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THE MEDIATOR ROLE OF PERSONALITY TRAITS BETWEEN THE RELATIONSHIP OF PERCEIVED PARENTHOOD STYLE AND RELATIONSHIP SATISFACTION IN EMERGING ADULTHOOD¹

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ABSTRACT

In this research, to what extent the perceived parenthood style of emerging adults who are involved in a romantic relationship (flirt, dating, engagement) with the opposite gender at least 6 months in Turkey between the ages of 19-26 directly and via personality traits predict relationship satisfaction is studied. The data of the study was gathered from 417 emerging adults. Data was evaluated implementing independent sampling t-test, Pearson Correlation Coefficient and Bootstrap based on Regression according to the objectives of this study. In this study, when the research variables were examined according to gender, differences in emotional instability dimension and relationship satisfaction. According to the results in the relationship between acceptance perceived from the mother and relationship satisfaction in emerging adulthood, the mediation effect of emotional instability is revealed to be statistically important. Also, in the relationship between acceptance perceived from the father and relationship satisfaction in emerging adulthood, the mediation effects of emotional instability and openness to experience are seen to be statistically important. The direct and total effect of strict supervision and control on relationship satisfaction are seen to be statistically unimportant and that the personality features are not mediating in this relationship.

Keywords: Emerging Adulthood, Perceived Parenting Style, Personality, Relationship Satisfaction

¹This study is produced from the first author's master thesis.

INTRODUCTION

Studies on the developmental stages of human life in recent years point to the existence of a new life period. Emerging adulthood is the period between adolescence and adulthood that can be characterized by its own characteristic. (Arnett, 2000; 2006; 2007). This period, which is revealed by Atak took place between 19-26 years of age in Turkey (2005) as well as other research studies conducted for this period are also available. (Parmaksız, 2008; Eryılmaz & Ercan, 2010; Doğan & Cebioğlu, 2011; Atak & Taştan, 2012; Çürükvelioğlu, 2012; Yüzbaşı, 2012; İslam, 2016).

In this period, individuals have completed their adolescence but have not fully assumed their adult roles. According to widely accepted adulthood criteria, it is important for an individual to complete education to be considered an adult, to work in a permanent and full-time job, marry and have children (Arnett, 2015). The most important factors that could lead to emerging adulthood are the increasing age of marriage and having a child. (Arnett, 2000; 2015). Turkey Statistical Institute (TUIK, 2017) shows an increase in age at first marriage and age of participation in higher education from year to year in both men and women. The rate of attending education can be shown as one of the important reasons of the experiencing emerging adulthood. Because during emerging adulthood period, individuals did not yet have adult responsibilities such as finishing education and getting married.

Emerging adulthood is a period that individuals search for identity, especially in love, work and worldviews; indecisive about their lives; more focused on themselves; are mixed up in an affair and have many opportunities. (Arnett, 2015). Emerging adults have a variety of developmental duties that they need to deal with, such as identity research, sense of coherence, business transitions and economic issues, and life preferences (Cairano et al., 2010). According to Erikson's (1968) psychosocial developmental stages, one of the developmental tasks that individuals must get in this period is to establish rapport. During emerging adulthood period, many individuals strive to establish and maintain a romantic relationship. The discovery of identity in this period leads individuals to establish close relationships with others (Arnett, 2000).

Although romantic relationships are at the center of the lives of adolescents (Furman, 2002) emerging adults are seen as acquiring adult roles that direct their attention to romantic associations (Barry et al., 2009). Although romantic intimacy is seen during adolescence, romantic relationships established during emerging adulthood differ from those in adolescence. In this period, individuals are more likely to ask ' How do I feel happy if I spend my life with someone?' (Arnett, 2015).

The relationship satisfaction (Rusbult, 1983), which is defined as the affirmative feeling of feelings towards the romantic relationship partner and the personal satisfaction of the relation attraction, is an important part of the general life satisfaction (White, Hendrick & Hendrick, 2004). Therefore, the subject of this research constitutes romantic relationship satisfaction which is a component of romantic relations during adulthood. The increase in studies on romantic relationships in emerging adulthood is noteworthy. According to Clark and

Graham (2005), researchers focus on romantic relationships at this time because they think family relationships, friendships, and romantic relationships are the most important close relationships in the lives of emerging adults at this time.

Some of the arguments that researchers have been working on initiating romantic intimacy in adulthood (Eryılmaz & Ercan, 2010; Eryılmaz & Atak, 2011), the formation and stability of a romantic relationship (Warnar et al., 2011), the factors associated with romantic relationship quality (Barry et al., 2009), happiness and romantic relationships (Demir, 2010).

The family is the place where communication first begins when there is no separation or abandonment for an individual. It is even the place where individuals first socialize. Parental behaviors (Darling & Steinberg, 1993), which show the relationship between parent and child, aim to create an emotional environment between child and parent forms parenting styles. In this study, perceived parenting styles were evaluated from a scale developed by Sümer and Güngör (1999). Researchers who developed this scale were based on the 'strict control / control' and 'acceptance / interest / love' dimensions suggested by Steinberg and others (1991) as examples of childrearing styles. Therefore, in this study perceived parenting styles will be assessed in these two dimensions of childrearing styles. The quality of communication with parents in the family during the early stages of life also plays an important role in the lives of emerging adults who have passed into a new life cycle (Aquilino, 1997). The perceived parenting styles were found to have effects on marital satisfactions of individuals (Kendir & Demirli, 2016), attachment style (Eğeci & Gençöz, 2011; Özdemir, 2014; Yücesan, 2016, Beştav, 2007; Sumer, Güngör, 1999) and relationship satisfaction. According to the results of the research, there is a positive relationship between the supportive and warm parenting (Bryant & Cogner, 2002; Masarik, et al., 2013), the flexibility of family and family perceived control (Feldman et al., 1998), the perceived democratic parenting style (Katalan, 2014), and the perceived positive parenting (Dalton, Frish-Horbury & Kitzmann, 2006) with romantic relationship satisfaction. Hazan and Shaver (1987) hypothesized that adults were shaped by close association with their infant families in their current romantic relationships. According to the results of the research, adults who have warm relationships with their parents in their childhood and who see positive parenting behaviors are happier in their current relationships.

Studies in Turkey about satisfaction with romantic relationships and variables related to parents generally examine the relationship with attachment (Sümer & Güngör, 1999; Beştav, 2007; Sarı, 2008; Eğeci & Gençöz, 2011; Özdemir, 2014; Yücesan, 2016) and also parental acceptance rejection (Eryavuz, 2006; Babuşcu, 2014) and parental conflict perception of the effects of parents (Altınok, 2014) on romantic relationships. Regarding the parent-child relationship, to examine how perceived parenting style of romantic relationships affect the satisfaction of emerging adults in Turkey is expected to contribute to the literature something new. It can be said that the quality of the relationship established with parents is of great importance in terms of personality development. Parents who consider their children as a separate individual and who show warmth and interest will be able to develop their children's independent personality traits (Karadeniz 1994; Tuzgöl 1998). Pincus and

Ruiz (1997) also found that those who had close relationships with family members showed lower emotional unbalanced personality traits in their study of undergraduate students.

The personality traits that will be discussed as a variable in this research are examined in the context of the Five Factor Personality Theory. According to this, personality traits indicate; responsibility determines as how much discipline and control the individual has, highly being organized, acting in accordance with a plan and being determined (Burger, 2006); emotional instability characterized by anxious, insecure, engaged, nervous, anxious (Burger, 2006); openness to experience has meaning such as strong imagination, the desire to accept new ideas, think multifaceted and to be curious (Costa & McCrae, 1992); agreeableness indicating that they are sensitive, safe, flexible, open-hearted and compassionate, preferring cooperation rather than competition (Costa, McCrae & Dye, 1991); extraversion can be characterized as being sociable, being pleased to be in the community, searching for excitement, warmth and high energy (Costa & McCrae, 1992).

In many researches carried out up till today, variables related to personality and close relationship were searched and meaningful results were obtained (Taraban & Hendrick, 1995; Malouff, Thorsteinsson & Schutte, 2005; Karney & Bradbury, 1995). One of the most sought-after romantic relationship variables with personality is satisfaction in relationships. According to Cramer (2004), as the depressive symptoms in individuals increase, their relationship satisfaction diminishes. According to White, Hendrick and Hendrick's (2004) studies of romantic relationships with personality traits of individuals who have been in relationship for at least six months, emotional instability has been found to be negatively associated with romantic relationship closeness and satisfaction. It seems important in this context to examine the effect of emerging adults relationship satisfaction of personality traits that appear in Turkey.

When the studies carried out in Turkey that appear related emerging adulthood, which has an important place in this period it has been found in a small number of studies that examined the romantic relationship. This research is crucial in addressing romantic relationships, part of emerging adulthood, in the context of perceived parenting styles and personality traits. In this research, the individual who started to live independently from his / her family; it will be examined how the individuals who start to make their own decisions in matters such as love, work and worldview predict the personality traits of the parenting styles they perceive from their parents. In addition, how effective the personality traits and perceived parenting style in romantic relationship on the relationship satisfaction of adults in Turkey will be examined by the model developed under this research. In this research, it is thought that the handling of perceived parenting styles and personality characteristics together will make an important contribution to the field of relationship satisfaction. In the model developed within the scope of the research, relationship satisfactions of emerging adults (19-26 years old) are dependent, perceived parental style (acceptance / interest / love and strict control /supervision for mother and father separately) predictor and personality traits (extraversion, agreeableness, emotional instability, openness to experience) are mediating variables.

The model which will be examined in this context is shown in Fig 1. In this model, while the 'c' indicates the total effect of the predictor variable over the relationship satisfaction; The 'c'' indicates the direct effect of the predictor variable on relationship satisfaction.

