumsuz şemalara sahip olan kişilerin kendileri ve çevreleri hakkındaki beklentileri, ebeveyn figürlerinden ayrılmak, onlardan ayrı yaşamak, ve onlardan bağımsız hareket edebilmek ile ilgili becerileriyle çatışmaktadır. Üçüncü şema alanı "Zedelenmiş Sınırlar"dır. Bu alandaki şemalara sahip kişiler içsel sınırlar koymakta ve kendini disipline etmekte zorlanmaktadırlar. Dördüncüsü "Diğerleri Yönelimlilik" şema alanıdır. Bu alana ait şemaları olan kişiler

128

onay almak, duygusal teması devam ettirmek ya da gelebilecek olumsuz tepkilerden kaçınmak için diğerlerinin gereksinimlerine kendi gereksinimlerinden daha çok odaklanmakta ve onların gereksinimlerini önde tutmaktadırlar. Sonuncu şema alanı ise "Aşırı Tetikte Olma ve Bastırılmışlık"tır, bu alandaki şemalara sahip olan kişiler için kendiliğinden duyguların ve dürtülerin bastırılması söz konusudur. Bu kişiler içselleştirilmiş standartlarına ulaşabilmek adına mutluluklarından, kendilerini ifade etmekten, gevşemekten, yakın ilişkilerden ya da sağlıklarından ödün vermektedirler.

Erken dönem uyumsuz şemaların bireylerin evlilik doyumu üzerindeki etkilerini araştıran çalışmalardaki bulgular, genel olarak yükselen şema seviyesinin evlilik doyumundaki düşüş ile ilişkili olması açısından tutarlıdır (Dumitrescu & Rusu, 2012; Nia et al., 2015; Soleymani, 2014; Yiğit & Çelik, 2015). Şema alanları ve evlilik doyumu arasındaki ilişkiyi inceleyen çalışmalarda ise farklı bulgular vardır. Yiğit ve Çelik (2015) kopukluk ve reddedilmişlik şema alanının evli çiftlerdeki ilişki doyumunu olumsuz etkilediğini bulmuştur. İranlı ilkokul çocuklarının anneleriyle yapılan başka bir çalışmada ise kopukluk, başkası yönelimlilik, aşırı tetikte olma ve bastırılmışlık şema alanları ve evlilik doyumu arasında negatif yönde bir ilişki bulunurken; zedelenmiş otonomi ve performans arasında olumlu yönde bir ilişki bulunmuştur (Chay, Zarei, & Pour, 2014).

1.3. Şema Baş Etme Stilleri

Tüm organizmaların tehdit karşısında üç temel tepkiye (savaşma, kaçma, donma) sahip olduğu bilinmektedir (Simeone-DiFrancesco, Roediger, & Stevens, 2015). Bunlar, bir şemaya yanıt vermenin üç yolu yani sırasıyla şema aşırı telafisi, kaçınma, ve şema teslimine karşılık gelir. Şema baş etme stilleri bilinç dışı çalışmaktadır. Şema teslimi baş etme stilini kullanan kişiler, şemalarını sistematik bir kural olarak kabul ederler, bunlardan kaçınmazlar ya da savaşmazlar, aksine davranışları şemalarını doğrulamaktadır (Young vd., 2003). Davranış açısından bakıldığında çocukluk çağında şemalarının oluşumuna neden olan insanlara ve durumlara benzer durumlar ararlar. Kaçınma baş etme stilini kullanan kişiler şemalarının etkinleşmesini önlemek için şema

129

ve duygusal tepkileri tetikleyebilecek etkinlikler, düşünceler, ve görüntülerden kaçınır. Farkında olmadan, yaşamlarını şemaları yokmuş gibi yaşamaya çalışırlar. Davranışlar açısından, şemalarını tetikleyebilecek her türlü durumu aktif ve pasif olarak önleme yöntemini kullanırlar. İnsanlar şema telafisi baş etme stilini kullandığında ise, şemalarının tam tersi doğruymuş gibi düşünceleri, duyguları ve davranışlarıyla şemalarına karşı savaşırlar. Şemaları tetiklenirse, şema edinimi sırasında bulundukları çocukluk halinden tamamen farklı davranırlar. Yani, ebeveynlerinin çocukluk döneminde duygularını ihmal ettiği duygusuna sahip iseler, gereksinimlerinin karşılanması veya tatmin edilmesi için aşırı derecede talepkar olabilirler.

