

INTENTIONS AND ATTITUDES OF UNIVERSITY STUDENTS TOWARDS  
INFIDELITY: INVESTMENT MODEL PERSPECTIVE

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ÖMER ANLATAN

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---

Assoc. Prof. Dr. Sadettin Kirazcı  
Director (Acting)

I certify that this thesis satisfies all the requirements as a thesis for the degree of Master of Science.

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Prof. Dr. Cennet Engin Demir  
Head of Department

This is to certify that we have read this thesis and that in our opinion it is fully adequate, in scope and quality, as a thesis for the degree of Master of Science.

---

Assoc. Prof. Dr. Zeynep Hatipoğlu Sümer  
Supervisor

**Examining Committee Members**

Prof. Dr. Ayhan Gürbüz Demir (METU, EDS) \_\_\_\_\_  
Assoc. Prof. Dr. Zeynep Hatipoğlu Sümer (METU, EDS) \_\_\_\_\_  
Assist. Prof. Dr. Ezgi Toplu Demirtaş (MEF Uni., PCG) \_\_\_\_\_

**I hereby declare that all information in this document has been obtained and presented in accordance with academic rules and ethical conduct. I also declare that, as required by these rules and conduct, I have fully cited and referenced all material and results that are not original to this work.**

Name, Last name : Ömer ANLATAN

Signature :

## **ABSTRACT**

### **INTENTIONS AND ATTITUDES OF UNIVERSITY STUDENTS TOWARDS INFIDELITY: INVESTMENT MODEL PERSPECTIVE**

Anlatan, Ömer

M.S., Department of Educational Sciences

Supervisor: Assoc. Prof. Dr. Zeynep Hatipoğlu Sümer

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This study examines to what extent commitment level of Turkish university students predicts their intentions and attitudes towards infidelity with the unique contributions of satisfaction, investment size, and quality of alternatives as the components of the Investment Model after some demographic (age and gender) and relational variables (duration of relationship) are controlled. The sample of the present study consisted of 403 Turkish university students (83.4 % female; 15.9 % male) who were in a current romantic relationship. The Personal Information Form, the Relationship Stability Scale, the Intentions towards Infidelity Scale, and the Attitudes towards Infidelity Scale were used for data collection. Convenience sampling method and quantitative correlational design was utilized for the present study. A Multivariate Analysis of Variance (MANOVA), two separate independent samples t-tests, a simultaneous multiple regression, and two separate hierarchical multiple regression analyses were conducted for examining research questions. According to the results, men showed significantly higher intentions and more positive attitudes towards infidelity. On the other hand, no significant difference observed between men and women on the Investment Model variables.

Additionally, satisfaction, investment, and quality of alternatives significantly predicted the commitment level of participants. Furthermore, commitment level of participants significantly predicted the variance in their intentions and attitudes towards infidelity (29.5 % and 14 %, respectively) with the unique contributions of Investment Model variables after the effects of demographic and relational variables were controlled. Results were discussed in relation to the relevant literature, implications and recommendations for practice and research were presented.

**Keywords:** Investment Model, Intentions towards Infidelity, Attitudes towards Infidelity, University Students

## ÖZ

### ÜNİVERSİTE ÖĞRENCİLERİNİN ALDATMAYA YÖNELİK NİYET VE TUTUMLARININ YATIRIM MODELİ ÇERÇEVESİNDE İNCELENMESİ

Anlatan, Ömer

Yüksek Lisans, Eğitim Bilimleri Bölümü

Tez Yöneticisi: Doç. Dr. Zeynep Hatipoğlu Sümer

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Bu araştırma bazı demografik (cinsiyet ve yaş) ve ilişkisel değişkenler (ilişki süresi) kontrol edildikten sonra, ilişki bağlanımının diğer Yatırım Modeli değişkenleri olan ilişki doyumu, ilişki yatırımı ve seçeneklerin niteliğini değerlendirmenin de katkılarıyla, üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumlarını ne ölçüde yordayabildiğini incelemektedir. Bu araştırmanın örneklemini süregelen bir duygusal ilişki içerisinde olan 403 üniversite öğrencisi (%83,4 kadın ve %15,9 erkek) oluşturmaktadır. Araştırmada veri toplama amacıyla Kişisel Bilgi Formu, İlişki İstikrarı Ölçeği, Aldatmaya Yönelik Niyet Ölçeği ve Aldatmaya Yönelik Tutum Ölçeği kullanılmıştır. Bu araştırmada uygun örnekleme yönteminden ve nicel korelasyon deseninden faydalanılmıştır. Araştırma sorularına yanıt bulabilmek amacıyla Çok Değişkenli Varyans Analizi (MANOVA), iki ayrı bağımsız gruplar t-testi, bir çoklu doğrusal regresyon ve iki ayrı hiyerarşik regresyon analizi uygulanmıştır. Araştırmanın bulgularına göre, erkekler aldatmaya karşı daha yüksek düzeyde niyet ve daha olumlu tutumlar göstermiştir. Öte yandan, Yatırım Modeli değişkenleri açısından kadınlar ve erkekler arasında anlamlı bir farklılık bulunmamıştır. Ek olarak, ilişki doyumu, ilişki yatırımı ve seçeneklerin niteliği

değişkenleri, üniversite öğrencilerinin ilişki bağlanım düzeylerini anlamlı olarak yordamaktadır. Ayrıca, ilişkisel ve demografik değişkenlerin etkisi kontrol edildikten sonra, bağlanım düzeyi, diğer Yatırım Modeli değişkenlerinin de katkısıyla, katılımcıların aldatmaya yönelik niyet ve tutumlarındaki varyansı (sırasıyla %29.5 ve %14) anlamlı olarak yordamaktadır. Bulgular ilgili alanyazın doğrultusunda tartışılmış, uygulama ve araştırma önerileri sunulmuştur.

**Anahtar Kelimeler:** Yatırım Modeli, Aldatmaya Yönelik Niyetler, Aldatmaya Yönelik Tutumlar, Üniversite Öğrencileri

To my mum



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## **CHAPTER 1**

### **INTRODUCTION**

#### **1.1 Background to the Study**

Infidelity is cited as a serious problem for relationships (Schonian, 2010) that resulted in several devastating consequences such as anger, depression or anxiety (Buunk, 1995; Cano & O'Leary, 2000). It is also stated that infidelity is a common problem for individuals to seek psychological help (Blow & Hartnett, 2005b; Özgün, 2010) and one of the main reason for divorce (Amato & Previti, 2003). Infidelity is simply defined as breaking the rules of the committed relationship. In other words, infidelity is gathering any benefits from outside of the relationship and violating the norms determined by the partners in terms of exclusivity by engaging sexual or emotional behaviors (Atwood & Schwartz, 2002; Blow & Hartnett, 2005a). Infidelity behaviors may occur in a sexual or emotional context or a combination of both as well. Sexual infidelity is engaging sexual activities with someone outside of the relationship (Shackelford & Buss, 1997) while emotional infidelity is one's attachment to someone emotionally (Thompson, 1984). Recently, researchers have proposed a new form of infidelity. Internet infidelity or online infidelity is the sexual or emotional unfaithfulness by using online tools such as the internet (Hertlein & Piercy, 2008).

Infidelity is not only important but also a widespread issue. Extramarital behaviors that constitute infidelity and its prevalence and consequences have been examined by the researchers especially for the past two decades (Labrecque & Whisman, 2017; Sheppard, Nelson, & Andreoli-Mathie, 1995). Kinsey and colleagues (Kinsey, Pomeroy, & Martin, 1948; Kinsey, Pomeroy, Martin, & Gebhard, 1953) reported that nearly 50 % of men and more than one-fourth of women had engaged in extramarital sex behaviors at some point of their marriages

before the age of 40. Mark, Janssen, and Milhausen (2011) found higher rates that almost 25 % of men and 20 % of women had reported infidelity. Labrecque and Whisman (2017) screened the data from General Social Survey between 2000 and 2016 to examine the prevalence of extramarital sex and they reported that more than 16-17 % of the participants had been unfaithful to their partners.

Although it is stated that dating infidelity is a significant problem as well as in marriages (Hansen, 1987; Lieberman, 1988), shows similarities with the marriages (Thompson, 1984), and can be transferred into marriages (Drigotas, Safstrom, & Gentilia, 1999), little is known about the issues of infidelity among dating individuals, especially in Turkey. Blow and Hartnett (2005a) criticized the existing literature on infidelity due to its limited perspective by focusing generally on married individuals. Thompson (1984), as a pioneer study, included non-married cohabitated couples in his research and named behaviors that constitute infidelity as "extradyadic behaviors" and found that more than 40 % of women and men reported extradyadic involvements. Likewise, Hansen (1987) indicated that 54.4 % of women and 70.9 % of men among university students engaged in extradyadic engagements such as kissing, petting, and coitus. Besides, Allen and Baucom (2004) stated that 69 % of 504 university students cheated on their partner. Furthermore, according to the results of a study which was conducted with nearly 17.000 participants who were mostly college students from 53 countries including Turkey, 45 % of female and 63 % of male participants reported that they had sex with someone else than their current partner (Schmitt, 2004). Toplu-Demirtaş and Fincham (2018) noted that findings on dating infidelity are very limited. Yeniçeri and Kökdemir (2006) also found that among Turkish university students, almost 20 % of them reported at least one unfaithful behavior to their current partner. Toplu-Demirtaş and Fincham (2018) indicated lower rates in that nearly 14 % of the participants had cheated on their current partners.

According to the previous findings, participants differ on infidelity due to some demographic characteristics. Results indicated that men are more likely to engage infidelity (Allen et al., 2005; Atkins, Baucom, & Jacobson, 2001; Buunk, 1980; Glass & Wright, 1985; Ong, Poon, Sibya, & Macapagal, 2014; Toplu-



Demirtaş & Fincham, 2018; Toplu-Demirtaş & Tezer, 2013) and show more positive attitudes towards infidelity (Jackman, 2015; Tagler & Jeffers, 2013; Toplu-Demirtaş, Dolunay-Cuğ, & Tezer, 2014; Toplu-Demirtaş & Fincham, 2018; Whatley, 2010) than women. Previous literature also provides mixed results in terms of the role of the variables such as age, educational level, and relationship duration. Some researchers found a correlation between higher level of education and infidelity (Atkins et al., 2001; Mark et al., 2011; Treas & Giesen, 2000) whereas some others reported that individuals with a lower level of education were more likely to engage infidelity (Whisman & Snyder, 2007). Longer relationship duration was found to be related with infidelity (Glass & Wright, 1985; Wiederman, 1997), yet McAlister et al. (2005) reported no predictive role of the relationship duration on infidelity. In terms of participants' age, Mark et al. (2011) stated that younger individuals are more likely to engage infidelity; however, Wiederman and Hurd (1999) indicated that age was not revealed as a significant predictor of extradyadic behaviors.

As derived from the Interdependence Theory, the Investment Model proposed that the individuals' commitment to the relationship is contributed by three factors, namely satisfaction, investment and quality of alternatives (Rusbult, 1980a, 1983). Commitment is defined as a tendency to continue a relationship and a psychological attachment to that relationship (Rusbult, 1983), and seen as one's subjective experiences of dependence (Agnew, 2009). As the strongest of commitment, satisfaction is the positive feelings about and the attraction to the relationship (Rusbult, Johnson, & Morrow, 1986). Investment Model stated that the more rewards than costs individuals gather from the relationship, the more they feel satisfaction (Rusbult, 1983). As another determinant of commitment, quality of alternatives refers to the level of other desirable and attractive options other than the current relationship (Greene & Britton, 2015). These other alternatives may be a new relationship, spare time, spending time with friends or family, or even being single (Impett, Beals, & Peplau, 2001; van der Wiel, Mulder, & Bailey, 2018). Investment Model not only borrowed some concepts from the Interdependence Theory but also added a new one. Investment size is the sources that individual put

into the relationship (Kurdek, 2008) which may be intrinsic (e.g., time, effort) or extrinsic (e.g., social status, mutual house) (Rusbult, 1980a, 1983). Consequently, individuals become more committed to their relationship to the extent that they feel satisfied, invest more, and find no better alternatives.

Investment Model is regarded as one of the most efficient models for understanding relationship dynamics and offers a beneficial framework to examine individuals commitment to another person (Baker, Petit, & Brown, 2016; Regan, 2011). Since initially proposed and tested by Rusbult (1980a, 1983), the validity of Investment Model has been examined heaps of times (Aslan-Dölen, 2014; Bui, Peplau, & Hill, 1996; Büyükşahin, Hasta, & Hovardaoğlu, 2005; Dedekorkut, 2015; Dillow, Malachowski, Brann, & Weber, 2011; Duffy & Rusbult, 1986; Fricker, 2006; Impett et al., 2001; Le & Agnew, 2003; Taluy, 2013; van der Wiel et al., 2018) and approved as an appropriate model to conduct on a wealth of issues both relational and non-relational such as job commitment, brand commitment, citizens' commitment to NATO, friendship commitment, sport commitment, and even owners' commitment to their pets (Baker et al., 2016; Hoffman, Agnew, Lehmiller, & Duncan, 2009; Li & Petrick, 2008; Lin & Rusbult, 1995; Rusbult, 1980b; Rusbult & Farrell, 1983; Williams, 2013). Moreover, the model was successfully applied across different ethnicities, sexual orientations, familial factors, and abusive relationships as well (Davis & Strube, 1993; Duffy & Rusbult, 1986; Kurdek, 2008; Lehmiller, 2010; Rusbult & Martz, 1995; Toplu-Demirtaş, Hatipoğlu-Sümer, & White, 2013; Weigel, Bennett, & Ballard-Reisch, 2003).

According to the results of previous findings, women compared to men were usually found to be more committed and satisfied, had a higher level of investment and perceived their alternatives as less attractive (Duffy & Rusbult, 1986; Fitzpatrick & Sollie, 1999; Le & Agnew, 2003; Rusbult, Martz, & Agnew, 1998). The validness of the Investment Model was also approved by Turkish researchers as well (Aslan-Dölen, 2014; Büyükşahin et al., 2005; Büyükşahin & Hovardaoğlu, 2007; Dedekorkut, 2015; Taluy, 2013), yet the gender differences are not clear. Some found men invested more into their relationship than women (Aslan-Dölen, 2014), some others reported no significant differences between men and women in

terms of their commitment (Beşikçi, 2008) or satisfaction and investment size (Dedekorkut, 2015).

Besides the variety of its application, the Investment Model was also found to be appropriate for the infidelity prediction (Drigotas et al., 1999; Fricker, 2006; McAlister et al., 2005). According to the results, commitment, satisfaction, quality of alternatives, and investment size were significant predictors of future infidelity and infidelity tendency. In other words, individuals who are less committed, feel less satisfied, invest fewer sources into the relationship and have more qualified alternatives, show greater intentions and likelihood to engage infidelity. Additionally, Müezzinoğlu (2014) carried out a study among Turkish university students and reported that satisfaction, quality of alternatives, and investment significantly predicted the commitment and that commitment was directly related to the infidelity.

In short, infidelity is common among dating individuals as well as married ones. In order to gain a better understanding of the infidelity phenomenon and the intentions towards infidelity with the aim of predicting future infidelity, the Investment Model provides one of the most beneficial theoretical ground. Accordingly, to the extent that people experience more positive feelings towards their relationship and feel a higher level of satisfaction, have a greater level of sources that they put into the relationship, and find no other alternatives better than the current partner, they will be more committed to their present relationship. As a result of this higher level of commitment, they may show a lower level of intentions and may develop more negative attitudes towards infidelity.

## **1.2 Purpose of the Study**

The purpose of the study was to explore the intentions and attitudes of Turkish university students towards infidelity by using the Investment Model. More specifically, it was aimed to analyze whether the commitment level of Turkish university students significantly predicts their intentions and attitudes towards infidelity after the demographic and relational variables (age, gender and duration of

relationship) are controlled and the unique contributions of satisfaction, quality of alternatives, and investment are considered. Before the main analyses were conducted, it was also examined that whether the three variables (satisfaction, quality of alternatives, and investment) successfully predict the commitment level of individuals in order to assure that the Investment Model is valid for the sample of the current study. Additionally, Investment Model variables and also attitudes and intentions of participants towards infidelity were examined whether the participants significantly differ in terms of gender.

### **1.3 Research Questions and Hypotheses of the Study**

The research questions of the current study are presented below:

1. Is there a significant difference between Investment Model variables (i.e., satisfaction, quality of alternatives, investment, and commitment), intentions and attitudes towards infidelity in terms of gender of the participants?
2. Do satisfaction, quality of alternatives, and investment size significantly predict commitment level of Turkish university students?
3. To what extent does commitment level of university students predict their intentions towards infidelity when considering the unique contributions of satisfaction, quality of alternatives, investment, and after gender, age, and duration of the relationship are controlled?
4. To what extent does commitment level of university students predict their attitudes towards infidelity when considering the unique contributions of satisfaction, quality of alternatives, investment, and after gender, age, and duration of the relationship are controlled?

Hypotheses for each of the research questions can be identified as follows;

H1: Men and women will significantly differ in their level of satisfaction, investment, commitment, quality of alternatives, intentions and attitudes towards infidelity.

H2: Satisfaction, investment size, and quality of alternatives will significantly predict the commitment.

H3: Commitment level of university students will significantly predict their intentions towards infidelity with unique contributions of satisfaction, investment, and quality of alternatives after gender, age, and duration of the relationship are controlled.

H4: Commitment level of university students will significantly predict their attitudes towards infidelity with unique contributions of satisfaction, investment, and quality of alternatives after gender, age, and duration of the relationship are controlled.

#### **1.4 Significance of the Study**

Infidelity is a significant problem among not only married individuals but also dating ones (Hansen, 1987; Schonian, 2010) and Drigotas et al. (1999) stated that infidelity in dating relationships might continue in individuals' future marriages. Previous findings also reported that infidelity is prevalent among dating couples (Allen & Baucom, 2004; Hansen, 1987; Schmitt, 2004; Toplu-Demirtaş & Fincham, 2018; Yeniçeri & Kökdemir, 2006). Thompson (1984) indicated that examining unfaithfulness issues before marriage provides valuable knowledge to young adults since the patterns of dating relationships are quite parallel to marriage and helping to understand this phenomenon makes significant contributions to their later marriages. Additionally, Roscoe, Cavanaugh, and Kennedy (1988) highlighted that the reasons for infidelity among dating individuals are quite similar to those in married ones.

Blow and Hartnett (2005a) conducted a methodological review study on infidelity in committed relationships and emphasized that there is a critical diversity problem in the literature. They indicated that most of the studies are limited to married individuals and future studies need to include cohabitation, dating, and same-sex relationships. Drigotas et al. (1999) similarly noted that previous studies ignore the existence of infidelity among dating couples by focusing only on married couples. Toplu-Demirtaş and Fincham (2018) also criticized that dating infidelity studies have been conducted mostly in Western societies which are more individualistic and quite different from Turkish culture.

Considering the Investment Model is one of the most robust model to understand relationship commitment (Regan, 2011), and the model was found to be valid for the prediction of infidelity (Drigotas et al., 1999), the present research is expected to significantly contribute to the literature of dating infidelity in Turkey by examining the attitudes and intentions of university students towards infidelity with a perspective based on the Investment Model. Dursun and Özkan (2019) stated that it is essential to be aware of the relationship between attitudes and intentions in order to gain a deeper understanding of infidelity behavior, since attitudes do not turn into behaviors every time, unlike intentions do (Ajzen & Fishbein, 2005). Sampat (2005) also emphasized that although related factors with infidelity have been examined for several years, there is a lack of knowledge about the factors that predict infidelity across dating individuals. Moreover, Drigotas et al. (1999) underlined that there is a lack of research on the prediction of infidelity before it happens.

Furthermore, Kelley et al. (1983) proposed that close relationships were affected by three conditions: relational conditions, personal conditions, and environmental conditions. Thus, this study intends to provide a wider perspective to infidelity in dating relationships by incorporating all three conditions, for instance, intentions and attitudes as personal conditions, satisfaction and commitment as relational conditions (Müezzinoğlu, 2014), and quality of alternatives as environmental conditions (Campbell, 2009; Fricker, 2006), since no previous study to date has been found among university students in Turkey with such a multi-perspective.

As far as known, the present study is the first study ever that uses the Investment Model as a theoretical framework in order to predict the intentions and attitudes of Turkish university students towards infidelity. Findings of the present study related to Investment Model are expected to help counselors in terms of relational issues. The model may be helpful to gain a better understanding of infidelity by indicating that as the commitment level of individuals decreases, they are more likely to engage extradyadic behaviors. Clients may also be more aware of their relationship dynamics in terms of their commitment level, satisfaction,

investment size and how they perceive other alternatives than their partner. Furthermore, this study will help to fill the important gap of the infidelity literature on dating individuals in Turkey.

### **1.5 Definitions of Key Terms**

**Infidelity** is defined as “a sexual and/or emotional act engaged in by one person within a committed relationship, where such an act occurs outside of the primary relationship and constitutes a breach of trust and/or violation of agreed-upon norms (overt and covert) by one or both individuals in that relationship in relation to romantic, emotional or sexual exclusivity.” (Blow & Hartnett, 2005a, pp. 191-192)

**Satisfaction** is about one’s positive feelings and attraction towards the relationship and the meeting of the one’s needs that individual achieved from the relationship such as intimacy, feeling of belonging and security or sexuality as well (Greene & Britton, 2015; Rusbult et al., 1986)

**Quality of Alternatives** refers to the other alternatives than the current relationship that may be more desirable and attractive for the individual (Le & Agnew, 2003).

**Investment size** is any sources that the individuals invest them into the relationship, intrinsically or extrinsically (Rusbult, 1980a).

**The commitment** represents one’s feelings of attachment to the relationship and the intention to maintain it (Rusbult, 1983). According to the Investment Model (Rusbult, 1980a, 1983) commitment is predicted collectively and individually by the satisfaction level of individuals, quality of alternatives perceived by individuals, and the investment size of the individuals which refers to putting sources into the relationship.

**Attitudes towards infidelity** refer to the feelings and thoughts of people about infidelity related issues (Whatley, 2010).

**Intentions towards infidelity** represent the individuals’ tendency to engaging infidelity related behaviors (Jones, Olderbak, & Figueredo, 2011).

## **CHAPTER 2**

### **LITERATURE REVIEW**

In this chapter, literature was examined in terms of infidelity and Investment Model in two sections according to the aim of the present study. The first section provides information about the definition, types, and prevalence of infidelity and related research results and previous findings. In the second section, Interdependence Theory, Investment Model and research results regarding the model were elaborated.

#### **2.1 Infidelity**

In the first part of this section, infidelity was defined in detail, different types of infidelity were mentioned, and the prevalence of infidelity was presented. Then, the second part provided information about the intentions and attitudes towards infidelity. Research results on related variables with attitudes and intentions towards infidelity were reviewed in the third part.

##### **2.1.1 Definitions, Types and Prevalence of Infidelity**

Infidelity is a critical issue, both extramarital and extradyadic, that severely affects the relationships (Schonian, 2010) and a topic that couple counselors/therapists continuously face in clinical areas (Blow & Hartnett, 2005b). Benton, Robertson, Tseng, Newton, and Benton, (2003) stated that clinicians who work at counseling centers in colleges are often reached by students who need professional help about relationship issues. Infidelity was ranked as the third most challenging issue to treat by couple therapists (Whisman, Dixon, & Johnson, 1997).



Additionally, it has been stated that infidelity leads several devastating consequences such as anxiety and depression (Cano & O’Leary, 2000), divorce (Amato & Previti, 2003; T.C. Aile ve Sosyal Politikalar Bakanlığı, 2015), and feelings of disappointment and anger (Buunk, 1995).

