

**THE MEDIATING ROLE OF TIME
PERSPECTIVE ON THE RELATIONSHIP
BETWEEN ATTACHMENT DIMENSIONS AND
SATISFACTION**



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THE MEDIATING ROLE OF TIME PERSPECTIVE ON THE RELATIONSHIP
BETWEEN ATTACHMENT DIMENSIONS AND SATISFACTION

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ABSTRACT

THE MEDIATING ROLE OF TIME PERSPECTIVE ON THE RELATIONSHIP BETWEEN ATTACHMENT DIMENSIONS AND SATISFACTION

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Attachment dimensions influence our relations with others. Starting from birth, individual develops specific attachment orientations regarding to the relationship with the primary caregiver. In adult life, influence of attachment can be seen in every aspect of individual's life. The other main meta-theoretical concept is Time Perspective. Time Perspective helps us to determine our perception and focus towards life. Past Positive, Past Negative, Present Hedonistic, Present Fatalistic and Future are the components of Time Perspective. Healthy approach towards life was determined as acquiring a Balanced Time Perspective. In order to have a balanced time perspective, one has to approach towards life with using Past Positive, Present Hedonistic and Future Perspectives.

Present study aimed to reveal the associations between Attachment dimensions (Anxiety, Avoidance) and Time Perspective's components. Two meta-

theoretical perspectives assessed together for investigating their influence on Life and Relationship Satisfaction. Participants consisted of 241 females and 70 males participated to the study. Participant's age were ranged between 18 to 74 ($M=31.43$, $SD=15.20$). In order to examine the way people approach towards future, Attitudes towards Future Scale was used. Other scales that were used in the study; Zimbardo Time Perspective Inventory, the Experiences in Close Relationships-Revised (ECR-R), Satisfaction with Life Scale, Relationship Assessment Scale.

Results indicated that Past (Negative, Positive) and Present (Fatalistic, Hedonistic) Time Perspectives and Balanced Time Perspective were mediators between Attachment (Anxiety, Avoidance) and relationship, life satisfaction. Findings were discussed in the light of existing literature.

Keywords: Time perspective, attachment dimensions, satisfaction

ÖZ

ZAMAN PERSPEKTİFİNİN BAĞLANMA BOYUTLARI VE DOYGUNLUK ARASINDAKİ İLİŞKİDEKİ ARACI ROLÜ

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Bağlanma boyutları başkalarıyla kurulan ilişkilerde etkin bir rol oynamaktadır. Doğum anından itibaren kişi, birincil bakım verenle kurduğu ilişki doğrultusunda zamanla bağlanma boyutlarından birine sahip olur. Erişkinlik döneminde kişinin sahip olduğu bağlanma boyutunun etkilerini kişinin yaşamındaki her alanda görmek mümkündür. Zaman Perspektifi ise kişinin hayatı nasıl algıladığını ve nasıl odaklandığını görmesine yardımcı olan bir perspektiftir. Zaman Perspektifi içerisinde beş tane zaman yönelimi yer almaktadır; Geçmişe Pozitif odaklanma (Past Positive), Geçmişe Negatif odaklanma (Past Negative), Bugüne Hedonistik odaklanma (Present Hedonistic), Bugüne Kaderci odaklanma (Present Fatalistic) ve Geleceğe odaklanma (Future). Hayata daha sağlıklı bir perspektiften yaklaşmak ise Dengeli Zaman Perspektifine sahip olunarak sağlanmaktadır. Kişinin Dengeli Zaman Perspektifine sahip olabilmesi için Geçmişe Pozitif odaklanma (Past

Positive), Hedonistik odaklanma (Present Hedonistic), Geleceğe odaklanma (Future) yaklaşımlarının diğer zaman yönelimlerine göre daha fazla kullanmaları gerekmektedir.

Mevcut Çalışma, Bağlanma boyutlarıyla (Kaygı, Kaçınma) Zaman Perspektifinin yönelimleri arasındaki ilişkiyi ortaya çıkarmayı amaçlamıştır. Yaşam ve İlişki doyumu üzerindeki etkileşimine bakmak için iki üst kuramsal yaklaşım birlikte incelenmiştir. Çalışmaya 241 kadın ve 70 erkek katılmıştır. Katılımcıların yaşları 18 ila 74 (Ort.= 31.43, SD = 15.20) arasındadır. Kişilerin Geleceğe nasıl odaklandıklarını incelemek adına Geleceğe İlişkin Tutum Ölçeği-kısa versiyonu kullanılmıştır. Bu çalışmada kullanılan diğer ölçekler; Zimbardo Zaman Perspektifi Envanteri, Yakın İlişkilerde Yaşantılar Envanteri II, Yaşam Doyum Ölçeği, İlişki Doyum ölçeğidir.

Sonuçlara bakıldığında Bağlanma boyutları (Kaygı, Kaçınma) ve Yaşam doyumu, İlişki doyumu arasındaki ilişkiye Geçmiş Pozitif odaklanma (Past Positive), Geçmiş Negatif odaklanma (Past Negative) , Bugüne Hedonistik odaklanma (Present Hedonistic), Bugüne Kaderci odaklanma (Present Fatalistic) Zaman perspektifleri ve Dengeli Zaman Perspektifi aracılık etmektedir. Sonuçlar literatür bilgisi ışığında tartışılmıştır.

Anahtar Kelimeler: Zaman perspektifi, bağlanma boyutları, doyunluk

To My Family



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CHAPTER 1

INTRODUCTION

1.1. Attachment Theory

Attachment theory as a developmental approach, was formed by Bowlby (1958) and expanded by Ainsworth et al 1971. Attachment theory focuses on child's early interactions with the caregivers. Theory indicates that nature of the early interactions determine the person's attitudes, emotional states and approach towards the social interactions. The perception and internalization of the relationship with the caregiver contributes to the person's attachment. In relevant to this, individual's social, emotional and cognitive experiences in the present and evaluation of the past and future are all related with one's attachment (Welch & Ross, 1995).

Tracing back to the road of the development of attachment, there are several theorists that contributes to the developmental perspective. Developmentally examining the child was brought into attention by the work of Anna Freud and Melanie Klein. Although they have their disagreements about each other's theory, they both enhanced the developmental approach towards the mental health problems (Fonagy & Target, 2003). Bowlby's perspective had a psychoanalytic background and his work was influenced by the Kleinian perspective (Klein, 1932). Melanie

Klein enhances the limits of psychoanalysis by bringing up the analysis of children into consideration and she held the approach of fantasies that emerge from the conflict between aggressive and libidinal drives as the source of emotional problems in children. She did not take into account of external world's influence on emotional problems (Bowlby, 1987). Margaret Mahler's work on observing the infant –parent interactions shed a light on the importance of care giver's approach. Allowing child to feel independent from the caregiver and also maintaining social referencing for the child is crucial for development of healthy individuality (Fonagy &Target, 2003).

With the observation of the infant-caregiver dynamics, focus was turn into the consequences of disruption in the infant-child relationship. Studies with the people with severe character disorders brought light on early relationship with the caregiver and its influence on the personality development with the work of Fairbairn and later Winnicott (Fonagy &Target, 2003). During the developments in the field of developmental perspective, simultaneously Bowlby as a postgraduate who works in London Child Guidance Clinic, lean towards to the idea that the nature of infant-caregiver interactions are in the core of the development of emotional disturbances which contradicts with the Klein's internal conflicts approach (Bretherton, 1991).

His work was focused on the loss and separation from the caregiver which enlightens the significance of the early relationship with the caregiver. He highlighted the function of early relationship from internal working models; infant internalizes the interpersonal relationships during the interactions with primary caregiver (Fonagy &Target, 2003). Bowlby, points out that based on the nature of interpersonal dynamics with the caregiver, previous experiences shapes the child's behavioral expectations from the caregiver and from him/herself. Previous experiences, interactions construct the child's behavior with the primary attachment figure and in

later life with the others (Fonagy & Target, 2003). As an operating system, internal working models influence every segment of our lives, such as our close relations and our time perspective. Bowlby underlines the importance of the attachment figure as, without the attachment figure child cannot explore the outer world which interferes with the development of healthy cognitive and social capacities (Bowlby 1973).

There are three patterns of attachment; secure attachment; the existence and availability of the parent perceived by the infant and being aware of the fact that when he/she is in the need parental figure would be available and responsive for the individual. Regarding to this, individual feels secure while exploring the world and also others are perceived as lovable, responsive and caring. Parental figure is defined loving, caring, responsive and provides protection in time of need. Insecure attachment is divided into two; anxious resistant attachment and anxious avoidant attachment style (Bowlby, 1988). At the present time, those concepts were studied as attachment anxiety dimension and attachment avoidance dimension in the adult attachment studies field (Hazan & Shaver, 1987). In the attachment anxiety; individual is not certain that other is ready to respond in a needy situation. As a result of this, separation anxiety occurs and individual tend to be anxious while exploring the world. This is related with the past relationship with the parental figure. In this past relationship, parental figure is defined as available and responsive in sometimes and in other times may not be available for the child which results in fear of abandonment issues. In attachment avoidance, individual fails to get love, care, availability and responsiveness in his or her past relationship with the caregiver. In connection to this, during adulthood, he/she has no trust towards the others when in

need. Because of this, individual tries to overcome the fears and needs by being self-sufficient and not trusting the outer world (Bowlby, 1988).

Mary Ainsworth's laboratory working on observation of mother-infant attachment behaviors contributed to the discovery of the today's attachment dimensions. A prospective longitudinal research findings indicated that history of a securely attached children shows resilience, confidence and found to be socially oriented (Sroufe, 1983). Regarding to the generational transmission of the attachment security, Slade and her colleagues in 1999 found that mothers that have secure attachment measured via AAI test shows more compatible and pleasurable relationship with their child compared to preoccupied and dismissing mothers. One study in Minnesota demonstrated that pre-school children with secure attachment were found to be emotionally healthy, have high self-esteem and have agency, still have those characteristics in age 10 (Elicker, Englund & Sroufe, 1992). In relevant to this, in a study sample from high risk population showed that, children who have insecure attachment background found to have poor relationships, moodiness and aggression, depressive symptoms in the pre-adolescent years (Weinfield et al., 1999). Another study revealed that compared to securely attached infants avoidant infants have the highest rate 70% to develop disorder (Ogawa et. al., 1997). A study suggested that avoidant individuals more likely to develop somatic symptoms and illnesses (Eagle, 1999).

Recent studies provided that avoidant attachment in the relationship of parent child is related with aggression (Bogat, Levendonsky, Eye, & Davidson, 2011). According to the findings, children who were exposed to violence between the

caregivers could have insecure attachment with his/her mother. Child's attempts to gain mother's attention fail and in turn it results with anger and frustration (Troy & Sroufe, 1987). Regarding to those experiences, child expects to be disappointed and hurt by the caregiver, to protect him/herself, she/he learns to avoid the situations that could lead to rejection (Bogat, et.al., 2011) or could become alert for detecting stressful situations (Huston, von Eye, Bogat, Levendosky, & Davidson, 2006). It was found that impaired social support, poor income and damaged, violent relationship between the caregivers are transferred to the relationship with the child which could led to the development of insecure attachment (Bogat, et. al., 2011). In the same study, results yielded that children who have insecure attachment and exposed to abusive relationship with the caregivers could change in to securely attached children by the age of 4 if mother could remove the child from the violent environment and rebuild a healthy relationship with his/her child (Bogat, et. al., 2011). Attachment influences multiple core areas in one's life such as; emotional functioning, relational world and cognitive functioning. Studies have showed that individual's attachment and bonding with others has a significant role in evaluating past memories, present and future (Zimmermann 2004). It can be suggested that Individual's environment, relations could all add up to form one's time perspective. Because how we perceive and evaluate our environment influences our perspective towards past present and future. Most recent studies suggested that development of any kind of attachment dimension is influenced by biological, sociocultural, interpersonal, and evolutionary factors which lead researchers to consider the development of attachment in a broader context (Gillath, Canterbury & Collins, 2012).

1.2. Time Perspective

Until the development of time perspective, time was a controversial phenomenon that had been investigated by philosophers and scientists. Einstein's relativity theory (1931), Kant's view of the notion of time as 'innate ability' that help us to give meaning and enriches our experience, existential philosophers' views were all attempts to understand the mechanism of time and its effects on people (Zimbardo & Boyd, 1999). With the attempt of the behaviorist theorists, perception of time was developed and seen in a more holistic view which indicates, influence of past and future have an impact on present (Lewin, 1951). This perception of time was expanded with propositions. Time influences our choices that relevant to the future which is related with our cognitive, emotional and motivational processes (Carstensen, Isaacowitz, & Charles, 1999).

In regards to the Lewinian view of time, Zimbardo and Boyd developed Time Perspective. Concept aimed to understand people's motives, behaviors, cognitive functioning, emotional world, reasons and tendencies for developing psychopathology, how they give meaning to their past, how they evaluate the present and their anticipations towards future in the light of past, future and present frames. It consists of three main dimensions; Past, Present and Future, which influences one another. In order to measure these dimensions, they developed Zimbardo Time Perspective Inventory (Zimbardo & Boyd, 1999). It has five factors; Past-Negative (PN), represents unwanted, traumatic issues and negativistic view towards past. Past-Positive (PP), represents positive memories and tendency to evaluate past as positive. Present-Fatalistic (PF), represents negativistic views towards today and anticipating future as fatalistic. Present-Hedonistic (PH), represents risk-taking behaviors and living the moment attitudes towards present without considering the

future consequences. Lastly Future (F) factor represents, tendency towards future by making goals, plans and consideration of the expected effects of the issues in the future (Zimbardo & Boyd, 1999).

Regarding to the outcomes of specific time perspectives, studies indicated that Past -Negative (PN) view is correlated with low self-esteem, development of anxiety and depression. As, compared to other individuals having different Time perspectives, PN individuals have less close friends (Zimbardo & Boyd, 1999) and tend to gamble (Wassarman, 2002) and more likely to use alcohol, drugs (Klingeman, 2001). High scores in Past-Positive (PP) was found to be related to happiness and high self-esteem and life satisfaction (Zimbardo & Boyd, 1999) and related to using social support when in need (Zimbardo & Boyd, 1999). Both Present-Fatalistic (PF) and Present Hedonistic (PH) individuals are less likely to use safe sex (Rothspan & Read, 1996) and more likely to show risky driving behavior (Zimbardo et al., 1997) engage in alcohol and drug consumption (Strathman et al., 1994; Keough et al., 1999). Studies revealed that PF is found to be related with high levels of anxiety aggression and depression which makes it as the most harmful factor as compared to others (Zimbardo & Boyd, 1999). On the other hand, it has been found that moderate PH scores indicates positive relation with innovation and sensation seeking which could contribute to the future oriented thinking for the individual. Besides it has been found that positive affect showed positive correlation with Present Hedonistic perspective (Zimbardo & Boyd, 1999). Some studies indicated that people who have a dominant present time orientation were focused on here and now which leads them to set goals and act according to the immediate achievements. They were found to be disconnected from the past and future anxieties

and also they may not be able to plan for future achievements (Luyckx, Lens, Smits, & Goossens, 2010). It was found that present oriented individuals could experience impulsive behaviors, mental health problems, and substance abuse, their impulsiveness could lead them to face with negative outcomes in their lives (Keough et al., 1999; Zimbardo & Boyd, 1999). According to the Zimbardo and Boyd's studies, present hedonistic and present fatalistic perspectives function differently. Individuals that oriented towards the present hedonistic perspective were found to be focused on immediate achievements and enjoying situations. They were high on sensation seeking. It was found that their scores are low in impulse control and ability to think and plan for the future. On the contrary, individuals that oriented towards present fatalistic perspective were found to be hopeless towards the future and they believe that they have no control over their future and also of their lives (D'Alessio, Guarino, De Pascalis, & Zimbardo, 2003; Zimbardo & Boyd, 1999).

