

**BOLU ABANT IZZET BAYSAL UNIVERSITY**  
**INSTITUTE OF SOCIAL SCIENCES**  
**DEPARTMENT OF PSYCHOLOGY**  
**CLINICAL PSYCHOLOGY**

**THE INDIRECT EFFECT OF DEMAND WITHDRAW  
COMMUNICATION AND THE RELATIONSHIP BETWEEN  
EMOTION REGULATION AND MARITAL SATISFACTION IN  
NEWLYWEDS**

**MASTER THESIS**

**by**

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**BOLU 2019**

**To Institute of Social Sciences,**

The study titled “**The Indirect Effect of Demand Withdraw Communication and The Relationship Between Emotion Regulation and Marital Satisfaction in Newlyweds**” which belongs to **Nihan YILMAZ**, was certified as fully adequate in scope and quality, and as a **thesis for the degree of Master of Science** by the examining committee members.

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I hereby declare that all information in this document titled “**The Indirect Effect of Demand Withdraw Communication and The Relationship Between Emotion Regulation and Marital Satisfaction in Newlyweds**”, has been obtained and presented in accordance with academic rules and ethical conduct. I also declare that, as required by these rules and conduct, I have fully cited and referenced all material and results that are not original to this work.



**Nihan YILMAZ**

**27.05.2019**

## PREFACE

I am grateful to many persons for their support and patience during this process. First of all, I would like to thank Associate Professor Nilüfer Kafesciođlu. She admitted me to the relationship laboratory five years ago and taught me how research should be done. In the thesis process, she always trusted me, and she was the light on my way. I've admired her patience and academic knowledge since I started working with her. I am so grateful to her for everything.

I would like to thank Assistant Professor Meral Gezici Yalçın. She has always helped me unconditionally and become one of my greatest supporters in the process. I thank her again for her endless favours. I believe that I would not be able to complete this process without her support.

I would like to thank my classmate Hilal Yeken, Elif Parlapan Bař, Selin Yalçın, Ezgi Abak, and Beyhan Öztürk for their support. They were always with me, and we coped with difficulties together. Especially, I would like to thank Hilal Yeken for her friendship.

I would like to thank Welthungerhilfe Turkey for their support. I've been working with them for three years, and they have always encouraged me for practical applications and academic studies. In addition, I would like to thank my colleague Mine Batu and Faika Mercan for being with me.

I would also like to thank Özgür Öz for his patience and support. I will never forget his efforts and motivational stories about Tsubasa. I hope I feel his support by my side for the rest of my life.

Finally, I would like to thank my whole family for their unconditionally love, faith, and support. Endless thank you my grandmother who raised me; my mother and my father who supported me in all circumstances and made all kinds of sacrifices for me; and my brother who is both my friend and guide at the same time... I am grateful for everything.

**Nihan YILMAZ**

**27.05.2019**





*To my family and all the fighting women in the world...*

## **ABSTRACT**

### **THE INDIRECT EFFECT OF DEMAND WITHDRAW COMMUNICATION AND THE RELATIONSHIP BETWEEN EMOTION REGULATION AND MARITAL SATISFACTION IN NEWLYWEDS**

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**Master Thesis**

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**May 2019, , 64 + xiv Pages**

This study aims to evaluate the relationship between emotion regulation and marital satisfaction in newly married couples. In evaluating this relationship, the role of demand withdraw communication pattern as the mediating variable between emotion regulation and marital satisfaction is examined. To this end, observational data were collected for demand withdraw communication. According to the results of the study, there is a negative relationship between difficulty in emotion regulation and marital satisfaction. The difficulty in emotion regulation for both spouses is negatively related to their own marital satisfaction. Moreover, the difficulty in wives' emotion regulation is negatively related to the marital satisfaction of husbands. In terms of demand withdraw communication, sex differences are found only in wives' topic. Wives exhibit demand communication while husbands exhibit withdraw communication in wives' topic. Furthermore, there is a positive correlation between the difficulty in emotion regulation of husband and wife's demand communication. However, demand withdraw communication did not mediate the relationship between emotion regulation and marital satisfaction.

**Key words:** Emotion Regulation, Marital Satisfaction, Demand Withdraw Communication





## ÖZET

### TALEP ETME GERİ ÇEKİLME İLETİŞİMİNİN DOLAYLI ETKİSİ VE YENİ EVLİ ÇİFTLERDE DUYGU DÜZENLEMESİ İLE EVLİLİK DOYUMU ARASINDAKİ İLİŞKİ

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**Mayıs 2019, 64 + xiv Sayfa**

Bu araştırmanın amacı, yeni evli çiftlerde duygu düzenleme ve evlilik doyumu ilişkisini değerlendirmektir. Bu ilişkiyi değerlendirirken de çiftler arasındaki talep etme/geri çekilme iletişim stiline, duygu düzenleme ve evlilik doyumu arasında aracı değişken rolü incelenmektedir. Bu doğrultuda duygu düzenleme için anket verisi, talep etme geri çekilme iletişim stili için gözlem verisi analiz edilmiştir. Araştırma sonuçlarına göre, duygu düzenlemede güçlük ile evlilik doyumu arasında negatif bir ilişki vardır. İki eşin de duygu düzenlemedeki güçlüğü kendi evlilik doyumları ile negatif yönde ilişkilidir. Dahası kadının duygu düzenlemedeki güçlüğü, erkeğin evlilik doyumu ile negatif yönde ilişkilidir. Talep etme/geri çekilme ilişkisinde sadece kadının seçtiği konuda eşler birbirinden farklılaşmıştır, kadında talep etme erkekte ise geri çekilme iletişimi görülmüştür. Dahası erkekteki duygu düzenleme güçlüğü ile kadının talep etme iletişimi pozitif yönde ilişkilidir. Ancak talep/kaçınma iletişiminin duygu düzenleme ile evlilik doyumu arasında bir aracı değişken olduğu bulunmamıştır.

**Anahtar kelimeler:** Duygu Düzenleme, Evlilik Doyumu, Talep Etme Geri Çekilme İletişimi

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## ABBREVIATION LIST

|             |  |
|-------------|--|
| <b>APIM</b> | : Actor-Partner Interdependence Model      |
| <b>CIRS</b> | : Couple Interaction Rating System         |
| <b>DAS</b>  | : Dyadic Adjustment Scale                  |
| <b>DERS</b> | : Difficulties in Emotion Regulation Scale |
| <b>M</b>    | : Mean                                     |
| <b>Max</b>  | : Maximum                                  |
| <b>Min</b>  | : Minimum                                  |
| <b>SD</b>   | : Standard Deviation                       |

## INTRODUCTION

Factors that affect marriage are complex. The importance of making this complexity more understandable can be seen through research. Marital relationship is related to the level of well-being of married couples and their life satisfaction (Scheidler, 2008; Williams, 2003). At the same time, married individuals were found to have lower levels of depression, and marital status was related to lower illness and mortality rates (Ross & Mirowsky, 2002; Stack & Eshleman, 1998). Despite such positive effects of marriage, the rate of divorce has been increasing year by year. The divorce rates increasing by 1.8% in 2017 in Turkey, compared to the previous year (TÜİK, 2018:2). The most critical risk factor of divorce was found to be marital dissatisfaction (Gottman & Levenson, 1992: 221). For these reasons, it is crucial to study the factors that are related to marital satisfaction.

One of the factors that have been studied in relation to marital satisfaction has been emotion regulation, which enables us to organize both our private life and social relations (Lopes et al., 2005: 113). Gratz and Roemer (2004) define emotion regulation awareness, understanding of emotions, acceptance of emotions, ability to use appropriate emotion regulation strategies, ability to control impulsive behaviour, behaving appropriately, desired goals when confronting negative emotions (Gratz & Roemer, 2004 : 41). Studies demonstrated that there is a negative association between difficulties in emotion regulation and marital satisfaction (Bloch, Haase, & Levenson, 2014; Omid & Talighi, 2017).

In couples' relationships, a communication pattern, namely the demand-withdraw communication, has been linked to emotion regulation (Christensen & Heavey, 1993: 113). In the demand-withdraw communication pattern, one partner blames and criticizes when the other withdraws from discussion during the marital conflict (Levenson et al., 2014: 270). In this situation, the emotion of the relationship

also needs to be regulated. As couples regulate both their own emotions and the emotion of the relationship, it is possible that emotion regulation is negatively associated with demand withdraw communication (Levenson et al., 2014: 280).

Demand withdraw communication is also important in terms of marital satisfaction. Demand withdraw communication pattern was found to predict divorce (Gottman & Levenson, 2000: 238). Since there is a negative association between demand withdraw communication and marital satisfaction (Caughlin, 2002; Caughlin & Huston, 2002; Christensen et al., 2006; Donato et al., 2014).

To better understand this communication pattern and the link between emotion regulation and marital satisfaction, in the current study, self-report data, along with observation data, were collected from 104 newlywed couples. In addition, to better understand the dyadic effects, the actor partner interdependence model was used. The results obtained from the study will be explained in the discussion section.



# CHAPTER I

## 1. LITERATURE REVIEW

### 1.1. Marital Satisfaction

In a broad sense, Sokolski and Hendrick (1999: 12) describe marital satisfaction as psychological satisfaction from environmental aspects such as equality and sharing of problems, personal aspects such as showing love, sexual satisfaction, and the way spouses communicate with each other in the marriage. On the other hand, according to Tezer (1986: 25), marital satisfaction is related to whether the needs are supplied in the marriage. Marital satisfaction has been linked to various important individual and relationship factors. For example, marital satisfaction has been linked with both spouses' life satisfaction (Ng et al., 2009: 33). In the study conducted in Malaysia; life satisfaction, marital satisfaction, and sex differences were examined in a sample consisting of 425 married individuals. Satisfaction with Life Scale (Diener et al., 1985: 71) and Kansas Marital Satisfaction Scales (Schumm et al., 1986: 382) were used. According to the results; there was a positive association between marital satisfaction and life satisfaction. Moreover, this association is stronger in women than in men.

In addition to life satisfaction; marital satisfaction is linked with both mental and physical health (Kiecolt-Glaser & Newton, 2001: 472). In a review study, 64 published articles were examined. Kiecolt-Glaser and Newton (2001: 472) mentioned that marital functions have both direct and indirect negative effects. Direct effects are depression and health habits, whereas indirect effects are outputs of the immune and cardiovascular system. In terms of the immune system, Kiecolt-Glaser and Newton (2001: 472) exemplified that individuals who reported low marital quality were more likely to have

periodontal diseases (Marcenes & Sheiham, 1996: 357). In another study, one hundred sixty-four women and men completed the Dyadic Trust Scale (Larzelere & Huston, 1980: 595), Abbreviated Barrett-Lennard Relationship Inventory (Schumm, Bollman, & Jurich, 1981: 51), Dual-Career Family Scale (Poloma, Pendleton, & Garland, 1981: 225), the Marital Satisfaction Scale: Form B (Roach, Frazier, & Bowden, 1981: 537). Findings showed that high marital quality is related to high dental health and immune system. Another study, compared women who reported low marital satisfaction and high marital satisfaction in terms of blood pressure and heart rate response (Carels, Sherwood, & Blumenthal, 1998: 117). The sample of study consisted of 50 women.

According to the results; women with lower marital satisfaction showed higher systolic blood pressure and heart rate response than women with higher marital satisfaction during marital conflict recall. Thus, studies have shown a relationship between marital satisfaction and physical health. There are also studies on marital satisfaction and mental health. One of the most studied variables in clinical samples with marital satisfaction is depression. In a recent study, Gabriel, Beach, and Bodenmann (2010: 306) examined marital distress and partner's depression association with 62 heterosexual couples (37 depressed wives, 25 depressed husbands) using Partnership Questionnaire (Hahlweg, 1996: 12), Beck Depression Inventory (Beck, Steer, & Brown, 1996: 490), and Specific Affect Coding System (Coan & Gottman, 2007: 267). It was conducted with four groups (distressed couples with a depressed wife, nondistressed couples with a depressed wife, distressed couples with a depressed husband, nondistressed couples with a depressed husband). It was found that depression was associated with partner's marital distress, marital interaction, and sex. While wives' depression was associated with an exaggeration of sex differences in the context of marital distress, husbands' depression was associated with diminished sex differences. Additionally, distressed couples in the depressed husband group showed the lowest nonverbal positivity.

