

The Relationship Between Five-Factor Model Personality Traits, Attachment Styles
and Death Anxiety

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Abstract

Death anxiety is a feeling that starts with the birth, lasts a whole life, underlying all fears, important to character development and an emotion which develops after one's realization about its mortal existence. Death anxiety is shaped by lots of criteria like personality traits or attachment types. These criteria affect one's perception of the meaning of life. It is expected that the relationship between prominent level of neuroticism and death anxiety is positive and stronger than the relationship between other personality traits and death anxiety and elevated level of dismissive attachment shows the strongest positive association with death anxiety among insecure attachments. Participants were students in Bilgi University and the age range was between 19 and 30. They took inform consent, demographic form, the relationship scales questionnaire, the big five inventory, death anxiety scale and debriefing form. The results show that the relationship between level of neuroticism and death anxiety was moderate and its direction was positive. It was not found meaningful association between dismissive attachment and death anxiety.

Keywords: death anxiety, adult attachment, personality traits, existential psychology

Effects of Attachment Styles and Five-Factor Model Personality Traits on Death Anxiety

Death has been a main topic of Eastern and Western philosophy since ancient times. Some people thought that death is an obstacle to life and there is no meaning in a place where death exists. On the contrary, others thought that meaning of life comes with death (Karakuş, Öztürk, & Tamam, 2012). These thoughts are arguable but the only thing that does not change is the fact of death (Atak, 2015). Kierkegaard (1941) had split the death into two: biological death and existential death. First one is about stopping one's heart pulsation. Second one is a more abstract concept of death that is the end of one's own existence (Kierkegaard, 1987). Like Kierkegaard, Sartre (1956) had split death into two: objective which is physical and subjective death. He stated that subjective death creates the feeling of nothingness because being a human as an existential creature is determined by its choices (as cited in Atak, 2015). Also, Sartre (1956) mentioned the importance of consciousness because human being is the only living thing that knows about its own death. Death is an irreplaceable factor which one uses in order to make sense of its own life. However, knowing the existential death brings worry and anxiety (Karakuş, Öztürk, and Tamam, 2012). According to Jasper (1938), if people see that they do not have any choice to make real their self-realization no more, they experience the death anxiety but this anxiety is useful when the anxiety level is optimal (as cited in Kaufmann, 1964). Yalom (1980) stated that people feel anxiety and try hard to be aware of their own situations when they have to face their mortality or concept of death.

A great deal is being written and said about death anxiety. People feel differently toward death, but the exact source of this feeling could not be explained (Karakuş, Öztürk, & Tamam, 2012). Several philosophers stated that death anxiety roots in impossibility of further possibility, fragility of being, and ontological anxiety (Yalom, 1980). Per Hall (1915) and Sketall (1908) supposed that phobias and all fears are sourced by death anxiety. According to Becker (1973), death anxiety is a feeling that appears with people's realization of their

mortality. Death anxiety is the individuals' universal feature independently to the language, religion, and culture (Abdel-Khalek, 2005). Freud (1926) criticized the importance of fear of death. He supposed that fear of death or death anxiety points fear or anxiety of something else because one cannot experience death. Fear of death and death anxiety is used as synonyms in daily usage. However, fear and anxiety are separated in psychology literature (Dülger, 2014). May (1979) claimed while fear is noticeable by source and time, threat in anxiety may come every time, from every direction and every source. Also, Momeyer (1988) defined death anxiety as a terror toward end of body and self, while fear of death means fear of concrete death. Clear distinction about anxiety and fear was done by Kierkegaard (1941): If source of one's fear is "*some thing*", answer has to be fear and if source of one's fear is "*no thing*", interpretation has to be anxiety or dread. In the psychology literature, the most used definition of death anxiety that one feels negative emotions toward end of his or her own self was claimed by Tomer and Eliason (1996). Death anxiety in human being should be discussed in an individualistic rather than collectivistic way in order to be understood. Attitudes toward death differs depending on lots of criteria especially personal differences like attachment style and personality traits.

One personal diversity which affects death anxiety is personality traits. Personality is combined by factors, characteristics and derived from factor-analytic method. Eysenck and Eysenck (1987) had developed a personality inventory and acknowledged an expansive range variables as a consequence of subjectivity and difficulty of Cattell's method (as cited in John & Srivastav, 1999). According to their theory, personality established via three dimensions: Extraversion versus introversion, neuroticism versus emotional stability, and psychoticism versus impulse control. Since there were lots of critique on both Cattell and Eysenck's method, Big Five Inventory was developed by McCrae and Costa (1987). McCrae and Costa's (1987) personality theory was built on five dimensions: Extraversion, openness to