This study was carried out on the basis of examining to what extent perceived parenting styles predicted relationship satisfaction through personality traits. The aim of this study is to examine the mediating role of personality traits in the relationship between perceived parenting style and relationship satisfaction in emerging adults. The following hypothesis has been tested by going through the model that will be investigated in the research:

1. Personality traits and romantic relationship satisfaction differ according to gender in emerging adulthood.
2. There is a relationship between perceived parenting style and romantic relationship satisfaction in emerging adulthood.
3. There is a relationship between perceived parenting style and personality traits in emerging adulthood.
4. There is a relationship between personality traits and relationship satisfaction in emerging adulthood.
5. There is a mediator role of personality traits between perceived parenting style and romantic relationship satisfaction.

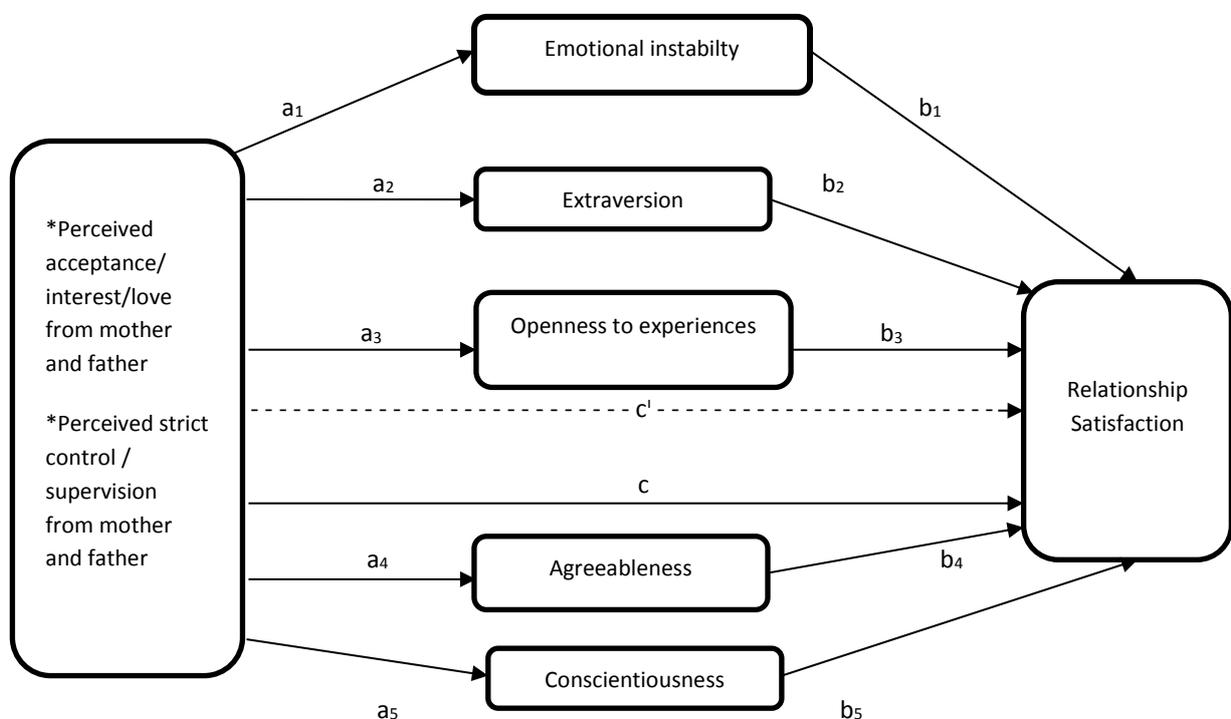


Figure 1. Relationships in Predicted Mediation Model

METHOD

Sample

Within the scope of the research using the purposeful sampling method, 297 female and 120 male adults whose ages ranged from 19 to 26 ($\bar{X} = 22.51$, $SS = 2.22$) were reached. Participants were single, having flirt, date, engagement and having at least 6 months ($\bar{X} = 23.50$, $SS = 18.86$). The frequency (n) and percentage (%) of the demographic characteristics of the collected samples are presented in Table 1.

Table 1. Frequency and Percentages of Demographics of Participants

		Frequency (n)	Percentage (%)
Gender	Female	297	71.2%
	Male	120	28.8%
	Total	417	100%
Relationship Status	Flirt	336	80.6%
	Date	41	9.8%
	Engagement	40	9.6%
	Total	417	100%

Data Collection Tools

Demographic information form: In the form of the demographic information prepared in the direction of the researcher, participants were asked about their age, gender, romantic relationship status (flirting, dating, engagement) and the romantic relationship period.

Child-Rearing Styles Scale

This scale used to measure the child-rearing style was developed by adding dimensions to the dimensions suggested by Maccoby and Martin (1983) and by adding new materials by Sumer and Güngör (1999) as an example of Lamborn et al.'s (1991) studies. In Güngör (2000) study, the scale has shown that there are two factors. As a result of the reliability analyzes, selected 11 items with factor load greater than .30 and high total item correlation for both dimensions. On the scale separately applied for mother and / or father; 11 items to measure the acceptance, understanding and acceptance / interest / love dimension of the parent undergoing childrearing behaviors and evaluating the love and interest shown to the child; and 11 items to measure the strict control/supervision dimension that includes parental behavior, monitoring and discipline of the child. In acceptance/interest/love dimension 'He often spoke comfortably to me', 'He immediately understood when I had a problem'; in the strict control/control dimension, there are some objects like 'He wants to control my every behavior tightly'. The only figures in the survey represent acceptance / interest and the double figures represent a strict control/supervision dimension. The items in the scale were classified as "not true at all" (1 point), "not true" (2 points), "partially true" (3 points), "correct" (4 points), "very accurate" (5 points). In this study, the Cronbach alpha values of the scale were .88 for the mother strict supervision/control subscale; for

the mother acceptance/interest/love subscale .91; for the father strict control/supervision sub-dimension .91; for the father acceptance/interest subscale .92. Substance correlations are between .32 and .71 in the acceptance/interest/love subscale for the mother form; strict control/supervision sub-dimension between .14 and .56. Substance correlations in the father form are between .18 and .75 in the acceptance/interest subscale; and between .29 and .71 in the strict supervision/control subscale.

Personality Test Based On Adjectives

This test was developed by Bacanlı, İlhan and Aslan (2009) based on five factor theory. The test consists of 40 items based on pairs of opposite adjectives. The scale items are of two opposite polarities and 7 likert types. As a result of the factor analysis, a five-factor structure was obtained. The factors are extraversion (e.g.: lonely/social), agreeableness (e.g.: vindictive/forgiver), conscientiousness (e.g.: untidy/tidy), emotional instability (nervous/quiet), openness to experiences (e.g.: related to art/ irrelevant to art). Five factors accounted for 52.63% of the total variance of the scale. Sociotropy Scale, Conflict Response Scale, Negative-Positive Affect Scale, and Trait Anxiety Inventory were used to test the validity of this test. It is seen that the dimensions of test are moderate and meaningful with these scales. In the reliability study of the test, the reliability coefficients obtained with the test repetition method for each subscale are .85 for extraversion, .86 for agreeableness, .71 for conscientiousness, .85 for emotional instability and .68 for openness to experiences. The Cronbach's Alpha coefficients are .89 for extraversion, .87 for agreeableness, .88 for conscientiousness, .73 for emotional instability and .80 for openness to experiences. The Cronbach's Alpha reliability coefficients calculated in this study are .85 for extraversion, .88 for agreeableness, .81 for conscientiousness, .87 for emotional instability and .86 for openness to experiences. Correlations between the items are between .14 and .62 in the emotional instability subscale; Between .11 and .47 in the subscale of openness to experiences; between .20 and .50 in agreeableness; between .20 and .57 in conscientiousness; between .22 to .70 in extraversion subscale.

Relationship Satisfaction Scale

The scale produced by Hendrick (1988) as a 7-item short association satisfaction scale is in Likert type with 5 in original form and 7 in Turkish version. Two items of scale (4 and 7) are scored in reverse, and an increase in scores indicates an increase in relationship satisfaction. Turkish adaptation was done by Curun (2001). According to the factor analysis, all the items are collected under one factor. Sample items can be specified as follows: 'How well your love meets your needs' and 'How often you wish to have never started the relationship'. In Curun's (2001) study, the internal consistency coefficient of the scale is .86. In this study, Cronbach's Alpha score was .91. Correlations between the items is between .25 and .79.

Procedure

Permission was obtained from Ankara Yıldırım Beyazıt University Ethics Committee before the data collection started. Scales that were decided to be used in the survey were applied through the web-based data collection site <https://docs.google.com/forms>. A form was prepared by combining the scales decided to be used in practice. A brief description of the purpose and the theme of the research was written; it is stated that participation in the work is based on volunteerism, that an individual evaluation will not be made and responses will be evaluated in a collective way. In addition, if participants want to get information about the study, they can get contact information to the researcher. The link to collect data in the research was shared by the researcher via the internet via mail groups and social media accounts. Data collection took 4 months.

The first page on which the personal information form takes place is to be kept as a constant; the Child Rearing Styles Scale has been presented in different ranks within the measurement tools to prevent the emergence of queuing effects. The application of the scales took about 30-40 minutes.

Analysis of Data

In the scope of the analysis, 3 scales and 1 demographic information form were used to collect data and they entered into IBM SPSS 20.0 version. This dataset was then passed through the eye. 14 participants were found to have some answers that were not included in the survey. They were not aged between 19-26 and their relationship periods less than 6 months old, were excluded from the data set. After excluded data, 417 emerging adulthoods in total were analyzed. Before any statistical procedure was conducted, the data was screened for the research variables concerning the missing values and the outliers. After assigning the series' mean for the missing values, the multivariate outliers among the cases were identified through the examination of Mahalanobis distance. Two cases with Mahalanobis score above the critical value ($\chi^2(10, n = 417) = 26.17, p < .001$) were removed, leaving 414 participants. Inspection of z scores for each variable revealed that there were no univariate outliers for the major study variables. Skewness and kurtosis values for all variables were in between acceptable ranges, normality assumptions were Applied.