In addition to this study, Beach (2015: 355) investigated the association between marital satisfaction and depression. In this longitudinal study, data were collected from 116 married couples. The Marital Adjustment Test (Locke & Wallace,

1959: 251) and The Center for Epidemiologic Studies – Depression Scale (Radloff, 1977: 385) were used for measurement. The decrease in the risk of depression was positively associated with the increase in marital satisfaction for both the husband and the wife. Moreover, Time 1 marital quality was associated with depressive symptoms after one year (Time 2). Also, spouses' own current marital satisfaction predicted partner's depressive symptoms for husband and wife later in time. In other words, marital satisfaction is vital for both now and the future. In a meta-analysis, Proulx, Helms, and Buehler (2007: 576) investigated the association between marital quality and personal wellbeing. 66 cross-sectional and 27 longitudinal studies were used and focused on moderator variables as data collection year, sex, and marital duration. For both cross-sectional and longitudinal study, the marital quality was positively associated with personal well-being.

To summarize, marital satisfaction is not an issue that concerns only the couple relationship. Marital satisfaction is also necessary for an individual to continue his or her life healthily. Thus, marital satisfaction is related to both personal and interpersonal variables such as emotion regulation and demand withdraw communication.

## 1.2. Emotion Regulation

Emotion is defined as the combination of behavioural, experiential, and psychological predispositions to reactions when faced with a challenge or opportunity (Gross, 2002: 286). In addition to behavioural predispositions and behavioural expressions, emotion is also described as an evolved system, including states, cognition, information processing, motivation, and physiological responses (Diamond & Aspinwall, 2003: 230).

Emotional intelligence, which is suggested to regulate emotions (Gross & John, 2002: 300) includes perceiving emotions, using emotions to facilitate thinking, and regulating one's own and others' emotions (Lopes et al., 2005: 117). So, emotion regulation is a part of emotional intelligence. Besides, goal of emotion regulation is to

turn to a non-emotional or neutral state (Kappas, 2011: 18). This process starts as an automatic process referred to as auto-regulation in which positive stimuli enable continuity of particular emotions, whereas negative stimuli result in the termination of the specific emotion. Thus, emotion regulation is both an interpersonal and intra-personal process (Kappas, 2011: 19).

Considering that 98% of emotions and emotion regulation happen in social contexts (Gross, Richards, & John, 2006: 13), including interpersonal variables in emotion regulation research is significant. However, less than 12% of the research conducted (Campos et al., 2011: 27) included another real or imaged person (Levenson et al., 2014: 270). In other words, although the number of studies on emotion regulation has increased, the studies have only recently focus on relationships (family, partner, etc.) and emotion regulation.

Another definition of emotion regulation with multiple components was offered by Gratz and Roemer (2004: 42). Emotion regulation was conceptualized as awareness and understanding of emotions, acceptance of emotions, ability to use appropriate emotion regulation strategies, ability to control impulsive behaviour, and behaving appropriately with desired goals when confronting negative emotions.

Many studies have examined the association between marital satisfaction and emotion regulation. In a recent study, Omid and Talighi (2017: 157) examined this association in Iran with one hundred couples using Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004: 42) and The Enrich Marital Satisfaction Scale (Fowers & Olson, 1993: 176). According to the results; there was a negative relationship between marital satisfaction and components of emotion regulation except for the lack of emotional awareness. Also, differences were observed between wives' and husbands' marital satisfaction. The husbands had reported lower marital satisfaction and higher emotional awareness than the wives. Wives reported greater ability to use appropriate emotion regulation strategies and behaving appropriately with desired goals than husbands. In another study, Rick (2015: 15) investigated the association between emotion regulation and relationship satisfaction in 104 heterosexual clinical couples

using Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004: 42) and Dyadic Satisfaction subscale of the Dyadic Adjustment Scale (Spanier, 1976: 15). Although total emotion regulation was not found to be associated with relationship satisfaction, there were associations between different dimensions of emotion regulation and relationship satisfaction. Emotional awareness was significantly negatively associated with marital satisfaction for men. Besides, access to emotion regulation strategies was positively associated with relationship satisfaction for all participants. In terms of the partner effect, acceptance of emotions in women was negatively associated with relationship satisfaction in men. Also, the ability to impulse control in women was positively associated with relationship satisfaction in men.

In a recent study, Akdur and Aslan (2017: 71) investigated the association between emotional intelligence and relationship satisfaction in Turkey. In addition, they analysed difficulties in emotion regulation and dimensions of emotion regulation as a mediator variable. Three hundred two individuals who were married or had a romantic relationship participated in this study. According to the results, there was an association between relationship satisfaction and emotion regulation dimensions. Clarity, impulse control, and appropriate strategy use played a mediator role between emotional intelligence and relationship satisfaction. So, emotional intelligence is also associated with the relationship satisfaction through emotion regulation.

To regulate their emotions, individuals use certain strategies (Gross, 2002). Antecedent-focused strategies are based on the effect of past life, and response-focused strategies are based on instant response change. Main antecedent-focused strategies are; situation selection, situation modification, attentional deployment, and cognitive change, while response-focused strategies are suppression and drugs (Gross, 2002: 284). Among these strategies, the most studied strategies in the literature are cognitive appraisal and expressive suppression, which is a cognitive change strategy. In the cognitive appraisal strategy, it is possible to reduce the negative feelings of the individual and to replace them with positive ones, while in the expressive suppression strategy, it might be the suppression of both negative and positive emotions (Gross, 2002: 286)

Perspective taking and aggressive externalisation were added as the two emotion regulation strategies by Vater and Schröder-Abé (2015: 201). Trying to understand one's partner's feelings and thoughts is called perspective taking (Blair, 2005: 698) and using the expression of anger and blaming partner is called aggressive externalisation (Benecke et al., 2008: 366). In early studies, it was found that aggressive externalisation reduces relationship quality (Bettencourt et al., 2006: 751) while perspective taking increases relationship quality (Seehausen et al., 2012: 482). Therefore, the concept of emotion regulation strategies changed from individual to social and couple relationships. In a study conducted in Germany, associations among personality, emotion regulation, relationship satisfaction, and interpersonal behaviour were investigated with 137 couples. According to findings, emotion regulation is a mediator between personality and relationship satisfaction.

Emotion regulation goals involve efforts to decrease or increase either the intensity or duration of emotions (Gross, 2013: 272). Trying to reduce emotion is called down regulation while trying to increase is called up regulation. Parrott (1993) emphasized that there is up regulation of negative emotions and down regulation of positive emotions in addition to upregulation of positive emotions and down regulation of negative emotions. Nevertheless, decreasing negative emotion is still used as the most extensive emotion regulation goals, and it is pursued by the up regulation of positive emotions (Gross, 2013: 298).

In a study conducted in the USA, Block et al. (2014: 130) investigated the association between down regulation of negative emotions and marital satisfaction. Besides, constructive communication was examined as a mediator of the relationship between emotion regulation and marital satisfaction. Data were from a 13-year and 3-wave longitudinal study of middle-aged (40–50 years old) and older (60–70 years old) long-term married couples. 82 middle-aged and 74 older married couples participated in this study. Locke Wallace Marital Adjustment Test and Locke-Williamson Marital Relationship Inventory were utilized for marital satisfaction measures. Emotion regulation was operationalized as the duration of time required for the three emotion components (i.e., experience, behaviour, and physiology). For this reason, down

regulation of negative emotion was measured with observational coding and physiological measures. Also, constructive communication was measured with observational coding. Results showed that wives' down regulation of experience and behaviour was associated with marital satisfaction for both husbands and wives. According to the longitudinal findings; wives' down regulation of behaviour predicted positive changes in marital satisfaction from wave 1 to 2 and wave 1 to 3. Furthermore, husbands' down regulation of behaviour predicted positive changes in wives' marital satisfaction from wave 1 to 2. In the longitudinal mediation results, it was found that only wives' constructive communication mediated the association between greater wives' down regulation of behaviour and positive changes in wives' marital satisfaction. This study showed that emotion regulation is important for both concurrent and longitudinal marital satisfaction. Nevertheless, the association between marital satisfaction and emotion regulation affected wives more than husbands.

Emotion regulation processes in couples can be different from individual emotion regulation. Importance of emotion regulation processes is the existence of an actor and a reactor in situations that need to be regulated and the existence of two people who will regulate both their own emotions and the emotion of the relationship (Levenson et al., 2014: 272). This process is called coregulation, which involves withdrawing from individual emotions to "couples' emotions" and having emotion regulation this way (Levenson et al., 2014: 282). On the other hand, if a person can regulate emotions in his or her relationship with the spouse, they experience fewer relationship problems (Omid & Talighi, 2017: 157). However, the important problem is that couples repeatedly use strategy (Levenson et al., 2014: 281). As an example, in the demand withdraw pattern (Christensen & Heavey, 1993: 114), as one partner blames and criticizes, the other partner withdraws from the conflict (Levenson et al., 2014: 284). According to Levenson et al. (2014: 280), the aim of coregulation processes is to calm the demander partner and to raise emotional involvement in the withdrawer partner. Coercion Theory (Patterson, 1982: 52) posits that there is an increasing gap between demand and withdraw behaviours. This gap is negatively correlated with relationship satisfaction (Eldridge & Christensen, 2002: 289).

To sum up, there might be a negative association between demand withdraw communication and coregulation process. Also, this study hypothesizes that the individual emotion regulation, like coregulation process, is negatively associated with the demand withdraw communication. Thus, it is argued that emotion regulation might affect marital satisfaction.

### 1.3. Communication in Couples

The relationship between couples is affected by many variables, one of the most important of which is communication.

Communication structure has started to go beyond positive communication and negative communication and become more specific (Sevier, Simpson, & Christensen, 2004: 159). Demand withdraw communication is one of these areas.

#### 1.3.1 Demand /Withdraw Communication Pattern

Christensen and Heavey (1993: 113), described a communication pattern in which one partner emotionally or physically withdraws, and the other partner criticizes, blames, or demands change. The demand-withdraw pattern was also described in the marriage studies as the pursuer-distancer (Fogarty, 1976: 325) and rejection-intrusion pattern (Napier, 1978: 5). In the literature, this pattern has been studied in different cultures, in both same-sex and opposite-sex pairs with different results. In the demand-withdraw pattern; the demander; thinks that he/she is not listened, his/her needs are not taken care of, while the withdrawer thinks that his/her partner is someone who criticizes him/her or accuses him/her of the slightest mistake (Sevier et al., 2004: 159).

Studies have shown that demand-withdraw communication is negatively correlated with relationship satisfaction (Eldridge & Christensen, 2002: 289). In recent years, the association among demand withdraw communication, couple satisfaction, and relationship duration was examined by Donato et al., (2014: 200) One hundred seventy-



six couples participated in this longitudinal study consisting of two phases. Couples were contacted for a second data collection four months later. The Communication Pattern Questionnaire (Christensen & Sullaway, 1984: 15) and the General Distress Subscale of the MSI-R (Snyder, 1997: 4) were used for data collection. According to the results; the demand withdraw pattern is associated with couple dissatisfaction for all couples, not only concurrent but also longitudinally.

Another study was conducted by Christensen et al. (2006: 1209), who studied cultural consistency of demand withdraw and relationship satisfaction. Data were collected from 408 individuals in Brazil, Italy, Taiwan, and the United States using Communication Pattern Questionnaire (Christensen & Sullaway, 1984: 14) and Semantic Differential Scale (Osgood, Suci, & Tannenbaum, 1957: 16). According to the results; demand withdraw communication is negatively associated with relationship satisfaction across countries. In addition, for all countries, women-demand/ men-withdraw communication was more likely than men-demand/women- withdraw communication, and also woman-demand was higher than men-demand. However, there were no differences between men and women in terms of the withdrawal in any of the countries. Other studies, reported different findings, as well. For example; Rehman and Holtzworth-Munroe (2006: 755) conducted a research in the USA with three different samples (American couples, Pakistani couples living in Pakistan, and Pakistani couples living in America). According to the results of this study, both Pakistani couples living in Pakistan and Pakistani couples living in America exhibited more husband-demand-wife-withdraw communication patterns compared to American couples.