experience, agreeableness, conscientiousness and neuroticism (as cited in Schultz, & Schultz, 2005). Extraversion is defined with dominance, impulsion, adventure, preferring the company of other people, and tending to be sociable (Schultz, & Schultz, 2005). According to German linguistics, extraversion means full of life energy (John & Srivastav, 1999). Open to experience individuals have imagination, creativity, and high intellectual curiosity (Toegel & Barsoux, 2012). According to Toegel, and Barsoux (2012), people with high openness to experience tend to seek out euphoric experiences like talking a lot about their intellectual abstract curiosity. Conscientiousness is a tendency to show self-discipline, be systematized, aim success, and act planned rather than spontaneous (Bartholomew, Henderson & Dutton, 2001). Agreeableness reflect personal diversity in general concern. Agreeable people are mainly kind, helpful, generous, willing to accommodate their attraction with others and they look to human nature in an optimistic view (McCrae & John, 1992). Neurotic person shows anxiety, low self-esteem, tension, depression, and irrationality. Guilt feelings and low self-esteem may be shown in neurotic people (Schultz, D. P. & Schultz, S. E., 2005). Studies which were conducted support that there is a positive association between death anxiety and neuroticism. When the level of neuroticism increases, anxiety or awareness about death increases (Ycaza, Hyman & Behbahani, 2012). Wagner, Ram, Smith, and Gerstorf (2016), indicated that closeness of death affects one's personality. People who get high scores on extroversion start to change to get high scores on neuroticism because closing to death increases death anxiety (Wagner, Ram, Smith & Gerstorf, 2016). Frazier and Foss-Goodman (1988) found that one with neuroticism, aggression and extreme emotional behavior feels more death anxiety. Also, Goldenberg, Heflick, and Cooper (2008) stated that when neuroticism is high, level of death anxiety is high and defense mechanisms of people who have death anxiety is more resistant (as cited in Landau, Sullivan & King, 2010).

Another personal diversity which affects death anxiety is attachment types. Human beings are driven by need for satisfaction and need for security and satisfaction of the needs bring people to healthy relationships with others and themselves (Sullivan, 1956). That is why all anxieties are based on the expectation of disapproval from significant others in terms of disruption of people's need for satisfaction and security. Sullivan (1956) stated that dissatisfaction of the needs or failure of the attachment creates anxiety and if the disintegration toward the self and the others cannot be fixed, coping with the anxiety becomes harder. According to Bowlby (1982), living things are born with developed attachment system through evolution to survive. Creatures survive because of attachment between their caregiver and them. Bowlby (1969) supposed that this attachment behavioral system controls infant attachment which composes of crying, seeking contact, and clinging with innate motivation (as cited in Dülger, 2014). Attachment system is activated when physical or psychological threat appear and one can direct to honest relationship (Bowlby, 1982). Hazen and Shaver had developed tridimensional attachment theory on the basis of Ainsworth and Bowlby's theory of attachment in 1987 (as cited in Dülger, 2014). The elements of the theory are secure attachment, anxious-avoidant attachment, and anxious-ambivalent attachment. Hazan and Shaver (1988) had defined romantic love as a process of attachment and they supposed that beliefs and attitudes in relationships can be grouped like classification of Ainsworth and Bowlby (as cited in Sümer & Güngör, 1999). Also, Bowlby (1969) had stated the importance of attachment in adult life (Clulow, 2003). Then, using Bowlby's internal model of self and other was developed four-category, two-dimensional model of adult attachment (Bartholomew, 1990; Bartholomew & Horowitz, 1991). Two dimensions represents the direction of the self and other and categories which are secure, preoccupied, fearful and dismissive attachment had built up by intersection of these two dimensions. Secure attachment is defined by Horowitz (1991) as positive image of self and others. Individuals

who bond securely with their friends and relatives have intimacy and autonomy, and can relate others when they need support. Their basic features are high self-esteem, establishing close relationships with others without losing a sense of self (Culolow, 2001). In recent years, it has been indicated that securely attached close relationships reduce death anxiety (Hart, Shaver & Goldenberg, 2005; Mikulincer, Florian & Hirschberger, 2003). According to Mikulincer, Florian and Hirschberger (2003), there are two basic features of close relationships. First, close relationships with secure attachment prevent every type of anxiety and relax the person. Second, it can provide a feeling of symbolic immortality. Also, Mikulincer, Florian and Hirschberger (1990), had found that securely attached people reported less death anxiety than insecurely attached ones and Mikulincer, Florian and Hirschberger (1990) interpreted this finding as people with secure attachment feel symbolic immortality because of positive image of themselves and others. Positive model of the others and negative model of the self are defined in preoccupied attachment. Preoccupiedly attached people desire excessive need for others' confirmation because of blaming the caretaker for lack of love and when they could not find anyone who are blamed by them, they feel anxiety and become histrionic (Crowell & Treboux, 2001). Individuals with fearful attachment show uncaring feelings toward others and they thought and feel themselves as unlovable. In other words, they show negativity both toward others and themselves. In fearful attachment, people desire acceptance excessively but they avoid intimacy because of fear of rejection by others (Bartholomew, Henderson & Dutton, 2001). Preoccupied and fearful attachment differ in terms of coping style. Contrary to preoccupiedly attached people, fearfully attached ones do not express their anxiety and do not want support. Instead, they distance their close relationship to handle their anxiety (Crowell & Treboux, 2001). If one has a positive self-image and a negative image toward others, he or she has dismissive attachment. These individuals deactivate their attachment system and reduce their anxiety to prevent their need

for attachment and to manage their positive self-image. Individuals who are influenced by emotions easily and whose relationships with others are atrocious have more death anxiety (Neufeldt & Holmes, 1979). Beside this, the psychology literature is full of research about the relationship between death anxiety and secure attachment but insufficient to research relationship between death anxiety and insecure attachments.

