

EXAMINING THE RELATIONSHIP BETWEEN PROJECTIVE IDENTIFICATION,
GENDER ROLES, CONFLICT RESOLUTION STYLES AND MARITAL
SATISFACTION

FATMA GÖKÇE YÜCEL

110629016

İSTANBUL BİLGİ ÜNİVERSİTESİ
SOSYAL BİLİMLER ENSTİTÜSÜ
KLİNİK PSİKOLOJİ YÜKSEK LİSANS PROGRAMI

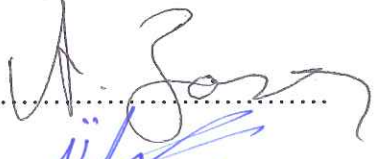
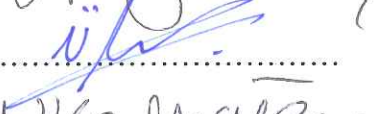
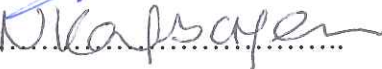
YRD. DOÇ. DR. AYTEN ZARA

2013

Examining the relationship between projective identification, conflict resolution styles,
gender roles and marital satisfaction

Yansıtımlı özdeşim, çatışma çözme stilleri, cinsiyet rolleri ve evlilik doyumu
arasındaki ilişkinin incelenmesi

Fatma Gökçe Yücel

Tez Danışmanı: Yard. Doç. Dr. Ayten Zara : 
Yard. Doç. Dr. Ümit Akırmak : 
Yard. Doç Dr. Nilüfer Kafesçioğlu : 

Tezin onaylandığı tarih :

Toplam Sayfa sayısı :

Anahtar Kelimeler (Türkçe)

- 1) Evlilik Doyumu
- 2) Evlilik Çatışma Çözme Stilleri
- 3) Yansıtımlı Özdeşim
- 4) Cinsiyet Rollerini

Anahtar Kelimeler (İngilizce)

- 1) Marital Satisfaction
- 2) Conflict Resolution Styles
- 3) Projective Identification
- 4) Gender Roles

Abstract

This thesis explored the relationship between projective identification, gender roles, conflict resolution styles and marital satisfaction. This thesis provides an integrative view to understand marital satisfaction by examining various determinants which come from different perspectives. The data was collected from 123 married people: 54 of them male and 69 of them female. Their ages ranged from 23 to 44 and the mean of their age was 32, 5. Firstly, correlation analysis was run for examining the relationship between projective identification, conflict resolution style and marital satisfaction. Secondly, series of 2X2X2 ANOVA were conducted to explore the effect of sex and gender roles; having feminine characteristics and having masculine characteristics, on marital satisfaction and conflict resolution styles. The results showed that there was a positive correlation between persecuting projective identification and negative conflict resolution styles whereas there was a positive correlation between idealizing projective identification and subordination behaviors. Similar to previous studies, there was a positive correlation between idealizing projective identification and marital satisfaction whereas there was negative correlation between persecuting projective identification and marital satisfaction. On the other hand, having feminine characteristics has a significant main effect on marital satisfaction and subordination behaviors. The results were discussed according to socio-cultural perspective and psychodynamic perspectives.

Özet

Bu tez çalışmasında yansıtımlı özdeşim, cinsiyet rolleri, çatışma çözme stilleri ve evlilik doyumu arasındaki ilişki incelenmiştir. Bu tez, evlilik doyumunu etkileyen ve farklı bakış açılarından gelen faktörlerin ilişkisini inceleyerek entegratif bir bakış açısı sunmaktadır. Veriler evli, 54'ü erkek ve 69'u kadın olan 123 kişiden toplanmıştır. Katılımcıların yaşları 23 ile 44 arasındadır ve yaşlarının ortalaması 32,5'tur. Yansıtımlı özdeşim, çatışma çözme stilleri ve evlilik doyumu arasındaki ilişkiyi incelemek için korelasyon analizi kullanılmıştır. Cinsiyetin ve cinsiyet rollerinin; kadınsı özelliklere sahip olma ve erkeksi özelliklere sahip olma, evlilik doyumu ve çatışma çözme stilleri üzerindeki etkisini incelemek için 2X2X2 ANOVA analizleri kullanılmıştır. Sonuçlar tehdit edici/zulmedici yansıtımlı özdeşim ve olumsuz çatışma çözme stilleri arasında pozitif bir ilişki olduğunu göstermiştir. Diğer bir yandan, idealleştiren yansıtımlı özdeşim ve boyun eğici davranışlar birbiriyle pozitif bir ilişki içerisindedir. Buna ek olarak, tehdit edici/zulmedici yansıtımlı özdeşim evlilik doyumuyla negatif bir ilişki içerisindeyken, idealleştirilen yansıtımlı özdeşimle pozitif bir ilişki içerisindedir. Kadınsı özelliklere sahip olmanın itaatkar davranışlar ve evlilik doyumu üzerinde etkisi vardır. Araştırmanın sonuçları psikodinamik ve sosyo-kültürel bakış açıları doğrultusunda tartışılmıştır.

Acknowledgements

Firstly, I would like to express my gratitude to my thesis advisor Assist. Prof. Ayten Zara. She encouraged and trusted me in each step of my thesis process. The thesis process would be much more difficult without her academic guidance and emotional support. Secondly, I would like to thank Assist. Prof. Ümit Akırmak for his valuable, accurate and constructive feedbacks about statistics, methodology and results of the study. In addition, I would like to thank Assist. Prof. Nilüfer Kafesçioğlu for accepting to be the third reader of this thesis and her support. Also, I am grateful for her interest in the subject of this research.

I would like to thank all my friends who helped me during the graduate years. Special thanks to my close friends Elif, Gülay and Gülsah for their support and companionship. It would be hard to complete this graduate program without them. I would like to thank Elif for her endless support in statistical analysis and collecting the data. Also, thanks to Elif for her patience and encouragement which make me peaceful whenever I feel anxious. In addition, I would like to thank Gülay for her valuable contributions in this thesis. Her emotional support, enthusiasm and efficient solutions helped me to continue this thesis whenever I felt overwhelmed. I would like to thank Gülsah for her endless emotional support, trusting and believing in me throughout my life.

I would like to thank my close friend Tuğba. With her companionship and support, completing this program was much easier for me. Also, I would like to thank my friend Cansu for helping me in statistical analysis with patience in her busy days. In addition, I would like to thank all participants who joined my study.

This thesis is dedicated to my family; my mother, Serap and my father, İsmail and my fiancé, Cenan. I would like to give my greatest appreciation to my family in trusting and believing me through my life. My mother's unconditional love and support helped me to continue this process whenever I felt overwhelmed. Last, but never least, I would like to thank Cenan for his ongoing love, endless support and patience. He always trusted and encouraged me in this thesis process. His presence made me a happier and more peaceful person which helped me a lot in completing this master program.

Table of Contents

1. Introduction.....	1
1.1. Background Information for the Topic.....	1
1.2. Marital Studies in Turkey.....	3
1.3. Aims of the Study.....	4
1.4. Significance and Implications of the Study.....	5
2. Literature Review.....	6
2.1. Marital Satisfaction.....	6
2.1.1. Individual Factors that Affect Marital Satisfaction.....	6
2.1.1.1. Cognitions, Schemas, Attributions.....	7
2.1.1.2. Personality Characteristics.....	8
2.1.1.3 Gender Roles.....	9
2.1.2. Interpersonal Dynamics and Marital Satisfaction.....	9
2.1.2.1. Attachment Style.....	9
2.1.2.2. Projective Identification.....	10
2.1.2.3. Interaction Patterns.....	10
2.2. The Definition of Projective Identification.....	10
2.2.1. Projective Identification and Couple Relationship.....	15
2.2.2.1. Projective Identification and Marital Satisfaction.....	18
2.3. Conflict Resolution Styles.....	21
2.3.1. Individual Factors that Affect Conflict Resolution Style.....	23
2.3.1.1. Gender.....	23
2.3.1.2. Needs.....	24
2.3.1.3 Personality Characteristics.....	25

2.3.1.4. Psychological Distress.....	25
2.3.2. Relational Dynamics and Conflict Resolution Style.....	25
2.3.3. Conflict Resolution Style, Couple Dynamics and Satisfaction.....	27
2.4. Explanations for Gender Roles and Gender Identity.....	32
2.4.1. Socio-cultural Definition of Gender Roles.....	32
2.4.2. Psychoanalytic Explanations of Gender Identity.....	34
2.4.2.1. Ego Defenses and Gender Roles.....	35
2.4.3. Integrative Explanation of Gender Identity.....	36
2.4.4. Gender Roles and Marital Processes.....	38
3. Method.....	40
3.1. Participants.....	40
3.2. Measures.....	42
3.2.1. Marital Life Scale (MLS).....	42
3.2.2. Paulson Daily Living Inventory (PDLI).....	42
3.2.3. Conflict Resolution Style Scale (CRSS).....	44
3.2.4. BEM Sex Role Inventory.....	44
3.3. Procedure.....	46
4. Results.....	47
4.1. Overview.....	47
4.2. Correlations among Projective Identification, Conflict Resolution Styles and Marital Satisfaction.....	49
4.3. The Main Effect of Sex and Gender Roles on Conflict Resolution Styles and Marital Satisfaction.....	51
4.4. Interaction Effect of Gender Roles on Projective Identification.....	55

4.5. Multiple Regression Analysis for the Relationship among Gender Roles, Projective Identification, Conflict Resolution Styles and Marital Satisfaction.....	56
4.6. The Relationship among Socio- demographic Variables and Marital Satisfaction.....	58
5. Discussion.....	59
5.1. Study Findings.....	59
5.2. On the Relationship between Projective Identification and CRSS.....	59
5.3. On the Relationship between Projective Identification and Marital Satisfaction.....	61
5.4. On the Relationship between CRSS and Marital Satisfaction.....	63
5.5. On the Relationship among Feminine, Masculine Characteristics, CRSS and Marital Satisfaction.....	63
5.6. On the Relationship among Feminine, Masculine Characteristics and Projective Identification.....	66
5.7. The Relationship among Demographic Variables and Marital Satisfaction.....	66
5.8. Contributions and Limitations.....	68
6. References.....	71
Appendices	
A. Informed Consent Form.....	85
B. Demographic Information Form.....	86
C. Paulson Daily Living Inventory.....	88
D. Conflict Resolution Style Scale.....	91
E. Bem, Sex Role Inventory.....	92
F. Marital Life Scale.....	93

List of Tables

Table 1	Socio-Demographic Characteristics of the Participants.....	41
Table 2	Reliability Analysis of the Scales.....	48
Table 3	Correlations among Projective Identification, Conflict Resolution Styles and Marital Satisfaction.....	50
Table 4	Multiple Regression Analysis of the Variables for Marital Satisfaction.....	57

List of Figures

<i>Figure 1.</i>	Main effect of feminine characteristics on subordination for males.....	52
<i>Figure 2.</i>	Main effect of feminine characteristics on subordination for females.....	52
<i>Figure 3.</i>	Main effect of feminine personality characteristics on NCRS for males.....	53
<i>Figure 4.</i>	Main effect of feminine personality characteristics on NCRS for females...	53
<i>Figure 5.</i>	Main effect of feminine characteristics on marital satisfaction for males....	54
<i>Figure 6.</i>	Main effect of feminine characteristics on marital satisfaction for females.....	54
<i>Figure 7.</i>	Interaction effect of masculine and feminine characteristics on idealizing projective identification.....	55

1. Introduction

Unresolved marital conflicts and marital problems make couples unhappy, lead distress and cause psychological problems. On the other hand, satisfying relationship maintains social support for couples and brings a better quality of life. Nowadays, increasing divorce and domestic violence rates have been leading researchers to reconsider the concept of marriage. Especially, searching for the determinants of marital adjustment and marital satisfaction and defining the factors which make couples happy has gained more importance (Baumeister & Leary, 1995; Ottu & Akpan, 2011).

Most of the researches explain marital conflict, marital adjustment and marital satisfaction based on one perspective. Marriage comprises complex relational dynamics. At this point, explaining determinants from one perspective without examining their interaction is not enough to understand this concept. In the present study, the effect of projective identification, conflict resolution style, gender roles on marital satisfaction were examined by exploring their relationship with each other. These concepts come from different perspectives. Projective identification belongs to object relations perspectives while gender roles are related to socio-cultural view. The aim of the study was to examine different views together and understand marital satisfaction from an integrative perspective.

1.1. Background Information for the Topic

Marital satisfaction means how people happy and satisfied about their marital life (Ottu & Akpan, 2011). Communication patterns, needs, personality characteristics, values, attachment styles, schemas were important determinants of marital satisfaction (Ottu & Akpan, 2011; Dumitrescu & Rusu , 2012, Blum & Mehrabian, 1999).

Projective identification was introduced by Melanie Klein (1946), one of the innovators of object relations perspective. According to Klein, a person wants to get rid of a part of self which may be destroying and threatening for the self therefore the person projects it on another person. Another reason for getting rid of the part is that the person may want to protect the part from other threatening parts of the self. In projective identification, the person feels connected with other person and feels as a unit with that person. The recipient behaves in a similar way to projective fantasy of the projector therefore; the projector experiences the unwanted part through recipient's identification. This experience takes place in the first years of life, between the object (mother) and the baby. Some researchers suggest that people experience these similar relational dynamics in their romantic relationship (e.g., Kernberg, 1991). They claim that marriage is a cycle in which these dynamics repeat. At this point, projective identification is a very crucial concept that needs to be examined to understand couple's unconscious relational dynamics.

According to gender schema theory, introduced by Bem (1981), children develop cognitive schemas about gender roles, being affected from their cultures, therefore they learn gender roles. Some researchers emphasize sex differences on marital processes. At this point, how people define themselves according to gender role expectations is also important to understand the effect of gender on marital processes.

Conflict resolution style is a very important concept for determining marital quality, marital satisfaction and marital adjustment. Positive, constructive conflict resolution styles increase marital adjustment and marital satisfaction. On the other hand, negative, destructive conflict resolution styles increase distress level and psychological problems of couples (e.g., Christensen & Shenk, 1991).

1.2. Marital Studies in Turkey

In Turkey, there were limited empirical studies which examined the role of conflict resolution styles, gender roles and projective identification on marital life. Göral-Alkan (2010) examined both interpersonal and intrapersonal factors which were related to projective identification. She found that there was a positive correlation between idealizing projective identification and relationship satisfaction whereas there was a negative correlation between persecuting projective identification and relationship satisfaction.

Malkoç (2001) examined the relationship between marital adjustment and communication patterns and found that people with high marital adjustment scores use destructive communication strategies less than people with low marital adjustment scores. In addition, Bahadır (2006) explored the relationship between attachment styles and conflict resolution styles of couples and found that avoidance dimension was the predictor of accommodating, compromising and avoiding conflict resolution styles. Also, Çelenoğlu (2011) examined coping efforts of married couples and concluded that men use avoidance coping style more than women do whereas women use self-blaming coping efforts more than men do.

Anar (2011) studied the relationship between gender roles and marital satisfaction and found that people with androgen role have higher marital satisfaction level than people with undifferentiated gender role. Similar to Anar, Çınar (2011) examined the relationship between gender roles and marital satisfaction. Çınar found that people with feminine and androgen role have higher marital satisfaction scores than people with masculine and undifferentiated gender role. Lastly, Bal (2007) claimed that gender roles have very crucial role in predicting marital adjustment. In her study, she

concluded that femininity score of men and marital adjustment score were positively correlated to each other. In addition, it was found that marital adjustment scores and femininity scores of women were positively correlated to each other.

1.3. Aims of the Study

In the light of past research and literature, the main goal of the present study was to explore the relationship among projective identification, gender roles, conflict resolution styles and marital satisfaction. By examining the relationship among different variables, it was aimed to integrate different concepts to understand marital satisfaction. In the present study, conflict resolution styles were considered as couples' behavioral patterns. Projective identification was explored to understand the couples' unconscious dynamics whereas gender roles were examined to understand the couples' socio-cognitive schemas which are defined by family and culture.

The hypotheses are;

- 1) To explore the relationship between projective identification and conflict resolution styles
 - a) A positive correlation between persecuting projective identification and negative conflict resolution styles was expected.
- 2) To explore the relationship between projective identification and marital satisfaction.
 - a) A positive correlation between marital satisfaction and idealizing projective identification was expected.
 - b) A negative correlation between marital satisfaction and persecuting projective identification was expected.
- 3) To explore the effects of sex and gender roles on conflict resolution styles and marital satisfaction level

4) To explore the effects of gender roles on projective identification

1.4. Significance and Implications of the Study

The present study is one of the few empirical studies which explored the relationship between marital processes and projective identification. Also, this study is the first empirical study which examined the relationship between projective identification and conflict resolution styles. Exploring the association between unconscious and behavioral patterns of couple may provide an integrative view to couple therapists.

The present study examined the relationship between projective identification, gender roles, marital satisfaction and conflict resolution styles. The results were explained according to socio-cultural and psychodynamic perspectives therefore, the study provides an integrative view to understand the marital processes.

In addition, demographic variables were explored in relation to couples' interactions. This information provides socio- cultural information on Turkish couples which is very important in working with Turkish couples.

To conclude, the present study helps us to understand marital processes in a multidimensional way and provides an integrative perspective for couple and marriage studies which has been a recently developing area in Turkey.

2. Literature Review

2.1. Marital Satisfaction

Marital satisfaction comprises complex relational dynamics and various determinants therefore it is hard to explain marital satisfaction by a simple definition. Baumeister (2007) stated that marital satisfaction is a concept in which couple reconsider the benefits and cost of their marriages and decide how satisfied they are. If people think that their marriages bring more cost than benefits, they will be unsatisfied. In other words, the perceived benefits and costs of marriage define the level of marital satisfaction and happiness.

Similar to Baumeister (2007), Brockwood (2007), stated that marital satisfaction is an examination of one's marriage based on different areas and making evaluations about how satisfied and happy one is (Ottu & Akpan, 2011).

Plenty of study examined different predictors of marital satisfaction to define and understand this concept in a better way. The quality of communication, leisure interactions, compatibility among couple's values, beliefs, needs and the agreement in some basic subjects which are related to relationship such as child rearing, finances, households are important factors in defining marital satisfaction (e.g., Ottu & Akpan, 2011; Dumitrescu & Rusu , 2012, Blum & Mehrabian,1999).

2.1.1. Individual Factors that Affect Marital Satisfaction

Various variables that researchers examined about marital satisfaction are related to individual factors such as cognitive structures, personality characteristics, gender roles (Abedi, Bahrami, Etemadi, Fatehizadeh, & Ghasemi, 2012).

2.1.1.1. Cognitions, Schemas, Attributions

Some researchers emphasized the importance of cognitive factors in marital satisfaction. Ellis (1986) proposed that high level of irrational beliefs such as illogical, rigid, exaggerated thoughts lead disturbance such as marital distress. Similarly in a study in Turkey, Hamamci (2005) explored the relationship between dysfunctional relationship beliefs and marital conflict. He stated that there was a positive correlation between dysfunctional beliefs and marital conflict.