Şema alanları ve şema baş etme stillerini inceleyen Türk üniversite öğrencileriyle yapılmış bir çalışmada kaçınma baş etme stilinin zedelenmiş sınırlar/yüksek standartlar ve zedelenmiş otonomi/başkası yönelimlilik şema alanları ile ilişkili olduğu bulunmuştur (Gök, 2012). Şema baş etme stilleri ve evlilik doyumu arasındaki ilişkiyi inceleyen bir çalışma yoktur. Ancak baş etme stillerinin uyumsuz olduğu ve kişilerin ilişkilerini olumsuz bir şekilde etkilediği göz önünde bulundurulduğunda kaçınma ve telafi baş etme stillerinin evlilik doyumunu olumsuz bir şekilde yordayacağı beklenmektedir.

1.4. Partner Duyarlılık Algısı

Partner duyarlılık algısı, kişinin romantik partnerinin kendisini anladığı, ona baktığı ve takdir ettiğine inanma derecesine bağlı olarak tanımlanır (Reis, 2012). Partner duyarlılık algısının bir kavram olarak, bir partnerden alınan destekten biraz farklı olduğunu vurgulamak önemlidir (Selçuk & Ong, 2013). Yani, algılanan partner duyarlılığı bir kişinin anlaması, şefkati, ve takdir etmesi açısından eşinin genel görünüşünü ifade eder. Öte yandan bir partnerin aldığı destek belirli bir zaman aralığında alınan destek miktarını yansıtmaktadır. Örneğin, yüksek derecede duygusal destek sağlayan bir eşi bulunan kişinin, eşini partner duyarlılık algısı açısından düşük seviyede değerlendirebilmesi mümkündür.

Şema alanları ve partner duyarlılık algısını inceleyen bir çalışma bulunmamaktadır. Ancak, şemaların etkinleştirilmesinin olayların yorumlanmasında

130

öznelliğe yol açabileceği öngörülmüştür (Yoosefi, Etemadi, Bahrami, Fatehizade, & Ahmadi, 2010). Çiftlerde bu özellik, yanlış varsayımlar, gerçekçi olmayan hedefler ve beklentiler, yanlış anlaşılmalar ve bozulmuş görüşler olarak ortaya çıkabilmektedir (Antoine, Antoine, & Nandrino, 2008). Dolayısıyla, eşlerin erken uyumsuz şemaları, olayların yorumlanmasındaki özelliklerinden dolayı çiftlerin birbirlerinin duyarlılıkları konusundaki algılarını bozabileceği düşünülmektedir ve bu çalışmada incelenen hipotezlerden biri budur.

Partner duyarlılık algısı, ilişki doyumuna yön veren iyilik hali ve sağlığı olumlu etkileyen temel bir süreç olarak görülmektedir (Reis, 2012). Partnerler arasındaki samimiyetin gelişmesini kolaylaştırdığı için tatmin edici romantik ilişkinin temel bir unsuru olarak görülmektedir (Debrot, Cook, Perrez, & Horn, 2012). Fakat çalışmaların çoğu partner duyarlılık algısı yerine partner destek algısını kullanmıştır. Partner duyarlılık algısı ve evlilik doyumu arasındaki ilişkiyi inceleyen tek bir çalışma vardır (Gadassi vd., 2016). Bu çalışmada partner duyarlılık algısının cinsel tatmin ve evlilik doyumu arasındaki aracı rolü incelenmiştir ve yüksek partner duyarlılık algısının yüksek evlilik doyumunu yordadığı bulunmuştur.

1.5. Çalışmanın Hipotezleri

Literatürdeki bulgular ışığında bu çalışmanın hipotezleri;

1. Evli çiftlerin erken dönem uyumsuz şemaları, kaçınma baş etme stili ve telafi baş etme stilinin hem kendilerinin (aktör etkisi) hem de eşlerinin (partner etkisi) evlilik doyumunu negatif yönde; partner duyarlılık algısının ise hem kendilerinin (aktör etkisi) hem de eşlerinin (partner etkisi) evlilik doyumunu pozitif yönde yordayacaktır.

Araştırma soruları:

1. Eşlerin şema alanları ve evlilik doyumu arasındaki ilişkide kaçınma baş etme stili aracı değişken rolü oynamakta mıdır?

2. Eşlerin şema alanları ve evlilik doyumu arasındaki ilişkide telafi baş etme stili aracı değişken rolü oynamakta mıdır?

3. Eşlerin şema alanları ve evlilik doyumu arasındaki ilişkide partner duyarlılık algısı aracı değişken rolü oynamakta mıdır?