All the light of the information, this study aims to find a relationship between adult attachment types, five factor model personality traits and death anxiety. It is expected that the relationship between prominent level of neuroticism and death anxiety is stronger than the relationship between other personality traits and death anxiety, and the direction of the relationship is positive. Also, it is expected that elevated level of dismissive attachment shows the strongest positive association with death anxiety among insecure attachments.

Method

Participants

One-hundred and one people from Istanbul Bilgi University participated in this study. Convenient sampling was used for this study. Participants got extra-credits for their voluntariness. Forty-seven of the participants were male and fifty-four of the participants were female. The age range is between 18 and 30 ($M = 22.15$, $SD = 2.304$).

Materials

Demographic form: In the form, the participants' age, sex, the number of siblings, the birth order, who lives with the participant, whether the participant has a chronic illness, and the participant relationship status were asked. Also, they were questioned that who raised the participant, participants' parents are alive or not in their childhood, their parents married or not in their childhood and how much interest had given by caregiver to understand participants' relationship with their families.

The Big Five Inventory: The Big Five Inventory (BFI) scale was developed to measure five broad personality dimensions: Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness (Benet-Martinez & John, 1998). The BFI is a self-report inventory consisting of 44 items. This inventory was adapted to the Turkish by Sümer (2009). The items are rated on five-point Likert Scale (1 represents strongly disagree and 5 represents strongly agree). Cronbach alpha internal consistency coefficient were found .64 to .77 for the five factors. (Sümer, Lajunen, & Özkan, 2005).

Relationship Scales Questionnaire: Relationship Scales Questionnaire (RSQ) is a self-report scale and it was developed by Brennan, Clark and Shaver in 1998 (as cited in Dülger, 2014). Scale aims to measure the adult attachment types that are secure attachment, preoccupied attachment, dismissive attachment and fearful attachment. These attachments are split into four groups depending on two dimensions that are positivity of the self and positivity of the other (Bartholomew, Henderson, & Dutton, 2001). There are 30 items with seven-point Likert scale (1 represents it never defines me and 7 represents it always defines me). 17 out of 30 questions are used to measure four adult attachment styles and rest of the items are used to get Collins and Read's close, depend, and anxiety factors (Sümer, 2006). Turkish translation and adaptation was done by Sümer in 2006 and Cronbach alpha internal consistency coefficient was found .90 for anxiety. Sümer (2006) suggested that RSQ can be proper either categorical or dimensional measurement.

Death Anxiety Scale: Death anxiety scale (DAS) was developed as a self-administered scale which was composed of 15 items by Templer in 1970 in order to measure the level of death anxiety. Questions are answered in true/false format. Internal consistency reliability coefficient of the scale was found .76 with Kuder-Richardson and test re-test reliability was found .86 (Templer, 1970). In Turkey, first adaptation to Turkish of the DAS was done by Şenol in 1989 (as cited in Akça, & Köse, 2008). Test re-test reliability of Turkish

adaptation of the DAS was found .86 (as cited in Dülger, 2014). The scale was created as two-point Likert scale depending on the original scale. It was said that people have death anxiety if their scores are 7 or more. According to the last version of the scale results which had been conducted by Akça and Köse (2008), test re-test reliability was found .79 and coefficient that was found with Kuder-Richardson formula was .75 (as cited in Dülger, 2014).

Debriefing Form: Death anxiety scale would have resulted in negative feelings about death to the participants or increased participants' anxiety level toward death. In the debriefing form; goal of the study, if participants want to ask any questions or to comment on any aspect of the study, they should feel free and contact the experimenter, and if participants want to talk about their death feelings over with a professional, they can get a free consultation from university counselors were written.

Procedure

The experiment took place in Istanbul Bilgi University, E1 building, psychology lab. The research lasted about fifteen minutes. Participants signed informed consent form at first. Then every participant took demographic form and all one-hundred and one participants took three inventories one by one. After the questionnaires, every participant took debriefing consultation verbally and written by researcher.

Design

This study examined the relationship between level of neuroticism, level of dismissive attachment and death anxiety and it was done as quasi-experiment because there was no manipulation between the scales. In the direction of participant's scores, there were 101 participants for every personality trait and every attachment style.

Results

To test the first hypothesis which states that the relationship between high level of neuroticism and death anxiety will show positive and stronger association than the

relationship between other personality traits and death anxiety Pearson correlation was used. The results showed that there is a positive and meaningful relationship between level of neuroticism and death anxiety, $r(99) = .254, p = .01$. Other personality traits, did not show any meaningful relationship with death anxiety ($p > .05$) but direction of the relationship is negative for extraversion, agreeableness, conscientiousness, and openness to experience (See in Table 1).