In a study conducted in the US (Caughlin & Huston, 2002: 95); associations among the demand-withdraw pattern, interpersonal behaviour and marital satisfaction were investigated with 90 married couples using The Communication Pattern Questionnaire (Christensen & Sullaway, 1984: 14), Affectional Expression Scale (Wills, Weiss, & Patterson, 1974: 802), and Marital Opinion Questionnaire (Campbell, Converse, & Rodgers, 1976: 34). In this longitudinal study, there were four phases: self-report measurement, telephone diary (Weiss & Heyman, 1990: 87), self-report couples were married after 13 years, self-report third phase after ten years. According to the

results; all measures of demand-withdraw communication were inversely associated with both wife's and husband's marital satisfaction. Moreover, this association was getting less strong when one partner expressed affection in daily life.

Another longitudinal study with 46 married couples was conducted by Caughlin (2002: 49). The study aimed to examine the association between demand withdraw communication and marital satisfaction changes. The study was consisted in two phases with 52 or 53 weeks interval between each. The Communication Pattern Questionnaire (Christensen & Sullaway, 1984: 14), Couple Interaction Rating System (Heavey, Gill, & Christensen, 1996: 26), and Marital Opinion Questionnaire (Huston, McHale, & Crouter, 1986: 109) were used for data collection. As in other studies, the demand withdraw communication was inversely associated with both wife's and husband's satisfaction. In terms of the husband and wife; wife's dissatisfaction was related to the observation of wife-demand/husband-withdraw communication pattern while husband's satisfaction was inversely related to observation and husband's reports of both husband-demand/wife-demand and wife-demand/husband-withdraw communication patterns.

Many perspectives have emerged to explain the differences in the research on demand-withdraw communication. The first is sex differences, according to which the sexes are prone to different things by nature. This perspective also posits that while women are more likely to be closer and to be in conflict, men are more likely to remain independent and stay away (Rehman & Holtzworth-Munroe, 2006: 755). In fact, Gottman and Levenson (1988: 182) state that the reason for this is men are physiologically more stimulated during a conflict (the escape conditional model), which is why they withdraw more. However, a study found no difference in physiological arousal (Eldridge & Christensen, 2002: 289).

The second perspective, social structural perspective, focuses on gender roles in society and status quo. According to society, women are responsible for childcare and household. Since in the current system, men maintain the order, it is thought that women demand more change, and therefore, women are in the demand part (Sevier et

al., 2004: 161). However, another study (Vogel et al., 2007: 165) does not advocate the perspective of the social structural perspective and shows that women already have access to the necessary resources, indicating the situational power of women very well.

Recently, social structural perspective has been reformulated as a marital structure perspective, and in this perspective, traditional marital behaviour has generally been the focus (Rehman & Holtzworth-Munroe, 2006: 755). It is seen that this cycle changes depending on equalitarian or traditional marriage. Kluwer (1998: 958) investigated wife's and husband's gender ideologies and found that the wife demonstrated avoidance and withdrawal during conflicts when the wife and husband had a more traditional ideology about gender. Also, it was indicated that the traditional husband was both more demander and more withdrawer than the egalitarian husband. Moreover, traditional couples showed more demanding behaviours than egalitarian couples (Eldridge, 2001: 3840).

The third perspective is focused on the concept of individual differences. According to this view, the partner who desires intimacy is more prone to demand, while the one who desires to be independent will be more prone to withdraw (Sevier et al., 2004: 161). The most important study that supports this view is the one conducted by Walczynski (1998: 5560) with same-sex and opposite-sex couples. Accordingly, it was found that femininity is effective in demanding. However, a difference was seen when five individual personality dimensions were examined. The demand-withdraw pattern has shown that neuroticism and conscientiousness among men strongly predict avoidance, withholding, constructiveness, and man-demand-woman-withdraw patterns (Heaven et al., 2006: 829).

The last perspective on this issue is the conflict perspective. Christensen and Heavey (1990: 73) states that demand and withdraw behaviours depend on the person who chooses the topic. According to this, the person offering the proposal is the person who wants to change the current situation, and therefore, he/she demands more (Baucom, McFarland, & Christensen, 2010: 233). According to the study of Klinetob and Smith (1996: 945), It is depend on selected topic because women demand and man

withdraw in conflict interaction part of her topic while men demand, and women withdraw in conflict interaction part of his topic.

Although marital satisfaction and demand-withdraw pattern have been widely studied in the literature, the results of the research are not completely consistent. However, most of the studies have asserted that the demand-withdraw pattern reduces marital satisfaction.

#### 1.4. Purpose of the Current Study

The purpose of this study is to examine the association between difficulties in emotion regulation and marital satisfaction in newlyweds and the indirect effect of the demand-withdraw communication pattern on this association. What mainly differentiates this research from other studies is its attempt to use observation data to better understand the demand-withdraw communication. Besides using the self-report and observation data, the actor-partner effect is also investigated for wife and husband.

#### 1.5. Hypotheses of the Study

H1: There is a negative association between difficulties in emotion regulation and marital satisfaction for both wife and husband.

H2: There is an actor effect between difficulties in emotion regulation and marital satisfaction for wife and husband.

H3: There is a partner effect between difficulties in emotion regulation and marital satisfaction for wife and husband

H4: There is a positive association between difficulties in emotion regulation and withdraw communication.

H5: There is a positive association between difficulties in emotion regulation and demand communication.

H6: There is a negative association between demand communication and marital satisfaction.

H7: There is a negative association between withdraw communication and marital satisfaction.

H8: Demand communication is a mediator between difficulties in emotion regulation and marital satisfaction.

H9: Withdraw communication is a mediator between difficulties in emotion regulation and marital satisfaction.

## CHAPTER II

### 2. METHOD

#### 2.1. Participants

The sample of the present study consisted of 104 newlywed couples. Detailed descriptions about the sample can be found in Tables 1 and 2. Mean marital duration for the sample was 6.06 months, ranging between 1 month and 15 months of marriage. Mean age was 27.14 (SD = 4.18) for wives and 28.51 (SD = 3.25) for husbands. These were participants with high education levels (73.8% had a university degree or higher) and majority working (77.6% of wives and 97.2% of husbands). Eligibility criteria were determined as being married for at most 15 months, not having children, being in the first marriage (for both spouses), living with the spouse, and participating in the study together with the spouse. Additionally, the current study included the first wave measurements of a longitudinal project with newlyweds supported by TÜBİTAK (project no: 113K538). For this reason, the sample consisted of newlywed couples.

#### 2.2. Procedure

The data collection started after the approval of the Human Research Ethics Committee at Ozyegin University and Bolu Abant İzzet Baysal University. The study was announced through social media, the study website, and by posting flyers in various universities and municipalities. Also, snowball sampling was used. The research link was sent to the couples who wanted to participate in the research for them to fill scales via e-mail. They were asked to fill these self-report scales individually and separately.

Couples were given only one ID number. After the self-report scales were completed online, these couples were invited to Ozyegin University Relationship Research Laboratory. Then the observational data were collected. The participants received a gift token for their participation.

### 2.3. Instruments

In this study, both questionnaire data and observational data were collected from newlywed couples. Questionnaires included Difficulties in Emotion Regulation Scale and Dyadic Adjustment Scale. The observational data on the couple's interaction was coded with the Couple Interaction Rating System.

**Table 2.1:** Demographic Characteristics of the Sample

| Variable               | Wife (N=104) |         | Husband (N=104) |         | Total (N=208) |         |
|------------------------|--------------|---------|-----------------|---------|---------------|---------|
|                        | Frequency    | Percent | Frequency       | Percent | Frequency     | Percent |
| <b>Education</b>       |              |         |                 |         |               |         |
| middle school          | 2            | 1.9     | 2               | 1.9     | 4             | 1.9     |
| high school            | 13           | 12.1    | 11              | 10.3    | 24            | 11.2    |
| college                | 11           | 10.3    | 17              | 15.9    | 28            | 13.1    |
| university             | 57           | 53.3    | 55              | 51.4    | 112           | 52.3    |
| master and PhD         | 24           | 22.4    | 22              | 20.6    | 46            | 21.5    |
| <b>Income (tl)</b>     |              |         |                 |         |               |         |
| 851-1500               | 6            | 5.6     | 5               | 4.7     | 11            | 5.1     |
| 1501-3000              | 28           | 26.2    | 25              | 23.4    | 53            | 24.8    |
| 3001-5000              | 29           | 27.1    | 30              | 28.0    | 59            | 27.6    |
| 5001-7500              | 36           | 33.6    | 38              | 35.5    | 74            | 34.6    |
| more than 7501         | 8            | 7.5     | 9               | 8.4     | 17            | 7.9     |
| <b>Working Status</b>  |              |         |                 |         |               |         |
| yes                    | 83           | 77.6    | 104             | 97.2    | 187           | 87.4    |
| no                     | 21           | 19.6    | 3               | 2.8     | 24            | 11.2    |
| other                  | 3            | 2.8     | 0               | 0       | 3             | 1.4     |
| <b>How they met</b>    |              |         |                 |         |               |         |
| family introduced      | 8            | 7.5     | 7               | 6.5     | 15            | 7       |
| arranged marriage      | 2            | 1.9     | 1               | 0.9     | 3             | 1.4     |
| friends introduced     | 36           | 33.6    | 32              | 29.9    | 68            | 31.8    |
| at school or workplace | 40           | 37.4    | 42              | 39.3    | 82            | 38.3    |
| at entertainment venue | 0            | 0       | 1               | 0.9     | 1             | 0.5     |
| internet               | 6            | 5.6     | 7               | 6.5     | 13            | 6.1     |
| other                  | 15           | 14      | 17              | 15.9    | 32            | 15      |

**Table 2.2:** Sample Descriptive

| Variable  | Wife<br>(N=104) |           |            |            | Husband<br>(N=104) |           |            |            | Total<br>(N=208) |           |            |            |
|---|-----------------|-----------|------------|------------|--------------------|-----------|------------|------------|------------------|-----------|------------|------------|
|   | <i>M</i>        | <i>SD</i> | <i>Min</i> | <i>Max</i> | <i>M</i>           | <i>SD</i> | <i>Min</i> | <i>Max</i> | <i>M</i>         | <i>SD</i> | <i>Min</i> | <i>Max</i> |
| Age   | 27.14           | 4.18      | 20         | 48         | 28.51              | 3.25      | 23         | 44         | 27.82            | 3.8       | 20         | 48         |
| Duration of marriage<br>(month)                         | 6.04            | 3.47      | 1          | 15         | 6.08               | 3.39      | 1          | 15         | 6.06             | 3.43      | 1          | 15         |
| Marital Age   | 26.6            | 4.22      | 20         | 47         | 28.01              | 3.25      | 22         | 43         | 27.32            | 3.82      | 20         | 47         |
| Dating period of the<br>time before marriage<br>(month) | 54.6            | 41.94     | 5          | 180        | 55                 | 42.97     | 5          | 180        | 54.8             | 42.4      | 5          | 180        |

### 2.3.1 Self-report Measures

#### 2.3.1.1 Demographic Information Form

Demographic Information Form consisted of two parts. The first part included information on the participant's age, sex, educational level, income, and employment status. The second part contained questions about the couples' marriage (i.e., the duration of the marriage, marriage age, how they met, and dating period before marriage). This form is available in Appendix A.

#### 2.3.1.2 Difficulties in Emotion Regulation Scale (DERS)

Difficulties in Emotion Regulation Scale, developed by Gratz and Roemer (2004: 41), is composed of thirty-six 5-point Likert-type items and includes six subscales: (1) lack of awareness of emotional responses (awareness), (2) lack of clarity of emotional responses (clarity), (3) nonacceptance of emotional responses (nonacceptance), (4) limited access to effective strategies (strategies) (5), difficulties in controlling impulses when experiencing negative affect (impulse), and (6) difficulties in goal-directed behaviour when experiencing negative affect (goals). These subscales include items such as 'I'm clear about my feelings; I have difficulty making sense of my feelings.' In the original study, the internal consistency coefficient (Cronbach's Alpha) was calculated as .93 for the total scale and between .80 and .89 for each subscale. The adaptation of DERS into Turkish was conducted by Rugancı and Gençöz (2010: 442). Internal consistency in the Turkish version of DERS was found as .94 for the total scale.