The demographic information of the research participants is calculated as frequency and percentage. Independent sample t test was used for analyzes with two groups of demographic variables, then correlation analysis for non categorical variables.

A multiple mediation analysis was held in order to understand the mediatory roles of personality traits in explaining the link between perceived parenting styles and relationship satisfaction. Since it offers the possibility of testing many mediators in the same model, bootstrap sampling method (Preacher & Hayes, 2004) was chosen instead of Baron and Kenny's classical mediation test (1986). The analyses were run through SPSS version of indirect custom dialog (Preacher & Hayes, 2008). The significance of indirect effects in the mediational model was based on the confidence intervals which were calculated after the generation of 5000

resamples through bootstrapping. If 95% CI did not include zero, indirect effects were considered to be statistically significant. Gender, age, relationship duration were entered as a covariate in the present analysis since there were the differences in terms of research variables.

FINDINGS (RESULTS)

According to the independent sample t test statistic made between male and female participants in order to test differences in scale and sub-dimensions, there is no significant difference between all the scales and sub-dimensions except emotional instability and relationship satisfaction ($p > .05$). It can be said that female participants tend to have more emotional instability than male participants, as the average of female participants' emotional instability scores ($\bar{X} = 3.91$) is significantly higher ($t(412) = 2.23, p < .05$) than that of male participants' emotional instability scores ($\bar{X} = 3.64$). The magnitude of the effect ($d = .22$) calculated by the test result indicates that this difference is not high (Green & Salkind, 2008). Also according to these results, the relationship satisfaction of women ($\bar{X} = 5.41$) participating in the survey is significantly higher than men's ($\bar{X} = 5.10$) relationship satisfaction ($t(412) = 2.22, p < .05$). The magnitude of the effect ($d = .24$) calculated by the test result indicates that this difference is low (Green & Salkind, 2008).

Table 2. Independent Sample T-test Statistics for Testing Gender Factor Related Group Differences

Variable	Gender	N	\bar{X}	Ss	t	p
Acceptance of mother	Female	295	3.68	.86	1.02	.30
	Male	119	3.58	.81		
Control of mother	Female	295	2.47	.84	-.65	.51
	Male	119	2.53	.94		
Acceptance of father	Female	295	3.21	1.05	.23	.81
	Male	119	3.18	1.08		
Control of father	Female	295	2.57	.95	-.71	.47
	Male	119	2.65	1.10		
Emotional Instability	Female	295	3.91	1.06	2.22	.03*
	Male	119	3.64	1.22		
Extraversion	Female	295	5.03	1.08	-1.25	.21
	Male	119	5.17	.98		
Openness to experiences	Female	295	5.58	.84	-.54	.58
	Male	119	5.64	.94		
Agreeableness	Female	295	5.28	.98	.74	.46
	Male	119	5.20	1.03		
Conscientiousness	Female	295	5.14	1.06	.39	.70
	Male	119	5.09	1.16		
Relationship Satisfaction	Female	295	5.41	1.27	2.23	.03*
	Male	119	5.10	1.29		

* $p < .05$

Relations Between Variables

Pearson Correlation coefficients of the relationship between the age of the individual, the duration of the relationship they have in currently, the perceived parental attitudes, personality traits and relationship satisfaction are given in Table 3.

Table 3. Pearson Correlation Coefficients for All Variables of the Study

Variables	1	2	3	4	5	6	7	8	9	10	11	12
1 Relationship satisfaction	–											
2 Acceptance of mother	.12*	–										
3 Control of mother	-.07	-.41**	–									
4 Acceptance of father	.15**	.26**	-.01	–								
5 Control of father	-.08	-.08	.37**	-.19**	–							
6 Agreeableness	.26**	.22**	-.11*	.30**	-.08	–						
7 Emotional instability	-.18**	-.18**	.19**	-.15**	.16**	-.22**	–					
8 Openness to experiences	.28**	.08	-.06	.23*	.03	.42**	-.07	–				
9 Conscientiousness	.21**	.16**	-.06	.15**	.02	.48**	-.13*	.38**	–			
10 Extraversion	.16**	.11*	-.02	.20**	.10	.29**	-.06	.43**	.43**	–		
11 Age	.05	-.01	.01	.09	-.07	-.06	-.13**	-.03	-.08	-.26	–	
12 Relationship period	.12*	.12*	-.18**	.09	-.08	.06	-.05	.06	.03	.01	.18*	–

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

Mediator Analyzes

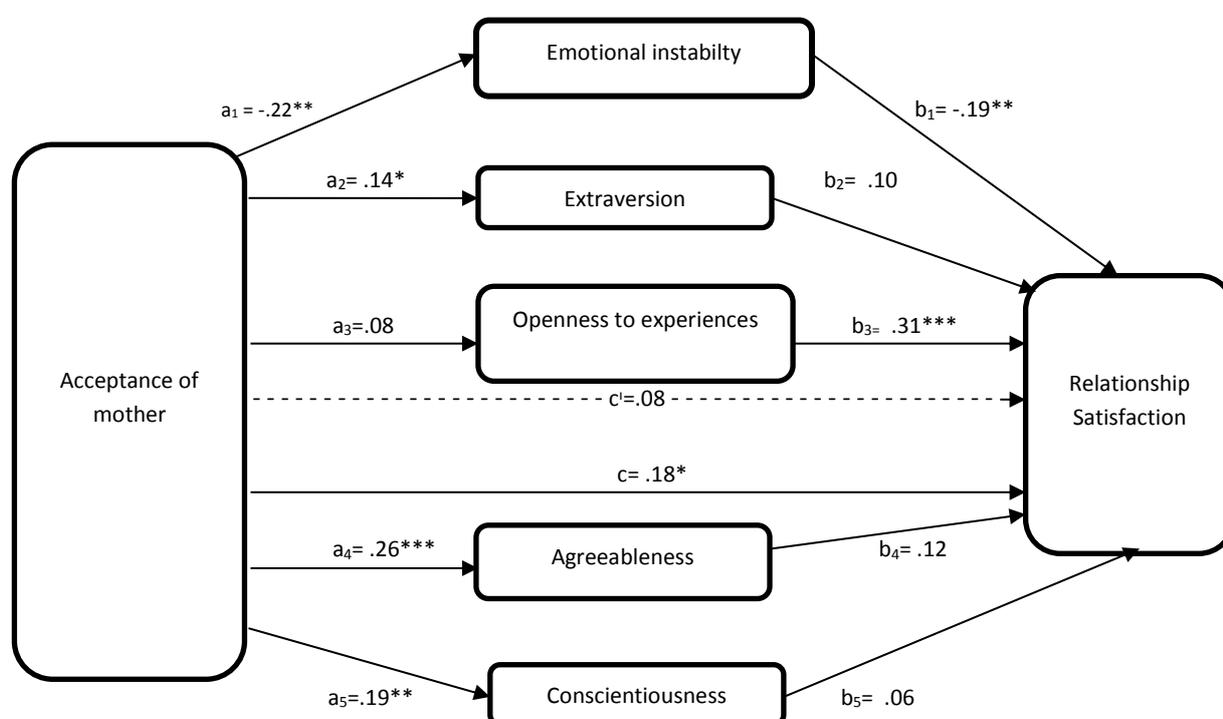
The Mediator Role of Personality Traits Between Perceived Acceptance/Interest/love from Mother and Relation Satisfaction

The mediating model designed to determine the mediating roles of emotional instability, extraversion, openness to experience, agreeableness, conscientiousness variables between mother acceptance independent variables and relationship satisfaction dependent variables is shown in Figure 2.

In Figure 2, the emotional instability ($B_{a1} = -.22$, $SE = .05$, $t = -3.92$, $p < .01$), extraversion ($B_{a2} = .14$, $SE = .06$, $t = 2.24$, $p < .05$), agreeableness ($B_{a4} = .26$, $SE = .05$, $t = 4.55$, $p < .001$) and conscientiousness ($B_{a5} = .19$, $SE = .02$, $t = 3.42$, $p < .01$) are statistically significant; the effect on the variance of openness to experience ($B_{a3} = .08$, $SE = .05$, $t = 1.61$, $p > .05$) appears to be statistically insignificant with perceived acceptance from mother.

In the relations between mediators and relationship satisfaction; the effect of emotional instability ($B_{b1} = -.19$, $SE = .06$, $t = -2.27$, $p < .01$), openness to experience ($B_{b3} = .31$, $SE = .08$, $t = 1.61$, $p < .001$) are statistically significant; on the other hand, extraversion ($B_{b2} = .10$, $SE = .06$, $t = .16$, $p > .05$), conscientiousness ($B_{b5} = .06$, $SE = .07$, $t = 1.19$, $p > .05$) and agreeableness ($B_{b4} = .12$, $SE = .08$, $t = 1.82$, $p > .05$) are statistically insignificant with relationship satisfaction.

