

**PARTNERED SEXUAL BEHAVIORS and ADULT ROMANTIC
ATTACHMENT in a GROUP OF NEVER-MARRIED ADULTS in TURKEY:
AN EXPLORATORY STUDY**

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Partnered sexual behaviors and adult romantic attachment in a group of never-married adults in Turkey: An exploratory study

Türkiye’de bir grup hiç evlenmemiş yetişkinde eşli cinsel davranış ve yetişkin romantik bağlanması: Keşifsel bir çalışma

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Abstract

This study aims to contribute to the sexuality research in Turkey, and to investigate the relationship between adult romantic attachment and partnered-sexual behavior. In order to achieve these goals, data were collected through an online survey from 253 never-married adults in Turkey. Partnered sexual behaviors were explored as functions of demographic variables, and the main effects as well as interactions were presented. Differences between high and low attachment anxiety and avoidance groups were explored on the partnered sexual behavior data. Results and implications were discussed as they relate to previous findings in the literature.

Özet

Bu çalışmanın amacı Türkiye'de cinsellik araştırmalarına katkıda bulunmak ve yetişkin romantik bağlanması ile eşli cinsel davranış arasındaki ilişkiyi araştırmaktır. Bu hedefler doğrultusunda, Türkiye'deki 253 hiç evlenmemiş yetişkinden internet vasıtasıyla veri toplanmıştır. Eşli cinsel davranışlar, demografik verilerin bir fonksiyonu olarak ele alınmış; ana etkiler ve etkileşim etkileri sunulmuştur. Bağlanmanın kaygı ve kaçınma boyutlarının alt grupları (yüksek/düşük) arasındaki fark eşli cinsel davranış verileri üzerinden ele alınmıştır. Sonuçlar ve olası çıkarımlar, literatürdeki geçmiş bulgular doğrultusunda tartışılmıştır.

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Ever since Bowlby (1969) has proposed the theory of attachment, there has been a growing literature on how it impacts on the adult life. It is now a well established hypothesis that how we relate to our primary care givers as adults reflects upon our romantic relationships through a number of domains such as fidelity or conflict resolution. Among such domains, sexuality has been one factor that has received considerably less attention from researchers. Considering not only the key role of sexuality in relationships, but also the various forms of relationships based upon different rules of sexual behavior (e.g. open relationships, sex partners), a further look in this domain should be regarded as of value. A better understanding of sexual behavior should provide an enhanced clinical insight when working with especially single clients in urban areas. Therefore, the purpose of this study is to explore sexual behavior of never-married adults in Turkey within the framework of adult romantic attachment.

Childhood Attachment

John Bowlby's (1982) attachment theory is built upon the main presumption that human beings, like many other organisms, are born with innate behavioral control systems that function in the service of survival and procreation. These behavioral systems are flexible and goal-directed so that their responses can be adjusted based on the feedback received from the environment. Therefore, over time, individuals' behavioral systems become shaped by a series of experiences with the people they are surrounded by; especially by their close relationships. Beginning with the toddler years, this process leads to formation of *mental working models* which are constituted by

representations of the self and others. These mental working models, although still open to change, become the reference point for behavioral patterns adopted in the adult relationships, namely the romantic ones (Bretherton, 1996).

According to Elliot and Reis (2005) the two most central of the innate behavioral systems are attachment and exploration. The main goal of the attachment system is to ensure proximity to an adult so that the infant can be protected from harm. The exploration system encourages the infant to discover and learn more about his/her surroundings in order to achieve a healthier development. These two systems have to work in synchrony so that as the infant moves around for exploration, when dangerous situations occur to activate the attachment system, he/she should have an adult figure to go back for protection. Ainsworth (1969, pp.33) refers to this figure as *“a secure base from which to explore and to haven of safety to which to return”*. The level of availability and the nature of responses provided by the attachment figure result in different working models of others (e.g. “In times of distress, there will be no one available to comfort me”) and self (e.g. “I am not worthy of attention”) while making up the foundation what is referred to as different attachment patterns.

The Attachment Behavior

Attachment broadly refers to a bond or an enduring relationship between a mother figure and the child and is established through several behaviors called attachment behaviors that promote maintaining proximity to a primary caregiver (Ainsworth, Blehar, Waters & Wall, 1978; Ainsworth & Bell, 1970). In other terms, *“to say a child is attached to someone means that he is strongly disposed to seek proximity to and contact with a specific figure and to do so in certain situations, notably when he is frightened, tired or ill”* (Bowlby, 1982, pp.371). It should be noted

that to maintain proximity to a figure, or to attach, is an attribute of the child that is not affected by any given context; whereas attachment behavior refers to any of the various forms of behavior that a child engages in to maintain the desired proximity (Bowlby, 1980; 1982).

Weiss (1993) explains the main characteristics of the attachment relationship which summarizes the overall nature and function of the attachment behaviors. To begin with, the child seeks to be close to an adult especially under threatening situations for protection purposes. Availability of an attachment figure encourages the child for confident exploration of his/her surroundings. Discontinuity in availability of attachment figure results in protesting behavior and attempts to prevent the separation. Furthermore, attachment behaviors are displayed only in the presence of a threat. In other times, caregivers are expected to be behaved as playmates or may be simply ignored. Once the child forms an attachment with a caregiver, the secure base effect and the separation protest is observed for only that particular attachment figure. Even though there may be other attachment figures in the child's life, they are considered to be secondary or complementary. Attachment feelings and separation protest continue even when there can be no reunions as in the death of an attachment figure. In parallel, attachment is not subject to habituation, and its reliability does not decrease based on factors such as time or lack of reinforcement. Lastly, attachment persists in spite of the quality of the relationship with the caregiver. An unhealthy or low quality relationship with the attachment figure does not prevent the formation of the attachment bond.

Individual Differences in Attachment

The evolutionary basis of attachment suggests the universality of this behavioral system. According to this view, it is both presumed and well established

that all infants will develop some kind of attachment relationship with a mother figure as long as one is present in a stable way. However, the nature of this relationship depends on the quality of the interactions between the child-caregiver dyad. With time, the interaction starts to take form of a pattern and become integrated into the internal working models of children as they begin to predict their caregiver's responses. This provides a relatively stable behavioral environment for assessment of individual differences (Ainsworth, Blehar, Waters & Wall, 1978).

The first studies to assess the differences between attachment patterns were conducted by Mary Ainsworth. After parting from Bowlby's research team, Ainsworth carried out naturalistic observations of mother – child dyads in Uganda and Maryland (Feeney & Noller, 1998). However, Ainsworth decided that naturalistic observations were very time consuming and restricting when there is a need to observe the dyads over a large range of situations for more meaningful results. This led to the development of a method called Strange Situation (Newman & Newman, 2011). In the strange situation method, the mother – child relationship is observed under a controlled and unfamiliar setting (usually a room with toys in the research laboratory) by exposing the child to a stressful situation. To achieve this, first the infant's interactive behaviors are observed in the presence of the mother. The mother then leaves the room and leaves the infant with the experimenter for three minutes. This change, for example, is expected to create stress for the child, and therefore to activate the attachment system, resulting in the manifestations internalized attachment behavior. (Ainsworth & Bell, 1970). After the mother comes back and reunites with the child, both the mother and the experimenter go out of the room of three minutes, and leave the infant on its own. Lastly, the mother and child are reunited for the last time. The

whole process is recorded and rated using pre-established criteria, focusing especially on the infant's behavior during separation and reunion periods (Holmes, 1998).

Based on the observations with the Strange Situation Method, Ainsworth and colleagues (Ainsworth, Blehar, Waters & Wall, 1978) proposed three major types of attachment patterns; insecurely attached-avoidant (Pattern A), securely attached (Pattern B), and insecurely attached-resistant or anxious ambivalent (Pattern C). Pattern A babies display very few signs of distress when they are separated from their mothers, and avoid her in the reunion. Pattern C babies become extremely upset by the separation, and are difficult to soothe during reunions. When reunited with their mothers, these infants are both angry at their mothers but they also want to be close to her; so they display ambivalent behaviors. On the other hand, Pattern B babies are usually distressed by the separation, but they are also welcoming and easy to comfort during reunion (Ainsworth, 1985).

The differences between infant attachment patterns can be, in majority, attributed to the variations in the quality of caregiving, and therefore the differences between individuals' internal working models. The infant's experience with the attachment figure leads to "internal working models" of attachment. As the name implies, these are "internal"ized yet flexible ("working") small-scale mental representations ("models") of the attachment relationship through which the infant relies on to predict others' behaviors and plan for suitable reactions (Bretherton; 1996, Cassidy, 2008). For example, an infant who has a rejecting primary caregiver learns that he/she will be denied of attention; and learns to behave based on these conditions (Bretherton, Ridgeway & Cassidy, 1990). Thus, the quality of caregiving leads to different internalized working models, and these working models become the basis of

the attachment patterns. In parallel to this, there are distinct caregiving qualities defined for each type of attachment pattern.

Ainsworth (1985), evaluating both the strange situation experiments and the natural observations of the children in their familial surroundings, makes clear descriptions of infants' behaviors as they relate to the quality of the caregiving as well as internal working models. Caregivers of the Pattern A babies are the most rejecting and display aversion feelings towards physical contact with the baby. Even though they engage in physical contact with their mothers as much as other caregivers, the experience becomes rather unpleasant for the babies. Therefore, when the Pattern A babies' attachment behavior is activated, these babies get stuck in an approach-avoidance conflict: they want to get close to the mother, but they know they will be rejected in return. This leads to a defensive approach so that they simply avoid their mothers. Furthermore; the working model of the mother for the Pattern C babies is not rejecting, but mostly ignoring or inconsistent in their reactions so that when the infants' attachment behavior is activated, even though they want to maintain physical proximity, pre-learned unavailability of the mother leads to feelings of frustration and anger. Due to this anger towards their mothers, these babies are difficult to soothe after periods of separation in the strange situation procedure. Lastly, the securely attached babies or the Pattern B babies have an internal working model that represents the mother as supportive and available. In return, the babies carry the confidence of an available mother during separations; and therefore show significantly less signs of distress.

Persistence and stability of attachment patterns

According to Bowlby (1988), an important characteristic of the attachment patterns is the way that last from cradle to the grave. As the child gets older, his/her behavioral pattern becomes and more internalized as working models, hence, more difficult to modify (Bowlby, 1980). Furthermore, these patterns are argued to stay relatively stable by functioning in a self-fulfilling way so that the child recreates earlier patterns of attachment relationships even if they were abusive in their nature (Feeney & Noller, 1998). There are now numerous longitudinal studies that support the stability and persistency of attachment styles from infancy through adolescence and adulthood. (e.g. Hamilton, 2000; Waters, Merrick, Treboux, Crowell & Albersheim, 2003; Main, Hesse & Kaplan, 2005). On the other hand, attachment patterns should not be regarded as fixed or unchanging.

Bowlby (1980) raises three main arguments about the stability of attachment patterns. First, the patterns are argued to last as long as the degree to which it satisfies both parts of the dyad. That is, if one or both partners are dissatisfied with the available interaction pattern, the attachment bond is expected to be less stable. Second, patterns that appear to be stable can be changed by major life events such as an accident or a chronic illness. These types of events are expected to result in a change in behaviors or expectations of the interacting parts. For example, a depressive episode of the mother may result her to be less responsive to the needs of the child, and this would be expected to result in more clinging behavior. Lastly, the working models themselves are also open to change. If there comes a time when the working models do not correspond with the actual social context so that they become ineffective, the individuals will be forced to conciliate them into reality (Feeney & Noller, 1998).