Cronbach's Alpha coefficients of each sub-dimension were .75, .82, .83, .89, .90, and .90 for awareness, clarity, nonacceptance, strategies, impulse, and goals, respectively.

In the current study, the Cronbach's Alpha coefficient of the total scale was calculated as .91. This scale is available in Appendix B.

### 2.3.1.3 Dyadic Adjustment Scale (DAS)

Dyadic Adjustment Scale, developed by Spanier (1976: 15), is composed of 32 items and has four subscales; dyadic consensus, dyadic satisfaction, affectional expression, and dyadic cohesion. These subscales include items such as 'How often do you and your partner quarrel? Do you confide in your mate?' In the original study, the internal consistency was found as .96 for the total scale. Cronbach's Alpha coefficient of each sub-dimension was found as .90, .94, .73, and .86 for dyadic consensus, dyadic satisfaction, affectional expression, and dyadic cohesion, respectively. The adaptation of DAS into Turkish was conducted by Fisiloglu and Demir (2000: 214). Internal consistency was found as .92 for DAS and split-half reliability coefficient as .86. Cronbach's Alpha coefficient of each sub-dimension was found as .75, .83, .80, and .75 for dyadic consensus, dyadic satisfaction, affectional expression, dyadic cohesion, respectively. In the current study, the Cronbach's Alpha coefficient was found as .91 for the total scale. This scale is available in Appendix C.

### 2.3.2 Observational Measure

After self-report scales were completed online, couples were invited to the laboratory for observational measurement. The couples were asked to choose two topics they had previously talked about and could not agree before they came to the laboratory. The topics in the first 15 items of the Dyadic Adjustment Scale were shown to the participants to help them with the topic selection. After the male and female participants selected two separate topics, the first participant to start was determined with counterbalancing. The process began with the first partners' topic. Ten minutes after first partner's topic, they were asked to switch to the topic of the other partner. After ten

minutes of talking about the topic of the other partner, the observational measure process was completed.

#### 2.3.2.1. Couple Interaction Rating System (CIRS)

Observation data were collected by following the steps defined in the Couple Interaction Rating System developed by Heavey, Gill & Christensen (1996: 16) to assess how couples interact when solving a problem. Couple interaction patterns can arise when couples discuss the topics on which they cannot agree. For this reason, when couples discuss such topics, they are video-recorded. With Couple Interaction System, verbal and non-verbal behaviours of couples are evaluated through a 9-point Likert-type scale and in five categories (i.e., blame, pressure for change, withdrawal, avoidance, discussion to assess demand-withdraw communication). Demand consists of blaming and pressure for change, while withdrawal consists of withdrawal, avoidance, and discussion. For coding these dimensions, independent coders were assigned. The interaction was watched by the coders, who then rated only one partner's behaviour according to the 9-point scale. The five items were rated by each coder.

In the current study, eleven psychology undergraduate students were selected as coders, to whom 17 hours of training was provided. Afterwards, eight records available in the training CDs were coded. In addition, seven records from the experienced coder's earlier studies were coded. Then, the videos were continued to be coded until the minimum agreement among the coders reached .80. In the literature, Heavey, Gill & Christensen (1996: 16) suggested that the coders should be in teams of 3-4 people. For this reason, 3-, 4- and 5-person coder teams were created. Meetings were held every week to maintain reliability. Also, to provide feedback to the coders, the experienced coder coded 30% of the coders' videos. When the minimum agreement among the coders fell under .80, the consensus was formed, and the data were re-coded. At the end of the process, 428 videos were coded by the coders, and 129 were coded by the experienced coder.

In current study, inter reliability coefficient among the coders were found as .83, .81, .77, .74, and .72 for blame, pressure for change, withdrawal, avoidance, and discussion, respectively. This rating system is available in Appendix C.



## CHAPTER III

### 3. RESULTS

First, data cleaning was performed. Then, the data were analysed with univariate and bivariate analysis. After normality, descriptive, paired t-test, and correlation analyses were completed, individual data were transformed to dyadic data for Actor-Partner Interdependence Model testing. MPlus and SPSS programs were used for analyses.

#### 3.1. Univariate Analysis

Distribution of all scales was examined for normality with Shapiro-Wilk's test. It was found non-significant for DAS, DERS, Demand Communication, and Withdraw Communication values. In terms of kurtosis and skewness values; the ranges were taken between +3 and -3 for skewness, and between +10 and -10 for kurtosis. In similar cases, Kline (2011: 302) suggested that the assumption of the normal distribution is accepted. So, all scales appeared to have a normal distribution. Descriptive details for wives and husbands are provided in Tables 3.

#### 3.2. Bivariate Analysis

The Paired Sample T-test result for wife and husband are shown in Table 4. Wives and husbands did not show significant differences in difficulties in emotion regulation, marital satisfaction, and demand-withdraw communication in husbands' topic. Nevertheless, they differed significantly in two variables. In terms of demand

communication in wife's topic, when compared to husbands ( $M=2.33$ ), wives exhibited ( $M=3.00$ ) more demand communication than husbands [ $t(106) = 5.33, p<.001$ ]. When compared with wives ( $M=2.31$ ), husbands ( $M=2.70$ ) exhibited more withdraw communication than wives [ $t(106) =4.34, p<.01$ ].

The Pearson correlation among scale variables is shown in Table 5. Pearson correlation was calculated separately for wives and husbands. According to Pearson correlation results; wives' difficulties in emotion regulation was negatively correlated with their own marital satisfaction ( $r=-.43, p< .01$ ). Also, husbands' difficulties in emotion regulation were negatively correlated with their own marital satisfaction ( $r=-.37, p<.01$ ). All the other correlations among the outcome variables were statistically non-significant.

**Table 3.1:** Descriptive Statistics for Wife and Husband Values on Predictors and Outcome Variables

|                                    | Wife   |       |        |       | Husband |       |        |       | Total  |       |        |       |
|------------------------------------|--------|-------|--------|-------|---------|-------|--------|-------|--------|-------|--------|-------|
|                                    | Mean   | SD    | Median | Range | Mean    | SD    | Median | Range | Mean   | SD    | Median | Range |
| Difficulties in Emotion Regulation | 73.09  | 17.74 | 71     | 76    | 73.89   | 16.20 | 72     | 67    | 73.50  | 16.95 | 71     | 76    |
| Marital Satisfaction               | 123.41 | 15.86 | 127    | 93    | 121.50  | 14.49 | 123    | 66    | 122.45 | 15.19 | 125    | 93    |
| <i>Wives' Topic</i>                |        |       |        |       |         |       |        |       |        |       |        |       |
| Demand Communication               | 3.00   | 1.16  | 3      | 4.83  | 2.33    | .83   | 2.17   | 4     | 2.67   | 1.06  | 2.33   | 4.83  |
| Withdraw Communication             | 2.31   | .64   | 2.11   | 2.78  | 2.70    | .92   | 2.56   | 5.44  | 2.5    | .81   | 2.33   | 5.56  |
| <i>Husbands' Topic</i>             |        |       |        |       |         |       |        |       |        |       |        |       |
| Demand Communication               | 2.55   | 1.06  | 2.33   | 4.67  | 2.59    | .91   | 2.5    | 4.17  | 2.57   | .98   | 2.33   | 4.67  |
| Withdraw Communication             | 2.37   | .46   | 2.33   | 2.22  | 2.42    | .70   | 2.22   | 3.89  | 2.4    | .59   | 2.22   | 3.89  |

**Table 3.2:** Paired Sample T- tests for Wife and Husband Values

|                                    | Wife   |       | Husband |       | T-test  |     |
|------------------------------------|--------|-------|---------|-------|---------|-----|
|                                    | Mean   | SD    | Mean    | SD    | T       | Df  |
| Difficulties in Emotion Regulation | 73.09  | 17.74 | 73.89   | 16.20 | -.39    | 106 |
| Marital Satisfaction               | 123.41 | 15.86 | 121.50  | 14.49 | -1.39   | 106 |
| <i>Wives' Topic</i>                |        |       |         |       |         |     |
| Demand Communication               | 3.00   | 1.16  | 2.33    | .83   | 5.33*** | 106 |
| Withdraw Communication             | 2.31   | .64   | 2.70    | .92   | 4.34**  | 106 |
| <i>Husbands' Topic</i>             |        |       |         |       |         |     |
| Demand Communication               | 2.55   | 1.06  | 2.59    | .91   | -.28    | 106 |
| Withdraw Communication             | 2.37   | .46   | 2.42    | .70   | .78     | 106 |

\*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$

Correlations between demographic variables and outcome variables were also analysed. Correlation of age, education, employment status, duration of the marriage, how they met, marriage age, income, dating period before marriage, and outcome variable are shown in Table 6. According to the results, difficulties in emotion regulation was negatively correlated with age ( $r = -.18$ ,  $p < .01$ ). In addition to age, marriage age was also negatively correlated with difficulties in emotion regulation ( $r = -.17$ ,  $p < .01$ ).

Besides, marital satisfaction was positively correlated with employment status ( $r = .15$ ,  $p < .05$ ). Marital satisfaction was negatively correlated with the dating period before the marriage ( $r = -.23$ ,  $p < .01$ ). In wives' topics; age was negatively correlated with demand communication ( $r = -.14$ ,  $p < .05$ ), employment status was positively correlated with demand communication ( $r = .17$ ,  $p < .01$ ), and marriage age was negatively correlated with demand communication ( $r = -.15$ ,  $p < .05$ ). In husbands' topics; income was negatively correlated with demand communication ( $r = -.15$ ,  $p < .05$ ), age was positively correlated with withdraw communication ( $r = .12$ ,  $p < .05$ ), and marriage age was positively correlated with withdraw communication ( $r = .12$ ,  $p < .05$ ). There were no significant correlations between other demographic variables and outcome variables.

**Table 3.3: Pearson Correlation of Outcome Variables**

|                                    | Wife                 |                                    | Husband              |                                    |
|------------------------------------|----------------------|------------------------------------|----------------------|------------------------------------|
|                                    | Marital Satisfaction | Difficulties in Emotion Regulation | Marital Satisfaction | Difficulties in Emotion Regulation |
| Difficulties in Emotion Regulation | -.43**               | 1                                  | -.37**               | 1                                  |
| Marital Satisfaction               | 1                    | -.43**                             | 1                    | -.37**                             |
| <i>Wives' Topic</i>                |                      |                                    |                      |                                    |
| Demand Communication               | -.12                 | .03                                | -.16                 | .09                                |
| Withdraw Communication             | .01                  | .01                                | -.05                 | .12                                |
| <i>Husbands' Topic</i>             |                      |                                    |                      |                                    |
| Demand Communication               | -.11                 | .08                                | -.12                 | .11                                |
| Withdraw Communication             | -.03                 | -.05                               | -.11                 | .14                                |

\* p&lt;.05, \*\* p&lt;.01

**Table 3.4: Pearson Correlation of Demographic and Outcome Variables**

|   | Difficulties in Emotion Regulation | Marital Satisfaction | Wives' Topic         |                        | Husbands' Topic      |                        |
|---|------------------------------------|----------------------|----------------------|------------------------|----------------------|------------------------|
|   |                                    |                      | Demand Communication | Withdraw Communication | Demand Communication | Withdraw Communication |
| Age                                       | -.18**                             | -.04                 | -.14*                | .02                    | -.07                 | .12*                   |
| Education                                 | -.01                               | -.06                 | -.03                 | -.08                   | -.08                 | -.02                   |
| Working Status                            | -.02                               | .15*                 | .17**                | -.10                   | -.00                 | -.03                   |
| Duration of marriage                      | .06                                | .02                  | .01                  | .05                    | .02                  | -.08                   |
| How they met                              | -.02                               | .06                  | -.01                 | .04                    | .05                  | -.04                   |
| Marital Age                               | -.17**                             | -.06                 | -.15*                | .01                    | -.09                 | .12*                   |
| Income                                    | -.07                               | .01                  | -.05                 | .07                    | -.15*                | -.03                   |
| Dating period of the time before marriage | .07                                | -.23**               | -.14                 | -.02                   | .30                  | -.05                   |