Several studies emphasized the importance of causal attributions that couples make about their marital problems and their effects on emotional distress (Bradbury, Finchman, & Grych, 1990; Tilden & Dattilio, 2005). Also, Baucom, Epstein, Sayers, and Sher, (1989) pointed out the significance of attributions, expectations and standards of couples' about marital life.

According to Beck (1979), schemas comprise basic beliefs about human nature and relationships. They are usually stable. Some schemas which are associated to relationships are formed early in life based on family relationships, culture and mass media (Beck, 1979; Tilden & Dattilio, 2005). When the schemas about relationship and partner are negative, the individual tends to explain the relationship and the behavior of the partner in a negative way. This may lead negative interactions between couples (Chatao & Whisman, 2009; Dumitrescu & Rusu, 2012)

According to Early Maladaptive Schemas Model, the maladaptive schemas are usually associated with marital conflict and distress. Maladaptive schemas are formed during adolescence or childhood and are dysfunctional in the individual's personal relationship. These schemas are related to unmet emotional needs and activated in daily

life when a situation similar to negative past event occurs (Young, Klosko, & Weishaar, 2003).

In a study conducted by Dumitrescu & Rusu (2012), the relationship between early maladaptive schemas and the level of marital satisfaction were examined. A negative relationship between the scores of early maladaptive schemas and marital satisfaction level was found. The results of the study indicated that early negative schemas were the predictors of dysfunctional relationship and marital dissatisfaction. Early maladaptive schemas are related to abandonment, instability, emotional deprivation, social isolation, incompetence, vulnerability to harm and pessimism. According to these early schemas, a person thinks that her/his partner may abandon her/him, give not enough support and do not love her/him. All in all, according to these early maladaptive schemas, people construct negative evaluations about their present relationship and these negative evaluations lead decreasing marital satisfaction.

2.1.1.2. Personality Characteristics

Blum and Mehrabian (1999) explored the relationship between temperament and marital satisfaction. They defined temperament in three categories; pleasantness, arousability and dominance. According to the results, the individuals who had higher score on pleasantness and dominance and those who had mates with higher score of pleasantness were happier in their marriages. The wives with higher submissiveness and lower unpleasantness scores had lower scores on marital satisfaction.

Dumitrescu and Rusu (2012) examined the relationship between emotional expressivity and couple satisfaction. Emotional expressivity is a crucial factor in couple's wellbeing. Emotional expressivity is a persistent pattern and related to expressing different emotions verbally and nonverbally. There was a positive

correlation between positive emotional expressivity and couple satisfaction (Halberstadt, Cassidy, Stifter, Parke, & Fox, 1995; Rauer & Volling, 2005). In addition to this, marital satisfaction was positively related to expressing agreement, humor, approval, caring and empathy (Feeney, 1998; Dumitrescu, & Rusu, 2012).

2.1.1.3. Gender Roles

In a study in Turkey, Bal (2007) indicated that women who had high score in androgen type have highest marital adjustment score. Bal explained that androgynous women may show more tolerance and empathy therefore, this leads increase in their marital adjustment. Similar to this, in another study, it was found that women who had undifferentiated gender role had lower marital satisfaction than women who had androgynous role (Çınar, 2008).

On the other hand, another study results demonstrated that couples who had gender stereotyped roles were more likely to increase in their relationship satisfaction score than couples who had nonstereotyped roles (Heavey, Layne& Christensen, 1993).

2.1.2. Interpersonal Dynamics and Marital Satisfaction

Past researchers focused on the effects of interpersonal dynamics such as attachment style, projective identification and interaction patterns on marital satisfaction.

2.1.2.1. Attachment Style

Feeney (1996) explored the relationship between caregiving, attachment styles and marital satisfaction. He measured attachment styles by two categories; secure and insecure and caregiving in two dimensions; responsive and compulsive caring. According to the results, there was a positive relationship between secure attachment and beneficial caregiving which is low in compulsive and high in responsive caring. In

addition, positive relationship was found between secure attachment, beneficial caregiving of spouse and marital satisfaction.

2.1.2.2. Projective Identification

Some studies examined the relationship among projective identification, marital satisfaction and marital adjustment. Most of them indicated that there was a positive correlation among the marital adjustment, marital satisfaction and idealizing projective identification while there was a negative correlation among persecuting projective identification, marital satisfaction and marital adjustment (Catherall, 1992; Göral-Alkan, 2010; Kissen, 1996; Kovacs 1996; Middelberg, 2001; Rosegrant, 1981; Scharff & Scharff, 1997).

2.1.2.3. Interaction Patterns

There are different studies which examined the relationship between conflict resolution strategies of the spouses and the marital satisfaction. Most of these studies showed that there was a positive correlation between marital satisfaction and constructive conflict resolution strategies such as agreement, humor while there was a negative correlation between marital satisfaction and destructive strategies; withdrawal and conflict engagement (Gottman & Krokoff, 1989; Heavey, Layne, & Christensen, 1993).

2.2. The Definition of Projective Identification

Projective identification is a very complex concept which was explained by different perspectives.

Melanie Klein (1946) examined the relationship between projection and identification and she introduced the term “projective identification”. Freud (1896) defined identification as “a repressed desire to be like another, to act like another”.

Identification is related to subjective psychological reality. According to Freud, a person identifies with what s/he imagines about the other person. Klein (1946) stated that projection is accompanied by identification.

Klein (1946) claimed that projective identification takes place in the phantasy of the infant. She stated two stages in the development of the infant; Paranoid-Schizoid and Depressive Positions. Klein indicated that projective identification belongs to paranoid- schizoid position. At this stage, aggressive drives, which increase with some negative experiences such as bodily pain and hunger, make infant anxious. This anxiety is hard to deal with therefore the infant splits off this unwanted, irritating part and projects it to another object, especially to mother. As a result of this, infant perceives his mother as “persecuting”. On the other hand, the infant may project his/ her libidinal instincts to mother. At this point the infant experiences his/ her mother as “ideal”. Both of them lead splitting between good and bad parts of self and object representations.

In depressive position, the infant starts to separate self from other and combines good and bad part object representations. In this stage, the infant has an increasing capacity to tolerate anxiety. People may experience both two stages during their lifetime occasionally (Segal, 2004; Spillius, 1988). Persecutory anxieties occur at paranoid-schizoid stage while guilty feelings appear at depressive stage. Destructiveness, jealousy, hate are more obvious in paranoid-schizoid position while love, empathy and constructiveness are more apparent in depressive position. Although swing from one position to another continue during life time based on different life events, infants’ transition to depressive position is related to psychological health. By attaining depressive position, the infant relieves from his/her destructive anxieties.

Some theories emphasized the importance of intrapsychic processes in projective identification but through time interpersonal view gained importance. Nowadays, researches have been focusing on integrating intrapsychic and interpersonal perspectives (Chescheir, 1995; Ogden, 1979).

Göka et al. (2006) described projective identification based on three different perspectives. The first one defines projective identification as a defense mechanism which is mostly seen in personality disorders in which the integrity of self is damaged. This view is mostly related to the pathological meaning of projective identification. The second perspective sees projective identification as an interpersonal mechanism in which transference and countertransference take place. The third perspective claims that projective identification can be observed in each interaction with other person.

Similar to this, Brunet and Casoni (2000) made classification of projective identification and they examined this concept in three categories. One of them is "*Intrusive Projective Identification*". It is seen as a defensive fantasy which is defined by Melanie Klein. It is related to a "fantasy of omnipotent penetration of the object". Second one is "*Communicative Projective Identification*". This type is related to Bion's term. According to this, projective identification has a communicative function. Last one is "*Empathic Projective Identification*". It includes strong links with others to understand what others feel or think. It is related to love and libidinal impulses (Brunet & Casoni, 2000).

According to Bion (1962), projective identification has a nonpathological function. He emphasized the importance of containment in this process. He stated that when the infant's unwanted thoughts cannot be contained and integrated, the infant uses projective identification. It has two instances. One of them is that an infant may want to

get rid of anxiety provoking content. Because in the phantasy the mother is responsible for this unwanted content, the mother needs to suffer. In the second one, the infant wants to communicate with mother about his stress therefore she can transform it for him. In both two processes, mother's containing function is very important to decrease the infant's anxiety, transform the unwanted anxiety provoking content and integrate it for the child. This function is very important for the infant to identify with mother's containing function. All in all, Bion (1962) defined projective identification with its containment function. He claimed that therapist needs to be open for projections and contain them and give the contained material to the patients. This is very important for the psychological development of the patient.

Ogden (1979) explained projective identification in three phases. In the first stage, a person wants to get rid of a part of self. This part may be destroying and threatening for the self therefore, the person projects it on another person. Another reason for getting rid off this part is that the person may want to protect it from other threatening parts of the self. In the projection, a person simply wants to rid of the unwanted part of himself/herself therefore there is a psychological distance from the other person. On the other hand, in projective identification the person feels connected with other person and feels as a unit with that person. In the second stage, there is a real pressure to recipient person who receive projection. As a result of this pressure, the recipient feels himself to feel and behave in a way similar to projective fantasy of the projector. This pressure is formed by interactions between projector and recipient. Through these interactions, the projector feels that he can be understood by the recipient. In this part there is a wish to control the projected part in other person. In the last stage, the recipient processes the projected part of the projector. Because the

recipient is a different person, he may process the experiences different than the projector. These differences make projector to see alternative psychological process to handle with anxiety provoking part of himself therefore he re-internalize the projected part of himself. At this point the psychological maturity of the recipient gains importance. If the recipient is more mature than projector, he can take the projections, metabolize and process them therefore the projector can see more efficient way to handle with unwanted part and integrate the metabolized, contained (Bion, 1959) the part to the self. With all of these characteristics, projective identification has a function of defence, communication, primitive form of object relationship and a way to psychological change (Ogden, 1979).

According to Segal (2008), projective identification has two aims. Firstly, the ideal object can be preserved by avoiding separation. Secondly, the danger of bad object can be controlled. Some parts of the self can be destructive for other parts therefore; these parts are projected to maintain safety for other parts. With these properties, projective identification can be seen as an adaptive mechanism in some circumstances.

Mendelsohn (2009) explained projective identification as a process of communication which takes place between two people in intimate contact. He emphasized the importance of projective identification in working with marital couple. He stated that projective identification is malignant only when it is used with other primitive defenses (Mendelsohn, 2009).

McWilliams (1994) defined projective identification as a mature psychological process which includes empathy and intuition. According to him, projective identification integrates projection and introjection. Projection is related to attributing a

person's motives, feelings and ideas to other people. On the other hand, introjection is related to integrating these feelings and motives. In other words, by projective identification, projections of a person may turn real. He emphasized that there is a misconception that empathy is only related to the feeling of warm, sympathy and acceptance. He stated that empathy is a "capacity to feel with". The feelings can be negative such as hate, anger, and sadness or warm and loving. He indicated that empathy is a mode of projection. Mother tries to understand her baby and guess her feelings by using projection. She uses nonverbal cues, her own hunches. Mendelsohn (2009) claimed that early mother- infant bond is established through projective mechanism. This early relationship is a very crucial dynamic for future close relationship.

2.2.1. Projective Identification and Couple Relationship

Childhood experiences and relationship with parents have very important role in shaping couple relationships. Children are both consciously and unconsciously affected by their parents' marital relationship. Siegel (2004) claimed that the reason distressed couple look for help is mostly related to their unconscious identification process. By using splitting and projective identification, couples turn their internal conflict to marital conflict. Past relationship of each couple is reenacted in their own marital relationship. Marital conflict in that sense is viewed as the "re-creation of conflict" couples have with their parents. Also, Dick (1963) stated that the mate selection is mostly affected by unconscious processes. According to Dick, people choose their partners according to their "fitness" to recreate the same conflict which is similar to their parents (Gabbard, 2005).

According to Siegel (2004), “*introjected couple*” includes fantasies, drives about childhood experiences with parents, but it also includes real aspects of the relationship. Children are unconsciously affected by this internalized construct. They may identify or disidentify with this construct. If the child rejects similar aspects, he/she may disown it and this may be ego- dystonic. Partners’ some behaviors such as conflict resolution styles, respect, dependency, trust can be shaped by these identification or disidentification. They may identify with “*introjected couple*” and repeat the similar behaviors or they may disidentify and avoid doing similar behaviors as their parents did (Siegel, 2004).

According to Cognitive Analytic Theory, child encodes his early interactions as “schemas” (Benjamin & Friedrich, 1991). These schemas include memories about self and the object. Activation of the schema shapes the perception and interpretation of the present events. These schemas are important in establishing and maintaining intimate relationship. Reactivation of a schema, which is related to hurtful aspect of past experiences, may lead distress in marital relationship. Projective identification is “an unconscious conflict from the representational world which is reenacted in the marital relationship” (Benjamin & Friedrich, 1991, p.408). Projective identification leads both positive and negative experiences in marriages. It can be negative and traumatic for the couple who repeat an unresolved dynamic in which is related to “punitive, rejecting or neglecting object”. On the other hand, projective identification may provide empathy and tenderness for couple (Solomon, 1997).

In addition to this, Ruszczynski (1992) indicated that the concept of projective identification, with its defensive and its developmental potential, has crucial role in a

way of thinking and understanding interaction between couple. The couple relationship offers the possibility of the expression of the more mature aspects of the personality, possible self-expression and integration. In which degree this integration is achieved may change from couple to couple. If a partner unconsciously contains the projected elements and enables the other partner to reintroject these same elements in a modified form, the partner, who projects, may move towards a greater degree of integration (Ruszczynski, 1992).

In a couple relationships, there is an unconscious wish to repair the pathogenic past relationship therefore; the unfulfilled aggressive needs are repeated by reenactments with loved partner. With projective identification, the partner puts other partner in the characteristic of the past oedipal and pre oedipal object. Kernberg (1991) claimed that partners coming from different nonorganic pathologies; neurotic, borderline, narcissistic, and psychotic categories create varying degrees of equilibrium that stabilize their relationship. The boundaries which set apart the couple from the social environment protect the couple's equilibrium. On the other hand, extreme social isolation damages the sexual and emotional development of the couple. They may lose the capacity to metabolize the aspect of their aggression in the social context (Kernberg, 1991).

Furthermore, according to Dick (1967), individuals need to have both dependence and personal identity for a successful marriage. He stated that in disturbed couples, the hateful parts are split and projected to the other partner. Kernberg (1975) also agreed with Dick in this claim. On the other hand, Mendelsohn (2009) sees projective identification as a mode of communication rather than a disturbance or pathological process. He stated that the malignant form of projective identification can

be occurred when partners use primitive defense mechanism such as denial and splitting and mostly projecting the negative, bad parts of the self. On the other hand, normal-neurotic, high functioning couple may also use projective identification. This form of projective identification may become an empathic linkage between couples and a good way to analyze couple interpersonal dynamics. The neurotic couple may tend to regress under any stressful and conflictual condition. Projective identification may have a containing function for couples. The partner who has a containing experience with his caregiver is able to take and contain the unwanted and disowned thoughts and feelings of other partner (Mendelsohn, 2009).

Couples who have mature relationship can meet each other's split and projected parts and these parts can be integrated or repressed. On the other hand, in couples who have unhealthy marriages, these unwanted parts cannot be contained and they maintain disintegrated. At this point, the couple use projective identification as a defense mechanism while in the first one as a communication (Kissen, 1996; Scharff & Scharff, 1997; Mones & Patalano, 2000; Middelberg, 2001).

2.2.2.1. Projective Identification and Marital Satisfaction

Some empirical studies examined the relationship between projective identification and marital satisfaction. "Paulson Daily Living Inventory" (Paulson, 1979) was used to measure projective identification. Paulson Daily Living inventory consist of five subscales. "*Persecuting Mother to Infant*", "*Infant to Persecuting Mother*", "*Ideal Mother to Infant*" and "*Infant to Ideal Mother*" belong to the paranoid-schizoid position. These four subscales define the types of projective identification that are used. The total score of four subscales show the projective identification level. The fifth subscale is related to being in a depressive position and not being in a paranoid-

schizoid position. High scores for this subscale are related to be not likely to use projective identification in an intimate relationship. If a person is on “*Ideal mother to infant position*”, it means that she/he sees herself/himself as mother and her/his spouse as infant who is weak and unprotected and needs her mother’s care. In this type, the self sees herself/himself more powerful than her/his spouse and owns positive and protective attitudes toward her/his partner. Similar to ideal mother to infant position, if a spouse is in a “*persecuting mother to infant position*”, she/he sees herself/himself as having a mother role and sees her/his spouse as having an infant role. She/he thinks herself/himself is more powerful than her/his spouse. But the difference is at this position; she/he owns negative attitudes toward her/his spouse. If person is on the “*infant to ideal mother position*”, the partner sees himself/herself as infant and his/her partner as “ideal mother”. Opposite to ideal mother to infant position, at this time, self sees herself/himself as weak, unprotected infant and her/his spouse as “powerful and protective mother”. At this position, the person has a positive attitude toward her/his spouse. Similar to infant to persecuting mother position, if a spouse is on “*infant to persecuting mother position*”, she/he sees herself/himself as infant and sees her/his spouse as mother. She/he thinks her/his spouse is more powerful than herself/himself. But the difference is at this position; she/he owns negative attitudes toward her/his spouse. In “*depressive position*”, the person perceives herself/himself and her/his spouse in an equal position. This may be also assumed that this relationship is a mature relationship (Göral-Alkan, 2010).

Based on Paulson Daily Living Inventory, the researchers defined two categories; idealizing and persecuting projective identification and examined their relationship with marital satisfaction and marital adjustment. The sum of *ideal mother*

to infant and *infant to ideal mother* scores compose idealizing projective identification. On the other hand, the sum of *persecuting mother to infant* and *infant to persecuting mother* subscales form persecuting projective identification. In persecuting projective identification, one of the spouses projects his /her unwanted, irritating part of himself/herself to other partner, therefore he/she tries to get rid off his/her unwanted anxiety provoking part. In phantasy, he/she attributes the responsibility of this anxiety to the other partner therefore she/he also needs to suffer about it. On the other hand, in idealizing projective identification, a partner projects a part of himself/herself to other partner to protect it from threatening parts of himself/herself.

Göral-Alkan (2010) claimed that in persecuting projective identification, main motivations of couples' interaction are associated with fear, anxiety, power struggles, conflict and ambivalence. Persecuting projective identification is associated with selfish, abusive, instable parenting behaviors. On the other hand, in idealizing projective identification, main issues are associated with need for closeness, protectiveness, inhibition of conflict, self-sacrificing and dependence. Idealizing projective identification is related to overprotective and anxious parenting behaviors. Couples who use idealizing projective identification give importance to nurturing in their relationship. Overprotective parents may prevent their children's gaining autonomy therefore the children may feel dependent to other people (Göral-Alkan, 2010).

Rosegrant (1981) examined the relationship between projective identification and marital satisfaction. It was found that there was a negative correlation between persecuting projective identification and marital satisfaction whereas; there was a positive correlation between idealizing projective identification and marital satisfaction.