2. YÖNTEM

2.1. Katılımcılar

Çalışmaya beş aydan uzun süredir evli olan 124 evli çift katılmıştır. Eşlerden birinin anketi doldurmadığı çiftler çalışmaya dahil edilmemiştir. Katılımcıların evlilik süreleri 5 ile 492 ay arasında ve evlilik öncesi birliktelik süreleri 0 ile 132 ay arasında değişmektedir. Kadın katılımcıların yaşları 22 ile 60 arasında değişirken (Ort = 39.30, S = 10.53), erkek katılımcıların yaşları 26 ile 68 arasında (Ort = 40.94, S = 11.00) değişmektedir. Çiftlerin sahip oldukları çocuk sayısı ise 0 ile 4 arasında değişmektedir. Kadın katılımcıların 9'u ilkokul mezunu (% 3.6), 3'ü ortaokul mezunu (% 1.2), 24'ü lise mezunu (% 9.7), 2'si üniversite öğrencisi (% 0.8), 68'i üniversite mezunu (%27.4), 10'u yüksek lisans (% 4), 8'i ise (% 3.2) doktora eğitim seviyesine sahiptir. Erkek katılımcıların ise 9'u ilkokul mezunu (% 3.6), 6'sı ortaokul mezunu (% 2.4), 17'si lise mezunu (% 6.9), 71'i üniversite mezunu (%28.6), 13'ü yüksek lisans (% 5.2) ve 8'i (% 3.2) doktora eğitim seviyesine sahiptir.

2.2. Ölçüm Araçları

Çalışmada ilk olarak kişinin cinsiyet, yaş, eğitim seviyesi, aylık geliri, eşiyle evlenmeden önceki birliktelik süresi, eşiyle evlenmeden önceki birliktelik süresi, evlilik süresi, çocuk sayısı, görücü usulü ile mi tanışarak mı evlendiği, ve evde çekirdek aile üyeleri dışında çiftle birlikte yaşan kişilerin olup olmadığı sorularını içeren Demografik Bilgi Formu verilmiştir. Sonrasında ise sırasıyla Young Şema Ölçeği, Young Rygh Kaçınma Ölçeği, Young Telafi Ölçeği, Partner Duyarlılık Ölçeği ve Çift Uyum Ölçeği verilecek çalışmanın verisi toplanmıştır.

2.2.1. Young Şema Ölçeği- Kısa Form 3

Şema Ölçeği, Young (1990) tarafından kişilerin erken dönem uyumsuz şemalarını ölçmek amacıyla geliştirilmiştir. Ölçeğin ilk halinde 16 erken dönem uyumsuz şema ve 205 madde yer almaktadır, fakat ölçek zaman içerisinde bazı değişimlere uğramıştır. Soygüt, Karaosmanoğlu ve Çakır (2009) ölçeğin psikometrik özelliklerine ilişkin çalışmalar yapmış ve ölçeğin Türkçe'ye çevirisini ve adaptasyonunu yapmıştır. Young Şema Ölçeği- Kısa Form 3'ün Türkçe formunda 90 madde bulunmaktadır. Bu ölçek 5 şema alanından ve 14 uyumsuz şemadan oluşmaktadır. Bu beş şema alanları Kopukluk, Zedelenmiş Otonomi, Zedelenmiş Sınırlar, Diğerleri Yönelimlilik ve Yüksek Standartlar'dır. Ölçeğin 5 şema alanının iç tutarlılık Cronbach alfa değerlerinin .53 ve .81 aralığında değiştiği bulunmuştur.

2.2.2. Young Rygh Kaçınma Ölçeği

Young Rygh Kaçınma Ölçeği Young ve Rygh (1994) tarafından bireylerin şemalarıyla başa çıkmak için kaçınmayı ne ölçüde kullandığını ölçmek amacıyla kullanılmıştır. Ölçek 40 maddeden ve 14 alt ölçekten oluşmaktadır. Katılımcılar her maddeyi 6 puanlık Likert tipi ölçeğine göre yanıtlamıştır. Ölçeğin Türkçe adaptasyonu Soygüt (2007) tarafından yapılmıştır. Ölçeğin tüm ölçek için iç tutarlılık katsayısı .77, 6 alt ölçek için ise .45 ve .76 arasında değişmektedir.

2.2.3. Young Telafi Ölçeği

Young Telafi Ölçeği Young (1995) tarafından bireylerin şemalarıyla başa çıkmak için telafi baş etme stilini ne ölçüde kullandığını ölçmek amacıyla kullanılmıştır. Young Telafi Ölçeği 48 maddeden oluşmaktadır ve 7 faktör yapısındadır. Maddeler 6 puanlık Likert tipi ölçeğine göre yanıtlanmaktadır. Ölçeğin Türkçe adaptasyonunu Karaosmanoğlu, Soygüt ve Kabul (2013) yapmıştır. Yedi alt ölçek için iç tutarlılık katsayıları .60 ve .81 arasında değişmektedir, tüm ölçek için iki yarı güvenirlik katsayısı ise .88'dir.