Historically, infidelity was defined as a violation of an agreement in terms of sexuality between two individuals who are married, dating or anyhow in a committed relationship (Hertlein, Wetchler, & Piercy, 2005). However, there is an expansion of the definition in the relevant literature more recently. Since it is quite complex to define infidelity, many terms have been used to identify it, such as “fondling”, “sexual intercourse”, “emotional connections that are beyond friendship” (Blow & Hartnett, 2005a), “adultery”, “nonmonogamy”, “polyamory”, “having an affair”, “extramarital coitus”, “extradyadic involvement” or “extra-sex” (Campbell, 2009). In addition, the difficulty of definition also comes from individual differences, since one person may identify some behaviors as infidelity while another one may not (Blow & Hartnett, 2005a).

Despite many different terms to define infidelity, Blow and Hartnett (2005a) stressed out that there is a lack of an operational definition of infidelity and already existing definitions in the literature are limited to heterosexual and extramarital affair. As McNulty and Brineman (2007) stated, the first studies developed very narrow definitions of infidelity which only cover sexual engagements with a person other than the current partner. However, these limited definitions raise some problems because they underestimate the real concept of infidelity by not covering all the other behaviors besides sexuality that individuals consider infidelity (McNulty & Brineman, 2007).

Although it has been investigated for years, Blow and Hartnett (2005a) emphasized in their methodological review study on infidelity that there is a lack of general agreement among researchers on the concept of infidelity and what behaviors are exactly considered under this concept. Additionally, Schonian (2010) indicated that there is no comprehensive operational definition of infidelity although the seriousness of the issue is realized. In order to handle these problematic and limited definitions, researchers began to provide some comprehensive definitions of

infidelity and considered the phenomenon as more than just sexual intercourse. Mainly, infidelity stands for any behavior that violates the contract that stated mutually by two people (Lusterman, 1998). According to Drigotas and Barta (2001), infidelity, with regards to a dyadic relationship, indicates a partner's breaking of the rules which arrange the amount of physical or emotional intimacy with another people outside the current relationship. Atwood and Schwartz (2002) defined infidelity as follows:

Taking the energy of any sort (thoughts, feelings, and behaviors) outside of the committed relationship in such a way that it damages interactions between the couple and negatively impacts the intimacy in the relationship (p. 38)

Moreover, Blow and Hartnett (2005a) conducted a methodological review study of infidelity and suggested a comprehensive definition as follows:

A sexual and/or emotional act engaged in by one person within a committed relationship, where such an act occurs outside of the primary relationship and constitutes a breach of trust and/or violation of agreed-upon norms (overt and covert) by one or both individuals in that relationship in relation to romantic, emotional or sexual exclusivity (pp 191-192).

However, McNulty and Brineman (2007) criticized this definition due to the lack of enough information and evidence about when and how exactly the couples develop these “overt and covert norms” in terms of “romantic, emotional or sexual exclusivity” in their relationship.

Three types of infidelity are categorized in the literature which are emotional infidelity, sexual infidelity, and combined type of infidelity. *Sexual infidelity*, basically, is any sexual activity done with someone else other than the current partner (Shackelford & Buss, 1997). Guitar et al. (2017) carried out a study in order to define and distinguish between emotional and sexual infidelity and according to the participants' answers, they suggest a definition for sexual infidelity as one's engaging in sexual activity with someone outside the relationship or marriage. On the other hand, *emotional infidelity* can be defined as one's canalizing sources such as attention, love or time to another person other than the current partner

(Shackelford, LeBlanc, & Drass, 2000). The last type is *combined infidelity*, as its name suggests, covers both emotional and sexual infidelity together. Although the literature defined sexual and emotional infidelity separately, it is acceptable to see these types as overlapped and individuals may experience both of these at the same time or one by one (Knight, 2010). Glass and Wright (1985) offered a broader classification and explored the typology of infidelity on a 6-point scale: 0. Never involved sexually or emotionally, 1. Entirely sexual, 2. Mainly sexual, 3. More sexual than emotional, 4. More emotional than sexual, 5. Mainly emotional, and 6. Entirely emotional.

On the contrary of commonly used classification in the literature, Wilson, Mattingly, Clark, Weidler, and Bequette (2011) used a different perspective to separate the types of infidelity in their scale development study as three types: ambiguous, deceptive, and explicit. The term *ambiguous* refers to the behaviors that it is unclear whether there is a real intention of cheating, but there is always a possibility of engagement in infidelity, such as dancing, hugging, buying some gifts or talking on the phone or internet as well. *Explicit* behaviors are those clearly associated with infidelity such as fondling, dating or sexual intercourse. *Deceptive* ones consist consciously deceiving one's partner by acting these behaviors without the awareness of the partner, including lying or fantasizing about someone else.

Recently, researchers suggest *online infidelity* or *internet infidelity* as a new form of infidelity in the literature. Hertlein and Piercy (2008) defined online infidelity as an emotional or sexual contact with someone else by using the internet which is seen by one of the partners as breaking the contract of the relationship. As a broader definition, Cooper and Griffin-Shelley (2002) defined it as follows:

Use of the Internet for any activity (including text, audio, graphics files) that involves sexuality for purposes of recreation, entertainment, exploration, support, education, commerce, efforts to attain and secure sexual or romantic partners, and so on (p. 18).

Mao and Raguram (2009) noted that this type of infidelity may be continuously directed to one online user or randomly several multiple online users as well. Results of Hertlein and Piercy's (2006) critical review study of infidelity

literature indicated that online infidelity does not consist just sexual components, but also includes emotional components as well. Thus, online infidelity can be sub-classified as emotional-online, sexual-online, and combined type of online infidelity just as offline or traditional infidelity.

Infidelity is stated as a widespread issue. Kinsey and colleagues (Kinsey et al., 1948, 1953) reported that nearly 50 % of men and more than one-fourth of women had engaged in extramarital sex behaviors at some point of their marriages before the age of 40 among nearly 5300 male and 6000 female participants. Wiederman (1997) also found that around 23 % of men and 12 % of women cheated on their partner of a national sample with more than 2000 participants (884 male and 1288 women). Moreover, Mark et al. (2011) indicated higher rates that almost 25 % of 506 men and 20 % of 412 women had reported infidelity in their study. Labrecque and Whisman (2017) screened the data from General Social Survey between 2000 and 2016 which contained a total of 13.030 participants, in order to examine the prevalence of extramarital sex, and they reported that more than 16-17 % of participants had been unfaithful to their partners. Additionally, Durex (2005) applied a global survey to more than 317.000 people from 41 different countries and the company stated that it was the largest sex survey on sexual behaviors and attitudes ever. According to the results, 22 % of participants reported extramarital affair and the Turkish participants were at the top of the chart with a percentage of 58.

Turkish Ministry of Family and Social Policies (T.C. Aile ve Sosyal Politikalar Bakanlığı, 2014) conducted a study named “Turkish Family Structure Research” and as a part of the study, participants were asked “What could be the main reason to divorce?” and infidelity was the most rated answer with above the percentage of 90. Similarly, according to another study results of the Turkish Ministry of Family and Social Policies (T.C. Aile ve Sosyal Politikalar Bakanlığı, 2015) in order to specify the reasons for divorce revealed that infidelity is the third most important reason to divorce. More specifically, almost 35 % of the total 410 participants reported that infidelity was the main reason for their divorcement. Akoğlu and Küçükkaragöz (2018) also conducted a case study in a city of Turkey

with a sample of 370 divorced people, and according to the results, 23 % of the participants (29.7 % of women, 14.9 % of men) told that adultery was the reason of their divorce.

Furthermore, The Association of Sexual Health Institution (CİSED, n.d.) applied a survey among 5000 participants (65 % men and 35 % women) and 30 % of those answered “yes” to the question of whether they have ever cheated on their partner. More interestingly, 35 % of the participants surveyed reported that they cheated on their partner at least five times, 10 % of those said that they cheated on between 10-15 times, and 5 % of them told that it was more than 16 times. Additionally, 16 % of the participants stated that their cheating behaviors contained both emotional and sexual infidelity.

As can be seen from the relevant literature, and criticized by researchers (Blow & Hartnett, 2005a; Hertlein et al., 2005; Martins et al., 2016) research studies on infidelity have been focused on mostly married samples (Amato & Previti, 2003; Atkins et al., 2001; Kankaya, 2015; Kubat, 2012; Labrecque & Whisman, 2017; Özcan, 2014; Rusbult, 2007; Sweeney & Horwitz, 2001; Tortamış, 2014).

However, as a pioneer study, Thompson (1984) included non-married cohabitated couples in his study and named behaviors that constitute infidelity as “extradyadic behaviors”. Up until today, a number of research conducted to examine infidelity phenomenon among dating individuals (Barta & Kiene, 2005; Fincham & May, 2017; Guitar et al., 2017; Mark et al., 2011; Mcanulty & Brineman, 2007; Sheppard et al., 1995; Toplu-Demirtaş & Fincham, 2018; Wilson et al., 2011; Yeniçeri & Kökdemir, 2006). Thompson (1984) reported that infidelity in marriage and dating relationships show similarities in many aspects when behaviors, consequences of, and reasons for infidelity are considered. Moreover, it is also stated that infidelity is a serious problem for not only marital but also dating relationships (Drigotas et al., 1999; Hansen, 1987; Lieberman, 1988).

As one of the earliest studies on infidelity among dating university students, Hansen (1987) indicated that 54.4 % of females and 70.9 % of males in a sample of 245 university students reported extradyadic involvements such as kissing, petting, and coitus. In line with these findings, 69 % of 504 university students of Allen and

Baucom's (2004) study reported sexual and romantical unfaithfulness while in a romantic relationship and 35 % of 209 college students from Hall and Fincham's (2009) study told that they engaged emotional and/or physical infidelity. Furthermore, according to one study results which conducted among nearly 17.000 participants (7068 male and 9886 female), who were mostly college students from 53 countries including Turkey, 45 % of female and 63 % of male participants reported that they had sex with someone else than their current partner (Schmitt, 2004). In Turkey, infidelity research across dating samples is quite limited (Toplu-Demirtaş & Fincham, 2018). Yeniçeri and Kökdemir (2006) conducted a study among a total of 404 Turkish university students (227 women and 177 men), and according to the results, almost 20 % of the participants reported at least one unfaithful behavior to their current partner. Nevertheless, Toplu-Demirtaş and Fincham (2018) found relatively lower rates; nearly 14 % of the participants had cheated on their current partners (N = 420; 292 female and 128 male).

To sum up the aforementioned results, infidelity occurred across dating relationships as well as marriages. Atkins et al. (2001) defined infidelity as a problem that common but not well understood, 18 years ago, yet it can be told that this statement is still clearly valid.

### **2.1.2 Intentions and Attitudes towards Infidelity**

Attitudes towards infidelity is about the thoughts and feelings of individuals in terms of infidelity related contexts (Whatley, 2010) and intentions towards infidelity refer to the one's tendency to engaging in infidelity behaviors (Jones et al., 2011). Dursun and Özkan (2019) stated that it is essential to be aware of the relationship between attitudes and intentions in order to gain a deeper understanding of infidelity behavior, since attitudes do not turn into behaviors every time, unlike intentions do (Ajzen & Fishbein, 2005). Ajzen (1991) also underlined that individuals' attitudes is one of the important antecedents of their intentions according to the Theory of Planned Behavior. In line with the information provided by the Theory of Planned Behavior, Toplu-Demirtaş and Fincham (2018) reported

that intentions were used as a mechanism in order to understand the association between attitudes towards infidelity and the reported infidelity that individuals actually engaged. Consistently, several studies indicated that attitudes significantly predicted the intentions of participants towards infidelity (Dursun & Özkan, 2019; Jackman, 2015; Jones et al., 2011; Martins et al., 2016; Toplu-Demirtaş & Fincham, 2018; Wilson et al., 2011). In other words, individuals who show more favorable attitudes towards infidelity report greater intentions towards infidelity.

Sampat (2005) stated that there is a lack of research results in terms of the factor that predict infidelity although related factors with infidelity have been examined for several years. Similarly, Drigotas et al. (1999) also emphasized the scarcity of the prediction studies on infidelity before it actually happens. Additionally, Toplu-Demirtaş and Fincham (2018) indicated that despite their potentially predictive roles, attitudes and intentions towards infidelity were not examined enough.

As can be seen from the relevant literature, attitudes towards infidelity were usually examined in terms of the type of infidelity, whether the emotional or sexual infidelity would make individuals more upset. A wealth of study results reported significant gender differences with men feel more upset towards sexual infidelity whereas women view emotional infidelity as more distressing than men (Buss, Larsen, Western, & Semmelroth, 1992; Buss et al., 1999; Fernandez, Vera-Villarroel, Sierra, & Zubeidat, 2007; Harris, 2002; Harris & Christenfeld, 1996; Levy & Kelly, 2010; Sabini & Green, 2004). Evolutionary psychologists explain these gender differences with a paternal uncertainty. Men give protection and invest many resources for the child, but there is always a doubt that he may not be the real father. However, women are totally sure about having their own child, yet they may lose the resources provided by the partner if he emotionally attached to someone else. Thus, men feel more distressed towards sexual infidelity whereas women found emotional infidelity as more unacceptable (Buss et al., 1992, 1999; Levy & Kelly, 2010; Sagarin, Becker, Guadagno, Wilkinson, & Nicastle, 2012). Another explanation for these gender differences in response to infidelity is Double-Shot Hypothesis proposed by DeSteno and Salovey (1996). They argued that according to

men's point of view, women do not engage in sexual infidelity with a random person without love. On the other hand, women think that men are more likely to have sex with no emotion and if he is in love with someone, sex is already in the scene. For both genders, one type of infidelity is seen as bound with another type, hence the hypothesis is named as "double-shot". Due to these assumptions, women are more bothered by emotional infidelity and men feel more distressed because of sexual infidelity (Becker, Sagarin, Guadagno, Millevoi, & Nicastle, 2004; Harris & Christenfeld, 1996; Knight, 2010; Sabini & Silver, 2005; Whitty & Quigley, 2008).

Previous research studies showed that intentions towards infidelity were examined in terms of the infidelity tendency of individuals. Similar to the studies on attitudes towards infidelity, researchers have been focused on which type of infidelity do men and women more likely to engage. Several study results showed that men were more likely to engaged in sexual or physical infidelity behaviors whereas women involved in more emotional type of infidelity (Atkins et al., 2001; Glass & Wright, 1985; Sagarin, Becker, Guadagno, Nicastle, & Millevoi, 2003; Sheppard et al., 1995). In addition, Barta and Kiene (2005) reported that men compared to women tended to engage in infidelity with sexual motivations.

Although the importance of examining intentions and attitudes in order to predict infidelity behaviors has been highlighted above, it can be seen from the relevant literature that intentions and attitudes towards infidelity are not well examined on a significant and beneficial theoretical ground. Therefore, it is difficult to reach significant comparisons and conclusions due to the lack of findings on the relationship between intentions, attitudes, and infidelity, as stated by Toplu-Demirtaş and Fincham (2018).

### **2.1.3 Related Variables and Findings on Intentions and Attitudes towards Infidelity**

Gender is the most frequently used variable in the research of infidelity behaviors (Atkins et al., 2001). A wealth of study results consistently reported that married men are more likely to engage in infidelity than married women (Allen et



al., 2005; Atkins et al., 2001; Buunk, 1980; Glass & Wright, 1985). Similar results were also found in several studies conducted in Turkey as well (Kankaya, 2015; Kubat, 2012; Tortamış, 2014). A number of research studies were conducted in dating relationships as well in order to examine the intentions towards infidelity or infidelity tendency in other words. Ong et al. (2014) conducted a mixed method study in order to identify the effects of gender and adult attachment styles on infidelity tendency with a sample of 262 young adults (135 female and 127 male). Results indicated that men were found to have a higher tendency than women to engage in all three types of infidelity: emotional, sexual, and combined infidelity. Similarly, Toplu-Demirtaş and Tezer (2013) conducted a scale adaptation study with 291 graduate students (95 male and 196 female) and results showed that men had a higher level of intentions towards infidelity compared to women. On the other hand, Drigotas et al. (1999) stated in their infidelity prediction study using Investment Model that men were less likely to engage in infidelity behaviors than women but they also pointed to the small number of male participants in their study's sample.

Gender is also a significant variable in terms of attitudes towards infidelity and results usually indicated that men have more positive attitudes towards infidelity than women (Tagler & Jeffers, 2013; Toplu-Demirtaş et al., 2014; Whatley, 2010). Toplu-Demirtaş and Fincham (2018) investigated the intentions and attitudes towards infidelity of 420 Turkish college students (292 female and 128 male) in their study and according to the results, men compared to women showed higher intentions and more favorable attitudes towards infidelity. They also noted that attitudes and intentions towards infidelity are strongly correlated with each other. In line with these findings, Jackman (2015) reported that men showed a greater level of infidelity intentions and more accepting attitudes towards infidelity, and attitudes towards infidelity were found to be significantly associated with intentions among 512 individuals (67.7 % of those were female). Consistently, Barta and Kiene (2005) also indicated that more favorable attitudes predicted greater intentions towards infidelity. Furthermore, as one of the earliest studies on attitudes of university students towards infidelity, Lieberman (1988) reported that more than 65 percent of 131 undergraduate students (48 % of them were male) in their study said that extra-

premarital relationships were wrong and unacceptable. Similarly, Sheppard et al. (1995) found among 197 university students (50 male and 147 female) that both marital and dating infidelity were labeled as unacceptable by males and females; however, males tend to be more favorable in the ratings compared to females.

The relationship between educational level and infidelity is not clear (Allen et al., 2005). Some researchers reported that the higher the educational level the more likelihood of engagement in infidelity behaviors (Atkins et al., 2001; Mark et al., 2011; Treas & Giesen, 2000), some others found a relation between lower level of education and infidelity (Whisman & Snyder, 2007), or no significant relationship at all (Allen et al., 2005; Kantarcı, 2009; Kubat, 2012). In addition, Martins et al. (2016) found that women with higher education were almost three times more likely to engage in online sexual infidelity.

Age and the duration of the relationship were also found somehow related to infidelity. Some studies showed that longer duration of the relationship is associated with infidelity (Glass & Wright, 1985; Wiederman, 1997). On the other hand, McAlister et al. (2005) reported that relationship duration did not reveal as a significant predictor of infidelity. Literature provides mixed results in terms of the age variable as well. Although Wiederman and Hurd (1999) indicated that age did not significantly predict the extradyadic involvements and the likelihood of engaging infidelity may occur more frequently among older individuals (Atkins et al., 2001) or younger ones (Mark et al., 2011).

## **2.2 Investment Model**

In this section, the background, explanations, and components of the model and the relevant research findings are presented in detail under three sub-sections.

### **2.2.1 Interdependence Theory: As a Root of Investment Model**

The origins of the Investment Model is rooted in Interdependence Theory of Thibaut and Kelley (1959). Interdependence Theory is one of the most

comprehensive theories which analyzes the interpersonal structures and basically argues that dependence has a central role in the structure by helping to maintain a relationship (Thibaut & Kelley, 1959). On the contrary of most psychological theories that focus on people individually and claim that they behave with the effects of their personalities, unique experiences, or cognitions, Interdependence Theory considers the relationship between individuals as important as individuals themselves (Rusbult, 2007). The theory proposed that two individuals in a relationship are tied to each other in that their emotions, thoughts, and behaviors mutually affect both of their outcomes. Individuals can not usually meet their best outcomes personally, they need to achieve some mutual outcomes and as their relationship develops, they organize their relationship accordingly to gather joint satisfactory outcomes (Regan, 2011).

Individuals have two criteria in order to evaluate their relationship outcomes; comparison level and comparison level for alternatives. *Comparison level* refers to the standards or expectations of individuals for their relationship satisfaction or attractiveness (Kelley & Thibaut, 1978) and is about the cost and rewards that is gathered from the relationship (Rusbult, 1980a). If one has lower outcomes than these standards, he or she feels dissatisfied whereas greater outcomes than comparison level results in satisfaction (Le & Agnew, 2003). In other words, people become more attracted to their relationships as they have higher rewards and lower costs and reduce their expectations (Rusbult, 1980a). *Costs* refer here to the things individual dislikes whether they come from the partner or the relationship itself (e.g., financial responsibilities or arguments), while the *rewards* are the elements that make the individual pleased such as social support or sexuality (Impett et al., 2001). On the other hand, the *comparison level for alternatives* is the evaluations of the available alternatives other than the current relationships and if partners believe that they receive more attractive outcomes from outside of the relationship and their current outcomes stay under the comparison level for alternatives, then the relationship tends to terminate (Kelley & Thibaut, 1978). This concept explains why unsatisfied people persist to continue with their relationship because there are no

other desirable alternatives according to their comparison level for alternatives (Regan, 2011).

*Dependence* is the central concept of the Interdependence Theory in order to understand relationship persistence (Thibaut & Kelley, 1959) and may be defined as “*the degree to which an individual relies on a relationship for the fulfillment of important relationship needs*” (Rusbult & Van Lange, 1996, pp. 569). Interdependence Theory argues that if individuals receive more positive outcomes than their expectations (low comparison level) and consequently feel more satisfied with their relationships, and also have poorer alternatives compared to the current relationship (low comparison level for alternatives), then they will be more dependent and willing to maintain the relationship (Regan, 2011; Rusbult et al., 1998).

To conclude, Interdependence Theory provides significant contributions for understanding relationships in two way. First, it examines satisfaction and relationship maintenance separately and answers the question of how unsatisfied people keep maintaining their relationships. Second, the theory argues that not only the internal reasons between partners but also external factors such as more attractive alternatives or sociocultural influences may affect the outcomes of relationship (Regan, 2011).

### **2.2.2 Components of the Investment Model**

Rusbult's (1980, 1983) Investment Model is based on Interdependence Theory of Thibaut and Kelley (1959) by extending several concepts (such as satisfaction and quality of alternatives) and adding new concepts (such as investment) as well. After her observations of interrelationships, Rusbult (1983) raised an important question: “*Why do some relationships persist over time whereas other ends?*” (p. 101). In other words, Rusbult wondered how come individuals who are satisfied with their relationship decide to terminate the relationship while others who feel less satisfaction still show persistence to stay. Satisfaction obviously cannot be the only determinant that affects the individuals' willingness to continue

their relationship, since there are several examples that satisfied people may want to end their relationship; or conversely, dissatisfied ones persist to stay in their relationship. Thus, Rusbult indicated that in order to understand why some relationships end and others keep continuing, we need to understand individuals' commitment to their relationships (Rusbult, Agnew, & Arriaga, 2011).

Investment Model borrowed several concepts from the terminology of Interdependence Theory and adapted them into itself. Satisfaction was directly taken whereas the term "comparison level" was named as "quality of alternatives" and "dependence" was changed into "commitment" (Dedekorkut, 2015). As an extension of Interdependence Theory, the Investment Model proposed that commitment is influenced by not only higher satisfaction and lower alternative quality but also investment size, as a new factor (Rusbult et al., 2011).

*Commitment*, as the main component of the model, is a tendency to continue a relationship and a psychological attachment to that relationship (Rusbult, 1983). Commitment is the subjective version of dependence which refers to the one's personal feelings and experiences (Agnew, 2009). Commitment may be seen as a kind of allegiance based on the dependence of individuals and it is increased to the extent that individuals' dependence (Rusbult et al., 1998). Commitment has three components namely, emotional (one's feelings of psychological attachment), cognitional (intention to maintain the relationship), and conative (one's long term orientation) components (Agnew, Van Lange, Rusbult, & Langston, 1998).