Similar to Rosegrant's findings, Kovacs (1996) found that there was a positive correlation among idealizing projective identification, marital adjustment and marital satisfaction. On the other hand, there was a negative correlation between persecuting projective identification and marital satisfaction, marital adjustment. These results may show that if partners perceive each other and their relationship in a good way; this may lead to increased marital satisfaction. On the other hand, if partners perceive each other and their relationship in a bad way, this may lead decreased marital satisfaction.

Göral-Alkan (2010) found similar results for idealizing and persecuting projective identification but she found different results for depressive position. There was no significant relationship between depressive position and relationship satisfaction. She concluded that it can be explained by cultural differences of Turkish couples. They may think depressive position as a detachment rather than being individual (Göral-Alkan, 2010).

Also, various researchers suggested that relationship satisfaction can be related to idealizing projective identification or lack of malignant projective identification. In malignant form of projective identification, couple may see each other as an extension of themselves therefore this may distort the autonomy of individuals and leads relationship dissatisfaction (Catherall, 1992; Middelberg, 2001; Scharff & Scharff, 1997; Kissen, 1996).

2.3. Conflict Resolution Styles

Based on behavioral observations, Gottman and Krokoff (1989) defined some communication patterns used by couples. They emphasized some dysfunctional communication patterns which lead marital distress and deficit in conflict resolution. They defined three interaction styles as destructive for marital satisfaction in the long

run. These are defensiveness including whining, withdrawal from interaction and stubbornness. They used Marital Interaction Coding System' (MICS; Weiss & Summers, 1983) codes to define problem solving and communication patterns. Positive problem solving includes accepting responsibility, compromising, paraphrasing, and reflection. Positive verbal solving includes agreeing, approval and humor. Assent, attends, smiles are considered as positive nonverbal style. The sum of the scores of assent, agreement and approval is called compliance. On the other hand, there are some negative problems solving subscales. These are defensiveness, conflict engagement, stubbornness, withdrawal from interaction. Defensive subscale includes denying responsibility, "mind reading by partner followed by disagreement", negative solution codes and excuses. Sum of the disagreement and criticism codes is called conflict engagement. This includes disliking other partner's some behaviors, becoming angry and irritated about these behaviors. Stubbornness includes behaviors of noncompliance, command, and complaint and put down. Complaint is related to being "inconvenienced, wronged or deprived either through the partner's action or nonaction or because of external circumstances." This subscale also includes whining. Lastly, the sum of no response, not tracking, turn off and incoherent talk codes defines as withdrawal from interaction.

Kurdek (1994) defined some problem solving types based on Gottman's and Krokoff's (1989) behavioral observations. Kurdek's Conflict Resolution Inventory (1994) has four categories; positive problem solving, conflict engagement, withdrawal and compliance. Positive style includes compromise and negotiation. Conflict engagement is related to personal attacks and losing control. Withdrawal includes avoiding engage in a discussion and disregarding the partner. Compliance is related to

complying other partners' wish and not defending own ideas. These types are very important for predicting relationship satisfaction and relationship dissolution (Gottman, 1994). It was found that high conflict engagement predicted dissolution for both homosexual and heterosexual couples. On the other hand, there were inconsistent results about withdrawal, compliance and positive problem solving in predicting relationship dissolution. According to the results, the couples who had high scores in positive problem solving and low scores in conflict engagement and withdrawal had high relationship satisfaction. Compliance scores have a little effect on relationship satisfaction (Kurdek, 1994).

2.3.1. Individual Factors that Affect Conflict Resolution Styles

There are plenty of individual factors that affect the choice of conflict management; such as gender, type of needs, personality characteristics and level of psychological distress.

2.3.1.1. Gender

Christensen and Heavey (1990) found that there was a significant effect of gender. They found that women usually made criticism and emotional request whereas; men usually took passive in action and retreated through defensiveness. In other words, women have demanding role whereas men have withdrawing role. Previous studies showed that dissatisfied wives were unhappy about their husbands' withdrawal while dissatisfied husbands were unhappy about their wives' criticisms, complaints, and emotionality (Christensen & Heavey, 1990; Terman, Bittenweiser, Ferguson, Johnson, & Wilson, 1938). Two explanations about demand /withdraw interaction in marriages were defined. One of them; *individual differences perspective*, emphasizes stable differences between men and women such as biological differences. This theory

suggested that men have more physical arousal during a conflictual situation therefore men avoid from the situation to decrease this arousal (Gottman & Levenson, 1986).

Another individual difference is related to attributions of different social roles to men and women. Need for intimacy and relationship -orientation are usually attributed to women whereas independence and achievement- orientation are attributed to men (Gilligan, 1982; Rubin, 1983). Another view, *conflict structure perspective*, claims that women see conflict engagement as a way to gain control and power because they have little power and control whereas men preserve their control and power status by avoiding conflictual situations (Christensen & Heavey, 1990; Kurdek, 1995).

In another study, it was found that there was a gender differences in the preference of conflict management style. Men were usually use avoidance and competition while women were inclined to use accommodation (Greeff, & Debruyne, 2000).

2.3.1.2. Needs

Schneer and Chanin (1987) examined the relationship between needs and conflict resolution styles. They found that need for dominance and competing resolution style were positively correlated to each other. However, need for dominance and accommodating style were negatively related to each other. Also, there was a positive correlation between need for affiliation and accommodating style. On the other hand, need for affiliation and competing style were negatively correlated to each other. These results indicated that people's needs have an effect on how they solve their problems and how they interact with each other. If a person has high level of dominance need, she/he may behave in an assertive and uncooperative way, whereas if a person has high level of affiliation need, she/he may behave in a harmony with other

people. Similar to this, Wood and Bell (2008) found that when need for affiliation increases smoothing style increases and forcing styles decreases.

2.3.1.3. Personality Characteristics

Wood and Bell (2008) examined the relationship among two dimensions of the “Big Five Personality Traits”; extraversion and agreeableness and the conflict resolution styles; competing, collaborating, accommodating, and avoiding. Collaborating style is related to finding creative solutions, confronting with disagreement. On the other hand, competing is power oriented. Accommodating style is related to smoothing other person, looking for harmony. It was found that extraversion and agreeableness were significant predictors of the conflict resolution styles. They indicated that the level of agreeableness was positively correlated with using accommodation style and negatively correlated with competing style (Wood & Bell, 2008). In addition to this, Graziano, Jensen-Campbell, and Hair (1996) found that the levels of agreeableness was positively correlated with using compromising while it was negatively correlated with using power assertion tactics in conflict resolution.

2.3.1.4. Psychological Distress

Papp, Goeke-Morey, and Cummings (2007) examined the relationship between conflict strategies and psychological distress level of the each couple. They found that couples who had higher levels of symptoms use negative strategies such as withdrawal and pursuit. The authors concluded that psychological distress level was the predictor of negative conflict expression at home (Papp et al., 2007).

2.3.2 Relational Dynamics and Conflict Resolution Style

Shi (2003) explored the relationship between adult attachment style, conflict resolution behaviors and relationship satisfaction. He examined adult attachment style

in two dimensions; anxiety and avoidance and four category; Secure (low on Anxiety and Avoidance); Fearful (high on Anxiety and Avoidance); Dismissing (low on Anxiety and high on Avoidance); and Preoccupied (high on Anxiety and low on Avoidance). Avoidance is related to feeling discomfort about intimacy and self-disclosure. On the other hand, anxiety is related to fear of rejection. They defined conflict resolution behaviors in two dimensions; concern for others and concern for self and five category; Integrating (high on self, high on others), Dominating (high on self, low on others), Obliging (low on self, high on others), Avoiding (low on self, low on others), and Compromising (medium on self, medium on others). The results showed that there was a negative correlation between both anxiety and avoidance dimensions and relationship satisfaction. These results indicated that avoidance was a predictor of all type of conflict resolution behaviors while anxiety was a predictor of obliging and dominating behaviors. In addition to this, there was a positive correlation between conflict resolution behavior of dominating and both anxiety and avoidance dimensions. The author claims that because avoidant people have difficulties in engaging a relationship they do not use constructive strategies such as compromising and integrative. On the other hand, they prefer to use avoiding strategies which are more close to them. The findings showed that securely attached people use more integrative and compromising strategies then insecurely attached people. There were no gender differences in the use of Compromising, Dominating, and Obliging conflict resolution strategies. It was found that male used avoidance behaviors more than females did whereas female used more integrative conflict resolution behaviors more than males did. It was emphasized that attachment style is more powerful factor in predicting conflict resolution style than gender (Shi, 2003).

2.3.3. Conflict Resolution Style, Couple Dynamics and Satisfaction

Attributing imaginary power to partner, thinking that he can deal with everything, being afraid of intimacy, being too much dependent or being too much independent, having inflexible gender roles are important factors that lead conflict among married couples. Conflict can be beneficial or destructive. At this point, conflict resolution style gains importance. If couples deal with the conflict with positive conflict resolution style, this can be strengthening and enriching for couples' relationship. Positive resolution styles emphasize ideas, principles, values and issues. By using positive resolution styles, couple can understand each other's feeling; define new goals which are satisfying for both of the couple members' needs and wishes. On the other hand, negative resolution styles emphasize personality attacks, revenge and power struggles between the spouses. Negative resolution styles lead destructive effects on couple relationship in different ways. It may be destructive for the self-concepts of each partner. It may lead hostility and rage. It may lead insecurity, stress and confusion between spouses. Sometimes couples have difficulties in defining common goals to solve their conflict. These difficulties may be related to the differences in couple's values, personality dynamics, fear of rejection, fear of disrespect, fear of intimacy.

Matthews (1914) defined three types of relational styles based on their conflict resolution style. One of them is "*conflict excluding style*" in which one of the spouses takes the responsibility for making decision. The spouse who makes the decision has the dominant role and the other spouse has the subordinating role. They together form one identity. In the "*conflict avoiding style*"; both of the spouses avoid conflict. On the other hand, in "*conflict resolving style*" spouses give importance to both each other's needs and the sake of their relationship. Confrontation is very important in

conflict management. Trust, cooperation, empathy, respect are crucial factors in effective, beneficial conflict management (Matthews, 1914).

Özen (2006) emphasized that conflict management is a very crucial factor in understanding marital process. She examined the relationship between value similarities and conflict resolution styles of couples and its effect on marital adjustment and marital process. She examined values in ten different areas; power, achievement, hedonism, stimulation, self-direction, universalism, benevolence, tradition, conformity and security. In addition to this, she examined marital adjustment of wives, husbands and couples. She found that spouses who had high scores in positive conflict resolution style and low scores in negative conflict resolution style showed higher marital adjustment than spouses who had low scores in positive conflict resolution style and high scores in negative conflict resolution style. She emphasized that negative conflict resolution styles have more contribution on marital adjustment therefore they have more predictive effect on marital adjustment. Özen (2006) stated that this can be explained by Baumeister, Bratslavsky, Finkemauer and Vohs's assumption (2001), "bad is stronger than good." According to the researchers, bad life experiences of people have more impact on people's actions and decisions than good life experiences. This makes people more careful about harmful situations. On the other hand, Gaelick, Bodenhouse and Wayer (1985) claimed that people pay more attention to negative situations and remember negative behaviors and feelings of their partner more than positive behaviors and feelings. Özen (2006) found that value similarities as a whole was a significant predictor for marital adjustment of wives. According to the results, there was a positive relationship between the value similarities in hedonism, stimulation and marital adjustment of wives and couples. She indicated that these values are related to

emotional interest and life pleasure which are associated with well-being and life satisfaction of people which may also lead couple satisfaction. On the other hand, there was a negative relationship between the similarities in power value and adjustment of wives and couples marital adjustment (Özen, 2006). If both of the spouses give importance to power value, this may lead increasing conflict between spouses. If one of them gives less importance to power value, this may prevent increasing arguments and conflict.

Destructive conflict management style is related to threat, coercion, avoidance, retaliation, inflexibility and rigidity, competitive pattern of dominance and subordination (Baccocchi, 1997). When partners try to solve conflict in a destructive way, this may lead negative affect such as anger and resentment (Christensen & Shenk, 1991; Özen, 2006). On the other hand, constructive conflict management is associated with being flexible, cooperative and relationship focused (Hocker & Wilmot, 1995). Previous researches show that there was a positive correlation among constructive conflict management, relationship stability and marital satisfaction (Brehm, 1992; Fincham, 2003; Gottman, 1993; Gottman, Markman, & Notarius, 1977; Gottman & Krokoff, 1989; Greeff & Bruyne, 2000; Heavey, Layne, & Christensen, 1993; Straus, 1979). Similar to these findings, most of the studies which examined conflict management style and marital satisfaction showed that there was a positive correlation between marital satisfaction and constructive conflict resolution strategies such as agreement, humor while there was a negative correlation between marital satisfaction and destructive strategies; withdrawal and conflict engagement (Gottman & Krokoff, 1989; Heavey, Layne, & Christensen, 1993). Some people claim that there is a causation that by using constructive strategies people gain rewards and this leads marital satisfaction

(Rusbult, 1983). On the other hand, others think that this process is related to self-fulfilling prophecy which means that the people behave in a consistent way with their initial behavior and this leads marital satisfaction (Kurdek, 1995; Snyder, Tanke, & Berscheid, 1977).

Kurdek (1994) studied marital satisfaction and conflict resolution strategies in a longitudinal study and examined how they predict each other. They used CRSI (Kurdek, 1994) to measure conflict resolution strategies. Kurdek found that wife demand-husband withdraw conflict resolution strategies were related to low marital satisfaction.

Another study which examined the relationship between marital satisfaction and conflict management styles showed that collaborative style had the highest correlation with marital satisfaction. On the other hand, competitive style had the lowest correlation with marital satisfaction (Hocker & Wilmot, 1995).

Koren, Carlton, and Shaw (1980) examined the relationship between conflict resolution behaviors and marital distress. In the first part, the couples were tested with Locke-Wallace Marital Adjustment scale. Secondly, they participated video sessions and interaction tasks which stimulate conflict were assigned. They had role plays for these tasks. Lastly, the couples were applied a questionnaire which asked the representativeness of their behavior in each situation. The videotaped interactions were transcribed and coded. They were coded according to seven parts; responsiveness; acknowledgment, agreement, and acceptance, inquiry; solution proposal, criticism. Koren et al. (1980) found that “distressed couples were more critical of each other and less responsive other's influence efforts than were nondistressed couples”. They emphasized that although distressed couple were not different in proposing solution than nondistressed couple, they were different in the propensity to reach agreement on

the solutions. They claim that nondistressed couples were more likely to achieve conflict management (Koren et al., 1980).

Christensen and Shenk (1991) studied with two different couple groups which were distressed couples; divorcing group and clinical couples and nondistressed couples. They examined communication patterns and the level of conflict.

Nondistressed couples were assigned according to their dyadic adjustment scale scores.

Communication Pattern Questionnaire and Relationship Issues Questionnaire (RIQ)

were applied to the participants. RIQ was used to measure desire for intimacy and

satisfaction with power distribution in the relationship. Christensen and Shenk (1991)

found that nondistressed couples had more mutual constructive communication; less

avoidance communication and less demand/withdraw communication patterns than

distressed couples. Also, distressed couples had more conflict over psychological

distance in their relationships. Compared to clinic group, divorcing group used less

mutual constructive communication and they experienced more conflict. In addition to

this, distressed couple displayed greater discrepancy in their desired closeness than did

the nondistressed couples. Furthermore, they found that there was a positive correlation

between the discrepancy in desired closeness and negative communication patterns.

Christensen and Shenk (1991) claimed that distressed couples have poorer

communication patterns because distressed couples are experiencing deeper

incompatibility.

In Billings' study (1979), both distressed and non-distressed couple's

communicational interactions, while they were engaging in a conflict resolution task

were examined. They found that distressed couple made significantly fewer positive and

more negative cognitive and problem solving acts (Billings, 1979). Birchler and Webb

(1977) stated that distressed couple had much more conflicts and unresolved problems than nondistressed couple have. Billings (1979) claimed that failure in finding effective conflict resolution style may lead decrease in marital satisfaction. Billings mentioned about the evidence that distressed couple and nondistressed couple displayed different communication patterns in a conflictual situation. Among distressed couple, hostile communication may increase during unresolved conflict (Billings, 1979).

Rusbolt et al. (1986) examined the effects of couple's problem solving patterns on distressed and nondistressed couples. They used "Rusbolt and Zembrodt's (1983) Theory of Couple Pattern of Problem Solving". According to this model, there are constructive problem solving patterns; voice and loyalty and deconstructive problem solving pattern such as exit and neglect. Rusbolt et al. concluded that "destructive problem-solving responses (exit and neglect) were more powerfully predictive of couple distress/nondistress than were constructive problem-solving behaviors (voice and loyalty)". They claimed that if one partner perceives his partner's possible reaction as neglecting or exiting, distress will be greater. Also, it was claimed that couples' distress level was higher to the degree that couples behaved in a destructive way and failed to find constructive solutions to their partners' destructive problem solving patterns (Rusbolt et al., 1986).

2.4. Explanations for Gender Roles and Gender Identity

2.4.1. Socio-cultural Definition of Gender Roles

Bem (1975) stated that through developmental process, society expects boys and girls to gain some sex specific skills, self-concepts and personality attributes which are defined by culture. This process is called "sex typing". A child learns these sex specific characteristics and she/he generates gender schema. A child uses the gender schema to

evaluate process and organize new information. Child gives meaning to the incoming stimuli based on this preexisting schema. This selective cognitive processing is called “gender schematic processing” (Bem, 1981).

Bem (1975) defined four types of gender roles; sex typed role, cross sex typed role, androgynous and undifferentiated role. In androgynous role, people have the properties of both femininity and masculinity and behave according to the situation. On the other hand, a person who behaves according to sex typed, owns the properties of his/her gender roles and behaves according to that role. A person, who has high score on cross- sex typed category, behaves according to opposite gender roles. Lastly, the person who is in the category of undifferentiated has low levels of properties of both femininity and masculinity.

Femininity characteristics are related to being childlike, compassionate, flatterable, gentle, loyal, and sensitive to the needs of others, shy, understanding, warm and yielding. On the other hand, masculinity characteristics are related to being aggressive, ambitious, assertive, competitive, dominant, independent, individualistic and willing to take a stand (Bem, 1975).

Furthermore, Garcia, Calcano, Soto and Lara (2007) defined femininity and masculinity characteristics in four categories; positive masculinity- negative masculinity and positive femininity -negative femininity. Positive masculinity characteristics are related to achievement motivations such as giving importance to work performance, being intelligent, successful, skilled and hardworking. On the other hand, negative masculinity characteristics are associated with “instrumental-like traits” such as being dominant, rude, arrogant, abusive and selfish. Positive femininity characteristics are related to favoring interpersonal relations such as being kind, warm, thoughtful and

helpful. However, negative femininity characteristics are associated with the characteristics that are not favorable in interpersonal relations such as being gullible, coward, indecisive, fearful and subservient.