Attachment in Adulthood

Attachment patterns are formed during the childhood period, but they are proposed to play a vital role throughout the lifespan. Despite the overall persistency and stability of the patterns, there are major differences between the childhood attachment and adult attachment. First and most importantly, in adulthood, the main attachment figure shifts from the caregiver to a peer or a romantic partner; and adult attachments often involve sexual interactions (Weiss, 1982). Furthermore, attachment system of adults is not evoked easily by mild stressors since they have many cognitive and behavioral strategies that provide confidence in the physical absence of the attachment figure. The adult depends on an internal representation of the attachment figure that is represented by the internal working model formed with years of experience. Finally, the nature of the relationship becomes reciprocal in adult attachment. The attachment relationship in infancy and childhood is complementary in which the adult's caregiving behaviors complement the infant's caretaking needs. In adulthood, however, the nature of the relationship becomes reciprocal where both sides of the dyad are capable of expressing the same characteristic behaviors of the bond (West & Keller, 1994).

Simpson & Rhodes (1998) divide the history of adult attachment research into two main traditions. First line of research, initiated by developmental psychologists, is entitled as the nuclear family tradition, and refers to the study of attachment patterns as they present themselves within the family. In other terms, researchers in this tradition focus on the effects of the caregiver parent's attachment style on the attachment behavior of infants (e.g. Ward & Carlson, 1995; Main, Kaplan & Cassidy, 2005). The primary instrument of this tradition is Adult Attachment Interview (AAI; George,

Kaplan & Main, 1985), which can be considered as one of the most popular methods for measuring adult attachment. The AAI relies on the autobiographical memories of the individuals to take narratives of their current and past relationships with their parents during a semi-structured interview. Afterwards, the responses are coded based on how the individual has narrated the stories so that the inner representations of the attachment relationship can be evaluated. In other terms, what is important to evaluation is not what an individual describes but rather how he/she reflects on it. The coding system, in the end, classifies the individual's attachment style into one of the three categories; secure, dismissing, and preoccupied (van IJzendoorn, 1993). One fundamental disadvantage of the AAI is that both the administration and the scoring require significant training. Therefore, some researchers have moved towards a more practical measure of adult attachment, and this led to the birth of the second tradition in adult attachment research (Feeney & Noller, 1998).

The second tradition, the peer/romantic partner track, was built on the ideas of Hazan and Shaver (1987) which suggested that the theory of attachment could be applied to romantic relationships since the three adult attachment styles seemed to explain many of the love styles suggested by previous researchers. With this theory in mind, the authors constructed a self-report scale aimed at measuring adult attachment based on the experiences in romantic relationships. The article and the self-report instrument drew significant attention from the attachment researchers; and increased the number of studies focusing on romantic relationships (Simpson & Rholes, 1998). This, in turn, led to the tradition of studying adult attachment in the light of the relationship with romantic partners – the tradition of adult romantic attachment.

Adult Romantic Attachment

According to Fraley and Shaver (2000, pp.133), there are three central propositions of the adult romantic attachment track. First, the adult romantic relationships are run by the same biological system in infant-caregiver relationships which promote the infant to maintain proximity to the attachment figure during times of threat. The infant displays more playful and comfortable behavior when the primary caregiver is nearby, but becomes anxious and seeks attention by the caregiver when there is a perceived threat in the environment. Similarly, in adulthood, individuals feel safer when their partner is accessible, and are more motivated to be more exploratory (e.g. engaging in creative projects). However, when distressing conditions (e.g. illness, tension at work) arise, they seek to be comforted by their partners.

Second, individual differences in infant-caregiver relationships are very similar to the individual differences in adult relationships. In their 1987 article, Hazan and Shaver had hypothesized for adults with different attachment styles to have differing experiences of romantic love. The romantic love of secure adults were expected to be characterized by positive emotions such as trust or friendship whereas individuals with avoidant or anxious attachment were expected to report more negative emotions such as lack of trust or preoccupation. In parallel to their expectations, their results indicated three unique groups of emotions for the three attachment categories. This suggests an important contribution of attachment styles to the experience of romantic relationships; and hints to the potential for a similar categorization of adult attachment to infant attachment.

Thirdly, the differences in romantic styles of individuals can be explained by the contribution of the internal working models formed during childhood. The child

learns to regulate its behaviors and emotions based on the reactions of the primary caregiver. If, for example, the primary caregiver has a rejecting or unpredictable attitude; the child learns that others cannot be depended on, and has a sense of internalized instability. Therefore, during adulthood, the insecure child may grow up to be more demanding of attention by the significant others, or may withdraw from forming any meaningful relationships. This proposition, that inner working models of partnership in adult romantic relationships can be traced back to earlier attachment experiences with the caregivers, also received empirical evidence by different researchers (e.g. Feeny & Noller, 1990; Baldwin et.al., 1993; Grossman, Grossman & Kindler, 2005).

Hazan, Shaver, and Bradshaw (1988) later expanded the theory of adult romantic attachment by conceptualizing romantic love on the basis of three mutually functioning behavioral systems; attachment, caregiving, and sex. Each of these systems is suggested to be distinct in its function. Attachment system, for example, has the primary function of seeking support and protection. Caregiving system serves to provide the support sought by the attachment system. The function of sex as a behavioral system is to reproduce, to provide the continuity of the species (Hazan & Shaver, 1988). Furthermore, as much as these systems have their unique goals, they also affect each other and work together under different contexts (Mikulincer, 2006). For instance, a person may treat a sexual partner as if the partner were a parent; and the partner may, in turn, adopt a parental role (Bowlby, 1982). Some researchers (e.g. Kirkpatrick, 1998; Berman & Sperling, 1994), on the other hand, argue that while there is no doubt about the distinction of the sex component, the

distinction between attachment and caregiving systems is not clear; and these two can be regarded as a singular combined system.

In spite of the ongoing arguments about their conceptualization, a significant amount of research has been conducted on all three of the behavioral systems, and their results had a major contribution to understanding the dynamics of romantic love (for extensive reviews; see Mikulincer & Shaver, 2003; Feeney & Noller, 2004; Shaver & Clark, 1994). Variables that have been linked to adult romantic attachment include, but are not limited to, conflict resolution, relationship satisfaction, non-intimate sexuality, self-esteem, beliefs about self and human nature, and relationship-specific irrational beliefs (Pistole, 1989; Brennan & Shaver, 1995; Collins & Read, 1990; Stackert & Bursik, 2002).

Measuring Adult Romantic Attachment

The self-report instrument for measuring adult romantic attachment devised by Hazan and Shaver (1987) consisted of three prototypes representing the three styles of attachment (secure, avoidant, anxious-preoccupied) in the domain of romantic relationships. Participants were asked to read each of them and decide which represents them the best. This instrument, providing an already-established way to measure the new concept of adult romantic attachment, played a significant role in attracting researchers' interest in the area. However, progress of the research eventually led to proposals for new methods measuring adult romantic attachment.

First, researchers (e.g. Levy & Davis, 1988; Simpson, 1990) suggested that adult attachment can be better explained using two attachment dimensions (anxiety

and avoidance) rather than three categories used by Hazan and Shaver (1987). Following this, Bartholomew and Horowitz (1991) proposed a four-category model of attachment based on the two dimensions. The authors conceptualized level of attachment anxiety as a model of self, and level of attachment avoidance as a model of others; and created four typologies depending on higher or lower scores on each of the two dimensions: Secure (low anxiety, low avoidance), Preoccupied (high anxiety, low avoidance), Dismissing (high avoidance, low anxiety), and Fearful (high anxiety, high avoidance). Subsequent research, on the other hand, mostly led to suggestions for using the dimensional rather than the categorical approach (Sümer, 2006). Majority of the researchers currently still agree on using this dimensional approach instead of the categorical ones in order to avoid losing precision, and since it seems to better explain attachment behavior (Sibley, Fisher & Liu, 2005).

Adult Romantic Attachment and Sexual Behavior

Even though Hazan and Shaver (1987) conceptualize sex as a systemic part of romantic love together with attachment and caregiving, the relationship between sex and other factors associated with romantic bonds seem to be much more complex. From an evolutionary perspective, sexual pair bonds are formed for reproductive purposes; to pass on genes to the next generation. This perspective requires a more biological approach to the issue of sex and relationships. In reality, on the other hand, people do not always engage in sexual behavior in order to procreate. Furthermore, Ainsworth (1993) argues that even though sexual attraction is the most important factor at the beginning of the relationships in many cultures, as the relationship persists, the caregiving and attachment components take on the leading roles. If the relationship continues to rely on sexual motivations; it is not expected to last for long. However, as

Fonagy (2001) remarks, some relationships including marriages lack a sexual component. This suggests that not all people who have sex with each other are (or aiming to be) romantic partners and not all romantic partners necessarily have sex. In summary, sexual behavior takes place in a variety of contexts (e.g. with or without the presence of love or the motivation to have babies), making the attempts to explain human sexuality a significant challenge.

Attachment theory can be argued to be an important contributor to overcoming this challenge because empirical evidence suggests a strong link between attachment styles of individuals and their sexual behaviors (Birbaum, Reis, Mikulincer, Gillath & Orpaz, 2006). Studies so far have reported different characteristics for sexual behavior of individuals associated with attachment variables:

Secure attachment (low anxiety, low avoidance), has been associated with openness to sexual exploration, enjoyment of physical intimacy, and involvement in more long-term relationships (Tracy, Shaver, Albino & Cooper, 2003). Furthermore, securely attached individuals are reported to have their first sexual experiences in earlier ages. Considering the evidence which suggests that early teenage sexual involvement is associated with long-term dating relationships; the findings of early sexual experience most likely depends on the presence of a secure environment which enable explorations rather than an externalizing behavior stemming from attachment issues (Bogaert & Sadava, 2002). In parallel, securely attached individuals have been shown to have less likelihood of engaging in sexual experiences outside of committed relationships (Paul, McManus & Hayes, 2000).

Attachment anxiety and how it relates to sexual variables have mixed empirical implications. On a hypothetical level, considering the dominant fear of abandonment, individuals with high attachment anxiety could be expected to perceive sex as a duty or a task that needs to be fulfilled in order to receive affection from the partner. Therefore, individuals with high attachment anxiety may be expected to have a hard time rejecting sexual offers; which, in turn, may be expected to lead to findings such as earlier ages of first intercourse or higher numbers of lifetime sexual partners. These expectations receive support from the literature as well; high attachment anxiety is reported to be associated with increased likelihood to consent to unwanted sex for the purpose of avoiding conflict or preventing the partner from losing interest in the relationship (Impett & Peplau, 2002; Feeney et.al., 2000). Further findings on this area, on the other hand, are mixed mainly due to gender differences in the expression of the attachment anxiety (Cooper et.al., 2006). For example, while high attachment anxiety is associated with older age of first intercourse, fewer sex partners (Gentzler & Kerns, 2004) , and less frequent intercourse (Feeney et.al., 1993) in males; for females, it has been linked to younger ages of first intercourse and increased likelihood of reports of extradyadic sex (Bogaert & Sadava, 2002).

Attachment avoidance also has somewhat complicated relationship with sex. First of all, individuals with high attachment avoidance are reported to have a delayed onset of sexual activities and later ages of first intercourse (Cooper et.al., 1998; Gentzler & Kerns, 2004). Tracy et.al. (2003) reported that avoidant virgins have high scores on measures of erotophobia; and are less likely to have been on a date compared to the secure and anxiously attached individuals within their age group. On the other hand, once they become sexually active, they are more likely to have higher number of

stranger sexual partners, and participate in more non-committed sexual acts such as one-night stands (Brennan & Shaver, 1995; Paul, McManus & Hayes, 2000). Thus, summary of the findings seem to suggest that adolescents high in attachment avoidance have a relative aversion towards sex whereas as adults they display a greater interest in a range of sexual activities as long as they do not include affectionate aspects (Gillath & Schahner, 2006).