The relationship between perceived acceptance /interest from the mother and relationship satisfaction ($Bc = .18, SE = .07, t = 2.34, p < .05$) was statistically significant; but direct effect ($Bc = .08, SE = .07, t = .83, p > .05$) was insignificant. Furthermore, it is seen that the whole model is meaningful ($F(9,404) = 8.62, p < .001$) and explains 16% of the total variance in satisfaction of the relationship. According to the findings of mediator analysis, it is seen that the emotional instability mediator variable does not contain zero in the 95% confidence level of the relationship satisfaction / acceptance perception perceived by the mother and is a statistically significant mediator effect (Bootstrap Coefficient = .03, $SH = .016, 95\% CI [.01, .05]$). According to this, the affirmative (the same direction) effect on the relationship satisfaction of the perceived level of acceptance / attention from the mother indirectly affects the emotional instability through the personality trait. It can be said that the other variables examined as whether they are mediating the relationship between the acceptance / interest variable and the relationship satisfaction perceived from the mother include zero value in the 95% confidence interval and there is no statistically significant mediator effect.



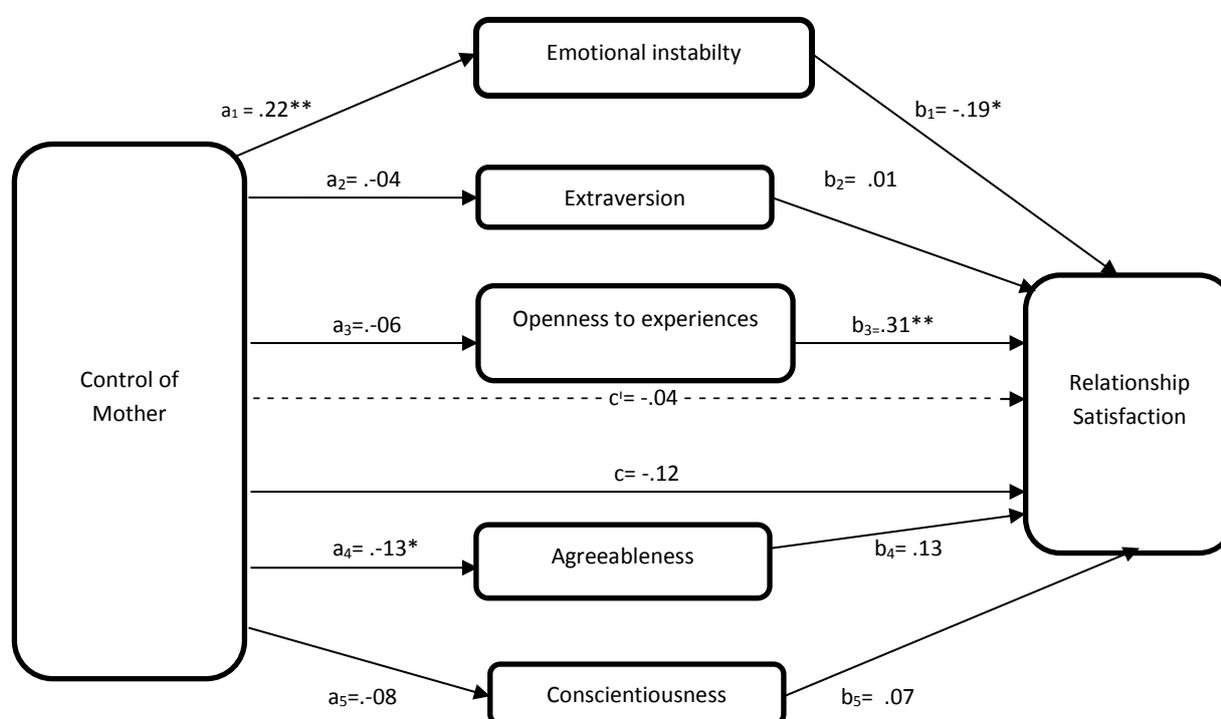
* $p < .05$, ** $p < .01$, *** $p < .001$

Figure 2. Mediating Role of Personality Traits Between Perceived Acceptance/Interest/Love from Mother and Relationship Satisfaction

Since the only variable that has a significant effect on the model is the emotional instability, the level of maternal acceptance can be referred to by the full effect of the emotional instability personality trait on the relationship satisfaction. More explicitly, the level of acceptance /interest perceived by the mother is positively influenced by emotional instability through personality traits. In addition, the significance of indirect effect was also confirmed by Sobel Z ($z = 2.30, p < .05$).

Mediator Role of Personality Traits Between the Relationship of Perceived Strict Supervision/Control from Mother and Relationship Satisfaction

Figure 3 shows that the effect of perceived strict supervision/control from mother on emotional instability ($Ba_1=.22$, $SE=.05$, $t=-2.28$, $p<.01$) and agreeableness ($Ba_4=-.13$, $SE=.05$, $t=-1.24$, $p<.05$) were statistically significant; extraversion ($Ba_2=-.04$, $SE=.05$, $t=3.99$, $p>.05$), openness to experience ($Ba_3=-.06$, $SE=.05$, $t=-1.24$, $p>.05$), conscientiousness ($Ba_5=-.08$, $SE=.06$, $t=-1.45$, $p>.05$) were statistically insignificant. When the effects of mediators on relationship satisfaction were examined, openness to experience ($Bb_3=.31$, $SE=.06$, $t=.20$, $p<.01$) and emotional instability ($Bb_1=-.19$, $SE=.08$, $t=1.89$, $p<.05$) had significant effect on relationship satisfaction; agreeableness ($Bb_4=.13$, $SE=.05$, $t=3.55$, $p>.05$), extraversion ($Bb_2=.01$, $SE=.06$, $t=-2.82$, $p>.05$) and conscientiousness ($Bb_5=.07$, $SE=.08$, $t=1.22$, $p>.05$) had insignificant effect on relationship satisfaction.



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

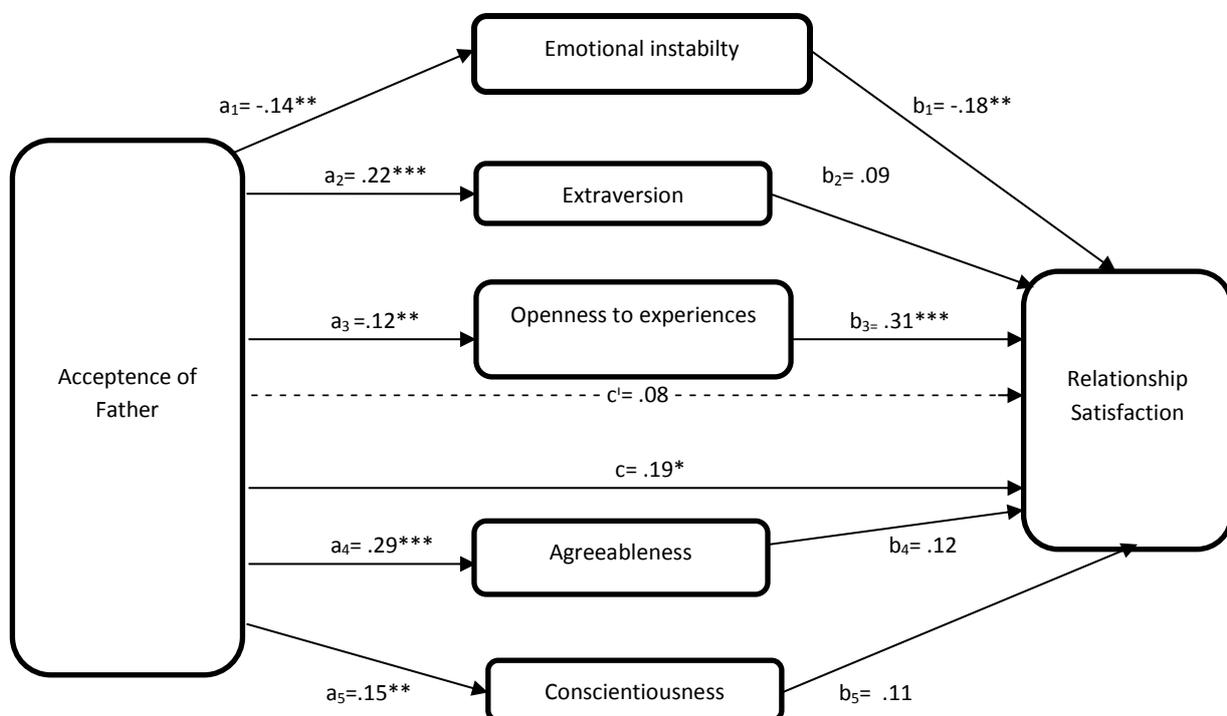
Figure 3. Mediating Role of Personality Traits Between Perceived Strict Supervision/Control from Mother and Relationship Satisfaction

The relationship between perceived strict supervision/ control and relationship satisfaction is statistically insignificant ($Bc = -.12$, $SE = .07$, $t = -1.69$, $p > .05$). It is observed that all mediation models contain zero value in the 95% confidence interval according to the findings of the mediation analysis made by considering the possibility of obtaining different findings by the bootstrap method. In this case, none of the interrelated mediating relationships between maternal supervision and relationship satisfaction are statistically significant. On the other hand, when mediation models are examined in terms of mediating conditions, there is no statistically significant effect of these variables when the mediator variables are added to the relationship

between parental perceived strict supervision/ control and relationship satisfaction ($Bc' = .04$, $SE = .07$, $t = -1.05$, $p > .05$), which means that mediating relationships are also not possible. In addition, it is seen that the whole model is meaningful ($F(9,404) = 7.50$, $p < .001$) and explains 14% of the total variance in relationship satisfaction.

The Mediator Role of Personality Traits between Perceived Acceptance / Interest / Love from Father and Relationship Satisfaction

The mediating model designed to examine the mediating roles of emotional instability, extraversion, openness to experience, agreeableness, conscientiousness variables between acceptance / interest / love and relationship satisfaction perceived by the father is as shown in Fig. 4.