2.4.2. Psychoanalytic Explanations of Gender Identity

Some researchers coming from psychoanalytic perspective posit plenty of ideas about gender identity. For Freud (1924), masculinity is the “natural state”. He pointed out the importance of oedipal period in the development of gender identity. On the other hand, Horney (1924) and Jones (1927) claimed that femininity and masculinity took their origins from pre-odipal period; even from innate. Stoller (1968) thought that natural state is femininity which he calls it as profemininity. He claimed that a child firstly identifies with his mother. At this point, masculinity leads to overcome profemininity. The author indicated that both femininity and masculinity are parallel concepts and they are acquired with the “sexual object choice”. He emphasized that identification with masculinity and femininity may start with the infant’s self and other differentiation. Stoller (1968) claimed that separation-individuation is more difficult for boys who need to be de-identify while Chodorow (1995) emphasized the opposite of this idea. On the other hand, Person and Ovesey (1983) claimed that conflicts in separation-individuation process may lead gender ambiguity for both boys and girls (Person and Ovesey, 1983).

Chodorow (1995), feminist psychoanalyst, emphasized that while people discussing about gender identity in the cultural context, they do not give importance to intrapsychic process which is very crucial part of it. She claimed that femininity and masculinity are related to the parental attitudes experienced in early childhood. Mother unconsciously behaves different toward her son and her daughter during their

developmental process. She proposed that mother is more likely to identify with her daughter than her son. Because of this, she may discourage her daughter's separation process. While seeing her son as a different person, she may see her daughter as a part of herself. As a result of this, while boys gain autonomy, the girls' individuation can be encumbered. This may lead flexible and blurry ego boundaries for girls. Chodorow stated that these different manners may make women overly sensitive about others' needs while make men incompetent in understanding emotional issues.

2.4.2.1. Ego Defenses and Gender Roles

Previous researches showed that there was a gender difference in the use of ego defenses. Most of these researchers agree on that girls use internalization more than boys whereas boys use externalization; projection and aggression, outward defenses more than girls do. Outward defenses are displacement and aggressive forms of acting out. On the other hand, empirical findings showed that women had higher scores on internalizing defenses such as turning against self than men had (Bogo, Winget, & Gleser, 1970; Cramer, 1983, 1987; Gleser & Ihilevich, 1969; Ihilevich & Gleser, 1986). Although findings about externalizing defenses and turning against the self were consistent each other, findings about internalizing defenses such as reversal; denial, repression, reaction formation and intellectualization; rationalization, isolation of affect were inconsistent to each other (Levit, 1991).

In addition to this, Levit (1991) indicated that even though some studies examined the relationship between gender and defenses, fewer researchers studied the sex role dimension. Levit emphasized that sex roles can be thought as moderating variables while explaining the relationship between gender and defenses. In his study, Levit used the Bern Sex Role Inventory and the Defense Mechanism Inventory to

examine the relationship between gender role and ego defenses. He defined ego defenses in two dimensions; the internalizing- externalizing. Similar to previous researches, he found that boys had higher scores on projection and aggression-outward defenses while girls had higher scores on turning against the self. On the other hand, girls did not exceed boys on reversal. Girls had higher scores than boys on principalization such as intellectualization, rationalization and isolation of affect. There was a positive correlation among masculinity and projection and turning against other whereas there was a positive relationship between femininity and reversal; denial, negation, reaction formation, and repression. Also, there was a positive relationship between turning against self and femininity. In addition to this, there was a negative relationship between femininity and projection and turning against the other. On the other hand, there was a negative relationship between masculinity and turning against self. Also, principalization and femininity were positively correlated to each other (Levit, 1991).

Furthermore, Evans (1982) found that there was a positive relationship between femininity and turning against the self. Glaser and Ihilevich (1969) found that there was a positive relationship between femininity and internalizing defenses, reversal whereas there was a positive relationship between masculinity and externalizing defenses.

2.4.3. Integrative Explanation of Gender Identity

According to Stoller (1968), masculinity and femininity characteristics of a person are shaped by psychological, social and cultural factors and the combination of these characteristics compose gender identity. The author pointed out the developmental line of gender identity with its different parts such as core gender identity, gender role identity and sexual partner orientation. All of these parts compose final sense of gender

identity (Tyson, 1982). Core gender identity is the earliest part which is related to the sense of belonging to one sex (Stoller, 1968).

Tyson (1982) pointed out the significance of cognitive maturation in child's perception and labeling process of biological givens. According to him, self-labeling process creates gender experience and leads the children to seek "self-like objects" therefore they may identify with them as a role model. Furthermore, gender role identity development is related to conscious and unconscious interactions between parent and child. Parent's attitudes toward their child's biological sex affect the gender role identity development of the child. In addition to self- object representations, the child develops "role-relationship representations and interaction representations" (Sandler & Sandler, 1978). Also, socio-cultural stereotyped gender roles have some impact on the development of gender role identity. All in all, Tyson (1982) concluded that gender role identity formation is related to intrapsychic structure, cognitive maturation, and social cultural factors.

Some researches stated that because girl needs to "leave her phallic striving" and alter "love objects in oedipal phase", development of gender identity is more complicated for girl than for a boy. On the other hand, other people claim that this process is more complex for a boy than for a girl because he needs to disidentify. A boy looks for male objects, father, to identify after primary masculinity is established. This brings disidentification with his mother who is his first role model (boy). At this point father plays a crucial role in breaking symbiotic connections between boy and mother and encouraging masculine attitudes. Abelin (1971), (1975) emphasizes the important role of father in the resolution of rapprochement crisis. All in all, father has a crucial effect on the development of gender role identity of his son. Latency is a period when a

child integrates and elaborates his gender role identity and gender roles. Broader social networks maintain different role models for identification therefore; boy may extend his sense of masculinity. In addition to this, he has a chance to “practice” different forms of male roles. The impacts of cultural and social factors on gender role identity are more obvious in latency than in other periods. This leads superimposition of intrapsychic role relationship with cultural and social factors. In adulthood, a man usually has a stable sense of gender identity which includes both masculinity and femininity characteristics, a clear idea about sexual partner orientation and confidence about his gender roles (Tyson, 1982). A girl baby starts to identify more obviously with her mother’s gender role behavior and her wishful fantasies of being a mother since the baby starts to be aware of her anatomical differences, sees her mother as a self-object and is being exposed to cues about how femininity is described by her family. This leads establishment of core of her ego ideal. Female ego ideal has a crucial role in the girls’ gender identity development. Tyson (1982) stated that even though penis envy has an impact on developing both femininity and masculinity characteristics, we need to examine “early identification with idealized mother –ego ideal” to comprehend feminine personality organization (Tyson, 1982).

2.4.4. Gender Roles and Marital Processes

Amato and Booth (1995) defined gender roles in two different categories; traditional in which women usually stay at home and do housework and modern in which both men and women work and share the burden of the house. Mc Govern and Meyers (2002) found that men who owned modern roles had higher marital adjustment than men who owned traditional roles.

Bal (2007) pointed out that gender roles are very important determinants in predicting marital adjustment. In her study, she found that women who had high scores in androgen type had higher marital adjustment score. Also there was a positive correlation between marital adjustment and both feminine score and masculine score of women. There was a positive correlation between marital adjustment score and feminine score of men. People who are categorized as undifferentiated had significantly lower marital adjustment score than people who are categorized as androgen and feminine. Similar to this, Çınar (2008) found that women who own undifferentiated gender role have lower marital satisfaction than women who own androgynous role. It can be concluded that androgynous people may show more tolerance and empathy (Bal, 2007). On the other hand, Dasgupta and Basu (2011) found that high level of femininity in women and high level of masculinity in men increase the marital quality. This may be related to meeting with social gender role expectations.

In the light of past research, this study aimed to explore the relationship among different determinants of marital satisfaction which come from different perspectives. Projective identification was defined in two types; idealizing and persecuting projective identification. The relationship among projective identification, conflict resolution style and marital satisfaction were examined. It was claimed that persecuting projective identification has destructive impact while idealizing projective identification has positive effect on marital life. In addition to this, the effect of sex and gender roles on marital satisfaction and conflict resolution styles were explored.

3. Method

3.1. Participants

123 people participated in the present study. 54 of them were male and 69 of them were female. They were chosen by convenience sampling. The participants were married people and their ages ranged between 23 and 44 and their mean age was 32.5. Participants' duration of marriage changed from one month to 18 years. Participants came from different socioeconomic backgrounds (See Table 1). The participants work in different positions such as lawyer, security guard, teacher, driver, air hostess, psychologist, bank employee, engineer, hairdresser, lecturer and manager.

Table 1 *Socio- Demographic Characteristics of the Participants*

Socio-demographic characteristics	N	%
Sex		
Women	69	56,1
Men	54	43,9
Mean Age (SD)	32,5 (7,6)	
Education		
Primary	10	8,1
Middle School	5	4,1
High School	20	16,3
University	60	48,8
Master Degree	24	19,5
Doctorate Degree	3	2,4
Missing	1	,8
Living		
Village	6	4,9
Town	23	18,7
City	3	2,4
Metropolis	91	74,0
Work		
Yes	116	94,3
No	7	5,7
Meeting		
School	46	37,4
Friend	47	38,2
Family	17	13,8
Entertainment Places	1	,8
Electronic	5	4,1
Others	7	5,7
Mean duration of Marriage (SD)	5,7 (5,2)	
Number of child		
0	65	52,4
1	32	25,8
2	20	16,1
3	3	2,4
4	1	,8
Missing	2	1,6
Income		
550-1500	11	8,9
1501-3000	23	18,7
3001-5000	38	30,9
5001- above	51	41,5

3.2. Measures

In the present study, the participants answered some demographic questions and four different scales called; Marital Life Scale, Paulson Daily Living Inventory, Conflict Resolution Style Scale and Bem-Sex Role Inventory. Demographic information part consists of questions about gender, income, education, duration of marriage, job, children, frequency of marital conflict and the main subject of their marital conflict.

3.2.1. Marital Life Scale (MLS)

Marital Life Scale measures the marital satisfaction level of people (Tezer, 1986). This scale examines how partners feel and what they think about their marital life. In the last version, there are ten questions which are scored a likert form from 1 to 5. 1 means “*I absolutely disagree*” and 5 means “*I absolutely agree*”.

The reliability and validity of this scale were high. Test-retest reliability of MLS was found .85. Its internal-consistency was .91 for pilot study group and .89 for the study group. Also, Tezer examined concurrent and construct validity. The results of the previous study indicated that MLS is a reliable and valid measurement of marital satisfaction (Tezer, 1986). Lastly, cronbach’s alpha in the present study for this scale was found .89.

3.2.2. Paulson Daily Living Inventory (PDLI)

The PDL (Paulson, 1978) scale examines projective identification process in intimate relationship. It was based on Klenian Object Relations Perspective. Göral-Alkan (2010) translated this scale to Turkish Language and made adaptation studies for PDLI.

It has 60 items which are evaluated as *true* or *false*. There are five subscales and 12 items for each subscale. Four of them; “Persecuting mother to infant, Infant to persecuting mother, Ideal mother to infant, and infant to ideal mother” belong to paranoid- schizoid position. These four subscales define the types of projective identification that is used. The fifth subscale is related to being in a depressive position and not being in a paranoid-schizoid position. High scores for this subscale are related to not likely to be using projective identification in intimate relationship. The participants completed the questions while thinking about their couple relationship.

In the present study, these four types of projective identification were defined and examined in two categories; *persecuting projective identification* which is total score of Persecuting mother to infant and Infant to persecuting mother subscales and *idealizing projective identification* which is the total score of Ideal mother to Infant and Infant to ideal mother subscales.

Göral-Alkan (2010) analyzed PDLI’s internal consistency and found .72 Cronbach’s alpha for total scale. She reported that Turkish version of PDLI’s split- half reliability coefficient was .82. Also, she found .78 test-retest reliability and .86 inter-rater reliability. Furthermore, she examined the concurrent, criterion and predictive validity of Paulson Daily Living Inventory. According to the results, Göral- Alkan indicated that PDLI is “a moderately reliable and valid scale” in explaining the concept of projective identification. Lastly, cronbach’s alpha in the present study was found .76 for the idealizing projective identification subscale, .86 for the persecuting projective identification subscale and .55 for the depressive position. Because the depressive position subscale had low reliability, this subscale scores were not taken consideration in the present study.

3.2.3. Conflict Resolution Style Scale (CRSS)

Conflict Resolution Styles Scale (CRSS) was developed by Özen (2006). This scale defines how people cope with their conflicts in their close relationship. It consists of four subscales; positive conflict resolution style (pcrs), negative conflict resolution style (ncrs), subordination, and retreat. It composes 25 items. It is a 6 point likert scale; varying from 1 “*totally disagree*” to 6 “*totally agree*”.

Özen (2006) conducted its reliability and validity studies. She reported reliability analysis. According to the results, the scale had high internal consistencies. The positive subscale had .80, the negative had .82, the retreat had .74 and the subordination had .73 correlation coefficient. Furthermore, according to items’ item total correlation analysis, the results were ranged .47 to .67 in positive conflict resolution subscale, .37 to .68 in negative conflict resolution subscale, .39 to .59 in retreat subscale and lastly .38 to .57 in subordination subscale. She also analyzed split-half reliability. The split-half reliability result for positive resolution subscale for part 1 was .76 and part 2 was .67. The split half reliability result for negative resolution subscale for part 1 was .71 and part 2 was .68. The split half reliability result for retreat subscale for part 1 was .74 and part 2 was .63. The result for subordination for part 1 was .62 and for part 2 was .55. According to the previous results, it was claimed that CRSS is a valid and reliable measure (Özen, 2006). Lastly, cronbach’s alpha in the present study was found .75 for positive resolution style subscale, .80 for negative resolution style subscale, .74 for retreat and .77 for subordination subscale.

3.2.4. BEM Sex Role Inventory

Bem-Sex Role Inventory was developed by Sandra Bem (1974) to measure feminine and masculine characteristics. Kavuncu (1987) adapted this scale to Turkish

culture. The scale is composed of 60 adjectives. 20 of these adjectives measure feminine characteristics, 20 of them measure masculine characteristics and 20 of them measure the characteristics which belongs neither femininity nor masculinity. These last 20 adjectives are not calculated for the results and nowadays they are usually not used. In the present study, they were also not used.

The questions are answered in a likert type from 1 to 7. For each adjective, one of the following statements needs to be chosen; *“It is absolutely not true for me, it is generally not true for me, it is sometimes true for me, it is occasionally true for me, it is usually true for me, it is generally true for me, it is always true for me”*.

In the present study, femininity and masculinity were scored separately. Median split was used to define the categories of femininity and masculinity. It was defined that People who scored above the median in femininity subscale have high level of feminine personality characteristics whereas people who scored below the median have low level of feminine personality characteristics. People who scored above the median in masculinity subscale have high level of masculine personality characteristics, whereas people who scored below the median in masculinity subscale have low level of masculine personality characteristics.

Kavuncu (1987) examined the test- retest reliability and found for femininity .75, for masculinity .89 and for social desirability .87. According to Dökmen's (1991) and Kavuncu's (1987) researches, this scale was considered as reliable and valid scale. Lastly, the cronbach's alpha in the present study for the femininity subscale was .78 and for masculinity subscale was .81.

3.3. Procedure

54 male and 69 female participated in the present study. They were chosen by convenience sampling. Different work places such as coiffeur, airport, police office, primary school were visited and some brief information about the present study was provided to the employees. The survey package was distributed as hard copy to the people who were volunteers to participate in the study and they were asked to fill the questions in any location and turn back in a week. After one week later, the researcher collected the surveys. First page of the survey package included informed consent. To get more accurate information, the participants were asked to fill the questions without discussing their partners. To increase voluntary participation, the participants were informed that the general result of the study will be shared with the participants if they ask to learn. Also, they were informed that if they want to learn more about their own results, some specific feedback will be given. To protect the confidentiality, each participant had a specific code number on their questionnaire; they only have to sign the informed consent form and do not have to write their names unless they want to learn the results. They answered some demographic questions, Marital Life Scale, Paulson Daily Living Inventory, Conflict Resolution Style Scale and Bem-Sex Role Inventory.

This study was a correlational study. In order to explore the relationship between projective identification, conflict resolution styles and marital satisfaction correlational analysis was run. In order to examine the main effect of sex and gender roles on marital satisfaction and conflict resolution style, series of 2X2X2 ANOVA were conducted. Lastly, series of 2X2 ANOVA were used to examine the effect of having feminine and masculine characteristics on projective identification.

4. Results

4.1. Overview

The subscales of the inventories state different meanings therefore missing values were calculated differently for each subscale. In demographic data, the missing values were designated as 99. In Paulson Daily Living Inventory, there are two scores; 1, 0 which means yes and no, and 5 subscales. The numbers of scores were counted for each subscale and the missing values were replaced by the mostly scored number. In CRSS, the missing values were defined by calculating means of each subscale. The missing values were replaced by the mean score of the subscale that it belongs to. Same method was used for BEM's missing values. Reliability analysis was run for the scales to define their internal consistency (See Table 2). Correlational analysis, series of 2X2X2 ANOVA and 2X2 ANOVA were conducted for examining the research hypotheses. Lastly, multiple regression analysis was used to explore the contribution of each variable in predicting marital satisfaction.

Table 2

Reliability Analysis of the Scales

Scale and Subscales	M	SD	α
Marital Life Scale	40,99	7,26	.890
Paulson Daily Living Inventory			
Idealizing	16,34	4,03	.766
Persecuting	5,78	4,81	.862
Depressive	8,48	2,15	.552
Conflict Resolution Style Inventory			
Pers	27,14	5,83	.757
Ncrs	16,26	6,71	.802
Subordination	20,89	6,33	.774
Retreat	21,08	6,89	.744
Bem Sex Roles Inventory			
Femininity	111,12	11,7	.789
Masculinity	104,27	13,71	.815

4.2. Correlations among Projective Identification, Conflict Resolution Styles and Marital Satisfaction

In the present study, Pearson correlation analysis was run for examining the relationship among projective identification, conflict resolution styles and marital satisfaction. The results showed that there was a positive correlation between persecuting projective identification and negative conflict resolution style ($r = .354, p < .01$). On the other hand, persecuting projective identification was negatively correlated with positive conflict resolution styles ($r = -.274, p < .05$). There was no significant correlation among persecuting projective identification, retreat and subordination.

Furthermore, there was a positive correlation between idealizing projective identification and subordination behaviors ($r = .436, p < .01$). There was no significant correlation among idealizing projective identification and other three types of conflict resolution styles; positive, negative and retreat (See Table 3).

The results showed that there was a positive correlation between idealizing projective identification and marital satisfaction ($r = .534, p < .01$). However, persecuting projective identification and marital satisfaction was negatively correlated to each other ($r = -.574, p < .01$).

There was a positive correlation between positive conflict resolution style and marital satisfaction ($r = .269, p < .01$). On the other hand, negative conflict resolution style and marital satisfaction were negatively correlated to each other ($r = -.329, p < .01$). There was no correlation among subordination, retreat and marital satisfaction (See Table 3).