Attachment and Sexuality Research in Turkey

Attachment can be considered to be a popular topic among the researchers in Turkey. For more than 20 years, there have been a significant accumulation of journal articles (e.g. Sümer & Knight, 2001; Akman et.al., 2005), theses (e.g. Bekiroğlu, 1996; Işinsu, 2003), book chapters (e.g. Sümer & Kağıtçıbaşı, 2010), and books (e.g. Solmuş, 2010) which focus on different aspects of attachment theory as they relate to a variety of variables. Factors that have been associated with attachment styles in Turkey include, but are not limited to, suicidality (Zeyrek, Gençöz, Bergman & Lester, 2009), social efficacy (Hortaçsu, 1994), social anxiety (Erozkan, 2009b), self image (Çetin Çuhadaroglu et.al., 2010), resourcefulness (Gazioglu & Demir, 2008), marital adjustment (Özmen & Atik, 2010), life satisfaction (Deniz & Işık, 2010), relationship satisfaction (Sümer & Cozzarelli, 2004), conflict handling (Kararımak & Duran, 2008), posttraumatic growth (Arıkan & Karancı, 2012), loneliness (Demirli, 2007), and rejection sensitivity (Erozkan, 2009a).

In terms of sexual behavior, majority of the research in Turkey have been conducted among high school and university students with a focus on sexual risk taking ; and are descriptive studies that report gender-based comparisons (e.g. Aras et.al., 2007; Gökengin et.al., 2003; Cok, Gray & Ersever, 2001; Bolak Boratav&

Cavdar, 2012). Common findings among these studies include earlier first intercourse age and higher numbers of one night stands for males as well as lower number of sexual partners for females (Aşkun & Ataca, 2007; Gökengin et.al., 2003; Aras, Orcin, Ozan & Semin, 2006). To further elaborate on the findings; the mean ages for the first intercourse of the males are reported to be 17.4 ± 2.26 ; 15.7 ± 1.5 ; and 17.59 ± 1.78 respectively (Hotun Şahin, 2008; Aras, Semin, Gunay, Orcin & Ozan, 2007; Aşkun & Ataca, 2007). For females, the reported mean ages are slightly higher: 16.5 ± 0.8 and 19.05 ± 1.79 respectively (Aras, Semin, Gunay, Orcin & Ozan, 2007; Aşkun & Ataca, 2007). Furthermore, in terms of sexual partners, one study conducted among university students reported majority of male participants (29.4%) to have over 5 partners after the first intercourse whereas for females the dominant number was 1 (37%4) (Gökengin et.al., 2003). Similarly, Aras and colleagues (2007) also reported a large percentage (56.3) of their male participants to have more than 2 past sexual partners, and 60% of the female participants were indicated to have a single sexual partner in the past.

Studies have also reported variables that have been associated with the sexual behavior for the Turkish sample. First, Gökengin and colleagues (2003) conducted a study among first and fourth year university students; and their results indicated that while 94% of their participants from low SES reported to have sexual experience, this percentage dropped to 33% percent for the participants with mid-level SES. None of the high SES participants, on the other hand, reported any sexual experiences. This, being a surprising result, was elaborated by the researchers as an indicator of a possibly culture-specific context because there seems to be an opposite trend for other countries such as Sweden. Furthermore, a recent study conducted among university students in Turkey reported religiosity as a factor associated with sexual practices: number of

dating and number of no-intercourse partners were significantly negatively correlated for both genders, but for women, it was also significantly negatively correlated with the number of intercourse partners (Bolak Boratav& Çavdar, 2012).

Turkey is a country that resembles and, at the same time, significantly differs from the Western countries from which majority of the present sexuality literature has stemmed. With its secular structure and a significantly large percentage of Muslim citizens, Turkey is still in the process of transition. As a part of this transition, there is usually a considerable clash between the modern ways of thinking and the more conservative cultural or religious attitudes. Results of a recent study conducted among the middle-class citizens in Turkey hints to some aspects of this clash. According to the results of the study, 72% of its participants report following the rules of their religion no matter what, 71% believes men and women should equally contribute to the family budget, and 64% states that the woman should first get the of her husband in order to get a job (Ipsos KMG, 2012). Therefore, it may be argued that even though there is an appearance of a trend towards modernization (e.g. majority of the participants supporting the women to join the workforce), the conservative attitudes stemming from religious and cultural values (e.g. woman is the subordinate of man within a marriage) are still highly prevalent.

The clash between Western or modern ways of thought and religious principles presents itself in romantic relations as well: Even though what may be called a Western-style dating is common in urban areas, effects of the conservative cultural environment are still prevalent on many aspects of these dating relationships (Aşkun, 2000). For example, as much as the urban youth or adults question the concept

virginity and engage in sexual behaviors at earlier ages; it nevertheless remains a fundamental topic on making and breaking of many relationships such as male preference to be wedded to a virgin wife (Eşsizozğlu et.al., 2011). Thus, in a country where more liberal sexual life styles stand hand in hand with highly conservative attitudes, sexuality becomes a topic that creates considerable distress among many individuals; and should therefore be considered as a topic of priority for both social and clinical researchers.

Purpose of the Study

In the light of previous literature, this study has two purposes. First, it aims to contribute to sexuality research in Turkey which has so far been limited with a number of studies. To achieve this, factors regarding sexual behavior will be explored on the basis of several demographic factors. Furthermore, even though there are previous studies from various countries such as United States that investigate the associations between these attachment and sexuality (e.g. Bogaert & Sadava, 2002), and studies from Turkey that focus on sexual behavioral OR attachment patterns in relationships (e.g. Gökengin et.al., 2003; Özmen & Atik, 2010); there is a shortfall on studies that focus on the link between the two variables for a population in Turkey. Thus, a second goal of this study is to investigate the relationship between attachment dimensions and sexual behavior in a Turkish population.

In terms of the first goal, results similar to previous research in Turkey are expected. In terms of gender, males are expected to report significantly higher number of sexual partners as well as sexual relations outside of commitment; and females are expected to report higher ages of first intercourse compared to males. Furthermore, sexual behavior is expected to vary depending on religious affiliation and level of

religiosity so that people who affiliate themselves strongly with a religion will report lower numbers of sexual partners, and higher ages of first intercourse compared to participants who report to have no religious affiliations or to be Atheists. Thirdly, variables that may be listed as SES variables (education level of participants and their parents'; economical status) are all expected to have a significant effect on sexuality variables. Here, a similar result to Gökengin and colleagues (2003) is expected so that as the SES levels get higher, number of sexual partners will be expected to decrease. Lastly, sexual orientation of participants is not expected to have a significant effect on any of the sexual variables since many researchers have found that homosexual relationships function very similar to heterosexual ones (Ainsworth, 1984; Weiten, Lloyd, Dunn & Hammer, 2008).

As for the second aim of investigating the relationship between attachment and sexual behavior for the Turkish populations, findings are expected to be similar to previous literature: (1) Higher scores on avoidant attachment are expected to have a significant effect in terms of higher number of sexual partners outside of commitment, later ages of first intercourse, and less frequent sexual activities for both genders; (2) Higher scores on anxious attachment are expected to have a significant effect in terms of higher number of sexual partners and earlier ages of first intercourse for females; but lower numbers of sexual partner and later ages of first intercourse for males.

Method

Instruments

The self-report instrument which the participants were asked to respond consisted of 3 main parts (see Appendix A):

1. Demographic/Background Information: The first part of the instrument consisted of standard demographic questions (e.g. age, gender, level of education, parent's level of education) and several background questions (e.g. religiosity, sexual orientation, current relationship status).
2. Experiences in Close Relationships – Revised (ECR-R): ECR-R (Fraley, Waller & Brennan, 2000) is the revised version of Experiences in Close Relationship scale (Brennan, Clark & Shaver, 1998). ECR-R was adapted into Turkish by Selçuk, Günaydin, Sümer, and Uysal (2005) on a Turkish student sample. The scale consists of 36 items that are rated over a 7-point Likert-type scale; and divides into two main factors; attachment anxiety and attachment avoidance. Sample items include “I get uncomfortable when a romantic partner wants to be very close” (avoidance) and “I'm afraid that I will lose my partner's love” (anxiety). Selçuk and colleagues (2005) reported high levels of internal consistency for anxiety ($\alpha = .90$) and avoidance ($\alpha = .86$) dimensions. Furthermore, for the same dimensions, test-retest reliability was reported to be .81 and .82 respectively.
3. Sexual History Questionnaire (SHQ): Cupitt's (1998) Sexual History Questionnaire is a self-report measure that was devised to assess a person's risk for becoming infected by HIV based on his/her sexual behavior. Parts of SHQ were previously used by Aşkun and Ataca (2007) to assess sexual behaviors of university students in Turkey. The original questionnaire consists of 4 sections. In the first section, the participant is asked the gender of his/her

sexual partners; and use of protection. In the second section, there are detailed questions of the sexual encounters of the last month. In the third section, the participant is asked to respond to questions about his/her last sexual encounter. Finally, the fourth section includes questions related to contact to HIV counseling or risk assessment. Since sexually transmitted diseases are not among the topics in the scope of this study; questions concerning safe sex were removed from the original instrument, and the final version was slightly modified to fit the purposes of the study.

Procedure

After the approval of Istanbul Bilgi University Ethics Board, the instruments were transformed into an online survey, and were distributed through several e-mail groups. Within the text prepared for the announcement of the study, brief information about the purpose of the study, the experimenter, amount of time it takes to complete, and participation criterion were provided. Afterwards, those who wished to participate in the study were asked to click the provided online link and/or to share the announcement with their social networks. When the participants clicked on the link, they first came across a page with the informed consent that includes additional details about the study. If they still wished to participate, they moved on to the next page to start answering questions. The survey settings included IP blocking so that when a person participated in the study once, he/she could not access the survey one more time using the same computer. Furthermore, the survey was designed in a way that disallowed skipping some questions so that, in order to complete the study, the participants were required to answer majority of the questions. At the last page of the survey, there was a message that thanked individuals for their participation.

The e-mail groups through which the study was announced were as follows:

1. PsiPsi e-mail group has 1421 members, and was founded after the general counsel of Psychology Students Study Group. Membership to this group requires being a psychology student.
2. BilgiKlinikYL is the e-mail group of current students, graduates and faculty members of the Clinical Psychology Program in Istanbul Bilgi University. The group has 122 members which were automatically added to the list as they become a part of the graduate programme.
3. SPoD_Uyeler & SPoD_Duyuru are the two e-mail groups of the Association for the Study of Social Policies, Sexual Identity, and Sexual Orientation which works on implementing social policies against the violence and suppression based on sexual orientations. The groups have been functioning for a month and currently consist of a total 164 members.
4. Lambdadostlari is the e-mail group that is affiliated with a LGBT organization called LambdaIstanbul. The group which was founded 5 years ago has no membership requirements, and currently has 660 members.

It should be noted that survey links of various studies are frequently announced in first two of the groups due to relative control they provide over the member characteristics, and due to the familiarity of the members with online data collection procedures. The latter two, on the other hand, were included to be able to reach to a more diverse sample in terms of sexual orientation.

Participants

Since the data collection method was through an online survey, there was little control over the characteristics of the participants. Within the announcement text, it was indicated that people who were over age 18 could participate in the study. No other exclusion criteria were provided. Of the 427 people who participated in the study, 305 individuals completed the whole questionnaire – giving a response rate of 71%. Before the analyses, the data were organized to exclude married ($n= 36$) and divorced ($n=4$) participants as well as participants who reported to have no previous sexual experience ($n=8$) or did not provide an answer about the presence of previous sexual experience ($n=4$). With these exclusions, the final data consisted of 253 never-married adult cases (82 males, 171 females).

The descriptive summary of the demographic data was presented in *Table 1*. The age of the participants ranged between 20 and 37 ($M=26$, $SD=2.84$). Majority of the participants consisted of students (31%) and psychologists (20.6%). In parallel, more than half of the participants (53.8%) reported their education level as undergraduate. A large percentage of the participants' fathers' were reported to have an undergraduate degree as well (47.8%), whereas for their mothers the education level was relatively lower (34.4% for undergraduate, 29.6% for high school). Furthermore, 73.9% of the participants reported their parents to be still married and together; and their economic status as middle-high(62%) or middle-low (28.9%).

