



**THE MEDIATING ROLE OF RESPONSIBILITY ATTRIBUTIONS FOR  
PARTNER BEHAVIORS IN THE RELATIONSHIP BETWEEN  
ATTACHMENT, RELATIONSHIP SATISFACTION, AND ADULT BREAK-  
UP ANXIETY**

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**PSYCHOLOGY DEPARTMENT  
PSYCHOLOGY MASTER'S THESIS**

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## **ABSTRACT**

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**DAYLAN, BESTE ANIL**  
**PSYCHOLOGY MASTER'S THESIS**

Supervisor: Prof. Dr. Aslı GÖNCÜ KÖSE

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This study investigates how attachment dimensions (attachment anxiety and avoidance) affect relationship satisfaction and adult break-up anxiety and the mediating role of attributions of responsibility for negative partner behaviors in these relationships. The study included 447 participants from Turkey. Data were collected using an online survey and analyzed using Structural Equation Modelling (SEM). The findings showed that attachment anxiety was highly and positively related to attributions of responsibility for negative partner behaviors, but attachment avoidance was not significantly related to these attributions. Furthermore, responsibility attributions for negative partner behaviors were found to be strongly and negatively related to relationship satisfaction. Attachment anxiety was found to have a negative effect on relationship satisfaction and attributions of responsibility for negative partner behaviors partially mediated this effect. However, no significant relationship was found that attributions of responsibility had a mediating effect on the relationship between avoidance and relationship satisfaction. Although attachment anxiety had a strong and positive relationship with adult break-up anxiety, responsibility attributions did not show a significant mediating effect in this relationship. The findings suggest that those who score high on attachment anxiety

experience more break-up anxiety in their romantic relationships, which may be related to a general sense of insecurity. The findings are discussed together with contributions to the literature and practice and suggestions for future studies.

**Keywords:** Adult attachment dimensions, adult-break-up anxiety, responsibility attributions, relationship satisfaction, romantic relationships.



## ÖZET

# İLİŞKİDE PARTNER DAVRANIŞLARINA YÖNELİK SORUMLULUK YÜKLEMELERİNİN BAĞLANMA, İLİŞKİ DOYUMU, YETİŞKİN AYRILMA KAYGISI ARASINDAKİ ARACI ROLÜ

DAYLAN, BESTE ANIL  
PSİKOLOJİ YÜKSEK LİSANS TEZİ

Danışman: Prof. Dr. Aslı GÖNCÜ KÖSE  
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Bu çalışma, bağlanma boyutlarının (kaygılı bağlanma ve kaçınma) ilişki memnuniyetini ve yetişkin ayrılma kaygısını nasıl etkilediğini ve olumsuz partner davranışları için yapılan sorumluluk atıflarının bu ilişkilerdeki aracı rolünü araştırmaktadır. Çalışmaya Türkiye'den 447 katılımcı dahil edilmiştir. Veriler çevrimiçi anket kullanılarak toplanmış ve Yapısal Eşitlik Modellemesi (YEM) kullanılarak analiz edilmiştir. Bulgular, bağlanma kaygısının olumsuz partner davranışlarına yönelik sorumluluk atıflarıyla yüksek düzeyde ve pozitif yönde ilişkili olduğunu, ancak kaçınmacı bağlanmanın bu atıflarla anlamlı bir ilişkisi olmadığını göstermiştir. Ayrıca, olumsuz partner davranışlarına yönelik sorumluluk atıflarının ilişki memnuniyeti ile güçlü ve negatif yönde ilişkili olduğu bulunmuştur. Bağlanma kaygısının ilişki memnuniyeti üzerinde olumsuz bir etkisi olduğu ve bu etkiye olumsuz partner davranışlarına yönelik sorumluluk atıflarının kısmen aracılık ettiği bulunmuştur. Ancak, sorumluluk atıflarının kaçınma ve ilişki doyumu arasındaki ilişkilerde aracı bir etkiye sahip olduğuna dair anlamlı bir ilişki bulunamamıştır. Bağlanma kaygısı, yetişkin ayrılık kaygısı ile güçlü ve pozitif bir ilişkiye sahip olmasına rağmen, bu ilişkide sorumluluk atıfları anlamlı bir aracılık etkisi göstermemiştir. Bulgular, bağlanma kaygısından yüksek puan alanların romantik ilişkilerinde daha fazla ayrılık kaygısı yaşadıklarını ve bunun da genel bir

güvensizlik duygusuyla ilişkili olabileceğini göstermektedir. Bulgular, alanyazına ve uygulamaya yönelik katkılar ve gelecek çalışmalara yönelik önerilerle birlikte tartışılmıştır.

**Anahtar Kelimeler:** Yetişkin bağlanma boyutları, sorumluluk atıfları, yetişkin ayrılma kaygısı, ilişki doyumu, romantik ilişkiler.



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## CHAPTER I

### INTRODUCTION

#### 1.1. OVERVIEW

Romantic relationships may be extremely stressful, intense, and painful (e.g., Sprecher et al. 1998:1). As stated by Bowlby (1982:1), losing a romantic partner represents one of the most traumatic and detrimental experiences faced in the human condition. Identifying characteristics that help reduce the distress associated with this typical occurrence is crucial. After a few weeks or months of separation, partners have a clearer understanding of why they broke up (Weber 1992:1). Anxiety is also linked to the fear of separation that adults experience in relationships. This is known as adult separation or break-up anxiety. More specifically, break-up anxiety is defined as the anxious thought of conflict occurrences that might potentially lead to the end of the relationship (Liang and Feiring 2020:1).

Emerging adults frequently pursue therapeutic intervention for issues pertaining to interpersonal relationships, including unfulfilled emotional requirements and distressing separations, which may increase symptoms of anxiety and depression (Gibbons and Shurts 2010:1; Shulman et al. 2017:1). Unmet needs may cause break-up anxiety (BUA) in particular couples who are still together, which is defined as the perception of conflict occurrences as potential signs that the relationship is about to end (Feiring et al. 2018:1). Bowlby proposed that the reactions to the loss of an adult romantic relationship are comparable to those of children faced with their primary attachment figure's long or permanent departure.

Attachment is a lifetime perspective on how secure relationships provide a secure basis for infants and children (Ainsworth 1967:1; 1969:1; Bowlby 1958:1; 1988:1). Scholars in psychology have rigorously investigated the principles of attachment theory, and empirical investigations have substantiated numerous hypotheses posited by the theory. Adult attachment theory explains individual variability in intimate relationships (Mikulincer and Shaver 2003:1; 2007:1; Fraley

and Shaver 2000:1). Attachment avoidance is defined by a negative perception of interpersonal relationships, which results in discomfort during intimate interactions and an inability to attain ease in such contexts (Vollman et al. 2019:1). Vollman et al. (2019) discovered a significant negative relationship between the esteem expressed by partners and the degree of contentment experienced within the relationship, alongside attachment-related anxiety and avoidance. Collins et al. (2006) contended that these attachment modalities correlate with persistent cognitive, emotional, and behavioral frameworks in close relationships and are hypothesized to reflect differences in individuals' internal working models of attachment.

Earlier academics have also examined the effect of couples' attribution styles on relationships. Relationship attributions are conceptualized using responsibility and causal attributions (Fincham and Bradbury, 1992:1). The current study investigated how attachment anxiety and avoidance relate to relationship satisfaction and breakup approaches (BUA) and how responsibility attributions for a romantic partner's negative actions play a mediating role in these relationships. Moreover, extensive prior investigations conducted across diverse contexts and cultural frameworks have consistently revealed that attachment anxiety and avoidance significantly influence the satisfaction experienced within romantic relationships. These studies also demonstrated a negative correlation between insecure attachment—defined as higher levels of attachment anxiety—and relationship satisfaction (Simpson et al. 2001:1; Simpson 1990:1). Theorists typically consider adult attachment to be a strong quality in people, defined as a constant collection of ideas, feelings, and behaviors within intimate relationships (Hazan and Shaver 1987:1). Negative communication and negative attributions may contribute to a relationship's decreasing satisfaction and the emergence of an insecure attachment style (Pearce and Halford 2008:1).

A decline in relationship satisfaction is indicated by negative attributions and negative communication (Bradbury and Fincham 1990:1; Heyman 2001:1). Unlike males, females' negative attributions have a more noticeable and sustained effect on couple relationship satisfaction (Fincham and Bradbury 1987:1; Schaefer Porter and Hendrick 2000:1). It was shown that attachment anxiety, contentment, and distress were strongly correlated with aggression. This implies that being the object of aggressive pursuit can be predicted by more significant levels of attachment anxiety,



customized. According to the extensive research conducted by Ellison et al. (2011) the concept of attachment style is defined as the distinctive and individualistic methods through which a person engages and interacts with their significant attachment figures, particularly in the context of intimate relationships that are characterized by caring, emotional depth, and open communication. Furthermore, Bowlby's seminal attachment theory posits that the nature of a person's interactions and experiences with their primary caregivers during the formative years of childhood fundamentally establishes the groundwork for the quality and dynamics of the relationships they will engage in with others and the perceptions they will develop about themselves as they transition into adulthood (Bowlby 1969:1, 1973:1, 1980:1). Three basic attachment types were identified by Ainsworth et al. in 1978:1 avoidant, anxious/ambivalent, and secure. Infants who successfully use their caregiver as a dependable source of comfort when they are upset exhibit a secure attachment style (Ainsworth et al. 1978:1). When in distress, infants with the anxious/ambivalent attachment style combine attachment-related behaviors with overt displays of protest and anger toward their primary caregiver. Infants with an avoidant attachment style tend to avoid their caregiver and show evidence of emotional separation when they are distressed.

Individuals who score high on attachment secure typically perceive themselves as amiable, sociable, and friendly while regarding their partners as dependable, trustworthy, and genuine. Compared to individuals who score high on attachment avoidance and attachment anxiety, securely attached people have a more peaceful, sophisticated, and cohesive self-structure (Man and Hamid 1998:1). Those who score high on anxious/ambivalent attachment style, on the other hand, often create models of themselves that show them as misunderstood, insecure, and underappreciated, and models of their significant others as typically untrustworthy and reluctant to get into long-term partnerships. Conversely, those who score high on attachment avoidance tend to create models of themselves that show them as skeptical individuals, distant, and suspicious, and their models of significant others show a tendency to jump into relationships too quickly or a belief in their unreliability (Simpson 1990:1).