Table 3

Correlations among Projective Identification, Conflict Resolution Styles and Marital Satisfaction

	2	3	4	5	6	7	8
1. idealizing projective identification	-.189*	.034	.119	-.110	.436**	.127	.534**
2. persecuting projective identification		-.250**	-.274**	.354**	.118	.150	-.574**
3. depressive position			.077	-.095	.028	.106	.163
4. positive conflict resolution style				-.311**	.137	-.009	.269**
5. negative conflict resolution style					-.243**	-.045	-.329**
6. subordination						.471**	.097
7. retreat							-.123
8. marital satisfaction							

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

4.3. The Main Effect of Sex and Gender Roles on Conflict Resolution Styles and Marital Satisfaction

Sex has two categories; female and male. Gender roles were examined in two categories; having feminine personality characteristics and having masculine personality characteristics. Having feminine and masculine personality characteristics have two levels; high and low, which were defined by median split.

A series of 2X2X2 ANOVA were conducted to explore the effect of sex, having feminine personality characteristics and having masculine personality characteristics on conflict resolution styles; positive, negative, retreat and subordination. The significant results showed that having feminine personality characteristics has a main effect on subordination and negative resolution styles. Sex has a main effect on only subordination behaviors. There was no interaction effect.

Firstly, there was a main effect of feminine personality characteristics on subordination behaviors ($F(1,115) = 18.068, p < .01, \eta^2 = .136$). People who have high level of feminine personality characteristics were more likely to engage subordination behaviors in a conflictual situation than people who have low level of feminine personality characteristics (See Figure 1 & 2). Also, there was a main effect of sex on subordination behaviors ($F(1,115) = 5.970, p < .05, \eta^2 = .049$). Males were more likely to use subordination than females.

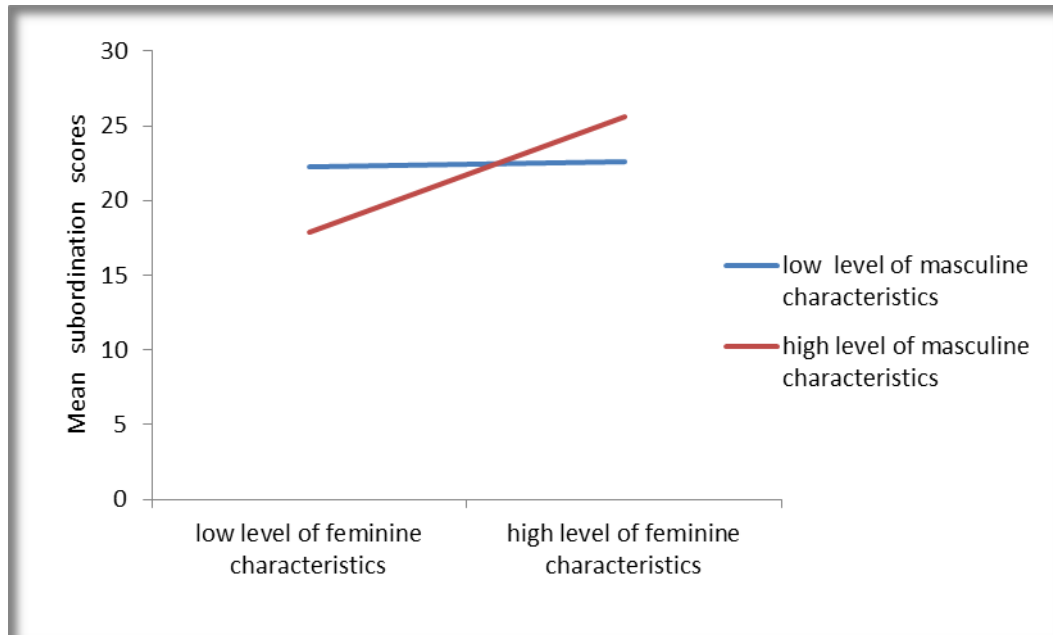


Figure 1. Main effect of feminine characteristics on subordination for males

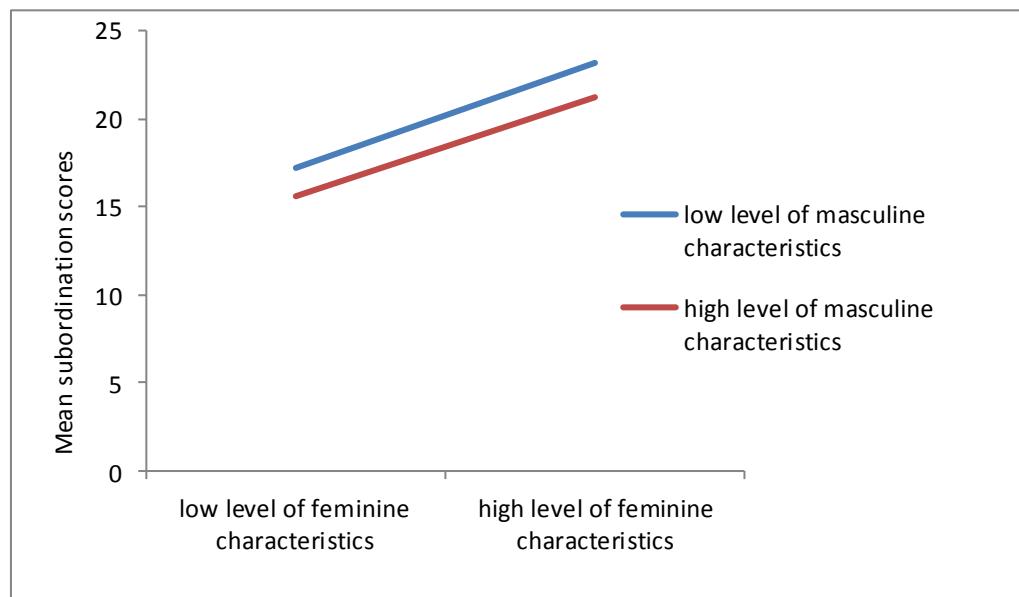


Figure 2. Main effect of feminine characteristics on subordination for females

There was a main effect of having feminine personality characteristics on negative resolution styles ($F(1,115) = 4.630, p < .05, \eta^2 = .039$). People who have high level of feminine personality characteristics engage negative resolution styles less than

people who have low level of feminine characteristics. Although there was no interaction effect among variables, there was a tendency that having feminine characteristics created decrease in negative resolution behaviors of females who were low on masculine characteristics, whereas having feminine characteristics did not create major decrease in negative resolution behaviors of females who were high on masculine characteristics. For males, having feminine characteristics tend to create decrease in negative resolution behaviors regardless of masculine characteristics (See Figure 3& 4).

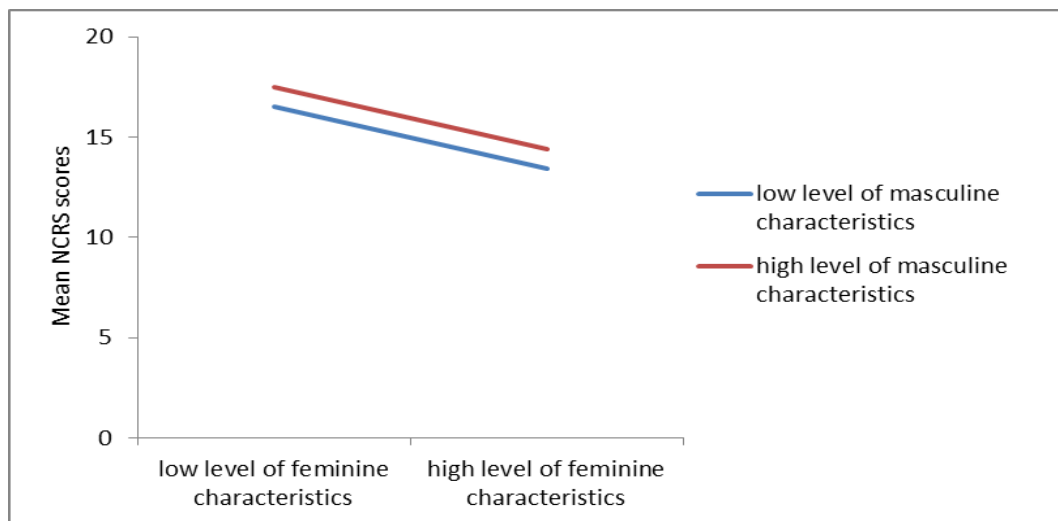


Figure 3. Main effect of feminine personality characteristics on NCRS for males

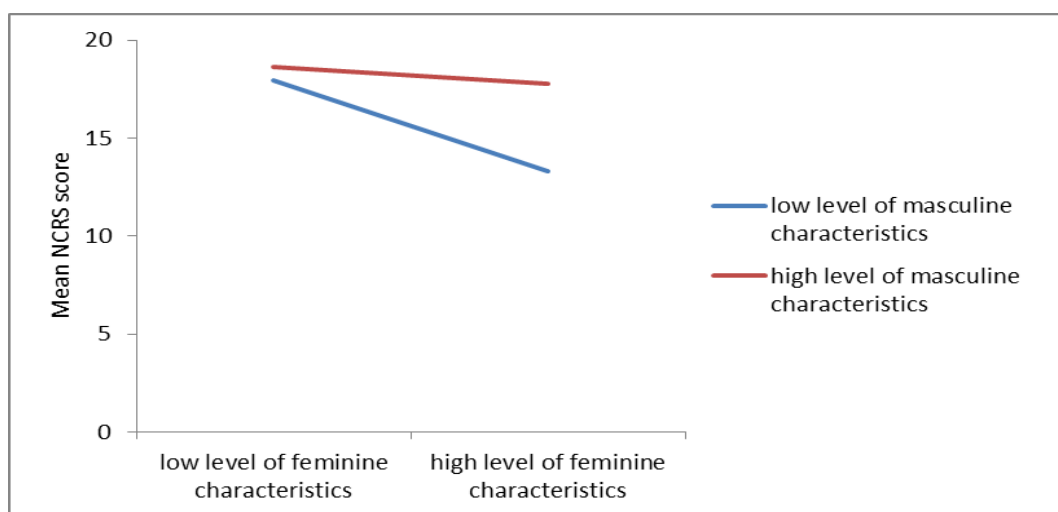


Figure 4. Main effect of feminine personality characteristics on NCRS for females

2X2X2 ANOVA was conducted to explore the effect of sex, having masculine personality characteristics and having feminine personality characteristics on marital satisfaction. There was a main effect of feminine personality characteristics on marital satisfaction ($F(1,115) = 4.059, p < .05, \eta^2 = .034$). People who are high in feminine personality characteristics have higher marital satisfaction level than people who are low in feminine personality characteristics. There was no significant interaction effect (See Figure 5 & 6)

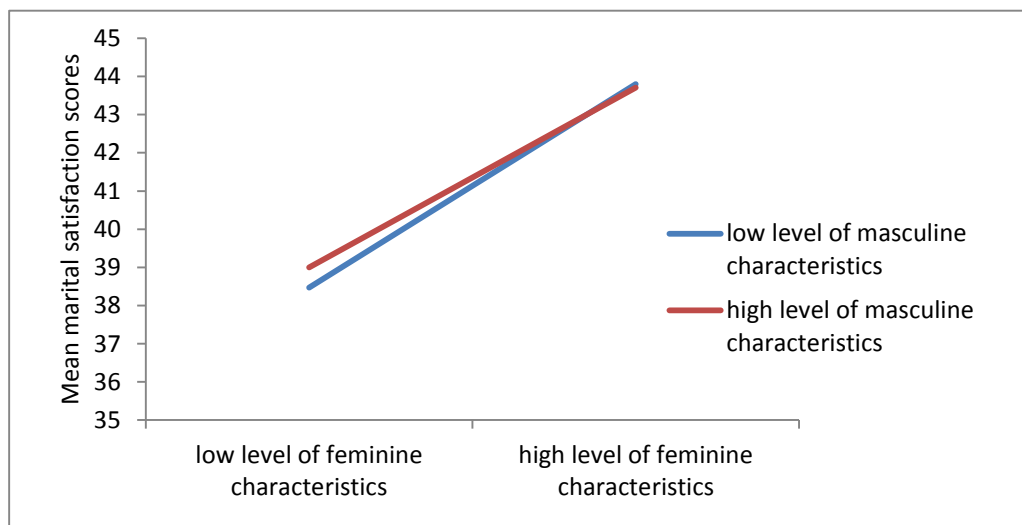


Figure 5. Main effect of feminine characteristics on marital satisfaction for males

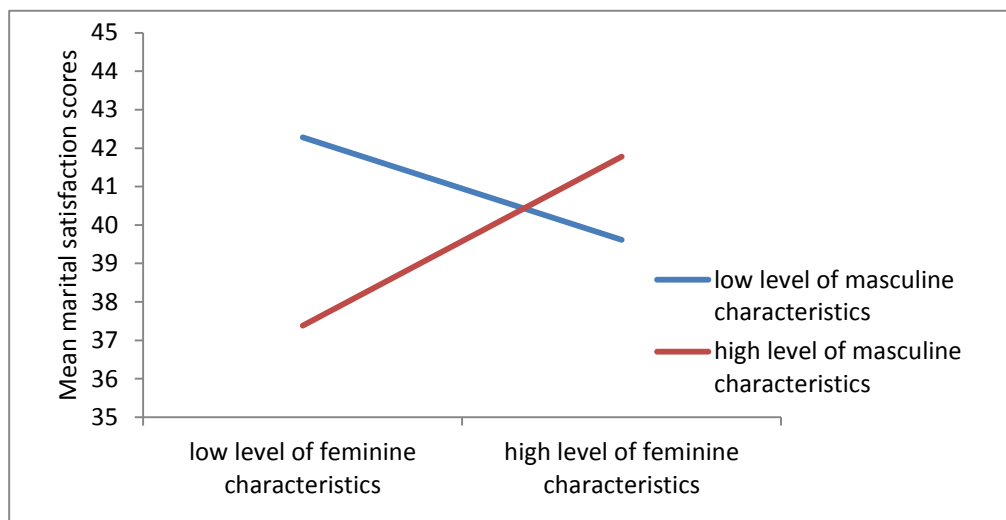


Figure 6. Main effect of feminine characteristics on marital satisfaction for females

4.4. Interaction Effect of Gender Roles on Projective Identification

Series of 2X2 ANOVA were conducted to examine the main effect of gender roles on idealizing projective identification and persecuting projective identification. There was an interaction effect of feminine characteristics and masculine characteristics on idealizing projective identification ($F(1,119) = 5.919, p < .05, \eta^2 = .047$). There was a main effect of feminine characteristics on idealizing projective identification ($F(1,119) = 14.812, p < .01, \eta^2 = .11$). Having feminine characteristics seemed to increase idealizing projective identification scores for the people who have high level of masculine characteristics. On the other hand, having feminine characteristics did not seem to increase idealizing projective identification scores for the people who have low level of masculine characteristics. There was no significant interaction and main effects of gender role on persecuting identification (See Figure 7).

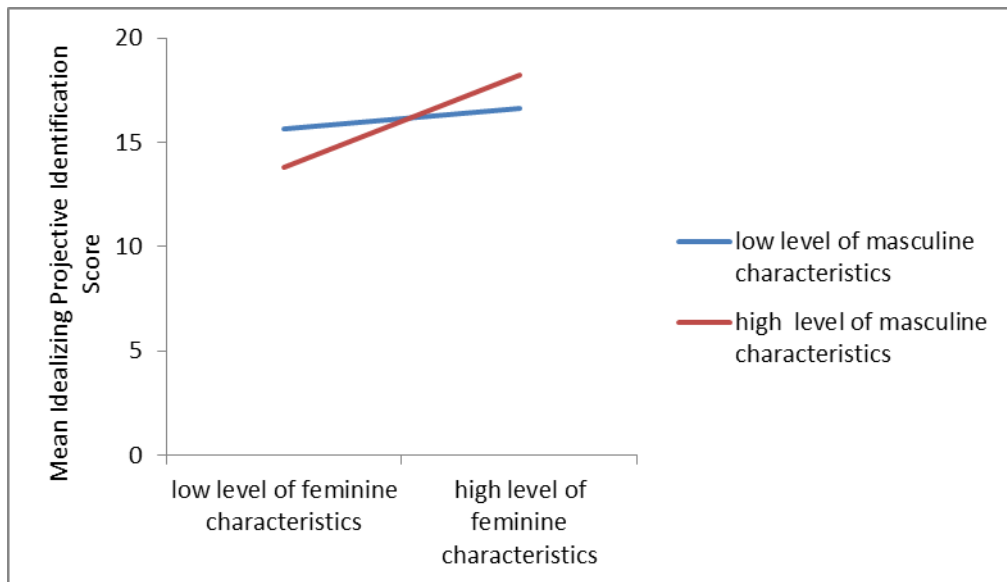


Figure 7. Interaction effect of masculine and feminine characteristics on idealizing projective identification

4.5. Multiple Regression Analysis for the Relationship among Gender Roles, Projective Identification, Conflict Resolution Styles and Marital Satisfaction

Multiple regression analysis was conducted for exploring the contributions of conflict resolution styles, gender roles and projective identification styles on predicting marital satisfaction. It was found that linear combination of conflict resolution styles, gender roles and projective identification styles was significantly related to marital satisfaction, $F(8,122) = 17,65, p < .01$. All of these variables can account for %52 of variance in marital satisfaction. Idealizing projective identification was positively related to marital satisfaction ($\beta = .49, t [122] = 6, 47, p < .001$) whereas persecuting projective identification was negatively related to marital satisfaction ($\beta = -.39, t [122] = -5, 35, p < .001$). Although there was no significant relationship, negative resolution style had a tendency to contribute marital satisfaction in a negative way (See Table 4).

Table 4

Multiple Regression Analysis of the Variables for Marital Satisfaction

	<i>B</i>	<i>SE B</i>	<i>B</i>
Constant	36.96	5.72	
Idealizing	0.88	0.13	.49*
Persecuting	-0.59	0.11	-.39*
PCRS	0.09	0.08	.07
NCRS	-0.15	0.08	-.14
Subordination	-0.04	0.09	-.04
Retreat	-0.10	0.07	-.10
Femininity	-0.03	0.04	-.06
Masculinity	-0.00	0.03	-.01

$R^2=.55$, Adjusted $R^2=.52$ * $p < .001$.

4.6. The Relationship among Socio- demographic Variables and Marital Satisfaction

Lastly, the relationship among socio-demographic variables and marital satisfaction were examined. T-test and correlational analysis were run. There was a negative correlation between duration of marriage and marital satisfaction ($r = -.346$, $p < .01$). There was a significant difference between the marital satisfaction score of people who have child and who do not have child ($t(119) = 2.304$, $p < .05$). People who have a child have lower marital satisfaction score than people who do not have a child. Also, there was a negative correlation between the number of children and marital satisfaction ($r = -.192$, $p < .05$). Lastly, there was a negative correlation between the frequency of conflict and marital satisfaction ($r = -.506$, $p < .01$).

5. Discussion

5.1. Study Findings

In the present study, various determinants of marital satisfaction were explored by examining their relationship to each other. Using persecuting projective identification was positively associated with negative conflict resolution styles and negatively associated with marital satisfaction whereas idealizing projective identification was positively correlated with subordination and marital satisfaction. Gender roles were examined as a socio-cultural component of marital satisfaction. It was found that having feminine characteristics had main effect on subordination behaviors, negative resolution styles and marital satisfaction. Lastly, it was found that there was an interaction effect of masculine characteristics and feminine characteristics on idealizing projective identification. In this section, the results are discussed based on socio-cultural and psychoanalytic perspectives.