On the other hand, studies showed that future scores are related with less psychopathic tendencies (Zimbardo & Boyd, 1999) Guarino and colleagues in 1999, found that positive health behavior such as attendance to cancer screening programs are positively related with future scores. Future oriented individuals found to be expect positive outcomes and tend to be more optimistic which leads to use efficient and goal oriented behavior, and high academic achievement (Zimbardo & Boyd, 1999). Future orientation may have been associated with positive outcomes in life however studies indicated that excessive focus on future results in not being able to enjoy the present (Boniwell & Zimbardo, 2003). Studies showed that people who mainly use future time perspective were found to make plans for future achievements and acts strategically according to achieve their goals and look out for the future

benefits of their actions before acting (Lens & Tsuzuki, 2007). Those people were found to be able to consider and imagine their future goals and keep themselves away from anything in the present moment that could sabotage their future achievements. As a result, they are less likely to engage in dangerous behaviors such as unsafe sex, substance abuse in the present moment (Luyckx, Lens, Smits, & Goossens, 2010). Same study indicated that Present- Hedonistic(PH) and Present- Fatalistic(PF) perspectives were found to be negatively associated with Future orientation (Luyckx, et al., 2010). However results of a longitudinal study with college students showed that present time oriented individuals tends to change into future oriented across time (Montgomery & Cote, 2003). It was found that future oriented time perspective was found to be a protector factor against risky, unhealthy and impulsive behaviors in the present time. Individual is likely to calculate the negative consequences of this kind of behavior (Keough et al., 1999). One study indicated that future oriented individuals are more successful than present oriented individuals in their career lives (Simons et al., 2004).

Overall evaluation of the results points out that excessively focusing on one particular time perspective results in maladaptive, risky behavior and unhealthy well-being (Drake, Duncan, Sutherland, Abernethy, Henry, 2008). Shostrom (1974) brought up the term 'time competence' which was important and relevant to Balanced Time Perspective. In Shostrom's words having a 'self-updating personality' is essential for relating the past and future in today which enables person to work on the future goals and also able to experience today.

In order to maintain well-being Boniwell and Zimbardo (2004) proposed the term 'Balanced Time Perspective (BTP)'. For achieving balanced time perspective one should have moderate to high scores in F, PP, PH and comparatively low scores on PN and PF. The importance of Balanced Time Perspective is to be able to switch between each perspective according to the requirements of the current situation which provides flexibility rather than excessive focus on one of those perspectives and it allows balanced focus among perspectives (Drake, Duncan, Sutherland, Abernethy, & Henry, 2008). Zimbardo and Boyd (1999) claimed that in order to achieve healthy functioning in life one has to acquire Balanced Time perspective. According to them Balanced Time perspective reflects the integration of deeply concentration on positive perception of the past and moderate concentration on the future, hedonistic present and poor focus on the negative past and fatalistic present (Zimbardo & ,Boyd, 1999).

Studies showed that people who acquired Balanced Time Perspective (BTP) were found to be happier in comparison with the people who have other types of Time Perspective profiles (Drake et al.,2008). Webster (2011), who developed the BTP scale, indicated that akin brain regions are active in the process of imagining the future and remembering the past. It was found that people who positively analyze their past and assume positively towards their future have mental health benefit compared to individuals who focused on one type of time perspective (Webster & Ma, 2013). Regarding to the age diversity, same study found that young adults focused on future and older adults found to be focused on past (Webster & Ma, 2013).

In general, time perspective (Zimbardo & Boyd, 1999), helps us to understand and evaluate our perception of time. Theory shows outcomes of focusing on one time perspective and using balanced time perspective in our lives. Formation of time perspective influences multiple areas in our lives. Our relations with significant others, cognitive, emotional functioning, life and relationship satisfaction are all has power on our perception of time.

1.2.1 Attachment and Time Perspective

According to the findings about the relationship between attachment and time perspective; Past Negative (PN) perspective found to be significantly negatively correlated with parental attachment, Past Positive (PP) perspective was found to be moderately positively correlated with parental attachment, Present Hedonistic (PH) was found to be positively correlated with secure attachment, Future (F) perspective was found to be moderate and positively related with parental attachment (Laghi et al., 2009). In addition, low scores on attachment anxiety found to be related with future time perspective (Precin, 2016). On the other hand, Precin's findings indicated that attachment anxiety positively predicted Past Negative (PN) Perspective and negatively predicted Past Positive (PP) perspective. Precin (2016) indicated that without the anxiety that comes from the past negative experiences with the caregiver, it can be possible to trust others, form close relationships. Negative experiences in the past with the caregiver contribute to the development of uncontrollable anxiety while relating with others (Precin, 2016).

It has been suggested that early abandonment issues with the caregiver could contribute to the development of avoidant attachment (Bowlby, 1979). Regarding to this, it may have resulted in repressed or in conscious level negative past memories

which was transported to the adulthood (Precin, 2016). Main Kaplan and Cassidy (1985) underline the fact that reflecting and working on those past negative experiences might end up in development of secure attachment. Relying on this finding it was found that individuals who have insecure attachment could develop positive approach towards the future (Main, Kaplan & Cassidy, 1985). One study indicates that individuals with Attachment Avoidance score marginally high on Present Hedonistic time orientation (Swan, 2000). In related to this, Present Fatalistic and Past Negative scores found to be high on people with attachment avoidance (Swan, 2000).

In the literature, links between attachment and time perspective was rarely studied. Some studies investigated attachment as secure and insecure, which gives narrow information regarding to the links between attachment anxiety, attachment avoidance and time

1.3. Life Satisfaction

Life satisfaction shows one's judgment towards life as a whole (Diener, 1994). It is a significant and crucial indicator that reflects one's subjective wellbeing. People who experience their life as satisfying tend to achieve good relations, academic success, work related success. They were found to be mentally and physically healthy (Reizer, 2015).

Studies showed that PN, PF approaches are negatively associated with Life satisfaction however PP, PH and Future approaches are positively associated with life satisfaction. In addition to this Balanced Time Perspective found to be associated with high levels of life satisfaction and psychological well-being (Boniwell et. al.,

2010). Studies of Boniwell and her colleagues (2010), demonstrated that people with BTP were portrayed as having higher life satisfaction with fewer negative affections and regularly having positive affections with a strong self-update ability, positive well-being.

Several studies among adolescents indicated that, high levels in parental attachment is related with high levels of life satisfaction (Ma & Huebner, 2008). Results that obtained from cross sectional, longitudinal and cross cultural designs indicated that attachment anxiety and attachment avoidance are negatively related with life satisfaction (Shaver, Mikulincer, Alonso-Arbiol, & Lavy, 2010). In contrast to this secure attachment was found to be positively related with life satisfaction (Sumer & Knight, 2001). Regarding to the gender difference in attachment's relation with life satisfaction, one study in Spain found that women's life satisfaction was found to be negatively related with their partner's attachment anxiety. On the other hand men's life satisfaction was dependent on their own attachment orientation. Men who have attachment avoidance and anxiety were less satisfied with their lives. Researchers underline that further studies and cross-cultural research should be done for this finding. In the same study, it was found that negative affect mediates the relation between attachment and life satisfaction. Study claims that increase in life satisfaction of people with attachment anxiety, it is crucial to diminish their general negative affect towards their life (Molero , Shavert , Fernandez, & Recio, 2017).

Life satisfaction contains one's motivation to change their life, in other words to be able to have control over one's own life. It also includes satisfaction from past and present time. It has been found that relations with family, work condition, health

issues, income level, self-relevant issues, close relationships, environment are all influence life satisfaction (Diener, Suh, Lucas, & Smith, 1999). In relation to this, attachment is crucial in determining the social, emotional and cognitive circumstances in adulthood. Secure attachment is important in developing a healthy functioning in life (Bridges, 2003). In one study, adolescents who have low levels of well-being and peer attachment was found to have mental illness. On the other hand adolescents who have high levels of peer attachment reported that they feel strong and mentally healthy. Results show that, attachment influence individual's mental health (Raja, McGee, & Stanton, 1992). It was found that parent and peer attachment had significant and positive relation with life satisfaction (Özdemir & Koruklu, 2013). In addition, Armsden and Greenberg (1987) found that parent attachment, life satisfaction and self-esteem have positive relationship with each other.

It has been found that secure attachment dimension is positively related with the positive expectations and attitudes towards life and others (Ma and Huebner, 2008). On the contrary, individuals with attachment anxiety and avoidance were found to be related with negative affect (Simpson, 1990), hostile behavior, depression, anxiety (Priel & Shamai, 1995; Mikulincer, Florian & Weller, 1993), misdoubts about being negatively evaluated by others (Wagner & Tangney, 1991) which suggests low satisfaction from life and relationship.

In one study it was found that among adolescents insecure attachment and social disconnection are positively related with each other (Chen et al., 2012). In relevant to this finding, another study indicated that a low level in sense of

belongingness is related with low levels in life satisfaction which contributes to the interpersonal relationship problems (Mellor et al., 2008).

1.4. Relationship Satisfaction

As human being we are social animals that need to be related with others, in order to survive within the world since the ancient times. Relationship satisfaction is an important concept that maintains our psychological and physical health in multiple ways. According to the studies about relationship satisfaction, people with high relationship satisfaction more likely to approach to their relationship problems more constructively. On the other hand, people who have low relationship satisfaction tend to approach to their relational problems more destructively (Rusbult, 1980). Attachment and Time perspective are some crucial theories that influence the relationship satisfaction. Those two meta-theoretical perspectives influence one's emotional, cognitive functioning and relational world. They both have an impact on one's perception towards life.

Regarding to the association of attachment dimensions and relationship satisfaction, securely attached individuals are tend to have more positive perception and approach towards their current relationships as compared to the individuals that have avoidant and anxious attachment (Akırmak, 2014). Relational self-theory indicates, pattern that one formed with the caregiver will likely to be the form of other relationships that one will have or currently having, which suggests that negative experiences with the caregiver would form anxious or avoidant attachment style which will be contributed to the later relations with others and eventually influence the relationship satisfaction (Saribay & Andersen, 2007). The gradual change of importance towards parental figure starts in adolescent years, adolescent

change his/her focus from their parents to their peers and parental figures lose their importance (Hazan & Shaver, 1994). However, Bowlby (1958) and Ainsworth (1969) underline the fact that secure base and attachment figure are not only necessary for children, but also it is necessary for adults and adolescents.

Interpersonal relations are crucial for the development of secure base and attachment figure. Disruptions in the interpersonal and relational dynamics lead to insecure attachment. In relevant to this, interpersonal and relational conflicts were found to be main themes in avoidant and anxious attachment (Mallinckrodt & Wei, 2000).

Mikulincer, Shaver and Berant (2013) stated that positive and negative behaviors towards partners can contribute to the relationship satisfaction, the source of those behaviors may come from partner's secure attachment and insecure(avoidance, anxiety) attachment which eventually influence the relationship and partner's well-being in the relationship.

Another study finding pointed out that attachment avoidance is more harmful in relationship satisfaction compared to the attachment anxiety among Spanish people (Molero et. al, 2017). Hofstede (2001), suggests that compared to the European and American cultures, Spanish people can be attributed as collectivistic. In regards to this, influence of Cultural specific differences could change the perception towards relationships. They suggest that in collectivistic cultures attachment avoidance which reflects independence, being emotionally distant are related with relational problems compared to the individualistic cultures (Molero et. al, 2017). Individuals with avoidant attachment accepts the belief that during the stressful situations they could not receive any help from others due to the belief that

they are unavailable, which leads those people not to rely on relationships (Mikulincer & Shaver, 2007).

Studies about attachment and relationship shows that forming close relationships could have an huge influence on individual's wellbeing and contributes to the development of supportive relationships in order to cope with stressful situations (Bowlby, 1982; Mikulincer & Shaver, 2007).

How we interpret our relational world is crucial in forming new relationships and maintaining those relationships. Interpretation process could influence by one's time perspective and could be significant in relating with others. It can be predicted that Individual's environment, his/her relational world can be influenced by the one's time perspective. In support of this, it was found that having different type of time perspective has an impact on individuals' interpersonal relationships (Boniwell & Zimbardo, 2004; Holman & Zimbardo, 2009). Considering the association between time perspective and relationship satisfaction, PP was found to be related with maintaining long lasting friendships and high levels of satisfaction with life and relational aspects, on the other hand PN was found to be related with low levels of family and peer support and high levels of relational problems (Holman & Zimbardo, 2009; Zhang & Howell, 2011; Zimbardo & Boyd, 1999). It has been indicated that negativistic view towards the past associated significantly with poor evaluation of the current relationship (Stolarski, Wojtkowska, & Kwiecinska, 2016). One study showed that individuals that acquired Balanced Time Perspective tend to have negative relationship with romantic anxiety and avoidance (Akırmak, 2014). It has been found that PH individuals are tend to acquire more satisfaction in the early phases of the

relationship however they tend to lose it with time (Stolarski, et al., 2016).

Individuals with F perspective tend to delay the gratification of the relationship because of focusing of the future consequences, they may have difficulties in the early phases of the relationship (Stolarski, et al., 2016). Considering the PF orientation it has been found that PF time perspective reflects helpless and pessimistic attitudes within the relationship and life which is related with low levels of satisfaction from the relationship and life (Stolarski, et al., 2016).

Recent studies showed that people who have PN (past negative) time orientation tend to neglect their partner and more likely to act destructively towards the relationship problems. It was found that individuals with PN orientation more likely to end the relationship rather than approach constructively to the relational problems (Yaşın, & Sunal, 2016). Surprisingly, on the contrary to the literature findings, same study revealed that people with PH (present hedonistic) time orientation have negative association with neglect in the relationship problems. It was explained in the study that PH (present hedonistic) individuals tend to respond positively and constructively towards their partners, as a result of this increase in the relationship satisfaction occurs (Yaşın, Sunal, 2016). People with F(future) time perspective found to have ability to solve problems (Boniwell & Zimbardo, 2004) and it was found that they approach constructively towards their relationship problems which results increase in their relationship satisfaction with their partner(Wills et al., 2001).

1.5. Aim and Importance of the Study

Aim of this study was to reveal the associations between specific attachment dimensions (Hazan & Shafer, 1987) and life, relationship satisfaction. Time

perspective (Zimbardo & Boyd, 1999) and Balanced time perspective (Boniwell & Zimbardo, 2004) was assessed as mediator of the study.

Literature findings indicated that Attachment influences relationship and life satisfaction. This study proposed that one of the underlying mechanisms of this influence is people's choice of time perspective and balance between those time perspectives. As a result of this, two meta-theoretical perspective was assessed together to show their influence on life and relationship satisfaction which could contribute to the literature.

Current study expanded the research on time perspective and contributed to the understanding of the development of one's time preferences by investigating the relationship between attachment and time perspective. Current study shed light on the understanding the formation of time perspective preferences and outcomes of attachment and time perspective within one's life in terms of life and relationship.

Another contribution of the study was that the components under investigation were never tested together in a mediation analysis, as a result of this, outcomes of this study could give wider perspective in understating of the time perspective and balanced time perspective.