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

Figure 4. Mediating Role of Personality Traits Between Perceived Acceptance/Interest/Love from Father and Relationship Satisfaction

Figure 4 shows that the perceived acceptance / interest emotional instability ($Ba_1 = -.14$, $SE = .05$, $t = -2.84$, $p < .01$), extraversion ($Ba_2 = .22$, $SE = .05$, $t = 4.24$, $p < .001$), openness to experience ($Ba_3 = .12$, $SE = .04$, $t = 2.72$, $p < .01$), and agreeableness ($Ba_4 = .29$, $SE = .04$, $t = 6.40$, $p < .001$) conscientiousness ($a_5 = .15$, $SE = .05$, $t = 3.18$, $p < .01$) were statistically significant. When the effects of mediating variables on relationship satisfaction were examined, openness to experience ($Bb_3 = .31$, $SE = .08$, $t = 3.61$, $p < .001$), emotional instability ($Bb_1 = -.18$, $SE = .06$, $t = -2.80$, $p < .01$) had significant effects on relationship satisfaction; extraversion ($Bb_2 = .09$, $SE = .06$, $t = .01$, $p > .05$), agreeableness ($Bb_4 = .12$, $SE = .08$, $t = 1.53$, $p > .05$) and conscientiousness ($Bb_5 = .11$, $SE = .07$, $t = 1.27$, $p > .05$) variables

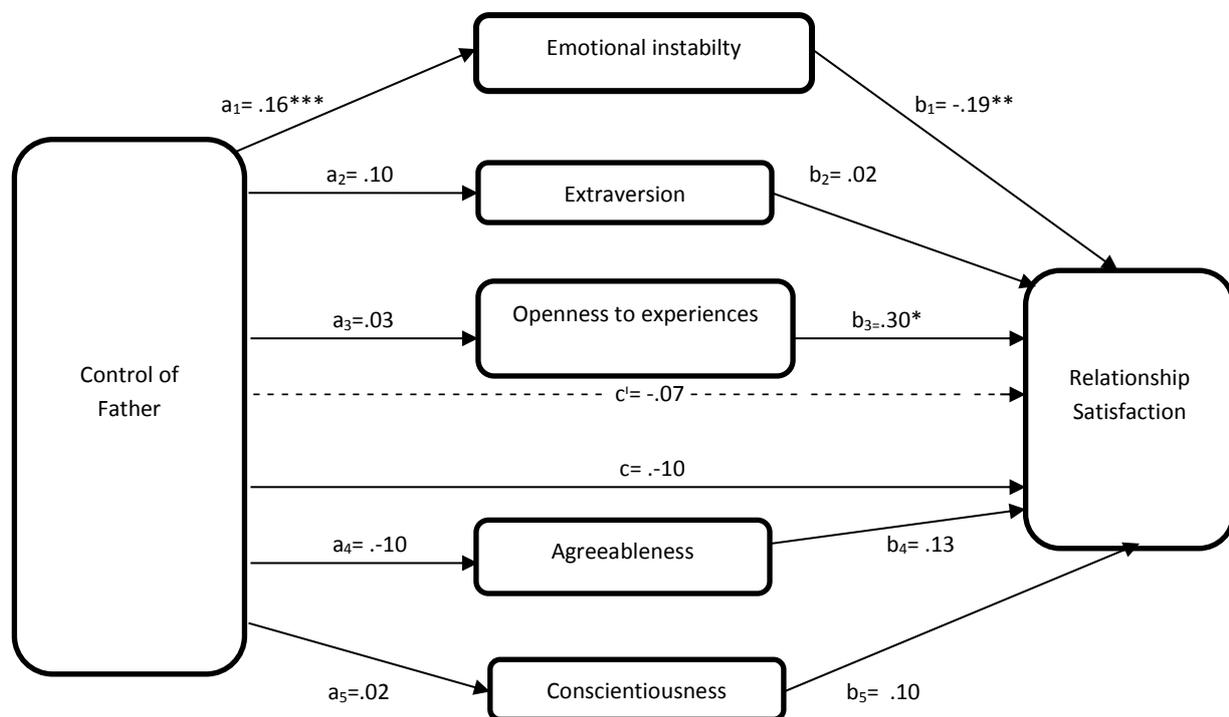
had insignificant effects on relationship satisfaction. The relationship between perceived acceptance / interest and relationship satisfaction was statistically significant ($Bc=.19$, $SE=.06$, $t=3.08$, $p<.05$), but after the association of the correlation variables, the relationship was found to be insignificant ($Bc'=.08$, $SE=.06$, $t=1.35$, $p>.05$). In addition, it is seen that the whole model is significant ($F(9,404) = 7.72$, $p <.05$) and explains 15% of the total variance in satisfaction of the relationship. It is observed that the relationship between father acceptance and relationship satisfaction mediated by the variables of openness to experience ($B = -.02$, $SE=.01$, % 95 CI [.0094, .0584]) and emotional instability ($B=.03$, $SE=.01$, % 95 CI [.0047, .0431]) do not contain zero at 95% confidence level and there is a statistically significant mediator. According to this, some part of the positive effect of perceived acceptance / interest from father on relationship satisfaction takes place with openness to experience and emotional instability. It is not possible to talk about full mediation because of more than one mediation effect between the level of acceptance by father and the relationship satisfaction. Openness to experience and emotional instability, which assume a statistically significant mediating role, are both partial mediators of personality traits. In addition, the significance of the indirect effects of the variables openness to experience ($z = 2.20$, $p <.05$) and emotional instability ($z = 1.91$, $p <.05$) was also confirmed by Sobel Z. It can be said that the other variables investigated in relation to the father acceptance independent variable and the relationship satisfaction dependent variable include zero value at 95% confidence level and there is no statistically significant mediation effect.

Mediator Role of Personality Traits Between the Relationship of Perceived Strict Supervision / Control from Father and Relationship Satisfaction

Figure 5 shows that the relationship between instrumental perceived strict supervision from father and mediating variables except emotional instability is statistically insignificant ($p>.05$). The relationship between strict supervision / control perceived from father and emotional instability ($Ba_1= .16$, $p <.001$) was statistically significant. In the relationships between mediating variables and relationship satisfaction, the effects of openness of experience ($Bb_3=.30$, $SE=.08$, $t=3.58$, $p<.05$) and emotional instability ($Bb_1=-.19$, $SE=.08$, $t=1.80$, $p<.01$) variables on relationship satisfaction were statistically significant while no statistically significant effects of other mediating variables on relationship satisfaction were found ($p>.05$).

When the whole model is examined, it is seen that the model is meaningful ($F(9,404) = 8,43$, $p<.05$) and explains 14% of the total variance in relationship satisfaction. The total effect of the perceived strict supervision / control from father on relationship satisfaction was statistically insignificant ($Bc = -.10$, $SE= .06$, $t=-1.45$, $p>.05$). The relation between variables does not provide the mediator's conditions. According to the findings of the mediation analysis made by considering the possibility of obtaining different findings by the bootstrap method, it has been observed that all the mediation models contain zero value in the 95% confidence interval. In this case, none of the scrutinised mediating relationships between father control and relationship satisfaction are statistically significant. On the other hand, when the mediation models are examined in terms of mediation conditions and mediating variables are added to the relationship between perceived strict

supervision / control and relationship satisfaction as seen in Figure 5, the absence of a statistically significant effect of these variables means that mediation is not possible.



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

Figure 5. Mediating Role of Personality Traits Between Perceived Strict Supervision/Control from Father and Relationship Satisfaction

CONCLUSION and DISCUSSION

According to the results of this study, there was a significant difference between male and female participants for emotional instability and relationship satisfaction. It can be said that female participants tend to have more emotional instability than male participants. McCrae and Costa (1985) state that individuals with high scores in the dimension of emotional instability must cope with more complex emotions than others. In the literature there was no consistency between studies examining the relationship between gender and personality traits. Budaev (1999) examined the relationship between five factor personality traits and gender and stated that; women have significantly higher scores than males in terms of softness than the five factor personality traits and emotional instability is lower in men than women in the personality dimension. There are also studies in which there is no significant difference between gender and personality traits when the literature is analyzed (Malouff et al., 2009, Sevi, 2009).

When the basic characteristics of the adulthood period are examined, in this period of life, individuals take control of their lives by evaluating many possibilities, especially by getting rid of their dependence on education and business life. According to Galambos and Martinez (2007), the period of adulthood seen in

women living in industrialized countries is more common than in collectivist cultures. It is possible to say that women, in the training period of adulthood that appear on the changes in elongation and social life in Turkey, have increased expectations in their lives, and that depending on their role in society as well, they have changed. Women in Turkey, in the period of apparent adulthood, can be thought to be in an effort to provide stability in their lives and to maintain control of their own lives in a traditional family structure. It can even be said that they have made efforts to provide more participation in the education and work environment, especially in the emerging adulthood. In Turkey, where parents' child-rearing attitudes differ by Gender (Tatlıoğlu, 2014), women seem to be responsible for their families while focusing on themselves when they come to adulthood. Donoghue and Stein (2007) also found that women showed more norm-conforming behavior than men. It can be thought that women in adulthood who are experiencing a process of opportunity that they transform themselves by giving their own independent decisions not only according to the images of their parents, but also how they want to live, will have more difficulties in the traditional family structure. In this case, women may feel more alone than men, they may approach themselves more critically depending on traditional values, and may be more anxious towards the future.