In terms of relationship characteristics, length of the current or the most recent relationship reported by participants ranged between less than a month and 144 months ($M=23.12$, $SD=25.91$). The same range applied for

the question concerning the length of the relationship which lasted longest even though the mean was higher ($M=35.43$, $SD=25.56$). Furthermore, more than half of the participants reported to have engaged in sexual behavior within the previous week (37.7%) or the previous month (27%). A large majority of the participants reported to engage in vaginal intercourse (77.7%), oral intercourse (64.4%), and/or other sexual behaviors such as massage or mutual masturbation (51%) as a part of their latest sexual experience. Furthermore, 81.2% of the participants reported their latest partner to be a regular partner; and 70% reported to have openly discussed the type of sex they enjoy with him/her.

Results

Variables on focus of the analysis can be grouped and listed as follows:

Demographic Factors (Control Variables): Age, gender, occupation, longest place of residence, relationship status, education level, mother's education level, father's education level, parents' marital status, economical level, sexual orientation, religious affiliation, strength of religious beliefs, sexual relationship status

Independent Variables (Attachment Variables): Anxiety score, avoidance score

Dependent Variables (Sexual History Variables): Age of first intercourse, Lifetime number of sexual partners, Lifetime number of

sexual partners outside of commitment ,Lifetime number of one night stands, Lifetime number of penetrative sexual partners, Last month's number of sexual partners, Last month's number of regular sexual partners, Last month's number of penetrative sex (overall), Last month's number of sex with a regular partner, Last month's number of penetrative sex with a regular partner, Last month's number of penetrative sex with a non-regular partner

It should be noted that data from the questions concerning the most recent sexual experience were decided not to be included as a dependent variable, but were rather analyzed on a descriptive basis to be a part of the information on participant characteristics. This decision was based upon the availability of data on lifetime and previous month's sexual behavior history which can be considered to be more representative of sexual patterns due to the wider amount of time they cover.

In the preliminary analyses, descriptive statistics for sexual history variables were calculated as an overview of the data. Since this initial overview revealed considerably high means and standard deviations for a variety of factors listed under this variable, an outlier analysis was conducted. Based on this analysis, factors that displayed significantly different 5% trimmed means were identified, and cases to be removed were selected using a box plot. In the end, 6 outlying cases (e.g. a case with 300 lifetime non-regular and overall sexual partners) were removed from the final data so that remaining analyses were conducted with 247 cases (76 males and 171 females; *see* Table 2).

In the second step, descriptive statistics of the background variables were calculated to reveal the group sizes. Various subgroups were merged into same or different groups to create a relatively more balanced distribution of participants among cells (*see* Table 3). For relationship status variable, the committed, engaged and cohabitating subgroups were converged with the “In a relationship” group. For sexual orientation variable, “homosexual” and “bisexual” subgroups were merged into a single group titled as “non-heterosexual”. Furthermore, spiritual participants were included under the “no religious affiliation” group whereas the agnostic group was merged with the atheist group which was renamed as “atheist/agnostic”. The Christian and the Jewish group had 1 member both, and were included together with the Muslim group to form the "Abrahamic Religions" group. However, it should be noted that almost 98% of the members of this new found group consists of Muslim participants. Thus, in the end, there were 3 main religious affiliation groups. Lastly, the “open relationship” group was included in the “multiple partners” groups.

Following the restructuring of the groups, a discrepancy between the current relationship status and current sexual relationship status variables was observed. Even though there were 151 respondents in the "In a relationship" group, there were 137 members for the sexually closed relationship group even though these numbers could be expected to be closer to each other. Further examination of the data revealed that 134 members of the “In a relationship” group had reported their relationships to be sexually exclusive as well. 4 of the participants in this group reported to

have no current sexual partners which may indicate that even though they have sexual experience from past experiences, they are not sexually involved with their current partner. Lastly, 13 members of the in a relationship group had reported to be sexually involved with multiple partners rather than a regular partner. Considering the availability of the option for the sexually open relationship (“I am in a sexually open relationship, both of us can engage in sexual behaviors with others”), such a report may indicate extra-dyadic affairs (rather than mutually consented open relationship) and/or a preference for prostitution; which was a factor outside of the scope of this study. Furthermore, 3 participants in the single group had also responded to be in a sexually closed relationship. This may be related to the differences in the definition of a relationship, and these participants may be referring to being sex partners without romantic involvement. Nevertheless, the groups were not changed any further and were evaluated as presented in *Table 3* since the discrepancy was not evaluated to be large enough to affect the analyses outcome.

Sexual behavior data as a function of demographic characteristics

Sexual behavior data were analyzed on the basis of demographic factors in order to meet the first purpose of the study, and to reveal potential main effects for further analysis. To achieve this, a series of correlations and multivariate analyses were conducted for each of the variables. Education level, parents’ education level, parents’ relationship status, occupation, and longest place of residency were the variables that displayed

no significant relationship with the sexual history variables. Significant findings can be listed as follows:

Age: Age of the participants was found to have a significant positive correlation with lifetime sexual partners ($r=.194$; $p<.01$), lifetime penetrative sexual partners ($r=.219$, $p<.05$), age of first intercourse ($r=.280$; $p<.01$), and lifetime one-night stands ($r=.156$; $p<.05$). Therefore, as age of the participants increased, the reported numbers on these variables also increased.

Gender: Factors that were observed to significantly differ on the basis of gender were lifetime sexual partners ($F(1,205)=10.76$; $p<.05$), lifetime penetrative sexual partners ($F(1,205)=4.97$; $p<.05$), lifetime sexual partners outside of commitment ($F(1,205)=25.36$; $p<.05$), and lifetime one night stands ($F(1,205)=12.60$; $p<.05$). In all four areas, means for males were significantly higher than means for females (see Table 4).

Relationship Status: Analysis of variance revealed significant results for last month's sexual partners ($F(1,204)=6.72$, $p<.05$), last month's regular sexual partners ($F(1,204)=31.4$, $p<.05$), last month's sexual activity with a regular partner ($F(1,204)=38.9$, $p<.05$), last month's number of penetrative sex with a regular ($F(1,204)=32.05$, $p<.05$) and non-regular ($F(1,204)=7.01$, $p<.05$) partner. Participants whose relationship status was single reported significantly lower numbers in all significant variables except last month's number of sexual activities with non-regular sexual partner (see Table 4).

Economic Status: Economic status of participants was significantly associated with numbers of lifetime sexual partners ($F(3,202)=3.81, p<.05$), lifetime non-committed sexual partners ($F(3, 202)=3.56, p<.05$), and lifetime one night stands ($F(3, 202)=2.73, p<.05$). For all three variables, as the level of economic status increased, there was a decrease in the mean numbers reported by participants (see Table 4).

Religious Affiliation: Based on the results of analysis of variance, religious affiliation was found to be significantly associated with many sexual variables including numbers of lifetime sexual partners ($F(2, 203)=4.47, p<.05$), lifetime non-committed sexual partners ($F(2,203)=5.44, p<.05$), lifetime penetrative sexual partners ($F(2, 203)=4.03, p<.05$), lifetime one-night stands ($F(2, 203)=5.12, p<.05$), last month's sexual partners ($F(2, 203)=3.93, p<.05$), and last month's regular sexual partners ($F(2, 203)=3.41, p<.05$). For all the six factors, participants in the Abrahamic religions group reported the lowest number of means, and were followed by participants with no religious affiliation. Highest means were reported by the "Atheist/Agnostic" group (see Table 4). Furthermore, religious affiliation was also found to have a significant relationship with age of first intercourse ($F(1, 203)=3.78, p<.05$). This time, on the other hand, the Abrahamic religions group reported the highest age means ($M=20.41, SD=3.37$) whereas atheist/agnostic group reported the lowest ($M=19, SD=3.20$).

Sexual Orientation: Variables with means that significantly differed based on participants' sexual orientation were numbers of lifetime sexual partners

($F(1, 204)=7.42, p<.05$), lifetime non-committed sexual partners ($F(1, 204)=10.08, p<.05$), lifetime number of one night stands ($F(1,204)=12.13, p<.05$), last month's sexual partners ($F(1,204)=12.16, p<.05$), and last month's regular sexual partners ($F(1,204)=4.65, p<.05$). According to the overall trend observed for the listed variables, non-heterosexual group reported significantly higher means compared to the heterosexual participants (see Table 4).

Strength of religious beliefs: Strength of religious beliefs, evaluated on a 4-point Likert-type scale, was significantly and negatively correlated with numbers of lifetime sexual partners ($r=-.225, p<.01$), lifetime sexual partners outside commitment ($r=-.228, p<.01$), lifetime one night stands ($r=-.225, p<.01$), lifetime penetrative sexual partners ($r=-.192, p<.01$), and last month's overall ($r=-.139, p<.05$) and penetrative ($r=-.196, p<.01$) sexual activities with a regular partner. In addition, there was a significant positive correlation with age of first intercourse ($r=.153, p<.05$).

Sexual relationship status: Sexual relationship status of the participants was found to have a significant effect on all sexual history variables: numbers of lifetime sexual partners, $F(2, 207)=9.54, p<.01$; lifetime sexual partners outside commitment, $F(2, 207)=9.12, p<.01$; lifetime penetrative sexual partners, $F(2, 207)=7.33, p<.01$; lifetime one night stands $F(2, 207)=4.66, p<.01$; last month's sexual partners $F(2, 207)=23.42, p<.01$; last month's regular sexual partners $F(2, 207)=21.65, p<.01$; last month's sexual activity with a regular partner $F(2, 207)=19.82, p<.01$; last month's penetrative sex with a regular partner $F(2, 207)=15.95, p<.01$; last month's penetrative

sexual activities with a regular partner $F(2, 207)=15.95, p<.01$; last month's penetrative sexual activities with a partner not regular $F(2, 207)=10.09, p<.01$. Across all variables except the number of last month's penetrative sexual activities with a regular partner, non-heterosexual group reported higher numbers compared to heterosexual group.

The analyses were continued with the calculation of interaction effects between the background variables on the same sexual history factors. Significant multivariate interaction effects were found for gender and sexual orientation ($Wilks' \lambda = .778, F(10, 130)=3.71, p<.001$, relationship status and economical level ($Wilks' \lambda = .219, F(20, 260)=14.78, p<.001$), sexual orientation and sexual relationship status ($Wilks' \lambda = .748, F(20, 260)=2.03, p<.001$). Detailed between subjects effects were presented in *Table 5*; and the descriptive summary for the group sizes, means, and standard deviations for the significant variables were presented in *Table 6*.

The findings suggest that male non-heterosexual individuals had the highest mean for last month's number of sex partners ($M=1.43, SD=1.45$) while the heterosexual females have reported the lowest ($M=.71, SD=.57$). In addition, in terms of last month's number of penetrative sex with a regular partner, females in both sexual orientation groups reported higher mean numbers (heterosexual, $M=5.17, SD=7.79$; non-heterosexual $M=5.19, SD=6.72$) than the non-heterosexual males ($M=4.46, SD=6.70$); but the highest means were reported by heterosexual males ($M=5.48, SD=7.93$).

As for the interaction effect between relationship status and economical level, the low and the high economic status groups were excluded from analysis due to significantly small group sizes ($n=5$, and $n=4$ respectively) so that the analyses were conducted with two groups: Middle-low and middle-high economical status. In terms of lifetime non-committed partners, participants with middle-low economic level and who were reportedly single reported a higher mean ($M=6.21$, $SD=7.95$) compared to participants with a middle-high economic status and are involved in a relationship ($M=4.15$, $SD=5.39$). For the number of lifetime one night stands, single participants with middle-high economic levels had the highest mean ($M=3.34$, $SD=4.80$), and once again participants who are both in a relationship and had a middle-high economic status reported the lowest ($M=2.20$, $SD=4.26$). Thirdly, for last month's regular sex partners, single participants with middle-high economical status reported the lowest mean ($M=.36$, $SD=.56$), and the middle-high economical level participants in relationships reported the highest ($M=.86$, $SD=.47$). Lastly, participants in relationships and with middle-low economical levels reported a higher mean ($M=.06$, $SD=.23$) for last month's number of penetrative sex with a non-regular partner compared to single participants with middle-high economical levels ($M=.44$, $SD=1$).