5.2. On the Relationship between Projective Identification and CRSS

The results showed that there was a positive relationship between persecuting projective identification and negative conflict resolution styles. Furthermore, it was found that positive conflict resolution style and persecuting projective identification were negatively correlated to each other. In persecuting projective identification, a person experiences her/his couple and their relationship as bad parts of herself/himself therefore; s/he sees her/his couple and their relationship in a bad way. Persecuting projective identification in couple relationship is a recurrent pattern of the negative past childhood experiences of couples such as abusive, instable and selfish parenting

behavior. Siegel (2004) discussed that identification and disidentification process with the parent affect partner's conflict resolution style. Using persecuting projective identification leads couple to see each other and their relationship negatively. These negative attributions may lead negative interactions among the couples (Chatao & Whisman, 2009; Dumitrescu, & Rusu, 2012). Similar to previous findings, the study conducted by Zosky (2001) showed that domestically violent men or relationship discordant men had higher scores on persecuting projective identification than did nonviolent men. All of these findings show that people who use persecuting projective identification behave in a destructive, criticizing and complaining way. They may be also more likely to use psychical and verbal aggression. Also, they have difficulties in handling conflict in a constructive way. All in all, increasing level of persecuting projective identification can be related to poor communication skills and aggressive behaviors which lead negative conflict resolution styles and marital distress.

Secondly, subordination and idealizing projective identification were positively correlated to each other. Subordination is related to accepting other's ideas, opinions without considering and defending her /his ideas. When a person uses idealizing projective identification, s/ he may see her/his relationship in a good way. This may bring acceptance of the relationship and her/his partner with all her/his characteristics without questioning it. A person who has high in *infant to ideal mother identification* may think that her/his partner knows the best therefore; s/he may accept her/him ideas without questioning him/ her. In addition to this, *in ideal mother to infant*, the person may see her/his partner's needs as her/his responsibility and try to fulfill her/his needs without questioning it (Göral- Alkan, 2010). All in all, it may be concluded that in idealizing projective identification, a person may feel dependent to her/his partner, self-

sacrificing herself/ himself and trying to inhibit conflict. These feelings and behaviors may lead subordination behaviors in her/his relationship.

According to Czander (1993), during oedipal period by internalizing “the fear of external authority (same-sex parent), the child learns to control his/her impulses”. Classical theory claimed that social adjustment of a child can be achieved by experiencing pleasure in subordination and obedience. An adult, who experienced a conflictual relationship, may split the ego two parts. One part is related to being aggressive and rebellious whereas other part is related to being submissive and dependent. If the person projects the dependent and submissive part, the receiver is perceived as gratifying and loving. At this point, “aggression may be turned against self”. The projector may be afraid of the aggression and losing the love of the receiver therefore obedience and compliance take place. On the other hand, if the person projects his/her aggressive part, the receiver is perceived as mean and controlling. The aggression may be acted out (Czander, 1993, pg 274). At this point, it may be claimed that the people who use persecuting projective identification may experience their aggression by acting out whereas people who use idealizing projective identification experience it by turning against the self.

5.3. On the Relationship between Projective Identification and Marital Satisfaction

Similar to previous researches findings (Rosegrant, 1981; Kovacs, 1996; Göral-Alkan 2010), the present study results showed that there was a negative correlation between persecuting projective identification and marital satisfaction. As explained before, this may be related to negative and destructive problem solving patterns which may lead marital dissatisfaction and marital distress. If a person has a negative attitude

toward herself/himself or her/his partner, this may lead negative communication patterns and marital dissatisfaction. Furthermore, cognitive analytic theory emphasizes that in marital relationship, reactivation of early schemas which were related to hurtful past events, bring distress to marital relationship. At this point, if the couple reenacts an unresolved pattern which is associated with “punitive, rejecting or neglecting object”, the marriage is affected negatively (Benjamin & Friedrich, 1991; Siegel, 2004; Solomon, 1997). Also, Mendelsohn (2009) stated that using malignant form of projective identification was related to projecting negative parts and using low level of primitive mechanism. If unwanted parts are contained and integrated, this leads healthy marriages. At this point, examining couples’ level of using primitive defense mechanisms can be helpful to understand the effect of projective identification on couple’s communication pattern. This subject needs further examinations. According to Dick (1967), in a disturbed couple, one of the partners splits and projects her/his bad, unwanted part to other partner. Because persecuting projective identification includes bad splitted parts, this may make hard to contain all these negative sides therefore leads negative interaction and unhappiness (Kissen, 1996; Scharff & Scharff, 1997; Mones & Patalano, 2000; Middelberg, 2001).

On the other hand, similar to previous studies (Rosegrant, 1981; Kovacs, 1996; Göral- Alkan, 2010), idealizing projective identification and marital satisfaction were positively correlated to each other. This association may be explained that if a person uses idealizing projective identification, she/he has a positive attitude toward her/his partner and may show more caretaking and empathic behavior toward her /him. These positive and empathic behaviors may lead increasing relationship satisfaction. Mc Williams (1974) and Mendelshon (2009) pointed out that projective identification can

lead empathy and intuition. If couples can contain unwanted parts of their spouses and help them to integrate these parts, this brings psychological maturity for couples. In idealizing projective identification, positive parts are attributed to relationship therefore it can be more tolerable and easy to contain.

5.4. On the Relationship between CRSS and Marital Satisfaction

It was found that negative conflict resolution style and marital satisfaction were negatively correlated to each other. On the other hand, there was a positive correlation between positive conflict resolution style and marital satisfaction. This showed that engaging in a discussion and searching for effective solutions are positively associated with increasing marital satisfaction whereas criticizing, complaining behaviors are related to unhappiness of partners. These results were similar to previous studies (Kurdek, 1994; Matthews, 1914). Negative resolution styles cause harmful effects such as influencing self-concept of couple in a negative way, leading hostility, rage, feeling of insecurity between couple (Matthews, 1914). These harmful effects may lead stress and unhappiness among couple.

5.5. On the Relationship among Feminine, Masculine Characteristics, CRSS and Marital Satisfaction

Having feminine characteristics had a main effect on subordination behaviors and negative resolution style. Having feminine characteristics creates an increase in subordination behaviors whereas it leads to a decrease in negative resolution style. In addition, although there was no significant effect, having masculine characteristics leads more negative conflict resolution behaviors. These results also can be explained by socio-cultural and psychoanalytic perspectives.

According to socio-cultural expectations, feminine characteristics are related to being loyal, shy, gullible, compassionate, flatterable and yielding which are also associated with subordination behaviors (Bem, 1974). Furthermore, feminine role is related to healing and empathic characteristics such as being affectionate, cheerful, not using harsh language, being eager to soothe hurt feelings, being sensitive to other's need and being understanding. All of these feminine characteristics are opposite of negative conflict resolution styles such as criticizing, using violent behaviors. Furthermore masculine characteristics are related to being aggressive, dominant, forceful characteristics of masculinity which are associated with negative conflict resolution style (Garcia et al., 2007, Bem 1974).

On the other hand, these results can be explained by the relationship between gender role and defense mechanism. The association between feminine characteristics and defense mechanism may show that feminine people are more likely to use internalizing defense mechanism such as turning against self; whereas masculine people use externalizing defense mechanism such as displacement and aggressive forms of acting out (Bogo, Winget, & Gleser, 1970; Cramer, 1983,1987; Gleser& Ihilevich, 1969; Ihilevich & Gleser, 1986). In internalizing defenses such as turning against self, aggression turns inward, whereas in externalizing defenses, aggression projects outward. By using internalizing defenses, feminine people may repress and deny their anxiety or they may blame themselves for the unwanted content. On the other hand, in externalizing defenses people blame others for their anxiety and unwanted content. In negative resolution style resentment, hostility and rage are the feelings between partners. In that sense, externalizing defenses such as aggressive forms of acting out can be related to negative conflict resolution styles whereas internalizing defenses can

be positively related to subordination behaviors and negatively associated with negative resolution behaviors.

The previous findings suggest that having both feminine and masculine gender roles lead highest marital satisfaction because androgen people can be more tolerable, openness to change and empathic (Bal, 2007& Çınar, 2008). On the other hand, some studies emphasize that having gender stereotyped roles lead more marital satisfaction. The present study reported that feminine characteristics had a main effect on marital satisfaction therefore it focuses the effect of feminine role. As mentioned before, feminine characteristics such as being affectionate, cheerful, not using harsh language, being eager to soothe hurt feelings and being sensitive to other's need may decrease distress and increase happiness of couples. Also, femininity is related to emotional expressivity which is very important for wellbeing of couple and couple satisfaction (Dumitrescu & Rusu, 2012; Halberstadt, Cassidy, Stifter, Parke, & Fox, 1995; Rauer & Volling, 2005). Similar to this, Anthill (1983) pointed out that the expressive characteristics of femininity may make couple sensitive to each other therefore nurtures their relationship.

On the other hand, masculine females had the lowest marital satisfaction score. This result may be related to two issues. First of all, women who have masculine role may not fulfill the social expectations therefore this may cause some problems in her marriage. Secondly, masculinity characteristics which are associated with being aggressive, dominant and forceful behaviors may lead destructive communication patterns and marital distress.

5.6. On the Relationship among Feminine, Masculine Characteristics and Projective Identification

There was an interaction effect of masculine and feminine characteristics on idealizing projective identification. This may show that similar characteristics of the gender roles and idealizing projective identification may be associated to each other. Idealizing projective identification includes both feminine characteristics such as caretaking and being sensitive to other's feeling and masculine characteristics such as acting like a leader, being dominant. Also, Göral-Alkan (2010) stated that need for closeness, protectiveness; self-sacrificing and dependence are the main issues for idealizing projective identification. These are also main component of having feminine role. On the other hand, Tyson stated (1982) that "early identification with idealized mother- ego ideal" is very important in the development of feminine gender role. According to Stoller (1968), a child firstly identifies with her/his mother. Identification with mother in the first years is very important in the psychological and physical survival of the child. In separation- individuation process the child identify with father when self- other differentiation take place.

5.7. The relationship among Demographic Variables and Marital Satisfaction

Lastly, when demographic variables were considered, it was found that the length of marriage was negatively associated with marital satisfaction. Gottman (1995) stated that romance was most important component of the newly married couple which fulfills the emotional needs of couple. Also, in the first years of marriage, blind love may prevent people to see some facts about each other. In the first years, spending time together by joining activities take place more frequently than latter years. First years of

the marriage are the adaptation period for couples. In time, couples realize their differences. Tolerating differences can be more difficult by increasing responsibilities such as financial, having child (Animasahun & Oladeni, 2012).

Furthermore, similar to past researches (Hurley & Palonen, 1967; Ryder, 1973; White, Booth, & Edwards, 1986), it was found that the number of children that couples have and marital satisfaction level were negatively correlated to each other. Also, in the present study, most of the couple who have child, stated that their reasons for arguments were mostly related to their children. Taking care of children takes couple's time and energy. Disagreements about rearing child lead increasing conflict and problems between couple. Also, Chapin, Chapin, and Sattler (2001) found that conflicts over child rearing lead global and marital distress. Having children negatively affect marital life and marital quality by lowering couples' interaction, increasing responsibilities, economic expense and division of labor. This may lead distress and marital dissatisfaction (White et.al, Burns, 1984 & Özen, 2006, Kurdek, 1999).

To sum up, according to the present study, it was claimed that persecuting projective identification has destructive effect on marital satisfaction by decreasing marital satisfaction and increasing negative conflict resolution style. On the other hand, the effect of idealizing projective identification on marital life is debatable. It was positively correlated with marital satisfaction and subordination behaviors. It may be claimed that the marital happiness and satisfaction of the couple who use idealizing projective identification may come from accepting their spouses without questioning and being happy about any conditions that are provided by an idealized relationship. In addition to this, the effect of sex and gender roles on marital satisfaction and conflict resolution styles were explored. Feminine role had a main effect on subordination

behavior and marital satisfaction. Feminine characteristics such as being loyal, shy, gullible, compassionate, flatterable and yielding may be associated with subordination behaviors. On the other hand, feminine characteristics such as being understanding, caring and empathic were related to marital satisfaction.

5.8. Contributions and Limitations

Marital studies have been recently developing area in Turkey. The present study provided important information about relational dynamics of Turkish couples. This study's findings can be useful for both practical and academic use. In a couple therapy, working with conflict resolution styles is very important issue to focus on in order to help couple to solve the marital problems.

The contribution of the present study is that it explained different components of marital satisfaction by examining their relationship to each other. This was the first empirical study which examined the relationship between projective identification and conflict resolution styles. This study introduced an integrative perspective for working with couples.

Secondly, most of the studies emphasized the effect of gender differences in marital process without examining the effect of gender role. Examining gender roles was an important issue to understand marital process. This study focused on how people define themselves according to gender roles and how these roles affect their marital satisfaction and conflict resolution styles. These relationships were explained by socio-cultural and analytic perspectives. With these properties, this study introduced new views for understanding the effect of gender role on marital satisfaction and conflict resolution styles.

Lastly, exploring the demographic characteristics of couple is very important to understand marital process. This study reported some important demographic factors and their relationships with marital satisfaction which may help psychologist to gain knowledge about Turkish couple.

On the other hand, there are some limitations of the present study. First of all, explaining projective identification, using only one survey is not enough to define this concept. In the future, it is better to use various scales to understand this concept. Also, depressive position of the Paulson Daily Living Inventory may not be suitable for Turkish culture therefore new surveys can be developed by considering Turkish culture. In addition to quantitative data, some qualitative measures can be very helpful to examine conflict resolution styles and projective identification. This may lead rich sources to understand the interaction patterns. Secondly, most of the participants come from high SES and high educational background. This sample may not represent the whole Turkish population. To gain more valid information, more heterogeneous groups who come from low SES and low educational background can be also used in future studies. Thirdly, the participants completed their surveys wherever they want. It would be better to fill the questionnaires in a specific time and in a specific room therefore their interaction with their partners would be prevented. Fourthly, exploring only one side of the couple may not be enough to understand couple interaction. In the future, examining both of the partners can be more helpful and effective in understanding marital processes so that the partners' similarities and differences can be compared with each other. Lastly, as the design of the study was cross sectional, it is impossible to examine longitudinal factors which affect couple relationship. In time, the relationship may change based on the couple's individual characteristics and their interaction styles.

To explore the changes in a romantic relationship, it is important to examine couples longitudinally.

References

- Abedi, M. R., Bahrami, F., Etemadi, O., Fatehizadeh, M., & Ghasemi, V. (2012). Personality types and marital satisfaction. *Interdisciplinary Journal of Contemporary Research in Business*, 4, 372-383.
- Abelin, E. (1971). The role of the father in the separation individuation process. In J. B. McDevitt & C. F. Settlage (Eds.), *Separation individuation*. New York: International Universities Press.
- Abelin, E. L. (1975). Some further observations and comments on the earliest role of the father. *The International Journal of Psychoanalysis*, 56, 293-302.
- Amato, P. R., Loomis, L., & Booth, A. (1995). Parental divorce, marital conflict, and offspring well-being during early adulthood. *Social Forces*, 73, 895–915.
- Anar, B. (2011) *Evli ve çalışan yetişkinlikerin toplumsal cinsiyet rolleri ile evlilik doyumu ve iş doyumu ilişkisinin incelenmesi*. Yayınlanmamış yüksek lisans tezi, Çukurova Üniversitesi , Sosyal Bilimler Enstitüsü, Adana.
- Animasahun, R. A., & Oladeni, O.O. (2012). Effects of length of marriage and number of children on marital satisfaction among Baptist couples in Lagos state, Nigeria. *International Journal of Current Research*, 4, 163-171.
- Antill, J. K. (1983). Sex role complementarity versus similarity in married couples. *Journal of Personality and Social Psychology*, 45, 145-155.
- Baccocchi, S. (1997). How to handle marital conflicts. Psychology {online}. Retrieved from: <http://www.cris.com>.

- Bahadır, Ş. (2006). *Romantik ilişkilerde bağlanma stilleri, çatışma çözüm stratejileri ve olumsuz duygudurum düzenlemesi arasındaki ilişki*. Yayınlanmamış doktora tezi, Ankara Üniversitesi Sosyal Bilimler Enstitüsü, Ankara.
- Bal, H. (2007). *Bağlanma stilleri, cinsiyet rolleri ve evlilik uyumu arasındaki ilişkinin incelenmesi*. Yayınlanmamış Yüksek Lisans Tezi. Mersin Üniversitesi Sosyal Bilimler Enstitüsü, Mersin.
- Baucom, D. H., Epstein, N., Sayers, S., & Sher, T. G. (1989). The role of cognitions in marital relationships: definitional, methodological and conceptual issues. *Journal of Consulting and Clinical Psychology, 57*, 31-38.
- Baumeister, R. F., & Leary, M. R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychological Bulletin, 117*, 497-529.
- Baumeister, R. F., Bratslavsky, E., Finkenauer, C., & Vohs, K. D. (2001). Bad is stronger than good. *Review of General Psychology, 5*, 323-370.
- Baumeister, M. (2007). Marital satisfaction. Encyc-45348.qxd, 541-544.
- Beck, A. T. (1979). *Cognitive therapy and the emotional disorders*. New York, NY: International Universities Press.
- Bem, S. L. (1974). The measurement of psychological androgyny. *Journal of Consulting and Clinical Psychology, 42*, 155-162.
- Bem, S. L. (1975). Probing the promise of androgyny. In M. R. Walsh (Ed.), *The psychology of women: Ongoing debates*. New Haven, CT: Yale University Press.

- Bem, S. L. (1981). Gender schema theory: A cognitive account of sex typing. *Psychological Review*, 88, 354–364.
- Benjamin, L. S. & Friedrich, F. J. (1991). Contributions of structural analysis of social behavior (SASB) to the bridge between cognitive science and a science of object relations. In: *Person, Schemas and Maladaptive Interpersonal Patterns*, ed. M. J. Horowitz. Chicago: University of Chicago Press.
- Billings, A. (1979). Conflict resolution in distressed and nondistressed married couples. *Journal of Consulting and Clinical Psychology*, 47, 368-376.
- Bion, W. R. (1959). Attacks on linking. *International Journal of Psycho-Analysis*, 40, 308-315.
- Bion, W. R. (1962). *Learning from experience*. London: Heinemann.
- Birchler, G. R., & Webb, L. J. (1977). Discriminating interaction behaviors in happy and unhappy marriages. *Journal of Consulting and Clinical Psychology*, 45, 341-343.
- Blum, J. S. & Mehrabian, A. (1999). Personality and temperament correlates of marital satisfaction. *Journal of Personality*, 67, 93-125.
- Bogo, N., Winget, C., & Gleser, G.C. (1970). Ego defenses and perceptual styles. *Perceptual and Motor Skills*, 30, 599-605.
- Brehm, S. S. (1992). *Intimate relationships*. New York: McGraw- Hill.
- Brockwood, K.J. (2007). Marital satisfaction and the work-family interface: An overview. *Sloan Work and Family Research Network*. Retrieved from http://wfnetwork.bc.edu/encyclopedia_entry.php?id=4236&area=All.
- Brunet, L., Casoni, D. (2000). A necessary illusion: Projective identification and the containing function. *Canadian Journal of Psychoanalysis*, 9, 137-163.