To test the second hypothesis which is that elevated level of dismissive attachment shows the strongest positive association with death anxiety among insecure attachments Pearson correlation was used. It was measured significant negative relationship between secure attachment and death anxiety, $r(99) = -.395, p = .000$. It was also found a meaningful positive relationship between fearful attachment and death anxiety, $r(99) = .217, p = .029$. Preoccupied attachment did not show any significant relationship with death anxiety but its direction was positive, ($p > .05$). Dismissive attachment also did not show meaningful relationship with death anxiety and its direction was negative, ($p > .05$), see in Table 2. Relationship between personality traits, attachment styles and death anxiety can be seen in Table 3.

Further analysis was done to find out whether death anxiety differs depending on the sex. Figure 1 shows the descriptive statistics of participants with respect to their sex and if they have death anxiety or not. There was no significant relationship between sex and death anxiety. $F(1,99) = .199, p = .657$.

Discussion

In this study, it was researched that whether personality traits and attachment types have a relationship with death anxiety. The results show that the relationship between level of neuroticism and death anxiety was moderate and its direction was positive. It was not found

meaningful association between dismissive attachment and death anxiety. The findings supported the hypothesis which was relationship between high level of neuroticism and death anxiety will show positive and stronger association than the relationship between other personality traits and death anxiety. Neuroticism is a domain in the five-factor model of personality and it underlies other personality traits (Digiman, 1990). People who get high score on neuroticism show more death anxiety because neuroticism brings some personality characteristics like pessimism, stress, fear, sadness, and emotional changing more than the average person. (Horney, 1937). They want to solve their issues by themselves. On the other way, they seek another person because they feel excessive dependence on the approval. It does not matter who approves themselves because they want to solve their problems but, they do not know how they can. Thus, people who get high score on neuroticism cope less than others with stress (Yowell, Reed, Mohn, Galles, Peterson & Reardon, 2015). They have strong defenses that is why they really do not know what the main problem is but they have a conflict about themselves. They think the issues over and over again unless they find a solution. These repetitively thinking process lead to anxiety through thinking their death (Horney, 1937) because neuroticism is a personality trait which includes lifetime history of anxiety (Bienvenu, Samuels, Costa, Reti, Eaton & Nestadt, 2004). That is why, it is not surprising that high score on neuroticism is related to death anxiety more strongly than the other personality characteristics.

Secure attachment and fearful attachment showed significant relationship with death anxiety. Beside these results, preoccupied attachment and dismissive attachment did not show meaningful association with death anxiety. According to Kierkegaard (1941), people who are looking for a meaning in their lives should like themselves and they should not like other people. Thus, they desire to be alone with themselves. Being lonely brings them an ability to question and criticize everything and finally they could find a meaning in their lives

independent from whether they are happy while they are alone or not. (Heidegger, 1974)

Dismissively attached people fit the best this statement because dimensions of dismissive attachment are positive image of the self and negative image of the others. Dismissive individuals show deactivation of their attachment system defensively, downplaying the importance of intimate relationships and compulsive self-reliance (Bartholomew, Henderson & Dutton, 2000). These dismissively attached people want to be alone with themselves and their existence would not be interrupted by the relationship with others. These characteristics are similar with fearful attachment. However, fearful attachment differs dismissive attachment by the image of the self. In fearful attachment, the self-direction is negative (Bartholomew, Henderson & Dutton, 2000). That is why, people tend to think themselves as unlovable and they need other's acceptance. Per results, it is stated that fearful attachment has a stronger relationship with death anxiety than dismissive attachment. This finding can be interpreted as when both dimensions are negative, death anxiety level increases or vice versa. However, negative self-concept makes finding the self or a meaning of life more difficult (May, 2012).

Attachment system serves people to deal with stressful events depending on the proximity to other people who can support when one deals with managing stress but when significant others are not responding to the one's need for attachment or they are unavailable, one can develop defensive strategies instead of support seeking. (Mikulincer & Florian, 2000). The previous research supports the hypothesis about people who have secure attachment is more successful to cope with stress and anxiety (Shaver & Hazan, 1993). Florian and Tolmacz (1990) conducted a study that measures effects of attachment on death anxiety. They had found that securely attached people report less death anxiety than insecurely attached people. Also, Mikulincer and Orbach (1995) discovered that distressing memories are less accessible and repression is higher on insecurely attached individuals. The findings of this research show that relationship between level of secure attachment and death anxiety is negative and

meaningful. This finding can be interpreted as level of death anxiety decreases if both of these dimensions are positive or vice versa. Negativity of self or other impacts death anxiety whether negativity is in the self or other. For future studies, to analyze the relationship between death anxiety and attachment styles, every attachment style can be used one by one.

Depending on the above speculation of personality traits and attachment styles, it should not have been thought death anxiety must be treated. The terms death and anxiety are defined in a negative way in some parts of psychology area. Anxiety is a condition that people have to get rid of. In respect to existentialist psychology, death is seen as the main feature in one's life because death covers existent being as a whole and full being (Mulhall & Öktem, 1998). Also, Yalom (1980) stated that death anxiety is the primary source of anxiety and every psychopathology depends on death anxiety. The thing that differs between human-being and other beings is a capacity to know their existence and death (May, 2012). This sense of knowing brings them anxiety because they know they will be dead one day and this death creates an obstacle to their existences and finally the source of anxiety becomes existential crisis. However, the term death actually brings ones the opportunity of completing themselves as creating the death anxiety. Death anxiety helps people to fulfill themselves because they know they are mortal beings and then they start to look for a meaning of their ontological being because they want to protect their wholeness of their existences (Yalom, 1980). That is why, the essence of human-being is the obligation to be exist and there should be a distance between one's own existence and comprehended existence. To comprehend one's own existence, this existence should be determined as *Dasein* (Lévinas, 2006). *Dasein* simply points out understanding the existence and being obligatory to the existence. It also indicates the meaning of being-there. The term *Da* in *Dasein* means there and the term *Sein* means being. (Lévinas, 2006). The *Da* is also interpreted as an existing agent which is busy for existence (Heidegger, 1974), clarified the concept of being-there. He said that beside of the