*Satisfaction* is the attraction to the relationships and positive feelings (Rusbult et al., 1986) and mainly about the degree of the positive effects and the meeting of the one's needs that individual achieved from the relationship such as intimacy, feeling of belonging, and security or sexuality as well (Greene & Britton, 2015). According to the Investment Model, if individuals gather more rewards than costs from the relationship and have outcomes that exceeding their expectations or comparison level, then they feel satisfied in the relationship (Rusbult, 1983). In this point, the model makes a distinction between satisfaction and commitment and commitment is concluded more complex and multi-determinant component because people may be strongly committed to their relationships although they are

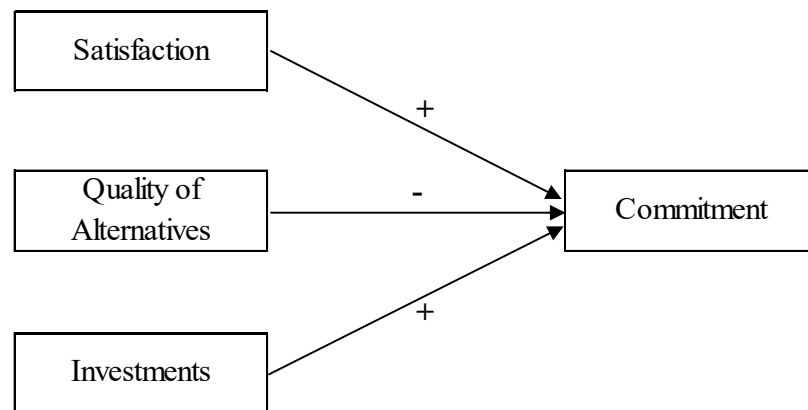
unsatisfied or they may show no commitment even though they feel satisfaction (Duffy & Rusbult, 1986). Thus, commitment is affected not only by the level of one's relationship satisfaction and but also the possible more attractive alternatives than the current relationship (Le & Agnew, 2003).

*Quality of alternatives* is the second important component of the Investment Model. This one refers to desirable alternatives other than the current relationship according to the individuals' perception (Greene & Britton, 2015). These alternatives might be not only a new relationship but also the spare time or spending time with family members or friends (Impett et al., 2001), or even being single as well (van der Wiel et al., 2018). If another option seems to the person as a source of better outcomes, it reduces the likelihood of remaining in the relationship (Dedekorkut, 2015) and decreases the commitment level (Agnew, 2009).

In addition, Rusbult added a new concept of *investment* to the Investment Model. Investment basically refers to, as its name indicates, the size of the resources invested in the relationship (Kurdek, 2008). In other words, it indicates the importance and the amount of the resources that individuals put into their relationship that they would lose them if the relationship was terminated (Rusbult et al., 2011). This resources can be categorized as intrinsic and extrinsic resources. *Extrinsic investments* refer to the external resources that the individual connects them to the relationship in any way (Rusbult, 1980a). A shared house with a partner, social connections, social status, and mutual friends or other shared materials might be examples of this sort of investment. If one believes that the termination of the current relationship would cause the loss of this kind of opportunities, then commitment level raises and the individual becomes less likely to leave this relationship (Rusbult, 1980a). On the other hand, *intrinsic investments* are the resources such as time, effort, or self-disclosure that are directly put into the relationship (Rusbult, 1983). Investment size improves the commitment level of individuals since the resources investing in the relationship increase the costs of the probability of leaving the relationship (Rusbult, 1980a).

To sum up, Investment Model asserts that individuals' commitment to maintain their current relationship is contributed by three factors that are

satisfaction, quality of alternatives, and investment size (Rusbult et al., 1986). These factors influence commitment separately and also collectively (Agnew, 2009). According to the model, relationships tend to continue not only because of the attraction between partners (satisfaction) but also because of lack of more desirable choices (quality of alternatives) and the sources (investments) that they put into the relationships (Rusbult et al., 2011).



*Figure 2.1* Components of the Investment Model

In other words, as illustrated above in Figure 2.1, the more people feel satisfied with their current relationships, the less attractive alternatives they have, and the more they invested resources into the relationship, the higher commitment level they achieve (Vaculík & Jedrzejczyková, 2009).

According to Regan (2011), Investment Model may be considered as the most efficient and modern model to explain the development of relationships. The model offers a beneficial framework in order to understand the fundamentals of commitment and predict one's commitment feelings to someone (Baker et al., 2016). Besides its valid applications in a range of studies with different samples and different topics as mentioned in the following section, the Investment Model was also appropriate in order to predict infidelity (Drigotas, et al., 1999). Drigotas et al., (1999) listed three reasons for the importance of the Investment Model application with the purpose of predicting infidelity. Firstly, the Investment Model successfully

predicted some important subversive behaviors related to the relationships and prediction of infidelity would broaden the interpersonal phenomena that the model efficiently explains. Second, unfaithfulness and engaging in extradyadic behaviors are crucial relationship issues that may result in severe destructive consequences. Third, the model presents specific theoretical backgrounds in order to predict infidelity successfully and the variables of the model are significantly correlated with the infidelity as well. That is, quality of alternatives are positively correlated with the later infidelity whereas the investment size, satisfaction, and commitment level have a negative correlation with the subsequent infidelity.

### **2.2.3 Empirical Evidence for the Investment Model**

A wealth of research results provide evidence for the robustness and validity of the Investment Model for globally with different cultures and societies (Bui et al., 1996; Dillow et al., 2011; Drigotas et al., 1999; Duffy & Rusbult, 1986; Fricker, 2006; Impett et al., 2001; Rusbult, 1980a, 1983; Rusbult et al., 1986; van der Wiel et al., 2018) and in Turkey as well (Akbalık-Doğan, 2010; Aslan-Dölen, 2014; Bilecen, 2007; Büyükaşahin et al., 2005; Büyükaşahin & Hovardaoğlu, 2007; Dedekorkut, 2015; Taluy, 2013). According to a meta-analysis study of Le and Agnew (2003), across 52 studies among 60 different samples containing 11,582 participants, satisfaction, investment, and quality of alternatives were found to be significantly and highly correlated with commitment.

As the creator of the model, Rusbult (1980a) initially conducted two experimental studies in order to test the adequacy of the investment model in dating relationships among 282 university students (a total of 140 males and 142 females). Results provided good support for the generalizability of the model and indicated that there is a positive correlation between satisfaction and commitment as well as investment size and commitment, whereas a negative correlation between the quality of alternatives and commitment. Additionally, Rusbult (1983) designed a longitudinal study in dating relationships to test the model for seven months among 17 female and 17 male university students and the results are consistent and in line



with the proposed model's assumptions. A higher level of satisfaction and investment and lower level of the quality of alternatives increased the level of individuals' commitment to their relationships. Furthermore, Rusbult et al. (1986) tested the Investment Model again among 130 individuals (58 of those were female) who were in dating relationships or married. They also included some demographic variables such as age, education level, income, and duration of relationships in order to make comparisons on the Investment Model components. Results provided that the model was powerful enough to be generalizable across these different groups.

Since the Investment Model was proposed by Rusbult (1980a, 1983) almost 40 years ago, the model has been continuously tested by a range of studies on not only relational but also non-relational contexts and samples. For instance, Peleg-Oren, Macgowan, and Even-Zahav (2007) used the Investment Model in order to examine the commitment level of 178 field instructors who are supervising bachelor degree students in terms of their field education and results indicated that higher level of investment and satisfaction increase field instructors' commitment to the student supervision. Similarly, Rusbult and Farrell (1983) tested the Investment Model for the prediction of job commitment among 88 employees and results revealed a significant relationship between lower quality of alternatives, higher investment, and commitment level of the employees. Gable and Hunting (2001) also examined the organizational commitment of the 46 child caring providers and reported that satisfaction and investment are significantly correlated with organizational commitment. Furthermore, Li and Petrick (2008) conducted a study through the Investment Model perspective in order to investigate the loyalty of customers to brands in a sample of 504 participants (55.8 % of those were male) and results showed that satisfaction and investment were significant predictors of loyalty and they are positively correlated with loyalty whereas the quality of alternatives revealed as a significant negative predictor of loyalty.

Agnew et al. (2007) used the Investment Model in order to examine the opinions of citizens towards the war on terror campaign which refers to the military and government actions against terrorism after September 11 attacks in the USA (N = 285; 203 male and 82 females). Results indicated that commitment was positively

correlated with a higher level of satisfaction and investment and negatively correlated with perceived alternatives, similar to the relational contexts. Similarly, Investment Model significantly predicted the commitment of citizens to the United Nations and NATO (Hoffman et al., 2009).

Gwinn, Lambert, Fincham, and Maner (2013) conducted a study among a total of 365 undergraduate students (80 men and 295 women) in order to determine the relationship between pornography consumption and extradyadic behaviors by using the components of Investment Model. They found a mediating effect of the quality of alternatives in the relationship between pornography use and infidelity, and according to the results, participants who consume pornography were more likely to report engagement of extradyadic behaviors.

The Investment Model was also found to be a significant predictor of friendship commitment. Consistent with the assumptions of Investment Model on romantic relationships, the increment in satisfaction and investment and decrement in the quality of alternatives resulted in a higher level of commitment towards friendship (Rusbult, 1980b). Lin and Rusbult (1995) similarly conducted a cross-sectional study on 285 undergraduate students (157 women, 128 men) from Taiwan and the United States of America and found that satisfaction level and investment size are significantly correlated with commitment level of participants towards their friendship.

Additionally, the model successfully explains the stay or leave behavior of individuals who were in an abusive relationship as well, according to Choice and Lamke (1999). The model provides a significant theoretical ground for explaining the commitment to participating in musical activities (Koslowsky & Kluger, 1986) or sport commitment (Raedeke, 1997; Williams, 2013) as well. Furthermore, Baker et al. (2016) conducted a study in order to examine the Investment Model in terms of human-pet relationships among 184 pet owners and found similar commitment process to romantic relationships; lower level of quality of alternatives and a higher level of satisfaction and investment predict the commitment of owners toward their pets.

The Investment Model has also been applied to different relational and individual characteristics, including sexual orientation (Duffy & Rusbult, 1986; Lehmiller, 2010; Shieh, 2010), cohabitation (Vaculík & Jedrzejczykova, 2009), ethnicity (Davis & Strube, 1993; Kurdek, 2008), abusive relationships (Dedekorkut, 2015; Rusbult & Martz, 1995; Toplu-Demirtaş et al., 2013), familial factors (Weigel et al., 2003), and unprotected intercourse (Starks, Gamarel, & Johnson, 2014).

As one of the most commonly used variable, gender differences have been examined in terms of the components of the Investment Model by numerous of studies. According to the results, women invested more in their relationships (Duffy & Rusbult, 1986; Fitzpatrick & Sollie, 1999; Rusbult et al., 1998), showed higher level of commitment and satisfaction (Fitzpatrick & Sollie, 1999; Rusbult et al., 1998; Sacher & Fine, 1996), and perceived their alternatives less attractive (Davis & Strube, 1993; Fitzpatrick & Sollie, 1999; Floyd & Wasner, 1994) compared to men. According to the Le and Agnew's (2003) meta-analysis study, females felt more satisfied, indicated more investment and commitment in their relationships whereas more positively perceiving alternatives existed for men, similar to the other findings. Rusbult (1983) conducted a longitudinal study among 34 dating university students and reported that a higher level of satisfaction and investment produced a higher level of commitment. Additionally, quality of alternatives was not found a significantly correlated with a commitment level of men whereas the higher quality of alternatives reduced the women's commitment.

On the other hand, there are also some research results reporting no significant gender differences in the Investment Model variables (Impett, et al., 2001; Rusbult, et al., 1986). Similarly, Bui et al. (1996) conducted a 15-year of a longitudinal study to test the Investment Model among 167 dating couples and indicated no significant difference between men and women in terms of satisfaction, investments, quality of alternatives, and commitment. Vaculík and Jedrzejczykova (2009) also found no significant difference between unmarried and cohabitated men and women in terms of their commitment level.

The duration of the relationship is another variable tested on Investment Model variables. Le and Agnew (2003) divided into two categories as less than 18

months and more than 18 months of the relationship duration from 52 studies and reported that commitment did not significantly differ between these two categories of relationship duration. Consistently, Beşikçi (2008) indicated that the duration of relationship was not significantly correlated with commitment level of university students (N = 166; 81 men and 85 women). Kaynak (2014) found that relationship duration had no significant effect on any of the variables on her study. However, Rusbult (1980a, 1983) underlined that longer duration of the relationship, which can be concluded as an important investment into the relationship, increases the level of commitment. It was also found that satisfaction, investment, and commitment significantly increased and quality of alternatives significantly decreased over time in relationships (Rusbult, 1983). Weigel et al. (2003) also reported that the longer duration of relationship the higher level of commitment. Relationship duration also revealed as a significant predictor of satisfaction for women (Bilecen, 2007) and investment in general (Büyükşahin, 2006).

As for age, another demographic variable of this study, Beşikçi (2008) found no significant correlation between age and commitment. According to Dedekorkut (2015), age was significantly correlated only with satisfaction among the components of the Investment Model. Furthermore, Çürükvelioğlu (2012) reported that age, gender, and duration of the relationship were all significant predictors of romantic relationship satisfaction.

Investment Model was also examined among Turkish samples as well. Büyükşahin et al. (2005) carried out a validity and reliability study of the Turkish version of the Investment Model Scale by gathering data from 325 university students (128 men and 196 women) who were in a current romantic relationship. Results approved that the Investment Model scale was valid and reliable for Turkish university students. They also reported that men significantly differed from women only in the quality of alternatives subscale by showing higher attraction towards their alternatives other than the current partners.

Büyükşahin and Hovardaoğlu (2007) examined the Investment Model in terms of several relational variables such as attachment styles and relationship status among 274 university students (157 women and 117 men) by two separate studies.

Firstly, they reported the Investment Model as a valid model to explain commitment in the Turkish cultural context as well. Additionally, results indicated that men had significantly higher scores on quality of alternatives than did women. Several other studies in Turkey also stated that men perceived their alternatives more positively than women (Aslan-Dölen, 2014; Bilecen, 2007; Büyükşahin, 2006; Dedekorkut, 2015; Taluy, 2013) and women were found more committed to their relationships (Akbalık-Doğan, 2010; Dedekorkut, 2015) more satisfied with their relationships (Aslan-Dölen, 2014) and more invested into their relationships (Taluy, 2013) than compared to men. On the other hand, Akbalık-Doğan (2010) and Aslan-Dölen (2014) found that men's investment score was significantly higher than women.

Investment Model was also concluded as an appropriate model for the prediction of dating infidelity. Drigotas et al. (1999) conducted two studies among a total sample of 111 university students (26 male and 85 female) in order to test the effectiveness of the Investment Model and results showed that the commitment level of the individuals successfully predicted later infidelity. The authors also specified according to the results that individuals who felt more satisfied with their current relationship, had low alternatives, had more investments and had a higher level of commitment were less likely to show unfaithfulness to their current partner. In addition, McAlister et al. (2005) carried out a multi-perspective study in order to find out the predictors of the infidelity tendency among 119 dating young adults (43 males and 76 females). They reported that satisfaction and quality of alternatives, as the components of Investment Model, revealed as significant predictors of unfaithfulness. In other words, infidelity tendency was negatively correlated with satisfaction and positively correlated with the quality of alternatives.

Furthermore, Fricker (2006) examined the infidelity prediction by using Investment Model, attachment styles, and love styles among 312 participants (243 women and 69 men) who were in a romantic relationship at that moment. Results revealed that commitment and satisfaction significantly and negatively correlated with infidelity proneness whereas a positive correlation was found between the quality of alternatives and infidelity proneness. Martins et al. (2016) carried out a study to analyze gender-specific relations of extradyadic involvements across dating

relationships in a sample of 783 participants (222 males and 561 females). They reported that individuals who had lower commitment and satisfaction, and perceived greater quality of alternatives were more likely to engage in physical, sexual, and emotional infidelity. In addition, Muezzinoğlu (2014) investigated romantic relationship infidelity in terms of commitment, attachment, and personality traits among 694 university students, 425 of those were female and 269 of those were men, in Turkey. Accordingly, the validness of the Investment Model was approved for Turkish samples again and commitment in romantic relationships was found to be directly related to infidelity.

To conclude, infidelity is a common problem which results in devastating consequences among dating groups as well as married ones. As highlighted before, examining infidelity in dating relationships make significant contributions to individuals due to its parallel structure with the marriage. Investment Model provides a valid theoretical ground for the prediction of individuals' infidelity tendency and attitudes towards unfaithfulness. It was proposed that low satisfaction, low investment size, and more attractive alternatives decreased commitment level of individuals and that led them to be more likely to engage in extradyadic behaviors and report more favorable attitudes towards infidelity. In other words, it is expected that university students' commitment to their current romantic relationships are related to the components of the Investment Model that predicts their attitudes and intentions towards infidelity.

### **2.3 Summary of the Literature Review**

As can be seen from the studies mentioned above, infidelity is a well-known and prevalent problem among dating individuals. However, relevant literature generally focused on married individuals rather than dating ones (Blow & Hartnett, 2005a). Especially in Turkey, studies on infidelity among non-married individuals are scarce in terms of prevalence, reasons, and consequences of infidelity. Previous findings reported significant gender differences in that men are more likely to engage in infidelity and they usually develop more positive attitudes towards

infidelity (Atkins et al., 2001; Jackman, 2015; Toplu-Demirtaş et al., 2014; Toplu-Demirtaş & Fincham, 2018; Whatley, 2010).

Besides, a variety of different issues that the Investment Model successfully explain, the model was also appropriate for prediction of infidelity (Drigotas et al., 1999). The model indicates that individuals develop a higher level of commitment when they feel satisfied with their relationship, invested many sources, and have no more desirable alternatives than their current partner or relationship. In line with these assumptions, commitment, satisfaction, and investment were found to be negatively correlated with infidelity and a positive correlation occurred between the quality of alternatives and infidelity (Drigotas et al., 1999). Some other findings approved the validity of the model in terms of infidelity prediction and reported similar results (Fricker, 2006; Martins et al., 2016; McAlister et al., 2005; Müezzinoğlu, 2014).

Men and women also differed in terms of Investment Model variables. Previous research results showed that women generally reported more commitment, more satisfaction, and greater investment size than men, whereas men compared to women perceived their alternatives as more attractive (Duffy & Rusbult, 1986; Le & Agnew, 2003; Rusbult et al., 1998). Literature provides mixed results about the differences in intentions and attitudes towards infidelity and the Investment Model variables when participants' age, educational level, and relationship duration are considered.

In light of the literature and related research findings that were summarized above, the aim of the present study was to examine the intentions and attitudes of university students with regards to their commitment level, satisfaction, quality of alternatives, and investment size. Accordingly, it was hypothesized that commitment level would predict the intentions and attitudes towards infidelity; that is to say, a higher level of commitment would result in the lower level of likelihood to engage in infidelity and the more negative attitudes towards infidelity.

## **CHAPTER 3**

### **METHOD**

This chapter provides detailed information about the methodology of the present study under seven sections. Firstly, the research design of the study is presented. Sampling procedure and demographic characteristics of the participants are described in the second section. The third section is mainly about the aspects of four instruments that were used to collect the data. In the fourth section, detailed information is given in terms of the process of data collection. Variables related to the study are described in the fifth section. The sixth section reports the data analyses. Finally, limitations of the study are discussed in the seventh section.

#### **3.1 Research Design**

The purpose of the study was to examine to what extent the commitment level of the participants predict their intentions and attitudes towards infidelity with the unique contributions of satisfaction, quality of alternatives, and investment after gender, age, and duration of the relationship variables as demographics were controlled. Thus, correlational design was applied for the current study and convenience sampling was used for gathering data.

Participants in the study were 403 university students from different cities in Turkey. Demographic characteristics of the participants were gathered by using the Personal Information Form (Appendix C). Furthermore, the Relationship Stability Scale (Appendix D), the Intentions towards Infidelity Scale (Appendix E), and the Attitudes towards Infidelity Scale (Appendix F) were used as the instruments of the study. All of the data were collected via an online survey tool by using two criteria which are being a university student and being in a current romantic relationship



more than one month. Descriptive statistics, correlation, MANOVA, t-test, simultaneous multiple regression, and hierarchical multiple regression analyses were conducted to analyze the data.

### **3.2 Participants and Sampling Procedure**

The target population of the present study was Turkish university students who currently were in a romantic relationship. Online data collection was used as the data collection method for this study. All four data collection instruments were prepared by using Survey Monkey ([www.surveymonkey.com](http://www.surveymonkey.com)) as an online survey tool and announced via social media platforms related to university students and mail lists as well. Data were collected by using convenience sampling procedure with two criteria which are being a college student and being in a romantic relationship more than one month.

A total of 605 respondents participated in this study. After data cleaning process completed, 66 individuals were excluded since they provided only demographic informations and did not respond to any of the scales. A total of 23 participants were also excluded due to the inclusion criteria of the present study.

The initial aim of the present study was to provide a comprehensive sample by including non-binary gender, gender orientation, and different types of relationship status other than marriage. Unfortunately, enough participants for each category could not be reached in terms of their representativeness and it was not possible to statistically compare the sub-samples. Thus, 65 participants from the relationship status category (20 of them were married and 45 of them were engaged/fiancée) four individuals (one nonbinary trans, two nonbinary, and one has no gender identity) from the gender category, and 44 individuals (two pansexuals, 29 bisexuals, and 13 gay/lesbian) from the gender orientation category were not included in the further analyses. Finally, the sample of the current study was constituted of 403 Turkish university students who were currently in a dating relationship.

### 3.2.1 Demographic Characteristics of the Participants

Gender, age, education level, gender orientation, relationship and cohabitation status of the participants were presented in Table 3.1. The majority of the participants were female ( $n = 336$ ; 83.4%). The ages of the participants ranged between 18 through 31 ( $M = 21.52$ ,  $SD = 2.34$ ). Most frequently stated ages were 20 ( $n = 81$ ; 20.1%) and 21 ( $n = 73$ ; 18.1%).

Table 3.1

*Demographic and Relational Variables of Participants ( $n = 403$ )*

Variables		<i>n</i>	%
Gender	Female	336	83.4
	Male	64	15.9
	Missing	3	0.7
Education Level	Two Year Degree	34	8.44
	Undergraduate	331	82.14
	Master	35	8.68
	PhD	3	0.74
Gender Orientation	Heterosexual	328	81.39
	Don't Know / Not Sure	28	6.95
	Not Prefer to Say	44	10.92
	Other (Defined by Respondents)	3	0.74
Relationship Status	Dating/Flirting	397	98.5
	Other (Defined by respondents)	6	1.5
Cohabitation	Yes	27	6.7
	No	376	93.3

When the participants' educational level was examined, 331 of them (82.14%) were undergraduate students. Thirty-four participants (8.44%) were in

two-year degree programs while 35 of them (8.68%) were master students, and three participants (0.74%) were Ph.D. students.

In terms of the current location of the participants, the most of them were living in Ankara ( $n = 94$ ; 23.3%) and İstanbul ( $n = 88$ ; 21.8%), as two major metropolitan cities of Turkey. Konya ( $n = 18$ ; 4.5%), İzmir ( $n = 16$ ; 4.0%), and Bursa ( $n = 14$ ; 3.5%) were third, forth, and fifth mostly stated city as the current location respectively. Additionally, at least one individual participated in the study from 63 different cities in Turkey.

Duration of the participants' relationship ranged between one month through nine years ( $M = 22.85$ ,  $SD = 21.63$ , as months). Three hundred and seventy-six of the participants (93.3%) were not currently cohabitated with their partner, whereas 27 of those (6.7%) were living together with their partner. Duration of the cohabitation of these participants ranged between one week through four years ( $M = 11.01$ ,  $SD = 11.84$ , as months).

### **3.3 Data Collection Instruments**

This section provides information about the Personal Information Form, the Relationship Stability Scale, the Attitudes towards Infidelity Scale, and the Intentions towards Infidelity Scale which were used in this present study in order to obtain data.

#### **3.3.1 Personal Information Form**

Personal information form was developed by the researcher in order to collect information for the present study about demographic and relational variables namely age, gender, education level, current location, duration of the current romantic relationship, relationship status, cohabitation status, duration of cohabitation, and gender orientation.

### 3.3.2 Relationship Stability Scale (RSS)

The Investment Model Scale was developed by Rusbult, et al. (1998) in order to measure the quality of alternatives, investment size, and satisfaction which are the predictors of the commitment level of individuals, based on Rusbult's (1980) Investment Model. The original scale contains four dimensions namely, Satisfaction (10 items), Quality of Alternatives (10 items), Investment (10 items) and Commitment (7 items) with a total of 37 items. Commitment subscale includes two reversed items (Item 3: I would not feel very upset if our relationship were to end in the near future and Item 4: It is likely that I will date someone other than my partner within the next year.)