Literature review shows that, development of Attachment avoidance is related with the negative experiences with the caregiver and most importantly neglected as a child (Bowlby, 1988). Individual knows that the other is not trustable. To be able to survive in the world, one has to be self-sufficient in every aspects of life. As a result

of them, one deals with the negative situations by ignoring and not relating with the outer world (Bowlby, 1958); (Ainsworth, 1971); (Hazan & Shaver, 1987). Literature indicates that insecure attachment is related with negative perception of time (Precin, 2016). It was found that general life and relationship satisfaction are low compared to the securely attached individuals (Akırmak, 2014); (Shaver, Mikulincer, Alonso-Arbiol, & Lavy, 2010).

Negative experiences in the past contribute to the development of insecure attachment. Uncertainty towards the other's existence in the relationship leads to uncontrollable anxiety. Individual is uncertain about whether the world is safe to live, whether relationships and exploring the world could harm one in an irreparable way (Bowlby, 1958); (Ainsworth, 1971); (Hazan & Shaver, 1987). Individual perceive the past, present and future as negatively and face with relational problems (Chen et al., 2012); (Akırmak, 2014).

Securely attached individual feels safe while exploring the world and bonding with others (Bowlby, 1988). They could tolerate their anxiety and could deal with the daily problems compared to the people with attachment anxiety and attachment avoidance (Bowlby, 1958); (Ainsworth, 1971); (Hazan & Shaver, 1987). They experience higher life and relationship satisfaction compared to individuals with attachment anxiety and attachment avoidance (Boniwell et. al., 2010); (Akırmak, 2014). Relying on these findings it can be suggested that individuals with secure attachment could perceive their past, present and future positively and could have acquired balanced time perspective (Zimmermann 2004). On the contrary for

Attachment Anxiety and Attachment Avoidance found to be related with high scores on Past Negative and Present Fatalistic orientation (Precin, 2016).

Hypothesis 1: High scores on Attachment Avoidance predict low scores on life satisfaction and this link will be mediated by Past Negative and Present Fatalistic.

Hypothesis 2: High scores on Attachment Avoidance style predicts low scores on relationship satisfaction and this link will be mediated by Past Negative and Present Fatalistic.

Hypothesis 3: High scores on Attachment Anxiety will predict low scores on life satisfaction and this link will be mediated by Past Negative and Present Fatalistic.

Hypothesis 4: High scores on Attachment Anxiety will predict low scores on relationship satisfaction and this link will be mediated by Past Negative and Present Fatalistic.

Hypothesis 5: Attachment Dimensions (Anxiety, Avoidance) predicts low levels of life satisfaction. Balanced time perspective (high scores in Past Positive, Present Hedonistic, Future) mediates this relationship.

Hypothesis 6: Attachment Dimensions (Anxiety, Avoidance) predicts low levels of relationship satisfaction. Balanced time perspective (high scores in Past Positive, Present Hedonistic, Future) mediates this relationship

1.6 Current Study

Current study aimed to find an answer to; Do balanced time perspective and specific time perspectives are the mediators between the association of attachment dimensions and relationship satisfaction, life satisfaction? Subject of this thesis was

to show that attachment is a concept that has an influence on the development of one's time perspective or acquiring a balanced time perspective. Based on this relationship, study aims to shed a light on the combined influence of one's attachment and time perspective's on relationship and life satisfaction.



CHAPTER 2

METHOD

2.1. Participants

In the present study, 241 females and 70 males participated. Participant's age was ranged between 18 to 74 ($M = 31.43$, $SD = 15.20$). Data collection was done through online survey. Participants come from different educational background. Most of the participants were graduated from college ($N = 227$), as well as High School graduates ($N = 39$), Master graduates ($N = 32$), Doctorate graduates ($N = 11$) and Elementary school graduates ($N = 2$). Regarding to their relationship status 172 people had a romantic relationship, 139 people did not have current romantic relationship.

2.2. Materials

2.2.1. Sociodemographic Form, consist of gathering information regarding to their gender, age, education, relationship status (Appendix B.)

2.2.2. Zimbardo Time Perspective Inventory, developed by Zimbardo and Boyd in 1999. Inventory is self-report and consist of 56 items with five subscales which are; past positive (PP) with a cronbach's alpa found to be .80, Past Negative (PN) with a cronbach's alpha found to be .82, Present Hedonistic(PH) with a

cronbach's alpha found to be .79, Present Fatalistic (PF) with a cronbach's alpha found to be .74 and future (F) with a cronbach's alpha found to be .77. Inventory intended to measure one's time perception in order to understand the one's attitudes, behaviors, and cognitive processes towards life. Participants rate the statements for how much the statements are true for them. 5 point likert scale was used in the inventory for (1 'very uncharacteristic' to 5 'very characterstic'). Inventory was adapted to Turkish by Kışlalı Erginbilgiç (In Prog.). In Turkish version Cronbach Alpha's are for Past Positive subscale .69, for Past Negative subscale .81, for Present Hedonistic subscale .76, for Present Fatalistic subscale .65 and for Future scale .73 (Appendix C.)

Cronbach's alpha in the current study was .73 for Past Positive subscale, .84 for Past Negative subscale, .78 for Present Hedonistic subscale, .66 for Present Fatalistic subscale and .74 for Future scale.

2.2.2.1. Deviation from Balanced Time Perspective, because of problems in the calculation of balanced time perspective through ZTPI scores, Stolarski et al. (2011) developed a new efficient way to assess balanced time perspective scores. Deviation from Balanced Time Perspective reflects the difference between individual's time approach and the 'optimal' points for balanced time perspective. Rather than absolute point calculations, Stolarski suggests 'optimal point' in each time perspective scores. Regarding to the Zimbardo and Boyd (2008)'s balanced time perspective measures, individuals who are close to those optimal points determined as acquired balanced time perspective. In order to calculate the balanced time perspective, optimal points that determined by Zimbardo and Boyd (2008) used in the Stolarski et al. (2011)'s formula:

In the formula ‘o’ indicates optimal score for specific time perspective scale and ‘e’ represents individual’s empirical scores towards the each time perspective scale. Interpretation of the result score indicates that, scores that near to zero represents individual has balanced time perspective. Larger scores represent imbalanced time perspective (Stolarski et. al., 2011). The efficiency of this formula was tested in the Zhang et al. (2013)’s study, compared to other approaches for calculating balanced time perspective, DBTP found to have preferable predictive validity for assessing well-being. DBTP, shows linear results rather than categorization as balanced, imbalanced (Stolarski et. al., 2015).

2.2.3. The Experiences in Close Relationships-Revised (ECR-R),

developed by Fraley, Waller, and Brennan in 2000. It is a self-report questionnaire which measures the adult attachment dimensions. It consists of 36 items. Individuals rate how their general experience of their relationships by whether they agree or not with 7 point likert scale. 1 for strongly disagree and 7 for strongly agree. First 18 item forms attachment related anxiety scale and rest of the items form attachment related avoidance scale. Scale was adapted to Turkish by Selcuk , Günaydın , Sümer and Uysal in 2005. It has been found that internal consistency of cronbach’s alpha, anxiety scale was .90 and avoidant scale found to be .86.

Cronbach’s alpha in the current study was .91 for anxiety scale found to be .91 and .90 for avoidant scale (Appendix D).

2.2.4. Attitudes Towards Future Scale-Short Form,

developed by Güler in 2004. Scale assesses the individual’s orientation towards future. It has three subscales which are fearful, positive and planful. Short form consists of 15 items in total. From each subscale five items were selected. 5 point likert scale was used; 1 is for ‘strongly disagree’ and 5 is for ‘strongly agree’. Cronbach’s alpha of the scale

was found to be for Fearful Orientation .81, for Positive Orientation .80 and for Planful Orientation .79

Cronbach's alpha in the current study was .89 for Fearful Orientation, .89 for Positive Orientation and .78 for Planful Orientation (Appendix E.)

2.2.5. Satisfaction with Life Scale, developed by Diener , Emmons, Larsen, and Griffin in 1985. Scale is a self-report questionnaire that consists of 5 items. Scale measures the individual's general judgment of their life satisfaction. 7 point likert scale was used; 1 for strongly disagree and 7 for strongly agree. Individuals answer the scale by how it suits their judgments about their life satisfaction. Scale was adapted to Turkish by Dağlı and Baysal in 2016. It was found that in Turkish version 5 point likert scale was more suitable to the Turkish culture. Internal consistency of cronbach's alpha of the scale was found to be .88.

Cronbach's alpha in the current study was found to be .88 (Appendix F).

2.2.6. Relationship Assessment Scale, developed by Hendricks in 1988. Scale is consists of 7 items, it was developed for assessing general relationship satisfaction. Five point likert scale, 1(low) to 5(high) was used for answering the questions. High scores indicate high satisfaction from relationships. Hendricks' version aimed to measure only romantic relationships. Later scale was updated by Renshaw et al. (2011) for assessing general satisfaction from relationships. Cronbach's alphas are for friends .87, for parents .89 and for romantic companions .90. Adaptation of the scale into Turkish was done by Çelik E. in 2014. Internal consistency of the scale was found to be .87.

Cronbach's alpha in the current study was .86 (Appendix G.).

2.3. Procedure

After the approval of Ethical committee of Bahçeşehir University, data gathering process was started. Data was gathered through the online platform Googledocs. Two Googledoc questionnaires were created. Orders of the scales were different in each googledoc questionnaire. It was approximately took 45-50 min. to complete the questionnaires. Informed consent and demographic form were provided before the questionnaires.



CHAPTER 3

RESULTS

3.1. Data Analytic Strategy

Prior to the analysis, data was checked for univariate and multivariate outliers. Multivariate outliers were detected in the data using Mahalanobis distance. As a result, six participants removed from the data since they were detected as multivariate outliers ($\chi^2 (14) = 36.123, p < .001$). Current data was consisted of 311 people. Assumptions for further analyses were met.

Before main analyses, descriptive statistics were evaluated. Then, correlations between study variables were examined. Afterwards, multiple mediation analyses were conducted to the data. Independent variables of the study were Attachment anxiety and Attachment avoidance, dependent variables were relationship satisfaction and life satisfaction. Time perspective components were the mediators of the study (Past Negative, Past Positive, Present Hedonistic, Present Fatalistic, Future). Deviation from Balanced Time Perspective was also tested as mediator of the study.

3.1.1. Descriptive Statistics

Mean, Standard Deviation and minimum, maximum statistics were calculated for Zimbardo Time Perspective Inventory' subcategories Past Negative,

Past Positive, Present Fatalistic, Present Hedonistic, Future, Deviation from Balanced Time Perspective, The Experiences in Close Relationships-Revised Scale's subcategories of Attachment Anxiety, Attachment Avoidance, Attitudes towards Future Scale-Short Form's subscales of Fearful Orientation, Positive Orientation, Planful Orientation, Satisfaction with Life scale, Relationship Assessment Scale (Table 3.1.).



Table 3.1.

Descriptive Statistics of Measures

	<i>N</i>	<i>M</i>	<i>SD</i>	<i>Min -Max</i>
ZTPI				
Past Negative	311	3.75	.71	1.10-5.00
Past Positive	311	3.66	.62	1.78-5.00
Present Fatalistic	311	2.71	.64	1.22-4.67
Present Hedonistic	311	3.62	.52	2.07-4.87
Future	311	3.61	.51	1.85-4.92
DBTP	311	2.03	.66	.60-4.14
ECR-R				
Attachment Anxiety	311	3.82	.51	2.33-5.17
Attachment Avoidance	311	3.81	.33	2.89-4.89
ATF-S				
Positive Orientation	311	3.93	.84	1.00-5.00
Fearful Orientation	311	3.33	1.08	1.00-5.00
Planful Orientation	311	3.71	.78	1.20-5.00
Satisfaction with Life	311	3.52	.86	1.00-5.00
Relationship Assessment	311	3.75	.71	1.43-5.00
Scale				

Notes. ZTPI: Zimbardo Time Perspective Inventory, DBTP: Deviation from Balanced Time

Perspective ECR-R: The Experiences in Close Relationships-Revised , ATF-S: Attitudes Towards

Future Scale-Short Form

3.2 Correlation Analysis

Correlational analyses were conducted to reveal the relationship between variables. Attachment Anxiety, Attachment Avoidance, Zimbardo Time Perspective's subcategories of Past Negative, Past Positive, Present Fatalistic, Present Hedonistic, Future, Deviation from Balanced Time Perspective, Planful Orientation, Fearful Orientation, Positive orientation, relationship satisfaction and life satisfaction were analyzed to reveal the correlations (Table 3.2.)



Table 3.2. *Correlations of Variables*

	Att.Anx	Att.Avo	LifeSat	RshipSt	ZTPI-Past Negative	ZTPI Present Hedonistic	ZTPI- Future	ZTPI-Past Positive	ZTPI- Present Fatalistic	DBTP	ATF-S Positive	ATF-S Fearful	ATF-S Planful
Att.Anx	1	-.198**	-.202**	-.26**	.497**	.102	-.006	-.208**	.341**	.42**	-.041	-.322**	-.023
Att.Avo		1	.050	.060	-.271**	-.12*	-.031	.051	-.158**	-.227**	-.139*	.165**	-.038
LifeSat			1	.454**	-.419**	.255**	.057	.454**	-.115*	-.401**	.276**	.400**	.166**
RshipSat				1	-.346**	.091	.058	.467**	-.253**	-.311**	.182**	.304**	.209**
ZTPI-Past Negative					1	.109	.118*	-.328**	.397**	.723**	-.077	-.54**	.001
ZTPI-Present Hedonistic						1	-.205**	.196**	.287**	-.106	.237**	.150**	.014
ZTPI-Future							1	.186**	-.202**	.012	.126*	.023	.469**
ZTPI-Past Positive								1	-.039	-.282**	.123*	.287**	.129*
ZTPI-Present Fatalistic									1	.651**	-.107	-.231**	-.385**
DBTP										1	-.153**	-.441**	-.230**
ATF-S Positive											1	.402**	.527**
ATF-S Fearful												1	.224**
ATF-S Planful													1

Notes. Att Anx: Attachment Anxiety, Att Avo: Attachment Avoidance, LifeSat: Life Satisfaction , RshipSat:Relationship Satisfaction, ZTPI: Zimbardo Time

Perspective Inventory, DBTP: Deviation from Balanced Time Perspective, ATF-S: Attitudes Towards Future Scale-Short Form

**Correlation is significant at the 0.01 level (2-tailed)

*Correlation is significant at the 0.05 level (2-tailed)

Regarding to the correlational analysis, Attachment anxiety negatively correlated with life satisfaction $r(311) = -.20, p < .01$, relationship satisfaction $r(311) = -.26, p < .01$, Past Positive $r(311) = -.20, p < .01$, and fearful orientation $r(311) = -.32, p < .01$. In contrast to these, Attachment anxiety positively correlated with Past Negative $r(311) = .497, p < .01$, and Present Fatalistic $r(311) = .341, p < .01$.

According to this finding, people with Attachment Anxiety showed significant decrease in life and relationship satisfaction and Past Positive time perspective. Increase in the Attachment Anxiety was related with increase in the Past Negative and Present Fatalistic time perspective.

Moreover, results showed that Attachment avoidance negatively correlated with Past Negative $r(311) = -.27, p < .01$, Present Hedonistic $r(311) = -.12, p < .05$, Present Fatalistic $r(311) = -.15, p < .05$, and Positive Orientation $r(311) = -.13, p < .01$. It was found that, Attachment avoidance just positively correlated with Fearful Orientation $r(311) = .16, p < .01$.