things which make people anxious, being-there is being in the world. Anxiety and existence are merged depending on the death. Swiss had created the Dasein-analysis depending on these concept of Dasein in early 1930s (Cooper, 2017). To overcome with existential crisis, dasein-analysis is very useful because dasein analysis provide individuals to realize that their anxiety is important to find themselves in the world (Cooper, 2017). In other words, instead of curing the anxiety, it gives another perspective to look one's life. In conclusion, this study was examined how death anxiety differ depending on the attachment types and personality traits. Death anxiety show significant separation among personality traits and attachment styles. However, meaning of death can impact on these results because the term death does not have the same meaning for every individual. For future works, to clarify the definition of death, it might give a death meaning scale additively to the other scales.

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Table 1

Descriptive Statistics and Correlations of Personality Traits

	<i>M</i>	<i>SD</i>	α^a	Death Anxiety	1 ^b	2 ^b	3 ^b	4 ^b	5 ^b
1.Neuroticism	3.06	.44	.602	.254*	1	-.260**	-.062	-.257**	-.172
2.Extraversion	3.45	.59	.317	-.113	-.260**	1	.341**	.194	.587**
3.Agreeableness	3.32	.45	.465	-.174	-.062	.341**	1	.177	.416**
4.Consciousness	3.37	.54	.389	-.061	-.257**	.194	.177	1	.258**
5.Openness to Experience	3.58	.56	.634	-.169	-.172	.587**	.416**	.258**	1

Note. ^a Cronbach's Alpha

^b $n = 101$

* $p < .05$. ** $p < .01$

Table 2

Descriptive Statistics and Correlations of Attachment Styles

	<i>M</i>	<i>SD</i>	α^a	Death Anxiety	1 ^b	2 ^b	3 ^b	4 ^b
1.Secure Attachment	4.22	1.02	.421	-.395**	1	-.014	-.478**	-.095
2.Preoccupied Attachment	4.18	1.00	.253	.106	-.014	1	.061	.001
3.Fearful Attachment	3.80	1.22	.647	.217*	-.478**	.061	1	.118
4.Dismissive Attachment	4.98	2.06	.011	-.060	-.095	.001	.118	1

Note.^a

Cronbach's Alpha.

^b $n = 101$ * $p < .05$. ** $p < .01$

Table 3

Pearson Correlation Scores between Personality Trait, Attachment Styles and Death Anxiety

	Death Anxiety	Secure Attachment	Preoccupied Attachment	Fearful Attachment	Dismissive Attachment
Death Anxiety	1	-.395*	.106	.217*	-.060
Neuroticism	.254*	-.376**	.112	.210*	-.019
Extraversion	-.113	.304**	-.042	-.277**	-.162
Agreeableness	-.174	.098	.082	-.167	.027
Consciousness	-.061	.142	-.084	.057	.067
Openness to Experience	-.169	.242*	.028	-.159	.040