\* p&lt;.05, \*\* p&lt;.01

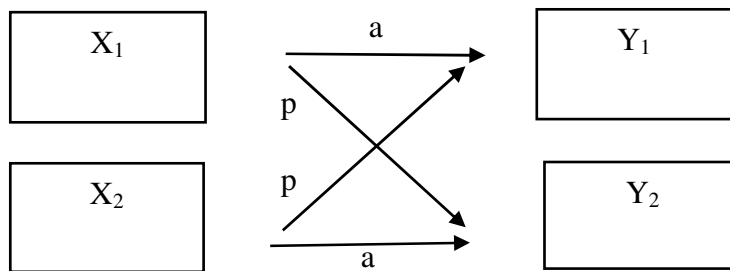


Correlation between demographic and outcome variables for wives and husbands are shown in Table 7. Difficulties in emotion regulation were negatively correlated with age for both wife ( $r = -.17, p < .05$ ) and husband ( $r = -.20, p < .05$ ). Also, difficulties in emotion regulation were negatively correlated with marriage age for both wife ( $r = -.20, p < .05$ ) and husband ( $r = -.20, p < .05$ ). Marital satisfaction was positively correlated with employment status ( $r = .18, p < .05$ ) for just wives. This association was not significant for husbands. Marital satisfaction was negatively correlated with dating period before the marriage for both wives ( $r = -.23, p < .01$ ) and husbands ( $r = -.22, p < .01$ ).

In terms of demand and withdraw communication, there was no association between demographic variables and demand or withdraw communication for wives and husbands in wives' topics. However, there were significant correlations for husbands' topics. Demand-communication was negatively correlated with income for wives ( $r = -.24, p < .01$ ) in husbands' topics but this association was not significant for husbands. Withdraw communication was positively correlated with age and marriage age for husbands ( $r = .23, p < .01$ ) but this association was not significant for wives.

### 3.3. Dyadic Analysis

For dyadic analysis, data were converted to a dyad structure to make a comparison between and within couples (Kenny, Kashy, & Cook, 2006: 145). Then, dyadic data were analysed with the Actor-Partner Interdependence Model (APIM) to test actor and partner effects for difficulties in emotion regulation and marital satisfaction. APIM enables the analysis of the data of both the individual and the couple. Namely; with APIM, both the individual's own independent variable score's effect on both individual's own dependent variable score (actor effect) and their partner's dependent variable score (partner effect) are calculated (Campbell & Kashy, 2002: 327). In Figure 1,  $a$  is the actor effect, and  $p$  is the partner effect.



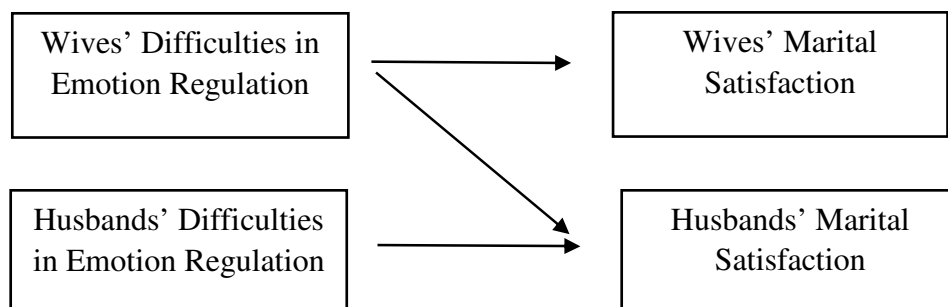
**Figure 3.1:** Simple APIM Schema

Table 8 shows the APIM results for difficulties in emotion regulation and marital satisfaction. According to the results, both the husbands' and wives' actor effects of difficulties in emotion regulation on marital satisfaction and the partner effects from wives' difficulties in emotion regulation on husbands' marital satisfaction were negative and statistically significant. But, the partner effects from husbands' difficulties in emotion regulation on wives' marital satisfaction was statistically insignificant. The significant effects were visualised in Figure 2.

**Table 3.5:** Unstandardized effect estimates for Difficulties in Emotion Regulation and Marital Satisfaction

| Effect  | Estimate | SE  | <i>p</i> |
|---|----------|-----|----------|
| Difficulties in Emotion Regulation (X) → Marital Satisfaction (Y) |          |     |          |
| Wife AE ( $X_w \rightarrow Y_w = C'_{Aw}$ )                       | -.37     | .08 | <.001    |
| Husband AE ( $X_h \rightarrow Y_h = C'_{Ah}$ )                    | -.28     | .08 | <.001    |
| Wife to Husband PE ( $X_w \rightarrow Y_h = C'_{Pw}$ )            | -.19     | .07 | .009     |
| Husband to Wife PE ( $X_h \rightarrow Y_w = C'_{Ph}$ )            | -.08     | .09 | .388     |

**Note:** SE = Standard error; X = initial variable, Y = outcome variable, AE = actor effect, PE = partner effect.



**Figure 3.2:** Emotion Regulation and Marital Satisfaction with APIM

**Table 3.6:** Pearson Correlation of Demographic and Outcome Variables for Wife and Husband

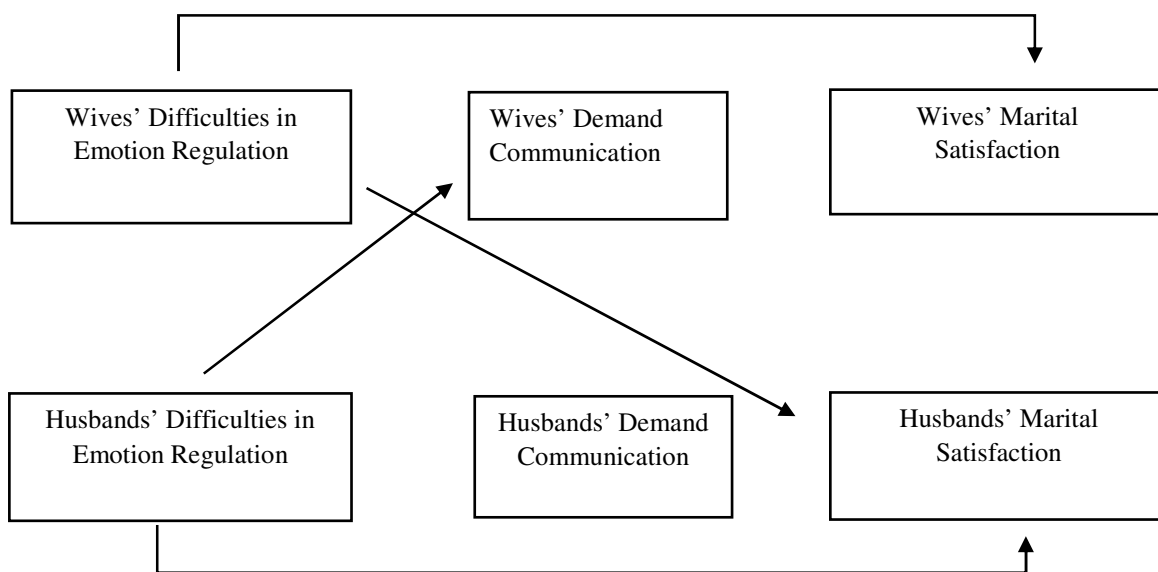
|         |  | Wives' Topic                             |                         |                         |                           | Husbands' Topic         |                           |
|---------|--|--|-------------------------|-------------------------|---------------------------|-------------------------|---------------------------|
|         |  | Difficulties in<br>Emotion<br>Regulation | Marital<br>Satisfaction | Demand<br>Communication | Withdraw<br>Communication | Demand<br>Communication | Withdraw<br>Communication |
| Wife    | Age  | -.17*                                    | -.10                    | -.13                    | -.08                      | -.06                    | -.02                      |
|         | Marital Age                                  | -.17*                                    | -.12                    | -.14                    | -.08                      | -.08                    | -.02                      |
|         | Working Status                               | -.00                                     | .18*                    | .09                     | -.03                      | .01                     | .04                       |
|         | Income                                       | -.15                                     | .00                     | -.14                    | -.01                      | -.24**                  | -.07                      |
|         | Dating period of the time<br>before marriage | .06                                      | -.23**                  | -.14                    | -.07                      | -.05                    | .02                       |
| Husband | Age  | -.20*                                    | .06                     | -.02                    | .03                       | -.08                    | .23**                     |
|         | Marital Age                                  | -.20*                                    | .06                     | -.03                    | .01                       | -.13                    | .23**                     |
|         | Working Status                               | -.04                                     | .04                     | .08                     | -.06                      | -.03                    | -.11                      |
|         | Income                                       | .03                                      | .03                     | .10                     | .12                       | -.04                    | .10                       |
|         | Dating period of the time<br>before marriage | .08                                      | -.22*                   | -.15                    | .11                       | .12                     | -.10                      |

\* p&lt;.05, \*\* p&lt;.01

### 3.3.1. Mediation Effect

The mediating mechanisms were analysed by APIM with mediation model and tested by the bootstrap method. Two mediators were tested independently: demand communication and withdraw communication. These mediation models are shown in Table 9. In wives' topics, according to the results, demand communication was not a mediator, but there was a partner effect. This partner effect from husband's difficulties in emotion regulation on wife's demand communication was positively and statistically significant. But, the partner effect from wife's difficulties in emotion regulation on husband's demand communication was statistically insignificant. On the other hand, the results have shown that withdraw communication also was not a mediator between difficulties in emotion regulation and marital satisfaction. Besides, there was neither significantly actor nor partner effect. The significant effects were visualised in Figure 3.

In terms of husbands' topics, there was not a significant association between demand and withdraw communication. At the same time, there was not an actor and partner effect except for difficulties in emotion regulation and marital satisfaction, as shown in Table 10.



**Figure 3.3:** APIM with Mediation Model for Demand Communication in Wives' Topic

Table 9. *Unstandardized Effect Estimates for the Two Mediation Models in Wives' Topic*

| Effect  | Demand Communication as mediator |      |          | Withdraw Communication as mediator |      |          |
|---|----------------------------------|------|----------|------------------------------------|------|----------|
|   | Estimate                         | SE   | <i>p</i> | Estimate                           | SE   | <i>p</i> |
| Difficulties in Emotion Regulation (X) → M                        |                                  |      |          |                                    |      |          |
| Wife AE ( $X_w \rightarrow M_w = a_{Aw}$ )                        | -.00                             | .01  | .80      | .00                                | .00  | .76      |
| Husband AE ( $X_h \rightarrow M_h = a_{Ah}$ )                     | .00                              | .01  | .44      | .01                                | .01  | .19      |
| Wife to Husband PE ( $X_w \rightarrow M_h = a_{Pw}$ )             | .00                              | .00  | .54      | -.00                               | .00  | .29      |
| Husband to Wife PE ( $X_h \rightarrow M_w = a_{Ph}$ )             | .02                              | .01  | .01      | -.00                               | .00  | .48      |
| M → Marital Satisfaction (Y)                                      |                                  |      |          |                                    |      |          |
| Wife AE ( $M_w \rightarrow Y_w = b_{Aw}$ )                        | -1.33                            | 1.22 | .28      | .73                                | 2.44 | .77      |
| Husband AE ( $M_h \rightarrow Y_h = b_{Ah}$ )                     | -1.67                            | 1.78 | .35      | -.96                               | 1.53 | .53      |
| Wife to Husband PE ( $M_w \rightarrow Y_h = b_{Pw}$ )             | -1.11                            | 1.26 | .38      | 2.5                                | 2.17 | .25      |
| Husband to Wife PE ( $M_h \rightarrow Y_w = b_{Ph}$ )             | -.12                             | 1.64 | .94      | -.83                               | 1.62 | .61      |
| Difficulties in Emotion Regulation (X) → Marital Satisfaction (Y) |                                  |      |          |                                    |      |          |
| Wife AE ( $X_w \rightarrow Y_w = C'_{Aw}$ )                       | -.37                             | .08  | <.001    | -.37                               | .08  | <.001    |
| Husband AE ( $X_h \rightarrow Y_h = C'_{Ah}$ )                    | -.26                             | .08  | .001     | -.27                               | .08  | .001     |
| Wife to Husband PE ( $X_w \rightarrow Y_h = C'_{Pw}$ )            | -.19                             | .08  | .02      | -.20                               | .08  | .01      |
| Husband to Wife PE ( $X_h \rightarrow Y_w = C'_{Ph}$ )            | -.05                             | .09  | .56      | -.07                               | .09  | .45      |