Finally, the only interaction effect for the sexual orientation and sexual relationship status was on the number of lifetime non-committed sexual partners, and suggested that non-heterosexual partners with current multiple sexual partners had the highest mean number ($M=12.42$,

$SD=13.06$) whereas heterosexual participants with no current sexual involvement had the lowest ($M=3$, $SD=3.92$).

Group Differences in Attachment

The reliability of ECR-R was found to be significantly high for both anxiety ($\alpha=.90$) and avoidance ($\alpha=.90$) subscales. Scores for attachment anxiety and avoidance were calculated based on the means of the items measuring the two dimensions. The mean score for attachment anxiety was 3.51, and the distribution of scores was slightly positively skewed (see Figure 1). Attachment avoidance scores, on the other hand, had a smaller mean (2.61) and a significant positive skew (see Figure 2).

Following this, a multivariate analysis of variance was conducted to reveal potential confounding effects on attachment. Results revealed main effects of gender ($F(1, 194)=9.79$, $p=.002$) and sexual orientation ($F(1, 194)=6.63$, $p<.05$) for anxiety; and the type of religious affiliation for both anxiety and avoidance ($F(2, 194)=6.66$, $p<.01$; $F(2, 194)=3.45$, $p<.05$). Tukey's HSD post-hoc analysis and mean comparisons were conducted to further examine the effects on each of the three variables. Findings indicated that (a) females ($M=3.63$, $SD=1.08$) have significantly higher anxiety scores compared to males ($M=3.25$, $SD=1.08$); (b) anxiety scores of heterosexual individuals ($M=3.48$, $SD=1.08$) are significantly lower than those of the non-heterosexual ($M=3.96$, $SD=1.08$) group; (c) participants in the Abrahamic religions group ($M=3.77$, $SD=1.14$) reported higher anxiety scores than the participants in the Atheist/Agnostic group ($M=3.26$, $SD=1.19$); and (d) participants who reported to have no religious affiliations

($M=2.82$, $SD=.96$) had higher avoidance scores compared to participants in the Abrahamic religions group ($M=2.52$, $SD=.99$) and the Atheist/Agnostic group ($M=2.44$, $SD=.93$). Therefore, variables of gender, sexual orientation and religious affiliation were controlled in all further analysis.

Romantic Attachment and Sexual Behavior

In order to assess the relationship between romantic attachments, the continuous attachment scores were first transformed to become two categorical variables (Anxiety and Avoidance) with two levels (High and Low) each. There are currently no cut-off standards for ECR-R (Maundera et.al., 2006), and each author seems to choose a unique method based on the study purpose (e.g. Ditzen et.al., 2008; Kelley et.al., 2004). For this study, considering the positive skew of the available data (see Figure 1 & 2), separate means of attachment anxiety and avoidance were determined to be the cut-off points. Therefore, participants who scored higher than the avoidance mean (2.61) were coded as “high avoidance”; and participants who scored lower than the avoidance mean were coded as “low avoidance” group. Same logic was applied for the anxiety scores ($M = 3.50$) so that, in the end, there were two attachment groups, each with two levels (High/Low Avoidance, High/Low Anxiety).

Consecutive 2 x 2 (Avoidance x Gender, Anxiety x Gender) multivariate analysis of variances were conducted on the dependent variables (lifetime sexual partners, lifetime sexual partners outside of commitment, lifetime one night stands, age of first intercourse, lifetime penetrative sexual partners, last month’s sexual partners, last month’s

regular sexual partners, last month's sexual activities with a regular partner, last month's penetrative sex with a regular partner, last month's penetrative sex with an irregular partner). Variables that previously displayed main effects on attachment scores and sexual behavior (age, economic status, relationship status, sexual orientation, sexual relationship status, religious affiliation, and strength of religious beliefs) were controlled. The results were as follows.

Attachment Avoidance and Gender: Significant multivariate main effects were found for gender ($Wilks' \lambda = .816$, $F(10, 193) = 4.44$, $p = .000$) and attachment avoidance ($Wilks' \lambda = .898$, $F(10, 193) = 2.19$, $p = .020$). However, there was no significant interaction effect ($Wilks' \lambda = .927$, $F(10, 193) = 1.51$, n.s.). High attachment avoidance group reported significantly greater number of lifetime one night stands ($F(1, 206) = 5$, $p < .05$) compared to the low avoidance group; but the low avoidance group displayed significantly higher numbers for last month's regular partners ($F(1, 206) = 5.82$, $p < .05$), last month's sexual activity with a regular partner ($F(1, 206) = 4.89$, $p < .05$), and last month's penetrative sex with a regular partner ($F(1, 206) = 4.66$, $p < .05$).

Attachment Anxiety and Gender: There was a significant multivariate main effect for gender ($Wilks' \lambda = .813$, $F(10, 293) = 4.44$, $p = .000$) and attachment anxiety ($Wilks' \lambda = .898$, $F(10, 193) = 2.20$, $p = .019$), but not for the interaction effect ($Wilks' \lambda = .923$, $F(10, 193) = 1.60$, n.s.) for the overall model. A significant difference was found between the two anxiety groups in terms of the number of lifetime one night stands ($F(1, 206) = 7.55$,

$p < .01$). There was also a significant interaction effect for this dependent variable: a significant difference was found between high and low anxiety groups in terms of the number of lifetime one night stands ($F(1, 206) = 5.56, p < .05$). Highest means for lifetime number of one night stands for reported by males with high attachment anxiety ($M = 7.54, SD = 9.56$). They were followed by males with low attachment anxiety ($M = 3.56, SD = 5.02$), and females with high attachment anxiety ($M = 2.40, SD = 3.47$). The smallest numbers were reported by females with low attachment anxiety ($M = 2.10, SD = 4.22$). Furthermore, even though it was not significant, high attachment anxiety group reported higher numbers for lifetime partners outside of commitment ($F(1, 202) = 3.44, p = .065$); but lower numbers of last month's number of penetrative sexual activities with regular partners ($F(1, 202) = 3.78, p = .053$).

Additional Findings

Participants who reported to have no previous sexual experience and participants who were married or divorced were excluded from the analysis for methodological purposes. Even though they fall outside of the range of hypotheses for this study, findings from these excluded data can be presented as follows:

There were 8 participants who reported to have no sexual experience. All of the 8 participants were females, and of heterosexual orientation. Among them, 7 reported their current relationship status as single, and 1 participant reported to be in a relationship. Furthermore, 6 of

them reported themselves as “Muslim”, 1 participant was not affiliated with any religion, and 1 reported herself to be an Atheist. Lastly, their longest relationship ranged between 1 month and 36 months.

As for the descriptive results for the relationship status, there were 36 married (27 females, 9 males) and 4 divorced (3 females, 1 male) individuals excluded from the study. 34 of the married participants were heterosexual, 1 was homosexual, and 1 was bisexual. Furthermore, 17 of them were reportedly Muslim, 1 was Christian, and 12 had no religious affiliation. All the divorced participants reported as being heterosexual orientation. 1 participant was Muslim, 2 had no religious affiliation, and 1 participant reported as being an Atheist.

In terms of the sexual history findings, the lifetime number of sexual partners ranged between 1 and 30 ($M=4.64$) for the married participants, and between 3 and 40 ($M=10.25$) for the divorced participants. As for the lifetime number of one night stands; the range was between 0 and 20 ($M=1.33$) for married participants, and between 0 and 6 ($M=2.25$) for divorced participants. Finally, the range for the first age of intercourse was between 12 and 26 ($M=20.29$) for the married participants, and between 17 and 29 ($M=21.50$) for the divorced participants.

Discussion

This study had two goals: To contribute to the literature on sexual behavior in descriptive terms, and to explore the relationship between adult romantic attachment and sexual behavior for an adult population in Turkey.

The two goals were selected based on the considerably limited number of studies on sexual behavior in Turkey. Even though there are a range of studies worldwide on sexual behavior as well as its relationship with adult romantic attachment, cultural and religious characteristics of Turkey have the potential to contribute to this literature. . In addition, in spite of the popularity of attachment theory among the psychology researchers in Turkey, sexual aspect of the concept is yet to receive any attention. Therefore, this study aimed to explore the possible link between attachment and sexuality for a sample in Turkey.

For the first and more descriptive goal of the study, the expectations for obtaining results that were similar to previous studies conducted in Turkey were met. To begin with, males were hypothesized to report higher number of sexual partners and sexual relations outside of commitment; and this was supported. However, even though females reported later mean ages for first intercourse than males as expected, this difference was not significant.

Secondly, religious affiliation and strength of religious beliefs were expected to have significant effects on the reported sexual behaviors, such that participants who affiliated themselves with a religion were expected to display lower numbers of sexual partners and higher ages of first intercourse compared to participants who did not. Both expectations were supported, and, since Islam has a strong influence on sexual life styles of individuals in Turkey, these findings were not surprising. According to Islamic norms which are highly prevalent within the Turkish society, premarital sexual

relations are strongly disapproved of, and especially female sexuality is restricted to marriage. At the same time, Turkey is still in the process of modernization so that these Islamic norms are frequently synthesized with more Western values of gender equality and individuation (Gelbal, Duyan & Öztürk, 2008). Therefore, it is highly plausible for individuals with strong Islamic affiliations to report more conservative numbers. This topic, on the other hand, deserves further investigation which can provide valuable extension of the knowledge on sexual behavior from a country such as Turkey where conservatism and modernization are seen to go hand in hand.

Thirdly, factors titled as the “SES variables” (education level of participants and their parents’, economic status) were all expected to have a significant effect on sexual behavior, such that participants with higher SES levels were expected to report fewer numbers of sexual partners. This was partially supported. Even though there were no significant main effects related to education level variables, there were some significant findings for economic status. Similar to findings of Gökengin and colleagues (2003) who reported their high SES group to have no previous sexual experiences, a decrease in the mean numbers of lifetime sexual partners was found as the level of economic status increased. They had explained this finding in terms of a possible discomfort to engage in sexual relations due to social rank or the hesitancy to report them. As another hypothetical explanation of this finding, it may be argued that lower SES levels may be related to factors that were previously shown to increase the risk for early onset of intercourse such as problem behaviors (e.g. substance use, delinquency; French &

Dishion, 2003) and quality of parenting (Blake et.al., 2001; Roche et.al, 2005). Furthermore, evaluated together with the other findings of this study, such as the discrepancy for the mean number for lifetime non-committed sexual partners between the “middle-low economic status and single” and the “middle-high economic status and in a relationship” groups may suggest a possible trend towards longer or more committed relationships in higher SES levels; however, this would be a speculation that needs extensive investigation.

Lastly, sexual behavior was not expected to differ based on sexual orientation. This was not supported, and non-heterosexual individuals were found to report higher means on a range of variables. Sexual orientation was also found to interact with other variables such as gender and sexual relationship status on different sexual history variables such as number of lifetime non-committed sexual partners or last month’s number of sexual partners. These findings can be regarded as particularly important for providing one of the first comparisons of the sexual aspect of heterosexual and non-heterosexual relationships for a Turkish population. However, due to the large difference between the sampling sizes of the two sexual orientation groups, there is a strong likelihood of a Type I error for the present results, and studies with larger and relatively more equal group sizes are needed before drawing any conclusions.

There were also findings which were not in the focus of the study, but drew attention in the search for potential confounding variables. For example, a noteworthy finding was the significant positive correlation

between the current age of the participants and their ages of first intercourse. This significant positive correlation may indicate a trend towards earlier ages of first sexual experience for the new generation. However, it may also be the result of a sampling bias since participants with no sexual experience were excluded from the study. To be able to distinguish between the two possible explanations and more, studies with more extensive inclusion criteria are required.