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

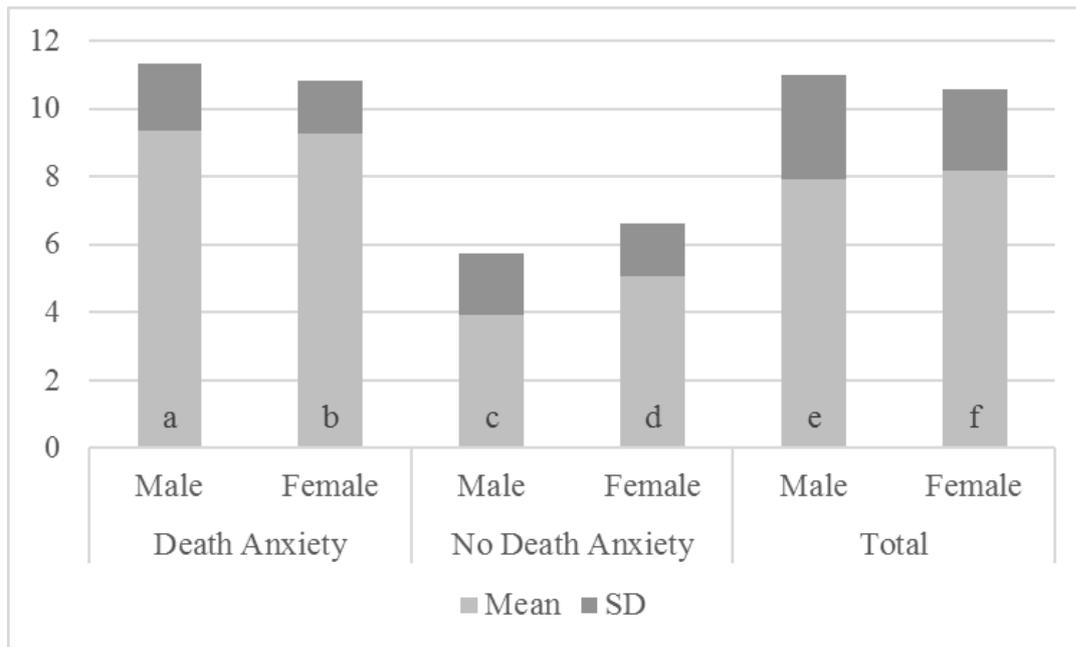


Figure 1. Descriptive Statistics of Sex and Death Anxiety. This figure illustrates the relationship between sex and death anxiety.

Note. ^a $n = 35$, ^b $n = 40$, ^c $n = 12$, ^d $n = 14$, ^e $n = 47$, ^f $n = 54$.

Appendix A

Informed Consent Form

BİLGİLENDİRİLMİŞ GÖNÜLLÜ ONAM FORMU

Sizi Rümeyisa Oral tarafından yürütülen “Effects of Attachment Types and Personality Traits on Death Anxiety” başlıklı araştırmaya davet ediyoruz. Araştırmada sizden tahminen 30 dakika ayırmanız istenmektedir. Bu çalışmaya katılmak tamamen gönüllülük esasına dayanmaktadır. Çalışmanın amacına ulaşması için sizden beklenen, bütün soruları eksiksiz, kimsenin baskısı veya telkini altında olmadan, size en uygun gelen cevapları içtenlikle verecek şekilde cevaplamanızdır. Bu formu okuyup onaylamanız, araştırmaya katılmayı kabul ettiğiniz anlamına gelecektir. Bu deneyin amacı ölüm kaygısı seviyesini etkileyen iki değişkeni ölçmek olduğundan araştırma sırasında veya sonrasında rahatsızlık verici olabilir. Çalışmaya katılmama veya katıldıktan sonra herhangi bir anda çalışmayı bırakma hakkına da sahipsiniz. Bu çalışmadan elde edilecek bilgiler tamamen araştırma amacı ile kullanılacak olup kişisel bilgileriniz gizli tutulacaktır; ancak verileriniz yayın amacı ile kullanılabilir. İletişim bilgileriniz ise sadece izninize bağlı olarak ve farklı araştırmacıların sizinle iletişime geçebilmesi için “ortak katılımcı havuzuna” aktarılabilir. Eğer araştırmanın amacı ile ilgili verilen bu bilgiler dışında şimdi veya sonra daha fazla bilgiye ihtiyaç duyarsanız araştırmacıya şimdi sorabilir veya rumeysa.oral@hotmail.com e-posta adresi ve 05317634777 numaralı telefondan ulaşabilirsiniz. Araştırma tamamlandığında genel/size özel sonuçların sizinle paylaşılmasını istiyorsanız lütfen araştırmacıya iletiniz.

Yukarıda yer alan ve araştırmadan önce katılımcıya verilmesi gereken bilgileri okudum ve katılmam istenen çalışmanın kapsamını ve amacını, gönüllü olarak üzerime düşen sorumlulukları anladım. Çalışma hakkında yazılı ve sözlü açıklama aşağıda adı belirtilen araştırmacı/araştırmacılar tarafından yapıldı. Bana, çalışmanın muhtemel riskleri ve faydaları sözlü olarak da anlatıldı. Kişisel bilgilerimin özenle korunacağı konusunda yeterli güven verildi.

Bu koşullarda söz konusu araştırmaya kendi isteğimle, hiçbir baskı ve telkin olmaksızın katılmayı kabul ediyorum.

Katılımcının :

Adı-Soyadı:

İmzası:

İletişim Bilgileri: e-posta:

Telefon:

İletişim bilgilerimin diğer araştırmacıların benimle iletişime geçebilmesi için “ortak araştırma havuzuna” aktarılmasını;

 kabul ediyorum kabul etmiyorum

Appendix B

Demographic Form

Yaşınız: _____

d) boşanmış

e) dul

Biyolojik Cinsiyet

a) erkek b) kadın

0-1 yaş arası bakımınızı kim yapmış?

a) anne

b) baba

c) bakıcı

d) anne-baba

e) diğer, belirtiniz _____

Evinizde kimlerle yaşamaktasınız?

a) yalnız

b) aile

c) ev arkadaşı

d) diğer, belirtiniz _____

Toplamda kaç kardeşiniz (kendiniz + kardeşleriniz)

Çocukluğunuzda kim tarafından yetiştirildiniz?

a) anne

b) baba

c) bakıcı

d) anne-baba

e) diğer, belirtiniz _____

Doğum sıranız:

a) 1 b) 2 c) 3

d) tek çocuğum

e) diğer _____

Çocukluğunuzda nasıl bir ilgiyle bakıldınız?

a) aşırı ilgiyle

b) yeterince ilgi ile

c) ilgisiz

Kronik bir hastalığınız var mı?

a) evet ise lütfen belirtiniz

b) hayır

Çocukluğunuzda nasıl bir disiplin ile büyütüldünüz?**Şu anki ilişki durumunuz:**

a) evli

b) bekar

c) ilişkisi var

a) aşırı kontrol

b) yeterince kontrol

c) az kontrol

Tek başınıza yaşayabilir misiniz?