People high in Attachment Avoidance showed significant decrease in Past Negative, Present Hedonistic, Present Fatalistic, and Positive orientation towards Future. Regarding to this finding it can be attributed that, negative memories from the past, fatalistic or hedonistic approach towards the present and positively focusing on the future were out of their focus. Rather than this, they fearfully oriented towards the Future.

Zimbardo Time Perspective's component of Past Negative was found to be negatively correlated with life satisfaction $r(311) = -.41, p < .01$, Relationship satisfaction $r(311) = -.34, p < .01$, and Fearful Orientation $r(311) = -.54, p < .01$.

Focusing on the past negative memories resulted in decrease in the relationship and life satisfaction. Decrease in the fearful orientation towards the future could be associated with the excessive focus towards the past. Individual cannot focus to the future.

Zimbardo Time Perspective's component of Present Hedonistic was found to be positively correlated with Life Satisfaction $r(311) = .25, p < .01$, Positive Orientation $r(311) = .23, p < .01$, and Fearful Orientation $r(311) = .15, p < .01$.

Individuals with Present Hedonistic time perspective showed positive orientation towards Future and life, however future consequence of their impulsive and pleasure seeking behavior could trigger their fearful orientation towards Future.

Zimbardo Time Perspective's component of Future was found to be positively correlated with Positive Orientation $r(311) = .12, p < .05$, and Planful Orientation $r(311) = .46, p < .01$.

Zimbardo Time Perspective's component of Past Positive was found to be positively correlated with Life Satisfaction $r(311) = .45, p < .00$, Relationship Satisfaction $r(311) = .46, p = .00$, Positive Orientation $r(311) = .12, p < .01$, Fearful Orientation $r(311) = .28$, and $p < .01$, Planful Orientation $r(311) = .12, p < .05$.

Zimbardo Time Perspective's component of Present Fatalistic was negatively correlated with Life Satisfaction $r(311) = -.11, p < .01$, Relationship satisfaction $r(311) = -.25, p < .01$, Fearful Orientation $r(311) = -.23, p < .01$, Planful Orientation $r(311) = -.38, p < .01$.

Deviation from Balanced Time Perspective was negatively correlated with Attachment Avoidance $r(311) = -.22, p < .01$, Life Satisfaction $r(311) = -.40, p < .01$, Relationship Satisfaction $r(311) = -.31, p < .01$, Positive Orientation $r(311) = -.15, p < .01$, Fearful Orientation $r(311) = -.44, p < .01$, and Planful Orientation r

(311) = $-.23$, $p < .01$. On the other hand, Deviation from Balanced Time Perspective was found to be positively correlated with Attachment Anxiety $r(311) = .42$, $p < .01$, Past Negative $r(311) = .72$, $p < .01$, and Present Fatalistic $r(311) = .65$, $p < .01$.

Based on the scores that obtained from Zimbardo Time Perspective Inventory, Deviation from Balanced Time Perspective scores were calculated by using the aforementioned formula. Results interpreted as scores that close to zero shows that individual has balanced time perspective. Scores distant from zero were interpreted as distancing from having balanced time perspective. According to this, correlations indicated that Deviation from Balanced Time Perspective was found to be positively correlated with Attachment Avoidance, life satisfaction, relationship satisfaction, positive orientation, fearful orientation, and planful orientation. In contrary, Attachment Anxiety, Past Negative and Present Fatalistic were negatively correlated with Deviation from Balanced Time Perspective.

3.3. Mediation Analysis

Preacher and Hayes's mediation analysis (Preacher & Hayes, 2008) was used to investigate the model of Time Perspective as a mediator between Attachment and relationship satisfaction, life satisfaction. Specifically, mediating role of the Time Perspective (Past Negative, Past Positive, Present Fatalistic, Present Hedonistic, Future and Deviation from Balance Time Perspective) were investigated, Attitudes Towards Future (Positive, Planful, Fearful) on the relationship between attachment anxiety and avoidance, and relationship and life satisfaction. Life and relationship satisfaction were the dependent variables of this model. Time Perspective and Deviation from Balanced Time Perspective were mediator variables. Attachment Dimension was the independent variable of this model.

3.3.1. Attachment (Anxiety, Avoidance), Time Perspective and Relationship

Satisfaction

In the first analysis Attachment's association with relationship satisfaction was investigated through the mediation of Time Perspective (Past Negative, Past Positive, Present Fatalistic, Present Hedonistic, Future and Derivation from Balanced Time Perspective)

Total effect of Attachment dimensions on Relationship satisfaction was found to be significant. Regression analysis showed that Attachment Anxiety and Avoidance predicted Relationship satisfaction significantly ($R^2_{adj} = .061$ $F(2, 308) = 11.13, p = .001$), with a % 6 of variance explained on relationship satisfaction. Attachment Anxiety negatively predicted Relationship Satisfaction ($\beta = -.36, p = .00$). Attachment Avoidance was found to be not related with Relationship Satisfaction.

Attachment Dimensions significantly predicted Past Negative time orientation ($F(2, 308) = 59.31, p < .01$). Attachment Anxiety predicted Past Negative Time orientation ($\beta = .72, p < .01$). Attachment Avoidance negatively predicts Past Negative orientation. Attachment Avoidance decreases Past Negative Time orientation ($\beta = -.43, p < .01$). Attachment Anxiety and Attachment Avoidance predicts Past Negative orientation with a % 27 variance.

Attachment Dimensions significantly predicted Present Hedonistic time orientation ($F(2, 308) = 3.28, p < .05$). Attachment Anxiety on Present Hedonistic was nonsignificant. Attachment Avoidance was found to be marginally significant ($\beta = -.16, p = .07$).

Attachment dimensions on future time orientation revealed nonsignificant results.

Attachment Dimensions significantly predicted Past Positive time Orientation ($F(2, 308) = 6.95, p < .01$). Only, Attachment Anxiety negatively predicted Past Positive orientation ($\beta = -.24, p < .01$). Attachment Anxiety and Attachment Avoidance predicted Past Positive orientation with a % 4 variance.

Attachment Dimensions predicted Present Fatalistic time orientation ($F(2, 308) = 21.89, p < .01$). Attachment Anxiety found to be positively predicts Present Fatalistic orientation ($\beta = .40, p < .01$). On the other hand Attachment Avoidance found to be not significant. Attachment Anxiety and Attachment Avoidance predicted Present Fatalistic orientation with a %12 of variance.

Indirect effects of Past Negative orientation on Attachment Anxiety and relationship satisfaction CI $[-.1565, -.0021]$, and on Attachment Avoidance and relationship satisfaction CI $[-.0048, .1146]$ were significant. Findings supported the Past Negative orientation as a mediator between Attachment Anxiety, Attachment Avoidance and relationship satisfaction.

Indirect effects of Past Positive orientation on Attachment Anxiety and relationship satisfaction CI $[-.1980, -.0540]$ was significant and on Attachment Avoidance and relationship satisfaction $[-.0795, .1020]$ was nonsignificant. Findings supported the Past Positive orientation as a mediator between Attachment Anxiety and relationship satisfaction.

Indirect effects of Present Fatalistic orientation on Attachment Anxiety and relationship satisfaction CI $[-.1595, -.0424]$ was significant and on Attachment Avoidance and relationship satisfaction $[-.0003, .1053]$ was nonsignificant. Regarding to the Confidence Interval, Present Fatalistic was mediator between Attachment Anxiety and Relationship Satisfaction (Figure.1 & Figure 2).

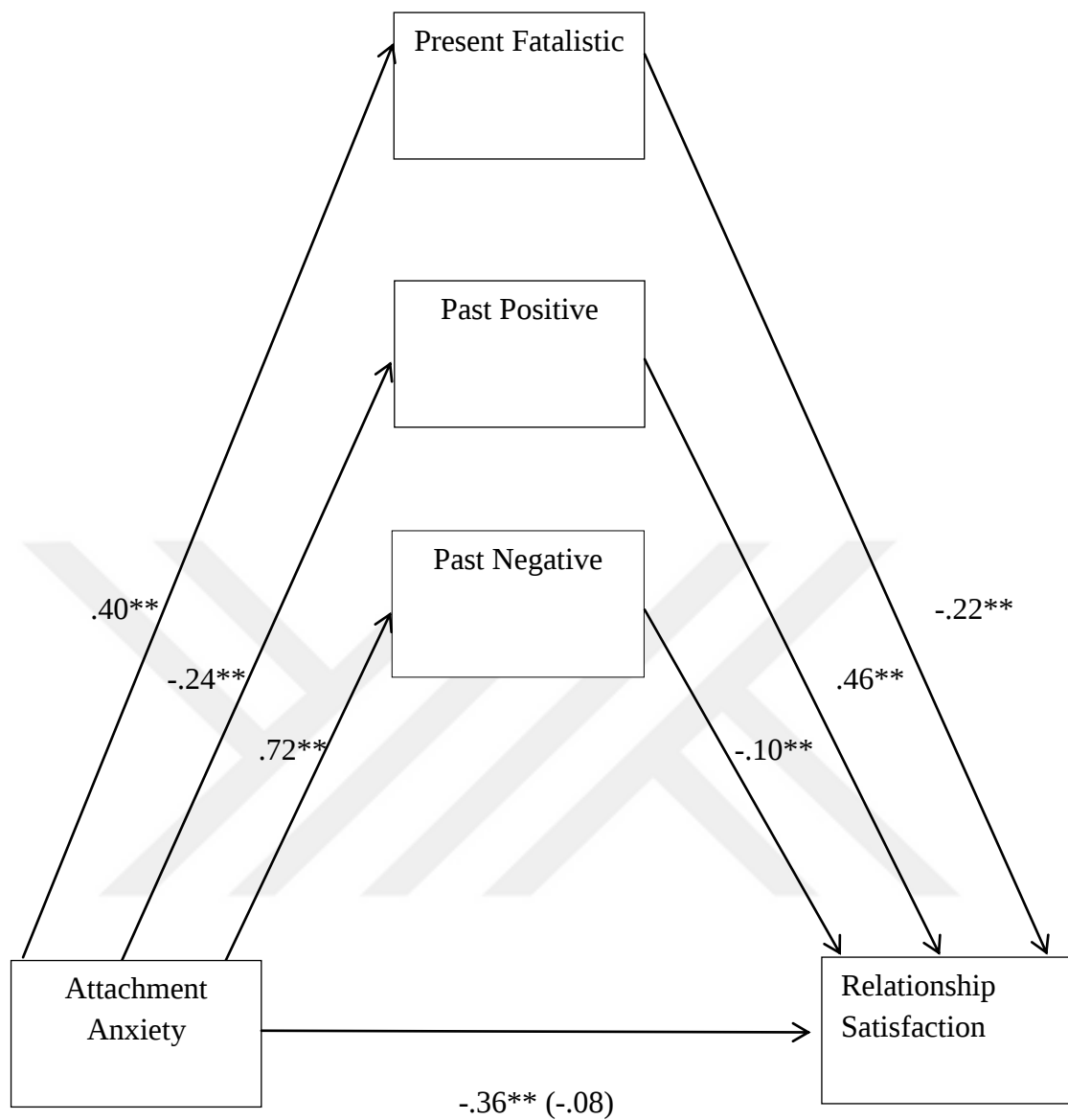


Figure 3.1. Mediation model Coefficients for Attachment Anxiety, Past Negative, Past Positive, Present Fatalistic time orientations and Relationship satisfaction. ** $p < .01$

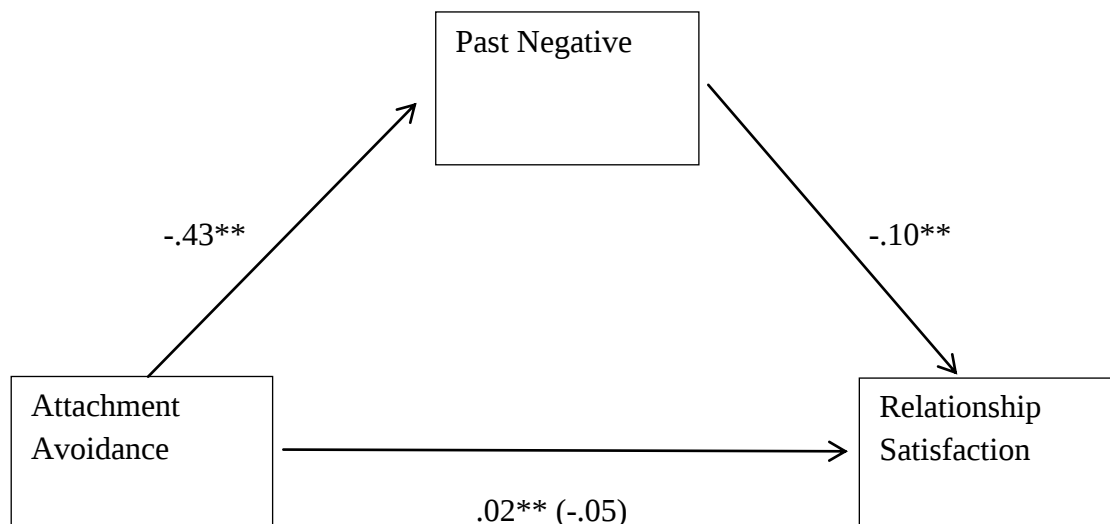


Figure 3.2. Mediation model Coefficients for Attachment Avoidance, Past Negative time orientation and Relationship Satisfaction. ** $p < .01$

3.3.2. Attachment (Anxiety, Avoidance), Time Perspective and Life Satisfaction

In the second analysis Attachment's relationship with Life Satisfaction was investigated by the mediation of Time Perspective (Past Negative, Past Positive, Present Fatalistic, Present Hedonistic, Future and Deviation from Balanced Time Perspective). Mediations and results were found to be parallel with the relationship satisfaction.

According to the results, total effect of Attachment dimensions on Life satisfaction was found to be significant ($R^2_{adj} = .034$ $F(2, 308) = 6.58$, $p < .01$). Attachment Dimensions predicted Life satisfaction significantly, with a %4 of explained variance. Attachment Anxiety negatively predicted Life Satisfaction. High scores on Attachment Anxiety associated with low scores on Life Satisfaction ($\beta = -.33$, $p < .01$). Attachment Avoidance was not related with Life Satisfaction.

Indirect effects of Past Negative time orientation on Attachment Anxiety and life satisfaction CI [-.4313, -.1944] and on Attachment Avoidance and life

satisfaction CI [.0762, .3255] were significant. Past Negative time orientation found to be a mediator between Attachment Dimensions and life satisfaction.

Indirect effects of Past Positive time orientation on Attachment Anxiety and life satisfaction CI [-.1693, -.0388] was significant and on Attachment Avoidance and life satisfaction [-.0657, .0836] was nonsignificant. Findings supported the Past Positive orientation as a mediator between Attachment Anxiety and life satisfaction (Figure 3 & Figure 4).