- Burns, A. (1984). Perceived causes of marriage breakdown and conditions of life. *Journal of Marriage and the Family*, 46, 551-562.
- Catherall, D. R. (1992). Working with projective identification in couples. *Family Process*, 31, 355-356.
- Chapin, L. R., Chapin, T. J., & Sattler, L. G. (2001). The relationship of conflict resolution styles and certain marital satisfaction factors to marital distress. *Family Journal*, 9, 259-265.
- Chatao, Y., & Whisman, M. A. (2009). Partner schemas and relationship functioning: a states of mind analysis. *Behavior Therapy*, 40, 50-56.
- Chescheir, M. W. (1995). Projective processes as interpersonal communication. *Smith College Studies in Social Work*, 66, 17-37.
- Chodorow, N. J. (1995). Gender as a personal and cultural construction. *Signs*, 20, 516-544.
- Christensen, A., & Heavey, C. L. (1990). Gender and social structure in the demand/withdraw pattern of marital conflict. *Journal of Personality and Social Psychology*, 59, 73- 81.
- Christensen, A., & Shenk, J. L. (1991). Communication, conflict, and psychological distance in nondistressed, clinic, and divorcing couples. *Journal of Consulting and Clinical Psychology*, 59, 458-463.
- Cramer, P. (1983). Children's use of defense mechanisms in reaction to displeasure caused by others. *Journal of Personality*, 51, 79-94.
- Cramer, P (1987). The development of defenses. *Journal of Personality*, 55,597-612.
- Czander, W.M. (1993). *The psychodynamics of work and organizations: theory and application*. New York,NY: The Guilford Press.

- Çelenođlu, A.(2011). *Evli bireylerin, bağlanma stillerine ve kendilik algısına göre evlilikte yaşanan sorunlarla başa çıkma yollarının incelenmesi*.
Yayınlanmamış yüksek lisans tezi, Haliç Üniversitesi, Sosyal Bilimler Enstitüsü, İstanbul.
- Çınar, L. (2008). *Evlilik doyumu: cinsiyet rolleri ve yardım arama tutumu*.
Yayınlanmamış Yüksek Lisans Tezi. Gazi Üniversitesi Eğitim Bilimleri Enstitüsü, Ankara.
- Dasgupta, S., & Basu, J. (2011). Marital quality and gender role stereotype. *Psychological studies*, 56, 360-367.
- Dicks, H. V. (1963). Object relations theory and marital studies. *British Journal of Medical Psychology*, 36, 1–12.
- Dicks, H. V. (1967). *Marital tensions: Clinical studies towards a psychoanalytic theory of interaction*. London: Routledge and Kegan Paul.
- Dökmen, Z. (1991). Bem Cinsiyet Rolü Envanteri'nin geçerlik ve güvenilirlik çalışması. *Dil ve Tarih-Coğrafya Fakültesi Dergisi*, 35, 81-89.
- Dumitrescu, D., & Rusu, A.S. (2012). Relationship between early maladaptive schemas, couple satisfaction and individual mate value: An evolutionary psychological approach. *Journal of Cognitive and Behavioral Psychotherapies*, 12, 63-76.
- Ellis, A. (1986). Rational-emotive therapy applied to relationship therapy. *Journal of Rational-Emotive Therapy*, 4, 4-21.
- Evans, G. R. (1982). Defense mechanisms in females as a function of sex-role orientation. *Journal of Clinical Psychology*, 38, 816-817.
- Feeney, J. A. (1996). Attachment, caregiving, and marital satisfaction. *Personal Relationships*, 3, 401–416.

- Feeney, J. A. (1998). Adult attachment and relationship-centered anxiety: Responses to physical and emotional distancing. In J. A. Simpson & W. S. Rholes (Eds.), *Attachment theory and close relationships*. New York, NY: Guilford.
- Fincham, F. D., Bradbury, T. N., & Beach, S. R. H. (1990). To arrive where we began: Cognition in marital therapy. *Journal of Family Psychology, 4*, 167-184.
- Fincham, F. D. (2003). Marital conflict: Correlates, structure, and context. *Current Directions in Psychological Science, 12*, 23-27.
- Freud, S. (1896). The aetiology of hysteria. *Standard Edition*, Vol. 3. London: Hogarth Press, 1962.
- Freud, S. (1924). The Dissolution of the Oedipus Complex, *Standard Edition*, Vol. XIX, London: Hogarth, 1961.
- Gabbard, G. (2005). *Psychodynamic Psychiatry in Clinical Practice: Fourth Edition*. Washington, DC: American Psychiatric Press.
- Gaelick, L., Bodenhausen, G. V., & Wyer, R. S. (1985). Emotional communication in close relationships. *Journal of Personality and Social Psychology, 49*, 1246-1265.
- Garcia, A.O., Calcaneo, L.M., Soto, V. S., & De Lara, M. R. (2007). Correlations between masculinity and femininity traits and marital satisfaction among Mexican immigrants. *Migracion y desarrollo*. Retrieved from http://estudiosdeldesarrollo.net/nueva_pag/revista/rev8ing/e3.pdf
- Gilligan, C. (1982). *In a different voice: Psychological theory and women's development*. Cambridge, MA: Harvard University Press.
- Gleser, G. C., & Ihilevich, D. (1969). An objective instrument for measuring defense mechanisms. *Journal of Consulting and Clinical Psychology, 33*, 51-60.

- Gottman, J., Markman, H., & Notarius, C. (1977). The topography of marital conflict: A sequential analysis of verbal and nonverbal behavior. *Journal of Marriage and the Family*, 39, 461-477.
- Gottman, J. M., & Krokoff, L. J. (1989). Marital interaction and satisfaction: A longitudinal view. *Journal of Consulting and Clinical Psychology*, 57, 47-52.
- Gottman, J. (1993). The roles of conflict engagement, escalation, and avoidance in marital interaction: A longitudinal view of five types of couples. *Journal of Counseling and Clinical Psychology*, 61, 6-15.
- Gottman, J. (1994). *What predicts divorce? The relationship between marital processes and marital outcomes*. Hillsdale, NJ: Lawrence Erlbaum.
- Gottman, J. M. (1995). *Why marriage success or fail and how to make yours last*. New York: Simon and Schuster.
- Göka, E., Yüksel, F. V., & Göral, F. S. (2006). İnsan ilişkilerinde yansıtımlı özdeşim. *Türk Psikiyatri Dergisi*, 17, 46-54.
- Göral-Alkan, S. (2010) *Coupling through projective identification: bridging role of projective identification in the associations among early parenting experience, personality constructs and couple relationship*. A Doctoral Thesis Submitted to the Graduate School of Social Sciences of Middle East Technical University, Ankara.
- Graziano, W. G., Jensen-Campbell, L. A., & Hair, E. C. (1996). Perceiving interpersonal conflict and reacting to it: The case for agreeableness. *Journal of Personality and Social Psychology*, 70, 820–835.
- Greeff, A. P., & Bruyne, T. (2000). Conflict management style and marital satisfaction. *Journal of Sex & Marital Therapy*, 26, 321-334.

- Halberstadt, A. G., Cassidy, J., Stifter, C. A., Parke, R. D., & Fox, N. A. (1995). Self expressiveness within the family context: Psychometric support for a new measure. *Psychological Assessment, 7*, 93-103.
- Hamamci, Z. (2005). Dysfunctional relationship beliefs in marital conflict. *Journal of Rational-Emotive and Cognitive-Behavior Therapy, 23*, 245-261.
- Heavey, C. L., Layne, C., & Christensen, A. (1993). Gender and conflict structure in marital interaction: A replication and extension. *Journal of Consulting and Clinical Psychology, 61*, 16-27.
- Hocker, J. L., & Wilmot, W. W. (1995). *Interpersonal conflict (4th ed.)*. Madison: Brown & Benchmark Publishers.
- Horney, K. (1924). On the genesis of the castration complex in women. *International Journal of Psycho-Analysis, 5*, 50-65.
- Hurley, J. R. & Palonen, D. P. (1967). Marital satisfaction and child density among university student parents. *Journal of Marriage and the Family, 29*, 483-484.
- Ihilevich, D., & Gleser, G. C. (1986). *Defense mechanisms: Their classification, correlates, and measurement with the Defense Mechanism Inventory*. Owosso, MI: DMI Associates.
- Jones, E. (1927). *The early development of female sexuality*, in: Papers on Psychoanalysis, Beacon Press, Boston, Mass.
- Kavuncu, A. N. (1987). *Bem Cinsiyet Rolü Envanterini Türk Toplumuna Uyarlama Çalışmaları*. Yayımlanmamış Yüksek Lisans Tezi. Hacettepe Üniversitesi Sosyal Bilimler Enstitüsü, Ankara.
- Kernberg, O. (1975). *Borderline conditions and pathological narcissism*. New York: Aronson.

- Kernberg, O. F. (1991). Aggression and Love in the Relationship of the Couple. *Journal of the American Psychoanalytic Association* 39, 45-70.
- Kissen, M. (1996). Projective identification: A resistance in couples. *American Journal of Psychotherapy*, 50, 54-65.
- Klein, M. (1946). Notes on some schizoid mechanisms. In *Envy and Gratitude*. New York: Dell.
- Koren, P., Carlton, K., & Shaw, D. (1980). Marital conflict: Relations among behaviors, outcomes, and distress. *Journal of Consulting and Clinical Psychology*, 48, 460-468.
- Kovacs, G. S. (1996). *Impact of projective identification, shame proneness, level of empathy and self-esteem on couple relationship satisfaction*. Doctoral Dissertation, California School of Professional Psychology, Los Angeles.
- Kurdek, L. A. (1994). Conflict resolution styles in gay, lesbian, heterosexual nonparent, and heterosexual parent couples. *Journal of Marriage and the Family*, 56, 705-722.
- Kurdek, L. A. (1995). Predicting change in marital satisfaction from husbands' and wives' conflict resolution styles. *Journal of Marriage and the Family*, 57, 153-164.
- Kurdek, L.A. (1999). The nature and predictors of the trajectory of change in marital quality for husbands and wives over the first 10 years of marriage. *Developmental Psychology*, 35, 1283-1296.
- Levit, D. B. (1991). Gender differences in ego defenses in adolescence: sex roles as one way to understand the differences. *Journal of Personality and Social Psychology*, 61, 992-999.

- Malkoç, B. (2001). *The relationship between communication patterns and marital adjustment*. Yayınlanmamış yüksek lisans tezi, ODTÜ Sosyal Bilimler Enstitüsü, Ankara.
- Matthews, D. W. (1914). North Carolina State University. Family & consumer sciences. Marriage Enrichment: Conflict Resolution Published by North Carolina Cooperative Extension Service Prepared.
- McCormack, C. C. (2000). *Treating Borderline States in Marriage: Dealing with Oppositionalism, Ruthless Aggression, and Severe Resistance*. Jason Aronson: NJ.
- McGovern, J. M., & Meyers, S. A. (2002). Relationships between sex-role attitudes, division of household task, and marital adjustment. *Contemporary Family Therapy*, 24, 601-618.
- McWilliams, N. (1994). *Psychoanalytic diagnosis: Understanding personality structure in the clinical process*. New York: Guilford Press.
- Mendelsohn, R. (2009). The projective identifications of everyday life. *Psychoanalytic Review*, 96, 871-893.
- Middelberg, C. V. (2001). Projective identification in common couple dances. *Journal of Marital and Family Therapy*, 27, 341-352.
- Mones, A. G., & Patalano, F. (2000). From projective identification to empathic connection: The transformation of a marriage from the inside out. *Journal of Couples Therapy*, 9, 57- 66.
- Ogden, T. H. (1979). On projective identification. *International Journal of Psychoanalysis*, 60, 357-373.

- Ottu, I. F. A., & Akpan, U. I. (2011). Predicting marital satisfaction from the attachment styles and gender of a culturally and religiously homogenous population. *Gender & Behavior, 9*, 3656-3678.
- Özen, A. (2006). *Value similarities of wives and husbands and conflict resolution styles of spouses as predictors of marital adjustment*. A thesis submitted to the Graduate School of Social Sciences of the Middle East Technical University, Ankara.
- Papp, L. M., Goeke-Morey, M.C., & Cummings, E. M. (2007). Linkages between spouses' psychological distress and marital conflict in home. *Journal of Family Psychology, 21*, 533-537.
- Rauer, A. J., & Volling, B. L. (2005). The role of husbands' and wives' emotional expressivity in the marital relationship. *Sex Roles, 52*, 577-587.
- Rosegrant, B. D. (1981). *Projective identification and separation individuation in marital interaction*. Doctoral Dissertation. Retrieved from PsycINFO database: *Dissertation Abstracts International*.
- Rubin, L. B. (1983). *Intimate strangers: Men and women together*. New York: Harper & Row.
- Rusbult, C.E. (1983). A longitudinal test of the investment model: The development (and deterioration) of satisfaction and commitment in heterosexual involvements. *Journal of personality and social psychology, 45*, 101-117.
- Rusbult, C. E., & Zembrodt, I. M. (1983). Responses to dissatisfaction in romantic involvements: A multidimensional scaling analysis. *Journal of Experimental Social Psychology, 19*, 274-293.

- Rusbult, C. E., Johnson, D. J., & Morrow, G.D. (1986). Determinants and consequences of exit, voice, loyalty and neglect: responses to dissatisfaction in adult romantic involvements. *Human Relations, 39*, 45-63.
- Ruszczynski, S. P. (1992). Notes towards a psychoanalytic understanding of the couple relationship. *Psychoanalytic Psychotherapy, 6*, 33-48.
- Ryder, R. G. (1973). Longitudinal data relating marital satisfaction and having a child. *Journal of Marriage and the Family, 35*, 604-607.
- Sandler, J., & Sandler, A. M. (1978). On the development of object relationships and affects. *The International Journal of Psychoanalysis, 59*, 285-296.
- Scharff, J. S., & Scharff, D. E. (1997). Object relations couple therapy. *American Journal of Psychotherapy, 51*, 141-73.
- Schneer, J. A., & Chanin, M. N. (1987). Manifest needs as personality predispositions to conflict-handling behavior. *Human Relations, 40*, 575-590.
- Segal, J. (2004). *Melanie Klein* (2nd ed.). London: Sage Publications, Inc.
- Segal, H. (2008). *Introduction to the work of Melanie Klein*. London: Karnacs Books
- Shi, L. (2003). The Association between adult attachment styles and conflict resolution in romantic relationships. *The American Journal of Family Therapy, 31*, 143-157.
- Siegel, J.P. (2004). Identification as a focal point in couple therapy. *Psychoanalytic Inquiry, 24*, 406-419.
- Snyder, M. Tanke, E. D., & Berscheid, E. (1977). Social perception and interpersonal behavior: On the self- fulfilling nature of social stereotypes. *Journal of Social and Personality Psychology, 35*, 656-666.

- Solomon, M. (1997). Countertransference and empathy in couples therapy. In: *Countertransference in Couples Therapy*, ed. M. Solomon & J. P. Siegel. New York: Norton.
- Spillius, E. B. (1988). *Melanie Klein today: Developments in theory and practice*. London: Routledge.
- Stoller, R. *Sex and Gender: On the Development of Masculinity and Femininity*. New York: Science House.
- Straus, M. A. (1979). Measuring intrafamily conflict and violence: The conflict tactics (CT) scales. *Journal of Marriage and the Family*, 41, 85-88.
- Terman, L. M., Bittenweiser, R., Ferguson, L. W., Johnson, W. B., & Wilson, D. P. (1938). *Psychological factors in marital happiness*. New York: McGraw-Hill.
- Tezer, E. (1986). *Evli Eşler Arasındaki Çatışma Davranışları: Algılama ve Doyum*, Yayınlanmamış Doktora Tezi. Hacettepe Üniversitesi Sosyal Bilimler Enstitüsü, Ankara.
- Tilden, T., & Dattilio, F. M. (2005). Vulnerability schemas of individuals in couples relationships: A cognitive perspective. *Contemporary Family Therapy*, 27, 139-162.
- Tyson, P. (1982). A developmental line of gender identity, gender role, and choice of love object. *Journal of the American Psychoanalytic Association* 30, 61-86.
- Weiss, R. L., & Summers, K. J. (1983). Marital Interaction Coding System- III. In E. Filsinger (Ed.), *Marriage and family assessment* (pp.35-115). Beverly Hills, CA: Sage.
- White, L. K., Booth, A., Edwards, J. N. (1986). Children and Marital Happiness: Why the negative correlation?. *Journal of Family Issues*, 7, 131-147.

- Wood, V. F., & Bell, P.A. (2008). Predicting interpersonal conflict resolution styles from personality characteristics. *Personality and Individual Differences, 45*, 126-131.
- Young, J., Klosko, J., & Weishaar, M. (2003). Schema therapy: conceptual model. In J. Young, J. Klosko, & M. Weishaar (Eds.), *Schema Therapy: A practitioner's guide* (pp. 1-62). New York: Guilford Press.
- Zosky, D. M (2001). *The role of projective identification with domestically violent males*. Doctoral Dissertation, School of Social Work, Loyola University Chicago, Illinois. Retrieved from ProQuest Dissertations & Theses.

Appendix A

BİLGİLENDİRME VE ONAY FORMU

Değerli Katılımcı,

Bu araştırmanın amacı çiftlerin evlilik ilişkilerindeki tutumlarını incelemektir.

Bu araştırma anketini eşinizden ayrı doldurmanız araştırmanın amacı açısından çok önemlidir. Bu yüzden lütfen soruları tek başınıza cevaplayınız. Anketteki soruların doğru ya da yanlış cevabı yoktur. Lütfen bütün soruları dikkatlice okuyarak size en yakın olan cevabı içtenlikle işaretleyiniz.

Anketi doldurmak yaklaşık olarak 40–45 dakikanızı alacaktır. Sadece bu sayfada araştırmaya gönüllü olarak katıldığınızı kabul ettiğinizi göstermek için adınız, soyadınız ve imzanız bulunacaktır. Onun dışında verdiğiniz bilgiler ve kimliğiniz etik ilkeler doğrultusunda gizli tutulacaktır. Verdiğiniz bilgiler yalnızca bu araştırma için kullanılacak ve bilgileriniz grup bazında değerlendirilecektir. Araştırmanın sonuçları, talep eden katılımcılara bildirilecektir. Sorularınız ve daha detaylı bilgi almak için gokcee_yucel@hotmail.com adresine e-mail atabilirsiniz.

İlginiz ve katılımınız için teşekkür ederiz.

Yrd. Doç. Dr. Ayten Zara (ayten.zara@bilgi.edu.tr)
İstanbul Bilgi Üniversitesi Psikoloji Departmanı Öğretim Üyesi

Gökçe Yücel (gokcee_yucel@hotmail.com)
İstanbul Bilgi Üniversitesi Klinik Psikoloji Yüksek Lisans Program Öğrencisi

Yukarıdaki bilgileri okudum ve bu çalışmaya gönüllü olarak katılmayı kabul ediyorum.