Note. SE = Standard error; X = initial variable, M = mediator, Y = outcome variable, AE = actor effect, PE = partner effect

Table 10. *Unstandardized Effect Estimates for the Two Mediation Models in Husbands' Topic*

| Effect  | Demand Communication as mediator |      |          | Withdraw Communication as mediator |      |          |
|---|----------------------------------|------|----------|------------------------------------|------|----------|
|   | Estimate                         | SE   | <i>p</i> | Estimate                           | SE   | <i>p</i> |
| Difficulties in Emotion Regulation (X) → M                        |                                  |      |          |                                    |      |          |
| Wife AE ( $X_w \rightarrow M_w = a_{Aw}$ )                        | .00                              | .00  | .65      | .00                                | .00  | .89      |
| Husband AE ( $X_h \rightarrow M_h = a_{Ah}$ )                     | .01                              | .01  | .39      | .00                                | .00  | .18      |
| Wife to Husband PE ( $X_w \rightarrow M_h = a_{Pw}$ )             | .01                              | .01  | .31      | -.00                               | .00  | .43      |
| Husband to Wife PE ( $X_h \rightarrow M_w = a_{Ph}$ )             | .01                              | .00  | .16      | -.01                               | .00  | .12      |
| M → Marital Satisfaction (Y)                                      |                                  |      |          |                                    |      |          |
| Wife AE ( $M_w \rightarrow Y_w = b_{Aw}$ )                        | -.91                             | 1.17 | .44      | -1.25                              | 3.27 | .70      |
| Husband AE ( $M_h \rightarrow Y_h = b_{Ah}$ )                     | -.75                             | 1.36 | .58      | -1.50                              | 1.68 | .37      |
| Wife to Husband PE ( $M_w \rightarrow Y_h = b_{Pw}$ )             | -1.11                            | 1.15 | .33      | -1.79                              | 2.47 | .47      |
| Husband to Wife PE ( $M_h \rightarrow Y_w = b_{Ph}$ )             | -.85                             | 1.67 | .61      | -2.91                              | 2.08 | .16      |
| Difficulties in Emotion Regulation (X) → Marital Satisfaction (Y) |                                  |      |          |                                    |      |          |
| Wife AE ( $X_w \rightarrow Y_w = C'_{Aw}$ )                       | -.36                             | .09  | <.001    | -.37                               | .08  | <.001    |
| Husband AE ( $X_h \rightarrow Y_h = C'_{Ah}$ )                    | -.27                             | .08  | <.001    | -.28                               | .08  | <.001    |
| Wife to Husband PE ( $X_w \rightarrow Y_h = C'_{Pw}$ )            | -.18                             | .08  | .02      | -.20                               | .08  | .01      |
| Husband to Wife PE ( $X_h \rightarrow Y_w = C'_{Ph}$ )            | -.06                             | .09  | .46      | -.06                               | .09  | .49      |

Note. SE = Standard error; X = initial variable, M = mediator, Y = outcome variable, AE = actor effect, PE = partner effect

## CHAPTER IV

### 4. DISCUSSION

#### 4.1. Evaluation of the Results

According to the Paired t-test results, there were also sex differences in the demand-withdraw communication. While wives reported greater levels of demand communication, husbands reported greater levels of withdraw communication in wives' topics. In wives' topics, wives' demand communication is consistent with the literature. This is because whoever chooses the topic is expected to show greater demand communication (Christensen & Heavey, 1990: 73). If the wife chooses the topic, the wife demands, and if the husband chooses the topic, he is expected to demand change (Klinetob & Smith, 1996: 945). However; in husbands' topics, there were no differences between wives and husbands with regard to demand and withdraw communication. One explanation can be that women perceived the study as an opportunity for them to communicate their demands. The equality of the husband-demand-wife-withdraw and husband-demand-wife-withdraw patterns in domestic life (Papp, Kouros, & Cummings, 2009: 285) may validate this explanation. Besides, women are still struggling to turn the status quo to their advantage. Therefore, it is seen that the demand communication of women increased (Sevier et al., 2004: 159). On the other hand, in a study with newlyweds conducted by Vogel and Karney (2002: 685), researchers found similar results like the current study. Namely, wives demand in their own topics while there is no difference between husbands and wives in husbands' topics in terms of demand-withdraw. Vogel and Karney also investigated the importance of the topic. According to this result, the more the individuals think about the discussion of the topic, the more they demand. In other words, generally, husbands do not think that the problem chosen

is important. Vogel and Karney (2002: 695) declared that wives are more prone to organizing marital interaction. However, husbands might have avoided selecting an important topic for them in the study, and the experimenter effect can also be added to this situation. Vogel and Karney (2002: 700) also stated that men are more eager to resolve the unmet needs of women at the beginning of relationships. This situation may also apply to marriage; husbands may exhibit considerably fewer withdrawals and participate in problem-solving during the interaction.

In another study, Christensen and Heavey (1990: 73) investigated that the topic depending on the content of the selection. In this study, the topic was the partners' desire to change. According to the results, whereas men withdrew more than women, women did not demand more than men. The results of the study of Christensen and Heavey (1990: 73) are similar to the results of the current study. Women demanded more in the topic they selected, but in men's topics, even if the man wanted to change something in his partner, he did not show demand communication. Also, there is to continue the status quo in the social structure hypothesis. The man does not need to show demand here because the status quo favours him.

Although Turkey is very wealthy in terms of cultural diversity, there has been a conclusion that is consistent with the literature about wives' demand communication (Christensen et al., 2006: 1040). It can be said that this result does not stem from a cultural phenomenon but from differences in marriage structures. The study by Eldridge (2001: 3840) emphasises the egalitarian or traditional marriages in terms of sex differences and demand communication rather than culture. According to the study, traditional couples show more demanding behaviour than egalitarian couples and traditional husbands both demanded and withdrew more than egalitarian husbands. Christensen et al. (2006: 1034) also showed that women in all cultures exhibited more demand-communication in a cross-cultural study. Therefore, the results may be influenced by marriage structures.

Consistent with the literature, it was found that difficulties in emotion regulation and marital satisfaction are negatively associated in our sample (Akdur & Aslan, 2017;



Bloch et al., 2014; Omid & Talighi, 2017; Rick, 2015; Vater & Schröder-Abé, 2015). The recent study of Omid and Talighi (2017: 157) reached a similar conclusion. In the study, components of emotion regulation were separately analysed with marital satisfaction while in the current study, total difficulties in emotion regulation score were investigated. In terms of the actor-partner effects, difficulties in emotion regulation of wives were negatively correlated with husbands' marital satisfaction. Also, in the study conducted by Bloch et al. (2014: 130), it was found that down-regulation of the wife was associated with marital satisfaction of the husband and wife. For partner effect, Bloch et al. (2014: 130) explained that women socialize for both monitoring and managing interpersonal relationships. The other finding of the research also led to this explanation: wives' constructive communication mediated the association between greater wives' down regulation of behaviour and positive changes in wives' marital satisfaction, but mediation effect did not emerge for husbands. In the current study, there was also a partner effect. Wives might use better constructive communication than husbands.

On the other hand, men tend to be more withdrawn because they are physically over-stimulated in communication (Gottman & Levenson, 1988: 182). For this reason, men may be focusing only on their own regulation process while women manage both their own and their partners' regulation processes. Thus, wives' regulation process might affect their own marital satisfaction and husbands' marital satisfaction. In other studies on emotion regulation and relationship satisfaction in couples, Rick (2015: 36) found actor-partner effects similar to the current results. According to this study, acceptance of emotions and impulse control in women affected relationship satisfaction in men. Perhaps in the current study, women also can create a partner effect in two ways. In a study by Cordova, Gee, and Warren (2005: 218) on emotional skills, women's emotional skills were associated with their partners' satisfaction with time together. In other words, a similar result was found, such as the actor-partner effect found in the current study. As emotional skills are also the basis of emotion regulation, women's partner effect can be explained.

Furthermore, demand-withdraw communication was not correlated with marital satisfaction. This result is not consistent with the literature (Caughlin, 2002; Caughlin & Huston, 2002; Christensen et al., 2006; Donato et al., 2014). The insignificant correlation between demand-withdraw communication and marital satisfaction can be attributed to the sample. Most of the participants had a high level of income and education. Previous studies have shown that economic strain is correlated with both demand-withdraw communication and relationship distress in couples. According to a recent study (Falconier & Epstein, 2011: 586), the female-demand-male-withdraw pattern is a mediator between economic strain and relationship distress. Another explanation is that there may be a mediator or confounding variable that affects this relationship between demand-withdraw communication and marital satisfaction. At the same time, as the duration of the marriage increases, marital satisfaction decreases (Taşköprü, 2013: 35). This may be the reason behind high marital satisfaction of the participants in this study.

In terms of emotion regulation, few studies have shown a relationship between demand-withdraw communication and emotion regulation. Recently Holley et al., (2018: 408) examined emotional regulation, demand-withdraw communication, and depression. According to the findings, demand-withdraw communication is associated with emotion regulation. Further, difficulties in emotion regulation were found to be a full mediator between the levels of depression and withdraw communication.

In the current study, a significant result was only found between the difficulties in emotion regulation and demand communication in partner effect. Also, difficulties in emotion regulation were correlated with age for both wives and husbands. This result is consistent with the literature. According to socioemotional selectivity theory (Carstensen, Fung, & Charles, 2003: 103), older people question the meaning of emotional experiences more than young people. This may be because they are faced with the fact that life is limited more than young people. Knowing the end allows people to experience both positive and negative emotions at the same time, and older people experience this situation more, but it can also regulate emotion by moving from negative emotion to positive emotion more quickly than young people (Carstensen et

al., 2000: 644). In line with this theory, it was indicated that older couples used emotional expressions such as anger and disgust less in marital interactions (Carstensen, Gottman, & Levenson, 1995: 140). In the current study, it was seen that in wives' topics, demand communication was negatively associated with age, in and husbands' topics, withdraw communication was positively associated with age for all of the participants. From this perspective, demand communication is also thought to be consistent with socioemotional selectivity theory. However, it was only found that in husbands' topics, withdraw communication was positively associated with age when it was analysed in terms of sex separately. So, these findings cannot be explained with socioemotional selectivity theory.

On the other hand, Holley, Haase, and Levenson (2013: 822) found that avoidance behaviour increased with age. In addition to this, with the increasing age, women demand more, while men withdraw more. This also means that over time, the gap between men and women becomes more pronounced. According to Eldridge et al., (2007: 218), younger couples can be more flexible about finding a solution to their marital problems. The inability of older married couple might be reason for the gap. Also, the reason why no difference was found between demand and withdraw communication in husbands' topics can be the age in addition to other explanations. Considering that the participants of this study were young and newly married, it is expected that demand-withdraw communication in husbands' topics also might show differences in the future in terms of sex.

In terms of income, it was found that demand communication was negatively associated with income for wives in husbands' topics. This finding can be attributed to the family stress model (Conger, Ge, & Lorenz, 1994: 187). According to this model, due to economic hardship and pressure, couples start to act more hostile to each other. As a result, couples engage in more conflicts. There is only an association in husbands' topics. The reason for this result might be that the husband chooses the topics. Husbands' topics may be more about the economy, which could have made this relationship very clear.