- a) evet
- b) hayır

Çocukluğunuzda anneniz yaşıyor muydu?

- a) evet
- b) hayır

Çocukluğunuzda babanız yaşıyor muydu?

- a) evet
- b) hayır

Anne- baba yaşıyor ise cevaplayınız!

Çocukluğunuzda anne babanız:

- a) beraberlerdi
- b) boşanmışlardı

Appendix C

The Relationship Scale Questionnaire

Aşağıda yakın duygusal ilişkilerinizde kendinizi nasıl hissettiğinize ilişkin çeşitli ifadeler yer almaktadır. Yakın duygusal ilişkilerden kastedilen arkadaşlık, dostluk, romantik ilişkiler ve benzerleridir. Lütfen her bir ifadeyi bu tür ilişkilerinizi düşünerek okuyun ve her bir ifadenin sizi ne ölçüde tanımladığını aşağıdaki 7 aralıklı ölçek üzerinde değerlendiriniz.

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

Beni hiç
tanımlamıyor

Beni kısmen
tanımlıyor

Tamamıyla
beni tanımlıyor

Başkalarına kolaylıkla güvenemem.	
Kendimi bağımsız hissetmem benim için çok önemli.	
Başkalarıyla kolaylıkla duygusal yakınlık kurarım.	
Bir başka kişiyle tam anlamıyla kaynaşıp bütünleşmek isterim.	
Başkalarıyla çok yakınlaşırsam incitileceğimden korkuyorum.	
Başkalarıyla yakın duygusal ilişkilerim olmadığı sürece oldukça rahatım.	
İhtiyacım olduğunda yardıma koşacakları konusunda başkalarına her zaman güvenebileceğimden emin değilim.	
Başkalarıyla tam anlamıyla duygusal yakınlık kurmak istiyorum.	
Yalnız kalmaktan korkarım.	
Başkalarına rahatlıkla güvenip bağlanabilirim.	
Çoğu zaman, romantik ilişkide olduğum insanların beni gerçekten sevmediği konusunda endişelenirim.	

Başkalarına tamamiyle güvenmekte zorlanırım.	
Başkalarının bana çok yaklaşması beni endişelendirir.	
Duygusal yönden yakın ilişkilerim olsun isterim.	
Başkalarının bana dayanıp bel bağlaması konusunda oldukça rahatımdır.	
Başkalarının bana, benim onlara verdiğim kadar değer vermediğinden kaygılanırım.	
İhtiyacınız olduğunda hiç kimseyi yanınızda bulamazsınız.	
Başkalarıyla tam olarak kaynaşıp bütünleşme arzum bazen onları ürkütüp benden uzaklaştırıyor.	
Kendi kendime yettiğimi hissetmem benim için çok önemli.	
Birisi bana çok fazla yaklaştığında rahatsızlık duyarım.	
Romantik ilişkide olduğum insanların benimle kalmak istemeyeceklerinden korkarım.	
Başkalarının bana bağlanmamalarını tercih ederim.	
Terk edilmekten korkarım.	
Başkalarıyla yakın olmak beni rahatsız eder.	
Başkalarının bana, benim istediğim kadar yakınlaşmakta gönülsüz olduklarını düşünüyorum.	
Başkalarına bağlanmamayı tercih ederim.	
İhtiyacım olduğunda insanları yanımda bulacağımı biliyorum.	
Başkaları beni kabul etmeyecek diye korkarım.	
Romantik ilişkide olduğum insanlar, genellikle onlarla, benim kendimi rahat hissettiğimden daha yakın olmamı isterler.	
Başkalarıyla yaklaşmayı nispeten kolay bulurum.	

Appendix D

The Big Five Inventory

Aşağıda sizi kısmen tanımlayan (ya da pek tanımlayamayan) birtakım özellikler sunulmaktadır. Örneğin, başkaları ile zaman geçirmekten hoşlanan birisi olduğunuzu düşünüyor musunuz? Lütfen aşağıda verilen özelliklerin sizi ne oranda yansıttığını ya da yansıtmadığını belirtmek için sizi en iyi tanımlayan rakamı her bir özelliğin **soluna** yazınız.

1 = Kesinlikle katılmıyorum

2 = Katılmıyorum

3 = Ne katılıyorum ne katılmıyorum (Kararsızım)

4 = Katılıyorum

5 = Kesinlikle katılıyorum

“Kendimi biri olarak görüyorum.”