İmza

Appendix B

DEMOGRAFİK BİLGİ FORMU

1. Cinsiyetiniz : Kadın Erkek
2. Yaşınız :
3. Eğitim durumunuz : İlkokul Ortaokul Lise Üniversite
 Yüksek Lisans Doktora Doktora sonrası
4. En uzun süre yaşadığınız yer:
 - Köy
 - Kasaba
 - Şehir
 - Büyük şehir
5. Çalışıyor musunuz ? : Evet Hayır
6. Mesleğiniz :
7. Eşinizle nasıl tanıştınız:
 - Okulda/İş yerinde
 - Arkadaş aracılığıyla
 - Aile aracılığıyla
 - Eğlence mekanlarında (kafe, restoran, vb.)
 - Elektronik ortamda (Facebook, MySpace, msn, twitter, vb.)
 - Diğer: _____
8. Eşinizle ne kadar süredir evlisiniz ?
9. Çocuğunuz var mı?
 - Hayır Evet (Evet ise kaç tane.....)
10. Ortalama toplam aylık aile geliriniz aşağıdaki gruplardan hangisine en yakındır:
 - 550 TL – 1500 TL
 - 1501 TL – 3000 TL
 - 3001 TL – 5000 TL
 - 5001 TL ve üstü
11. Dini inancınız :
12. Etnik kökeniniz :

13. Eşinizle genellikle ne sıklıkla tartışırsınız ?

- Neredeyse hiç
- Ayda 1-2 defa
- Haftada 1-2 defa
- Her gün 1 defa
- Her gün 1'den fazla

14. Eşinizle genelde hangi konular üzerine tartışırsınız?

15. Evlilik ilişkinizde yaşadığınız sorunlar için profesyonel yardım aldınız mı ?

(Psikoloğa, çift terapisine gitmek gibi)

- Hayır
- Evet

Evet ise lütfen ne kadar süreyle nasıl bir yardım aldığınızı belirtiniz:.....

.....

16. Kişisel sorunlarınız için profesyonel yardım aldınız mı ?

- Hayır
- Evet

Evet ise lütfen ne kadar süreyle nasıl bir yardım aldığınızı belirtiniz:

.....

Appedix C

PAULSON GÜNDELİK YAŞAM ENVANTERİ

Aşağıdaki sorular, sizin “eşiniz” ile ilişkinizi anlamak amacıyla hazırlanmıştır.

Lütfen soruları “eşinizi” düşünerek cevaplayınız.

Cümle sizin için doğruysa “D”, yanlışsa “Y” seçeneğini daire içine alarak işaretleyiniz.

Lütfen hiçbir soruyu boş bırakmayınız.

1.Yeni arkadaşlar edindiğimde eşimin onlara karşı eleştirel olacağından korkarım.	D	Y
2. Kendimi güvensiz ve zayıf hissettiğimde eşimin bana karşı eleştirel olacağını düşünüyorum, bu yüzden böyle anlarda kendime olduğumdan daha çok güveniyor gibi yapıyorum.	D	Y
3. Eğer bir şeyi gerçekten çok istiyorsam bilirim ki eşimden bunu istemeye devam edersem onu benim için yapar.	D	Y
4. O olduğu gibidir ve eşimden beni memnun etmek için değişmesini beklemeye hiç hakkım yok.	D	Y
5. Onun kabiliyetindeki birinin böylesi aptalca şeyler yapabilmesi tek kelimeyle hayret verici.	D	Y
6. Onu bozguna uğratan üzücü bir şey başına geldiğinde eşimi koruyup kollamaya gayret ederim.	D	Y
7. O ne yapıyor olursa olsun eşime sadece yakın olmak bile beni her zaman mutlu eder.	D	Y
8. Bir nedenle işleri ondan istediğim zamanda yapmaz ve son ana kadar erteler, bu da beni çok sinirlendirir.	D	Y
9. Bana göre benim sorumluluğum eşimi mutlu etmektir ve o mutsuz olduğunda kendimi suçlu hissederim.	D	Y
10. Harcayacak kadar param olduğunda , parayı kendimi şımartmak için harcamak yerine ailem için kullanmayı tercih ederim.	D	Y
11. Rahatsız edici ya da üzücü bir şey olduğunda hemen eşimi ararım çünkü çoğu zaman o ne yapacağını bilir.	D	Y
12.Bazen eşim bana beynim yokmuş gibi davranıyor.	D	Y
13. Ondan yapmasını istediğim bir şey için, eşimin “unuttum” türünden her zaman duyduğum bir mazeret söylemesine çok kızıyorum.	D	Y
14. Eşim, benim için daima istediğim her şeydir.	D	Y
15. Eşimi kendi sağlığına zarar verebilecek kötü alışkanlıklarından vazgeçirtirim.	D	Y
16. Eşim üzgün olduğunda genellikle yapabileceğim en iyi şey, onu dinlemek ve sorunu kendisi için yoluna koymasına izin vermektir.	D	Y
17. Ondan ne zaman bir şey istesem, bana kendisinden çok fazla şey istediğimi hissettiriyor.	D	Y

18. Eşim gelemediğinde, davetlere gitmeyi iptal etmektense hiç rahatsızlık duymadan tek başıma giderim.	D	Y
19. Çoğunlukla eşimin ne yapacağı ve nereye gideceği konusunda kendi kararlarını kendisinin vermesi gerektiğine inanırım.	D	Y
20. Bir şeyi yapmakta zorlanıyorsa ve rahatsız oluyorsa o işi eşimin yerine ben yapmayı denerim.	D	Y
21. Bu kadar dik kafalı olmayıp benim öğütlerime uysaydı sorunlarımızın çoğu şimdiye kadar hallolurdu.	D	Y
22. Biliyorum ki eşim ve ben iki farklı bireyiz ve bu nedenle her zaman aynı şeylerden keyif alamayız.	D	Y
23. Birbirimizin tüm arkadaşlarını sevmemizin şart olduğunu düşünmüyorum.	D	Y
24. Eğer beni daha çok dikkate alsaydı, hoşlandığım şeyleri her zaman ben söylemek zorunda kalmazdım, kendisi akıl ederdi.	D	Y
25. Bir şey olduğunda ve eşime ulaşip çağırmadığımda kendimi çok çaresiz hissediyorum.	D	Y
26. Eşimin ihtiyaçları yerine kendi isteklerimi birinci sıraya koyarsam kendimi çok bencil hissediyorum.	D	Y
27. Gerçekten tüm istediğim eşimi mutlu etmek ve inanıyorum ki bu yönde yeterince uğraşmaya hazır olduğum sürece bunu yapabilirim.	D	Y
28. Bir şeyden gerçekten keyif aldığımda, bana her seferinde sanki onun zararına bir şey yapmışım gibi hissettirir.	D	Y
29. Başka insanlarla birlikte olduğumuz zamanlarda bazen eşimin davranış tarzından utanıyorum.	D	Y
30. Keyfini çıkarabileceği daha çok boş zamanı olsun veya dinlenebilsin diye eşim için elimden ne geliyorsa yapmaya çalışırım.	D	Y
31. Eşim uzaktayken ona ihtiyacım olursa hemen ulaşabileyim diye hep nerede olduğunu bilmek isterim.	D	Y
32. Bir şeyi sadece eğlence için yapıyorsam, eşim o şeyi çok iyi yapar hale gelmemi bekler ve bu da işin keyfini kaçıır.	D	Y
33. Eşimin başına bir şey gelebileceğini düşündüğümde korkuya ve paniğe kapılıyorum.	D	Y
34. Ara sıra birbirimizden ayrı vakit geçirmemizin ve farklı seyahatlere çıkmamızın bizim için iyi olduğunu düşünüyorum.	D	Y
35. Eşimin bazen sanki benimle ilgili hiçbir şeyi tasvip etmediğini hissediyorum.	D	Y
36. Benim ona söylememe gerek kalmadan eşim kendimi nasıl hissettiğimi bilir.	D	Y
37. Yaptığım bir şey yüzünden sıkılısam ya da utansam bunu ona söylemem çünkü bununla ilgili bana kendimi daha kötü hissettirir.	D	Y
38. Eve söylediğim vakitten geç gittiğimde sebep ne olursa olsun, geç kalmış olmam eşimin sınırlarını alt üst eder.	D	Y
39. Eşimin başına hoş olmayan bir şey geldiğinde durumu onun için düzeltmeye çalışıp tatsızlığı gidermeye gayret ederim.	D	Y
40. Onsuz karar almaktan hoşlanmam çünkü eşim durumları benden çok daha iyi değerlendirebiliyor.	D	Y
41. Eğer eşimin istediği tüm parayı harcamasına izin verseydim şimdi yoksullar evinde olurduk.	D	Y

42. Sadece daha sıkı çalışsa ve çabalasa, bu yeteneği ile birçok şeyi şimdikinden çok daha iyi yapabilirdi.	D	Y
43. Eşim ve ben birbirimize o kadar benziyoruz ki konuşmamıza neredeyse hiç gerek kalmıyor.	D	Y
44. Eşimle beğenilerimiz çok farklı olduğundan bazen tam isabet ettiremese bile, onun benim için doğru hediye almaya gayret ettiğini biliyorum. Yani sonuçta ben her halükarda memnunum.	D	Y
45. Arkamdan bir iş çevirip bana fark ettirmeden paçayı kurtarmaya çalışır diye eşime tam güven duymuyorum.	D	Y
46. Eşimin boş zamanlarında kendi uğraşlarına dalması ve benim bunlarla ilgilenmemi beklemiyor oluşu hoşuma gidiyor.	D	Y
47. Eşimin kendi başına yapabileceği şeyleri benden istemesine sinir oluyorum.	D	Y
48. Eşim için yaptıklarımın hiçbiri ona yeterli gelmiyor, aynen dipsiz bir kuyuyu doldurmaya çalışmak gibi... Eşimin minnettar olmak nedir öğrenmesi gerek.	D	Y
49. Eşimle birlikteyken kendimi güvende hissederim.	D	Y
50. Eşim eğer ben bir şeyi bilmiyorsa kendimi aptal gibi hissetmemen neden olur.	D	Y
51. Birçok konuda fikrinin benimkilerden çok farklı olduğunu biliyorum ve bunun eşimi çekici kıldığını düşünüyorum.	D	Y
52. Fikir uyuşmazlığı yaşadığımızda eşimin haklı çıkmasına göz yummak benim için daha iyi oluyor yoksa tartışmanın sonu gelmiyor.	D	Y
53. Eşim rahatına çok düşkündür. Nefsine daha çok hâkim olmayı öğrenmesinin kimseye bir zararı olmazdı.	D	Y
54. Eşimin kendine bakabileceğini biliyorum ve onun için kaygılanıp tasalanmama gerek yok.	D	Y
55. Eğer eşimin düşünceleri benimkilerden farklı ise bu bana hiç rahatsızlık vermez.	D	Y
56. Onu her zaman ilk sıraya koymalıyım diye düşünüyorum, çünkü eşimden önce kendimi düşünmem yanlış olur.	D	Y
57. Eşime bir şey olursa ölürüm.	D	Y
58. Eşimle birlikteyken içimden geldiği gibi davranmaktan ve eğlenmekten korkuyorum çünkü her zaman beni aşağılayıp moralimi bozacak bir şey bulur.	D	Y
59. Yapabileceğim bir şeyi benden istediğinde eşime hayır demekten rahatsız olurum.	D	Y
60. Haklı olsun ya da olmasın eşimi desteklemem ve onun yanında olmam gerektiğini hissederim.	D	Y

Appendix D

ÇATIŞMA ÇÖZÜM STİLLERİ ÖLÇEĞİ

Aşağıda, evlilik ilişkilerinde yaşanan sorunların genel olarak nasıl çözümlendiği ile ilgili ifadeler yer almaktadır. Lütfen eşinizle ilişkinizi göz önüne alarak, aşağıdaki ifadelerden her birine ne derece katıldığınızı belirtiniz. Her bir ifadenin önündeki boşluğa aşağıdaki sayılardan uygun olanı yazınız.

1	2	3	4	5	6
Hiç	Oldukça	Birazcık	Birazcık	Oldukça	Çok
Katılmıyorum	Katılmıyorum	Katılmıyorum	Katılıyorum	Katılıyorum	Katılıyorum
Katılıyorum					

- ___ 1) Tartışma esnasında konuyla ilgisiz de olsa zayıflıklarını yüzüne vururum.
- ___ 2) Kavganın büyümemesi için onun istediği şeyleri yaparım.
- ___ 3) Çok sinirlenmişsem konuşmayı ertelerim.
- ___ 4) Sorun durumunda pek çok şeyi içime atabilirim.
- ___ 5) Sorunun uzamadan çözülebilmesi için kaynağını bulmaya çalışırım.
- ___ 6) Sinirlendiğimde kırıcı şeyler söylerim.
- ___ 7) Problemi büyütmemek için onu sakinleştirmeye çalışırım.
- ___ 8) Sesimi yükselterek beni dinlemesini sağlamaya çalışırım.
- ___ 9) Tartışmada ortak bir çözüm noktası bulmaya çalışırım.
- ___ 10) Çok büyük sorunlar yaşadığımızda ondan uzak durmaya çalışırım.
- ___ 11) Sorun çözümlenmeden tartışmayı sonlandırmam.
- ___ 12) Bağırıp çağırarak istediğimi yaptırırım.
- ___ 13) Sorunun tüm yönlerini tartışma sırasında konuşmak isterim.
- ___ 14) Sevgilimi ilişkiyi bitirmekle tehdit ederim.
- ___ 15) Bana bağırdığında onun olmadığı bir odaya geçerim.
- ___ 16) Kavgalarımız sırasındaki kızgınlığımı fiziksel olarak gösteririm.
- ___ 17) İlişkide sorun yaşanmaması için kendimden ödün veririm.
- ___ 18) Sorun yaşadığımızda sevgilimin yanından uzaklaşıyorum.
- ___ 19) Sorunun çözülmesine yardımcı olacağına inanırsam durumu alttan alırım.
- ___ 20) Onun olumsuz tepkilerine karşılık vermeyerek problemin büyümemesini sağlamaya çalışırım.
- ___ 21) Çok gergin olduğumuzda susarım.
- ___ 22) Bir problem yaşandığında, konuyla ilgili düşündüğüm her şeyi açıklarım.
- ___ 23) Eğer çok sinirlenmişsem, sinirim geçene kadar konuşmayı reddederim.
- ___ 24) Bir problem yaşandığında, kendimi sevgilimin yerine koyarak onun ne düşündüğünü anlamaya çalışırım.
- ___ 25) Sürekli imalarda bulunurum.

Appendix E

BEM, CİNSİYET ROLLERİ ENVANTERİ

Aşağıda verilen özelliklerin her birinin “sizi” tanımlama bakımından ne ölçüde uygun olduğunu düşününüz. Her bir özelliğin karşısına size uygunluğunu;

1. Hiç uygun değil
 2. Genellikle uygun değil
 3. Bazen uygun değil
 4. Kararsızım
 5. Bazen uygun
 6. Genellikle uygun
 7. Her zaman uygun
- anlamına gelmek üzere numaralandırınız.

	Uygunluk Numarası		Uygunluk Numarası
1. Ağırbaşlı,ciddi		21. İdealist	
2. Ailesine karşı sorumlu		22. İncinmiş duygular tamir etmeye istekli	
3. Anlayışlı		23. Kaba dil kullanmayan	
4. Baskın,tesirli		24. Kadınsı	
5. Başkalarının ihtiyaçlarına duyarlı		25. Kendi inançlarını savunan	
6. Boyun eğen		26. Kendine güvenen	
7. Cana yakın		27. Kuralcı, katı davranan	
8. Cömert		28. Lider gibi davranan	
9. Çocuklarını seven		29. Mantıklı davranan	
10. Duygularını açığa vurmayan		30. Merhametli	
11. Duygusal		31. Namuslu	
12. Erkeksi		32. Otoriter	
13. Etkileyici, güçlü		33. Riski göze almaktan çekinmeyen	
14. Fedakar		34. Sadık	
15. Girişken		35. Saldırgan	
16. Gönül alan		36. Sevecen	
17. Gözü pek		37. Sıkılğan	
18. Haksızlığa karşı tavır alabilen		38. Sözünde duran	
19. Hassas		39. Tatlı dilli	
20. Hırslı		40. Yumuşak, nazik	

Appendix F

EVLİLİK YAŞAMI ÖLÇEĞİ

Aşağıda evlilik yaşamına ilişkin 10 cümle bulunmaktadır. Bu cümlelerden her birinin altında da “kesinlikle katılmıyorum”, “katılmıyorum”, “kararsızım”, “katılıyorum”, “kesinlikle katılıyorum” seçenekleri yer almaktadır. Her cümleyi dikkatle okuyunuz ve sizin evlilik yaşamınıza uygun seçeneği çarpı (×) koyarak işaretleyiniz.

1. Evlilikten beklediklerimin çoğu gerçekleşti.

- Kesinlikle katılmıyorum
- Katılmıyorum
- Kararsızım
- Katılıyorum
- Kesinlikle katılıyorum

2. Evliliğimizdeki engellerin aşılamaz olduğunu düşünüyorum.

- Kesinlikle katılmıyorum
- Katılmıyorum
- Kararsızım
- Katılıyorum
- Kesinlikle katılıyorum

3. Evliliğimizi çok anlamlı buluyorum.

- Kesinlikle katılmıyorum
- Katılmıyorum
- Kararsızım
- Katılıyorum
- Kesinlikle katılıyorum

4. Evliliğimizde giderek eksilen heyecan beni rahatsız ediyor.

- Kesinlikle katılmıyorum
- Katılmıyorum
- Kararsızım
- Katılıyorum
- Kesinlikle katılıyorum

5. Evliliğimiz zaman zaman bana bir yük gibi geliyor.

- Kesinlikle katılmıyorum
- Katılmıyorum
- Kararsızım
- Katılıyorum

Kesinlikle katılıyorum

6. Huzurlu bir ev yaşamım var.

Kesinlikle katılmıyorum

Katılmıyorum

Kararsızım

Katılıyorum

Kesinlikle katılıyorum

7. Evliliğimiz her geçen gün daha iyiye doğru gitti.

Kesinlikle katılmıyorum

Katılmıyorum

Kararsızım

Katılıyorum

Kesinlikle katılıyorum

8. Bizim ilişkimiz ideal bir karı-koca ilişkisidir.

Kesinlikle katılmıyorum

Katılmıyorum

Kararsızım

Katılıyorum

Kesinlikle katılıyorum

9. Eşim benim için aynı zamanda iyi bir arkadaştır.

Kesinlikle katılmıyorum

Katılmıyorum

Kararsızım

Katılıyorum

Kesinlikle katılıyorum

10. Başbaşa kaldığımız zaman benim canım hiç sıkılmaz.

Kesinlikle katılmıyorum

Katılmıyorum

Kararsızım

Katılıyorum

Kesinlikle katılıyorum