The relationship satisfaction of the female emerging adults who participated in the research was found significantly higher than the male participants. The finding of this research is not parallel to some previous researches. Moreover, according to the surveys of literature there was no consistency between the results of research that reveal the relationship between gender and relationship satisfaction. While some studies have found that gender is an important variable to predict relationship satisfaction (Vaillant & Vaillant, 1993; Sakallı-Uğurlu, 2003; Sarı, 2008), some studies have not found a significant difference according to gender (Hamamcı, 2005; Varan, 2005; Curun, 2006; Beştav, 2007; Günay, 2007;). In this study, it can be explained by the characteristics of the emerging adulthood period that the relationship satisfaction is higher in female. Arnett (1995; 2001) states that expectations and responsibilities are clear in non-industrialized societies and that dismissal of the rules of society is punishable. In such societies, it may not be possible to experience emerging adulthood due to the fact that individuals are not allowed to show independent roles. As Turkey is a less developed country, since it is observed that the expected role of women as an adult is to marry and start a family and women who maintain a stable romantic relationship can get more satisfaction than their relationship.

When examined the relationship between perceived acceptance / interest / love and personality traits; there is positive relation with agreeableness, conscientiousness, extraversion; and negative relation with emotional instability. The perceived acceptance / interest / warmth from the mothers predicts all personality traits out of the openness to experience. It is worth noting that even there is no significant relationship between the perceived acceptance / interest / love by mother and openness to experience, the perceived acceptance / interest / love by the father direct effect on openness to experience personality trait is significant. In this case, it can be said that the father has more influence on the openness to experience personality trait than the mother.

In Turkey, women's participation in education, the extension of the training period, having more active role in working life also effect their gender roles. The change in roles for women and men also causes changes in roles within the family. One of these changes is that women can elude the traditional mothering role like caring children and dealing with home and contribute to the home economics. According to the role of a traditional father, the father is the person who deals with home economics, applies discipline to the child and spends very little time with the child (Feldman, Nash & Aschenbrenner, 1983).

In today's changing role of paternity with changing living conditions, behaviors such as taking care of the child with the mother, spending time with the child and participating in the child's education process are the subjects. Nevertheless, given that dad's represent the outside world, power, competition, power and adventure, it may be thought that dad's interest in the child encouraged the child to be open to new experiences.

According to this research, it can be said that individuals who perceive strict supervision / control from their parents during emerging adulthood period have more upset feelings, more pessimistic, more incoherent feelings. In addition, the nature of the emerging adulthood that individuals have a rather complex feeling in terms of love, work and worldviews. In addition, the nature of the adulthood that appears is that individuals have a rather complex feeling of emotion in terms of love, work and worldviews.

Strict supervision and control perceptions from their parents may also cause their emotional instability scores to be high. Within the models created in the research, the effects of emotional instability and openness to experience personality traits on relationship satisfaction were found significant. When the literature was examined, it was found that emotional instability was negatively related to relationship satisfaction (Bouchard, Lussier & Saborin, 1999; Caughlin, Huston & Houts,2000; Watson, Hubbard & Wiese, 2000; Cramer, 2004; White et al., 2004; Mead, 2005).

During emerging adulthood, individuals feel as if they are trapped between adolescence and adulthood. In this period, the individual tries to establish and maintain a romantic relationship. Emerging adults with high emotional instability scores may be influenced by external stresses and internal controls, feeling helpless and leading to thoughtlessness. It is also unexpected to maintain a romantic relationship in which individuals with negative feelings have a high satisfaction. When examined together the findings obtained from the current research and the studies conducted within the relevant literature can be evaluated in a cultural context. In communitarian cultures as Turkey, open individuals may want to share their social environment with their partners and experience different activities together.

Being involved in various activities together can increase the enjoyment and shared experiences of the partners. In this case, the relationship satisfaction is expected to be high. On the contrary, in individualist cultures, the social life in which open individuals live can be a special area for them and they may be interested in seeking new excitement to meet new people. This can negatively affect relations with their existing partners

and reduce the satisfaction of the relationship. Open individuals are more courageous to enter different environments and they can be found in many different environments. Hence, there are more opportunities for open individuals to acquire appropriate partner and having more satisfaction from their relationship with the partner they have found. It can be said that in the emerging adulthood period, open individuals have a higher chance of selecting the most suitable partner by trying to relate to different people.

Already in this period, individuals experience romantic relationships with different people and decide what they want or not about a partner (Arnett, 2015). They have a good chance to live a relationship with high satisfaction. When the findings of this research and emerging adulthood properties evaluated together, it can be said that the individuals who have the chance to compare and experience different relationships are more satisfied in Turkey.

According to Arnett (2015), in the period of adulthood, when individuals are in a romantic relationship, they look for similarities more than differences. They tend to have relationship with similar individuals in terms of personality traits, intelligence, ethnic background and physical appearance. When this research is assessed in the context of the findings, it can be assumed that open individuals who enjoys trying different social environment, enjoying different activities tend to be have relationship like themselves. The enjoyment of these individuals with their partners may increase their satisfaction in establishing a common social activity history in different areas.

Emotional instability between acceptance / interest / love perceived from mother and relationship satisfaction in emerging adulthood was found to be statistically significant in the mediating effect of personality trait. In the model created within the scope of the research, because the only mediating variable is the emotional instability of the mothers' acceptance level on the relationship satisfaction can be referred to as the full feature of the personality characteristic. According to this, it is seen that the positive effect of perceived acceptance / interest from mother on relationship satisfaction is realized through the emotional instability personality trait.

The mediating effects of emotional instability and openness to experience personality traits between acceptance / interest / love and relationship satisfaction perceived by a father in emerging adulthood were found to be statistically significant. According to this positive effect on relationship satisfaction of perceived acceptance / interest / love from father indirectly take place through emotional instability and openness to experience personality traits. When a father accepts his child, understands and shows love and love can make child open to new experiences and try different opportunities. It is thought that the individual who is loved by his father and who feels that he is accepted with different personal qualities will be open to differences in love, work and worldview issues that will enable him to discover himself when he comes to emerging adulthood period. This may allow him to establish and maintain a romantic relationship that will provide a higher satisfaction.

The high perceived acceptance, love and interest from mother, father or both may indicate the existence of healthy relationships within the family and the unconditional acceptance of the individual. According to Neyer and Voigt (2004), obtaining approval from the social environment increases satisfaction in relationships. Accordingly, the relationship with partners of emerging adults who are accepted in the family can also be regarded unconditionally. In this respect, it is expected that individuals live a satisfying, happy, balanced relationship.

When explanations and researches on personality traits, relationship satisfaction and perceived parenting styles are evaluated together, parenting styles of parents have an influence on personality traits and romantic relationship satisfaction of individuals. According to this research, the perceived warmth, affinity and interest both from mother and father decreases the emotional instabilities and increases the relationship satisfaction of emerging adults.

SUGGESTIONS

The suggestions for future work related to the subject of this research can be listed as follows:

1. In this study, the personality characteristics of the emerging adults which effect the relationship satisfaction and the parenting styles they perceived were examined. The complex nature of relationship satisfaction and the importance of romantic relationships in the emerging adulthood period can be reevaluated by considering different variables.
2. The mediating role of personality traits in perceived parenting style and relationship satisfaction was investigated in this study. However, this issue can be discussed together with the demographic variables such as the region, socio-economic level and ethnic group, and the differences that can be experienced in the country can be revealed.
3. The period of adulthood is an important period for identification. For this reason, the perceived parenting style and identificaion variables can be handled together in future studies.
4. In this survey, the relationship satisfaction of adults is examined for men and women. In terms of acquiring adult roles, romantic relationships of homosexuals can be examined in Turkey.

BELİREN YETİŞKİNLİKTE ALGILANAN EBEVEYNLİK STİLİ VE İLİŞKİ DOYUMU ARASINDAKİ İLİŞKİDE KİŞİLİK ÖZELLİKLERİNİN ARACI ROLÜNÜN İNCELENMESİ

TÜRKÇE GENİŞ ÖZET

GİRİŞ

Son yıllarda insan yaşamındaki gelişim dönemlerine ilişkin yapılan çalışmalar yeni bir yaşam döneminin varlığına işaret etmektedir. Bu dönem ergenlik ile yetişkinlik dönemleri arasında, kendine has özellikleri ile tanımlanabilen beliren yetişkinlik dönemidir (Arnett, 2000; 2006; 2007). Bu dönemin, Türkiye’de 19-26 yaşları arasında yaşandığı ortaya koyan Atak’ın (2005) çalışmasının yanı sıra bu döneme ilişkin yapılan başka araştırmalar da mevcuttur (Parmaksız, 2008; Eryılmaz ve Ercan, 2010; Doğan, Cebioğlu, 2011; Çürükvelioğlu, 2012; Yüzbaşı, 2012; Atak ve Taştan, 2012; İslam, 2016). Bu dönemde bireyler ergenlik dönemlerini tamamlamış ancak yetişkin rollerini tam olarak üstlenememişlerdir. Yaygın biçimde kabul edilen yetişkinlik ölçütlerine göre, bir bireyin yetişkin sayılabilmesi için eğitimi tamamlaması, kalıcı ve tam zamanlı bir işte çalışıyor olması, evlenmesi ve çocuk sahibi olması önemlidir (Arnett, 2015).

Bugüne kadar yapılan birçok araştırmada kişilik ve yakın ilişki ile ilgili değişkenler araştırılmış ve anlamlı sonuçlar elde edilmiştir. (Taraban ve Hendrick, 1995; Malouff, Thorsteinsson ve Schutte ,2005; Karney ve Bradbury, 1995). Kişilik ile ilgisi en çok araştırılan romantik ilişki değişkenlerinden birisi de ilişkilerdeki doyumdur. Cramer’e göre (2004) bireylerdeki depresif belirtiler arttıkça onların ilişki doyumları azalmaktadır. White, Hendrick ve Hendrick’in (2004) en az altı aydır ilişkisi olan bireylerin kişilik özellikleri ile romantik ilişkilerini ele aldığı çalışmalarına göre duygusal dengesizlik, romantik ilişkide yakınlık ve doyum ile negatif ilişkili bulunmuştur. Bu araştırma, beliren yetişkinlik döneminin bir parçası olan romantik ilişkilerde doyum algılanan ebeveynlik stilleri ve kişilik özellikleri bağlamında ele alması bakımından önemlidir. Yine kişilik özelliklerinin algılanan ebeveynlik stillerinin Türkiye’de beliren yetişkinlerin romantik ilişki doyumlarına yansımada nasıl etkili olduğu da bu araştırma kapsamında oluşturulan model ile incelenecektir. Algılanan ebeveynlik stilleri ve kişilik özelliklerinin bir arada ele alınmasının ilişki doyumuna ilişkin alan yazına önemli bir katkı sağlayacağı düşünülmektedir.