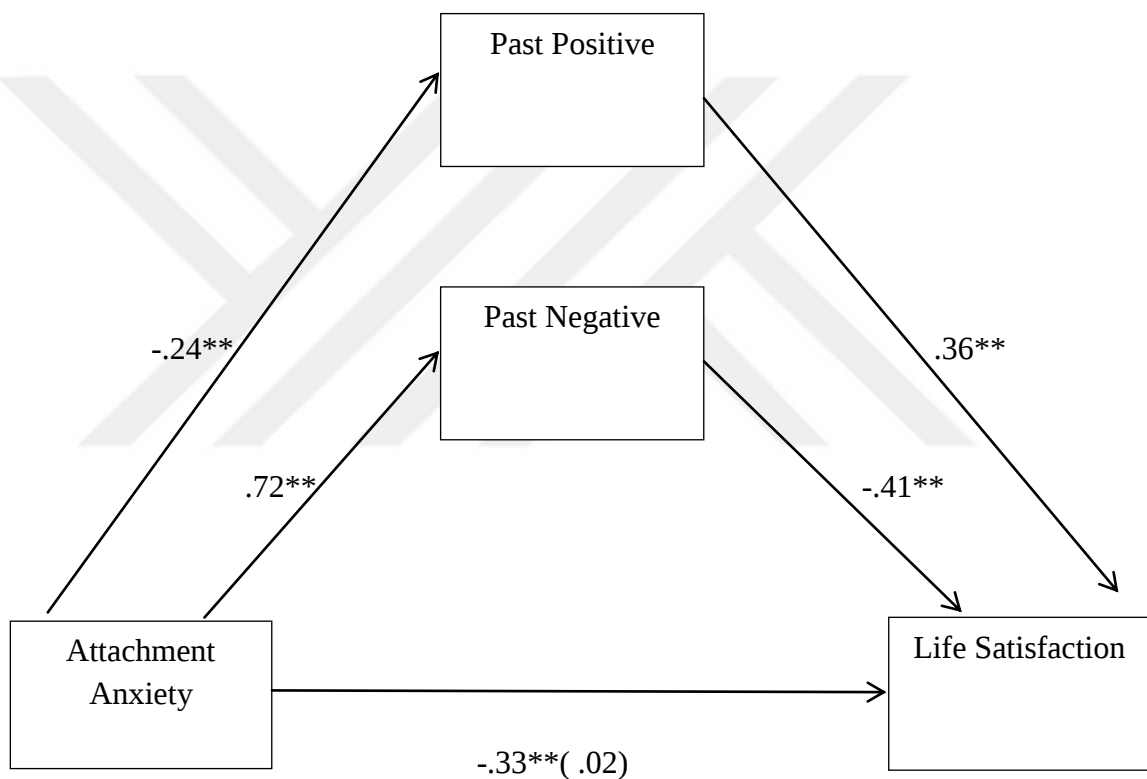


Figure 3.3. Mediation Model Coefficients for Attachment Anxiety, Past Negative and Past Positive Time Orientation, Life Satisfaction. ** $p < .01$

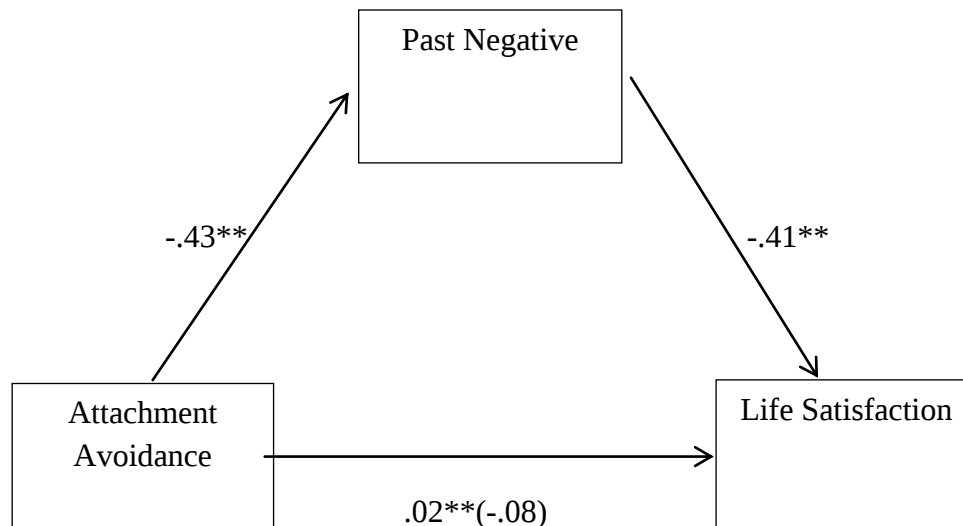


Figure 3.4. Mediation Model Coefficients for Attachment Avoidance, Past Negative Time Orientation and Life Satisfaction. ** $p < .01$

3.3.3. Attachment (Anxiety, Avoidance) Attitudes Towards Future (Positive, Planful, Fearful) and Relationship Satisfaction

Future component of Zimbardo Time Perspective Inventory was not providing the information regarding to the individual's orientation towards the Future. In order to determine the individuals' focus towards Future, Attitudes towards Future scale was used. Components of Attitudes towards Future Scale; Positive, Planful, Fearful orientations were analyzed as mediators in the Association of Attachment (anxiety, avoidance)'s and relationship satisfaction.

Regression analysis shows that Attachment Dimensions predicted Relationship satisfaction significantly ($R^2_{adj} = .061$ $F(2, 308) = 11.13$, $p = .001$), with a %6 of variance explained on relationship satisfaction.

Results indicates that, Attachment Dimensions significantly predicted Positive orientation ($R^2_{adj} = .017$ $F(2, 308) = 3.79$, $p < .05$). Attachment

Dimensions predicted Positive orientation with a %2 of explained variance.

Attachment Avoidance negatively predicted Positive orientation ($\beta = -.38, p < .01$).

Attachment Anxiety was not significant on Positive Orientation.

Attachment Dimensions significantly predicted Fearful orientation ($R^2_{adj} = .108, F(2, 308) = 19.86, p < .01$). Attachment Dimensions predicted Fearful Orientation with a %11 of explained variance. Attachment Anxiety negatively predicted Fearful orientation ($\beta = -.63, p < .01$). On the other hand Attachment Avoidance found to be marginally significant on Fearful Orientation ($\beta = .34, p = .05$).

For Planful Orientation, both Attachment Anxiety and Attachment Avoidance found to be unrelated.

Indirect effect of Positive orientation on Attachment Anxiety and relationship satisfaction $[-.0303, .0130]$ and on Attachment Avoidance and relationship satisfaction $[-.0303, .0130]$ were not significant. Regarding to the confidence interval, mediation model was not supported.

Indirect effect of Fearful Orientation on Attachment Anxiety and relationship satisfaction CI $[-.1676, -.0333]$ and on Attachment Avoidance and relationship satisfaction CI $[-.0005, .1239]$ were significant. Results supported the Mediation model of Attachment Dimensions and relationship satisfaction mediated by Fearful Orientation (Figure 5& Figure 6).

Planful Orientation and Positive orientation were not supported as mediators in this model.

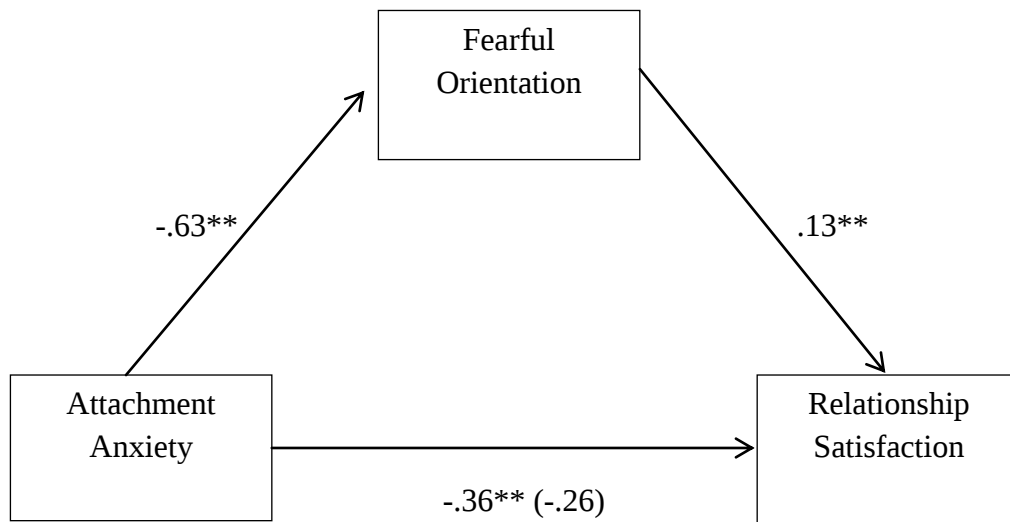


Figure 3.5. Mediation Model Coefficients for Attachment Anxiety, Fearful Orientation and Relationship Satisfaction. $^{**}p < .01$

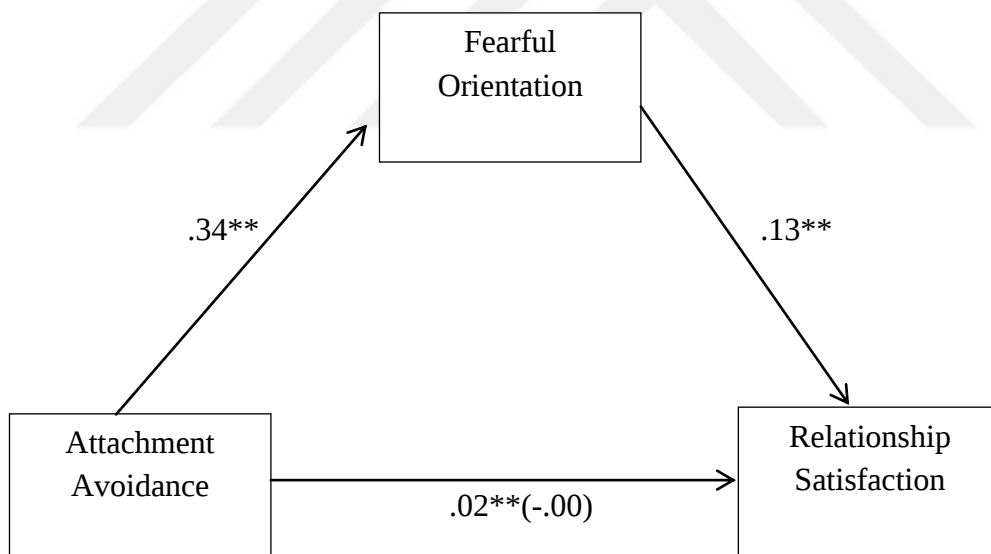


Figure 3.6. Mediation Model Coefficients for Attachment Avoidance, Fearful Orientation and Relationship Satisfaction. $^{**}p < .01$

3.3.4. Attachment (Anxiety, Avoidance) Attitudes Towards Future (Positive, Planful, Fearful) and Life Satisfaction

Positive, Planful and Fearful orientations towards future were examined as mediators between Attachment (Anxiety, Avoidance) and Life Satisfaction.

Regression analyses were repeated for the life satisfaction. Results were found to be parallel with the relationship satisfaction.

Total effect of Attachment dimensions on Life satisfaction was found to be significant ($R^2_{adj} = .034$ $F(2, 308) = 6.58, p < .01$). Attachment Dimensions predicted Life satisfaction significantly, with a %4 of explained variance.

Indirect effects of Positive orientation on Attachment Anxiety and life satisfaction $[-.0709, .0053]$ was not significant and on Attachment Avoidance and life satisfaction CI $[-.1640, -.0004]$ was significant. Positive orientation was found to be a mediator between Attachment Avoidance and life satisfaction.

Indirect effects of Fearful orientation on Attachment Anxiety and life satisfaction CI $[-.2705, -.0841]$ was significant and on Attachment Avoidance and life satisfaction $[-.0026, .2084]$ was not significant. Fearful orientation was found to be a mediator between Attachment Anxiety and life satisfaction (Figure 7 & Figure 8).

Indirect effects of Planful orientation on Attachment Anxiety and life satisfaction $[-.0249, .0082]$ and on Attachment Avoidance and life satisfaction $[-.0480, .0143]$ were not significant. Mediation model was not supported.

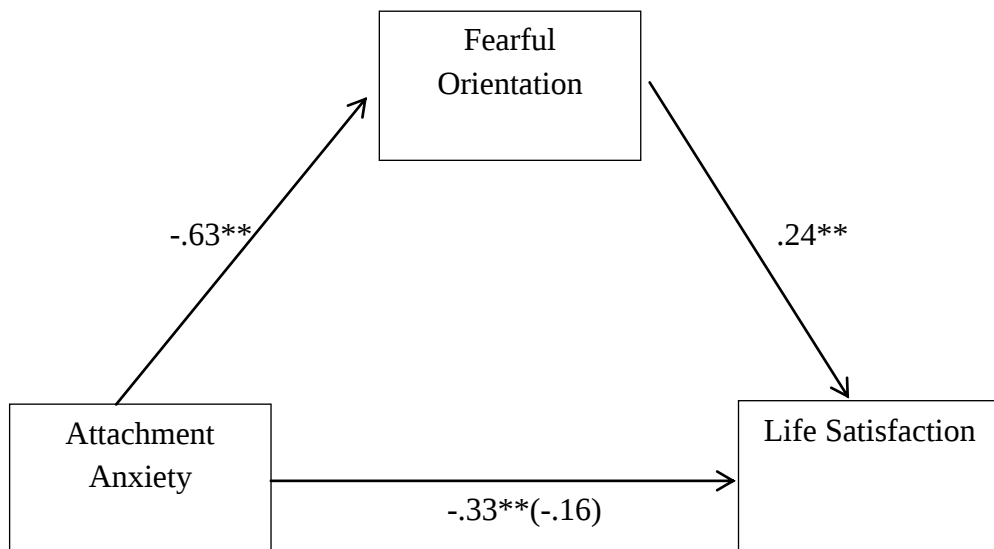


Figure 3.7. Mediation Model Coefficients for Attachment Anxiety, Fearful Orientation and Life Satisfaction. $^{**}p < .01$

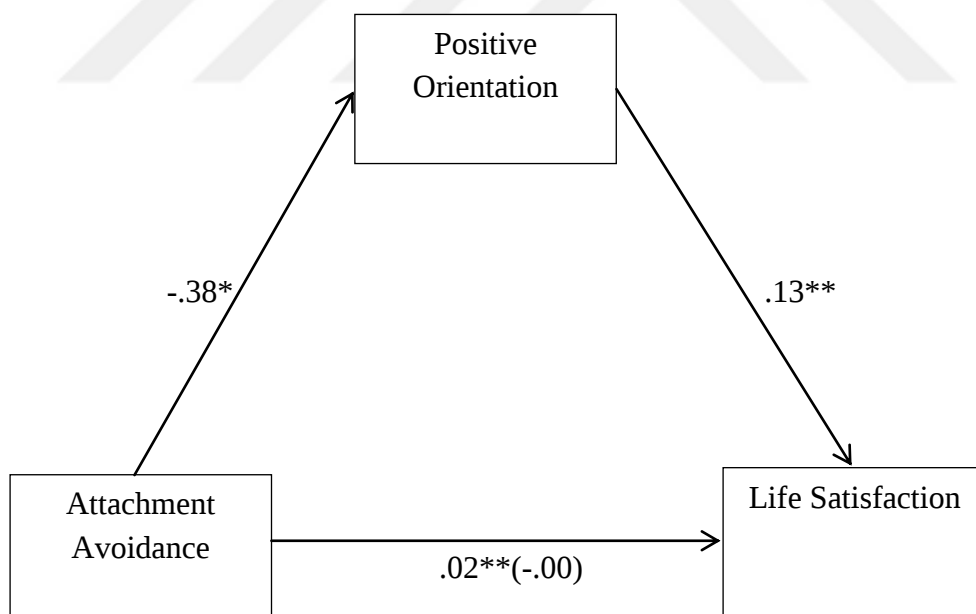


Figure 3.8. Mediation Model Coefficients for Attachment Avoidance, Positive Orientation and Life Satisfaction. $^{**}p < .01$, $^{*}p < .05$

3.3.5. Attachment (Anxiety, Avoidance) Deviation from Balanced Time Perspective and Relationship Satisfaction

Regression analysis shows that Attachment Dimensions predicted Relationship satisfaction significantly ($R^2_{adj} = .061$ $F(2, 308) = 11.13, p = .001$), with a %6 of variance explained on relationship satisfaction.