2.2.4. Partner Duyarlılık Algısı Ölçeği

Partner Duyarlılık Algısı Ölçeği, Reis (2007) tarafından, kişilerin partnerlerinin kendilerini ne kadar önemsedikleri, duygularını ne kadar anladıkları ve takdir ettikleri ile ilgili algılarını ölçmek amacıyla geliştirilmiştir. Partner Duyarlılık Algısı üç unsurdan oluşur, bunlar anlama, doğrulama ve şefkattir. Ölçek 18 maddeden olmaktadır ve maddeler 9 puanlık Likert tipi ölçeğe göre cevaplanmaktadır. Ölçeğin Türkçe'ye adaptasyonu Tasfiliz, Sagel ve Selcuk (2016) tarafından yapılmış fakat henüz yayınlanmamıştır. Bu çalışmada, genel ölçek ortalamaları puanı kullanılmış ve iç tutarlılık güvenilirliği analizi tüm ölçek için .96 Cronbach alfa katsayısı olarak saptanmıştır.

2.2.5. Çift Uyum Ölçeği

Çift Uyum Ölçeği, Spanier (1976) tarafından evli ve birlikte yaşayan çiftlerin ilişki kalitesini ölçmek amacıyla geliştirilmiştir. Ölçek 4 faktörlü bir yapıya sahiptir ve 32 maddeden oluşmaktadır. Çift Uyum Ölçeği hem 5, 6 ve 7 puanlık Likert tipi seçenekleri olan hem de evet hayır seçenekli 2 maddeyi içeren bir ölçektir. Ancak, çoğu madde 6 puanlık Likert tipi seçenekten oluşmaktadır. Alınan yüksek puanlar yüksek ilişki doyumunu gösterir. Ölçeğin Türkçe adaptasyonu Fısıloglu ve Demir (2000) tarafından yapılmıştır. Tüm ölçek için Cronbach alfa değeri .92 iken, alt ölçekler için .75 ve .83 arasında değişmektedir.

2.3. Prosedür

İlk olarak Orta Doğu Teknik Üniversitesi İnsan Araştırmaları Etik Kurulu'ndan Etik Kurul onayı alınmıştır. Ardından Qualtrics anket oluşturma sitesinde yukarıda sözü geçen ölçeklerden oluşturulan anket katılımcılara hem internet aracılığıyla hem de elden ulaştırılmıştır.

2.4. Analiz

İstatiksel analizler Sosyal Bilimler için İstatistik Paketi (SPSS) ve Doğrusal Yapısal İlişkiler için İstatistik Paketi (LISREL) kullanılarak yapılmıştır. Değişkenler arasındaki ilişkiler ise korelasyon analizi yapılarak belirlenmiştir. Ardından, şema baş etme stillerinin (kaçınma ve telafi) ve algılanan partner duyarlılığının şema alanları ve evlilik doyumu arasındaki ilişkiyi incelemek amacıyla Aktör-Partner Bağımlılık Modeli (APIM, Kenny, 1996) kullanılarak LISREL'de (Jöreskog & Sörbom, 1993) iz (path) analizleri yapılmıştır.

3. BULGULAR

Yapılan analizler sonucunda kadın ve erkeğe ait değişkenlerin ortalama skorları, standart sapma değerleri, minimum ve maksimum değerleri, F değeri ve Cronbach alfa değeri hesaplanmıştır, Tablo 4.'te görülebilir.

3.1. Değişkenler Arası Korelasyon Değerleri

Çalışmanın değişkenleri arasındaki korelasyon değerlerine Tablo 5.'te yer verilmiştir. Kadınların beş şema alanı ve kaçınma ve telafi baş etme stilleri ile kadınların evlilik doyumu arasında anlamlı şekilde negatif ilişkiler gözlemlenmiştir. Erkeklerde ise sadece zedelenmiş otonomi, kopukluk ve zedelenmiş sınırlar şema alanları ve erkeklerin evlilik doyumu arasında negatif bir ilişki vardır. Kadınların zedelenmiş otonomi, kopukluk ve diğerleri yönelimlilik şema alanları ile erkeklerin evlilik doyumu arasında negatif ilişki bulunmuştur. Erkeklerin tüm şema alanları ve telafi etme baş etme stili ile kadınların evlilik doyumu arasında anlamlı şekilde negatif ilişkiler gözlemlenmiştir. Kadınların ve erkeklerin partner duyarlılık algısının ise hem kendilerinin hem de eşlerinin evlilik doyumu ile pozitif yönde ilişkili olduğunu bulunmuştur.