A second prominent finding was the impact the current relationship status and the current sexual relationship status had on the sexual behaviors reported by the participants. For instance, participants in committed relationships reported significantly higher amount of sexual activity with a regular partner compared to single participants. Such findings can be evaluated to be quite logical, and important to show a level of consistency in the present data. However, these findings are also prominent because they signal a potential pattern that individuals display in terms of their sexual behavior. To further clarify, the fact that sexual relationship status is significant across all the dependent variables may imply that participants who are currently in a monogamous relationship have mostly been in monogamous relationships throughout their lives considering the lower means for the number of lifetime sexual partners. Similarly, participants who reported that they were not currently involved in a sexual relationship also consistently reported lower means of number of sexual partners overall, and the latest age of first intercourse in comparison to monogamous (in a closed relationship) and non-monogamous (multiple partners) groups (see

Table 4). This may also indicate a potential pattern in which the majority of the participants who are currently not involved in sexual relationships have met with sexuality later in their lives, and had a distant relationship with it ever since. The current sexual behavior of individuals may be a source of valuable data for understanding their overall patterns since there seems to be a significant consistency across findings. The explanation behind the suggested patterns, on the other hand, is a topic for further investigation.

One explanation hypothesized by this study for the differences across sexual behavior patterns was the romantic attachment styles of individuals, and this constituted the second goal of the study. Based on the literature, sexual behaviors were expected to vary as a function of levels of attachment anxiety and avoidance. Sexual behaviors were also expected to show different trends depending on gender. The findings, however, were surprisingly limited:

First, avoidant attachment was expected to have a significant main effect in terms of higher number of sexual partners outside of commitment and later ages of first intercourse. This was partially supported. Participants in the high avoidance group reported significantly lower numbers of sexual behavior with regular partners in the previous month, and higher numbers of lifetime one night stands. These are consistent with the findings of previous studies (e.g. Brennan & Shaver, 1994), and suggest that high level of attachment avoidance have an effect on engagement with sexual behavior outside of commitment. Furthermore, contrary to expectations, there were no significant results for the age of first intercourse. Previous studies such as the one by Gentzler and Kerns (2004) base

their results on much lower means of first intercourse (approximately 16), and compare the groups with the first intercourse before or after the age 16. In this sample, on the other hand, the mean age for the first intercourse was 19.82, and there were only 27 participants who had a sexual experience before 16. These results are consistent with the findings of previous research on sexuality in Turkey (Bolak Boratav & Çavdar, 2012). Therefore, a possible explanation for the insignificant findings of this study is that the level of attachment avoidance may be a meaningful factor for a much earlier age range such as the teen years. This, however, is a hypothesis that needs to be empirically explored.

Second set of hypotheses around attachment was related to attachment anxiety, and included interactions with gender. Attachment anxiety was expected to be associated with higher number of sexual partners and earlier ages of first intercourse for females, but with lower numbers of sexual partners and later ages of first intercourse for males. The only significant result was for the lifetime number of one night stands, and it was in the opposite direction from the expectations. Previous findings associate high attachment anxiety with restricted sexual activities for males (Gentzler & Kerns, 2004), and suggest less likelihood of being involved in sexually exclusive relationships for females (Cooper et.al., 2006). In this study, on the other hand, high attachment anxiety for males was found to be associated with highest number of one night stands across all groups, and low attachment anxiety for females was associated with the lowest number of one night stands across all groups. There may be several explanations for this prominent finding. First, attachment anxiety may have different

manifestations in the Turkish context. Sümer and Kağıtçıbaşı (2010) explain that attachment anxiety is more prevalent in collectivist cultures such as Turkey; and some authors suggest that what is coined as characteristics of insecure attachment may be adaptive in some cultures (e.g. You & Malley-Morrison, 2002). Therefore, certain characteristics of attachment anxiety may be more or less advantageous in the Turkish culture, and this may be resulting in different sexual behavior patterns. For example, preoccupation with the maintenance of the relationship, a behavior associated with attachment anxiety, may be a relatively desirable pattern for females (but not for males) in Turkey; therefore, anxious females may have more successful long-term monogamous relationships compared to their Western counterparts. Furthermore, anxiety for males can be evaluated as a violation of gender stereotype in many cultures (Feeney & Noller, 1998), and the pattern of short-term sexualities may be an attempt to overcompensate for this violation. Therefore, males may be engaging in more one night stands to disguise their high levels of attachment anxiety. As a third explanation, Brassard, Shaver and Lussier (2007) reported that males with higher attachment anxiety had a more difficult time in experiencing comfortable intimacies, and applied more pressure towards their partners to have sex. Thus, one solution for these may be increased number of one night stands since it provides opportunity for many sexual activities without experiencing concerns for abandonment. It should be noted that all of these explanations, although based on previous research findings, are hypothetical and require empirical support. Lastly, same explanation made for the results

of attachment avoidance can be repeated to account for the insignificant results on expectations concerning the first age of intercourse. Again, studies with wider age ranges are required to make predictions with more confidence.

Even though this study met its explorative goals inlarge, it had several limitations. The most prominent of these limitations were due to online data collection method which provided very little control over the sample characteristics. Participation, by default, required the ability to fill an online survey. Consequently, the sample was most likely limited to individuals with relatively higher socioeconomic levels. This was a foreseen limitation, but did not account for a significant problem because the study had an explorative purpose rather than a concern with representativeness. Nevertheless, a more traditional method of data collection could provide more control over the sample, and could provide an enhanced confidence for the data at hand.

Despite its limitations, Birnbaum and Reips (2005) argue that the number of studies using web-based data collection methods have grown exponentially since 1995, and even provide several guidelines for the researcher who aim to collect online data. Studies comparing the online method with the traditional data collection methods, on the other hand, are still very limited to prefer one over the other (Lefever, Dal & Matthíasdóttir, 2007). For this study, online method provided several advantages including assuring anonymity, easier access to more diverse populations such as participants with different sexual orientations, and a high response rate, and

was therefore suitable for the purpose. Future studies that rely on traditional paper-pencil method are much needed to not only provide a basis for comparison, but to work from a potentially more representative population in terms of socioeconomic characteristics of the adult population in Turkey.

The overall findings of the study can be evaluated to be promising in terms of the contributions research in Turkey can provide to the attachment and sexuality literature in general. Even though attachment research in Turkey is quite popular, it still has plenty of room to expand. One of such expansions should be in the field of sexuality because sexual behavior research in Turkey nests a significant potential for providing culturally-relevant information. The results of the present study hint to possible contradictions with the literature; however it should be noted that the sample range of this study was very limited, and studies with much diverse participant ranges are necessary in order to draw any general conclusions. It should also be noted that this study used self-report questionnaires, which are instruments widely used in spite of their possible validity problems. Therefore, especially in terms of attachment research, longitudinal studies that measure childhood attachment with observational methods are much needed. With these notes in mind, investigating the explanations behind the differences in terms of sexuality and attachment could provide better insights for understanding one of the most prevalent human behaviors. Consequently, such an enhanced understanding could lead to a finer tuned clinical viewpoint for practicing mental health professionals so that individuals with different sexual behavioral patterns or attachment styles

can be evaluated and approached based on the implications of empirical data.

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FIGURES

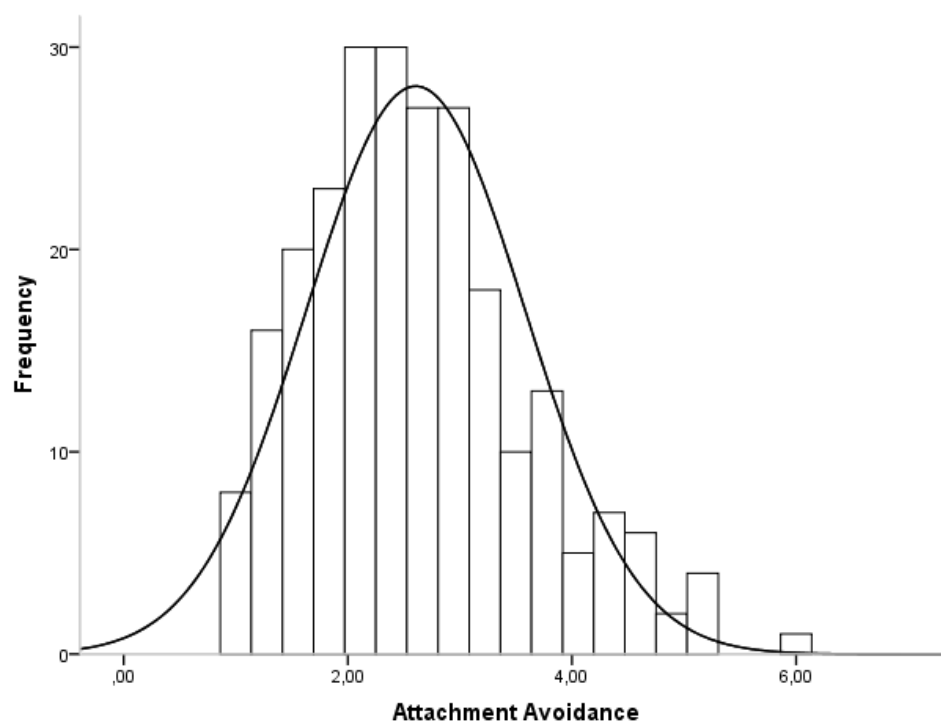


Fig.1. Score Distribution for Attachment Avoidance

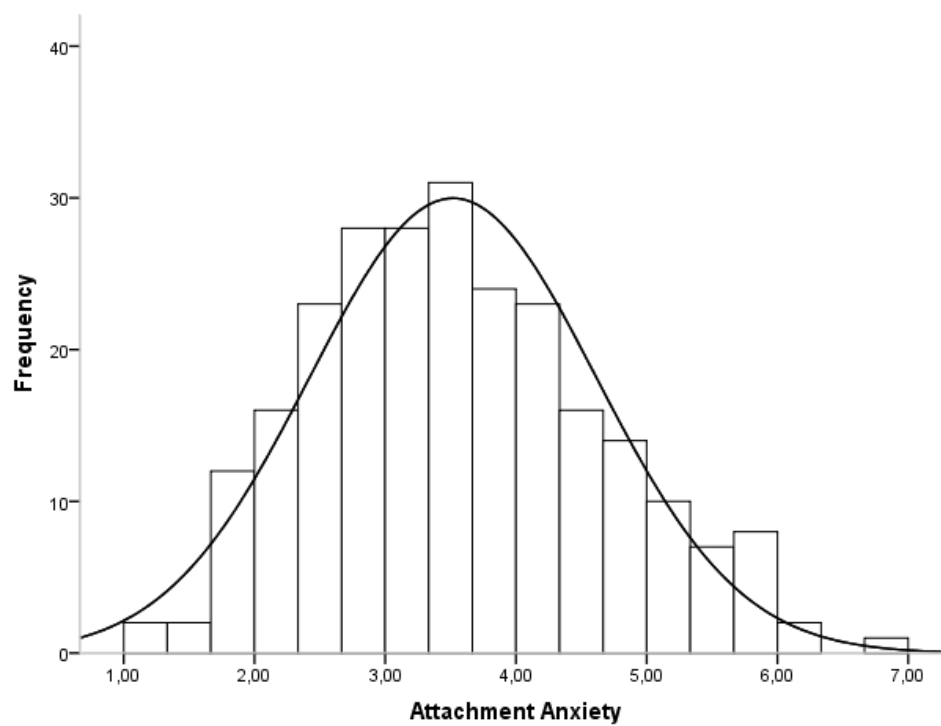


Fig.2. Score Distribution for Attachment Anxiety

TABLES

Table 1

Descriptive statistics for the demographic variables

	<i>n</i>	<i>%</i>	<i>M</i>	<i>SD</i>
Age	247	-	25.92	2.77
Gender				
Male	76	30.8	-	-
Female	171	69.2	-	-
Occupation				
Student	77	31.2	-	-
Psychologist	52	21.1	-	-
Academic Staff	30	12.1	-	-
Other	88	35.5	-	-
Longest place of residence				
Village	2	.8	-	-
Town	5	2.0	-	-
City	55	22.3	-	-
Metropole	185	74.9	-	-
Relationship Status				
Single	96	38.9	-	-
In a relationship	110	44.5	-	-
Committed	4	1.6	-	-
Engaged	9	3.6	-	-
Cohabiting	28	11.3	-	-
Education Level				
Middle School	1	.4	-	-
High School	24	9.7	-	-
Occupational School	2	.8	-	-
University	133	53.8	-	-
Masters	83	33.6	-	-
Doctorate	4	1.6	-	-
Mother's Education Level				
No former education	3	1.2	-	-
Primary School	24	9.7	-	-
Middle School	17	6.9	-	-
High School	74	30.0	-	-
Occupational School	19	7.7	-	-
University	85	34.4	-	-
Masters	13	5.3	-	-
Doctorate	12	4.9	-	-