Attachment Dimensions significantly predicted Deviation from Balanced Time Perspective ($R^2_{adj} = .192$ $F(2, 308) = 38.02, p < .01$). Attachment Dimensions predicted Deviation from Balanced Time Perspective with % 19 of explained variance. Attachment Anxiety positively predicted Deviation from Balanced Time Perspective ($\beta = .50, p < .01$) and Attachment Avoidance negatively predicted Deviation from Balanced Time Perspective ($\beta = -.29, p < .01$).

Indirect effects of Deviation from Balanced Time Perspective on Attachment Anxiety and relationship satisfaction CI [-.2302, -.0609], and on Attachment Avoidance and relationship satisfaction CI [.0265, .1659] were significant. Results indicated that Deviation from Balanced Time Perspective was found to be mediator between Attachment Anxiety, Attachment Avoidance and Relationship satisfaction (Figure 9 & Figure 10).

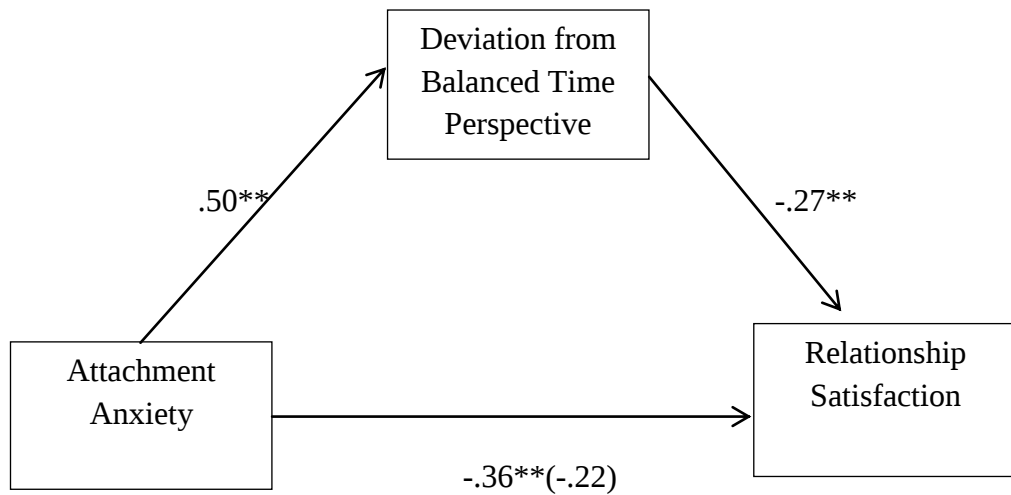


Figure 3.9. Mediation Model Coefficients for Attachment Anxiety, Deviation From Balanced Time Perspective and Relationship Satisfaction. ** $p < .01$

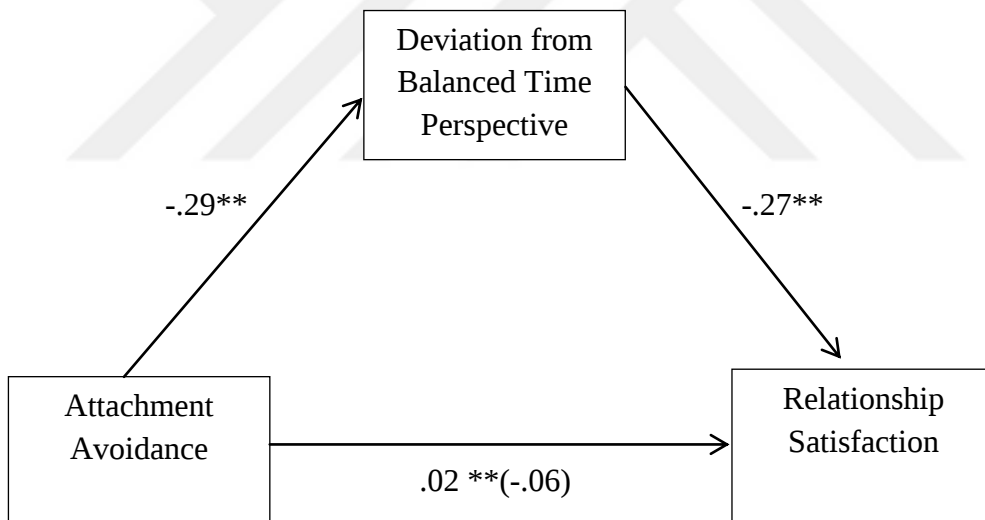


Figure 3.10. Mediation model Coefficients for Attachment Avoidance, Deviation from Balanced Time Perspective and Relationship Satisfaction. ** $p < .01$

3.3.6. Attachment (Anxiety, Avoidance) Deviation from Balanced Time Perspective and Life Satisfaction

Total effect of Attachment dimensions on Life satisfaction was found to be significant ($R^2_{adj} = .034$ $F(2, 308) = 6.58, p < .01$). Attachment Dimensions predicted Life satisfaction significantly, with a %4 of explained variance.

Attachment Dimensions significantly predicted Deviation from Balanced Time Perspective $R^2_{adj} = .192$ $F(2, 308) = 38.02, p < .01$. Attachment Dimensions predicted Deviation from Balanced Time Perspective with a % 19 of explained variance.

Deviation from Balanced Time Perspective was examined as mediator between Attachment (Anxiety, Avoidance) and Life Satisfaction. Regression analyses were repeated for the life satisfaction. Results were found to be parallel with the relationship satisfaction.

Indirect effects of Deviation from Balanced Time Perspective on Attachment Anxiety and life satisfaction CI [-.3770, -.1628], and on Attachment Avoidance and life satisfaction CI [.0460, .2929] were significant. Deviation from Balanced Time Perspective was found to be a mediator between Attachment Dimensions (Anxiety, Avoidance) and life satisfaction (Figure 11 & Figure 12).

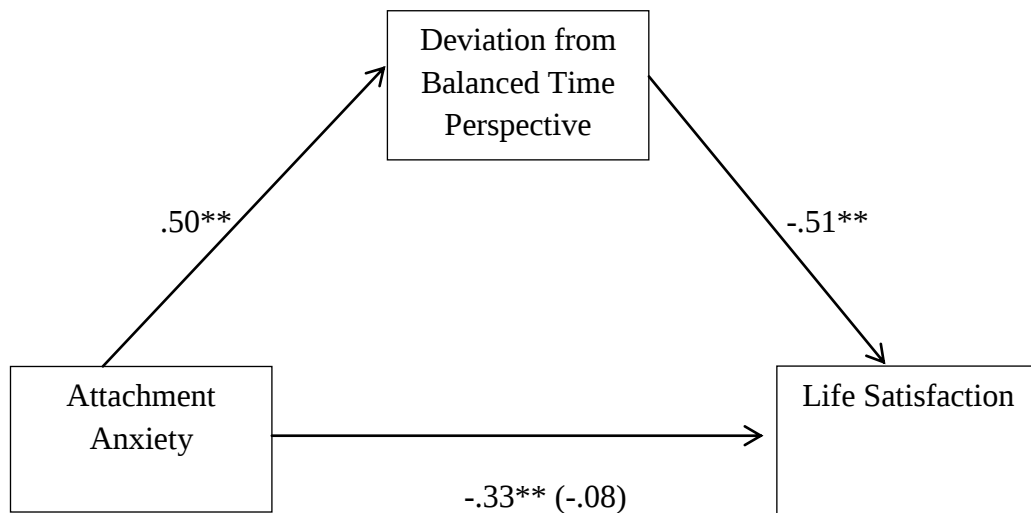


Figure 3.11. Mediation Model Coefficients for Attachment Anxiety, Deviation from Balanced Time Perspective and Life Satisfaction. ** $p < .01$

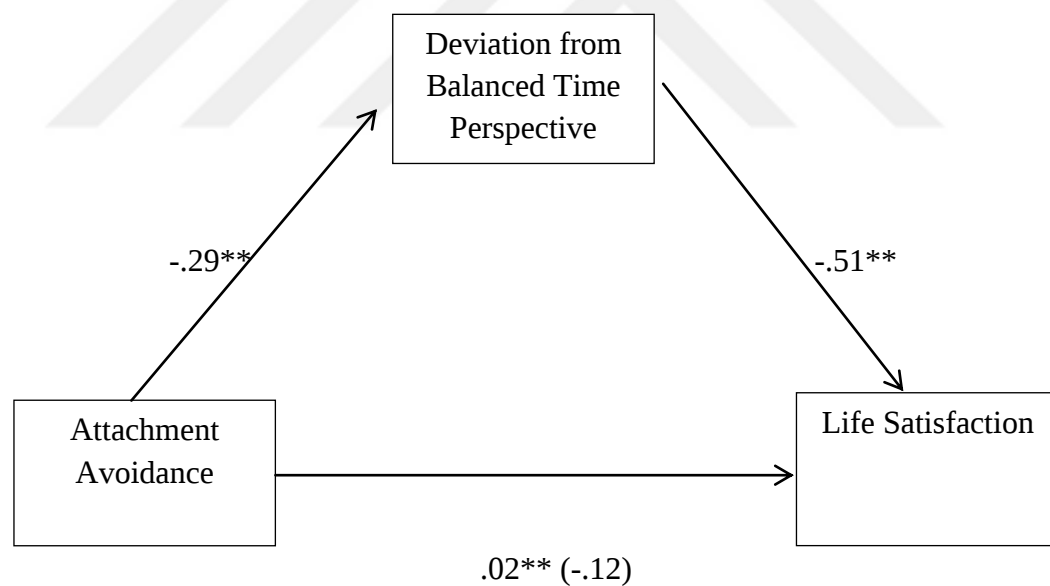


Figure 3.12. Mediation model Coefficients for Attachment Avoidance, Deviation from Balanced Time Perspective and Life Satisfaction. ** $p < .01$

CHAPTER 4

DISCUSSION

The main purpose of this study was to investigate the associations between Attachment Dimensions (Attachment Anxiety, Attachment Avoidance) and relationship satisfaction, life satisfaction. Components of Time Perspective (Past Negative, Past Positive, Present Hedonistic, Present Fatalistic, and Future) were assessed as mediators. Also Deviation from Balanced Time Perspective was assessed as mediator.

4.1. Implications and Literature findings related to Correlation Coefficients

Correlational results of this study showed that, individuals with Attachment anxiety showed decrease in their life satisfaction, relationship satisfaction and Past Positive time orientation. On the contrary, they tend to have Past Negative time orientation. Regarding to those findings, in the literature the nature of Attachment Anxiety explained as individual's anxious perception towards the world and others. Parental figure's unbalanced availability in the times of need is related with formation of this anxious perception (Bowlby, 1988). In related to this, individual's past memories tend to be negative and they are low on satisfaction, happiness and self-esteem (Zimbardo & Boyd, 1999). Negative experiences with the caregiver in the

past also contribute to the perception towards forming relationship with others (Precin, 2016). As it was indicated in the literature, people with Past Negative time orientation tend to have less close friends (Zimbardo & Boyd, 1999). Based on the literature findings, Attachment Anxiety positively predicted Past Negative time orientation. However in the same study, Attachment Anxiety negatively predicted Past Positive time orientation (Precin, 2016). Those findings were also confirmed in the present study.

Attachment Avoidance was the other dimension investigated in this study. Based on the results, people with Attachment Avoidance tend to show decrease in Past Negative, Present Hedonistic and Present Fatalistic time orientations. In addition to these, people with attachment avoidance showed decrease in positive orientation towards future. On the other hand, they tend to focus towards future as fearful. Regarding the literature findings, people with attachment avoidance tend to be self-sufficient in fulfilling every need of themselves. Rather than trusting others, they tend to trust only themselves. Past failed relationship with their unresponsive caregiver leads them to be self-sufficient in every aspect of their lives (Bowlby, 1988). As Precin (2016) indicated, repressed negative memories of the past, transferred to the adulthood. In relevant to this, it was found that in order to protect him/herself child learns to avoid those early frustrating experiences (Bogat, Levendonsky, Eye & Davidson, 2011). Related to this, individuals with attachment avoidance less likely to see the past negative or evaluate the present as fatalistic. Rather than this, they tend to avoid those unwanted memories and experiences. It can be attributed that, those repressed materials stay as repressed. Repressing unwanted memories, relying on self, staying away from the caregiver are all part of

deactivation system. On the other hand hyperactivation system contains anxious related issues, need for someone to rely on (Cassidy & Kobak, 1988). People with Attachment Avoidance tend to rely on deactivation system (Cassidy & Kobak, 1988). However in the present study it was found that, despite of their repression towards past, thinking about future activates their hyperactivation system. Despite the literature findings related to deactivation strategies of individuals with Attachment Avoidance, present study found that individuals with Attachment Avoidance feels fearful about future. In the future studies it could be experimentally investigated. Despite the literature findings, Present Hedonistic scores tend to decrease in people with Attachment Avoidance. In the literature, individuals with Attachment Avoidance score marginally high on present hedonistic (Swan, 2000). However, study results indicated the opposite. It could be related with the fearful orientation towards future which interferes with the enjoying the present moment.

People with Past Negative time orientation tend have decreased levels of life and relationship satisfaction and fearful orientation towards future. Results of the present study were parallel with the literature findings. Regarding to the literature, people with Past Negative time orientation shows anxiety or depression symptoms, low self-esteem scores (Zimbardo & Boyd, 1999) which contributes to the quality of their lives. Study of Boniwell and her colleagues (2010) found that people with Past Negative time orientation have decreased levels of life satisfaction. Moreover Past Negative time orientation found to be associated with low levels of family and peer support and also high levels of relationship problems (Holman & Zimbardo, 2009; Zhang & Howell, 2011; Zimbardo & Boyd, 1999). Another study explained this finding as; negative attributions towards the past influence the present relationships.

Individual tend to misperceive and approach negatively towards the current relationships (Stolarski, Wojtkowska &Kwiecinska, 2016). Individual likely to focus solely on the negative memories of the past and cannot focus towards the present or plan for the future.

People with Present Hedonistic time perspective had increased levels of life satisfaction, positive and fearful orientation towards the future. Those findings were related with the results in the literature. Based on the literature findings, Present Hedonistic time perspective, tend to focus on the immediate, pleasurable experiences without the future consequences (Zimbardo &Boyd, 1999). In related to this, they may experience life as satisfactory. However after the immediate pleasure, their risky and impulsive behaviors could lead to unwanted consequences (Rothspan &Read, 1996). In the long run they could engage in drug abuse, excessive alcohol consumption (Klingeman, 2001), unsafe sex and could engage in risky driving behaviors (Zimbard et al., 1997). Those could contribute to the fearful approach towards the future. However it was found that moderate scores in Present Hedonistic time perspective could contribute to the positive affect of the individual without engaging in excessive adrenalin related behaviors (Zimbardo &Boyd, 1999). Individuals with dominant Present Hedonistic time orientation tend to focus on the present moment and act, think according to the immediate rewards. In relation to this, their behaviors tend to focus on sensation seeking and impulsive behaviors (Keough et al., 1999; Zimbardo & Boyd, 1999). Results of this present study supported the literature findings.