3.2. Evlilik Doyumunu Yordayıcı Değişkenler

Figür 2.'teki modelde görüldüğü gibi tüm değişkenlerin evlilik doyumunu yordayıcı rolü incelenmiştir. Sonuçlar, kadınların ve erkeklerin erken dönem uyumsuz

şemalarının kendi evlilik doyumlarını (sırasıyla, β = -.39, β = -.20) düşürdüğünü göstermiştir. Kadınların telafi baş etme stili kadınların evlilik doyumunu (β = .19) artırmıştır. Tam tersine, erkeklerin telafi etme baş etme stili ise eşlerinin evlilik doyumunu düşürmüştür (β = -.13). Ayrıca erkeklerin kaçınma baş etme stilini sıklıkla kullanmaları hem kendi evlilik doyumlarını (β = .18) hem de eşlerinin evlilik doyumlarını (β = .22) artırmıştır. Bunlara ek olarak, kadınların yüksek partner duyarlılık algısının hem kendi evlilik doyumlarını (β = .56), hem de eşlerinin evlilik doyumlarını (β = .19) olumlu yönde etkilediği bulunmuştur. Benzer şekilde, erkeklerin yüksek partner duyarlılık algısının hem kendi evlilik doyumlarını (β = .55), hem de eşlerinin evlilik doyumlarını (β = .16) olumlu yönde etkilediği bulunmuştur.

3.3. Aracı Değişken Modellerine İlişkin Bulgular

Kaçınma baş etme stilinin, telafi baş etme stilinin ve partner duyarlılık algısının uyumsuz şema alanları ve evlilik doyumu arasındaki ilişkide aracı değişken rolünü araştırmak için APIM modeli kullanılarak iz (path) analizi yapılmıştır. Kenny ve arkadaşlarının (2006) önerisi dikkate alınılarak, bağımsız değişkenlerden bağımlı değişkenlere doğru olan ilişkiler ve aracı değişkenlerden bağımlı değişkenlere doğru olan ilişkiler (fully saturated models) tanımlanmıştır. Daha sonra modelde istatistiksel olarak anlamlı olmayan tüm bağlantılar modelden tek tek çıkarılarak anlamlı olmayan hiç bir bağlantı kalmayana dek model tekrar tekrar test edilmiştir. En son model sadece anlamlı ilişkilerden oluşmaktadır.

Kaçınma baş etme stilinin aracı değişken rolünün incelendiği analizde, kadınların yüksek standartlar şema alanının (β = .20), erkeklerin kopukluk (β = .23) ve diğerleri yönelimlilik şema alanlarının (β = .32) erkeklerin kaçınma baş etme stilini olumlu bir şekilde yordadığı, bunun da kadın (β = .30) ve erkeklerin evlilik doyumunu olumlu bir şekilde (β = .19) yordadığı gözlemlenmiştir. İstatistiksel olarak anlamlı üç etki bulunmuştur. Yüksek standartlar şema alanında şemaları olan kadınların eşlerinin kaçınma baş etme stili kullandığı, bunun da kadınların evlilik doyumunu artırdığı bulunmuştur. Kopukluk şema alanında şemaları olan erkeklerin kaçınma baş etme stilini

136

kullandıkları ve bunun da eşlerinin evlilik doyumunu artırdığı bulunmuştur. Son anlamlı etki ise, diğerleri yönelimlilik şema alanında şemaları olan erkeklerin kaçınma baş etme stilini kullandıkları ve bunun eşlerinin evlilik doyumunu artırdığıdır. Kaçınma baş etme stilinin aracı rolü etkisi dışındaki direkt etkiler Figür 3.'da görülebilir.

Telafi baş etme stilinin şema alanları ve evlilik doyumu arasındaki ilişkideki aracı değişken rolüne ilişkin anlamlı bir bulgu bulunamamıştır. Ancak modelde direkt etkiler bulunmaktadır, bunlar Figür 4.'de görülebilir.

Partner duyarlılık algısının aracı değişken rolü incelendiğinde ise kadınların (β = -.27) ve erkeklerin zedelenmiş otonomi şema alanının (β = -.22) kadınların partner duyarlılık algısını azalttığı, kadınların partner duyarlılık algısının düşük olmasının ise hem kadınların (β = .72) hem de erkeklerin evlilik doyumunu azalttığı (β = .29) bulunmuştur. Erkeklerin kopukluk şema alanının erkeklerin partner duyarlılık algısını azaltırken (β = -.43), erkeklerin zedelenmiş sınırlar şema alanının erkeklerin partner duyarlılık algısını artırdığı (β = .20) tespit edilmiştir. Erkeklerin partner duyarlılık algısının erkeklerin evlilik doyumunu olumlu bir şekilde yordadığı bulunmuştur. İstatistiksel olarak anlamlı üç aracı rol etkisi bulunmuştur. Bunlardan ilki, erkeklerin zedelenmiş otonomi şema alanının kadınların partner duyarlılık algısını azaltması aracılığıyla, kadınların evlilik doyumunu azaltmasıdır. İkincisi, erkeklerin zedelenmiş otonomi şema alanının kadınların partner duyarlılık algısını azaltması ve bunun da erkeklerine evlilik doyumunu azaltmasıdır. Sonuncusu ise, kadınların zedelenmiş otonomi şema alanındaki şemalara sahip olmasının eşleri hakkındaki duyarlılık algısını düşürdüğü, bunun da eşlerinin evlilik doyumunu düşürdüğüdür. Modeldeki direkt etkiler Figür 5.'de görülebilir.