Table 1 (continued)

Descriptive statistics for the demographic variables

	<i>n</i>	<i>%</i>	<i>M</i>	<i>SD</i>
Father's Education Level				
<i>Primary School</i>	11	4.5	-	-
<i>Middle School</i>	10	4.0	-	-
<i>High School</i>	47	19.0	-	-
<i>Occupational School</i>	21	8.5	-	-
<i>University</i>	120	48.6	-	-
<i>Masters</i>	18	7.3	-	-
<i>Doctorate</i>	20	8.1	-	-
Parents' Marital Status				
<i>Married</i>	183	74.1	-	-
<i>Seperated</i>	6	2.4	-	-
<i>Divorced</i>	36	14.6	-	-
<i>Mother desceased</i>	5	2.0	-	-
<i>Father desceased</i>	16	6.5	-	-
<i>Both parents deceased</i>	1	.4	-	-
Economical Status				
<i>Low</i>	8	3.2	-	-
<i>Mid-low</i>	71	28.7	-	-
<i>Mid-high</i>	153	61.9	-	-
<i>High</i>	15	6.1	-	-
Sexual Orientation				
<i>Heterosexual</i>	211	85.4	-	-
<i>Homosexual</i>	10	4.0	-	-
<i>Bisexual</i>	26	10.5	-	-
Religious Affiliation				
<i>Muslim</i>	89	36.0	-	-
<i>Christian</i>	1	.4	-	-
<i>Jewish</i>	1	.4	-	-
<i>No religious affiliation</i>	84	34.0	-	-
<i>Atheist</i>	67	27.1	-	-
<i>Spiritual</i>	2	.8	-	-
<i>Agnostic</i>	3	1.2	-	-
Strength of Religious Beliefs	247	-	2.36	1.34
Sexual Relationship Status				
<i>No sexual partners</i>	59	23.9	-	-
<i>In a closed relationship</i>	137	55.5	-	-
<i>In an open relationship</i>	17	6.9	-	-
<i>Multiple sexual partners</i>	34	13.8	-	-

Table 2

Descriptive statistics for the sexual history data

	<i>n</i>	Max.	Min.	<i>M</i>	<i>SD</i>
Age of first intercourse	216	30	13	19.81	3.13
Lifetime sexual partners	247	45	0	8.32	8.08
Lifetime non-committed sexual partners	247	40	0	4.91	6.47
Lifetime one night stands	247	35	0	2.77	5.05
Lifetime penetrative sexual partners	217	40	0	6.81	7.05
Last month's sexual partners	247	4	0	.78	.69
Last month's regular sexual partners	238	3	0	.65	.55
Last month's number of sexual activities with a regular partner	241	50	0	6.55	9.28
Last month's number of penetrative sex with a regular partner	240	40	0	5.21	7.64
Last month's number of penetrative sex with a non-regular partner	237	15	0	.26	1.15

Table 3

Group sizes for the background variables before and after modification

ORIGINAL		FINAL	
VARIABLE	n	VARIABLE	n
Sexual Orientation		Sexual Orientation	
<i>Heterosexual</i>	211	<i>Heterosexual</i>	211
<i>Bisexual</i>	26	<i>Non-heterosexual</i>	36
<i>Homosexual</i>	10		
Relationship Status		Relationship Status	
<i>Single</i>	96	<i>Single</i>	96
<i>Committed</i>	4	<i>In a relationship</i>	151
<i>Engaged</i>	9		
<i>Cohabiting</i>	28		
<i>In a relationship</i>	110		
Religious Affiliation		Religious Affiliation	
<i>Muslim</i>	89	<i>Abrahamic Religions</i>	91
<i>Christian</i>	1	<i>No religious affiliation</i>	86
<i>Jewish</i>	1	<i>Atheist/Agnostic</i>	70
<i>No religious affiliation</i>	84		
<i>Atheist</i>	67		
<i>Spiritual</i>	2		
<i>Agnostic</i>	3		
Sexual Relationship Status		Sexual Relationship Status	
<i>No sexual partners</i>	59	<i>No sexual partners</i>	59
<i>In a closed relationship</i>	137	<i>In a closed relationship</i>	137
<i>In an open relationship</i>	17	<i>Multiple sexual partners</i>	51
<i>Multiple sexual partners</i>	34		

Table 4

Means and Standard Deviations of Sexual History Variables for Demographic Variables

	1		2		3		4		5		6		7		8		9		10	
	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD	M	SD
Gender																				
Male	11.4	9.3	8.4	8.6	4.7	7	18.7	3.4	8.2	7.4	.87	.92	.67	.66	6.1	8.3	5.3	7.6	.50	1.1
Female	6.9	7	3.3	4.4	1.8	3.5	20.3	2.7	6	6.7	.74	.55	.64	.50	6.7	9.6	5.1	7.6	.26	1.8
Relationship Status																				
Single	9.1	8.4	5.4	6.6	3.1	5.2	19.9	3.1	7.8	7.1	.55	.80	.36	.58	1.8	3.9	1.7	3.8	.51	1.7
In a relationship	7.7	7.8	4.5	6.3	2.5	4.9	19.7	3.1	6.1	6.9	.92	.57	.83	.45	9.4	10.3	7.3	8.5	.10	.43
Economic Status																				
Low	14.1	12.4	10.1	10.4	6.8	8.7	18.5	2.4	7.4	7.4	1.1	1.2	.63	.51	8.3	10.1	7.1	8.2	2.3	5.1
Low-intermediate	9.5	9.8	5.5	7.8	2.8	5.9	20.2	3.1	7.7	8.1	.70	.64	.57	.58	5.8	9.9	4.7	8.2	.12	.37
High-intermediate	7.6	7	4.5	5.6	2.5	4.4	19.6	3.1	6.5	6.8	.80	.70	.69	.55	6.9	9.2	5.3	7.5	.22	.72
High	6.2	4	3.2	2.9	2	2.4	19.8	3.2	5	.9	.70	.45	.67	.48	5.2	5.5	4.4	5.2	.07	.26
Religious Affiliation																				
Abrahamic religions	6	6.5	3.1	4.8	1.3	2.5	20.4	3.3	5.1	6	.64	.56	.56	.50	4.4	6.3	3.1	5.7	.10	.30
No religious affiliation	8.5	8.2	4.9	6.2	2.9	5.5	19.9	2.7	6.6	7	.79	.59	.64	.55	7	9.9	5.5	7.5	.20	.69
Atheist/Agnostic	11	8.9	7.2	7.7	4.4	6.3	19	3.2	8.8	7.6	.94	.89	.94	.61	8.7	11	7.5	9.1	.54	1.9
Sexual Orientation																				
Heterosexual	7.7	7.4	4.4	5.6	2.3	4.1	19.8	3.1	6.5	6.8	.72	.61	.62	.54	6.4	8.9	5.2	7.8	.24	1.1
Non-heterosexual	11.5	10.8	7.8	9.7	5.3	8.3	19.9	3.5	8.2	8	1.1	.97	.85	.61	7.4	11.4	4.9	6.6	.36	.89
Sexual Relationship Status																				
No sexual partners	6	5.4	3	3.7	1.4	2.7	20.9	3	5.2	4.6	.22	.52	.20	.52	.96	2.9	.84	2.9	.16	.73
In a closed relationship	7.4	7.6	4.2	6	2.5	4.8	19.9	3	6	7.1	.88	.47	.81	.39	9.3	10	7.2	8.4	.06	.31
Multiple sexual partners	13.1	9.8	8.7	8.3	4.9	6.7	18.6	2.9	10	7.6	1.1	.96	.71	.70	5	8.6	4.5	6.7	.94	2.2

Notes: Variables with significant findings are presented in bold ($p < .05$). Numbers in the column headings refer to; (1) Lifetime sexual partners, (2) Lifetime sexual partners outside of commitment (3) Lifetime one night stands, (4) Age of first intercourse, (5) Lifetime penetrative sexual partners, (6) Last month's sexual partners, (7) Last month's regular sexual partners, (8) Last month's sexual activities with a regular partner, (9) Last month's penetrative sex with a regular partner, (10) Last month's penetrative sex with an irregular partner

Table 5

Significant findings for the between subject effects of the background variables

	Type III Sum of Squares	df	Mean Square	F	Sig
Gender x Sexual Orientation					
<i>Last month's number of sex partners</i>	2.53	1	2.53	8.08	.005
<i>Last month's number of penetrative sex with a regular partner</i>	3.07	1	3.07	8.08	.005
Relationship Status x Economical Level					
<i>Lifetime number of noncommitted sexual partners</i>	253.94	2	126.97	3.69	.027
<i>Lifetime number of one night stands</i>	155.78	2	77.89	3.18	.044
<i>Last month's number of regular sex partners</i>	1.58	2	.791	3.44	.035
<i>Last month's number of penetrative sex with a nonregular partner</i>	87.57	2	43.78	117.68	.000
Sexual Orientation x Sexual Relationship Status					
<i>Lifetime number of noncommitted sex partners</i>	230.8	2	115.40	3.35	.038

Table 6

Descriptive data for the significant interaction effects

	1			2			3			4			5			6		
	n	M	SD	n	M	SD	n	M	SD	n	M	SD	n	M	SD	n	M	SD
Gender x Sexual orientation																		
<i>Female x Heterosexual</i>	149	.71	.57	146	5.1	7.7	-	-	-	-	-	-	-	-	-	-	-	-
<i>Female x Non-heterosexual</i>	22	.91	.42	21	5.1	6.7	-	-	-	-	-	-	-	-	-	-	-	-
<i>Male x Heterosexual</i>	62	.74	.72	60	5.4	7.9	-	-	-	-	-	-	-	-	-	-	-	-
<i>Male x Non-heterosexual</i>	14	1.4	1.4	13	4.4	6.7	-	-	-	-	-	-	-	-	-	-	-	-
Relationship status x Economical status																		
<i>Single x Middle-low</i>	-	-	-	-	-	-	33	6.2	7.9	33	3	6.3	31	.39	.66	31	.19	.47
<i>Single x Middle-high</i>	-	-	-	-	-	-	53	5.1	6	53	3.3	4.8	50	.36	.56	50	.44	1
<i>In a relationship x Middle-low</i>	-	-	-	-	-	-	38	4.9	7.7	38	2.6	5.6	37	.73	.45	36	.06	.23
<i>In a relationship x Middle-high</i>	-	-	-	-	-	-	100	4.1	5.3	100	2.2	4.2	97	.86	.47	98	.11	.47

Notes: Numbers in the column headings refer to: (1) Last month's number of sex partners, (2) Last month's number of penetrative sex with a regular partner, (3) Lifetime number of non-committed sex partners, (4) Lifetime number of one night stands, (5) Last month's number of regular sex partners, (6) Last month's number of penetrative sex with a non-regular partner.