As expected, Future time orientation was found to be positively related with Positive orientation and Planful orientation. Regarding to the concept of Future orientation, individual focus on the future rewards, in order to achieve them she/he tend to make plans and acts according to those plans (Zimbardo & Boyd, 1999); (Lens & Tsuzuki, 2007). According to Zimbardo and Boyd (1999), focusing on the future was evaluated as healthy. However, recent studies indicated that focusing solely on the future results in missing the present moments (Boniwell & Zimbardo, 2003). In addition to this, Zimbardo Time Perspective does not measure individuals approach towards the Future which gives narrow information regarding to the future orientation. As a result of this, if individual focus towards the future with anxious attitude, it cannot be considered as healthy. In order to reveal this, Attitudes towards Future Scale (2004) had to be used in the present study. As Zimbardo & Boyd (1999) indicated that, focusing towards future regarded as healthy. In this study, Future subscale was found to be only related to the positive attitudes towards future because of this, future subscale found to be unrelated with Attachment Dimensions (Anxiety, Avoidance). On the other hand, Attitudes towards future scale, gives wide perspective regarding to the individuals' focus towards future.

Results of the current study indicated that, people with Past Positive time orientation tend to have increased life satisfaction, relationship satisfaction and future positive, planful and fearful orientation towards future. In support of these findings literature point out that, individuals with Past Positive time orientation tend to evaluate their past as positive and also they show high self-esteem and life satisfaction (Zimbardo & Boyd, 1999). They tend to apply social support when in need (Zimbardo & Boyd, 1999) which suggests better relationship quality with others.

In parallel with these findings of the present study, literature indicates that Past Positive time orientation is related with maintaining the old relationships and satisfactory levels in relational aspects of life (Holman & Zimbardo, 2009; Zhang & Howell, 2011; Zimbardo & Boyd, 1999). Studies suggest that Positive memories of the past were their main focus which could be attributed as missing the present moment and also less likely to plan for the future (Zimbardo & Boyd, 1999). Results of the current study found to be parallel with the literature findings. Current study showed that they heavily focus on past and future while missing the present moment.

The Last component of Zimbardo Time Perspective is the Present Fatalistic time orientation. In the present study, it was found that individuals with Present Fatalistic time orientation showed decrease in their life satisfaction, relationship satisfaction, fearful and planful orientation. In the light of the literature findings, those results were found to be meaningful. Individuals with Present Fatalistic time orientation tend to perceive present and future as negative. They experience the life as they don't have any control over which leads them to engage in dangerous behaviors. They experience aggression and high levels of anxiety, as a result of this Present Fatalistic time orientation which was found to be the most harmful for the individual's healthy (Zimbardo & Boyd, 1999). In support of the low levels in relationship and life satisfaction, one study indicated that, Present Fatalistic time orientation represents pessimistic attitudes towards life and helpless, negative approach to the relationship. It explains the low levels in relationship and life satisfaction (Stolarski, Wojtkowska & Kwiecinska, 2016).

Recent studies showed that, rather than having one type of time perspective, acquiring a Balanced Time Perspective was found to be healthy. Moderate to high

scores on Past Positive, Present Hedonistic and Future subscales, relatively low scores on Present Fatalistic and Past Negative subscales represents Balanced Time Perspective (Boniwell & Zimbardo, 2004). Individuals who acquire Balanced Time Perspective tend to be happy and feel satisfied in their lives (Drake et al., 2008). According to the Boniwell and her colleagues (2010), people with Balanced time perspective showed high life and relationship satisfaction. They tend to switch their perception towards life according to the circumstances. They tend to acquire positive well-being. In support of these literature findings, current study results showed that people with Balanced Time Perspective show high relationship and life satisfaction, positive orientation, fearful orientation and playful orientation. Their scores on Attachment Avoidance found to be positively correlated. Regarding to the people with Attachment Avoidance, they tend to reflect themselves as secure compared to the other Attachment Dimensions (Hazan & Shafer, 1987). Based on this, it can be said that they might approach more balanced, compared to the individuals with Attachment Anxiety. Current study found that individuals with Balanced Time Perspective tend to have low scores on Past Negative and Present Fatalistic time orientations which were expected to be this way.

4.2. Implications and Literature findings related to Mediation Analyses

The first hypothesis of the present study was that the high scores on Attachment Avoidance predicts low scores on life satisfaction and this link will be mediated by Past Negative and Present Fatalistic. Second Hypothesis of the present study was that the high scores on Attachment Avoidance predicts low scores on relationship satisfaction and this link will be mediated by Past Negative and Present Fatalistic time orientation.

Results of the present study indicated that, people with Attachment Avoidance have decreased levels of Past Negative time orientation. Regarding to the indirect effects of Past Negative time orientation on Attachment Avoidance; Past Negative time orientation found to be mediator between Attachment Avoidance and relationship satisfaction, life satisfaction. People with Attachment Avoidance showed decreased levels of Past Negative time orientation and together, they increase the life and relationship satisfaction. According to the Internal Working Models, individuals with insecure attachment have unavailable parents which contribute to the traumatic relations with the parents. Especially in the disorganized attachment, individuals dissociate early traumatic memories in order to deal with the later stressful situations (Liotti, 2004). Individuals with attachment avoidance could experience dissociation from traumatic memories for to be able to continue with their life and relying on their sources when in need which supports the decrease in the Past Negative time orientation in people with Attachment Avoidance. Results of this present study parallel with the literature findings. On the contrary to the findings, literature indicated that Attachment Avoidance decrease the life satisfaction (Shaver, Mikulincer, Alonso, Arbiol, & Lavy, 2010). It can be attributed that people with Attachment Avoidance represses their needs and act as individuals with secure attachment. Individuals with Attachment Avoidance provide their satisfaction by avoiding the negative past memories.

Third hypothesis of the study was that the high scores on Attachment Anxiety will predict low scores on life satisfaction and this link will be mediated by Past Negative and Present Fatalistic time orientation. Fourth hypothesis of the study was that the high scores on Attachment Anxiety will predict low scores on relationship

satisfaction and this link will be mediated by Past Negative and Present Fatalistic time orientation.

Results of this study showed that, people with Attachment Anxiety have increased levels of Past Negative time orientation. Attachment Anxiety predicted lower levels of satisfaction (life, relationship) via increasing past negative orientation. In support of this finding, Precin (2016) found that, Attachment Anxiety positively predicted Past Negative time orientation. As it was indicated in the study of Boniwell and her colleagues (2010), Past Negative time orientation and Present Fatalistic time orientation decreases the life satisfaction. In related to this, it was found that life satisfaction includes one's satisfaction from past and present moments (Diener, Suh, Lucas and Smith, 1999). Same study indicated that one has control over his/her life to receive satisfaction from life. However, individuals with Attachment Anxiety stuck on the haunting memories of the past which influences the present moment and in general their perception towards the world as sometimes trustable other times not trustable which in turn influences their life satisfaction (Boniwell, 1988). However despite the findings regarding to the Present Fatalistic time orientation, in this study Present Fatalistic was not supported as a mediator between Attachment Anxiety and life satisfaction. However, Attachment Anxiety increases Present Fatalistic time orientation which influences relationship satisfaction. Individuals with high levels of anxiety disrupt the relationship with others, because they oriented towards Present Fatalistic time orientation.

Results on life satisfaction were also valid for relationship satisfaction. Regarding to the literature for relationship satisfaction, unwanted experiences of the

past with the caregiver contribute to the problems in current relationships (Saribay & Andersen, 2007). According to the recent studies, negative interpretation towards the past contributes to the poor evaluation of the relationships in the present time (Stolarski, Wojtkowska & Kwiecinska, 2016). Studies showed that, Past Negative time orientation was found to be associated with the high levels of relational problems (Holman & Zimbardo, 2009; Zhang & Howell, 2011; Zimbardo & Boyd, 1999). A study that was conducted in 2016 found that, individuals who have Past Negative time orientation, approach towards the relational problems more destructively and they likely to end the relationship (Yaşın, Sunal, 2016). Individuals with Attachment Anxiety more likely to approach negatively towards their partners (Akırmak, 2014).

According to the results of this study, Attachment Anxiety predicted lower levels of relationship satisfaction via decreasing Past Positive time orientation. Findings are relevant because Attachment Anxiety found to be positively related with Past Negative time orientation both in the literature and in this study. In the literature it was found that Attachment Anxiety negatively predicted Past Positive time orientation (Precin, 2016). In addition to this, Past Positive time orientation is related with high levels of relationship satisfaction and forming and maintaining those close relations with others (Holman & Zimbardo, 2009; Zhang & Howell, 2011; Zimbardo & Boyd, 1999). Attachment Anxiety decreases satisfaction (life, relationship). Individuals with Attachment Anxiety tend to approach towards their past negatively and their present as fatalistically which lowers the level of their satisfaction (life, relationship).

Fifth hypothesis of this study was that the Attachment Dimensions (Anxiety, Avoidance) predicts low levels of life satisfaction. Low scores on Balanced time perspective (high scores in Past Positive, Present Hedonistic, Future) mediates this relationship. Sixth hypothesis of this study was that the Attachment Dimensions (Anxiety, Avoidance) predicts low levels of relationship satisfaction. Low levels of Balanced time perspective (high scores in Past Positive, Present Hedonistic, Future) mediates this relationship.

Study results showed that, Attachment Anxiety predicted lower levels of satisfaction (relationship, life) via decreasing Balanced Time Perspective. Finding is in line with the literature, Balanced time perspective includes high levels in Past Positive, Present Hedonistic and Future time orientations, relevantly low scores on Past Negative and Present Fatalistic time orientations (Boniwell & Zimbardo, 2004). Studies found that Secure Attachment is found to be positively related with the Positive, Hedonistic and Future components of Balanced Time perspective (Precin, 2016). On the other hand Attachment Anxiety was found to be positively related with Past Negative time orientation which was expected to be low on Balanced Time Perspective (Precin, 2016). In relevant to these findings, it explains the negative relationship between Attachment Anxiety and Balanced Time Perspective. This negative relationship also influences the relationship satisfaction negatively. Prior explanations regarding to the results of relationship satisfaction is also valid for life satisfaction. Together they influence the life satisfaction negatively. Both Attachment Anxiety and Attachment Avoidance showed signals of becoming distant from the secure attachment which somehow disrupts the balanced time perspective. Further studies could investigate the mechanisms behind the disruption.

Prior findings of this study showed that, orientation towards Future time orientation has to be considered from different angles. In Zimbardo Time Perspective Inventory, Future was only considered as positive. As a result of this, it could explain why future orientation was found to be unrelated with Attachment Dimensions (Anxiety, Avoidant). In the literature it was found that future component was moderate and positively correlated with parental attachment (Laghi et al., 2009). Moreover, Precin (2016) found that low Attachment Anxiety scores were related with the Future time orientation. In relevant to this, another study suggested that, secure attachment found to be positively related with Future time orientation (Main, Kaplan & Cassidy, 1985). Planning for future goals and acting towards those goals indicates positive and hopeful approach towards future. In order to achieve those goals, individual prevents him/herself from the distractions of the present day such as; engaging in dangerous behaviors, anything that interferes with the future plans (Luyckx, Lens, Smits, & Goossens, 2010). Unlike Past Negative oriented people, Future oriented people tend to be more optimistic and consider the future benefit of their actions (Zimbardo & Boyd, 1999). In relevant to these, in the present study, future attitudes of Positive orientation found to be negatively related with Attachment Avoidance however Planful orientation was found to be unrelated with Attachment Dimensions (Anxiety, Avoidance). But only, Fearful orientation found to be mediator between Attachment Avoidance and satisfaction (life, relationship). Individuals with Attachment Avoidance tend to repress their unwanted memories of the past and their needs, but they cannot repress their fearful orientation towards future while relating with others. Regarding to this, increase in the Attachment Anxiety predicted decrease in the satisfaction (relationship, life) via decreasing fearful orientation. This could be attributed as rather than focusing on future they

tend to focus towards past negative memories and relating with other from present fatalistic time orientation. Future orientation could be out of their focus.

Overall literature findings supported the result of the present study; Attachment Dimensions' influence on relationship and life satisfaction mediated by Past Negative time orientation. Moreover Past Positive time orientation found to be mediator between Attachment Anxiety and satisfaction (relationship, life). Present Fatalistic time orientation found to be mediator between Attachment anxiety and relationship satisfaction. Balanced Time Perspective found to be mediator between Attachment Dimensions (Anxiety, Avoidance) and satisfaction (life, relationship). Fearful orientation towards future found to be mediator between Attachment Anxiety and satisfaction (relationship, life). Fearful orientation found to be mediator between Attachment Avoidance and relationship satisfaction. Positive orientation found to be mediator between Attachment avoidance and life satisfaction.

4.3. Limitations and Strengths of the Study

There are several limitations of the study, majority of the participants were females. As a result of this, results cannot be compared gender specifically. Another limitation of the study was that most of the participants were psychology majored young adults because of this, they might be exposed to the scales before and could understand the purpose of the questions. This could influence their objectivity towards scales.

Scales were spreaded via online platform. Individuals could be distracted while answering the questions in their own environment.

Strengths of the study were, results were obtained from people with wide range of age groups. Despite the individuals with psychology major, other people were come from different backgrounds. Strength of the study was broad investigation of one's satisfaction. Both Attachment Dimensions (Anxiety, Avoidance) and Time Perspective components and Balanced time perspective were investigated for their influence on satisfaction (life, relationship). Lastly, Attitudes Towards Future Scale (Güler, 2004) was used for assessing individuals' orientation towards future which gives better understanding of how individuals oriented towards future.

4.4. Clinical Implications and Future Directions

Present study gave broad perspective towards understanding the mechanisms behind the individuals' time perspective and in related with their Attachment dimensions. Combined influence of specific Attachment Dimensions and time perspective on satisfaction provided better understanding of the outcomes in one's life.

Clinical implications of this study suggest that, individual's specific attachment has an influence over their time perspective and together it influence the satisfaction. Based on the findings of the present study, in order to understand the mechanisms behind one's psychopathology, individual's attachment and time perspective approach can be assessed for better understanding the circumstances behind the development of the pathology. In addition to this, as Main, Kaplan and Cassidy (1985), points out that, during the treatment process, reflecting on the past negative experiences helps individual to build new healthy approach towards those experiences. With the help of the relational approach during the treatment process, it contributes to the transformation of the one's insecure attachment to the secure one

which influences the individual's time perspective and eventually satisfaction towards life and relationships.

Regarding to the further study, Secure and Disorganized dimensions' (Hazan & Shafer, 1987) in relation with Time perspective (Zimbardo & Boyd, 1999) should be studied in the future for obtaining wider perspective towards attachment and time perspective's relationship.

Attachment Dimensions could be manipulate in experimental studies, in order to investigate the mechanisms of Attachment Anxiety and Attachment Avoidance. In addition to this causal link could be obtained from those experimental studies.