4. TARTIŞMA

Kaçınma baş etme stilinin şema alanları ve evlilik doyumunu arasındaki aracı rolünü araştırmak amacıyla yapılan analiz sonucunda sadece erkeklerin kaçınma stilinin aracı etkisi bulunmuştur.

İlk olarak, yüksek standartlar şema alanına sahip olan kadınların, daha çok

kaçınma baş etme stili kullanan erkeklerle evli oldukları, bunun da kadınların evlilik doyumunu artırdığı bulunmuştur. Yüksek standartlar şema alanına sahip kadınlar, eleştiriden kaçınmak için davranışları ve performanslarıyla çok yüksek standartları karşılamak için ellerinden gelenin en iyisini yapmaları gerektiğine inanmaktadır (Young vd., 2003). Bu nedenle, kadınların kaçınmacı eş tercihi, kocaları tarafından eleştirilmeyi önleme isteğinden kaynaklanıyor olabilir. Ayrıca, eğer kocalar strese maruz kalmaktan kaçınıyorsa, bu yolla stres kaynaklı muhtemel problemleri önleyebilirler ve bu da kadınların evlilik doyumunu artırabilir. Buna paralel olarak, Harma ve Sümer (2016) Türk erkeklerinin, batı kültürlerindeki erkekler kadar uzak ve soğuk olmadıklarını rapor etmiştir. Dolayısıyla kaçınma baş etme stili kullanıyor olsa bile Türk kocaların çok fazla "kaçınmacı" olmaktan kendilerini korumaya çalışmaları, kadınların potansiyel eleştiri ve problemlerden uzaklaşmaları anlamında işlevsel olması nedeniyle evlilik doyumlarını artırabilir.

İkinci anlamlı partner etkisinde, kopukluk şema alanına sahip kocaların kaçınmacı olma eğiliminde oldukları, ve bunun da kadınların evlilik doyumunu artırdığını göstermektedir ve bu Şema Teori (Young vd., 2003) perspektifiyle tutarsızdır. Bu bulgu, kocaların kaçınma baş etme stilinin, kocaların kopukluk şema alanı ile kadınların evlilik doyumu arasındaki ilişkide, kocaların kopukluk şemasının olası olumsuz etkilerini azaltarak bir tür "tampon" rolü oynadığını göstermektedir. Ayrıca, kopukluk şema alanına sahip kocaların, başkalarıyla güvenli bağlanma kuramadıklarını ve hissetmediklerini hatırlatan düşünceler, imajlar, durumlar ve hislerden kaçınma isteğinden kaynaklanıyor olabilir (Young vd., 2003). Kendilerine ve başkalarına karşı olumsuz beklentilerinin bu şekilde önüne geçmeleri, eşlerini evlilik ilişkilerini daha pozitif olarak değerlendirmelerine yönlendirebilir ve dolayısıyla eşlerinin evlilik doyumlarını artırabilir.

Üçüncü partner etkisinde, kocaların kaçınma baş etme stili, kocaların diğerleri yönelimlilik şema alanı ve kadınların evlilik doyumu arasında aracı rol oynadığı bulunmuştur. Spesifik olarak, diğerleri yönelimlilik şema alanında yüksek puan alan kocalar, kaçınma baş etme stilini kullanmaya önemli ölçüde eğilim göstermiştir ve bu da

eşlerinde daha yüksek evlilik doyumuna yol açmıştır. Şema Teorisi'nden elde edilen şema etkileşim stillerinin yetişkinlikte uygunsuz hale geldiğine ilişkin bilgiye dayanarak, kaçınma baş etme stilinin kullanılmasının evlilik doyumunun azaltması beklenmektedir. Ancak, sonuçlar, bu beklentinin tam tersini ortaya koymuştur; ve diğerleri yönelimlilik şema alanına sahip kocaların kaçınma baş etme stilinin eşleri için evlilik tatminini artırıcı bir işlevinin olduğunu göstermiştir. Bu bulgu kültürel açıdan incelendiğinde, kocaların yapışkan davranışları veya kendi ihtiyaçları pahasına başkalarının arzuları, duyguları ve tepkilerine aşırı odaklanmayı kapsayan yakınlık arayışı, kültürel olarak uyumsuzdur ve Türk aileleri arasında zararlı olması beklenir (Ataca, 2009; Harma & Sümer, 2016). Bu nedenle, bilişsel ve davranışsal olarak diğerleri yönelimlilik şema alanı tetikleyicilerinden kaçınarak, toplumun beklentilerini karşılamaları, eşlerini onları "sağlıklı" bir erkek olarak görmelerine ve bunun da eşlerinin evlilik doyumunun artmasına neden olabilir.