According to Hazan and Shaver, who built upon Bowlby's attachment theory, the bond established with a romantic partner in adulthood progresses in a way that is

similar to the attachment formed with primary caregivers during early childhood. Attachment avoidance and attachment anxiety are the two fundamental dimensions of attachment, according to this theory, and they are strongly associated with an individual's attribution style, relationship satisfaction, and BUA (Dutton and Winstead, 2006:1; Kogut 2016:1; Vollman et al. 2019:1)

According to Weiner's (2006) Attribution Theory, we often attribute traits to our own and other people's activities to explain them. This theoretical framework posits that behavior is primarily influenced by two principal factors: internal factors, often termed dispositional influences, and external factors, commonly referred as situational elements. As articulated by Weiner (2006), individuals who adopt an internal attribution perspective tend to hold themselves responsible for their challenges, while those who adopt an external attribution perspective attribute their difficulties to other individuals or to various environmental circumstances.

The interaction of two fundamental dimensions—the mental representations of oneself and others—defines attachment patterns (Bartholomew and Horowitz 1991:1). These mental images are known as "working models," and they are intimately associated with the propensity to attribute things either internally or externally (Collins and Allard 2001:1; Collins et al. 2004:1; Collins and Read 1994:1).

Those who score high on attachment secure have optimistic expectations for other people's behavior in their relationships and have favorable self-images. Accordingly, these safe functioning models may be viewed as cognitive resources that help people maintain favorable opinions of their partners and themselves (Collins et al. 2006:1). These people probably have a natural tendency to look for and develop dependable, encouraging relationships that are marked by high degrees of commitment, trust, dependency, and satisfaction (Simpson 1990:1). As articulated by Sümer and Cozzarelli (2004:1), individuals who score high on attachment anxiety tend to possess a positive perception of others while concurrently harboring a negative self-image. They could feel confused about their romantic connections. They may be unable to build relationships with high levels of trust, commitment, interdependence, and happiness because of their overall uneasiness about the dependability of relationships, despite their desire for secure, supportive connections (Simpson 1990:1). Individuals who score high on attachment anxiety have been

shown to exhibit increased emotional reactivity, impulsivity, and aggression in relational conflicts (Mikulincer 1998:1). This tendency may be further compounded by an increased propensity to attribute responsibility for negative behaviors to their partners (Mikulincer 1998:1; Mikulincer and Shaver 2005:1). Additionally, these individuals have been observed to demonstrate high rejection sensitivity, which leads them to perceive even minor negative behaviors from their partners as deliberate and personally directed (Downey and Feldman 1996:1). Research indicates that individuals who score high on attachment anxiety tend to interpret ambiguous or negative partner behavior as more threatening and are more likely to make blaming attributions (Collins and Read 1994:1). Furthermore, individuals with high rejection sensitivity are more prone to negatively interpret relational threats and attribute them to their partner's intentional intention (Romero-Canyas et al. 2010:1). This cognitive bias may explain why individuals with high anxiety attribute more responsibility to their partners in distressed situations. This tendency to perceive negative behaviors as deliberate and intentional can lead to increased relational distress and diminished relationship satisfaction. These findings offer valuable insight into the interplay between attachment anxiety, cognitive distortions, and attributions of responsibility within the context of romantic relationships. Conversely, individuals who score high on attachment avoidance tend to harbor a pessimistic disposition towards others while simultaneously cultivating a positive self-assessment (Sümer 2004:1). These individuals typically engage in emotionally detached relationships characterized by diminished trust, commitment, interdependence, and overall satisfaction, which aligns with their unfavorable view of others (Simpson 1990:1).

At this point, I need to define attribution types. Causal attributions and responsibility attributions are the two basic attribution aspects that researchers generally found. Causal attributions focus on explaining why a partner behaves in a certain way—whether the cause is perceived as internal (e.g., personality traits) or external (e.g., unforeseen circumstances), and whether it is stable or variable over time (Weiner 2006). Responsibility attributions, on the other hand, center on the degree to which individuals hold themselves or their partners accountable or blameworthy for a specific event or outcome (Corrigan et al. 2003:1; Weiner 2006:1). Responsibility attributions assess how much a partner's participation in a

relationship event is thought to be intentional, a sign of their self-interest, and blameworthy (Bradbury and Fincham 1990:1).

For instance, if one's partner arrives late to an important dinner, one might interpret the lateness through causal attributions—attributing it to an external factor such as traffic or to an internal characteristic such as forgetfulness. However, the moment one starts judging how much the partner is personally at fault or morally responsible for that lateness (e.g., “You could have easily avoided this if you cared more!”), one is making responsibility attributions (Fincham and Bradbury 1992:1). These attributions, whether causal or responsibility-based, can significantly influence relationship outcomes and satisfaction. The context (internal vs external), stability, globality, and the perceived controllability of the cause are all components of conventional causal attributions (Sümer and Cozzarelli 2004:1). Responsibility attributions assess how much a partner's participation in a relationship event is thought to be intentional, a sign of their self-interest, and blameworthy (Bradbury & Fincham 1990:1). It has been noted that unhappy couples use "distress-maintaining attributions," which emphasize the negative effects of poor partner conduct while minimizing the positive effects of positive relationship behavior (Sümer & Cozzarelli 2004:1). Individuals in happy relationships were more likely to attribute their partner's wrongdoing in a way that improved the relationship, according to research by Collins and Allard (2001:1). Higher levels of negative attributions were predictive of lower relationship satisfaction for both men and women one year after marriage, according to Kimmes et al. (2015). This study also showed that a year later, wives were less satisfied with their relationships when their husbands expressed pessimistic attributions. Nonetheless, a year after marriage, men's decreased relationship satisfaction was not predicted by women's negative attributions.

The association between pessimistic attributions and insecure attachment styles was confirmed by several follow-up studies. Morrison and colleagues (1997:1) discovered that individuals who score high on attachment secure were more predisposed to render favorable assessments of their romantic partners. Gallo and Smith (2001:1) discovered a positive relationship between husbands' avoidant attachment styles and their tendency to criticize their wives' behavior. Despite this, there was a negative correlation with the men' own reports of marital support. Moreover, the empirical investigation conducted by the researchers revealed that

individuals who score high on attachment anxiety, alongside a notable tendency towards attachment avoidance, exhibited a pronounced inclination to attribute negative behaviors and characteristics to their partners in marital relationships than individuals who score comparatively low on these attachment-related dimensions, thereby indicating a complex interplay between attachment styles and interpersonal perceptions within intimate relationships. These unfavorable attributions partially explained the correlation between anxiety and the sense of tension in their relationships. Wives' negative attributions for their partners' actions were similarly associated with attachment-related distress but not avoidance (Gallo and Smith, 2001:1).

Positively attributing a partner's behaviors improves the quality of the relationship, according to a study (Cropley and Reid 2008:1). As mentioned above, previous research has consistently shown that adult attachment patterns impact relationship satisfaction through their effects on attribution styles (Gallo and Smith 2001:1; Sümer and Cozzerelli 2004:1). Moreover, individuals who score high on attachment anxiety and attachment avoidance are inclined to ascribe a great number of negative behaviors to their partners (Collins 1996; Mikulincer 1998:1). In line with the theoretical background and the previous research, the first two hypotheses are generated as follows:

*Hypothesis 1:* Individuals who score high on attachment anxiety are more likely to make responsibility attributions for negative partner behaviors than those who score low on attachment anxiety.

*Hypothesis 2:* Individuals who score high on attachment avoidance are more likely to make responsibility attributions for negative partner behaviors than those who score low on attachment avoidance.

### **1.1.2. Mediating Role of Responsibility Attributions for Negative Partner Behaviors in the Relationship of Attachment Avoidance, Attachment Anxiety and Relationship Satisfaction**

The attribution perspective seeks to investigate how partners' overall relationship satisfaction is impacted by the interpretations they make of relationship events (Sümer and Cozzarelli 2004:1). As previously mentioned, working models are cognitive-affective structures that are believed to influence one's expectations,

beliefs, and feelings about oneself and others and regulate emotional experiences in interpersonal interactions (Collins and Allard 2001:1; Pietromonaco and Barrett, 2000:1).

As demonstrated by the reciprocal effects of their actions and feelings, romantic partners have a significant reciprocal impact on one another's experiences (Randall and Bodenmann 2017:1). According to Kimmes et al. (2015) a continuous correlation exists between romantic relationship happiness and attributions, or the explanations individuals provide for their partners' behaviors. Much of the research that attempts to validate aspects of cognitive-behavioral theories of intimate relationships focus on the reasons people provide for what happens in their relationships (Fincham and Beach 2006:1). The link between negative attributions and various negative relationship outcomes has long been recognized. For example, Johnson and his colleagues (2001) proposed that declines in marital satisfaction were strongly predicted by the combination of attributions with negative relational actions.

Furthermore, according to attachment theorists, people have working models that influence how they interpret events in their intimate relationships as adults (Baldwin et al. 1996:1). The extent to which maladaptive attributions, in particular, impact how relationships work within the different attachment types has not been widely studied. Nonetheless, there is evidence that attributions mediate the associations between attachment characteristics and relationship adjustment (Gallo and Smith 2001:1).

Research suggests that when it involves relationship happiness, partners' attachment styles matter just as much as the attributions they make within the relationship (Ainsworth 1989:1; Bowlby 1982:1). As posited by Ainsworth et al. (1989), different dimensions of attachment during the infantile stage, including avoidant, anxious, and secure attachment styles, can exert considerable influence on relational dynamics in adulthood. According to several research, attachment styles predict successful and failed relationships. Elevated degrees of insecurity were correlated with diminished levels of intimacy, passion, and commitment within romantic relationships and decreased levels of overall well-being, as posited by Madey (2009:1). Furthermore, compared to individuals with who score high on attachment avoidance or attachment anxiety, those who score high on attachment secure tended to describe more positive experiences in matters of love and were more

satisfied in their close relationships, according to Fraley and Shaver (1999:1). According to a different study, individuals who score high on attachment secure also reported higher relationship satisfaction and more positive relationship descriptions (Fletcher 2000:1). Furthermore, Towler and Stuhlmacher (2013:1) discerned that individuals who score high on attachment avoidance tend to navigate their intimate partnerships with reduced levels of cohesion and satisfaction, in contrast to those who score high on secure attachment and predisposed to cultivate relationships that are markedly more fulfilling.