Table 6 (continued)

Descriptive data for the significant interaction effects

	1			2			3			4			5			6		
	n	M	SD	n	M	SD	n	M	SD	n	M	SD	n	M	SD	n	M	SD
Sexual relationship status x Sexual orientation																		
<i>No sexual partners x Heterosexual</i>	-	-	-	-	-	-	52	3	3.9	-	-	-	-	-	-	-	-	-
<i>No sexual partners x Non-heterosexual</i>	-	-	-	-	-	-	7	3.5	2.8	-	-	-	-	-	-	-	-	-
<i>In a closed relationship x Heterosexual</i>	-	-	-	-	-	-	120	3.9	5.7	-	-	-	-	-	-	-	-	-
<i>In a closed relationship x Non-heterosexual</i>	-	-	-	-	-	-	17	6.4	7.7	-	-	-	-	-	-	-	-	-
<i>Multiple sexual partners x Heterosexual</i>	-	-	-	-	-	-	39	7.5	5.9	-	-	-	-	-	-	-	-	-
<i>Multiple sexual partners x Non-heterosexual</i>	-	-	-	-	-	-	12	12.4	13	-	-	-	-	-	-	-	-	-

Notes: Numbers in the column headings refer to: (1) Last month's number of sex partners, (2) Last month's number of penetrative sex with a regular partner, (3) Lifetime number of non-committed sex partners, (4) Lifetime number of one night stands, (5) Last month's number of regular sex partners, (6) Last month's number of penetrative sex with a non-regular partner.

APPENDICES

**APPENDIX A: THE QUESTIONNAIRE (Background Questions,
ECR-R, and Sexual History Questionnaire)**

Demografik Bilgiler

1. Yaşınız:
2. Cinsiyetiniz:
 - a. Kadın
 - b. Erkek
 - c. Diğer (Lütfen belirtiniz)
3. Mesleğiniz:
4. Medeni durumunuz:
 - a. Bekâr (Evli değil)
 - b. İlişkisi var
 - c. Sözlü
 - d. Nişanlı
 - e. Evli değil ve birlikte yaşıyor
 - f. Evli ve birlikte yaşıyor
 - g. Evli ve ayrı yaşıyor
 - h. Boşanmış
 - i. Boşanmış ve birlikte yaşıyor
 - j. Dul
 - k. Diğer (Lütfen belirtiniz)
5. En son mezun olduğunuz okul
 - a. İlkokul
 - b. Ortaokul
 - c. Lise
 - d. Yüksekokul
 - e. Üniversite
 - f. Yüksek Lisans (Master)
 - g. Doktora
6. Annenizin en son mezun olduğu okul
 - a. Herhangi bir okuldan mezun değil
 - b. İlkokul
 - c. Ortaokul
 - d. Lise
 - e. Yüksekokul
 - f. Üniversite
 - g. Yüksek Lisans (Master)
 - h. Doktora
7. Babanızın en son mezun olduğu okul
 - a. Herhangi bir okuldan mezun değil
 - b. İlkokul
 - c. Ortaokul
 - d. Lise

- e. Yüksekokul
 - f. Üniversite
 - g. Yüksek Lisans (Master)
 - h. Doktora
8. Anne ve babanız...
- a. Evli/Birlikte
 - b. Ayrı yaşıyor
 - c. Boşanmış
 - d. Annem vefat etti
 - e. Babam vefat etti
 - f. Her iki ebeveynim de vefat etti
9. Ekonomik durumunuzu hangisi en iyi tanımlar?
- a. Alt
 - b. Alt-orta
 - c. Üst-orta
 - d. Üst
10. Cinsel yöneliminizi hangisi en iyi tanımlar?
- a. Yalnızca karşı cinse ilgi duyarım
 - b. Yalnızca hemcinsime ilgi duyarım
 - c. Hem karşı cinse, hem de hemcinsime ilgi duyarım
 - d. Hiçbir cinse ilgi duymuyorum
 - e. Diğer (Lütfen belirtiniz)
11. Dini inançlarınızı hangisi en iyi tanımlar?
- a. Müslümanım
 - b. Hristiyanım
 - c. Museviyim
 - d. Kendimi herhangi bir dine mensup görmüyorum ancak tanrı inancım var
 - e. Ateistim / Tanrı inancım yok
 - f. Diğer (Lütfen belirtiniz)
12. Dini inançlarınızın ne derece güçlü olduğunu düşünürsünüz?
- a. Hiç güçlü değil
 - b. Pek güçlü değil
 - c. Kararsızım
 - d. Biraz güçlü
 - e. Oldukça güçlü
13. Bugüne kadar hiç cinsel ilişki deneyiminiz oldu mu?
- a. Evet
 - b. Hayır
14. Şu anki ilişki durumunuzu hangisi en iyi tanımlar?
- a. Hayatımda cinsel anlamda ilişki içinde olduğum kimse yok

- b. Bir kiřiyle dıřarıya kapalı bir ilişkim var, ikimiz de başka kişilerle cinsellik yaşamıyoruz/yaşayamayız.
 - c. Bir kiřiyle dıřarıya açık bir ilişkim var, ikimiz de başka kişilerle cinsellik yaşıyoruz / yaşayabiliriz.
 - d. Hayatımda sürekli olarak görüştüğüm bir kiři olmamakla birlikte farklı kişilerle cinsellik yaşıyorum.
 - e. Diğer (Lütfen belirtiniz)
15. Eğer dıřarıya kapalı ya da açık bir ilişki içindeyseniz; bu ilişkiniz kaç aydır devam etmekte? (Eğer mevcut bir ilişkiniz yoksa en son ilişkinizin süresini yazabilirsiniz)
16. Bugüne kadarki en uzun ilişkiniz kaç ay sürmüştü?

YAKIN İLİŞKİLERDE YAŞANTILAR ENVANTERİ – II

Aşağıdaki maddeler romantik ilişkilerinizde hissettiğiniz duygularla ilgilidir. Bu araştırmada sizin ilişkinizde yalnızca şu anda değil, genel olarak neler olduğuyla ya da neler yaşadığınızla ilgilenmekteyiz. Maddelerde sözü geçen "birlikte olduğum kişi" ifadesi ile romantik ilişkide bulunduğunuz kişi kastedilmektedir. Eğer halihazırda bir romantik ilişki içerisinde değilseniz, aşağıdaki maddeleri bir ilişki içinde olduğunuzu varsayarak cevaplandırınız. Her bir maddenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılardaki 7 aralıklı ölçek üzerinde, ilgili rakam üzerine çarpı (X) koyarak gösteriniz.

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

Hiç

Kararsızım

Tamamen

Katılmıyorum

Katılıyorum

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

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

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.	1	2	3	4	5	6	7
26.Başımından geçenleri birlikte olduğum kişiyle konuşurum.	1	2	3	4	5	6	7
27.Çok yakın olma arzum bazen insanları korkutup uzaklaştırır.	1	2	3	4	5	6	7
28.Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissederim.	1	2	3	4	5	6	7
29.Romantik ilişkide olduğum bir kişi beni yakından tanıdıkça, “gerçek ben”den hoşlanmayacağından korkarım.	1	2	3	4	5	6	7
30.Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır.	1	2	3	4	5	6	7
31.Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkelerendirir.	1	2	3	4	5	6	7
32.Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır.	1	2	3	4	5	6	7
33.Başka insanlara denk olamamaktan endişe duyarım	1	2	3	4	5	6	7
34.Birlikte olduğum kişiye şefkat göstermek benim için kolaydır.	1	2	3	4	5	6	7
35.Birlikte olduğum kişi beni sadece kızgın olduğumda önemser.	1	2	3	4	5	6	7
36.Birlikte olduğum kişi beni ve ihtiyaçlarımı gerçekten anlar.	1	2	3	4	5	6	7

Cinsel Tarihçe Anketi

Bu anket, cinsel geçmişinizle ilgili sorular sormaktadır. Cevaplarınız tamamıyla gizli tutulacaktır. Bu ankette kullanılan bazı kelimeler size tanıdık gelmeyebilir ya da tam olarak ne anlama geldiklerinden emin olmayabilirsiniz. Şu tanımlar size yardımcı olabilir:

Vajinal seks, penisin vajinaya girdiği seksi tanımlamaktadır. *Oral seks*, ağzın ya da dilin cinsel organlarla temas halinde olduğu sekstir. *Anal seks*, penisin anüse girdiği seksi tanımlamak için kullanılır. *Penetratif seks*, penisin vajina ya da anüse girdiği sekstir. *Penetratif olmayan seks* ise oral seks başta olmak üzere masaj, dokunma ve ortak mastrübasyon gibi seksin değişik formlarını içermektedir. *Korunulan seks*, kondom (prezervatif) kullanılan penetrative seks ya da lateks bir bariyer veya kondom kullanılan oral seks anlamına gelmektedir. Son olarak, bu çalışmanın amaçları doğrultusunda, *düzenli partner* tabiri birden fazla defa seks yaptığınız kişi anlamı taşımaktadır.

Bölüm A

1. Kiminle seks yaparsınız?
 - a. Yalnızca erkeklerle
 - b. Çoğunlukla erkeklerle
 - c. Eşit olarak kadınlarla ve erkeklerle
 - d. Çoğunlukla kadınlarla
 - e. Yalnızca kadınlarla
2. Bugüne kadar kaç cinsel partneriniz oldu (penetratif olmayan seks dahil olmak üzere)? _____
3. Hayatınız boyunca, uzun vadeli romantik bir ilişki yaşamayı **düşünmediğiniz** kaç kişiyle cinsel ilişkide (penetratif olmayan seks türleri dahil olmak üzere) bulundunuz ? _____
4. Hayatınız boyunca, **pek tanımadığınız** kaç kişiyle tek gecelik cinsel ilişki (penetratif olmayan seks dahil olmak üzere) yaşadınız? _____
5. Hiç penetratif seks yaptınız mı? (Penisin vajina ya da anüse girdiği seks)
 - a. Evet
 - b. Hayır
6. Cevabınız evetse, ilk kez penetratif seks yaptığınızda kaç yaşındaydınız? _____
7. Cevabınız evetse, bugüne kadar kaç partnerle penetratif seks yaptınız? _____

Bölüm B

Aşağıdaki sorular **geçen ayki** cinsel davranışınızla ilgilidir. Buna oral seks ya da ortak mastürbasyon gibi penetratif olmayan seks türleri de dahildir. Eğer geçen ay seks yapmadıysanız lütfen Bölüm C'ye geçin.

1. Geçen ay boyunca kaç cinsel partneriniz oldu? _____
2. Bunların kaçını düzenli partnerlerdi (bir defadan fazla seks yaptığınız kişiler)? _____
3. Geçen ay düzenli bir partnerle kaç defa seks yaptınız? _____
 - a. Bunların kaçını penetratif seksti? _____
4. Geçen ay başka partnerlerle kaç defa seks yaptınız? _____
 - a. Bunların kaçını penetratif seksti? _____

Bölüm C

Aşağıdaki sorular **en son cinsel ilişkinizle** ilgilidir.

1. En son cinsel ilişkiniz ne kadar süre önceydi?
 - a. Bir haftadan daha az
 - b. Bir hafta – bir ay arası
 - c. Bir ay – Üç ay arası
 - d. Üç ay – Altı ay arası
 - e. Altı ay – Bir yıl arası
 - f. Bir yıldan daha fazla
2. En son cinsel ilişkinizde hangi tür(ler)de seks yaptınız? Lütfen aşağıdaki aktivitelere evet ya da hayır şeklinde yanıt verin:
 - a. Vajinal seks: evet/hayır
 - b. Anal seks: evet/hayır
 - c. Oral seks: evet/hayır
 - d. Diğer penetratif olmayan seks türleri (masaj ya da ortak mastürbasyon gibi): evet/hayır
3. Son cinsel ilişkinizdeki partnerinizin cinsiyeti neydi?
 - a. Erkek
 - b. Kadın
4. Bu kişi düzenli bir partner miydi (birden fazla defa seks yaptığınız bir kişi)? evet/hayır
5. Bu partnerle, ne tür seksten hoşlandığınızı ve hoşlanmadığınızı hiç konuşmuş muydunuz? evet/hayır
6. Aşağıdaki ölçeği kullanarak her bir cümlemin yanına düşüncenizi yansıtan rakamı yazın:

1(hiç) 2 3 4 5(oldukça)

a. Son cinsel ilişkinizde, seks yapma isteğiniz ne kadardı?

b. Son cinsel ilişkinizdeki bu partnerinize, sekse yönelik dileklerinizi ne ölçüde ifade edebildiğinizi hissettiniz? _____