Bu araştırmanın amacı beliren yetişkinlikte algılanan ebeveynlik stili ve ilişki doyumunu arasındaki ilişkide kişilik özelliklerinin aracı rolünün incelenmesidir. Bu amaç doğrultusunda aşağıdaki hipotezler test edilmiştir:

1. Beliren yetişkinlikte kişilik özellikleri ve ilişki doyumunu cinsiyete göre farklılaşmaktadır.
2. Beliren yetişkinlikte algılanan ebeveynlik stili ve romantik ilişki doyumunu arasında ilişki vardır.
3. Beliren yetişkinlikte algılanan ebeveynlik stili ve kişilik özellikleri arasındaki ilişki vardır.
4. Beliren yetişkinlikte kişilik özellikleri ile ilişki doyumunu arasındaki ilişki vardır.
5. Beliren yetişkinlikte kişilik özelliklerinin, algılanan ebeveynlik stili ve romantik ilişki doyumunu arasındaki ilişkide aracı rolü vardır.

YÖNTEM

Amaçlı örnekleme yönteminin kullanıldığı araştırma kapsamında yaşları 19-26 arasında değişen ($X = 22.51$, $SS=2.22$) 297'si kadın, 120'si erkek 417 beliren yetişkine ulaşılmıştır. Katılımcılar bekâr, şu anda karşı cinsle flört, söz ve nişan ilişkileri olan ve en az 6 aydır ($X = 23.50$, $SS=18.86$) bu ilişkisi devam eden kişilerden oluşmaktadır.

Bu araştırmada, araştırmanın amacı doğrultusunda katılımcılara yaşları, cinsiyetleri, romantik ilişki durumları (flört, söz, nişan) ve hâlihazırda yaşadıkları romantik ilişkilerinin süresinin sorulduğu demografik bilgi formu; çocuk yetiştirme stillerini ölçmek için kullanılan 'Çocuk Yetiştirme Stilleri Ölçeği' (ÇYSÖ), Maccoby ve Martin'in (1983) önerdiği boyutlar ile Lamborn ve diğerlerinin (1991) çalışmaları örnek alınarak Sümer ve Güngör (1999) tarafından yeni maddeler eklenerek geliştirilen Çocuk Yetiştirme Stilleri Ölçeği; Bacanlı, İlhan ve Aslan (2009) tarafından beş faktör kuramına dayalı olarak geliştirilen Sıfatlara Dayalı Kişilik Testi (SDKT) ve Hendrick (1988) tarafından 7 maddelik kısa bir ilişki doyumu ölçeği olarak üretilen, Türkçe uyarlaması Curun (2001) tarafından yapılan İlişki Doyumu Ölçeği (İDÖ) kullanılmıştır.

BULGULAR

Çalışmanın amaçları doğrultusunda yapılan analizler sonucu elde edilen bulgular şu şekildedir;

1. Beliren yetişkinlikte kişilik özellikleri cinsiyete göre farklılaşmaktadır. Araştırmaya katılan kadınların duygusal dengesizlik puanları, erkek katılımcılara göre anlamlı biçimde yüksektir.
2. Beliren yetişkinlikte ilişki doyumu cinsiyete göre farklılaşmaktadır. Araştırmaya katılan kadınların ilişki doyumları, erkek katılımcılara göre anlamlı biçimde yüksektir.
3. Beliren yetişkinlikte anneden algılanan kabul/ilgi/sevginin ilişki doyumu üzerindeki toplam etkisi anlamlıdır. Bu ilişkide duygusal dengesizlik kişilik özelliğinin aracı rolü vardır.
4. Beliren yetişkinlikte anneden algılanan sıkı denetim/kontrolün ilişki doyumu üzerindeki doğrudan ve toplam etkileri anlamsızdır.
5. Beliren yetişkinlikte babadan algılanan kabul/ilgi/sevginin ilişki doyumu üzerindeki toplam etkisi anlamlıdır. Bu ilişkide duygusal dengesizlik ve deneyime açıklık kişilik özelliklerinin aracı rolü vardır.
6. Beliren yetişkinlikte babadan algılanan sıkı denetim/kontrolün ilişki doyumu üzerindeki doğrudan ve toplam etkileri anlamsızdır.
7. Beliren yetişkinlikte anneden algılanan kabul/ilgi/sevginin yumuşak başlılık, sorumluluk, dışadönüklük üzerindeki etkisi pozitif; duygusal dengesizlik üzerindeki etkisi negatif ve anlamlıdır.
8. Beliren yetişkinlikte anneden algılanan sıkı denetim/kontrolün yumuşak başlılık üzerindeki etkisi negatif; duygusal dengesizlik üzerindeki etkisi pozitif ve anlamlıdır.
9. Beliren yetişkinlikte babadan algılanan kabul/ilgi/sevginin yumuşak başlılık, deneyime açıklık, sorumluluk, dışadönüklük üzerindeki etkisi pozitif; duygusal dengesizlik üzerindeki etkisi negatif ve anlamlıdır.

10. Duygusal dengesizlik kişilik özelliğinin ilişki doyumu üzerindeki etkisi negatif; deneyime açıklık kişilik özelliğinin ilişki doyumu üzerindeki etkisi pozitif ve anlamlıdır. Diğer kişilik özelliklerinin ilişki doyumu üzerinde anlamlı bir etkisi yoktur.

TARTIŞMA VE SONUÇ

Bu araştırmanın sonuçlarına göre duygusal dengesizlik ve ilişki doyumu için kadın ve erkek katılımcıların arasında anlamlı bir fark olduğu gözlemlenmiştir. Kadın katılımcıların erkek katılımcılara göre daha fazla duygusal dengesizlik eğiliminde olduğu söylenebilir. McCrae ve Costa (1985) duygusal tutarsızlık boyutundan yüksek skoru olan bireylerin diğerlerine oranla daha karmaşık duygularla baş etmek zorunda olduğunu belirtmektedir. Alanyazında cinsiyet ve kişilik özellikleri arasındaki ilişkiyi inceleyen araştırmalar arasında bir tutarlık görülmemiştir. Budaev (1999) beş faktör kişilik özellikleri ve cinsiyet arasındaki ilişkiyi incelemiş; kadınların beş faktör kişilik özelliklerinden yumuşak başlılık boyutunda erkeklerden anlamlı olarak yüksek puanlar aldıklarını, duygusal dengesizlik kişilik boyutunda ise kadınların erkeklerden düşük puanlar aldıklarını ortaya koymuştur. Alanyazın incelendiğinde cinsiyet ve kişilik özellikleri arasında anlamlı farkın bulunmadığı araştırmalar da mevcuttur (Malouff vd., 2009; Sevi, 2009).

Türkiye’de eğitim süresinin uzamasının ve sosyal yaşamdaki değişikliklerin beliren yetişkinlik dönemini yaşayan kadınların, yaşamlarındaki beklentilerini artırdığı ve bağlı olarak toplumda kadından beklenen rollerin de değiştiği söylenebilir. Beliren yetişkinlik döneminde Türkiye’de kadınların geleneksel aile yapısı özellikleri içinde kendi yaşamlarında bir istikrar oluşturma ve kendi hayatlarının kontrolünü sağlama çabası içinde olduğu düşünülebilir. Hatta eğitim ve iş ortamına daha fazla katılım sağlamak için özellikle beliren yetişkinlik döneminde çaba gösterdikleri söylenebilir. Anne ve babaların çocuk yetiştirme tutumlarının cinsiyete göre farklılık gösterdiği Türkiye’de (Tatlıoğlu, 2014) kadınlar, beliren yetişkinlik dönemine geldiklerinde kendilerine odaklanırken ailelerine karşı da sorumlu görünmektedir. Donoghue ve Stein (2007) de kadınların erkeklere göre daha fazla normlara uyma davranışı gösterdiklerini ortaya koymuşlardır. Nasıl bir yaşam sürmek istedikleri konusunda sadece ebeveynlerinin imgelerine göre değil, kendi bağımsız kararlarını da vererek kendilerini dönüştürdükleri bir fırsat sürecini yaşayan beliren yetişkinlik dönemindeki kadınların, geleneksel aile yapısı içinde daha çok zorlanacakları düşünülebilir. Bu durumda da kadınlar erkeklere göre kendilerini daha yalnız hissedebilir, geleneksel değerlere bağlı olarak kendilerine daha eleştirel yaklaşabilir ve geleceğe dönük daha kaygılı olabilirler.

Araştırmaya katılan kadın beliren yetişkinlerin ilişki doyumlarının erkek katılımcılardan anlamlı olarak yüksek bulunmuştur. Bu araştırmada kadınlarda ilişki doyumunun daha yüksek olması beliren yetişkinlik döneminin özellikleri ile açıklanabilir. Arnett (1995; 2001) sanayileşmemiş toplumlarda beklentiler ve sorumlulukların net olduğunu ve toplum kurallarından sapmanın cezalandırıldığını ifade etmektedir. Bu tür toplumlarda, bireylerin bağımsız roller sergilemelerine izin verilmediğinden beliren yetişkinlik döneminin yaşanması mümkün olmayabilir. Türkiye’nin sanayileşmekte olan bir ülke olduğu düşünüldüğünde kadınlardan beklenen yetişkinlik

rolünün daha çok evlenip yuva kurlmaları olduğu yönünde olduğu gözlemlenebildiğinden, istikrarlı romantik ilişkisini sürdüren kadınların, ilişkisinden daha fazla doyum alması beklenebilir.