A limited number of empirical studies has attempted to uncover the psychological dynamics that function effectively within romantic partnerships. Nevertheless, a multitude of investigations has revealed a negative correlation between attachment avoidance, anxiety, and relationship satisfaction. Sümer and Cozzarelli (2004) studied how individuals attribute relationship events and how their pleasure in such relationships relates to their attributional style. According to their findings, those who score high on attachment secure tended to attribute more positive attributions to their relationships, which increased their feelings of happiness. On the other hand, those who score high on attachment anxiety and avoidance tended to attribute more responsibility, which decreased their level of relationship satisfaction.

The current study indicates that the relationship between attachment styles and relationship satisfaction is notably affected by individual attributional styles. Specifically, it is posited that a principal factor contributing to the relationship between attachment style and satisfaction in romantic relationships is individuals' propensity to make responsibility attributions to their partners for negative circumstances within their relationships. Consequently, the following hypotheses are formulated as follows:

*Hypothesis 3:* Responsibility attributions for negative partner behaviors mediate the relationship between attachment anxiety and relationship satisfaction.

*Hypothesis 4:* Responsibility attributions for negative partner behaviors mediate the relationship between attachment avoidance and relationship satisfaction.

### **1.1.3. Mediating Roles of Responsibility Attributions for Negative Partner Behaviors in the Relationships between Attachment Avoidance, Attachment Anxiety, and BUA**

Adult attachment can be described as romantic relationship behaviors, expectations, and feelings that resemble the patterns seen in infant-caregiver interactions (Collins 1996:1; Kirkpatrick and Davis 1994:1). According to Mikulincer and Shaver (2007:1) individuals who score high on attachment anxiety are more predisposed than those with lower levels to perceive themselves as unworthy of a gratifying romantic relationship with a counterpart who meets their criteria. Individuals who score high on attachment anxiety, which is typified by a fear of abandonment, have been evidenced in previous longitudinal investigations to forecast heightened commitment in relationships, even amidst dissatisfaction (Kirkpatrick and Davis 1994:1; Kirkpatrick and Hazan 1994:1). When a partner fulfills their fundamental psychological necessities, individuals are more inclined to maintain commitment, and when they do not, their commitment decreases (Drigotas and Rusbult 1992:1). According to Slotter and Finkel (2009) individuals who score high on attachment secure remained committed and continuous regardless of whether their partner helped them meet their requirements for autonomy and relatedness. Those who score high on attachment anxiety, conversely, demonstrated reduced commitment and an elevated likelihood of dissolution when their partners neglect to satisfy these requisites. They also maintained commitment and continuity only when their partners helped to meet these needs.

According to research, people's attribution styles and mental procedures influence their views about breakup in addition to their connection. According to specific empirical findings, individuals who regard themselves as accountable for the ending of a romantic relationship are more predisposed to encounter psychological distress, which is typified by an augmented frequency of distressing thoughts pertaining to separation (Chung et al. 2003:1). Another investigation revealed that individuals who held themselves accountable for a breakup score high on attachment anxiety and depressive symptoms, as well as sorrow pertaining to the termination of the relationship (such as encountering difficulties in accepting that the association had concluded) (Boelen and Reijntjes 2009:1). In conclusion, placing greater responsibility on oneself for a romantic breakup may have an effect on psychological

adjustment: it can increase unpleasant feelings and thoughts (Zhang and Chen 2017:1). Finally, lots of research indicate that unpleasant experiences in relationships and people's attachment styles are mediated by their attributions of blame. Schemas that individuals have about relationship events are linked to attachment style (Pearce and Halford 2008:1). Because they fear and deliberately avoid these consequences, individuals who score high on attachment secure often focus on their partner's behaviors that can be interpreted as rejection, abandonment, or disapproval (Collins and Read 1994:1). Furthermore, Göncü and Sümer (2011) demonstrated a significant correlation between rejection sensitivity and attributions of responsibility for negative partner and self-behaviors.

Zimmer-Gembeck and colleagues (2016:1) found that early adolescents with higher rejection sensitivity tended to withdraw when confronted with rejection. Another study revealed that individuals who perceived themselves as responsible for the dissolution of a romantic partnership demonstrated heightened levels of anxiety, depressive manifestations, and sorrow (including challenges in coming to terms with the conclusion of the relationship) relative to those who viewed themselves as less accountable (Boelen and Reijntjes 2009:1). Individuals who score high on attachment anxiety or avoidance have been shown to deliberately and consciously interpret their partner's negative behavior, which may increase their fear of potential relationship dissolution (Downey and Feldman 1996:1). Due to their high sensitivity to rejection, individuals who score high on attachment anxiety are particularly prone to perceiving their partner's negative behavior as personal attacks, which increases their distress and separation anxiety (Mikulincer and Shaver 2005:1). On the other hand, individuals who score high on attachment avoidance, who typically anticipate relational instability and place a high value on self-reliance (Mikulincer and Shaver 2005:1), may reinforce their belief that the relationship is unsustainable by attributing negative partner behavior to deliberate harm. These perceptions are likely to contribute to an increased sense of relational insecurity, which in turn leads to elevated levels of adult BUA. It is consistently anticipated in this study that responsibility attributions for negative partner behaviors mediate the association between the attachment anxiety and avoidance, and BUA.

*Hypothesis 5:* Responsibility attributions for negative partner behaviors mediate the relationship between attachment anxiety and BUA. *Hypothesis 6:*

Responsibility attributions for negative partner behaviors mediate the relationship between attachment avoidance and BUA.

#### **1.1.4. Relationships between Attachment Anxiety and Relationship Satisfaction**

Fincham and Bradbury (1987:1), Funk and Rogge (2007:1) and Kamp Dush et al. (2008:1) define relationship satisfaction as an individual's overall assessment of their romantic relationship. High relationship satisfaction is defined by good feelings and attitudes towards the relationship partner and often means that individuals believe that their partner meets their needs (Fincham and Beach 2006:1). In their 2000 study, Bradbury et al. proposed that satisfaction is a function of the couple's diverse interpersonal and intrapersonal characteristics. One such factor is the partners' past experiences and their psychological characteristics. Many studies have demonstrated a negative correlation between the experience of attachment avoidance and anxiety and the sense of satisfaction (Jakubiak and Feeney 2016:1).

La Guardia et al. (2000:1) investigated the impact of attachment styles on the quality of relationships with parental figures, peers, and romantic partners in a cohort of young adults. Utilizing data from 136 participants (predominantly university students), the researchers ascertained that perceptions of secure attachment in each distinct relationship context exhibited a significant propensity to predict elevated levels of relationship satisfaction and general well-being. In a more detailed examination, individuals who score high on attachment secure exhibited a diminished frequency of communication difficulties; conversely, those who scored high on attachment anxiety in both friendship and romantic relationships experienced intensified levels of conflict within these relationships. Additionally, Roberts and Pistole (2009:1) investigated the influence of attachment style on romantic relationship satisfaction in various contexts. The study sampled 238 university students (52% female, 48% male) involved in long-distance or close-distance relationships. The results showed that secure attachment style was positively associated with romantic relationship satisfaction, regardless of physical distance. Furthermore, individuals who scored high on secure attachment reported higher levels of relationship satisfaction in long-distance and close-distance relationships than those who score high on attachment anxiety or avoidance (Roberts and Pistole 2009:1). In this study, it is posited that individuals who score high on attachment

anxiety report lower relationship satisfaction compared to those who score low on attachment anxiety. *Hypothesis 7*: Individuals who score high on attachment anxiety have lower levels of relationship satisfaction than those who score low on attachment anxiety.

#### **1.1.5. Relationships between Attachment Anxiety and BUA**

The development of attachment anxiety is affected by inconsistent and intrusive parenting styles (Ainsworth et al. 1978:1). Individuals who score high on attachment anxiety tend to exhibit characteristics such as clinginess, a strong desire to integrate with their relationship partners, heightened sensitivity to cues indicating love is being given or received, and a tendency to ruminate on thoughts of rejection and abandonment (Brennan 1998:1; Hazan and Shaver 1987:1). Therefore, individuals who score high on attachment anxiety desire close and intimate relationships yet simultaneously lack trust in their partners that would facilitate the stability of the relationship. This often results in a pattern of fluctuating commitment, as evidenced by studies such as that conducted by many researchers (Kirkpatrick and Hazan 1994:1). Furthermore, individuals who score high on attachment anxiety frequently participate in prosocial behaviors within their intimate relationships primarily to satisfy their own needs instead of prioritizing the requirements of others (Gillath et al. 2005:1).

Anger and vindictive behaviors after separation, physical and emotional suffering, and obsession with separation are all positively correlated with attachment anxiety (Collins and Gillath 2012:1). Moreover, anxiety is associated with frequent attempts to rebuild the relationship and inflated instances of unwanted pursuing behavior toward the ex-partner. Repeated separation and reconciliation may follow as a result (Davis et al. 2003:1; Dutton and Winstead 2006:1). As mentioned above, BUA refers to anxiety related to the fear of separation that adults experience in a relationship. As posited by Creasey and Hesson-McGinnis (2001) individuals who score high on attachment anxiety are likely to encounter intensified feelings of anger, fear, and negative emotional states, in addition to facing challenges in effectively addressing conflicts with their romantic partners. In a similar vein, McCarthy and Maughan's (2010) study found that individuals who had experienced negative or insecure relationships with their parents during childhood exhibited significantly

more distress in their adult romantic relationships. Participants who were insecurely attached reported significantly higher levels of anxiety, emotional dysregulation, and conflict, reflecting the high distress, low satisfaction, and intense affect previously recorded in insecurely attached individuals. The findings indicate that individuals with insecure attachments tend to experience romantic partnerships characterised by increased conflict and decreased satisfaction, even before the dissolution of the relationship, in comparison to those with secure attachments. Due to their heightened sensitivity to cues of rejection or abandonment in intimate relationships, anxiously attached individuals are also more likely to report higher levels of break-up anxiety (BUA) compared to those with low attachment anxiety. Therefore, the next hypothesis is as follows:

*Hypothesis 8:* Individuals who score high on attachment anxiety have higher BUA than those who score low on attachment anxiety.

## CHAPTER II

### METHOD

#### 2.1. PARTICIPANTS AND PROCEDURE

Data were collected from 447 participants in Turkey who had been in a romantic relationship for at least 6 months ( $N = 447$ ). The questionnaires were prepared as online surveys in the Qualtrics Web application using the existing account of the Psychology Department of Çankaya University. The data was gathered via the snowball sampling technique. The survey was shared on social media platforms (e.g., LinkedIn, Instagram, Twitter) along with the survey link, giving general information about the study. Participants were not asked for any identifying information and were informed that their names would remain anonymous. Of the 442 participants who indicated their gender, 296 were female (66.2%), 142 were male (31.8%), and 4 participants (0.9%) preferred not to indicate their gender. 56% of the participants had undergraduate degree. With a high standard deviation of 90.07 and an average relationship duration of 83.24 months, the participants showed significant variation in relationship length. The income of 50.6% of the participants was more than 65.000 TL, and the mean perceived socioeconomic status (SES) score was 6.56 ( $SD = 1.42$ ) out of 10.

**Table 1.** Demographic Characteristics of the Participants

Gender (%)		
	Male	31.8
	Female	66.2
Age		
	M	32.50
	SD	9.42
Education (%)		
	Primary	.7
	High School	10.6
	Associate Degree	5.9
	Undergraduate Degree	55.5
	Postgraduate Degree	24.4
	PhD Degree	2.9
Relationship Duration (Month)		
	M	83.24
	SD	90.08
Perceived SES		
	M	6.56
	SD	1.42
Income (%)		
	Less than 17.002 TL	1.1
	17.002 TL (minimum wage)	1.4
	17.002-35.000 TL	11.7
	36.000-45.000 TL	11.3
	46.000-55.000 TL	11.5
	56.000-65.000 TL	12.4
	More than 65.000 TL	50.6

## 2.2. MEASURES

### 2.2.1. Adult Attachment

The study utilized the "Experiences in Close Relationships - Revised - General Short Form (ECR-R-GSF)" by Wilkinson (2011:1) to assess attachment anxiety and avoidance in close relationships. The scale for adolescents was a modified version of the Experiences in Close Relationships (ECR-R; Fraley et al. 2000:1) used for adults.

It comprises 20 selected items adapted for adolescents, and participants used a Likert-type scale (1 = strongly disagree, 7 = strongly agree) to report responses. Sample items include expressions of avoidance and anxiety. A sample item of the attachment anxiety scale is "I often worry that other people I am close to do not really love me." A sample item of the attachment avoidance scale is "I prefer not to

show others how I really feel.” In this study, the internal reliability coefficients of avoidance and anxiety subscales were found as .81 and .87, respectively.

### **2.2.2. Responsibility Attributions for Negative Partner Behaviors**

The Relationship Attribution Measure (RAM), originally developed by Fincham and Bradbury in 1992, was used to evaluate attributions for partner behaviors. In line with previous literature recommendations, a shortened version of RAM, focusing on four negative hypothetical partner behaviors, was employed in this research. The participants rated their agreement on a 7-point Likert scale regarding partner responsibility attributions, covering dimensions such as intent, selfish motivation, and blame. High correlations between intent, motivation, and blame dimensions led to the computation of an overall responsibility attribution index (RAM-R). The RAM-R demonstrated good internal reliability in the study, aligning with previous research findings.

Participants in the study were asked to assess their agreement on a 7-point Likert scale regarding partner responsibility attributions for hypothetical partner behaviors, such as "Your wife criticizes something you do." The assessment covered dimensions like intent, selfish motivation, and blame, with sample items including statements like "My wife criticized me on purpose rather than unintentionally" (intent) and "My wife's behavior was motivated by selfish rather than unselfish concerns" (selfish motivation). Originally designed for married couples, the RAM was adapted for individuals in dating relationships, with stimulus events reworded accordingly. Even though the in the original scale the terms "wife/husband" were used, in the present study, the term "partner" was used.

The shortened version of RAM and its Turkish counterpart have found widespread use among researchers, including Tutarel-Kislak (1997). The overall findings consistently suggest that the abbreviated version is predictably valid for anticipating relationship outcomes, spanning areas like marital adjustment, as well as marriage and relationship satisfaction. This predictive validity has been consistently supported across different studies, exemplified by works such as Fincham and Bradbury (1993:1) and Sümer and Cozzarelli (2004:1). In this study, the internal reliability coefficient of this scale was found to be .93. In addition, the internal

reliability coefficients of causality, stability, globality, intention, selfish, and blame subscales were found to be .74, .81, .78, .77, .87, and .82, respectively.

### **2.2.3. Adult Break-Up Anxiety**

The self-report scale, crafted by Manicavasagar et al. (2003), investigates symptoms of separation anxiety in adulthood through 27 items. Utilizing a 4-point Likert-type scale, respondents rate each item on a scale from 0 "never felt" to 3 "felt very often". A sample item is "Do you feel safer at home with people close to you?" The scale adapts childhood Attachment and Biobehavioral Catch-up (ABC) symptoms from DSM-IV to adulthood, encompassing additional symptoms observed in this specific patient group. Turkish validity and reliability pilot studies for the scale were conducted by Alkan (2007:1), although the findings have not been published. In this study, the internal reliability coefficient of this scale was found to be .92.

### **2.2.4. Relationship Satisfaction**

This questionnaire, consisting of six items, assesses individuals' perceptions of love, happiness, relationship stability, seriousness of problems, general satisfaction, and level of commitment, using a 7-point scale. A sample item is "How satisfied are you with your relationship in general?" It is tailored for unmarried and married individuals and has demonstrated strong internal reliability, convergent validity, and predictive validity in prior research studies (Fletcher et al. 1990:1; Grigg et al. 1989:1). In this study, the internal reliability coefficient of this scale was found to be .92.

## **CHAPTER III**

### **RESULTS**

#### **3.1. OVERVIEW**

In this chapter, firstly, data cleaning and screening procedures are described. Secondly, the demographics and the correlations between the variables are presented. Thirdly, analyses conducted for testing the proposed theoretical model were explained. Fourthly, the explanatory analyses are described.

#### **3.2. DATA SCREENING AND DATA CLEANING**

The initial sample consisted of 553 participants. A total of 78 participants answered "no" to the first question, "I have read and understood what is written in the consent form above, and I voluntarily agree to participate in this study," and were excluded from the analysis. In addition, 25 participants were excluded from the study because the number of questions they did not answer was too high. Finally, Mahalanobis distance analysis revealed that three participants were multivariate outliers, and their data were excluded from the data set. Therefore, the final sample included 447 participants.

#### **3.3. DESCRIPTIVE STATISTICS AND BIVARIATE CORRELATIONS AMONG THE STUDY VARIABLES**

The means, standard deviations, minimum and maximum scores, and skewness values of study variables are presented in Table 2.

**Table 2.** Means, Standard Deviations, Minimum and Maximum Scores, Skewness and Kurtosis Values of Study Variables

Variables	Mean	SD	Min.	Max.	Skewness
Attachment	3.49	.89	1.25	5.80	-.02
Anxiety	3.37	1.20	1.00	7.00	.40
Avoidance	3.62	1.08	1.00	6.40	.04
Attribution	3.18	0.87	1.00	6.00	.20
Causality	3.89	1.00	1.00	6.00	-.93
Stability	2.94	1.11	1.00	6.00	.40
Globality	3.88	1.14	1.00	6.00	-.45
Intention	2.70	1.11	1.00	6.00	.46
Selfish	2.79	1.24	1.00	6.00	.44
Blame	2.87	1.15	1.00	6.00	.32
BUA	2.02	.49	1.04	4.00	.75
Relationship Satisfaction	5.59	1.21	1.00	7.00	-1.22
Valid N (listwise)	447.0				

The mean score for Attachment Anxiety was 3.37 (SD = 1.19), and the mean score was 3.62 for Attachment Avoidance (SD = 1.07). Based on 447 responses, the mean score of the overall responsibility attributions for partner behaviors was 3.18 (SD = 0.86). Relationship satisfaction had a comparatively high mean of 5.59 (SD = 1.20), while the average BUA score was 2.02 (SD = 0.47) with 447 responses.

An overview of the sample's characteristics is given by these descriptive statistics, revealing that there was a broad range of relationship durations, moderate socioeconomic status levels, and an overall high degree of relationship satisfaction. Individual variations in anxiety, avoidance, attribution styles, and relationship satisfaction are reflected in the variability of psychological scales.

### 3.4. BIVARIATE CORRELATIONS AMONG THE STUDY VARIABLES

Version 26.0 of the Statistical Package of Social Sciences (SPSS) was utilized to calculate correlations and descriptive statistics. Bivariate correlations among the study variables are presented in Table 3.

**Table 3. Bivariate Correlations Among the Study Variables**

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1-Gender	-																
2-Age	.11*	-															
3-Education	-.07	.07	-														
4-Relationship Duration (Months)	.04	.76**	-.04	-													
5-Perceived SES	.00	.11*	.16**	.07	-												
6-Income	.07	.14**	.26**	.12**	.33**	-											
7-Attachment Anxiety	.01	-.18**	-.07	-.12*	-.18**	-.15**	-										
8-Attachment Avoidance	.07	-.12*	-.13**	.01	-.09	-.05	.23**	-									
9-Resp. Attributions for Partner Behaviors (Overall)	-.03	.04	.00	.01	-.08	-.03	.38**	.08	-								
10-Causality	-.03	.01	.04	-.03	-.08	-.02	.13**	-.06	.64**	-							
11-Stability	.04	.21**	.06	.15**	-.01	.01	.19**	.01	.71**	-.38**	-						
12-Globality	-.10*	-.09	.02	-.07	-.09	-.04	.35**	.11*	.75**	.49**	.34**	-					
13-Intention	.03	.03	.04	.02	-.09	.03	.35**	.07	.81**	.33**	.55**	.49**	-				
14-Selfishness	.02	.05	-.05	-.00	-.06	-.01	.37**	.08	.87**	.43**	.56**	.54**	.74**	-			
15-Blame	-.09*	-.02	-.08	-.02	-.03	-.09	.33**	.12*	.82**	.40**	.47**	.59**	.58**	.71**	-		
16-BUA	-.10*	-.26**	-.03	-.17**	-.08	-.22**	.51**	.19**	.24**	.11*	.11*	.22**	.19**	.22**	.25**	-	
17-Relationship Satisfaction	-.05	-.16**	-.03	-.09*	.14**	.04	.27**	-.05	-.51**	-.23**	-.42**	.34**	.47**	-.54**	-.35**	-.07	-

Note. \*  $p < .05$ . \*\*  $p < .01$ . Gender was coded as “1” for females and “2” for males. Education level ranges from 1 (Primary school) to 7 (Doctoral Degree).

Attachment avoidance has a modest negative relationship with age ( $r = -.12, p < .05$ ). Avoidance was negatively correlated with education ( $r = -.13, p < .01$ ). Attachment anxiety had a weak negative association with perceived socioeconomic status ( $r = -.18, p < .01$ ). Relationship satisfaction and perceived socioeconomic status were positively correlated ( $r = .14, p < .01$ ). BUA was negatively linked with relationship duration ( $r = -.17, p < .01$ ). BUA was also negatively correlated with income ( $r = -.22, p < .01$ ). Finally, relationship satisfaction was weakly and negatively linked with age ( $r = -.16, p < .01$ ).

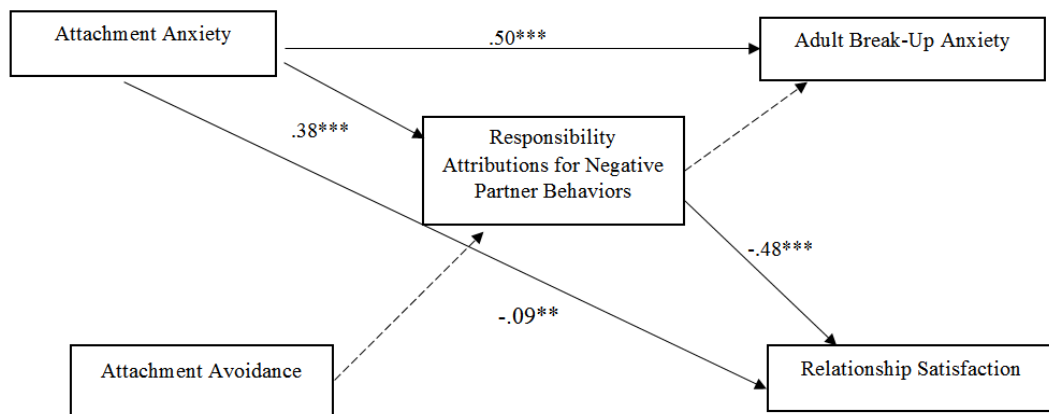
Attachment avoidance and BUA showed a moderately positive correlation ( $r = .19, p < .01$ ), suggesting that higher levels of attachment avoidance were linked to higher levels of BUA. There was a weak positive correlation between attachment avoidance and responsibility attributions for negative partner behaviors ( $r = .07, p < .05$ ), indicating that attachment avoidance is associated with stronger responsibility attributions about the relationship or partner. As expected, responsibility attributions for negative partner behaviors and BUA showed a positive correlation ( $r = .24, p < .01$ ).

There was a negative correlation between attachment anxiety and relationship satisfaction ( $r = -.27, p < .01$ ), indicating that relationship satisfaction is somewhat lower for those with attachment anxiety. Attachment anxiety and BUA had a positive correlation ( $r = .51, p < .01$ ), indicating a connection between attachment-related anxiety and relational anxiety in general. Furthermore, there was a weak negative correlation between BUA and relationship satisfaction ( $r = -.07, p < .05$ ). Finally, responsibility attributions for negative partner behaviors were negatively correlated with relationship satisfaction ( $r = -.51, p < .01$ ).

### **3.5. TESTING THE PROPOSED MODEL**

The proposed model was analyzed using Structural Equation Modeling (SEM) with AMOS 23.0. In the analysis, error terms of attachment anxiety and avoidance, and error terms of BUA and relationship satisfaction were allowed to covariate. The SEM analysis showed that the suggested model provided good fit to the data ( $\chi^2(2) = 3.60, p > .005$ ; CMIN/DF = 1.80; GFI = .99; AGFI = .97; NFI = .99; TLI = .98; CFI = .99; RMR = .01, RMSEA = .04).

**Figure 2.** Standardized Parameter Estimates of the Proposed Model



Note. \*\*  $p < .05$ . \*\*\* $p < .001$ . Dashed lines represent insignificant paths

Attachment anxiety was significantly correlated with responsibility attributions for negative partner behaviors ( $r = .38, p < .001$ ). Therefore, Hypothesis 1, which suggested that individuals who score high on attachment anxiety would be more likely to make responsibility attributions for negative partner behaviors than those who score low on attachment anxiety was supported. Attachment avoidance had a weak and negative relationship with responsibility attributions for negative partner behaviors ( $r = -.01, p > .05$ ). Although the connection was not statistically significant, it does indicate a potential relationship between the two variables. Therefore, Hypothesis 2, which stated that individuals who score high on attachment avoidance are more likely to make responsibility attributions for partner behaviors than those who score low on attachment avoidance was not supported.

The strong and significant negative relationship between responsibility attributions for negative partner behaviors and relationship satisfaction ( $r = -.48, p < .001$ ), combined with the significant relationship between attachment anxiety and responsibility attributions for negative partner behaviors ( $r = .38, p < .001$ ), underscores how attachment dynamics and attribution patterns affect relationship satisfaction together. Therefore, Hypothesis 3, which suggested that responsibility attributions for negative partner behaviors would mediate the relationship between attachment anxiety and relationship satisfaction was supported. Although the relationship between responsibility attributions for negative partner behaviors and relationship satisfaction was significant ( $r = -.48, p < .001$ ), the relationship between

attachment avoidance and responsibility attributions for negative partner behaviors ( $r = -.01, p > .05$ ) was not significant. Therefore, Hypothesis 4, which suggested that responsibility attributions for negative partner behaviors would mediate the relationship between attachment avoidance and relationship satisfaction was not supported. Additionally, responsibility attributions for negative partner behaviors was not significantly associated with BUA ( $r = .05, p > .05$ ). Therefore, Hypothesis 5, which suggested that responsibility attributions for negative partner behaviors would mediate the relationship between attachment anxiety and BUA was not supported. Similarly, the relationship between responsibility attributions for negative partner behaviors and BUA, and also the relationship between attachment avoidance and attributions of responsibility for negative partner behaviors, were not significant. Therefore, Hypothesis 6, which suggested that responsibility attributions for negative partner behaviors would mediate the relationship between attachment avoidance and BUA was not supported. However, attachment anxiety was negatively associated with relationship satisfaction ( $r = -.08, p < .05$ ). Therefore, Hypothesis 7, which suggested that individuals who score high on attachment anxiety would be more likely to have lower relationship satisfaction than those who score low on attachment anxiety was supported. Finally, as expected, attachment anxiety was strongly and positively associated with BUA ( $r = .50, p < .001$ ). Therefore, Hypothesis 8, which suggested that individuals who score high on attachment anxiety would be more likely to have higher BUA than those who score low on attachment anxiety was supported.

**Table 4.** Summary of Hypothesis and Results

<i>Hypothesis 1:</i> Individuals who score high on attachment anxiety are more likely to make responsibility attributions for partner behaviors than those who score low on attachment anxiety.	Supported
<i>Hypothesis 2:</i> Individuals who score high on attachment avoidance are more likely to make responsibility attributions for partner behaviors than those who score low on attachment avoidance.	Not supported
<i>Hypothesis 3:</i> Responsibility attributions for negative partner behaviors mediate the relationship between attachment anxiety and relationship satisfaction.	Supported
<i>Hypothesis 4:</i> Responsibility attributions for negative partner behaviors mediate the relationship between attachment avoidance and relationship satisfaction.	Not supported
Table 4. (continued)	
<i>Hypothesis 5:</i> Responsibility attributions for negative partner behaviors mediate the relationship between attachment anxiety and BUA.	Not supported
<i>Hypothesis 6:</i> Responsibility attributions for negative partner behaviors mediate the relationship between attachment avoidance and BUA.	Not supported
<i>Hypothesis 7:</i> Individuals who score high on attachment anxiety are more likely to have lower relationship satisfaction than those who score low on attachment anxiety.	Supported
<i>Hypothesis 8:</i> Individuals who score high on attachment anxiety are more likely to have higher BUA than those who score low on attachment anxiety.	Supported

### 3.6. EXPLANATORY ANALYSIS

In this section, a series of moderation examinations were conducted to investigate whether gender serves as a critical moderator within the relationships among key study variables. Specifically, the objective was to determine whether gender influenced the pathways between attachment dimensions, responsibility attributions for negative partner behaviors, and the dependent variables of BUA and relationship satisfaction. First, a moderation analysis was conducted to determine whether gender influences the association between responsibility attributions for negative partner behaviors and attachment anxiety variables. The interaction between responsibility attributions for negative partner behaviors and gender was not statistically significant ( $B = -0.06$ ,  $SE = 0.12$ ,  $p = 0.6$ ,  $LLCI = -0.29$ ,  $ULCI = 0.17$ ), implying that gender does not moderate this relationship. Secondly, the moderation analysis was conducted to determine whether gender moderates the relationship between attachment avoidance and responsibility attributions for negative partner behaviors. The interaction between responsibility attributions and gender was not statistically significant ( $B = .14$ ,  $SE = .14$ ,  $p = .22$ ,  $LLCI = -.08$ ,  $ULCI = .36$ ) indicating that gender does not moderate this relationship. Thirdly, the findings

indicated that the interaction term between responsibility attributions for negative partner behaviors and gender did not present statistical significance ( $B = -.03$ ,  $SE = .05$ ,  $p = .60$ ,  $LLCI = -.12$ ,  $ULCI = .07$ ), suggesting that gender does not moderate this relationship. Also, the main effect of gender on the relationship between responsibility attributions for negative partner behaviors and BUA was not significant ( $B = -.01$ ,  $SE = .17$ ,  $p = .97$ ,  $LLCI = -.33$ ,  $ULCI = .32$ ). Another moderation analysis was conducted to examine whether gender moderates the relationship between responsibility attributions and relationship satisfaction. The results showed that the interaction term between responsibility attributions and gender was not statistically significant ( $B = -2.21$ ,  $SE = 1.09$ ,  $p = .06$ ,  $LLCI = -4.21$ ,  $ULCI = .01$ ), indicating that gender does not significantly moderate this relationship. Responsibility attributions had a significant negative relationship with relationship satisfaction ( $B = -4.45$ ,  $SE = 1.54$ ,  $p = .00$ ,  $LLCI = -7.75$ ,  $ULCI = -1.14$ ). The main effect of gender on relationship satisfaction was not significant ( $B = .52$ ,  $SE = .37$ ,  $p = .16$ ,  $LLCI = -.20$ ,  $ULCI = 1.23$ ). These findings suggest that while responsibility attributions significantly predict relationship satisfaction, this effect is not moderated by gender.

## **CHAPTER IV**

### **DISCUSSION**

#### **4.1. THE MAIN FINDINGS OF THE STUDY, PRACTICAL IMPLICATIONS, AND SUGGESTIONS FOR FUTURE RESEARCH**

This study aimed to investigate the relationship between attachment dimensions, responsibility attributions for negative partner behaviors, BUA, and relationship satisfaction. Its specific goal was to understand how attachment anxiety and avoidance affected individuals' responsibility attributions for their romantic partner's negative behaviors. Moreover, the research sought to investigate the interconnections among attachment dimensions, BUA, and relationship satisfaction, as well as the mediating function of responsibility attributions concerning negative partner behaviors.

Initially, it was posited that individuals who score high on attachment anxiety would be more likely to make responsibility attributions for their partner's unwanted behaviors. This proposition is additionally substantiated by literature, including the research conducted by Gallo and Smith (2001:1), which demonstrated that individuals who score high on attachment anxiety displayed an increased propensity to attribute blame to their romantic partners for unfavorable behaviors. Another research found that individuals who score high on attachment anxiety frequently demonstrate attributional biases, viewing their partner's activities in a more negative and responsibility-laden manner than those who score low on attachment anxiety (Mikulincer and Shaver 2007:1). These biases are assumed to come from fear of rejection and abandonment, which heightens their attention to negative relationship behaviors. Furthermore, such attributions of individuals who score high on attachment anxiety are not restricted solely to romantic partnerships; similar attributional tendencies are likely to be seen within professional work environments and extensive social interactions. In particular, broadly defined as the tendency to interpret ambiguous or neutral cues as maliciously or hostilely intended (Dodge and

Coie 1987:1) the interpretation of ambiguous or neutral signals as menacing or malevolently intended (hostile attribution bias) may result in individuals who score high on attachment anxiety fostering more conflictual or strained dispositions towards colleagues and within their social networks (Downey & Feldman, 1996; Mikulincer and Shaver 2003:1). Indeed, extant literature indicates that sensitivity to rejection and anxious attachment are correlated with such hostile attributions, thereby contributing to both intrapersonal and behavioral challenges in romantic relationships as well as in other relational contexts (Romero-Canyas et al. 2010:1). In conclusion, the results indicate that individuals who score high on attachment anxiety tend to make responsibility attributions for negative behaviors to their partners, a phenomenon that aligns with previous research findings. One practical implication is that future research could focus on individuals who scored high on attachment anxiety, but make low levels of responsibility attributions for their partner's negative behaviors, and study their specific personality traits and characteristics. Additionally, future studies may explore potential moderators and other mediators in the relationship between attachment anxiety and responsibility attributions for partners' as well as self-behaviors. To illustrate, a possible moderator in the relationship between attachment anxiety and responsibility attributions for negative partner behaviors may be perceived partner support or social support from significant others, which may enhance a positive view of self and others. Regarding self-behaviors, individuals with high attachment anxiety may also display a tendency to blame themselves excessively for negative outcomes, potentially intensifying distress. For instance, self-compassion (Neff 2003:1) has been identified as a protective factor that can reduce harsh self-blame and promote more balanced attributions for one's own negative behaviors. In other words, individuals who cultivate higher self-compassion may perceive their mistakes and shortcomings as less threatening, thereby moderating the adverse influence of attachment anxiety on self-directed responsibility attributions (Zhang and Chen 2017:1). Such findings suggest that future research might benefit from examining how self-compassion or similar intrapersonal resources mediate or moderate the link between attachment anxiety and attributions for negative self-behaviors.

The present study suggested that those with high attachment avoidance scores would also be more likely to make responsibility attributions for their partner's

negative behaviors, partially due to negative view of others they have. Previous literature on this relationship provides controversial findings. Gallo and Smith (2001) observed a positive association between husbands' avoidant attachment patterns and their proclivity to criticize their wives' behavior. Furthermore, the investigators observed that individuals who score high on attachment anxiety and avoidance would be more likely to make responsibility attributions for negative behaviors to their partners when contrasted with partners who score low on these attachment constructs. Wives' negative attributions for their partners' conduct were also connected with attachment-related suffering, but not avoidance (Gallo and Smith, 2001:1). In the current investigation, no statistically significant association was found between attachment avoidance and responsibility attributions for negative behaviors exhibited by partners. This outcome implies that the suggested hypothesis, which asserts that responsibility attributions for negative partner behaviors mediate the path between attachment anxiety and relationship satisfaction, was also not supported. Nevertheless, this lack of significance may be attributed to the structural equation modeling (SEM) analysis, wherein attachment anxiety accounts for a substantial portion of the shared variance, thereby potentially obscuring the relationship between attachment avoidance and responsibility attributions, rendering it nonsignificant within the SEM analysis.

Another potential explanation may be found in the defense strategies employed by individuals who score high on attachment avoidance. In a similar vein, Fraley and Shaver's (1997:1) seminal study demonstrated that emotional distance and various forms of isolation frequently manifest as protective mechanisms among individuals who score high on attachment avoidance. These mechanisms enable the suppression of undesirable thoughts and the reduction of perceived vulnerability in close relationships. The statements that illustrate isolation include "often I find that I don't feel anything when the situation would seem to warrant strong emotions" and "I'm often told that I don't show my feelings." These defense mechanisms may include growing indifference or ignorance of their partners' negative behaviors. Individuals who score high on attachment avoidance are more likely to neglect their partners and separate themselves from relationship difficulties, which can be related to low levels of assignment of responsibility for others' negative behaviors, including romantic partners. Yet, the research findings are controversial, and future research

should employ semi-experimental designs and sampling from different cultures and age groups. Participants who scored high on attachment avoidance could potentially be identified first and then examined using experimental designs to get a better understanding of the mechanisms behind their behaviors and attributions.

The present study suggested that responsibility attributions for negative partner behaviors would be a significant mediator between attachment anxiety, attachment avoidance, and relationship satisfaction. The findings showed a significant correlation between attachment anxiety and responsibility attributions for negative partner behaviors. Furthermore, a strong and negative correlation was observed between responsibility attributions for negative partner behaviors and relationship satisfaction. This indicates that individuals who engage in such attributions encounter a significant decrease in their satisfaction within the relationship. According to Kimmes et al. (2015:1), husbands and wives who score high on attachment anxiety had higher levels of pessimistic attributions two years later. Furthermore, greater pessimistic attributions predicted lower levels of relationship satisfaction for both husbands and wives a year later. Furthermore, reports of pessimistic attributions in husbands predicted decreased relationship satisfaction in wives one year later. Pessimistic attributions strongly mediated the link between attachment anxiety and relationship satisfaction between partners. Findings in the present study contribute to previous research by giving empirical evidence for the idea that attachment anxiety is connected to relationship satisfaction through its association with responsibility attributions for negative partner behaviors in couples. On the other hand, as mentioned earlier, the relationship between attachment avoidance and responsibility attributions for negative partner behaviors was not statistically significant. In the present study, the hypothesis positing that responsibility attributions for negative partner behaviors as a mediating variable in the relationship between attachment anxiety and relationship satisfaction was supported, whereas the hypothesis that responsibility attributions for negative partner behaviors mediate the association between attachment avoidance and relationship satisfaction was not supported. While research into the correlation between attachment anxiety and responsibility attributions for negative partner behaviors has consistently yielded similar findings across a multitude of studies, investigations into the relationship between attachment avoidance and responsibility attributions for

negative partner behaviors have yielded more controversy. Gallo and Smith (2001:1) discovered that partners' attachment-related anxiety and avoidance were related to greater negative attributions. Wives' attachment-related anxiety, but not avoidance, had a connection to negative attributions. Collins et al. (2006:1) indicated a significant relationship between anxiety related to attachment, in contrast to avoidance, and responsibility attributions. The reason for this differentiation may be due to intercultural differences. It would be useful to conduct research into different cultures. Future research should understand the way cultural differences influence the relationship between attachment avoidance and responsibility attributions for negative partner behaviors. For example, research might compare collectivist and individualist cultures to acquire a better understanding of how cultural norms influence these attributions and how they affect relationship satisfaction. Moreover, subsequent studies may benefit from employing longitudinal methodologies to examine the evolution of responsibility attributions for negative partner behaviors over time, as well as the implications of these attributions on the interplay between attachment dimensions and relationship satisfaction.

Göncü and Sümer (2011:1) found a strong correlation between rejection sensitivity and responsibility attributions for unpleasant partners and self-behavior. The present study, similarly, suggested that responsibility attributions for negative partner behaviors would mediate the path between attachment anxiety/attachment avoidance and BUA. However, results showed that the relationship between responsibility attributions for negative partner behaviors and BUA was not statistically significant, therefore the hypotheses suggesting that responsibility attributions for negative partner behaviors would mediate the relationship between attachment anxiety, attachment avoidance and BUA were not supported. This might be because responsibility attributions for negative partner behaviors are more closely related to blame or conflict inside a relationship, but BUA may arise from a larger and more general sense of insecurity. According to Bradbury and Fincham (1990:1) responsibility attributions have a strong correlation with levels of relationship conflict, although they do not always affect individual anxiety levels, such as break-up anxiety. An alternative explanation may be identified in the existence of intercultural variances; the circumstance that the study was executed within diverse cultural contexts may create differences in the outcomes. Further research could

examine the relationship between responsibility attributions for negative partner behaviors and BUA in a variety of relational conditions, including long-distance relationships, newly developed partnerships, and couples with high levels of conflict. Furthermore, future studies should explore how a generalized sense of emotional instability influences the relationship between responsibility attributions for negative partner actions and BUA. Furthermore, future research should use dyadic designs to investigate how one partner's responsibility attributions for negative behaviors affect the other partner's degree of BUA.

Birnbaum (2007:1) discerned a strong and negative correlation between attachment anxiety and satisfaction within relationships. Consequently, individuals who score high on attachment anxiety are inclined to report lower degrees of relationship satisfaction. Moreover, Johnson and colleagues (2001:1) stated that decreases in relationship satisfaction were highly predicted by the combination of attributions and negative relational behaviors. The current study hypothesized that attachment anxiety would be negatively correlated with relationship satisfaction.

The findings indicated not a strong but a negative relationship between attachment anxiety and relationship satisfaction. However, while this direct link was significant though modest, the relationship became substantially stronger when responsibility attributions for negative partner behaviors were considered as a mediator. In other words, the mediational role of responsibility attribution intensified the negative association between attachment anxiety and relationship satisfaction, thereby highlighting an important contribution of this research to the existing literature. Therefore, the results of this research align with the established body of work within the field. Future studies should benefit from dyadic designs that evaluate both partners' perspectives to better understand the reciprocal effects of attachment anxiety on relationship satisfaction.

Creasey and Hesson-McGinnis (2001:1) found that those who score high on attachment anxiety have more anger, fear, and negative emotions, as well as difficulties obtaining problems with partners. In a similar vein, the study by McCarthy and Maughan (2010:1) demonstrated that individuals who score high on insecure attachment or negative parental relationships during childhood exhibited significantly elevated levels of sadness and emotional distress upon the dissolution of a romantic relationship in adulthood. These findings imply that insecure attachment

in early family contexts not only predisposes individuals to diminished relationship satisfaction and increased conflict, but also amplifies the intensity of negative emotional reactions during the dissolution of relationships. In a similar vein, the present study posits that individuals who score high on attachment anxiety are predisposed to experience greater BUA compared to those who score lower on attachment anxiety. The findings indicate a strong and positive correlation between attachment anxiety and BUA, implying that those who score high on attachment anxiety encounter increased BUA within their romantic relationships. These results demonstrate a notable consistency with prior research. These findings are especially important for understanding why certain people suffer more emotional pain in relationship issues since they provide insight into the function of attachment-related sensitivities in everyday interactions. Therefore individuals who score high on attachment anxiety are more likely to have higher BUA than those who score low on attachment anxiety. Future research may explore the emotional regulation techniques of individuals who score high on attachment anxiety and how these strategies affect their experience of BUA. In addition, therapeutic interventions may be designed to assist these individuals in managing their attachment-related problems and cognitions including BUA. Furthermore, future studies should explore the influence of early insecure attachment experiences in interactions between parents and children on BUA in adulthood, focusing on how these early dynamics develop romantic relationship anxieties.

#### **4.1.1. Limitations and Conclusions**

This study provides illumination on the relationships between attachment anxiety, attachment avoidance, responsibility attributions for negative partner behaviors, BUA, and romantic relationship satisfaction. Nonetheless, there are constraints that warrant consideration. The cross-sectional design employed in this study inherently limits the capacity to establish causal inferences; conversely, a longitudinal methodology would be requisite to thoroughly examine the directional relationships and persistent ramifications of these associations. Furthermore, the dependence on self-report measures might have led to distortions arising from social desirability or flawed self-evaluations. Future studies might include multi-method techniques, such as partner reports and observational data, to strengthen the findings.

Moreover, the sample size was limited, and the research exclusively encompassed participants from Turkiye, thereby constraining the applicability of the findings to alternative populations or cultural contexts. Another limitation is that the study focused only on responsibility attributions for negative partner behaviors, not on responsibility attributions for negative self-behaviors. Future research may examine whether responsibility attributions for negative self-behaviors mediate the relationship between attachment-related concerns and relationship outcomes. Finally, while attachment anxiety and attachment avoidance were significant variables in this study, additional attachment-related dimensions or personality characteristics may have contributed to the observed relationship dynamics, which were not extensively explored.

In conclusion, this study highlights the importance of attachment anxiety in determining relationship satisfaction through responsibility attributions for negative partner behaviors. Attachment avoidance, attributions relationships and the antecedents of BUA obviously need to be further investigated. As the main practical implication, the findings of the present study indicate that attachment-related and attributional tendencies should be carefully examined in therapeutic settings, especially in interventions aimed at improving relationship functioning and managing psychological discomfort.

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## APPENDICES

### APPENDIX A.

#### Katılımcı Onam Formu

Sayın Katılımcı,

Bu çalışma, Çankaya Üniversitesi Sosyal Bilimler Enstitüsü Sosyal ve Örgütsel Psikoloji yüksek lisans programı öğrencisi Psk. Beste Anıl DAYLAN tarafından, Prof. Dr. Aslı GÖNCÜ-KÖSE danışmanlığında yürütülen yüksek lisans tezi kapsamında yapılmaktadır. Çalışmanın amacı, yakın ilişkilerdeki tutumların davranışlara etkilerini araştırmaktır. Çalışmaya katılım tamamıyla gönüllülük esasına dayanmaktadır. Çalışmada fiziksel veya psikolojik olarak size zarar verecek herhangi bir aşama bulunmamaktadır. Katılım sırasında herhangi bir nedenden ötürü kendinizi rahatsız hissederseniz çalışmayı istediğiniz anda bırakmakta serbestsiniz. Ancak, araştırmanın amacına ulaşması için çalışmaya sonuna kadar katılmanız önemlidir. Anketin cevaplanmasında süre sınırlaması yoktur. Anketin doldurulması, katılımcının okuma hızına bağlı olarak değişmekle birlikte yaklaşık 5-8 dakika sürmektedir. Hiçbir sorunun doğru veya yanlış cevabı yoktur. Sizin içtenlikle vereceğiniz cevaplar bizim için en yararlı olanlardır. Lütfen her soruyu dikkatle okuyunuz ve hiçbir soruyu yanıtsız bırakmayınız. Çalışmaya yalnızca 18 yaşından büyük ve son 6 aydır bir romantik ilişki içinde bulunan kişiler katılabileceklerdir. Verdiğiniz bilgiler gizli tutulacak ve sadece araştırmacılar tarafından değerlendirilecektir. Elde edilecek bilgiler yalnızca bilimsel yayınlarda kullanılacak, kesinlikle hiçbir kişi veya kurumla paylaşılmayacaktır. Çalışmanın verileri anonim bir şekilde analiz edilecektir. Herhangi bir sorunuz olursa, verilen iletişim adreslerinden bizimle iletişime geçebilirsiniz. Çalışmamıza katılımınız ve yaptığınız katkı bizim için çok değerlidir. Bu araştırmaya katılmaya zaman ayırdığınız için teşekkür ederiz.

Psk. Beste Anıl DAYLAN Çankaya Üniversitesi, Psikoloji Bölümü (Sosyal ve Örgütsel Psikoloji Yüksek Lisans Programı Öğrencisi)

E-Posta: .....

Tez Danışmanı: Prof. Dr. Aslı GÖNCÜ-KÖSE Çankaya Üniversitesi, Psikoloji Bölümü.....

Yukarıdaki onam formunda yazanları okudum, anladım ve gönüllü olarak bu çalışmaya katılmayı kabul ediyorum.  Evet  Hayır

En az 6 aydır devam eden bir ilişkim var.  Evet  Hayır



**BÖLÜM 1:**

## YETİŞKİN AYRILMA ANKSİYETESİ ÖLÇEĞİ

Aşağıdaki sorular bir yetişkin (18 yaş üzeri) olarak yaşamış olabileceğiniz bazı belirtilere yöneliktir. Lütfen bu belirtileri yaşayıp yaşamadığınıza göre sorunun karşısındaki uygun yeri işaretleyiniz. Lütfen tüm soruları yanıtlayınız.

	Çok sıklıkla	Sıklıkla	Nadiren	Hiç
1. Size yakın olan kişilerle birlikte evinizdeyken kendinizi daha güvende hissettiniz mi?				
2. Evinizden saatlerce uzak kalmakta zorluk çektiniz mi?				
3.Çantanızda veya cüzdanınızda size güven ya da huzur veren bir eşya taşıyor musunuz?				
4. Uzun bir yolculuğa çıkmak üzere evden ayrılmadan önce aşırı stres yaşadınız mı?				
5.Size yakın olan birinden ilgili kâbuslar ya da rüyalar gördüğünüz oldu mu?				
6.Bir yolculuğa çıkmanızdan önce size yakın olan birinden ayrılmakla ilgili aşırı stres yaşadınız mı?				
7.Günlük işleriniz aksadığında çok huzursuz olur musunuz?				
8.Size en yakın kişilerle olan ilişkilerinizin yoğunluğu konusunda endişelendiniz mi? Örneğin çok aşırı bağlı olmanızdan dolayı.				
9.İşiniz veya diğer düzenli ev dışı uğraşlarınız için evinizden ayrılmadan önce baş ağrısı, mide ağrısı ya da bulantı gibi (veya başka belirtiler) oldu mu?				
10.İnsanları yakınızda tutmak için çok fazla konuştuğunuzu fark ettiğiniz oldu mu?				
11.Size yakın kişilerden ayrıldığımızda (örneğin işe gitmek ya da evden dışarıya çıkmak için), özellikle onların nerede oldukları konusunda endişelendiniz mi?				
12. Gece tek başınıza uyumakta güçlük çeker misiniz? Örneğin bir yakınınız evdeyse daha iyi uyur musunuz?				
13.Size yakın olan kişilerin seslerini işitebiliyor ya da televizyonun veya radyonun sesini duyuyorsanız daha kolay uyuduğunuzu fark ettiniz mi?				
14.Size yakın olan kişilerden uzak kaldığımızı düşündüğünüzde çok sıkıntı yaşadınız mı?				
15.Evinizden uzakta olmayla ilgili kabuslar ya da rüyalar gördünüz mü?				
16.Yakınlarınızın ciddi bir zarar görebileceği hakkında çok fazla endişelenir misiniz? Örneğin, bir trafik kazası geçirmeleri veya ölümcül bir hastalığa yakalanmaları gibi.				
17.Günlük olağan işlerinizi yaparken, size yakın olan kişilerle bağlantı kurmanızı engelleyecek değişimlerin olması sizi çok huzursuz eder mi?				
18.Önemseydiğiniz insanların sizi terk edeceği konusunda çok fazla endişelenir misiniz?				

19.Hiç, evde ya da yatak odasında ışıklar açıkken daha iyi uyuduğunuzu fark ettiniz mi?				
20.Özellikle size yakın kişiler evde değilse, evde tek başınıza kalmaktan kaçınmaya çalışır mısınız?				
21.Size yakın olanlardan ayrıldığınızı ya da onların sizi terk ettiğini düşündüğünüzde, aniden gelen sıkıntı nöbetleri ya da panik ataklarınız (örneğin, aniden titreme, terleme, çarpıntı, nefes darlığı gibi) oldu mu?				
22.Size yakın olan kişilerle düzenli olarak (örneğin her gün) telefon görüşmeleri yapmadığınızda sıkıntı yaşadığınızı fark ettiniz mi?				
23.Önemsediğiniz birisi sizi terk ettiğinde, bu durumla başa çıkamayacağınızdan ya da onusuz yapmayacağınızdan korktunuz mu?				
24.Size yakın olan kişilerden ayrıldığınızda aniden gelen sıkıntı nöbetleri ya da panik ataklarınız (örneğin ani titreme, terleme, çarpıntı, nefes darlığı gibi) oldu mu?				
25.Sizi, yakın olduğunuz birilerinden ayrılacak muhtemel olaylar hakkında çok fazla endişelenir misiniz? Örneğin, işle ilgili gereklilikler gibi.				
26.Hiç, size yakın olan kişiler ‘çok fazla konuştuğunuzu’ söylediler mi?				
27.Bazı insanlarla olan ilişkilerinizin, onlar için sorunlar oluşturacak kadar yakın olduğu konusunda endişelenir misiniz?				

## BÖLÜM 2:

### İLİŞKİ DOYUM ÖLÇEĞİ

Aşağıdaki romantik ilişkilerden sağlanan doyuma ilişkin ifadeler bulunmaktadır. Her bir maddenin ilişkinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını 7 basamaklı ölçek üzerinde, ilgili rakamı seçerek belirtiniz.

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

### BÖLÜM 3:

#### İLİŞKİLERDE YÜKLEME ÖLÇEĞİ (İYÖ)

Bu anket romantik partnerinizin gösterdiği ya da gösterebileceği olası davranışları tanımlamak için geliştirilmiştir. Lütfen, önce romantik partnerinizin belirtilen her bir davranışı yapıyor olduğunu farz ediniz ve sonra bu davranış tanımlamasını izleyen ifadeleri okuyunuz. Her bir ifadenin sizin durumunuz için ne kadar geçerli olduğunu dikkate alarak, ifadenin altında yer alan ölçek üzerinde değerlendirmenizi yapınız.

EŞİNİZ SÖYLEDİĞİNİZ BİRŞEYİ ELEŞTİRİYOR:

Eşimin bu davranışı kendi ile ilgili bir nedene bağlıydı (örn., kendi kişilik yapısı, içinde bulunduğu ruh hali).					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin beni eleştirme nedeni muhtemelen değişmez.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin beni eleştirme nedeni evliliğimizin diğer yönlerini de etkilemektedir.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşim beni istemeden değil kasıtlı olarak eleştirdi.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin bu davranışı bencilce nedenlerden kaynaklanmaktadır.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşim beni eleştirdiği için suçlanmayı hak etmiştir.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

SON ZAMANLARDA EŐİNİZ SİZİNLE DAHA AZ ZAMAN GEÇİRİYOR:

EŐimin daha az zaman geirme nedeni evliliĐimizin diĐer ynlerini de etkilemektedir.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

EŐim benimle daha az zaman geirdiĐi iin suçlanmayı hak etmiŐtir.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

EŐimin bu davranıŐı kendi ile ilgili bir nedene baĐlıydı (rn., kendi kiŐilik yapısı, iinde bulunduĐu ruh hali).					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

EŐimin daha az zaman geirme nedeni muhtemelen deĐiŐmez.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

EŐimin bu davranıŐı bencilce nedenlerden kaynaklanmaktadır.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

EŐim benimle istemeden deĐil kasıtlı olarak daha az zaman geirdi.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

EŐİNİZ SİZİN NE SYLEDİĐİNİZE PEK DİKKAT ETMİYOR:

EŐimin bu davranıŐı bencilce nedenlerden kaynaklanmaktadır.					
1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin söylediğim şeye dikkat etmeme nedeni evliliğimizin diğer yönlerini de etkilemektedir.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin bu davranışı kendi ile ilgili bir nedene bağlıydı (örn., kendi kişilik yapısı, içinde bulunduğu ruh hali).

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşim istemeden değil, kasıtlı olarak söylediğim şeye dikkat etmedi.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşim söylediğim şeye dikkat etmediği için suçlanmayı hak etmiştir.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin söylediğim şeye dikkat etmeme nedeni muhtemelen değişmez.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

**EŞİNİZ SİZE KARŞI SOĞUK VE UZAK DAVRANIYOR:**

Eşim bana istemeden değil, kasıtlı olarak soğuk ve uzak davrandı.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin soğuk ve uzak davranma nedeni evliliğimizin diğer yönlerini de etkilemektedir.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşim bana soğuk ve uzak davrandığı için suçlanmayı hak etmiştir.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin bu davranışı bencilce nedenlerden kaynaklanmaktadır.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin bu davranışı kendi ile ilgili bir nedene bağlıydı (örn., kendi kişilik yapısı, içinde bulunduğu ruh hali).

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

Eşimin soğuk ve uzak davranma nedeni muhtemelen değişmez.

1	2	3	4	5	6
Tamamen katılmıyorum	Katılmıyorum	Kısmen katılmıyorum	Kısmen katılıyorum	Katılıyorum	Tamamen katılıyorum

## BÖLÜM 4:

### İLİŞKİLERDE YAŞANTILAR ÖLÇEĞİ

Aşağıda çeşitli durumlara ilişkin ifadeler bulunmaktadır. Lütfen her bir madde için, ölçekte görüşünüze en uygun olan ifadenin üzerindeki rakamı maddenin sonunda verilen sütuna yazınız.

1	2	3	4	5	6	7
Kesinlikle katılmıyorum	Katılmıyorum	Pek katılmıyorum	Kararsızım	Biraz katılıyorum	Katılıyorum	Kesinlikle katılıyorum
1.	Gerçekte ne hissettiğimi başkalarına göstermemeyi tercih ederim.					AV.1
2.	Sıklıkla, yakın olduğum diğer kişilerin beni gerçekten sevmediği kaygısına kapılıyorum.					ANX.1
3.	Diğer insanlara güvenip inanmak konusunda kendimi rahat bırakmakta zorlanırım.					AV.2
4.	Diğer insanların beni, benim onları önemseyemediğim kadar önemsemeyeceklerinden endişe duyarım.					ANX.2
5.	Diğer insanlara yakın olma konusunda çok rahatımdır.					AV.3_R
6.	İnsanlar bazen bana olan duygularımı sebepsiz yere değiştirirler.					ANX.3
7.	Sorunlarımı ve kaygılarımı diğer insanlarla paylaşmak benim için genellikle kolaydır.					AV.4_R
8.	Çok yakın olma arzum bazen insanları korkutup uzaklaştırır.					ANX.4
9.	Zor zamanlarımda, başkalarından yardım istemek bana iyi gelir.					AV.5_R
10.	İnsanlarla olan ilişkilerim kendimden şüphe etmeme neden olur.					ANX.5
11.	İnsanlar benimle çok yakınlaştığında gergin hissederim.					AV.6
12.	Değer verdiğim kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım.					ANX.6
13.	Diğer insanlara güvenip inanmak benim için kolaydır.					AV.7_R
14.	Birisinin beni yakından tanıdıkça, “gerçek ben”den hoşlanmayacağından korkarım.					ANX.7
15.	Diğer insanlara şefkat göstermek benim için kolaydır.					AV.8_R
16.	Diğer insanlardan ihtiyaç duyduğum şefkat ve desteği görememek beni öfkeliendirir.					ANX.8
17.	Özel duygu ve düşüncelerimi diğer insanlarla paylaşmak konusunda kendimi rahat hissederim.					AV.9_R
18.	İlişkilerimi kafama çok takarım.					ANX.9
19.	Diğer insanlara güvenip inanma konusunda rahatımdır.					AV.10_R
20.	Diğer insanların, bana benim istediğim kadar yaklaşmak istemediklerini düşünürüm.					ANX.10

## BÖLÜM 5: DEMOGRAFİK BİLGİ FORMU

1. Cinsiyetiniz:

Kadın

Erkek

Belirtmek istemiyorum

2. Yaşınız: \_\_\_\_\_

3. Eğitim düzeyiniz? (En son aldığınız derece)

İlkokul

Ortaokul

Lise

İki yıllık yüksek okul

Üniversite

Yüksek lisans

Doktora

4. Romantik partnerinizle / eşinizle ne kadar zamandır birliktesiniz? (Örn. 2 yıl 4 ay):

\_\_\_\_\_

5. Bu merdivenin Türkiye’de insanların sosyal ve ekonomik olarak bulunduğu konumları temsil ettiğini düşününüz. Merdivenin en üst basamağında sosyo-ekonomik olarak en iyi durumda olan, yani en çok paraya, en yüksek eğitim seviyesine ve en saygı duyulan mesleklere sahip kişiler vardır. Merdivenin en alt basamağında ise; sosyoekonomik olarak en kötü durumda olanlar, yani en az paraya, en düşük eğitim seviyesine, en az saygı duyulan mesleklere sahip ya da işsiz kişiler vardır. Merdivende ne kadar üst basamaktaysanız, en iyi durumda olan kişilere o kadar yakınsınız, merdivende ne kadar alt basamaktaysanız, en kötü durumda olan kişilere o kadar yakınsınız demektir. Lütfen kendinize en uygun merdiven basamağını seçiniz.



6. Hanenize giren yaklaşık aylık gelir:

- 17.002 TL'den az
- 17.002 TL (asgari ücret)
- 17.002 TL - 35.000 TL
- 36.000 TL - 45.000 TL
- 46.000 TL - 55.000 TL
- 56.000 TL - 65.000 TL
- 65.000 TL'den fazla

**Araştırmaya katıldığınız için teşekkür ederiz.**