Besides, men have a 'breadwinner role' in society, and due to this responsibility, they exhibit more withdrawing behaviours (Falconier & Epstein, 2011: 587). In other words, women might tend to demand more in couples with low-income levels. However, the high-income level might be reducing the gap between demand and withdraw communication. For this reason, the association between demand and withdraw communication in husbands' topics is consistent with the literature.

The current study also highlighted the importance of the dating period before the marriage in terms of marital satisfaction for both wife and husband. According to the results, the dating period before the marriage was negatively associated with marital satisfaction for all participants. In the literature, Teichner and Farnden-Lyster (1997: 490) examined marital satisfaction and the length of courtship. Our findings are consistent with the study of Teichner and Farnden-Lyster (1997: 490). Also, in the study of Alder (2010: 35), it was found that both dating and engagement periods were negatively associated with marital satisfaction. This can be explained with disillusionment model (Huston & Houts, 1998: 114). This model is based on the notion that newlyweds do not know each other and are disappointed as they discover each other's mistakes. It may also be including the time spent before marriage. Thus, when people get married, they can see the features of their partners that they had not seen before, and the more they get to know each other, the more disillusionment they may experience.

In terms of demographic findings, it was found that marital satisfaction was positively associated with employment status for wives. This association is not consistent with the literature. While some studies reported that employment is positively associated with marital satisfaction for women (Nathawat & Mathur, 1993: 353), some studies stated that employment is negatively associated with marital satisfaction (Hashmi, Khurshid, & Hassan, 2007: 19). In the current study, the primary reason for the finding is that the number of people working in the sample is low. Another explanation might be that, especially where there is a male status quo, the employed woman has more marital satisfaction because she regains the balance of power in both home and society. Moreover, it was found that working women have higher scores than

women who do not work, not only on marital satisfaction but also on self-esteem and life satisfaction (Nathawat & Mathur, 1993:353).

Demand and withdraw communication was found to be no mediator in terms of emotion regulation and marital satisfaction. However, it was seen that there was a partner effect. In wives' topics, the difficulty in the husband's emotion regulation affects the wife's demand communication positively. There was a partner effect when there was no actor effect, which made it difficult to explain the effect. This can be explained as follow: husbands may experience difficulties in regulating their emotions while listening to their wives' demands and it might make wives more demanding. Also, according to a study by Cordova et al. (2005: 219), emotional skills of men are associated with their partners' distress scores. So, the inability of the man to demonstrate his emotional skills could increase the distress of the woman, which could, in turn, increase her demands.

#### 4.2. Limitations and Suggestions for Further Studies

The most important limitation of the research is related to the sample: the economic levels of the majority of the participants were high, almost all of the participants had a job, and the majority had high educational levels. For further studies, a normal distribution is recommended in terms of income, educational level, and employment status. In addition, the number of participants in the sample can be increased. In terms of variables, it is recommended that the sub-dimensions of variables be included in the analysis. Thus, it would be clearer to explain the association among variables. In terms of data collection method, observation method with the measured demand-withdraw communication can be measured with self-report method for consistency. Besides, the importance of the selected topics as perceived by partners can be investigated in future studies. It is also recommended to examine other communication patterns between couples.

### 4.3. Clinical Implications and Contributions of the Study

The importance of this study lies in its use of observation data and being one of the few studies in Turkey using dyadic data. Moreover, the relationship between individual emotion regulation and marital satisfaction is shown. It is thought that this study will contribute to the field. It is recommended that clinicians working with couples should pay attention to the individual emotion regulation of the partners. Difficulties in emotion regulation, especially in the wife, affect both sides of the relationship. Also, programs that aim at increasing marital satisfaction are recommended to contain emotion regulation, as well.

### 4.4. Conclusion

The current study was conducted to examine the relationship between emotion regulation and marital satisfaction in newly married couples. To this end, the role of demand-withdraw communication pattern between couples and the mediating variable between emotion regulation and marital satisfaction were examined. According to the results, there is a negative relationship between difficulty in emotion regulation and marital satisfaction.

The difficulty in emotion regulation for both spouses is negatively related to marital satisfaction, and the difficulty in emotion regulation of the wife is negatively related to the marital satisfaction of the husband. On the other hand, no mediator variable was found between emotion regulation and marital satisfaction. Withdraw communication was observed in the husband while demand communication was observed in the wife only in wives' topics. Also, a positive correlation was found between the difficulty in emotion regulation and husband and wife's demand communication.

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**APPENDICES**

**Appendix A: Demographic Information Form**

Tarih: \_\_\_\_\_

**DEMOGRAFİK BİLGİ FORMU**

1. Cinsiyetiniz: [ ] Kadın [ ] Erkek
2. Yaşınız: \_\_\_\_\_
3. En son bitirdiğiniz okul aşağıdakilerden hangisidir:

|     |                               |
|-----|-------------------------------|
| [ ] | Okuma-yazma bilmiyorum        |
| [ ] | İlkokul                       |
| [ ] | Ortaokul                      |
| [ ] | Lise                          |
| [ ] | Yüksek Okul (2 yıllık)        |
| [ ] | Üniversite (4 yıllık)         |
| [ ] | Yüksek Lisans veya<br>Doktora |

4. Mesleğiniz: \_\_\_\_\_

5. Çalışma durumunuz:

|     |                                     |
|-----|-------------------------------------|
| [ ] | Çalışıyorum                         |
| [ ] | Çalışmıyorum                        |
| [ ] | Diğer ( <i>lütfen belirtiniz</i> ): |

6. Ne kadar süredir evlisiniz: \_\_\_\_ Ay

7. Evlendiğinizde kaç yaşındaydınız: \_\_\_\_\_

8. Evlenmeden önce eşinizle birbirinizi ne kadar süredir tanıyordunuz: \_\_ Yıl \_\_  
Ay
9. Eşinizle nasıl tanıştınız:

|                          |                                     |
|--------------------------|-------------------------------------|
| <input type="checkbox"/> | Aile aracılığıyla                   |
| <input type="checkbox"/> | Görücü usulüyle                     |
| <input type="checkbox"/> | Arkadaş aracılığıyla                |
| <input type="checkbox"/> | Okulda/iş yerinde                   |
| <input type="checkbox"/> | Eğlence mekânlarında                |
| <input type="checkbox"/> | İnternette                          |
| <input type="checkbox"/> | Diğer ( <i>lütfen belirtiniz</i> ): |

10. Ailenizin ortalama toplam aylık geliri aşağıdakilerden hangisine en yakındır:

|                          |                        |
|--------------------------|------------------------|
| <input type="checkbox"/> | 850 TL ve altı         |
| <input type="checkbox"/> | 851 TL – 1500 TL       |
| <input type="checkbox"/> | 1501 TL – 3000 TL      |
| <input type="checkbox"/> | 3001 TL – 5000 TL      |
| <input type="checkbox"/> | 5001 TL – 7500 TL      |
| <input type="checkbox"/> | 7501 TL <u>ve</u> üstü |

### Appendix B: Difficulties in Emotion Regulation Scale

Aşağıdaki cümlelerin size ne sıklıkla uyduğunu altında belirtilen 5 dereceli ölçek üzerinde değerlendiriniz. Her bir cümlenin altında 5 noktalı ölçekten, size uygunluk yüzdesini de dikkate alarak, yalnızca bir tek rakamı yuvarlak içine alarak işaretleyiniz.

|                             |                                   |                                     |
|-----------------------------|-----------------------------------|-------------------------------------|
|                             | Bazen<br>(%11-%35)                | Çoğu zaman<br>(%66-%90)             |
| 1                           | 2                                 | 3                                   |
| Hemen hemen hiç<br>(%0-%10) | Yaklaşık yarı yarıya<br>(%36-%65) | Hemen hemen her zaman<br>(%91-%100) |

|    |  | Hemen<br>hemen<br>hiç<br>(%0-10) | Bazen<br>(%11-35) | Yaklaşık<br>yarı<br>yarıya<br>(%36-65) | Çoğu<br>zaman<br>(%66-90) | Hemen<br>hemen<br>her<br>zaman<br>(%91-100) |
|----|--|----------------------------------|-------------------|--|---------------------------|---|
| 1  | Ne hissettiğim konusunda netimdir.                                 | 1                                | 2                 | 3                                      | 4                         | 5   |
| 2  | Ne hissettiğimi dikkate alırım.                                    | 1                                | 2                 | 3                                      | 4                         | 5   |
| 3  | Duyularım bana dayanılmaz ve kontrolsüz gelir.                     | 1                                | 2                 | 3                                      | 4                         | 5   |
| 4  | Ne hissettiğim konusunda hiç fikrim yoktur.                        | 1                                | 2                 | 3                                      | 4                         | 5   |
| 5  | Duyularıma anlam vermekte zorlanırım.                              | 1                                | 2                 | 3                                      | 4                         | 5   |
| 6  | Ne hissettiğime dikkat ederim.                                     | 1                                | 2                 | 3                                      | 4                         | 5   |
| 7  | Ne hissettiğimi tam olarak bilirim.                                | 1                                | 2                 | 3                                      | 4                         | 5   |
| 8  | Ne hissettiğimi önemserim.   | 1                                | 2                 | 3                                      | 4                         | 5   |
| 9  | Ne hissettiğim konusunda karmaşa yaşarım.                          | 1                                | 2                 | 3                                      | 4                         | 5   |
| 10 | Kendimi kötü hissetmeyi kabullenebilirim.                          | 1                                | 2                 | 3                                      | 4                         | 5   |
| 11 | Kendimi kötü hissettiğimde böyle hissettiğim için kendime kızarım. | 1                                | 2                 | 3                                      | 4                         | 5   |
| 12 | Kendimi kötü hissettiğim için utanırım.                            | 1                                | 2                 | 3                                      | 4                         | 5   |
| 13 | Kendimi kötü hissettiğimde işlerimi bitirmekte zorlanırım.         | 1                                | 2                 | 3                                      | 4                         | 5   |
| 14 | Kendimi kötü hissettiğimde kontrolden çıkarım.                     | 1                                | 2                 | 3                                      | 4                         | 5   |
| 15 | Kendimi kötü hissettiğimde uzun süre böyle kalacağıma inanırım.    | 1                                | 2                 | 3                                      | 4                         | 5   |

|    |   | Hemen<br>hemen<br>hiç<br>(%0-10) | Bazen<br>(%11-35) | Yaklaşık<br>yarı<br>yarıya<br>(%36-65) | Çoğu<br>zaman<br>(%66-90) | Hemen<br>hemen her<br>zaman<br>(%91-100) |
|----|---|----------------------------------|-------------------|--|---------------------------|--|
| 16 | Kendimi kötü hissetmemin yoğun depresif duyguyla sonuçlanacağına inanırım.                            | 1                                | 2                 | 3                                      | 4                         | 5  |
| 17 | Kendimi kötü hissettiğimde duygularımın yerinde ve önemli olduğuna inanırım.                          | 1                                | 2                 | 3                                      | 4                         | 5  |
| 18 | Kendimi kötü hissederken başka şeylere odaklanmakta zorlanırım.                                       | 1                                | 2                 | 3                                      | 4                         | 5  |
| 19 | Kendimi kötü hissederken kontrolden çıktığım duygusu yaşarım.   | 1                                | 2                 | 3                                      | 4                         | 5  |
| 20 | Kendimi kötü hissediyor olsam da çalışmayı sürdürebilirim.  | 1                                | 2                 | 3                                      | 4                         | 5  |
| 21 | Kendimi kötü hissettiğimde bu duygumdan ötürü kendimden utanırım.                                     | 1                                | 2                 | 3                                      | 4                         | 5  |
| 22 | Kendimi kötü hissettiğimde eninde sonunda kendimi daha iyi hissetmenin bir yolunu bulacağımı bilirim. | 1                                | 2                 | 3                                      | 4                         | 5  |
| 23 | Kendimi kötü hissettiğimde zayıf biri olduğum duygusuna kapılırım.                                    | 1                                | 2                 | 3                                      | 4                         | 5  |
| 24 | Kendimi kötü hissettiğimde de davranışlarım kontrolümün altındadır.                                   | 1                                | 2                 | 3                                      | 4                         | 5  |
| 25 | Kendimi kötü hissettiğim için suçluluk duyarım.   | 1                                | 2                 | 3                                      | 4                         | 5  |
| 26 | Kendimi kötü hissettiğimde konsantre olmakta zorlanırım.  | 1                                | 2                 | 3                                      | 4                         | 5  |
| 27 | Kendimi kötü hissettiğimde davranışlarımı kontrol etmekte zorlanırım.                                 | 1                                | 2                 | 3                                      | 4                         | 5  |
| 28 | Kendimi kötü hissettiğimde daha iyi hissetmem için yapacağım hiçbir şey olmadığına inanırım.          | 1                                | 2                 | 3                                      | 4                         | 5  |
| 29 | Kendimi kötü hissettiğimde böyle hissettiğim için kendimden rahatsız olurum.                          | 1                                | 2                 | 3                                      | 4                         | 5  |
| 30 | Kendimi kötü hissettiğimde, kendimle ilgili olarak çok fazla endişelenmeye başlarım.                  | 1                                | 2                 | 3                                      | 4                         | 5  |