	Konuşkan		Tembel olma eğiliminde olan
	Başkalarında hata arayan		Duygusal olarak dengeli, kolayca keyfi kaçmayan
	İşini tam yapan		Keşfeden, icat eden
	Bunalımlı, melankolik		Atılgan bir kişiliğe sahip olan
	Orijinal, yeni görüşler ortaya koyan		Soğuk ve mesafeli olabilen
	Ketum / vakur		Görevi tamamlanıncaya kadar sebat edebilen
	Yardımsaver olan ve çıkarıcı olmayan		Dakikası dakikasına uymayan
	Biraz umursamaz		Sanata ve estetik değerlere önem veren
	Rahat, stresle kolay baş eden		Bazen utangaç, çekingen olan
	Çok değişik konuları merak eden		Hemen hemen herkese karşı saygılı ve nazik olan
	Enerji dolu		İşleri verimli yapan
	Başkalarıyla sürekli didişen		Gergin ortamlarda sakin kalabilen
	Güvenilir bir çalışan		Rutin işleri yapmayı tercih eden
	Gergin olabilen		Sosyal, girişken
	Maharetli, derin düşünen		Bazen başkalarına kaba davranabilen
	Heyecan yaratabilen		Planlar yapan ve bunları takip eden

	Affedici bir yapıya sahip olan		Kolayca sinirlenen
	Dağınık olma eğiliminde olan		Düşünmeyi seven, fikirler geliştirebilen
	Çok endişelenen		Sanata ilgisi çok az olan
	Hayal gücü yüksek olan		Başkalarıyla iş birliği yapmayı seven
	Sessiz bir yapıda olan		Kolaylıkla dikkati dağılan
	Genellikle başkalarına güvenen		Sanat, müzik ve edebiyatta çok bilgili olan

Lütfen kontrol ediniz: Bütün ifadelerin önüne bir rakam yazdınız mı?

Appendix E

The Death Anxiety Scale

Bu ölçek kişilerin **ölüm kaygısını** ölçmeye yönelik birtakım ifadeler içermektedir. Her bir ifadeyi lütfen dikkatlice okuyunuz ve sizin için uygun olduğunu düşündüğünüz “doğru” veya “yanlış” seçeneklerinden yalnızca bir tanesini işaretleyiniz. Birden fazla seçeneği lütfen işaretlemeyiniz.

	Doğru	Yanlış
Ölümden çok korkuyorum.		
Ölüm düşüncesi nadiren aklıma gelir.		
İnsanların ölüm hakkında konuşması beni rahatsız etmez.		
Ölmekten hiç korkmuyorum.		
Ölüm düşüncesi beni hiç rahatsız etmez.		
Zamanın hızlıca akıp gitmesinden sık sık sıkıntı duyarım.		
Acı çekerek ölmekten korkuyorum.		
Ölümden sonra bir hayat olduğu fikri beni çok huzursuz ediyor.		
Kalp krizi geçirmekten gerçekten korkuyorum.		
Sık sık hayatın gerçekte ne kadar kısa olduğunu düşünürüm.		
İnsanların III. Dünya Savaşı hakkında konuştuklarını duyduğumda ürperirim.		
Ölü bir beden görüntüsü beni dehşete düşürür.		
Geleceğin benim için korkulacak hiçbir şeyi olmadığını hissediyorum.		
Ölü bir beden görüntüsü beni dehşete düşürür.		
Geleceğin benim için korkulacak hiçbir şeyi olmadığını hissediyorum.		

Appendix F

Debriefing Form

Araştırma Sonrası Bilgilendirme Formu

Öncelikle araştırmama katıldığınız için teşekkür ederim.

Katıldığınız araştırmanın amacı, kişilik tiplerinin ve bağlanma stillerinin ölüm kaygısı üzerindeki etkisini incelemektir. Literatüre göre insanlarda görülen nevrotik kişilik tipi ve güvensiz bağlanma stili ölüm kaygı düzeyini etkilemektedir. Bu araştırmada da kişilik tiplerinden nevrotik grupta ve aynı zamanda güvensiz bağlanma tiplerinden dışlayıcı (dismissive) bağlanma tipinde bulunan kişilerin diğer kişilere oranla ölüm kaygısı seviyesini daha yüksek çıkacağı beklenmektedir.

Bu amaçla, son çözdüğünüz anket ölüm kaygısını ölçmeye yarayan bir ankettir. Tüm testlerin sonucunda katılımcıların testlerden aldıkları puanlara göre nevrotik ve dışlayıcı bağlanmaya sahip olup olmadıklarının belirlenmesinin ardından ve bu gruptaki kişilerin ölüm kaygısı puanı diğer kişilik grupları ve bağlanma stillerindeki kişilerin ölüm kaygısı puanı ile karşılaştırılacaktır.

Ölüm kaygısı kişilik tipi ve bağlanma stilinden bağımsız olarak herkeste görülmektedir. Bu araştırmada çözdüğünüz son testte ölüm tekrar hatırlatılarak kaygı seviyenizi ölçmek amaçlandığı için sorular testi çözerken rahatsızlık vermiş olabilir. Varoluşsal ekole göre; ölüm kaygısı, insanın kendi varoluşunu keşfedebilmesi, hayatını anlamlandırabilmesi için birincil araçtır. Bu kaygı optimum seviyesini koruduğu zaman bireyin kendi varoluşuna anlam kattığı görüşü ön plandadır. Yine de ölüm hakkında kendinizi kötü hissetmeniz durumunda üniversitemizin psikolojik danışmanlık birimi ücretsiz olarak danışmanlık hizmeti vermektedir.

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