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APPENDIX A

BİLGİLENDİRİLMİŞ ONAM FORMU

Bu çalışma Bahçeşehir Üniversitesi Klinik Psikoloji Yüksek Lisans bitirme Tezi kapsamında, Klinik Psikoloji öğrencisi Ada OLGAÇ tarafından yürütülmektedir. Tez danışmanlığı Yrd. Doç. Dr. Burak DOĞRUYOL tarafından yapılmaktadır. Bu çalışma kapsamında kişilerin başka kişilerle nasıl ilişki kurdukları ve kişilerin geçmiş gelecek ve bugüne nasıl odaklandıkları, hangi zaman diliminin ağırlıklı kullanıldığı, zaman dilimlerinin dengeli kullanımının yaşam, ilişki doyumuna nasıl yansıdığı araştırılacaktır. Çalışmaya katılım gönüllülük esasına dayanmaktadır. Katılımcılardan kimlik bilgilerini ortaya koyacak bilgiler istenmemektedir.

Ölçeklerin yönergelerinin dikkatlice okunması ve bütün cevapların doldurulması istenmektedir. Soruların doğru veya yanlış cevapları yoktur. Sizin için en uygun seçeneği seçmeniz beklenmektedir. Verilen cevaplar gizli tutulacak ve tez araştırması kapsamında kullanılacaktır. Elde edilen sonuçlar bilimsel makalelerde yer alacaktır.

Çalışma içerisinde herhangi bir sorun yaşadığınızda, kendinizi rahatsız hissettiğinizde çalışmayı yarıda bırakmakta özgürsünüz. Çalışmaya katılımınız için teşekkür ederiz. Çalışmayla ilgili sorularınız olursa daha fazla bilgi almak için Klinik

Psikoloji öğrencisi tez yürütücüsü Ada OLGAÇ ile (adaolgac@gmail.com) iletişime geçebilirsiniz.

Bu çalışmada gönüllü olarak yer alıyorum. İstediğim zaman çalışmayı bırakıp çıkabileceğimi biliyorum. Verdiğim cevapların bilimsel odaklı yayımlarda kullanımına izin veriyorum.

İMZA

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APPENDIX B

KİŞİSEL BİLGİ FORMU

1. Yaşınız:.....

2. Cinsiyetiniz: ☐ Kadın ☐ Erkek

3. Eğitim Durumu: İlkokul ☐
Lise ☐
Üniversite ☐
Yüksek lisans ☐
Doktora ☐

4. İlişki Durumu Var ☐ Yok ☐ Diğer:.....

APPENDIX C

ZİMBARDO ZAMAN PERSPEKTİFİ ENVANTERİ

Lütfen aşağıdaki her bir maddeyi okuyarak ‘bu benim için ne kadar geçerli?’

sorusuna, ölçek üzerinden uygun kutucuğu işaretleyerek cevap veriniz. Lütfen hiçbir maddeyi atlayamayarak maddelerin tümünü işaretleyiniz.

(1)Benim için hiç doğru değil (2)Benim için doğru değil (3)Kararsızım (4)Benim için doğru (5) Benim için çok doğru

	1	2	3	4	5
1. Kişinin, arkadaşlarıyla eğlenmek üzere bir araya gelmesinin, yaşamdaki en keyifli olaylardan birisi olduğuna inanıyorum.					
2. Tanıdık çocukluk manzaraları, sesleri ve kokuları bir sürü harika anıyı geri getirir.					
3. Kader, yaşamımdaki pek çok şeyi belirler.					
4. Yaşamda neleri farklı yapmalıydım diye sık sık düşünürüm.					
5. Kararlarım, çoğunlukla etrafımdaki insanlardan ve olaylardan etkilenir.					

6. Bir günün, o günün sabahında planlanması gerektiğine inanırım.					
7. Geçmişim hakkında düşünmek beni mutlu eder.					
8. İçimden geldiği gibi davranırım.					
9. Eğer işler zamanında hallolmazsa, bunu dert etmem					
10. Bir şeyi başarmak istediğim zaman, hedefler koyar ve o hedeflere ulaşmanın yollarını belirlerim.					
11. Geçmişime baktığımda hatırlanacak iyi şeylerin kötü şeylerden daha fazla olduğunu görüyorum.					
12. Sevdiğim bir müziği dinlerken zamanın farkına varmam.					
13. Yarına hazır olması gereken işleri ve gerekli diğer şeyleri yapmak, bu gece eğlenmekten önce gelir.					
14. Her şey olacağına varacağı için benim ne yaptığım pek de önemli değildir.					
15. Eskiden yaşamın nasıl olduğuna ilişkin öykülere bayılırım.					
16. Eski acı deneyimler kafamda durmadan tekrarlanır durur.					
17. Yaşamımı olabildiğince dolu dolu ve günü gününe yaşamaya çalışırım.					

18. Randevularıma geç kalmaktan rahatsız olurum.					
19. Mümkün olsaydı her günümü sanki son günümüş gibi yaşardım.					
20. Geçirdiğim iyi zamanların mutlu anıları hemen aklıma gelir.					
21. Dostlarıma ve yetkililere karşı olan sorumluluklarımı zamanında yerine getiririm.					
22. Geçmişte, reddedilmeye ve kullanılmaya ilişkin payıma düşeni aldım.					
23. Kararlarımı, o an kafama estiği gibi alırım.					
24. Planlamaktansa, her günü olduğu gibi yaşarım.					
25. Geçmişim, düşünmek istemediğim hoş olmayan hatıralarla dolu.					
26. Yaşamıma heyecan katmak çok önemlidir.					
27. Geçmişte, bugün silebilmeyi istediğim hatalar yaptım.					
28. Yaptığın işten keyif almanın, işin zamanında bitirilmesinden daha önemli olduğunu düşünüyorum.					
29. Çocukluğuma özlem duyarım.					
30. Bir karar vermeden önce, artılarla eksileri tartarım.					

31. Risk almak yaşamımı sıkıcı olmaktan kurtarır.					
32. Yaşamın nereye gittiğine odaklanmaktansa, yaşam yolculuğunun kendisinin tadını çıkarmak benim için daha önemlidir.					
33. Olaylar nadiren beklediğim gibi gerçekleşir.					
34. Gençliğimin tatsız görüntülerini unutmak, benim için çok zordur.					
35. Eğer amaçlara, sonuçlara ya da ürünlere odaklanmak zorunda kalırsam, yaptığım işin sürecinden ve akışından keyif alamam.					
36. Bugünümden keyif alırken bile, kendimi benzer geçmiş deneyimlerimle karşılaştırmalar yaparken bulurum.					
37. Her şey o kadar çok değişiyor ki, gelecek için gerçekten bir plan yapılamaz.					
38. Yaşamım, benim dışımdaki şeyler tarafından kontrol ediliyor.					
39. Nasıl olsa elimden bir şey gelmeyeceği için, gelecek hakkında kaygılanmanın âlemi yok.					
40. İstikrarlı şekilde ilerleyerek, işleri zamanında bitiririm.					
41. Aile üyeleri eskiden yaşamın nasıl olduğundan bahsettiklerinde sıkılırım.					
42. Yaşamıma heyecan katmak için risk alırım.					
43. Yapılacak işler listesi hazırlarım.					
44. Aklımın sesinden çok, kalbimin sesini dinlerim.					
45. Yapılması gereken işler varsa, beni yolumdan ayıracak şeylere karşı koyabilirim.					

46. Anın heyecanıyla sürüklenir giderim.					
47. Yaşam bugün çok karmaşık; geçmişin basit yaşamını tercih ederdim.					
48. Davranışlarını tahmin edebildiğim arkadaşlardan çok, anlık ve içten geldiği gibi davranan arkadaşları tercih ederim.					
49. Aile geleneklerini ve düzenli olarak tekrarlanan aile toplantılarını severim.					
50. Geçmişte başıma gelen kötü şeyler hakkında düşünürüm.					
51. Eğer ilerlememe yardım edecekse, zor ve ilgimi çekmeyen işleri yapmaya devam ederim.					
52. Kazandığımı, yarının güvenliği için saklamaktansa bugünün keyfi için harcamak daha iyidir.					
53. Genellikle şans, sıkı çalışmaktan daha çok kazandırır.					
54. Yaşamımda hep kaçırdığım güzellikleri düşünürüm.					
55. Yakın ilişkilerimin tutkulu olmasını isterim.					
56. Her zaman çalışmalarımı tamamlamaya yetecek zamanım olacaktır.					

APPENDIX D

YAKIN İLİŞKİLERDE YAŞANTILAR ENVANTERİ II

Aşağıda yakın duygusal ilişkilerinizde(romantik ilişkiler) kendinizi nasıl hissettiğinize ilişkin çeşitli ifadeler yer almaktadır. Lütfen her bir ifadeyi bu tür ilişkilerinizi düşünerek okuyun ve her bir ifadenin sizi ne ölçüde tanımladığını değerlendiriniz. Her ifade için ölçekteki rakamlardan yalnızca bir tanesini işaretleyiniz.

1 -----4-----7
(Hiç katılmıyorum) (Tamamen katılıyorum)

	1	2	3	4	5	6	7
1. Birlikte olduğum kişiyi kaybetmekten korkarım.							
2. Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim.							
3. Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım.							
4. Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissedirim.							
5. Sıklıkla, birlikte olduğum kişinin beni gerçekten sevmediği duygusuna kapılırım.							
6. Romantik ilişkide olduğum kişilere güvenip inanmak bana zor gelir.							
7. Romantik ilişkide olduğum kişilerin beni, benim onları önemsedikim kadar önemsemeyeceklerinden endişe duyarım.							

8. Romantik ilişkide olduğum kişilere yakın olma konusunda çok rahatımdır.							
9. Sıklıkla, birlikte olduğum kişinin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.							
10. Romantik ilişkide olduğum kişilere açılma konusunda kendimi rahat hissetmem							
11. İlişkilerimi kafama çok takarım.							
12. Romantik ilişkide olduğum kişilere fazla yakın olmamayı tercih ederim.							
13. Benden uzakta olduğunda, birlikte olduğum kişinin başka birine ilgi duyabileceği korkusuna kapılırım.							
14. Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım.							
15. Romantik ilişkide olduğum kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım.							
16. Birlikte olduğum kişiyle kolayca yakınlaşabilirim.							
17. Birlikte olduğum kişinin beni terk edeceğinden pek endişe duymam.							
18. Birlikte olduğum kişiyle yakınlaşmak bana zor gelmez.							
19. Romantik ilişkide olduğum kişi kendime olan güvenimi sarsar.							
20. Genellikle, birlikte olduğum kişiyle sorunlarımı ve kaygılarımı tartışırım.							
21. Terk edilmekten pek korkmam.							
22. Zor zamanlarımda, romantik ilişkide olduğum kişiden yardım istemek bana iyi gelir.							
23. Birlikte olduğum kişinin, bana istediğim kadar yakın olmadığını düşünürüm.							
24. Birlikte olduğum kişiye hemen hemen her şeyi anlatırım.							
	1	2	3	4	5	6	7

25. Romantik ilişkide olduğum kişiler bazen bana olan duygularını sebepsiz yere değiştirirler.							
26. Başımdan geçenleri birlikte olduğum kişiyle konuşurum.							
27. Çok yakın olma arzum bazen insanları korkutup uzaklaştırır.							
28. Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissederim.							
29. Romantik ilişkide olduğum bir kişi beni yakından tanıdıkça, benden hoşlanmayacağından korkarım.							
30. Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır.							
31. Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görmemek beni öfkelerendirir.							
32. Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır.							
33. Başka insanlara denk olamamaktan endişe duyarım.							
34. Birlikte olduğum kişiye şefkat göstermek benim için kolaydır.							
35. Birlikte olduğum kişi beni sadece kızgın olduğumda fark eder.							
36. Birlikte olduğum kişi beni ve ihtiyaçlarımı gerçekten anlar.							

APPENDIX E

GELECEĞE İLİŞKİN TUTUM ÖLÇEĞİ-KISA VERİYONU

Lütfen aşağıdaki maddeleri dikkatlice okuyunuz ve her madde için size uygun olan seçeneği işaretleyiniz.

	Hiç Katılmıyorum	Katılmıyorum	Ne Katılıyorum Ne Katılmıyorum	Katılıyorum	Tamamen Katılıyorum
1. Geleceğe dair planlar yaparım.					
2. Geleceği düşünmekten korkarım.					
3. Uzun vadeli planlar yapmam.					
4. Hayatın bana ne getireceğini bilmemek beni huzursuz ediyor.					
5. Gelecekte daha güzel şeylere sahip olacağımı düşünüyorum.					
6. Geleceği bugünden planlamam gerektiğini düşünüyorum					
7. Bugünü, geleceği daha güzel hale getirecek şekilde yaşıyorum.					
8. Gelecek hakkında düşünmek yersiz.					
9. Geleceğin bilinmezliği beni kaygılandırıyor.					
10. Geleceği düşünmek beni rahatsız etmez.					
11. Geleceğin bugünden daha iyi olacağına					

inaniyorum.					
12. Gelecekte iyi bir evliliğim olacağına inaniyorum.					
13. Gelecekte daha güzel işler yapacağıma inaniyorum.					
14. Gelecekte daha başarılı olacağıma inaniyorum.					
15. Geleceği düşünmek bana kaygı veriyor.					



APPENDIX F

YAŞAM DOYUM ÖLÇEĞİ

Lütfen aşağıdaki maddeleri dikkatlice okuyunuz ve her madde için size uygun olan seçeneği işaretleyiniz.

- (1) Hiç katılmıyorum (2) Çok az katılıyorum (3) Orta düzeyde katılıyorum
(4) Büyük oranda katılıyorum (5) Tamamen katılıyorum

	Maddeler	1	2	3	4	5
1.	İdeallerime yakın bir yaşantım var.					
2.	Yaşam koşullarım mükemmel.					
3.	Yaşamımdan memnunum.					
4.	Şimdiye kadar yaşamdan istediğim önemli şeylere sahip oldum.					
5.	Tekrar dünyaya gelsem hayatımdaki hemen hemen hiçbir şeyi değiştirmezdim.					

APPENDIX G

İLİŞKİ DOYUM ÖLÇEĞİ

Lütfen aşağıdaki maddeleri dikkatlice okuyunuz ve her madde için size uygun olan seçeneği işaretleyiniz.

1. Arkadaşların/ akrabaların ihtiyaçlarını ne kadar iyi karşılıyor.

1 _____ 2 _____ 3 _____ 4 _____ 5

Hiç iyi değil

Çok iyi

2. Genel olarak arkadaşlarıyla/akrabalarıyla kurduğu ilişkilerden ne kadar tatmin olursun.

1 _____ 2 _____ 3 _____ 4 _____ 5

Hiç tatmin değil

Çok tatmin

3. Diğer birlikte olduğu kişilerle karşılaştığında arkadaşlarıyla/akrabalarıyla ilişkilerin ne kadar iyidir.

1 _____ 2 _____ 3 _____ 4 _____ 5

Hiç iyi değil

Çok iyi

4. Arkadařlarınla/akrabalarınla ilişkini devam ettirmemeyi ne sıklıkla düşünöyorsun.

1_____2_____3_____4_____5

Hiç düşünmem

Çok sık düşünürüm

5. Arkadařlarınla/akrabalarınla ilişkilerinde beklentilerin ne ölçüde karşılanır.

1_____2_____3_____4_____5

Hiç Karşılanmaz

Çok Karşılanır

6. Arkadařlarını/akrabalarını ne kadar çok seviyorsun.

1_____2_____3_____4_____5

Hiç sevmem

Çok severim

7. Arkadařlarınla/akrabalarınla ilişkilerinde ne kadar problem var.

1_____2_____3_____4_____5

Hiç yok

Çok var