Anneden algılanan kabul deneyime açıklık dışındaki tüm kişilik özelliklerini yordamaktadır. Babadan algılanan kabul ile kişilik özellikleri arasındaki ilişkilere bakıldığında ise; yumuşak başlılık, sorumluluk, dışa dönüklük, deneyime açıklık arasında pozitif; duygusal dengesizlik arasında negatif yönlü anlamlı ilişkiler gözlenmiştir. Burada dikkati çeken, anneden algılanan kabul/ilgi/sevgi ile deneyime açıklık arasında anlamlı ilişki görülmezken, babadan algılanan kabul/ilgi/sevginin deneyime açıklık kişilik özelliği üzerindeki doğrudan etkisi anlamlıdır. Bu durumda babanın, deneyime açıklık kişilik özelliği üzerinde anneye göre daha fazla etkisi vardır denilebilir. Türkiye’de kadınların eğitime katılmaları, eğitim sürelerinin uzaması, ev dışında çalışma hayatında aktif olarak daha fazla rol almış olmaya başlamaları toplumsal cinsiyet rollerini de etkilemektedir. Kadın ve erkeğe ait rollerin değişimi, aile içindeki rollerde de değişiklik meydana gelmesine neden olmaktadır. Bu değişikliklerden biri, kadının sadece ev içindeki işlerle ve çocuklarıyla ilgilendiği geleneksel annelik rolünden sıyrılıp evin ekonomisine de katkı sağlamasıdır. Geleneksel babalık rolüne göre ise baba, evin geçimini sağlayan, çocuğuna disiplin uygulayan ve çok az zaman çocuğuyla oynayan kimsedir (Feldman, Nash ve Aschenbrenner, 1983). Günümüzde değişen yaşam koşullarıyla birlikte değişen babalık rolünde, anneyle birlikte çocuğun bakımını üstlenme, çocuğuyla vakit geçirme, çocuğun eğitim sürecine katılma gibi davranışlar söz konusu olmaktadır. Yine de babaların dış dünya, güç, rekabet, iktidar ve macerayı temsil ettikleri (Zeybekoğlu, 2013) göz önüne alındığında babanın çocuğuyla ilgilenmesinin, çocuğu yeni deneyimlere açık olma konusunda daha fazla cesaretlendirdiği düşünülebilir.

Bu araştırmaya göre, beliren yetişkinlik döneminde anne ve babalarından sıkı denetim/kontrol algılayan bireylerin daha sıklıkla tutarsız duygulanımlar yaşadığı, daha karamsar oldukları, inişli çıkışlı duygulara sahip oldukları söylenebilir. Bunun yanında, beliren yetişkinlik döneminin özelliği gereği bireyler, aşk, iş ve dünya görüşleri bakımından oldukça fazla karmaşık duyguya sahiptirler ve ebeveynlerinden de sıkı denetim ve kontrol algılamaları onların duygusal dengesizlik puanlarının yüksek olmasına neden oluyor olabilir.

Araştırmada oluşturulan modeller kapsamında, duygusal dengesizlik ve deneyime açıklık kişilik özelliklerinin ilişki doyumu üzerindeki etkileri anlamlı bulunmuştur. Alan yazın incelendiğinde duygusal dengesizliğin ilişki doyumu ile negatif ilişkili olduğu pek çok araştırmaya rastlanmıştır (Bouchard, Lussier ve Saborin, 1999; Caughlin, Huston ve Houts, 2000; Watson, Hubbard ve Wiese, 2000; Cramer, 2004; White vd., 2004; Mead, 2005). Beliren yetişkinlik döneminde bireyler, kendilerini ergenlik ve yetişkinlik arasında sıkışıp kalmış gibi hissederler. Bu dönemde birey bir romantik ilişki kurup sürdürmeye çabalar. Duygusal dengesizlik puanı yüksek olan beliren yetişkinlerin dışsal stresler ve içsel kontrollerden etkilendiği, çaresiz hissetmeye ve düşüncesizce hareket etmeye yönlendikleri söylenebilir. Olumsuz duygulanım yaşayan bireylerin doyumlarının yüksek olduğu bir romantik ilişki sürdürmesi de beklenmeyen bir durumdur.

Mevcut araştırmadan elde edilen bulgu ve ilgili literatür kapsamında yapılan çalışmalar birlikte incelendiğinde kültürel bağlamda bir değerlendirme yapılabilir. Türkiye gibi toplulukçu kültürlerde deneyime açık bireyler sosyal ortamlarını birlikte oldukları partnerleri ile paylaşmak ve farklı aktiviteleri beraber deneyimlemek

isteyebilir. Birlikte deęişik etkinliklerin içinde olmak, partnerlerin ilişkilerinden alacakları hazzı ve ortak yaşantıları artırabilir. Bu durumda da ilişki doyumlarının yüksek olması beklenir. Bunun tersine bireyci kültürlerde deneyime açık bireylerin yaşadıkları sosyal yaşamlar daha kendilerine özel bir alan olabilir ve bu alanda yeni kimselerle tanışmak için istekli, yeni heyecan aramaya merak duyuyor olabilirler. Bu da onların mevcut partnerleri ile ilişkilerini olumsuz etkileyerek ilişki doyumunu düşürebilir.

Deneyime açık kişiler farklı ortamlara girmek için daha cesaretlidirler ve bu sayede birçok farklı ortamda bulunabilirler. Dolayısıyla deneyime açık bireylerin, beklentilerine uygun partner bulma ve buldukları partner ile kuracakları ilişkiden doyum alma fırsatları fazladır. Beliren yetişkinlik döneminde deneyime açık bireylerin farklı kişilerle ilişkiler deneyerek kendilerine en uygun partneri seçme şanslarının yüksek olduğu söylenebilir. Zaten bu dönemde bireyler farklı kişilerle romantik ilişkiler deneyimleyerek bir partnerle ilgili olarak ne isteyip istemediklerine karar verirler (Arnett, 2015). Araştırmanın bu bulgusu ve beliren yetişkinlik dönemi özellikleri birlikte değerlendirildiğinde, Türkiye’de de farklı ilişkiler deneyimleyerek karşılaştırma yapma şansı bulan bireylerin ilişkilerinden daha fazla doyum aldığı söylenebilir.

Arnett’e (2015) göre beliren yetişkinlik döneminde bireyler romantik ilişki içinde olduğu partnerlerinde farklılıklardan ziyade benzerlik ararlar. Kişilik özellikleri, zekâ, etnik geçmiş ve fiziksel görüntüleri bakımından kendilerine benzer bireylerle romantik ilişki kurma eğilimi gösterirler. Bu araştırmanın bulgusu bağlamında değerlendirildiğinde deneyime açık bireylerin, kendileri gibi farklı sosyal ortamları deneyimlemekten, farklı aktiviteleri keşfetmekten zevk alan bireylerle birlikte olduğu düşünülebilir. Bu bireylerin partnerleriyle beraber, birlikte zevk alarak deęişik alanlarda ortak sosyal aktivite geçmişı oluşturmaları ilişkilerindeki doyumunu artırabilir. Araştırma kapsamında oluşturulan modelde anneden algılanan kabul/ilgi/sevgi ile ilişki doyumunu arasındaki ilişkide aracılık etkisi anlamlı olan tek aracı deęişkenin duygusal dengesizlik olması sebebiyle anne kabul düzeyinin ilişki doyumunu üzerindeki etkisine duygusal dengesizlik kişilik özelliğinin tam aracılığından söz edilebilir. Buna göre anneden algılanan kabul/ilginin ilişki doyumunu üzerindeki pozitif etkisinin duygusal dengesizlik kişilik özelliği aracılığıyla gerçekleştiği söylenebilir. Yine babadan algılanan kabul/ilgi/sevginin ilişki doyumunu üzerindeki pozitif etkisinin, duygusal dengesizlik ve deneyime açıklık kişilik özelliği aracılığıyla dolaylı bir şekilde gerçekleştiği söylenebilir. Babanın çocuęu kabul etmesi, anlaması ve çocuęuna sevgi ve ilgi göstermesi, onun yeniliklere daha açık olmasını, farklı fırsatlar denemesini sağlayabilir. Babası tarafından sevilen ve farklı kişisel özellikleriyle kabul edildiğini hisseden bireyin, beliren yetişkinlik dönemine geldiğinde kendisini keşfetmesine olanak sağlayacak aşk, iş ve dünya görüşü konularında farklılıklara açık olacağı düşünülmektedir. Bu da onun daha yüksek doyum sağlayacağı romantik ilişki kurmasına ve sürdürmesine imkân sağlayabilir.

Anneden, babadan veya her ikisinden algılanan kabulün, ilginin ve sevginin yüksek olması, aile içinde de sağlıklı ilişkilerin varlığına ve bireyin koşulsuz kabul edildiğine işaret edebilir. Neyer ve Voigt’e (2004) göre de sosyal çevreden onay almak ilişkilerde doyumunu artırır. Buna göre aile içinde beliren yetişkinlerin yaşamlarını sürdürebileceğine inandıkları partnerleri ile olan ilişkileri de koşulsuz kabul görebilir. Bu sayede bireylerin doyumunu yüksek, mutlu, dengeli bir ilişki yaşamaları beklenebilir.

Anahtar Kelimeler: Beliren yetişkinlik, algılanan ebeveynlik stili, kişilik, ilişki doyumunu.

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