All three other dimensions except Commitment includes both facet items and global items. Facet items are the first five items of the relevant dimensions and responses are gathered through 4-point Likert scale (1 = Don't Agree At All and 4 = Agree Completely) for these items. On the other hand, 9-point Likert scale (1 = Don't Agree At All, and 9 = Agree Completely) was used for the responses of the global items. Rusbult, et al. (1998) indicated that facet items were not analyzed since they were included to the scale for the preparation of the individuals to the global items by activating their minds. Thus, the scale is scored by the mean scores of only global items of each dimension and higher scores for each subscale indicate the higher level of satisfaction, investment, commitment, and quality of alternatives.

In order to evaluate the validity and reliability of the scale, Rusbult, et al. (1998) conducted three studies. According to the results of these studies, the reliability was found  $\alpha = .92$  to  $.95$  for satisfaction,  $\alpha = .82$  to  $.88$  for quality of alternatives,  $\alpha = .82$  to  $.84$  for investment, and  $\alpha = .91$  to  $.95$  for commitment dimensions.

The original scale was translated and adapted into Turkish by et al. (2005) and named as the Relationship Stability Scale. The translation of the scale was done by two social psychologists and one clinical psychologist who were studying relational issues. Researchers conducted the validity and reliability study on 325 university students who were in a current romantic relationship. The Love Attitudes

Scale (LAS) was used for the criterion validity and the correlation coefficient between the subscales was ranged between -.45 and .67. Reliability for the dimensions of the RSS was calculated as  $\alpha = .90$  for Satisfaction,  $\alpha = .84$  for Quality of Alternatives, and  $\alpha = .84$  for Investment. Additionally, split-half scores were found as .84, .71 and .78 for the dimension of Satisfaction, Quality of Alternatives, and Investment, respectively.

After the first study of adaption, the scale was re-reviewed by Büyükşahin and Taluy (2008) and they added the Commitment dimension with seven items in the Relationship Stability Scale. Cronbach's alpha coefficients for internal consistency were computed as .93 for Satisfaction, .83 for Quality of Alternatives, .84 for Investment, and .70 for Commitment.

In addition, for the sample of the present study ( $n = 403$ ) Cronbach's Alpha was computed as .93, .83, .83 and .91 for the subscales of satisfaction, quality of alternatives, investment, and commitment respectively.

### **3.3.3 Intentions towards Infidelity Scale (ITIS)**

This scale was developed by Jones, et al. (2011) in order to predict the individuals' likelihood of being unfaithful to their current relationships. The ITIS is a self-report scale which contains seven items. Only one item (Item 3: How likely would you be to tell a partner if you were unfaithful?) is reversed and responses are gathered through a 7-point Likert scale where 1 stands for "Not at all Likely" and 7 stands for "Extremely Likely". The total score is calculated by the mean of the item scores which may be ranged between 7 to 49. The higher scores indicate a higher level of intentions towards infidelity. Jones et al. (2011) indicated that the Cronbach's alpha internal reliability of the scale was ranged between .70 to .81 across different samples.

The translation and adaption study of the scale into Turkish was conducted by Toplu-Demirtaş and Tezer (2013). They gathered data from 291 undergraduate college students (196 female and 95 male). The results showed that the construct validity of the adapted scale was consistent with the original study. Additionally,

results indicated significant correlations between the ITIS and Big Five Inventory and Infidelity Questionnaire, in terms of concurrent validity of the scale. Moreover, reliability studies revealed that the Cronbach's alpha coefficients for internal consistency was .82, and the test-retest reliability coefficients were found to be .85. Additionally, reliability analysis indicated that Cronbach's Alpha for this current study ( $n = 403$ ) was .75.

### **3.3.4 Attitudes towards Infidelity Scale (ATIS)**

The Attitudes towards Infidelity Scale was developed by Whatley (2010) in order to identify the feelings and thoughts of individuals about the issues related to infidelity. ATIS contains 12 items on a 7-point Likert scale (1 = Strongly Disagree and 7 = Strongly Agree). Six of the items which are Item 2 (Infidelity in a marital relationship is grounds for divorce.), Item 5 (Online/Internet behavior, for example, visiting sex chat rooms, porn sites, is an act of infidelity.), Item 6 (Infidelity is morally wrong in all circumstances, regardless of the situation.), Item 7 (Being unfaithful in a relationship is one of the most dishonorable things a person can do.), Item 8 (Infidelity is unacceptable under any circumstances if the couple is married.), and Item 12 (If I knew my significant other was guilty of infidelity, I would confront him/her.) should be coded reversely.

The total score is computed between the lowest point score 12 to the highest score of 84, with the meaning of the higher total score participants get, the more favorable attitudes towards infidelity they have. Additionally, 48 points as the midpoint score of the scale indicate that the respondent stands between being very accepting and very disapproving of infidelity.

The reliability and validity study of the original scale was established using a sample of 150 male and 136 female college students. According to the results, the internal consistency of the scale was computed as  $\alpha = .80$  (Whatley, 2010). Toplu-Demirtaş, et al. (2014) adapted the scale into Turkish with a sample of 501 college students (158 male and 343 female). Results indicated that the Cronbach's Alpha coefficient was found .80 for the internal consistency of the adapted scale.

Additionally, results provided several significant correlations between the ATIS and the Intentions Towards Infidelity Scale (Jones, et al., 2011) and the Infidelity Scale (Yeniçeri & Kökdemir, 2006) in terms of the convergent validity of the scale. In addition, the Cronbach's Alpha in the current study was computed as .66.

### **3.4 Data Collection Procedure**

First, permission to conduct the present study was obtained from the Human Subjects Ethics Committee of the Middle East Technical University (see Appendix A). After getting ethical permission, the researcher began to collect the data by using an online survey between June 2018 and January 2019. Participants were given detailed information about the study itself and the purpose of the study before collecting the data and they were asked to participate in the study voluntarily. Participants were also reassured about privacy and informed that they could stop answering at any time if they felt uncomfortable because of the questions or anything else. If participants did not have a current romantic relationship, the online survey tool automatically blocked them to continue and respond to the following items after the Personal Information Form.

### **3.5 Description of Variables**

Satisfaction refers to the mean scores as measured by Satisfaction Subscale of the Relationship Stability Scale.

Quality of Alternatives refers to the mean scores the participants get from the relevant subscale of the Relationship Stability Scale.

Investment refers to the mean scores gathering from the Investment subscale of the Relationship Stability Scale.

Commitment refers to the mean scores as measured by Commitment subscale of the Relationship Stability Scale.

Attitudes towards Infidelity indicates the mean scores obtained from the Attitudes towards Infidelity Scale.

Intentions towards Infidelity refers to the sum of scores as measured by the Attitudes towards Infidelity Scale.

Age indicates participants' age as a continuous variable.

Gender indicates in which gender one feels and want to be seen by others that are not only about body and sex but also includes psychological and social aspects (Kaos GL Derneği, 2018). In the data collection process this categorical variable included female, male, nonbinary, nonbinary trans, and has no gender identity alternatives. Nevertheless, for the regression analyses, it was dummy coded as 0 = female, and 1 = male.

Duration of relationship indicates the duration of participants' current romantic relationship as a continuous variable. It was measured in months.

### **3.6 Data Analyses**

A number of steps were followed in order to analyze the main data of the present study. Firstly, the data screening process was completed to ensure that the data were clean and ready for further analysis. Additionally, a number of items were reversely coded and assumption checking were performed. Then, descriptive statistics were conducted to summarize the data of the current study. Correlational analyses were utilized and a simultaneous multiple regression analysis was used in order to examine the robustness of Investment Model for the sample of the present study.

Moreover, a one-way Multivariate Analysis of Variance (MANOVA) was run in order to find out whether satisfaction, investment, quality of alternatives, and commitment were different in terms of gender. In addition, two separate independent samples t-tests were utilized for gender differences in terms of intentions and attitudes of participants. Furthermore, two separate hierarchical multiple regression analyses were carried out in order to examine to what extent the commitment level of individuals predict their intentions and attitudes towards infidelity after controlling for demographics and the Investment Model components. The statistical significance criteria were set as an alpha level of .05 for the analyses



of the present study and all the analyses were conducted by using IBM Statistical Package for the Social Sciences (SPSS) version 25.

### **3.7 Limitations of the Study**

Convenience sampling method was one of the limitations of the present study because of the lack of the generalizability of the results to all the Turkish university students. Although the sample of the study consisted of participants from 63 different cities of Turkey, most of the cities could not be represented since most of the participants were from İstanbul and Ankara.

Since the instruments used in this study were based on self-reports of respondents, this can be concluded as another limitation for the study. Infidelity, when considered its sensitive nature, may influence the honesty of the respondents because of the social desirability bias. Drigotas and Barta (2001) noted that using self-report measurements is one of the most cited criticisms for infidelity studies. Nevertheless, Pealer, Weiler, Pigg, Miller, and Dorman (2001) indicated that internet-based surveys reduced this social desirability bias and made participants feel more comfortable about answering sensitive questions such as sexuality. On the other hand, online surveys have some disadvantages as well such as lower response rates than paper based surveys (Kongsved, Basnov, Holm-Christensen, & Hjollund, 2007) or the difficulties in order to understand some of the statements or terms due to the lack of the interviewer for the further explanations (Heiervang & Goodman, 2011). Thus, using an online survey tool may be the reason for the lower results of internal consistency of the scales used in the present study than compared to the original and adaptation versions of the scales.

Additionally, assessment and the conceptualization of infidelity may be considered as an another limitation of the study. As mentioned earlier, infidelity is mainly about the breaking of the agreed rules between partners and may differ from one relationship to another. Thus, some of the extradyadic behaviors or situations indicated by the scales that were used in the present study may not be regarded as infidelity by some of the participants. Martins et al. (2016) explain the difficulties in

defining infidelity especially on dating relationships with the lack of clear lines for the exclusivity as in marriages.

The imbalance between the number of participants in terms of the demographic and relational variables such as gender, gender orientation, relationship status, and cohabitation might be considered another limitation of the study. Possible reasons for this distribution may be the unwillingness of male participants and negative social pressure on non-heterosexual individuals. The negative attitudes towards non-marital relationships and cohabitation before marriage may be another reason the difficulties of gathering information from cohabitated and/or dating individuals.

Finally, this study was conducted as a correlational study. Correlational research includes only observing the relationship between at least two variables without any manipulation (Fraenkel, Wallen, & Hyun, 2012). Thus, it is not possible to interpret causality from the results of the present study.

## **CHAPTER 4**

### **RESULTS**

This chapter presents the results of the study and consists of four sections. Firstly, preliminary analyses are presented in detail and psychometric properties of the criterion and predictor variables are displayed. Bivariate correlational analysis results between demographic and relational variables and between criterion and predictor variables of the study are represented in the second section. Third section provides one-way MANOVA and t-test results in terms of gender comparison of the variables. Then, simultaneous multiple regression analysis utilized for the Investment Model is presented in the fourth section. Last two sections report the assumption check of hierarchical multiple regression analysis and the results of two separate hierarchical multiple regression analyses to explore how well commitment predicts attitudes and intentions towards infidelity with the unique contributions of other Investment Model variables after the effects of demographic and relational variables were controlled.

#### **4.1 Preliminary Analyses of the Study**

Firstly, the data were checked in terms of possible entering mistakes and the data screening process was completed in order to verify the accuracy of the data. Additionally, frequencies of the variables, minimum and maximum values, and ranges of the variables were controlled with the aim to determine whether any mistakes occurred.

Secondly, two items for Commitment subscale of the Relationship Stability Scale (Item 3 and Item 4), one item for the Intentions towards Infidelity Scale (Item

3) and six items for the Attitudes towards Infidelity Scale (Item 2, Item 5, Item 6, Item 7, Item 8, Item 12) were reverse coded.

Before conducting any statistical analysis, four participants from the gender category and 44 participants from the sexual orientation category were excluded from the data as explained in Chapter III. Thus, further analyses were carried out among only binary gender (male/female) and heterosexual participants who were in a current relationship.

Table 4.1

*Descriptive Statistics of the Criterion and Predictor Variables*

Variable	<i>N</i>	<i>Mean</i>	<i>SD</i>	Potential Range	Actual Range	Skewness	Kurtosis
Satisfaction	403	6.86	1.79	1-9	1.00-9.00	-1.02	.51
Quality of Alternatives	403	4.26	2.08	1-9	1.00-9.00	.27	-.79
Investment	403	4.74	2.03	1-9	1.00-9.00	.11	-.85
Commitment	403	7.63	1.70	1-9	1.29-9.00	-1.56	2.01
Intent. towards Infidelity	403	2.15	1.06	1-7	1.00-6.57	1.26	1.38
Attit. towards Infidelity	403	1.58	0.61	1-7	1.00-4.08	1.50	2.38

As shown in Table 4.1, no extreme kurtosis and skewness values were observed since all of the values ranged between -3 and +3 (Kline, 2011). According to Kolmogorov-Smirnov and Shapiro-Wilk Tests of Normality results, all variables violated the assumption of normal distribution ( $p = .000$ ). Histograms, Normal Q-Q Plots, and Detrended Normal Q-Q Plots were also displayed in Appendix H. However, Pallant (2016) noted that this violation commonly occurs in measurements of the social sciences and it does not indicate a serious problem. It should also be taken into consideration that individuals in a current romantic relationship, which

constitute the sample of the present study, often tend to gather higher scores on such scales as satisfaction or commitment and lower scores on the scales that measure the likelihood of infidelity through intentions or attitudes. Thus, it is quite expected that these kinds of scales show skewed distributions. Although some researchers suggest data transformation when normal distribution cannot be observed, it is not commonly recommended by many others due to the difficulty of interpretation and discussion of the transformed results (Ribeiro-Oliveira, Santana, Pereira, & Santos, 2018; Tabachnick & Fidell, 2007). In addition, Meyers, Gamst, and Guarino (2006) stated that data transformation is a “*double-edged sword*” because of the intense problems in data interpretation (pp. 71).

#### **4.2 Bivariate Correlations among Variables**

Pearson Product Moment Correlations Coefficients between the criterion and predictor variables were presented in Table 4.2. All of the Investment Model variables were found significantly correlated with each other. Satisfaction was positively correlated with investment ( $r = .19, p < .01$ ) and negatively correlated with quality of alternatives ( $r = -.24, p < .01$ ). There was also a significant negative correlation between investment and quality of alternatives ( $r = -.24, p < .01$ ). Moreover, satisfaction and investment were positively correlated with commitment ( $r = .55$  and  $r = .42$ , respectively,  $p < .01$ ) while a negative correlation was revealed between the quality of alternatives and commitment ( $r = -.43, p < .01$ ).

Age was significantly and positively correlated with quality of alternatives ( $r = .12, p < .05$ ) and negatively correlated with investment ( $r = -.11, p < .01$ ). Additionally, results indicated a significant positive correlation between duration of relationship and investment ( $r = .19, p < .01$ ) and commitment ( $r = .13, p < .05$ ).

Satisfaction ( $r = -.27, p < .01$ ), investment ( $r = -.11, p < .05$ ), and commitment ( $r = -.40, p < .01$ ) were found to be significantly and negatively correlated with the criterion variable of intentions towards infidelity whereas a significant positive correlation revealed between quality of alternatives and intentions towards infidelity ( $r = .48, p < .01$ ).

Table 4.2

*Bivariate Correlations Between Criterion and Predictor Variables (n = 403)*

Variables	1	2	3	4	5	6	7	8
1. Age	-	.23**	-.08	.12*	-.11*	-.01	.03	.03
2. Duration of Relationship		-	.07	-.06	.19**	.13*	-.01	-.02
3. Satisfaction			-	-.24**	.19**	.55**	-.27**	-.09
4. Quality of Alternatives				-	-.24**	-.43**	.48**	.29**
5. Investment					-	.42**	-.11*	-.09
6. Commitment						-	-.40**	-.28**
7. Intent. towards Infidelity							-	.41**
8. Attit. towards Infidelity								-

Note. \* $p < .05$ , \*\* $p < .01$

On the other hand, attitudes towards infidelity were negatively correlated with commitment ( $r = -.28$ ,  $p < .01$ ) and positively correlated with quality of alternatives ( $r = .29$ ,  $p < .01$ ). Lastly, a significant and positive correlation observed between attitudes and intentions towards infidelity ( $r = .41$ ,  $p < .01$ ).

### 4.3 Results Regarding Gender Differences

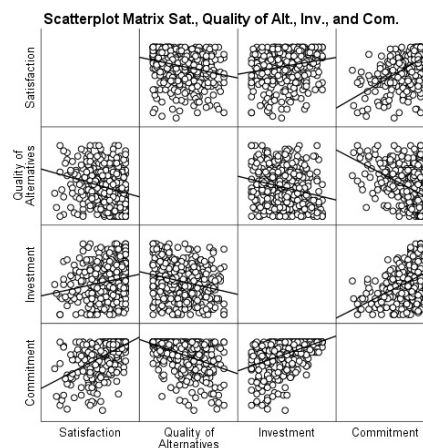
A one-way Multivariate Analysis of Variance (MANOVA) and two separate independent samples t-test were run in order to find out whether satisfaction, investment, quality of alternatives, attitudes, and intentions of participants towards infidelity were different in terms of gender (i.e., RQ1).

#### 4.3.1 MANOVA Results for Gender Comparison

A one-way between groups MANOVA was utilized to examine gender differences in Investment Model variables, namely satisfaction, investment, quality

of alternatives, and commitment. MANOVA is an appropriate method for measuring more than one dependent variables which are moderately correlated with each other by analyzing the variables simultaneously in order to avoid type-1 error (Meyers et al., 2006).

The assumptions of MANOVA listed as sample size, normality, univariate and multivariate outliers, linearity, multicollinearity, singularity, homogeneity of variance and covariance matrices (Pallant, 2016). As for normality and outliers, histograms, 5 % Trimmed Means, and Mahalanobis Distances were controlled and there were no important violation of these assumptions. Pallant (2016) suggested that there should be more participants in each cell than the number of dependent variables that used in the analyses, hence the assumption of sample size was already met with the 403 of total sample size. Linearity assumption was checked by Scatterplot matrix which showed any important non-linearity of the variables (see Figure 4.1).



*Figure 4.1* Scatterplot Matrix of the Variables

There was also no evidence for multicollinearity and singularity according to the bivariate correlation of the variables (see Table 4.2). Lastly, Box's M Test of Equality of Covariance Matrices indicated no violation of the homogeneity of

variance and covariance matrices [Box's  $M = 18.11$ ,  $F(10, 55878.362) = 1.77$ ,  $p = .06$ ].

MANOVA results revealed a significant difference between males and females, Wilks'  $\lambda = .95$ ,  $F(4, 395) = 5.34$ ,  $p < .001$ , partial  $\eta^2 = .05$ . In this point, the criterion of Pillai's Trace was seen as more robust when the group sizes were unequal (as cited in Tabachnick & Fidell, 2007). The results were also found to be significant with this criterion, Pillai's Trace = .05,  $F(4, 395) = 5.34$ ,  $p < .001$ , partial  $\eta^2 = .05$ . Levene's test results were presented below in Table 4.3.

Table 4.3

*Levene's Test of Equality of Error Variances*

	F	df1	df2	Sig
Satisfaction	10.51	1	398	.001
Quality of Alternatives	1.69	1	398	.194
Investment	.24	1	398	.628
Commitment	.09	1	398	.771

According to the results, the assumption of variance equality was violated only for the satisfaction variable. Tabachnick and Fidell (2007) suggest using more strict alpha level such as .025 instead of commonly used level of .05 for the interpretation of further univariate test results in case of the violation of this assumption.

Before interpreting the results of univariate analyses of variance, a Bonferroni adjustment was applied, and the alpha level was set as .013 by dividing the value of 0.5 by the number of 4 dependent variables. According to the results, there were no significant differences between males and females on their level of satisfaction, quality of alternatives, investment, and commitment (see Table 4.4 below).



Table 4.4

*Means, Standard Deviations and Univariate Test Results for Gender*

	Gender	N	M	SD	ANOVA		
					Type III		
					SS	F	Sig
Satisfaction	Female	336	6.76	1.85	19.76	6.24	.013
	Male	64	7.37	1.35			
Quality of Alternatives	Female	336	4.13	2.09	25.34	5.97	.015
	Male	64	4.82	1.88			
Investment	Female	336	4.68	2.03	10.71	2.60	.108
	Male	64	5.13	2.04			
Commitment	Female	336	7.63	1.72	.01	.003	.954
	Male	64	7.64	1.66			

#### 4.3.2 t-test Results for Gender Comparison

Two separate independent-samples t-test were conducted to examine gender differences in attitudes and intentions towards infidelity. Before carrying out the analyses, the assumption of homogeneity of variances was checked by using Levene's tests for Equality of Variances. Since the results of the test provided significant p values ( $p < .05$ ), the homogeneity of variance assumption was violated for both intentions towards infidelity and attitudes towards infidelity. Accordingly, t-test results in terms of the values of "equal variances not assumed" provided by SPSS were displayed in Table 4.5.

According to the two separate independent-samples t-test results, males ( $M = 2.46$ ,  $SD = 1.32$ ) showed significantly higher intentions towards infidelity than did females ( $M = 2.09$ ,  $SD = 1.01$ );  $t(77.525) = -2.11$ ,  $p < .05$ , two-tailed. Additionally, males ( $M = 1.82$ ,  $SD = 0.75$ ) reported significantly more positive attitudes towards infidelity than females ( $M = 1.54$ ,  $SD = 0.57$ );  $t(77.234) = -2.85$ ,  $p < .05$ , two-tailed. However, both of the results indicated only small effect size ( $\eta^2 = .05$  for intentions

towards infidelity and  $\eta^2 = .10$  for attitudes towards infidelity) according to Cohen's (1988) criteria (.20 = small effect; .50 = moderate effect; .80 = large effect).

Table 4.5

*Independent-samples t-test Results for Gender*

	Gender	N	M	SD	df	t	p
Intentions	Female	336	2.09	1.01	77.525	-2.113*	0.038
towards Infidelity	Male	64	2.46	1.32			
Attitudes	Female	336	1.54	0.57	77.234	-2.852*	0.006
towards Infidelity	Male	64	1.82	0.75			

Note. \* $p < .05$

#### 4.4 Results Regarding Simultaneous Multiple Regression Analysis

Simultaneous multiple regression analysis was carried out in order to examine whether the three variables (satisfaction, quality of alternatives, and investment) successfully predict the commitment level of individuals (i.e., RQ2). Before conducting the main analysis, assumptions check, namely, outliers, multicollinearity and singularity, linearity, normality, homoscedasticity, and independence of residuals were checked and validated.

Results showed that all of the variables were found to be significantly related in the predicted directions. As shown in Table 4.6, results revealed that 46.5 % of the variance in commitment was significantly explained by the three components of Investment Model, namely satisfaction, quality of alternatives, and investment,  $R^2 = .465$ ,  $F_{(3-399)} = 115.57$ ,  $p < .01$ . Pallant (2016) indicated that the unique effect of each predictor variable is examined by squaring the value of Part Correlations Coefficient. Accordingly, satisfaction, quality of alternatives, and investment separately explained 17 %, 6 %, and 7 % of the variance in commitment, respectively.

Table 4.6

*Simultaneous Multiple Regression Analysis Results for the Investment Model Variables Predicting Commitment*

Variable	B	SE	$\beta$	t	p	Correlations			R <sup>2</sup>	Adjusted R <sup>2</sup>
						Zero-order	Partial	Part		
Model 1									.465*	.461
(Constant)	4.58	.34		13.36	.000					
Satisfaction	.41	.04	.43	11.35	.000	.55	.49	.42		
Quality of Alternatives	-.21	.03	-.26	-6.61	.000	-.43	-.31	-.24		
Investment	.23	.03	.28	7.34	.000	.42	.35	.27		

Note. \* $p < .01$

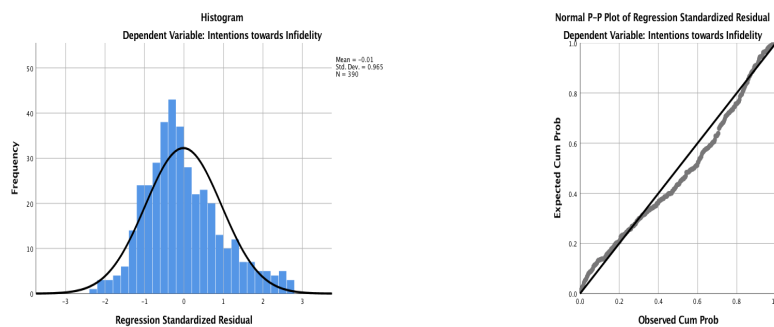
Standardized coefficient values showed that satisfaction was the strongest predictor of commitment ( $\beta = .43, p < .01$ ). There was also a significant negative association between quality of alternatives and commitment ( $\beta = -.26, p < .01$ ) and a significant positive relation between investment and commitment ( $\beta = .28, p < .01$ ).

#### 4.5 Assumption Check of Hierarchical Multiple Regression Analysis

Hierarchical regression analysis requires a number of assumption checks which are sample size, outliers, multicollinearity and singularity of the independent variables, normality, linearity, homoscedasticity, and independence of residuals (Pallant, 2016). Before performing the regression analysis on attitudes and intentions of university students towards infidelity, these assumptions were examined in order to assure that the data were accurate for the analyses.

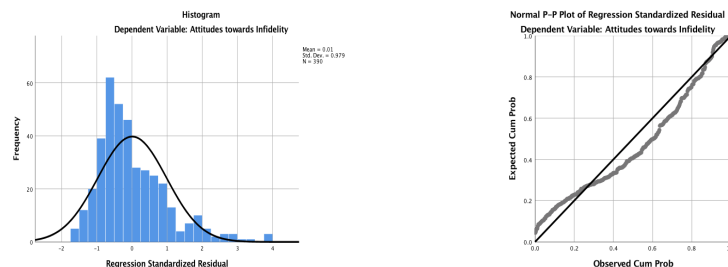
To begin with, Tabachnick and Fidell (2007) recommends a formula as  $N \geq 50 + 8m$  ( $m$  refers to the number of independent variables) in order to calculate the appropriate sample size. Thus, the sample size of the present study should be at least 106 with seven independent variables. A total of 403 participants in this study met this assumption.

All of the predictor variables (satisfaction, quality of alternatives, investment, commitment, duration of the relationship, age) and the criterion variable (intentions towards infidelity, attitudes towards infidelity) were continuous and quantitative. Additionally, the gender variable was dummy coded (0 = female, and 1 = male) before entering the model as a predictor variable.



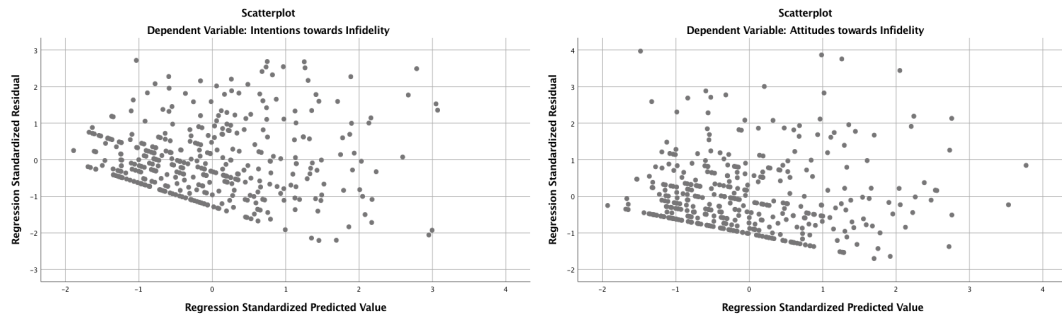
*Figure 4.2* The Histogram and Normal P-P Plot of Regression Standardized Residual for Intentions towards Infidelity

The assumption of the normality of residuals examined by checking the normal P-P plot of regression standardized residual and histogram. Accordingly, both of them do not indicate a serious problem in terms of normality as seen below in Figure 4.2 and Figure 4.3 for two dependent variables; attitudes towards infidelity and intentions towards infidelity.



*Figure 4.3* The Histogram and Normal P-P Plot of Regression Standardized Residual for Attitudes towards Infidelity

Scatter plot of regression standardized predicted value was examined for the homoscedasticity assumption. Figure 4.4 showed that there was no apparent evidence of homoscedasticity in the scatter plots. Thus, the homoscedasticity assumption is validated.



*Figure 4.4* Scatterplot of Regression Standardized Rredicted Value for Intentions towards Infidelity (left) and Attitudes towards Infidelity (right)

To examine the assumption of independence of errors, Durbin-Watson coefficient test was performed. According to Tabachnick and Fidell (2007), the value of the Durbin-Watson test results should be ranged between 1.5 and 2.5 for meeting this assumption. The value was computed as 1.303 for intentions towards infidelity and 1.578 for attitudes towards infidelity which indicates no serious violation of the assumption of independence of errors.

The outliers can be examined by using Scatterplots and checking Mahalanobis and Cook's distances provided by SPSS. Mahalanobis distances were controlled by using the relevant critical chi-square value in terms of the degrees of freedom which come from the number of the independent variables of the study (Pallant, 2016). Outliers appeared when standardized residual values were not between -3.3 and 3.3 and critical value of chi-square is 24.32 with  $df = 7$  and  $p < .001$  (Tabachnick & Fidell, 2007) for this study that contains seven independent variables; namely age, gender, duration of relationship, satisfaction, quality of alternatives, investment, and commitment. Additionally, the value of Cook's distance should be less than 1 (Cook & Weisberg, 1982). Accordingly, Mahalanobis

and Cook's distances were detected as 24.35 and .04 respectively, indicating no major problems for the present study although several outliers can be seen from the scatterplots in Figure 4.4.

Finally, variance influence factor (VIF) and tolerance values were examined to see whether any multicollinearity occurred. If bivariate correlations between independent variables revealed not higher than .80 (Field, 2017) and additionally, lower than 10 of VIF values and greater than .10 of tolerance values (Pallant, 2016) were obtained, it indicates no multicollinearity and singularity among the independent variables. Montgomery, Peck, and Vining (2012) noted that VIF values higher than five might be an indication of multicollinearity as well. According to the bivariate correlation and collinearity statistics results provided by SPSS, the highest correlation between variables was found .549, VIF values ranged between 1.009 and 1.906, and the lowest tolerance value was calculated as .525 for the present study. Therefore the absence of multicollinearity assumption was validated.

## **4.6 Hierarchical Multiple Regression Analyses Results**

Two separate hierarchical multiple regressions were performed as the main analyses of the present study, in order to examine whether the commitment level of individuals significantly predicts their intentions and attitudes towards infidelity with the unique contribution of satisfaction, investment size, and quality of alternatives, after controlling for the effects of age, gender, and the duration of the relationship (i.e., RQ3 & RQ4).

### **4.6.1 Intentions towards Infidelity**

In the hierarchical regression, researchers should decide to the order of the entering for the variables into the model based on their theoretical backgrounds and previous findings from the relevant literature (Field, 2017; Pallant, 2016; Tabachnick & Fidell, 2007). Thus, the duration of the relationship, age, and gender (as dummy coded) were entered into the analysis as model 1 with the aim of

controlling the effects of these demographic variables for the prediction of intentions towards infidelity. Model 1 explained 1.6 % of the variance in intentions towards infidelity; however, the result was not significant,  $F_{(3, 386)} = 2.12, p > .05$ . In the second step, Investment Model variables, namely satisfaction, quality of alternatives, and investment were added to the model to find out their unique contributions to the model since they found to be the significant predictors of commitment (see Table 4.6) and the total variance significantly explained in the intentions towards infidelity by the model 2 was computed as 26.6 %;  $F_{(6, 383)} = 23.32, p < .01$ . These three components of the Investment Model explained an additional 25 % of the variance in the intentions towards infidelity, after the effects of age, gender and duration of relationship demographics were controlled,  $R^2$  change = .25,  $F$  change (3, 383) = 43.45,  $p < .01$ .

Finally, commitment was entered into the model in the third step in order to find out how well university students' commitment to their relationship predicts their intentions towards infidelity with the unique contributions of the Investment Model variables (satisfaction, quality of alternatives, investment) after the demographics (age, gender, duration of relationship) were controlled. Model 3 as a whole model of the analysis explained almost 30 % of the variance in the intentions of university students towards infidelity,  $F_{(7, 382)} = 22.81, p < .01$  and commitment uniquely explained additional 2.9 % of the variance in intentions towards infidelity. Summary of the results of hierarchical regression analysis is presented below in Table 4.7.

As shown in Table 4.7, only gender was a significant predictor of the intentions towards infidelity ( $\beta = .12, p < .05$ ), in Model 1. Satisfaction ( $\beta = -.19, p < .01$ ) and quality of alternatives ( $\beta = .43, p < .01$ ) and gender ( $\beta = .09, p < .05$ ) significantly predicted the intentions towards infidelity while investment ( $\beta = .02, p > .05$ ) did not emerge as a significant predictor in Model 2. Additionally, it can be seen from Table 4.7 that quality of alternatives was the strongest predictor of intentions towards infidelity in Model 2. In the final model, only commitment ( $\beta = -.23, p < .01$ ) and quality of alternatives ( $\beta = .37, p < .01$ ) were revealed as significant predictors of intentions of university students towards infidelity.

Table 4.7

*The Model Summary of Hierarchical Regression Analysis Results for Variables Predicting Intentions towards Infidelity*

Variable	<i>B</i>	<i>SE</i>	$\beta$	<i>t</i>	<i>R</i> <sup>2</sup>	$\Delta R^2$	<i>Adjusted R</i> <sup>2</sup>
<i>Model 1</i>					.016	.016	.009
(Constant)	1.55	.52		3.01*			
Gender	.35	.15	.12	2.43**			
Age	.01	.02	.02	.43			
Duration of Relationship	-.001	.003	-.03	-.50			
<i>Model 2</i>					.266*	.250	.255
(Constant)	2.10	.52		4.04*			
Gender	.26	.13	.09	2.04**			
Age	-.02	.02	-.05	-1.15			
Duration of Relationship	.001	.002	.03	.63			
Satisfaction	-.11	.03	-.19	-4.03*			
Quality of Alternatives	.22	.02	.43	9.23*			
Investment	.01	.02	.02	.33			
<i>Model 3</i>					.295*	.029	.282
(Constant)	2.58	.53		4.91*			
Gender	.23	.13	.08	1.83			
Age	-.01	.02	-.03	-.68			
Duration of Relationship	.002	.002	.03	.68			
Satisfaction	-.05	.03	-.08	-1.57			
Quality of Alternatives	.19	.03	.37	7.71*			
Investment	.04	.03	.08	1.70			
Commitment	-.15	.04	-.23	-3.95*			

Note. \* $p < .01$ , \*\* $p < .05$

#### 4.6.2 Attitudes towards Infidelity

In order to test to what extent the commitment level of participants predicts their attitudes towards infidelity, the same procedure with the previous analysis of intentions towards infidelity was followed.



Summary of the results of hierarchical regression analysis is presented in Table 4.8. In the first step, gender, age, and duration of the relationship were added into the model to control the effects of them. Model 1 significantly explained 2.7 % of the variance in attitudes towards infidelity,  $F_{(3, 386)} = 3.62, p < .05$ . Satisfaction, quality of alternatives, and investment were entered into the model in the second step. This model significantly explained 10.3 % of the total variance,  $F_{(6, 383)} = 7.37, p < .01$ . After the effects of three demographic variables were controlled, the three components of the Investment Model explained 7.6 % of additional variance in the attitudes towards infidelity,  $R^2 \text{ change} = .076, F \text{ change} (3, 383) = 10.84, p < .01$ .

In the final step, commitment was added into the model in order to find out how well university students' commitment to their relationship predict their attitudes towards infidelity with the unique contributions of Investment Model variables and after the demographics were controlled, and the whole model explained together 14 % of the variance in the attitudes towards infidelity significantly,  $F_{(7, 382)} = 8.85, p < .01$ . Commitment revealed a 3.6 % of unique explanation in the variance of the attitudes towards infidelity,  $R^2 \text{ change} = .036, F \text{ change} (1, 382) = 16.04, p < .01$ .

As can be seen from Table 4.8, attitudes towards infidelity was significantly predicted by only gender ( $\beta = .16, p < .05$ ) in model 1. Despite the previous findings of this present study on intentions towards infidelity, only gender ( $\beta = .14, p < .05$ ) and quality of alternatives ( $\beta = .26, p < .001$ ) emerged as a significant predictor while satisfaction ( $\beta = -.03, p > .05$ ) and investment ( $\beta = -.04, p > .05$ ) did not significantly predict the attitudes towards infidelity. Finally, in model 3, commitment was found as a significant predictor ( $\beta = -.26, p < .001$ ) of attitudes towards infidelity and explained uniquely 3.6 % of the variance in attitudes. In addition, gender ( $\beta = .13, p < .05$ ) and quality of alternatives ( $\beta = .19, p < .001$ ) also significantly predicted the attitudes towards infidelity

Table 4.8.

*The Model Summary of Hierarchical Regression Analysis Results for Variables Predicting Attitudes Towards Infidelity*

Variable	<i>B</i>	<i>SE</i>	$\beta$	<i>t</i>	<i>R</i> <sup>2</sup>	$\Delta R^2$	<i>Adjusted R</i> <sup>2</sup>
<i>Model 1</i>					.027**	.027	.020
(Constant)	1.18	.29		4.05*			
Gender	.27	.08	.16	3.23**			
Age	.005	.01	.02	.37			
Duration of Relationship	-.001	.001	-.03	-.55			
<i>Model 2</i>					.103*	.076	.089
(Constant)	1.27	.33		3.87*			
Gender	.26	.08	.14	2.78**			
Age	-.01	.01	-.03	-.51			
Duration of Relationship	.00	.001	.01	.18			
Satisfaction	-.01	.02	-.03	-.64			
Quality of Alternatives	.08	.02	.26	4.97*			
Investment	-.01	.02	-.04	-.83			
<i>Model 3</i>					.140*	.036	.124
(Constant)	1.58	.33		4.76*			
Gender	.21	.08	.13	2.58**			
Age	.00	.01	-.001	-.02			
Duration of Relationship	.00	.001	.01	.22			
Satisfaction	.03	.02	.08	1.44			
Quality of Alternatives	.06	.02	.19	3.57*			
Investment	.01	.02	.03	.61			
Commitment	-.09	.02	-.26	-4.01*			

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

#### 4.7 Summary of the Results

In the present study, it was examined how well commitment predicts the intentions and attitudes of university students towards infidelity. According to the t-test results, males and females significantly differed in intentions and attitudes towards infidelity. MANOVA results indicated that there was no significant gender difference on Investment Model variables. Simultaneous multiple regression

analysis results approved that satisfaction, quality of alternatives, and investment were significant predictors of the commitment level of Turkish university students. Furthermore, intentions towards infidelity were significantly predicted by commitment with the unique contributions of satisfaction and quality of alternatives after gender, age, and duration of the relationship were controlled. Attitudes towards infidelity were also significantly predicted by commitment; however, only the quality of alternatives of the Investment Model variables was a significant predictor of attitudes, after the demographics were controlled.

## **CHAPTER 5**

### **DISCUSSION**

The purpose of the study is to examine to what extent the Turkish university students commitment level predict their intentions and attitudes towards infidelity with the unique contributions of satisfaction, quality of alternatives, and investment after the demographic (age and gender) and relational variables (duration of relationship) are controlled. Quantitative correlational design was utilized for this aim. In addition, simultaneous multiple regression and two separate hierarchical regression analyses were carried out in order to analyze the data.

This chapter includes three parts. First, the findings of the present study were discussed in terms of the related literature and previous findings. Second, the implications of the study results were reported. Finally, recommendations for further studies were listed.

#### **5.1 Discussion of the Findings**

Discussion of the findings on present study were presented under three parts. First, gender differences in the Investment Model variables, intentions and attitudes towards infidelity were discussed and compared to the previous findings from the relevant literature. Then, simultaneous multiple regression analysis of Investment Model variables and two separate hierarchical multiple regression analyses' results of the intentions and attitudes towards infidelity prediction were discussed in the following two parts.

### **5.1.1 Gender Differences in the Investment Model, Intentions, and Attitudes towards Infidelity**

According to the one-way MANOVA results of the present study, participants were not significantly different in the Investment Model variables in terms of their gender. Although men showed slightly higher mean scores of satisfaction, investment, quality of alternatives, and commitment, no significant difference was observed between men and women on these components of the Investment Model. However, previous findings showed that higher level of quality of alternatives was reported by males (Büyükşahin et al., 2005; Büyükşahin & Hovardaoğlu, 2007; Davis & Strube, 1993; Dedekorkut, 2015; Duffy & Rusbult, 1986; Fitzpatrick & Sollie, 1999; Le & Agnew, 2003; Taluy, 2013). Büyükşahin (2006) argued that in the Turkish cultural context, men compared to women have been found more favorable towards their alternatives other than the current partner. In contrast to the results of the present study, previous studies also reported that women were more satisfied (Duffy & Rusbult, 1986; Rusbult et al., 1998), more committed (Agnew et al., 1998; Fitzpatrick & Sollie, 1999), and more invested (Duffy & Rusbult, 1986; Fitzpatrick & Sollie, 1999; Rusbult et al., 1998; Taluy, 2013). The meta-analysis study of Le and Agnew (2003) across 52 studies and more than 11.000 participants reported the same results indicating that women reported more satisfaction, more investment, and more commitment than did men.

On the other hand, studies conducted in Turkey did not provide consistent results for significant gender differences in terms of Investment Model variables. Some studies (Büyükşahin, 2006; Büyükşahin et al., 2005; Kaynak, 2014) found a significant difference between men and women only on their perceived quality of alternatives. Additionally, Beşikçi (2008) reported that there was no significant gender difference in the participants' commitment level. Dedekorkut (2015) indicated that satisfaction level and investment size did not significantly change with regard to the gender of participants. Likewise, gender has no significant effect on the participants' satisfaction and commitment according to Taluy (2013).

Thus, one may conclude that men and women from Turkish samples are not clearly differed from each other when their satisfaction, investment, commitment, and quality of alternatives are considered. Since cultural context in Turkey has been defined generally as authoritarian, traditional, and patriarchal (Fişek, 1982) and it is also a country that has a population of the majority of Muslims (Toplu-Demirtaş & Fincham, 2018); Turkish dating samples may have different relationship dynamics than those in other societies or countries. Future studies may examine the effects of cultural structure and attitudes towards romantic relationships in order to clarify the reasons men and women do not differ in terms of their commitment, investment, satisfaction, and quality of alternatives level in their relationships. In addition, the reason why there was no significant difference between men and women may be that the sample of this study was found as highly satisfied and highly committed.

According to the results of the present study, men and women significantly differed on their attitudes and intentions towards infidelity. As expected, men compared to women indicated greater intentions and more accepting attitudes towards infidelity in this study. Similar to these findings, Toplu-Demirtaş and Fincham (2018) carried out a study among Turkish university students and reported that men show significantly higher intentions and more favorable attitudes. Likewise, previous research studies indicated that men compared to women showed more positive and accepting attitudes (Jackman, 2015; Sheppard et al., 1995; Shimberg, Josephs, & Grace, 2016; Tagler & Jeffers, 2013; Toplu-Demirtaş et al., 2014; Whatley, 2010; Whitty, 2003), and higher infidelity tendency by indicating greater intentions towards infidelity (Allen & Baucom, 2004; Atkins et al., 2001; Kantarcı-Boğda & Şendil, 2012; Martins et al., 2016; Toplu-Demirtaş & Tezer, 2013). Considering the bivariate correlation results, this study also provided results consistent with the literature that university students with more accepting attitudes towards infidelity tend to report a higher level of infidelity intentions (Jackman, 2015; Jones et al., 2011; Toplu-Demirtaş et al., 2014; Toplu-Demirtaş & Fincham, 2018; Wilson et al., 2011). According to Kantarcı-Boğda and Şendil (2012), the positive perspective of the society towards male sexuality may be an explanation for infidelity engagements of men. Atkins, Baucom, Yi, and Christensen (2005) argued

that lower satisfaction might be the reason of men's greater infidelity tendency which is supported by the bivariate results of this study that indicate a significant negative correlation between satisfaction and intentions towards infidelity.

Given the patriarchal structure of Turkish society as mentioned before, one may conclude that women have been raised by strict rules and pressure since their childhood. Sev'er and Yurdakul (2001) indicated that premarital relationships have been seen as a factor for honor killing in Turkey because of sexuality and virginity issues, especially for women (i.e., femicide murder). On the other hand, men feel usually more free to express and experience sexuality-related behaviors. This might be one of the main reason that men in the sample of this study showed higher intentions and more positive attitudes towards infidelity, similar with the previous findings.

### **5.1.2 Investment Model Components in Predicting Commitment**

In the present study, simultaneous multiple regression analysis was conducted to examine how well the components of the Investment Model predict the commitment level of individuals. According to the results, satisfaction, quality of alternatives, and commitment revealed as significant predictors of commitment, as Investment Model suggests. Results indicated that the three components significantly explained 46.5 % of the variance in commitment. Additionally, satisfaction was found to be the strongest predictor of commitment in the present study. These findings were consistent with many other previous studies (Bui et al., 1996; Rusbult, 1980a, 1983; Taluy, 2013; Toplu-Demirtaş et al., 2013). Similarly, Le and Agnew (2003) conducted a meta-analyzed study across 52 different previous studies and computed average correlations and regression coefficients and reported that 61 % of the variance in commitment was significantly explained by satisfaction, quality of alternatives, and commitment. They also indicated that satisfaction was the strongest predictor as well. On the other hand, Muezzinoğlu (2014) found that investment ( $\beta = .41$ ) was a slightly stronger predictor of commitment than satisfaction ( $\beta = .39$ ). Sprecher (1988) reported different results and found that the

quality of alternatives was the strongest predictor of commitment and investment did not significantly explain the variance in commitment.

To conclude, results of the simultaneous multiple regression analysis approved that the Investment Model variables, namely satisfaction, investment, and quality of alternatives significantly predict commitment level of Turkish university students. In other words, Turkish university students' commitment to the relationship increases as their satisfaction and investment size increase and the quality of alternatives decreases. These results showed that the Investment Model provides a robust theoretical ground in order to understand the romantic relationships of Turkish participants. The fact that the Investment Model is valid for the sample of the present study provided a significant support for using of commitment in order to predict intentions and attitudes towards infidelity of Turkish university students.

### **5.1.3 Prediction of Intentions and Attitudes towards Infidelity through the Investment Model Perspective**

The main purpose of the study was to examine to what extent the commitment level of university students predicts their intentions and attitudes towards infidelity with the unique contributions of satisfaction, quality of alternatives, and investment as the Investment Model components, after the effects of demographic and relational variables (age, gender, and duration of relationship) were controlled. Two hierarchical multiple regression analyses were carried out for the prediction of intentions and attitudes separately with the aim of answering the research questions mentioned above.

As for *intentions towards infidelity*, gender, age, and the duration of relationship variables were included into the analyses as model 1. Although gender was found to be a significant predictor of intentions towards infidelity, the joint effect of demographics was not significant in model 1. In addition, age and the duration of the relationship did not emerge as significant predictors of university students' intentions towards infidelity. The results indicated that being male was a



predictive role in terms of intentions towards infidelity. These findings were supported by bivariate correlation results which indicated no significant relationship between age and intentions and between duration of relationship and intentions as well. In addition, independent-samples t-test results also showed that men compared to women reported significantly higher intentions towards infidelity (see Table 4.5). Similar to these results, Dursun and Özkan (2019) found that gender was a significant predictor of intentions towards infidelity of Turkish young adults. In model 2, not investment but satisfaction and quality of alternatives significantly predict the intentions towards infidelity. In addition, gender was still revealed as a significant predictor of intentions towards infidelity. Quality of alternatives was revealed as the strongest predictors of the intentions in Model 2. In the final step, only the quality of alternatives and commitment were found to be a significant predictor. On the other hand, any of the demographic and relational variables or satisfaction and investment as Investment Model components did not demonstrate significant predictive role in the final model. According to the results indicated by Büyüksahin and Hovardaoğlu (2007), dating individuals reported the lowest level of investment size compared to others- married or fiancée. Thus, one possible reason that investment could not significantly predict intentions towards infidelity may be considered as that investment size in romantic relationships may not be greater as in marriage. On the other hand, quality of alternatives is mainly about more attractive alternatives other than the current partner. Therefore, it was revealed as the strongest predictor of intentions towards infidelity since it may be considered as the most related factor of Investment Model with infidelity behaviors.