|    |  | Hemen<br>hemen<br>hiç<br>(%0-10) | Bazen<br>(%11-35) | Yaklaşık<br>yan<br>yarıya<br>(%36-65) | Çoğu<br>zaman<br>(%66-<br>%90) | Hemen<br>hemen her<br>zaman<br>(%91-100) |
|----|--|----------------------------------|-------------------|---------------------------------------|--------------------------------|--|
| 31 | Kendimi kötü hissettiğimde kendimi bu duyguya bırakmaktan başka çıkar yol olmadığına inanırım. | 1                                | 2                 | 3                                     | 4                              | 5  |
| 32 | Kendimi kötü hissettiğimde davranışlarım üzerindeki kontrolümü kaybederim.                     | 1                                | 2                 | 3                                     | 4                              | 5  |
| 33 | Kendimi kötü hissettiğimde başka bir şey düşünmekte zorlanırım.                                | 1                                | 2                 | 3                                     | 4                              | 5  |
| 34 | Kendimi kötü hissettiğimde duygumun gerçekte ne olduğunu anlamak için zaman ayırırım.          | 1                                | 2                 | 3                                     | 4                              | 5  |
| 35 | Kendimi kötü hissettiğimde, kendimi daha iyi hissetmem uzun zaman alır.                        | 1                                | 2                 | 3                                     | 4                              | 5  |
| 36 | Kendimi kötü hissettiğimde duygularım dayanılmaz olur.   | 1                                | 2                 | 3                                     | 4                              | 5  |
|    |  |                                  |                   |                                       |                                |  |



### Appendix C: Dyadic Adjustment Scale

Birçok insanın ilişkilerinde anlaşmazlıkları vardır. Lütfen aşağıda verilen maddelerin her biri için siz ve eşiniz arasındaki anlaşma ve anlaşmama ölçüsünü aşağıda verilen altı düzeyden birini seçerek belirtiniz.

|   | Her zaman anlaşırız | Hemen hemen her zaman anlaşırız | Nadiren anlaşamayız | Sıkça anlaşamayız | Hemen hemen her zaman anlaşamayız | Her zaman Anlaşamayız |
|---|---------------------|---------------------------------|---------------------|-------------------|-----------------------------------|-----------------------|
| 1- Aileyle ilgili parasal işlerin idaresi                 |                     |                                 |                     |                   |                                   |                       |
| 2- Eğlenceyle ilgili konular                              |                     |                                 |                     |                   |                                   |                       |
| 3- Dini konular   |                     |                                 |                     |                   |                                   |                       |
| 4- Muhabbet-sevgi gösterme                                |                     |                                 |                     |                   |                                   |                       |
| 5- Arkadaşlar   |                     |                                 |                     |                   |                                   |                       |
| 6- Cinsel yaşam   |                     |                                 |                     |                   |                                   |                       |
| 7- Geleneksellik (doğru ve uygun davranış)                |                     |                                 |                     |                   |                                   |                       |
| 8- Yaşam felsefesi  |                     |                                 |                     |                   |                                   |                       |
| 9- Anne, baba ya da yakın akrabalarla ilişkiler           |                     |                                 |                     |                   |                                   |                       |
| 10- Önemli olduğuna inanılan amaçlar, hedefler ve konular |                     |                                 |                     |                   |                                   |                       |
| 11- Birlikte geçirilen zaman miktarı                      |                     |                                 |                     |                   |                                   |                       |
| 12- Temel kararların alınması                             |                     |                                 |                     |                   |                                   |                       |
| 13- Ev ile ilgili görevler                                |                     |                                 |                     |                   |                                   |                       |
| 14- Boş zaman ilgi ve uğraşları                           |                     |                                 |                     |                   |                                   |                       |
| 15- Mesleki kararlar                                      |                     |                                 |                     |                   |                                   |                       |

Aşağıdaki maddeleri lütfen üzerlerinde bulunan ifadelere göre (her zaman, hemen her zaman, zaman zaman, ara sıra, nadiren, hiçbir zaman) işaretleyin.

|  | Her zaman | Hemen hemen her zaman | Zaman zaman | Ara sıra | Nadiren | Hiçbir zaman |
|--|-----------|-----------------------|-------------|----------|---------|--------------|
| 16- Ne sıklıkla boşanmayı, ayrılmayı ya da ilişkinizi bitirmeyi düşünür ya da tartışsınız? |           |                       |             |          |         |              |
| 17- Ne sıklıkta siz veya eşiniz kavradan sonra evinizi terk edersiniz?                     |           |                       |             |          |         |              |
| 18- Ne sıklıkta eşinizle olan ilişkinizin genelde iyi gittiğini düşünürsünüz?              |           |                       |             |          |         |              |
| 19- Eşinize güvenir misiniz?   |           |                       |             |          |         |              |
| 20- Evlendiğiniz için hiç pişmanlık duyar mısınız?   |           |                       |             |          |         |              |
| 21- Ne sıklıkta eşinizle münakaşa edersiniz?   |           |                       |             |          |         |              |
| 22- Ne sıklıkta birbirinizin sinirlenmesine neden olursunuz?                               |           |                       |             |          |         |              |

|                           | Her gün | Hemen hemen her gün | Ara sıra | Nadiren | Hiçbir zaman |
|---------------------------|---------|---------------------|----------|---------|--------------|
| 23- Eşinizi öper misiniz? |         |                     |          |         |              |

|  | Hepsine | Çoğuna | Bazılarına | Çok azına | Hiçbirine |
|--|---------|--------|------------|-----------|-----------|
| 24- Siz veya eşiniz ev dışı etkinliklerinizin ne kadarına birlikte katılırsınız? |         |        |            |           |           |

Aşağıdaki olaylar siz ve eşiniz arasında ne sıklıkta geçer?

|  | Hiçbir zaman | Ayda birden az | Ayda bir veya iki defa | Haftada bir veya iki kere | Günde bir defa | Günde birden fazla |
|--|--------------|----------------|------------------------|---------------------------|----------------|--------------------|
| 25- Teşvik edici fikir alışverişlerinde bulunmak |              |                |                        |                           |                |                    |
| 26- Birlikte gülmek                              |              |                |                        |                           |                |                    |
| 27- Bir şeyi sakince tartışmak                   |              |                |                        |                           |                |                    |
| 28- Bir iş üzerinde birlikte çalışmak            |              |                |                        |                           |                |                    |

Eşlerin bazı zamanlar anlaşıkları, bazen anlaşamadıkları konular vardır. Eğer aşağıdaki maddeler son birkaç hafta içinde siz ve eşiniz arasında görüş farklılığı veya problem yaratıyorsa belirtiniz (Evet veya Hayır'ı işaretleyiniz)

|                            | Evet | Hayır |
|----------------------------|------|-------|
| 29- Seks için yorgun olmak |      |       |
| 30- Sevgi göstermemek      |      |       |

31- Aşağıda ilişkinizdeki farklı mutluluk düzeyleri gösterilmektedir. Orta noktadaki "mutlu" birçok ilişkide yaşanan mutluluk düzeyini gösterir. İlişkinizi genelde değerlendirdiğinizde mutluluk düzeyinizi en iyi şekilde belirtecek olan seçeneği lütfen işaretleyiniz.

|                  |                    |               |           |                   |                 |                         |
|------------------|--------------------|---------------|-----------|-------------------|-----------------|-------------------------|
| ( ) Aşırı mutsuz | ( ) Oldukça mutsuz | ( ) Az mutsuz | ( ) Mutlu | ( ) Oldukça mutlu | ( ) Aşırı mutlu | ( ) Tam anlamıyla mutlu |
|------------------|--------------------|---------------|-----------|-------------------|-----------------|-------------------------|

32- Aşağıda belirtilen cümlelerden ilişkinizin geleceği hakkında ne hissettiğinizi en iyi şekilde tanımlayan ifadeyi lütfen işaretleyiniz.

- ( ) İlişimin başarılı olmasını çok fazla istiyorum ve bunun için yapamayacağım hiçbir şey yoktur.
- ( ) İlişimin başarılı olmasını çok istiyorum ve bunun için yapabileceklerimin hepsini yapacağım.
- ( ) İlişimin başarılı olmasını çok istiyorum ve bunun için payıma düşeni yapacağım.
- ( ) İlişimin başarılı olması güzel olurdu, fakat bunun için şu anda yaptıklarımın daha fazlasını yapamam.

- ( ) İlişimin başarılı olması güzel olurdu, fakat bunun için şu anda yaptıklarımın daha fazlasını yapmayı reddederim.
- ( ) İlişim asla başarılı olmayacak ve ilişimin yürümesi için benim daha fazla yapabileceğim bir şey yok.



## Appendix D: Couple Interaction Rating System

### Couples Interaction Rating System (CIRS)

#### Rating Categories

1) **Blame:** Blames, accuses, or criticizes the partner, uses critical sarcasm; makes character assassinations such as “You’re a real jackass,” and “Why are you such a jerk about it?”

2) **Pressures for change:** Requests, demands, nags, manipulates, seduces, or otherwise pressures for change in the other partner. This pressure can be either positive or negative (critical or complimenting and supportive). This pressure can be IMPLICIT as well as explicit. In other words, it need not be as explicit as “I want you to play with our son.” It must, however, carry in it an implicit should statement, which clearly indicates what the partner “should” be doing. Examples of this include “You never play with our son,” and “If you spent more time at home, our child would probably not act out as much at school.” These statements both carry implicit “shoulds” that the parent should carry out his/her parental duties by spending more time with the child. Remember, character assassinations do not belong here; “you’re a jackass” does not carry any clear implicit suggestions as to what should be done to correct or lessen this condition.

3) **Withdraws:** More passive than Avoidance. Withdraws, becomes silent, refuses to discuss a particular topic, looks away, refuses to argue or fight about the issue, does not actively defend self, pulls back, retreats, disengages self from the discussion.

4) **Avoidance:** More Active than Withdraws. Actively avoids discussing the problem (e.g. hesitates, changes topics, diverts attention, or delays discussion).

5) **Discussion:** Tries to discuss the problem, is engaged and involved in the topic; approaching, interested, willing to discuss the issue (whether it makes them happy or upset).

**Rating Sheet for the  
Couples Interaction Rating System**

Rater name \_\_\_\_\_ Date \_\_\_\_\_  
 Couple ID \_\_\_\_\_ Tape ID \_\_\_\_\_ Spouse: Man Woman

|                         | None | Some-<br>what | A Lot |   |   |   |   |   |   |
|-------------------------|------|---------------|-------|---|---|---|---|---|---|
| 1. Blame                | 1    | 2             | 3     | 4 | 5 | 6 | 7 | 8 | 9 |
| 2. Pressures for change | 1    | 2             | 3     | 4 | 5 | 6 | 7 | 8 | 9 |
| 3. Withdraws            | 1    | 2             | 3     | 4 | 5 | 6 | 7 | 8 | 9 |
| 4. Avoidance            | 1    | 2             | 3     | 4 | 5 | 6 | 7 | 8 | 9 |
| 5. Discussion           | 1    | 2             | 3     | 4 | 5 | 6 | 7 | 8 | 9 |