Partner duyarlılık algısının şema alanları ve evlilik doyumunu arasındaki aracı rolünü araştırmak amacıyla yapılan analiz sonucunda anlamlı olan 3 aktör ve 3 partner etkisi bulunmuştur. İlk anlamlı aktör etkisi kadınların partner duyarlılık algısının aracı rolüne ilişkindir. Kadınların zedelenmiş otonomi şema alanı kendi partner duyarlılık algısını düşürmüştür, bu da kadınların evlilik doyumunu düşürmektedir. Zedelenmiş otonomi şema alanına sahip kadınlar eşlerinden bağımsız bir şekilde yaşamlarını sürdüremeyeceklerine ve sorumluluklarını yerine getiremeyeceklerine inandıkları için kocalarından bu anlamda yüksek beklentileri olabilir. Bunun da kocalarının kadınların yüksek duyarlılık standartlarını karşılama ihtimalini düşürerek kadınların partner duyarlılık algısını düşürdüğü ve sonuçta da evlilik doyumlarını düşürdüğü söylenebilir. Düşük partner duyarlılık algısının evlilik doyumunu düşürmesi literatürdeki bulgular ile paraleldir (Bar-Kalifa vd., 2015; Gadassi vd., 2015; Reis & Gable, 2015)

İkincisi, kocaların partner duyarlılık algısının aracı rolü ile ilgilidir; kocaların kopukluk şema alanı kendi partner duyarlılık algısını olumsuz etkilemektedir, bu da kendi evlilik doyumlarını azaltmaktadır. Önceden de belirtildiği gibi kopukluk şema alanına sahip olan kişiler sevgi, güvenlik, bakım ve aidiyet gibi ihtiyaçlarının

karşılanmayacağına inanırlar (Young vd., 2003) Bundan yola çıkılarak, kocaların kopukluk şemasına ilişkin tüm çarpıtılmış bilişlerinin eşlerinin duyarlılığı konusundaki algılarını zedeleyeceği ve bunun da kendi evlilik doyumlarını düşürdüğü söylenebilir.

Üçüncüsünde de kocaların partner duyarlılık algısının kendi zedelenmiş sınırlar şema alanı ve kendi evlilik doyumu arasında aracı rol oynadığı bulunmuştur. Kocaların zedelenmiş sınırlar şema alanı beklenmedik bir şekilde partner duyarlılık algılarını artırmıştır, bu da kendi evlilik doyumlarının artmasına neden olmuştur. Bu sonuç, zedelenmiş sınırlar şema alanına sahip kocaların diğer insanlardan üstün oldukları inancından kaynaklanıyor olabilir. Bu inanç, kendilerinin daha yüksek duyarlılık düzeyine sahip olduğuna ilişkin daha olumlu bir algıya neden olabilir, bu da evlilik doyumlarını artırabilir.

Partner etkilerinin aracı rolüne ilişkin bulguların ilk ikisi spesifik olarak, erkeklerin zedelenmiş otonomi şema alanının kadınların partner duyarlılık algısını düşürdüğü ve bunun da hem kadınların hem de erkeklerin evlilik doyumunu düşürdüğünü göstermiştir. Zedelenmiş otonomi şema alanından yüksek puan alan kocaların önemli kişilerden bağımsız olarak çalışamayacağı ve normal sorumlulukları üstlenemeyeceği (DiFrancesco vd., 2015) ve diğerlerine karşı istikrarsızlık ve güvenilmezlik algısının (Young vd., 2003) olması beklenir. Bunlar göz önüne alındığında, kocaların eşlerine aşırı bağımlı olması ve normal sorumluluklarını onlardan bağımsız yapamaması, kadınların kocaları tarafından ihtiyaçlarına yeterince cevap vermediğini algısına neden olabilir. Kadınların duyarlılık algısının düşmesinin, kadınların davranışlarını ve kocaları ile etkileşimlerini olumsuz etkilemesi olasıdır ve bu da hem kadınların hem de kocaların evlilik doyumlarının azalmasına neden olabilir.

Bir diğer partner etkisi ise kadınların zedelenmiş otonomi şema alanı ve erkeklerin evlilik doyumu arasındaki ilişkide kadınların partner duyarlılık algısının aracı rolüne ilişkindir. Şema Teori'ye göre, kadınların zedelenmiş otonomi şema alanının kocalarına fazlaca bağımlı olmalarına (Young vd., 2003) ve çok fazla duyarlılık, yardım ve ilgi bekledikleri için de kocalarının yeterince duyarlı olmadıkları düşüncesine neden

olabilir. Yani, erkeklerin evlilik doyumunun düşmesinin sebebi eşlerin aşırı bağımlılığı ve yeterince duyarlı olmadıklarını düşünmeleri olabilir.