Furthermore, McAlister et al. (2005) conducted an infidelity prediction study among dating university students and they reported almost in line with the present study that gender, satisfaction, and quality of alternatives significantly predicted the inclination to engage in extradyadic sex while age was not a significant predictor. They also found the quality of alternatives as the strongest predictor as well. In line with this study, Drigotas et al. (1999) applied the Investment Model in order to predict the later infidelity of university students. They categorized infidelity in three groups, namely emotional infidelity, physical infidelity, and composite infidelity.

Results indicated that all four variables of the Investment Model were significant predictors of composite infidelity whereas investment did not significantly predict the physical and emotional infidelity. They also concluded that commitment was a powerful predictor of subsequent infidelity and the Investment Model provide a significant theoretical ground for infidelity prediction. In addition, Fricker (2006) indicated that infidelity was not only associated with but also predicted by the Investment Model variables. More specifically, individuals' scores gathered from the Infidelity Proneness Scale were negatively correlated with satisfaction and commitment and were positively correlated with the quality of alternatives. The researcher concluded that the components of the Investment Model were revealed as factors that generally reduced the possibility of infidelity. According to the result of another study among unmarried relationships (Maddox Shaw, Rhoades, Allen, Stanley, & Markman, 2013), lower satisfaction and commitment significantly predicted future extradyadic involvements.

The previous findings on age and duration of relationship variables are not in a consensus. The positive correlations between relationship duration-commitment and relationship duration-investment in the present study support the results of Rusbult et al. (1986) who found that the duration of the relationship was significantly correlated with investment and commitment. They also reported no significant correlation between age and any of the Investment Model variables; however, significant correlations observed in this study between age and quality of alternatives and investment as well. Rusbult (1983) also found in her longitudinal study that the degree of satisfaction, investment, and commitment increased while the quality of alternatives decreased over time. However, only commitment and investment was found to be significantly increased due to the duration of the relationship in this present study. Lehmiller (2010) indicated that age was significantly correlated with relationship duration, alternatives, and commitment and duration of the relationship was significantly correlated with only tangible investment for heterosexual men, which partially supported by this study.

On the other hand, Le and Agnew (2003) noted that the commitment level of participants did not significantly differ in terms of longer or shorter duration of the

relationship. Bilecen (2007) conducted a study on married and dating individuals and reported that duration of the relationship was a significant predictor on the negative direction of women's satisfaction which means that women in a relationship with longer duration show declined satisfaction. Büyükşahin (2006) also indicated that the duration of the relationship significantly predicts the variance in the investment of dating individuals. Weigel et al. (2003) also highlighted that a longer duration of relationship results in a higher level of commitment among university students.

In terms of *attitudes towards infidelity* of university students, Model 1 which contained age, gender, and duration of relationship significantly explained almost 2.7 % of the variance in attitudes towards infidelity. Although the joint effect was found to be significant in model 1, only gender significantly predicted the attitudes towards infidelity. Similar to the findings on intentions towards infidelity, being male was a significant predictor of attitudes of university students towards infidelity which was supported by the independent samples t-test results of the present study indicating that men reported significantly more positive attitudes towards infidelity than did women. Previous studies also showed that men were more accepting towards infidelity (Tagler & Jeffers, 2013; Toplu-Demirtaş & Fincham, 2018; Whatley, 2010), and Jackman (2015) reported that gender was revealed as the most significant predictor of attitudes towards infidelity. In the second step, only gender and the quality of alternatives emerged as significant predictors of attitudes. In the final step, gender, quality of alternatives and commitment were revealed as significant predictors of attitudes towards infidelity. As mentioned before, dating individuals may invest into their relationship less than married ones and that might influence the predictive role of investment size.

Nevertheless, the final model explained only the 14 % of the total variance in the attitudes towards infidelity. Since attitudes broadly contain emotional, behavioral, and cognitive components (Altmann, 2008), difficult to be measured, and observed due to their latent nature (Krosnick, Judd, & Wittenbink, 2005), this study explained only small amount of variance in attitudes towards infidelity by using the components of the Investment Model and some demographic variables.

Therefore, other factors related with intentions and attitudes such as attachment styles, personality traits or having infidelity history may be helpful in order to explain the variance in attitudes towards infidelity. Several studies found that there is a significant relationship between attachment styles and intentions towards infidelity (Allen & Baucom, 2004; Kantarcı-Boğda & Şendil, 2012). In addition, previous findings also showed that attachment styles were significantly related to attitudes towards infidelity as well. For instance, DeWall et al. (2011) indicated that individuals with avoidant attachment style reported more positive attitudes towards infidelity, and commitment was a significant mediator between attachment and infidelity tendency. Similarly, a number of research results provided significant relationships between different types of attachment styles and infidelity tendency in Turkey (Çavuşoğlu, 2011; Çıkıt, 2017; Kantarcı, 2009; Müezzinoğlu, 2014). It is also known that having prior infidelity history is significantly related with more favorable attitudes and greater intentions towards infidelity (Barta & Kiene, 2005; Jackman, 2015; Martins et al., 2016; Shimberg et al., 2016). Furthermore, Müezzinoğlu (2014) indicated that some of the Five Factor Personality Traits (e.g. openness to experience or agreeableness) is directly related to infidelity.

## **5.2 Implications for Theory, Research, and Practice**

Results of the present study showed that Investment Model was a valid and robust model for Turkish university students since satisfaction, investment size, and quality of alternatives were found to be significant predictors of their commitment level. Furthermore, intentions and attitudes of university students towards infidelity were significantly predicted by commitment with the unique contributions of the Investment Model variables, after some demographics and relationship duration were controlled. In addition, men and women in this study significantly differed in their intentions and attitudes; male participants reported greater intentions and more accepting attitudes towards infidelity than compared to female ones.

Since research on dating relationships in Turkey is recent and narrowed, this study makes a significant input to the relevant literature by using the Investment

Model which is an approved model for understanding the nature of romantic relationships and particularly predicting infidelity. As Maddox Shaw, Rhoades, Allen, Stanley, and Markman (2013) indicated, examining the intentions and attitudes towards infidelity among dating relationships may provide important opportunities to discover the risk factors in advance, because of its implications to later married relationships. Additionally, such findings on dating individuals may be applied in couple counseling and therapy (Meanulty & Brineman, 2007). Understanding the unique contributions of investment size or quality of alternatives, and that satisfaction is not the single factor determining individuals' commitment to their romantic relationship may be helpful with the clients who have concerns about maintaining a relationship. The Investment Model also provide a significant knowledge for clinicians and couple counselors with these unique contributions of quality of alternatives and investment in order to understand why some individuals insist to continue their relationship although they are not satisfied at all.

According to Toplu-Demirtaş, Hatipoğlu-Sümer and Fincham (2017), most of the dating individuals (54.4 %) in their study indicated that they have been planning to get married with their current partner. Therefore, one may conclude that dating individuals in Turkey perceive their romantic relationship more seriously than compared to dating individuals in other societies. Couple counselors should also pay attention to the great level of commitment and investment among Turkish dating individuals which also indicated by the results of the present study.

This study may also contribute to practice in order to develop some intervention programs. Counselors and therapists may provide information about how their perceptions about other alternatives than the relationship or both their intrinsic and extrinsic investments affect their commitment to the relationship and that commitment is directly related with their intentions and attitudes towards infidelity. By doing this, individuals gain awareness about themselves and their relationships in order to develop more qualified and healthier romantic relationships without unfaithfulness. In addition, Whisman and Wagers (2005) emphasized that incorporating the definitions of infidelity indicated by both of the participants since people may have different perceptions in terms of exclusivity. Therefore, couple

therapists should be aware of the differences between the ideas of the partners and provide appropriate assesment for their intentions and attitudes towards infidelity.

### **5.3. Recommendations for Future Studies**

The unbalanced distribution of participants in terms of gender was one of the important limitations of the present study. This study also did not reach enough participants for the representativeness of sexual orientations other than heterosexuality, non-binary gender, and cohabitation. It is strongly recommended that future studies should be carried out with a larger sample size representative of gender, gender orientation, and diverse strctures of relationships of Turkish university students in order to examine the relationships among the Investment Model components, intentions, and attitudes towards infidelity.

In addition, future studies may also focus on actor partner effects by gathering dyadic data from both members of a romantic relationship. Conducting research on a sample of the unfaithful spouses/partners, couples or those who have experienced being cheated is also suggested for future studies.

Moreover, longitudinal designs are strongly recommended for the future studies in order to gain a deeper understanding of the phenomenon of infidelity among Turkish university students. Additionally, an experimental design by manipulating the variables of Investment Model as in the study conducted by Rusbult, Zembrodt, and Gunn (1982) may also provide further explanation regarding dating infidelity among Turkish university students. Some of the previous findings indicated that attitudes significantly predicted the intentions of participants towards infidelity (Dursun & Özkan, 2019; Martins et al., 2016; Toplu-Demirtaş & Fincham, 2018). Thus, future studies may examine the predictive role of attitudes on intentions towards infidelity along with the contributions of the Investment Model components.

Laslty, this study was conducted by using quantitative and correlational design. Hence, it is not possible to interpret causality regarding the results of the present study. However, a more in-depth understanding regarding intentions and

attitudes toward infidelity may be gathered by using qualitative research designs by capturing individuals' experiences with their own words (Creswell, 2015).

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## APPENDICES

### A. MIDDLE EAST TECHNICAL UNIVERSITY HUMAN SUBJECTS ETHICS COMMITTEE APPROVAL FORM

UYGULAMALI ETİK ARAŞTIRMA MERKEZİ  
APPLIED ETHICS RESEARCH CENTER



ORTA DOĞU TEKNİK ÜNİVERSİTESİ  
MIDDLE EAST TECHNICAL UNIVERSITY

DUMLUPINAR BULVARI 06800  
ÇANKAYA ANKARA/TURKEY  
T: +90 312 210 22 91  
F: +90 312 210 79 59  
ueam@metu.edu.tr  
Sayı: 28620816/432

08 AĞUSTOS 2018

Konu: Değerlendirme Sonucu

Gönderen: ODTÜ İnsan Araştırmaları Etik Kurulu (İAEK)

İlgi: İnsan Araştırmaları Etik Kurulu Başvurusu

Sayın Doç.Dr. Zeynep HATİPOĞLU SÜMER

Danışmanlığını yaptığınız yüksek lisans öğrencisi Ömer ANLATAN'ın "Üniversite Öğrencilerinin Aldatmaya Yönelik Niyet ve Tutumlarının Yatırım Modeli Çerçevesinde İncelenmesi" başlıklı araştırması İnsan Araştırmaları Etik Kurulu tarafından uygun görülerek gerekli onay 2018-EGT-119 protokol numarası ile 08.08.2018 - 30.12.2019 tarihleri arasında geçerli olmak üzere verilmiştir.

Bilgilerinize saygılarımla sunarım.

Prof. Dr. Ş. Halil TURAN  
Başkan V

Prof. Dr. Ayhan SOL  
Üye

Prof. Dr. Ayhan Gürbüz DEMİR  
Üye

Doç. Dr. Yeşar KONDAKÇI  
Üye

Doç. Dr. Zana ÇITAK  
Üye

Doç. Dr. Emre SELÇUK  
Üye

Dr. Öğr. Üyesi Pınar KAYGAN  
Üye

## B. CONSENT FORM IN TURKISH

### Gönüllü Katılım Formu

Bu araştırma, Orta Doğu Teknik Üniversitesi Eğitim Bilimleri Bölümü Rehberlik ve Psikolojik Danışmanlık Programı öğrencisi Ömer Anlatan tarafından Doç. Dr. Zeynep Hatipoğlu Sümer danışmanlığında yüksek lisans tez çalışması olarak yürütülmektedir. Bu form katılımcılara ilgili araştırma hakkında bilgi sağlamak amacıyla hazırlanmıştır.

Bu araştırmanın amacı bir romantik ilişki içerisinde bulunan üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumlarının incelenmesidir. **Bu araştırmaya katılabilmek için üniversite öğrencisi olmanız ve şu anda devam eden bir duygusal/romantik ilişki içinde olmanız beklenmektedir.** Araştırmaya katılmayı kabul etmeniz durumunda sizden beklenen, size sunulmuş olan ölçeklerdeki soruları içtenlikle cevaplamanızdır. Tüm soruları cevaplamanın ortalama olarak 10-15 dakika süreceği tahmin edilmektedir.

Bu araştırmaya katılımınız tamamen gönüllülük esasına dayanmaktadır. Araştırmanın hiçbir aşamasında sizden kimlik ve kurum belirleyici bilgiler istenmemektedir. Verdiğiniz cevaplar tamamıyla gizli tutulacak, yalnızca araştırmacı tarafından değerlendirilecektir. Katılımcılardan elde edilecek bilgiler bireysel olarak değil, toplu bir şekilde değerlendirilecek ve yalnızca bilimsel yayımlarda kullanılacaktır. Sağladığınız veriler gönüllü katılım formlarında toplanan kimlik bilgileri ile eşleştirilmeyecektir. Bu sebeple tüm sorulara içtenlikle ve dürüst bir şekilde cevap vermeniz araştırmanın sağlıklı sonuçlar verebilmesi için önemlidir.

Araştırma genel olarak rahatsızlık verici sorular içermemektedir. Benzer şekilde araştırmada tahmin edilen bir risk de görülmemektedir. Ancak yine de sorulardan ya da herhangi bir sebepten dolayı kendinizi rahatsız hissederseniz, devam etmek istemezseniz, cevaplama istediğiniz zaman bırakabilirsiniz. Böyle bir durumda araştırmacıya çalışmayı tamamladığınızı söylemeniz ya da soruları cevapladığınız internet sayfasını kapatmanız yeterli olacaktır. O ana kadar vermiş olduğunuz cevaplar kaydedilmeyecektir.

Bu araştırmaya katılarak katkı sağladığınız için şimdiden teşekkür ederiz. Araştırma hakkında daha fazla bilgi almak isterseniz araştırmacıya [omer.anlatan@metu.edu.tr](mailto:omer.anlatan@metu.edu.tr) mail adresinden ulaşabilirsiniz.

***Yukarıdaki bilgileri okudum ve bu çalışmaya tamamen gönüllü olarak katılıyorum. İstedikim zaman cevaplamaı bırakabileceğim konusunda bilgilendirildim. Sağladığım bilgilerin bilimsel amaçlarla kullanılmasına izin veriyorum.***

Ad Soyad

Tarih

İmza

## C. PERSONAL INFORMATION FORM IN TURKISH

**Yaşınız: .....**

**Cinsiyet kimliğinizi nasıl tanımlarsınız? (Trans, interseks, kadın, erkek vb. gibi, kendinizi hangi cinsiyette hissettiğinizi ve başkaları tarafından nasıl görülmek istediğinizi belirtiniz):**

.....

**Üniversitede eğitim gördüğünüz düzey:**

- ☐ Önlisans
- ☐ Lisans
- ☐ Yüksek lisans
- ☐ Doktora

**Şu anda yaşadığınız şehir: .....**

**Şu an devam eden bir duygusal/romantik ilişkiniz var mı?**

- ☐ Evet
- ☐ Hayır

**Evet ise, ilişkinizin ne kadar süredir devam ettiğini yıl ve ay olarak belirtiniz:**

**... yıl ... ay**

**Şu anda devam eden ilişkiniz için hangisi uygundur?**

- ☐ Flört
- ☐ Sözlü/Nişanlı
- ☐ Evli
- ☐ Diğer (lütfen tanımlayınız): .....

**Partnerinizle birlikte yaşıyor musunuz? ☐ Evet ☐ Hayır**

**Evet ise, ne kadar süredir birlikte yaşadığınızı yıl ve ay olarak belirtiniz:**

**... yıl ... ay**

**Cinsel yöneliminizi nasıl tanımlarsınız?**

- ☐ Heteroseksüel
- ☐ Gey/Lezbiyen
- ☐ Biseksüel
- ☐ Bilmiyorum / Emin değilim
- ☐ Söylemek istemiyorum
- ☐ Kendim tanımlamak istiyorum:

**D. SAMPLE ITEMS FOR THE RELATIONSHIP STABILITY SCALE IN  
TURKISH**

**İLİŞKİ İSTİKRARI ÖLÇEĞİ**

İlişkımız benim için doyum verici.

1	2	3	4	5	6	7	8	9
Tamamen yanlış							Tamamıyla doğru	

Birlikte olduğum kişi dışında bana çok çekici gelen insanlar var.

1	2	3	4	5	6	7	8	9
Tamamen yanlış							Tamamıyla doğru	

İlişkimize öyle çok yatırım yaptım ki, eğer bu ilişki sona erecek olursa çok şey kaybetmiş olurum.

1	2	3	4	5	6	7	8	9
Tamamen yanlış							Tamamıyla doğru	

İlişkimizin çok uzun bir süre devam etmesini istiyorum.

1	2	3	4	5	6	7	8	9
Tamamen yanlış							Tamamıyla doğru	

Birlikte olduğum kişiyle olan ilişkiye bağlıyım.

1	2	3	4	5	6	7	8	9
Tamamen yanlış							Tamamıyla doğru	



**E. SAMPLE ITEMS OF THE INTENTIONS TOWARDS INFIDELITY  
SCALE IN TURKISH**

**Aldatmaya Yönelik Niyet Ölçeği (AYNÖ)**

Sorularda belirtilenleri ne derecede yapabilme olasılığınız olduğunu, aşağıdaki derecelendirmeyi kullanarak, her sorunun karşısında verilen numaraları işaretleyerek belirtiniz.

**Hiç olası değil 1-----2-----3-----4-----5-----6-----7 Tümüyle olası**

1. Yakalanmayacağınızı bilseydiniz, birlikte olduğunuz kişiyi aldatma olasılığınız ne kadar olurdu?	(1) (2) (3) (4) (5) (6) (7)
2. Birlikte olduğunuz kişiye onu aldattığınız konusunda yalan söyleme olasılığınız ne kadardır?	(1) (2) (3) (4) (5) (6) (7)

## F. SAMPLE ITEMS OF THE ATTITUDES TOWARDS INFIDELITY SCALE IN TURKISH

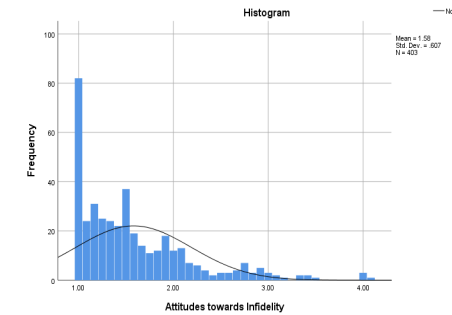
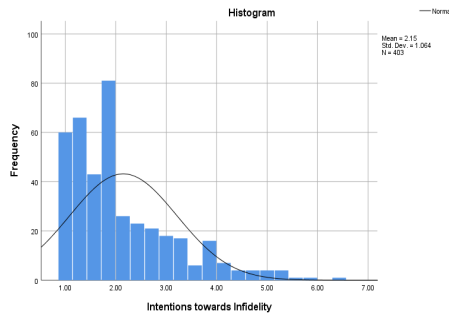
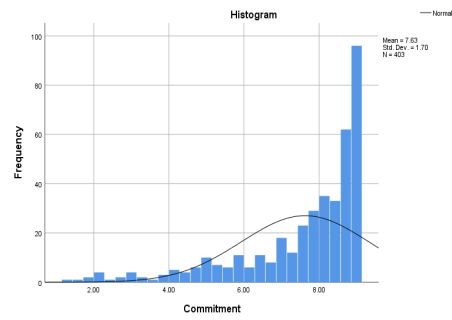
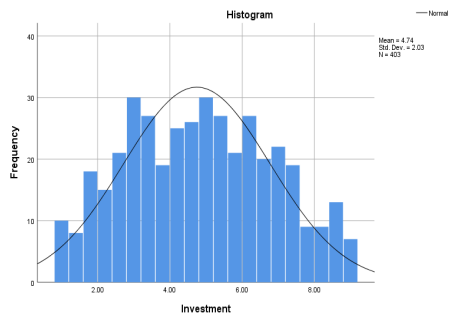
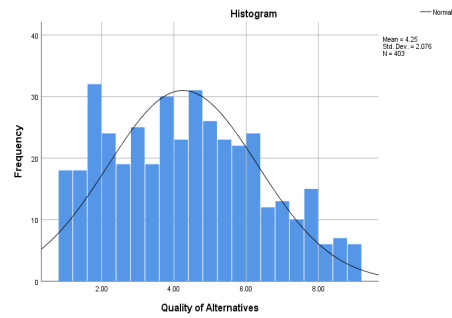
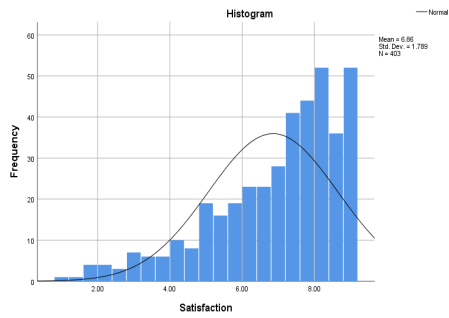
### Aldatmaya Yönelik Tutum Ölçeği (AYTÖ)

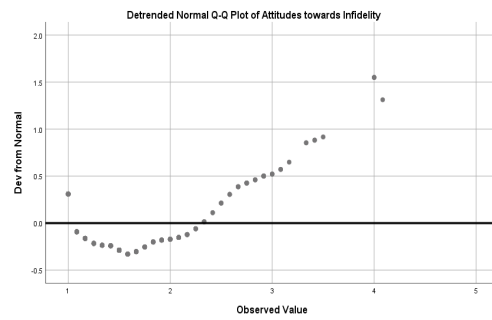
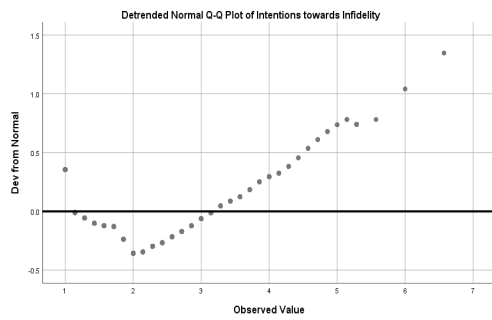
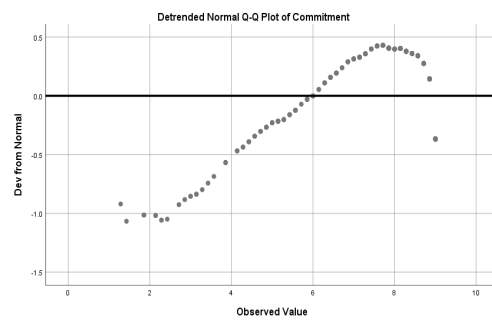
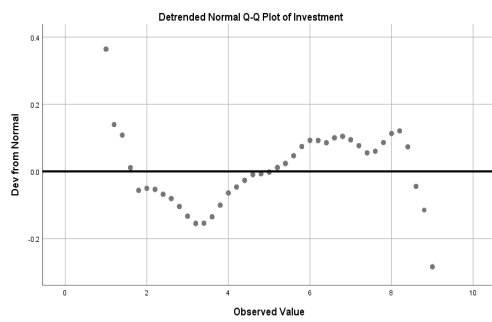
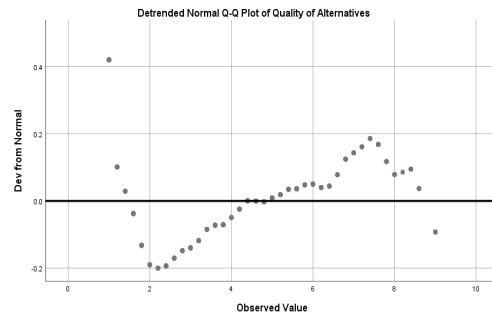
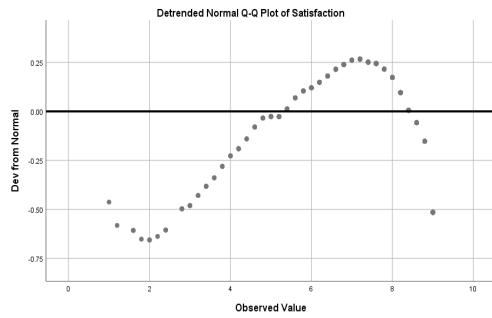
Aşağıdaki maddeler insanların “aldatma” ile ilgili konulardaki düşünce ve duygularını anlamayı amaçlamaktadır. Lütfen aşağıdaki ölçeği kullanarak yanıtlarınızı her bir ifadenin karşısında verilen numaraları işaretleyerek belirtiniz.

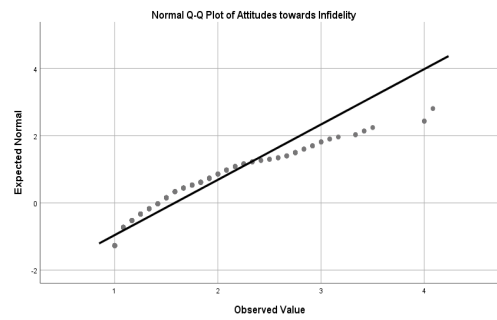
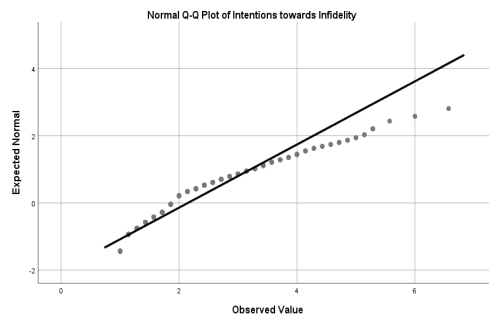
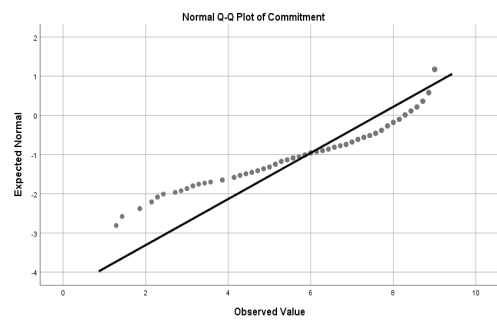
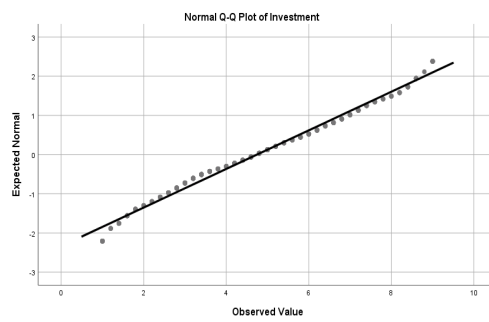
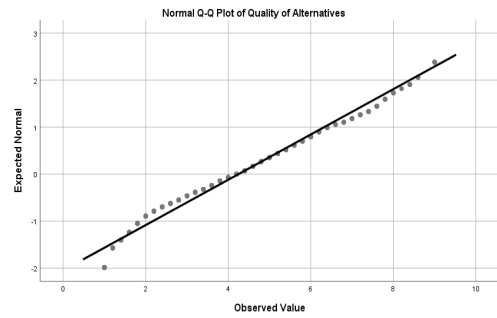
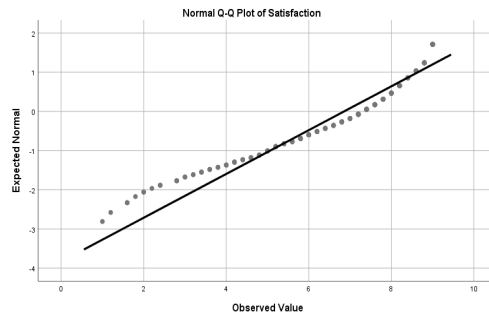
Kesinlikle katılmıyorum 1-----2-----3-----4-----5-----6-----7 Kesinlikle katılıyorum

1. Aldatmak asla kimseyi incitmez.	(1) (2) (3) (4) (5) (6) (7)
2. Aldatmak bir evlilik ilişkisinde boşanmanın nedenidir.	(1) (2) (3) (4) (5) (6) (7)

## G. HISTOGRAMS, DETRENDED NORMAL AND NORMAL Q-Q PLOTS FOR CRITERION AND PREDICTOR VARIABLES







## H. TURKISH SUMMARY / TRKE ZET

### NİVERSİTE ĖRENCİLERİNİN ALDATMAYA YNELİK NİYET VE TUTUMLARININ YATIRIM MODELİ EREVESİNDE İNCELENMESİ

#### 1. GİRİŞ

Aldatma, fke, depresyon ya da kaygı gibi eřitli yıkıcı sonuları olan (Buunk, 1995; Cano ve O’Leary, 2000) nemli bir duygusal iliřki problemidir. Ayrıca bireylerin psikolojik desteĖe bařvurmasında (Blow ve Hartnett, 2005b; zgn, 2010) ve bořanmada (Amato ve Previti, 2003) nemli sebeplerden biri aldatma olarak grlmektedir. Aldatma, duygusal ya da cinsel olarak iliřkinin dıřındaki bir kaynaktan faydalanma ve partnerler tarafından nceden belirlenmiř olan iliřki normlarının ihlal edilmesidir (Atwood ve Schwartz, 2002; Blow ve Hartnett, 2005a). Aldatma davranıřı cinsel, duygusal ya da her ikisini de barındıracak řekilde gerekleřebilir. Cinsel aldatma, bireyin partnerinden bařkasıyla cinsel davranıřlar sergilemesi (Shackelford ve Buss, 1997); duygusal aldatma ise bireyin duygusal olarak bařka birine baĖlılık hissetmesidir (Thompson, 1984). Literatrde yeni bir aldatma tr olarak tanımlanan evrimii aldatma ise elektronik ya da evrimii yollar ile duygusal ya da cinsel olarak sadakatsizlik olarak tanımlanabilir (Hertlein ve Piercy, 2008).

Aldatma aynı zamanda olduka yaygın bir problemidir. Kinsey ve arkadařları (Kinsey, Pomeroy ve Martin, 1948; Kinsey, Pomeroy, Martin ve Gebhard, 1953) erkekler ve kadınlarla yaptıkları iki arařtırmanın sonularına gre 40 yařını ařmamıř evli erkeklerin neredeyse yarısının ve evli kadınların drtte birinin evliliklerinin bir noktasında aldatma davranıřı sergilediĖini belirtmiřlerdir.

Duygusal iliřkilerde aldatmanın da en az evlilikte olduĖu kadar nemli bir problem olduĖu (Hansen, 1987; Lieberman, 1988), evliliktekiyle benzerlikler gsterdiĖi (Thompson, 1984) ve duygusal iliřkide yařanan aldatmanın evlilikte de

tekrarlanabileceği (Drigotas ve ark., 1999) belirtilmiş olsa da romantik ilişki içinde olan bireyler arasında aldatma konusunda, özellikle Türkiye’de, çok az çalışma bulunmaktadır. Blow ve Hartnett (2005a) aldatmayla ilgili alanyazını genellikle evli bireylerle sınırlı olması hususunda eleştirmektedir. Bu alanda öncülerden biri olarak Thompson (1984), aldatma davranışlarını evli olmayan bireylerin duygusal ilişkileri bağlamında da tanımlayarak, araştırmasına, evli olmayan bireyleri de dahil etmiş ve katılımcıların % 40’ının duygusal ilişkilerinde aldatma davranışı sergilediğini bulmuştur. Türkiye’de yapılan çalışmalarda ise, Yeniçeri ve Kökdemir (2006), üniversite öğrencilerinden oluşan katılımcıların %20’sinin en az bir kez partnerlerini aldattığını ifade ettiğini belirtmişlerdir. Toplu-Demirtaş ve Fincham’ın (2018) araştırma bulgusu nispeten daha düşük bir oran ortaya koymuştur; katılımcıların %14’ün partnerlerini aldattığını belirtmiştir.

Karşılıklı Bağımlılık Kuramı’ndan (Thibaut ve Kelley, 1959) geliştirilmiş olan Yatırım Modeli bireylerin duygusal ilişkilerine bağlanım düzeylerinin ilişki doyumu, yatırım düzeyi ve seçeneklerin niteliği olmak üzere üç faktör tarafından oluşturulduğunu söylemektedir (Rusbult, 1980a, 1983). Bağlanım, ilişkiye psikolojik olarak bağlılık ve bu ilişkiyi sürdürme eğilimi olarak tanımlanmakta (Rusbult, 1983) ve bireyin bağlılığı kişisel olarak deneyimlemesi olarak görülmektedir (Agnew, 2009). Bağlanımın en önemli belirleyicisi olan ilişki doyumu ise, ilişkiye karşı hissedilen çekim ve pozitif duygulardan oluşmaktadır (Rusbult ve ark., 1986). Bağlanımın bir diğer belirleyicisi olan seçeneklerin niteliği, mevcut partnerin dışındaki diğer çekici alternatiflerle ilgilidir (Greene ve Britton, 2015). Son olarak ilişki yatırımı, bireyin ilişkisi için harcadığı her türlü kaynağı ifade etmektedir (Kurdek, 2008) Bireyler ilişkilerinde doyum hissettiği, ilişkiye fazlaca yatırım yaptığı ve mevcut partnerinden daha çekici bir alternatifi olmadığını düşündüğü ölçüde ilişkilerine daha fazla bağlanım hissederler.

Yatırım Modeli, ilişki dinamiklerini anlamak için en etkili modellerden biri olarak görülmektedir ve bireylerin ilişki bağlanımını incelemek için etkili bir altyapı sağlamaktadır (Baker, Petit ve Brown, 2016; Regan, 2011). Rusbult (1980a, 1983) tarafından ilk kez ortaya atıldığından bu yana Yatırım Modeli’nin geçerliği pek çok kez test edilmiş (Aslan-Dölen, 2014; Büyüksahin, Hasta ve Hovardaoğlu, 2005;

Dedekorkut, 2015; Duffy ve Rusbult, 1986; Fricker, 2006; Le ve Agnew, 2003; Taluy, 2013; van der Wiel ve ark., 2018) ve marka bağlanımı, vatandaşların NATO'ya karşı bağlanımı, sporda bağlanım ve hatta bireylerin evcil hayvanlarına olan bağlanımları gibi hem ilişkisel hem de ilişkisel olmayan konularda bağlanımı açıklamak için etkili bir model olarak ortaya konmuştur (Baker ve ark., 2016; Hoffman, Agnew, Lehmiller ve Duncan, 2009; Li ve Petrick, 2008; Lin ve Rusbult, 1995; Williams, 2013).

Önceki çalışmalar incelendiğinde, erkeklere kıyasla kadınların bağlanımlarının ve ilişki doyumlarının daha yüksek olduğu, ilişkilerine daha fazla yatırım yaptıkları ve seçeneklerin niteliğini daha olumsuz değerlendirdikleri görülmüştür (Duffy ve Rusbult, 1986; Fitzpatrick ve Sollie, 1999; Le ve Agnew, 2003; Rusbult, Martz ve Agnew, 1998). Yatırım Modeli, Türkiye'deki örneklerle de başarılı bir şekilde uygulanmıştır (Aslan-Dölen, 2014; Büyüksahin ve ark., 2005; Büyüksahin ve Hovardaoğlu, 2007; Dedekorkut, 2015; Taluy, 2013), ancak cinsiyet farklılıklarına ilişkin bulgular tutarlı değildir. Bazı çalışmalar erkeklerin ilişkilerine daha fazla yatırım yaptığını göstermekte iken (Aslan-Dölen, 2014), diğer çalışmalar erkekler ve kadınlar arasında bağlanım (Beşikçi, 2008), doyum ve yatırım düzeyi açısından anlamlı farklar bulunmadığını belirtmiştir (Dedekorkut, 2015).

Yatırım Modeli, aldatmayı yordama açısından da etkili bir modeldir (Drigotas ve ark., 1999; Fricker, 2006; McAlister ve ark., 2005). İlgili alanyazına göre, düşük bağlanım, ilişki doyumu ve ilişki yatırımı ile yüksek nitelikli seçeneklere sahip olan bireylerin, daha fazla aldatma niyeti ve aldatmaya karşı daha olumlu tutumlar göstermesi beklenmektedir. Müezzinoğlu (2014), Türk üniversite öğrencileriyle yaptığı çalışmasında ilişki doyumu, seçeneklerin niteliği ve ilişki yatırımı değişkenlerinin bağlanımı anlamlı olarak yordadığını bulmuş, bu bağlanımın da aldatma ile doğrudan ilişkili olduğunu belirtmiştir. Ek olarak, pek çok çalışma erkeklerin kadınlara göre aldatmaya daha eğilimli olduğunu (Allen ve ark., 2005; Atkins, Baucom ve Jacobson, 2001; Ong, Poon, Sibya ve Macapagal, 2014; Toplu-Demirtaş ve Fincham, 2018; Toplu-Demirtaş ve Tezer, 2013) ve aldatmaya karşı daha olumlu tutumlar sergilediklerini (Jackman, 2015; Tagler ve Jeffers, 2013;



Toplu-Demirtaş, Dolunay-Cuğ ve Tezer, 2014; Toplu-Demirtaş ve Fincham, 2018; Whatley, 2010) göstermektedir.

Özetle, aldatma, evlilerde olduğu kadar romantik ilişki içindeki bireyler arasında da yaygındır. Aldatma olgusuyla birlikte, aldatmaya yönelik niyet ve tutumları daha iyi anlayabilmek için Yatırım Modeli araştırmacılara oldukça faydalı bir kuramsal altyapı sağlamaktadır. Bu modele göre bireyler ilişkilerinde fazla doyum alıyor, fazla yatırım yapıyor ve mevcut ilişkileri dışında daha olumlu bir seçenek göremiyorlarsa, ilişkilerine olan bağlanım düzeyleri artmaktadır. Bu yüksek düzeyde bağlanımın sonucu olarak da aldatmaya karşı daha olumsuz tutumlar geliştirmekte ve aldatma davranışında bulunma niyetleri azalmaktadır.

### **1.1 Araştırmanın Amacı**

Bu araştırmanın amacı Türk üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumlarını Yatırım Modeli çerçevesinde incelemektedir. Daha açık bir deyişle, bazı demografik ve ilişkisel değişkenler kontrol edildikten sonra, bağlanım düzeyinin diğer Yatırım Modeli değişkenlerinin de katkılarıyla üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumlarını yordayıp yordamadığının incelenmesi amaçlanmaktadır.

### **1.2 Araştırma Soruları**

Bu araştırmada öncelikle Yatırım Modeli'nin Türk üniversite öğrencilerinde de etkili bir şekilde kullanabileceğinin sınanması amacıyla “İlişki doyumu, seçeneklerin niteliği ve ilişki yatırımı, üniversite öğrencilerinin bağlanım düzeylerini anlamlı olarak yordar mı?” sorusu araştırılmıştır. Ardından “bazı demografik ve ilişkisel değişkenler (cinsiyet, yaş ve ilişki süresi) kontrol edildikten sonra, ilişki bağlanımı diğer Yatırım Modeli değişkenleri olan ilişki doyumu, ilişki yatırımı ve seçeneklerin niteliğinin de katkılarıyla üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumlarını ne ölçüde yordar?” sorusunun yanıtlanması hedeflenmektedir. Bununla birlikte, Yatırım Modeli değişkenleri ile aldatmaya yönelik niyet ve

tutumlar açısından cinsiyete göre anlamlı bir farklılık olup olmadığı da incelenmiştir.

### 1.3 Çalışmanın Önemi

Aldatma yalnızca evli bireyler için değil, aynı zamanda duygusal ilişkisi olan bireyler için de önemli bir problemdir (Hansen, 1987; Schonian, 2010). Drigotas ve ark., (1999) duygusal ilişki içinde gerçekleşen aldatmanın gelecekteki evlilik ilişkisinde de devam edebileceğini belirtmiştir. Önceki çalışmalar aldatmanın duygusal ilişkilerde de yaygın olduğunu göstermektedir (Allen ve Baucom, 2004; Hansen, 1987; Schmitt, 2004; Toplu-Demirtaş ve Fincham, 2018; Yeniçeri ve Kökdemir, 2006). Thompson (1984) evlilik ilişkisiyle duygusal ilişkilerin birbiriyle benzer niteliklere sahip olduğunu, bu yüzden de aldatma olgusunu evlilik öncesinde incelemenin gelecekteki evlilik ilişkileri açısından önemli katkılar sağlayacağını ifade etmiştir.

Blow ve Hartnett (2005a) aldatmayla ilgili yapılan çalışmaların pek çoğunun yalnızca evli bireylerle sınırlı kaldığını ve gelecek çalışmalarda duygusal ilişkisi olan, birlikte yaşayan ve eşcinsel yönelime sahip bireylerin de örneklemelere dahil edilmesi gerektiğini vurgulamışlardır. Toplu-Demirtaş ve Fincham (2018) ise çalışmaların çoğunun Türkiye'deki kültürel yapıdan farklı olan bireyselleşmenin fazla olduğu batılı toplumlarda yürütüldüğü konusunda eleştiride bulunmuştur.

Yatırım Modeli'nin ilişki bağlanımını anlamada en etkili modellerden biri olduğu ve aynı zamanda aldatmayı yordamada da geçerli olduğu göz önünde bulundurulduğunda, bu çalışmanın üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumlarını Yatırım Modeli bağlamında inceleyerek Türkiye'deki duygusal ilişkilerde aldatma literatürüne önemli katkılar sağlayacağına inanılmaktadır. Sampat'e (2005) göre, aldatmayla ilişkili faktörler uzun yıllardır incelenmesine rağmen, romantik ilişkisi olan bireylerde aldatmayı yordayacak faktörler hakkında alanyazında önemli bir eksiklik vardır. Drigotas ve ark. (1999) da aldatma davranışı gerçekleşmeden önce, bu davranışın yordanmasına ilişkin yeterince araştırma bulunmadığını belirtmiştir.

Bilindiği kadarıyla, bu çalışma Türk üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumlarını incelemek için Yatırım Modeli'ni kuramsal altyapı olarak kullanan ilk çalışmadır. Çalışmanın Yatırım Modeli ile ilgili bulgularının ilişkisel problemlerle ilgili çalışan psikolojik danışmanlara katkı sağlaması beklenmektedir. İlişki bağlanımı düştükçe bireylerin aldatma niyetlerinin artacağıının bilinmesi, aldatma olgusunu daha iyi anlamaya yardımcı olabilir. Bireylerin de ilişki bağlanımını belirleyen ilişki doyumu, ilişki yatırımı ve seçeneklerin niteliği gibi dinamikler hakkında bilgi sahibi olarak ilişkilerini daha iyi anlamlandırabilmelerini sağlayabilir.

## **2. YÖNTEM**

Bu çalışmanın yöntemi nicel desenlerden biri olan ilişkisel araştırma yöntemidir. Çoklu hiyerarşik regresyon analizi kullanılarak çalışmanın değişkenleri arasındaki bağımsız ve birleşik ilişkilerin incelenmesi hedeflenmiştir. Çalışmanın bağımlı değişkenleri aldatmaya yönelik niyet ile aldatmaya yönelik tutum; bağımsız değişkenleri ise bağlanım, ilişki doyumu, seçeneklerin niteliği ve ilişki yatırımıdır. Ek olarak yaş, cinsiyet ve ilişki süresi demografik değişkenler olarak kullanılmıştır.

### **2.1 Veri Toplama Süreci ve Örneklem**

Bu araştırmanın örneklemi duygusal ilişki içinde olan Türk üniversite öğrencilerinden oluşmaktadır. Araştırmada kolaylıkla bulunabilen örnekleme metodu (convenience sampling) kullanılmış ve veriler çevrimiçi bir anket aracı ile toplanmıştır. İlk olarak Orta Doğu Teknik Üniversitesi'nden gerekli etik izinler alınmış ve sonrasında Haziran 2018 ile Ocak 2019 arasında veri toplanmıştır. Katılımcılara öncelikle çalışmanın amacı hakkında detaylı bilgi verilmiş ve gönüllü olarak katıldıklarını belirtmeleri istenmiştir. Katılımcılar ayrıca bilgilerinin gizli tutulacağı ve herhangi bir sebepten ötürü kendilerini rahatsız hissettikleri takdirde cevaplamayı sonlandırabilecekleri hususunda bilgilendirilmiştir.

Çalışmanın örneklemini 403 üniversite öğrencisi oluşturmaktadır. Bu öğrencilerin 336'sı kadın (% 83.4), 64'ü erkektir (% 15.9). Katılımcıların yaşları 18 ile 31 arasında değişmektedir ve yaş ortalamaları 21.52 olarak hesaplanmıştır ( $SS = 2.343$ ). Eğitim seviyelerine bakıldığında, 331 katılımcı (% 82.14) lisans öğrencisidir. Bununla birlikte örnekleme 35 yüksek lisans (% 8.68), 34 önlisans (% 8.44) ve üç doktora öğrencisi (% 0.74) bulunmaktadır. Katılımcıların büyük bir kısmı Ankara ( $n = 94$ ; %23.3) ve İstanbul'da ( $n = 88$ ; %21.8) yaşamaktadır. Konya ( $n = 18$ ; % 4.5), İzmir ( $n = 16$ ; % 4.0) ve Bursa ( $n = 14$ ; % 3.5) en çok temsil edilen üçüncü, dördüncü ve beşinci şehirdir. Son olarak, katılımcıların ilişki süreleri bir ay ile dokuz yıl arasında değişmekte olup ortalama ilişki süresi 22.85 ay olarak ( $SS = 21.63$ ) bulunmuştur. 27 katılımcı (6.7 %) partneriyle birlikte yaşadığını belirtmiş, birlikte yaşama süresi ise ortalama olarak 11.01 ay ( $SS = 11.84$ ) olarak hesaplanmıştır.

## **2.2 Veri Toplama Araçları**

Bu çalışmada demografik bilgileri toplamak için araştırmacı tarafından hazırlanan Kişisel Bilgi Formu ile İlişki İstikrarı Ölçeği, Aldatmaya Yönelik Niyet Ölçeği ve Aldatmaya Yönelik Tutum Ölçeği kullanılmıştır.

### **2.2.1 Kişisel Bilgi Formu**

Kişisel Bilgi Formu'nda katılımcıların cinsiyet, cinsel yönelim, yaş, eğitim seviyesi, yaşadıkları şehir, ilişki türü ve süresi ile partneriyle birlikte yaşayıp yaşamadığı ve yaşıyorsa birlikte yaşama süresi bilgileri toplanmıştır.

### **2.2.2 İlişki İstikrarı Ölçeği**

İlişki İstikrarı Ölçeği Rusbult ve ark. (1998) tarafından geliştirilmiştir. Dört alt ölçeği bulunan ölçekte toplamda 37 madde bulunmaktadır. Bağlanım alt ölçeği haricindeki diğer üç alt ölçeğin ilk beş maddesi 4'lü Likert, diğer maddeler ise 9'lu

Likert tipindedir. Her alt ölçekten alınan toplam puan, ilgili ölçekteki değişkenin yüksek düzeyde olduğunu göstermektedir.

Ölçeğin Türkçe'ye uyarlanma işlemi Büyükşahin ve ark. (2005) tarafından yapılmıştır. Ölçeğin güvenirlik katsayıları ilişki doyumu, seçeneklerin niteliği ve ilişki yatırımı alt ölçekleri için sırasıyla .90, .84 ve .84 olarak hesaplanmıştır. Yapılan bu ilk uyarlama çalışmasında özgün ölçeğin yalnızca İlişki Doyumu, Seçeneklerin Niteliği ve İlişki Yatırımı alt ölçekleri uyarlanmış, daha sonra Büyükşahin ve Taluy (2008) tarafından gözden geçirilerek 7 maddelik Bağlanım alt boyutu ölçeğe eklenmiştir. Ölçeğin 4 alt boyutlu bu güncellenmiş halinin iç tutarlık katsayıları, bağlanım, ilişki doyumu, seçeneklerin niteliği ve ilişki yatırım alt ölçekleri için sırasıyla .70, .93, .83 ve .84 olarak hesaplanmıştır (Taluy, 2013). Bu araştırma için ise Cronbach Alfa değerleri ilişki doyumu için .93; seçeneklerin niteliği için .83; ilişki yatırımı için .83; ve bağlanım için .91 olarak hesaplanmıştır.

### **2.2.3 Aldatmaya Yönelik Niyet Ölçeği**

Aldatmaya Yönelik Niyet Ölçeği Jones ve ark. (2011) tarafından bireylerin aldatmaya ne ölçüde eğilimli olduğunu belirlemek amacıyla geliştirilmiş, Toplu-Demirtaş ve Tezer (2013) tarafından Türkçe'ye uyarlanmıştır. 7 maddelik ölçek 7'li Likert tipte olup, en düşük puan 7, en yüksek puan ise 49 olarak belirlenmektedir. Ölçekten alınan puanın artması bireyin aldatmaya yönelik niyetinin yüksek olduğunu göstermektedir. Türkçe'ye uyarlanmış ölçeğin iç tutarlık katsayısı .82, test-tekrar test güvenirlik katsayısı ise .85 olarak belirlenmiştir. Bu araştırma için Cronbach Alfa değeri .75 olarak hesaplanmıştır.

### **2.2.4 Aldatmaya Yönelik Tutum Ölçeği**

Aldatmaya Yönelik Tutum Ölçeği, bireylerin aldatmaya ilişkin duygu ve düşüncelerini belirlemek amacıyla Whatley (2010) tarafından geliştirilmiştir. Ölçek 7'li Likert tipte, 12 maddelik bir ölçektir. Bu maddelerin altısı ters olarak kodlanmaktadır. Ölçekten alınabilecek en düşük toplam puan 12, en yüksek toplam

puan ise 84'tür. Puanın artması, bireyin aldatmaya yönelik daha olumlu tutumlara sahip olduğunu göstermektedir.

Ölçeğin Türkçe'ye uyarlama işlemleri Toplu-Demirtaş ve ark. (2014) tarafından gerçekleştirilmiştir. Uyarlanmış ölçeğin iç tutarlık katsayısı .80 olarak bulunmuştur. Ölçeğin uyum geçerliğini belirlemek için Aldatma Ölçeği ve Aldatmaya Yönelik Niyet Ölçeği ile ilişkisine bakılmış ve bu ölçeklerin alt boyutları arasında anlamlı korelasyon değerleri bulunmuştur. Bu araştırma için Cronbach Alfa değeri .66 olarak hesaplanmıştır.

### **2.3 Verilerin Analizi**

Bu çalışmanın verileri IBM Statistical Packages of Social Sciences (SPSS) 25 programı kullanılarak analiz edilmiştir. Temel analizler gerçekleştirilmeden önce değişkenler arasındaki korelasyon katsayıları belirlenmiştir. Daha sonra katılımcıların aldatmaya yönelik niyetleri ve aldatmaya yönelik tutumları açısından cinsiyete göre karşılaştırılmalarında Bağımsız Gruplar t-Testi uygulanmıştır. Yatırım Modeli değişkenleri açısından cinsiyet karşılaştırması yapmak amacıyla ise Çok Değişkenli Varyans Analizi (MANOVA) kullanılmış, böylece aralarında anlamlı ilişki bulunan değişkenlerin analizinde Tip 1 hatasından kaçınmak hedeflenmiştir. Ardından Yatırım Modeli'nin araştırmanın örneklemini için de anlamlı olup olmadığının tespiti için Çoklu Regresyon Analizi yapılmış, araştırmanın temel sorusunu cevaplamak amacıyla ise aldatmaya yönelik niyetler ve aldatmaya yönelik tutumlar için iki ayrı Hiyerarşik Çoklu Regresyon Analizi uygulanmıştır. Tüm istatistiksel analizlerden önce ilgili analizin varsayımlarının karşılanıp karşılanmadığı kontrol edilmiştir.

### **2.4 Çalışmanın Sınırlılıkları**

Bu çalışmanın örneklemini oluşturmak amacıyla kullanılan kolaylıkla erişilebilen örnekleme metodu bulguların genellenebilirliği açısından bir sınırlılık olarak görülebilir. Ayrıca çalışmanın ilişkisel araştırma yöntemi ile yapılmış olması,

bulgular üzerinde bir neden sonuç ilişkisinden bahsedilememesine sebep olmaktadır. Çalışmada kullanılan ölçeklerin bireysel cevaplara dayalı olması da katılımcıların sosyal beğenirlik yanlılığı ile gerçekdışı duygu ve düşüncelerini yansıtmaları ihtimalini doğurmaktadır. Son olarak, katılımcıların demografik değişkenlerdeki dengesiz dağılımı yapılan karşılaştırmalar açısından bir sınırlılık olarak değerlendirilebilir.

### 3. BULGULAR

Bu çalışmada ilk olarak değişkenler arasındaki ilişkilere bakılmış ve katılımcılar demografik özellikleri açısından karşılaştırılmıştır. Buna göre, ilişki doyumu ile ilişki yatırımı arasında pozitif yönde, ilişki doyumu ile seçeneklerin niteliği arasında ise negatif yönde anlamlı bir ilişki bulunmuştur. İlişki yatırımı ile seçeneklerin niteliği arasında da negatif yönde anlamlı bir ilişki vardır. Ek olarak, ilişki bağlanımı ilişki doyumu ve ilişki yatırımı ile pozitif yönde, seçeneklerin niteliği ile ise negatif yönde anlamlı olarak ilişkili bulunmuştur.

Yatırım Modeli değişkenlerinden ilişki doyumu, ilişki yatırımı ve ilişki bağlanımı, aldatmaya yönelik niyetler ile pozitif yönde anlamlı olarak ilişkilidir. Öte yandan, seçeneklerin niteliği ile aldatmaya yönelik niyetler arasında negatif yönde anlamlı bir ilişki bulunmaktadır. Aldatmaya yönelik tutumlar ise yalnızca ilişki bağlanımı ile negatif yönde ve seçeneklerin niteliği ile pozitif yönde anlamlı olarak ilişkilidir. Son olarak, aldatmaya yönelik niyetler ve aldatmaya yönelik tutumlar arasında da negatif yönde anlamlı bir ilişki bulunmaktadır.

Katılımcılar cinsiyetlerine göre karşılaştırıldığında, aldatmaya yönelik niyet ve tutumlar açısından erkekler ve kadınlar arasında anlamlı farklılıklar bulunmuştur. Buna göre, erkekler kadınlara kıyasla aldatmaya yönelik daha yüksek niyet ve daha olumlu tutumlar göstermiştir. Öte yandan Yatırım Modeli değişkenlerinin hiçbirinde cinsiyet açısından anlamlı bir farklılık bulunmamıştır.

Yatırım Modeli'nin çalışmanın örnekleme için uygun olup olmadığının incelenmesi amacıyla yapılan Çoklu Regresyon Analizi sonuçlarına göre, üç değişkenin de anlamlı olarak, beklenen yönlerde, ilişki bağlanımını yordadığı

görülmüştür. İlişki doyumu, ilişki yatırımı ve seçeneklerin niteliği, ilişki bağlanımındaki varyansın % 46'sını açıklamaktadır. Bununla birlikte, ilişki doyumu, ilişki bağlanımının en güçlü yordayıcısı olarak bulunmaktadır.

Son olarak, bu çalışmanın temel sorusuna cevap bulabilmek amacıyla, aldatmaya yönelik niyetler ve aldatmaya yönelik tutumlar için iki ayrı Hiyerarşik Çoklu Regresyon Analizi yapılmıştır. Bu bağlamda, analizin birinci adımında yaş, cinsiyet ve ilişki süresi eklenmiş ve bu demografik değişkenlerin kontrol edilmesi amaçlanmıştır. Birinci adımda eklenen değişkenlerin varyansı anlamlı olarak açıklamadığı görülmektedir. Bununla birlikte, cinsiyetin anlamlı bir yordayıcı olduğu bulunmuştur. Yani erkek olmak, aldatmaya yönelik niyetleri anlamlı olarak yordayabilmektedir. İkinci adımda ise ilişki bağlanımını anlamlı olarak yordadığı bilinen ilişki doyumu, ilişki yatırımı ve seçeneklerin niteliği değişkenleri eklenmiş, bu modelin aldatmaya yönelik niyetlerdeki varyansın % 25.5'ini anlamlı olarak açıkladığı ortaya konmuştur. İkinci adımda cinsiyet, ilişki doyumu ve seçeneklerin niteliği değişkenleri aldatmaya yönelik niyetlerin anlamlı yordayıcıları olarak bulunmuştur. Analizin son adımında ilişki bağlanımı da eklenmiş, tüm bu modelin bütün olarak aldatmaya yönelik niyetlerin varyansının neredeyse % 30'unu anlamlı olarak açıklayabildiği sonucuna ulaşılmıştır. Bir bütün olarak bu modelde, yalnızca cinsiyet, seçeneklerin niteliği ve ilişki bağlanımı değişkenleri, üniversite öğrencilerinin aldatmaya yönelik niyetlerini anlamlı olarak yordayabilmiştir.

Aldatmaya yönelik tutumlar için yapılan ikinci analiz için de değişkenler aynı sırayla analize dahil edilmiştir. Diğer analizden farklı olarak, birinci adımda eklenen demografik değişkenlerden oluşan birinci modelin varyansın % 2.7'sini anlamlı olarak açıkladığı görülmüştür. Bu adımda, önceki sonuçlara benzer şekilde yalnızca cinsiyet anlamlı bir yordayıcı olarak bulunmuştur. İkinci adımda ilişki doyumu, ilişki yatırımı ve seçeneklerin niteliği değişkenlerinin eklenmesiyle model, varyansın % 10.3'ünü açıklamaktadır. Bu adımda ise cinsiyetle birlikte yalnızca seçeneklerin niteliği değişkeni aldatmaya yönelik tutumları anlamlı olarak yordamıştır. Son olarak ilişki bağlanımı da modele dahil edildikten sonra, aldatmaya yönelik tutumların, varyansın % 14'ü bu model tarafından anlamlı olarak



açıklanmıştır. Nihai modelde aldatmaya yönelik tutumların anlamlı yordayıcılarının cinsiyet, seçeneklerin niteliği ve ilişki bağlanımı değişkenleri olduğu görülmüştür.

#### 4. TARTIŞMA

Bu çalışmanın bulguları incelendiğinde, Yatırım Modeli değişkenlerinin hiçbirinde cinsiyet açısından anlamlı bir farklılık bulunmadığı görülmektedir. Cinsiyetle ilgili önceki çalışmaların sonuçları incelendiğinde, bu çalışmanın aksine, kadınların ilişki doyumları erkeklerinkinden daha yüksek bulunmuştur (Duffy ve Rusbult, 1986; Rusbult ve ark., 1998). Ayrıca, önceki çalışmalar, kadınların erkeklere kıyasla ilişki bağlanımının daha yüksek olduğunu ve ilişkilerine daha fazla yatırım yaptıklarını söylenmektedir (Fitzpatrick ve Sollie, 1999; Taluy, 2013). Türkiye’deki bazı çalışmalar da yalnızca seçeneklerin niteliği açısından erkek ve kadınların anlamlı olarak farklılaştığını göstermiştir (Büyükşahin, 2006; Büyükşahin ve ark., 2005; Kaynak, 2014). Benzer şekilde, Dedekorkut (2015) da ilişki doyumu ve ilişki yatırımında cinsiyete dayalı bir farklılık görülmediğini ifade etmiştir. Türkiye’de Yatırım Modeli değişkenleriyle yapılan çalışmalar incelendiğinde sonuçların tutarlı olmadığı, kadınlar ve erkeklerin belirgin olarak farklılaşmadığı görülmektedir. Türkiye, genellikle daha geleneksel, ataerkil ve otoriter bir ülke olarak tanımlandığı (Fişek, 1982) ve çoğunluğu Müslüman olan insanlardan oluştuğu için (Toplu-Demirtaş ve Fincham, 2018), duygusal ilişki dinamiklerinin, kıyaslanan diğer çalışmalardaki örneklemelere göre, daha farklı olduğu düşünülebilir. Gelecek çalışmalar, kadın ve erkeklerin Yatırım Modeli değişkenleri açısından neden belirgin bir şekilde farklılaşmadığını kültürel özelliklerin etkisini de dikkate alarak inceleyebilir.

Bu çalışmanın sonuçlarına göre erkekler kadınlara göre daha yüksek aldatma niyeti ve aldatmaya karşı daha olumlu tutumlar göstermektedir. Bu bulgular önceki çalışmalar tarafından da desteklenmektedir (Jackman, 2015; Tagler ve Jeffers, 2013; Toplu-Demirtaş ve ark., 2014; Toplu-Demirtaş ve Fincham, 2018; Whatley, 2010; Whitty, 2003). Kantarcı-Boğda ve Şendil’e (2012) göre, toplumda erkek cinselliğine yönelik kabul edici tutumlar, erkeklerin aldatma eğiliminin fazla olmasının ve

aldatmaya yönelik daha olumlu tutumlar sergilemelerinin sebebi olabilir. Atkins, Baucom, Yi ve Christensen (2005) ise ilişkiden alınan doyumun düşmesinin aldatma eğilimin artmasına sebep olabileceğini belirtmişlerdir. Bu çalışmada, bunu destekler nitelikte, ilişki doyumu ile aldatmaya yönelik niyetler arasında negatif yönde anlamlı bir ilişki olduğu ortaya konmuştur.

Daha önce bahsedildiği gibi, Türkiye'nin ataerkil yapısı dikkate alındığında, kadınların çocukluklarından itibaren daha katı kurallar ve baskı ile yetiştirildiği yorumu yapılabilir. Sev'er ve Yurdakul (2001), Türkiye'de evlilik öncesi ilişkilerin özellikle kadınlar açısından, cinsellik ve bakirelik gibi konular sebebiyle namus ve ahlak dışı olarak görüldüğünü belirtmiştir. Öte yandan, erkekler cinsellikle ilgili deneyim yaşama ve bunları ifade etme açısından daha rahat olabilmektedir. Bu durum erkeklerin aldatmaya yönelik daha olumlu tutumlar ve yüksek niyetler göstermesi için bir açıklama olarak görülebilir.

Bu çalışmanın Yatırım Modeli değişkenleri ile ilgili bulguları, alanyazın ile tutarlıdır (Dedekorkut, 2015; Drigotas ve ark., 1999; Duffy ve Rusbult, 1986; Rusbult, 1980a; Rusbult ve ark., 1998; Taluy, 2013; Toplu-Demirtaş, Hatipoğlu-Sümer ve White, 2013). Sonuçlara göre, ilişki bağlanımı, ilişki doyumu ve ilişki yatırımı arttıkça artmakta; seçeneklerin niteliği arttıkça ise azalmaktadır. Ayrıca önceki çalışmalarda (Rusbult, 1980a, 1983; Taluy, 2013; Toplu-Demirtaş ve ark., 2013) olduğu gibi ilişki doyumu, ilişki yatırımı ve seçeneklerin niteliğinin, ilişki bağlanımını anlamlı olarak yordayabildiği görülmüştür. Bu sonuçlar, Yatırım Modeli değişkenlerinin, bu çalışmanın örneklemini oluşturan Türk üniversite öğrencilerinin ilişki bağlanımını anlamlı olarak yordayabildiğini göstermiştir. Böylece bu model, aldatmaya yönelik niyet ve tutumların yordayabilmesi için etkili bir kuramsal altyapı sağlamaktadır.

Benzer şekilde, Drigotas ve ark. (1999) da üniversite öğrencilerinin aldatma davranışında bulunma olasılıklarını tahmin edebilmek amacıyla Yatırım Modeli'ni kullanmıştır. Aldatmayı duygusal, cinsel ve birleşik tip olarak sınıflandırdıkları çalışmanın sonuçlarına göre, tüm Yatırım Modeli değişkenleri, birleşik tip aldatmayı anlamlı olarak yordayabilmektedir. Ek olarak, Fricker (2006), çalışmasında kullandığı Aldatma Eğilimi Ölçeği'nden alınan puanlar ile ilişki doyumu ve ilişki

bağlanımı arasında negatif; seçeneklerin niteliği ile arasında ise pozitif yönde anlamlı bir ilişki olduğunu belirtmiştir.

Bu çalışmanın temel amacı, bazı demografik değişkenler kontrol edildikten sonra, diğer Yatırım Modeli değişkenlerinin katkılarıyla, ilişki bağlanımının üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumlarını ne ölçüde yordayabildiğini belirlemektir. Bu bağlamda, Hiyerarşik Çoklu Regresyon Analizi sonuçlarına göre, üniversite öğrencilerinin aldatmaya yönelik niyet ve tutumları, bazı Yatırım Modeli değişkenleri tarafından yordanabilmektedir. Daha açık bir ifadeyle, aldatmaya yönelik niyetler, seçeneklerin niteliği ve ilişki bağlanımı değişkenleri tarafından anlamlı olarak yordanmıştır. Öte yandan, aldatmaya yönelik tutumların da seçeneklerin niteliği ve ilişki bağlanımı değişkenleri tarafından yordandığı görülmüştür. Ek olarak cinsiyet de aldatmaya yönelik tutumların anlamlı bir yordayıcısı olmuştur. Bu bulguları destekler nitelikte, McAlister ve ark. (2005) tarafından duygusal ilişkisi olan üniversite öğrencilerinde aldatma davranışının tahmin edilmesi üzerine yapılan çalışmanın sonuçlarına göre de ilişki doyumu ve seçeneklerin niteliği, aldatma eğilimini anlamlı olarak yordamaktadır. Aldatmaya yönelik tutumların yordanması ile ilgili sonuçlar ele alındığında, Yatırım Modeli'nin varyansın %14'ünü açıklayabildiği görülmüştür. Tutum, duygusal, bilişsel ve davranışsal boyutları olan (Altmann, 2008) ve gizil doğası gereği gözlemlenmesi ve ölçülmesi zor olan (Krosnick, Judd ve Wittenbink, 2005) bir olgu olduğu için, analiz sonuçlarının bu düzeyde kaldığı düşünülmektedir. Bu sebeple, gelecek çalışmalar için aldatmaya yönelik niyet ve tutumlarla ilişkili olduğu bilinen kişilik özellikleri (Müezzinoğlu, 2014), bağlanma stilleri (Allen ve Baucom, 2006; Çavuşoğlu, 2011; Çıkkıt, 2017; DeWall ve ark., 2011; Kantarcı-Boğda ve Şendil, 2012) ve aldatma geçmişine sahip olma (Barta ve Kiene, 2005; Jackman, 2015; Martins ve ark., 2016; Shimberg ve ark., 2016) gibi değişkenlerin de kullanılması önerilmektedir.

#### **4.1 Kuram, Araştırma ve Uygulamaya Yönelik Çıkarımlar**

Türkiye'de evlilik öncesi duygusal ilişkilerle ilgili yapılan çalışmalar kısıtlı olduğundan, Yatırım Modeli temel alınarak gerçekleştirilen bu çalışmanın, duygusal

ilişkilerde aldatma olgusunu anlama konusunda katkı sağlayacağı düşünülmektedir. Maddox Shaw, Rhoades, Allen, Stanley ve Markman (2013) tarafından belirtildiği üzere, duygusal ilişkilerde aldatmaya yönelik niyet ve tutumlar hakkında bilgi sahibi olmak, evlilikte devam edebilecek risk faktörlerini belirlemeye önemli katkılar sağlamaktadır. Mcanulty ve Brineman (2007) da duygusal ilişkiler ile ilgili bu tarz bulguların, çift terapisi uygulama alanlarında kullanılabileceğini belirtmiştir. İlişki bağlanımının tek belirleyicisinin ilişki doyumu olmadığını anlamak ve ilişki yatırımı ile seçeneklerin niteliği değişkenlerinin önemli etkilerinin farkında olmak, danışanların kendilerini ve ilişkilerini daha iyi tanımlarına ve anlamalarına yardımcı olabilir. Bu alanda çalışan terapistler ve psikolojik danışmanlar, danışanlarına ilişkilerine yaptıkları içsel ve dışsal yatırımlar ile mevcut ilişkileri dışındaki çeşitli alternatifleri nasıl değerlendirdikleri noktasındaki algılarının ilişki bağlanımları ve ilişkiyi sürdürebilmeleri ile doğrudan ilişkili olduğunu gösterebilir. Bu bulgular, çift ve evlilik terapileri alanında çalışan terapistler ve psikolojik danışmanlara risk faktörlerini ve çalışılması gereken hedef grupları belirlemek ve bu alanda müdahale programları geliştirme konusunda katkılar sağlayabilir.

#### **4.2 Gelecekteki Araştırmalar İçin Öneriler**

Bu çalışmanın örnekleminde cinsiyet ve cinsel yönelim açısından dengesiz bir dağılım olduğu gözlenmiştir. Gelecek çalışmaların bu özellikleri de dikkate alarak daha kapsayıcı bir örneklem oluşturmaları önerilmektedir. Zira evrensel çalışmalarda olduğu gibi Türkiye'deki araştırmaların da çoğunlukla heteroseksüel evli çiftlerle sınırlı kaldığı görülmektedir. Ayrıca, gelecek çalışmalarda katılımcılardan çift olarak veri toplanması ve aktör partner ilişkisinin de incelenmesi önerilmektedir.

Bazı çalışmalar bağlanma stilleri ile aldatmaya yönelik niyetler ve tutumlar arasında anlamlı ilişkiler bulunduğunu göstermektedir (Allen ve Baucom, 2004; DeWall ve ark., 2011; Kantarcı-Boğda ve Şendil, 2012). Ayrıca, daha önce aldatma davranışında bulunmuş olmanın aldatmaya ilişkin daha olumlu tutumlar geliştirme ve daha yüksek aldatma niyetine sahip olma ile bağlantılı olduğuna dair bulgular

bulunmaktadır (Barta ve Kiene, 2005; Jackman, 2015; Martins ve ark., 2016; Shimberg ve ark., 2016). Bu bağlamda, gelecek çalışmalarda bağlanma stillerinin ve aldatma deneyimine sahip olmanın da göz önünde bulundurulması önerilmektedir. Alanyazın incelendiğinde, aldatmaya yönelik niyetlerin, aldatmaya yönelik tutumlar tarafından da yordanabildiği görülmüştür (Dursun ve Özkan, 2019; Martins ve ark., 2016; Toplu-Demirtaş ve Fincham, 2018). Bu sebeple gelecek çalışmalar, tutumların niyetler üzerindeki yordayıcı özelliğini de inceleyebilir.

Son olarak, bu çalışma ilişkisel yöntemler kullanılarak yürütülen nicel bir araştırmadır. Dolayısıyla, bulgular arasında bir neden sonuç ilişkisinden bahsetmek mümkün değildir. Bu nedenle hem evli bireylerde hem de duygusal ilişkisi olan bireylerde önemli bir problem olarak görülen aldatma olgusunu daha iyi anlayabilmek için nitel çalışmalar yapılması önerilmektedir. Nitel çalışmalar, katılımcıların kendi kişisel ifadeleri ve açıklamaları üzerine kurulduğu için, konu ile ilgili daha derin bir anlayışa sahip olma avantajı sağlamaktadır (Creswell, 2015).

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### YAZARIN / AUTHOR

Soyadı / Surname : ANLATAN

Adı / Name : ÖMER

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