Özet olarak bu çalışmada telafi baş etme stilinin aracı etkisi bulunamamıştır. Sadece erkeklerin kaçınma baş etme stilinin farklı şema alanları (kadınların yüksek standartlar, erkeklerin kopukluk ve diğerleri yönelimlilik şema alanları) ve sadece kadınların evlilik doyumu arasında aracı rolü oynadığı bulunmuştur. Partner duyarlılık algısını etkileyen en önemli şema alanının zedelenmiş otonomi olduğu bulunmuştur. Çünkü hem kadınların hem de kocalarının zedelenmiş otonomi şema alanı kadınların partner duyarlılık algısını olumsuz etkilemiştir ve bu da her iki eşin de evlilik doyumunu düşürmüştür. Erkeklerin partner duyarlılık algısını etkileyen şema alanlarının ise kopukluk ve zedelenmiş sınırlar olduğu bulunmuştur.

4.1. Çalışmanın Güçlü Yanları ve Sınırlılıkları

Geçmiş çalışmalarda şema alanlarının evlilik doyumu üzerindeki etkisi çalışılmış olsa da, bu çalışmalarda tek bir eşin perspektifi dikkate alınmıştır. Ayrıca bunlar arasında şema baş etme stillerinin ve partner duyarlılık algısının aracı rolünü inceleyen bir çalışma bulunmamaktadır. Bu çalışmanın en önemli güçlü yanlarından biri ikili ilişkilerdeki birbirine bağlı olmayı (interdependence) göz önünde bulundurarak Aktör-Partner Bağımlılık Modelini (APIM) kullanması ve evli çiftlerle çalışılmasıdır. Diğer bir güçlü yönü ise bulguların Türk kültürünün etkileri göz önünde bulundurulmaya çalışılarak yorumlanmasıdır.

Sınırlıkları ise örneklemin çoğunlukla üniversite mezunu olan orta düzey gelire ve orta düzey partner duyarlılık algısına sahip çiftlerden oluşması sebebiyle genellenebilirliğinin düşük olmasıdır. Ayrıca örneklem sayısının ikili analiz için görece düşük olması sebebiyle erken dönem uyumsuz şemalar yerine şema alanlarıyla çalışılmıştır. Evli çiftlere kartopu tekniğiyle ulaşılması da örneklem üzerindeki kontrolü azalttığından, bulguların dışarı genellenebilirliği açısından sınırlılık yaratabilir. Örneklemle ilgili bir diğer sınırlılık ise online olarak toplanan ve elden toplanan data arasında kadınların bazı skorlarında istatistiksel olarak anlamlı farklılıklar olmasıdır.

Ayrıca Young Şema Envanteri ve Çift Uyum Ölçeği'nin yeniden düzenlenmesine ihtiyaç olduğu görülmüştür.

4.2. Çalışmanın Katkıları

Bu çalışmanın klinik anlamda evlilik problemleri yaşayan danışanlarla çiftlerde veya bireyselde Şema Terapi alanına katkı sağladığı söylenebilir. Kocaların kaçınma baş etme stilinin şema alanlarının evlilik doyumu üzerine olan olumsuz etkisi üzerinde tampon rolü görmesi Şema Teori'yle uyumsuz bir bulgu olması açısından, Türkiye'de çalışan terapistlerin uyguladıkları terapide dikkat edilmesi gerekilen önemli bir bulgudur. Bunun dışında, alınan partner desteğinden (partner support) farklı olarak partner duyarlılık algısının olumsuz şema alanları tarafından olumsuz şekilde etkilenebiliyor olması da Şema Terapi anlamında önemlidir. Ayrıca kocaların zedelenmiş sınırlar şema alanının partner duyarlılık algılarını, ve bunun da evlilik doyumlarını olumlu etkilemesi de dikkat edilmesi gereken bir bulgudur.

APPENDIX J. TEZ FOTOKOPİSİ İZİN FORMU

ENSTİTÜ

Fen Bilimleri Enstitüsü ☐

Sosyal Bilimler Enstitüsü ☒ (X)

Uygulamalı Matematik Enstitüsü ☐

Enformatik Enstitüsü ☐

Deniz Bilimleri Enstitüsü ☐

YAZARIN

Soyadı : AKKOL

Adı : SELİN

Bölümü : PSİKOLOJİ

TEZİN ADI (İngilizce) : The Effects of Early Maladaptive Schemas on Each Partner's Marital Satisfaction: The Mediating Roles of Schema Coping Styles and Perceived Partner Responsiveness

TEZİN TÜRÜ : Yüksek Lisans ☒ (X) 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. ☒ (X)

TEZİN KÜTÜPHANEYE TESLİM TARİHİ: