



The Relationship Between Early Maladaptive Schemas, Separation Anxiety and Emerging Adult Individuation Level*

Erken Dönem Uyumsuz Şemalar ile Ayrılık Anksiyetesi ve Beliren Yetişkinlikte Bireyleşme Düzeyi Arasındaki İlişki

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Abstract

The aim of this study is to determine the relationship between early maladaptive schemas, individuation, childhood and adulthood separation anxiety. The sample of the study was consisted of 400 emerging adults, 265 (66.3%) women and 135 (33.8%) men, and determined according to the definition of emerging adulthood so the ages of participants are between 18-25. Sociodemographic Information Form, Young Schema Questionnaire-Short Form 3 (YSQ-SF3), Separation Anxiety Symptom Inventory (SASI), Adult Separation Anxiety Questionnaire (ASAQ) were given to the participants. The data obtained from the scales were analyzed using Pearson Correlation Analysis and Multiple Linear Regression Analysis Stepwise Method. As a result of the study findings, all schema domains were found to be associated with separation anxiety in both childhood and adulthood. It was determined that childhood separation anxiety predicted adult separation anxiety ($R=71$, $R^2=.50$, $p<0.05$). In addition, separation individuation has been found to have a mediating role between early maladaptive schemas and adult separation anxiety.

Keywords: Early Maladaptive Schemas, Separation Anxiety, Separation-Individuation, Emerging Adulthood.

Öz

Bu çalışmanın amacı erken dönem uyumsuz şemalar, bireyleşme, çocukluk ve yetişkinlik çağı ayrılık anksiyetesi arasındaki ilişkiyi belirlemektir. Araştırmanın örneklemini, beliren yetişkinlik tanımına göre belirlenmiş olup 18-25 yaş aralığında, 265'i (%66.3) kadın, 135'i (%33.8) erkek olmak üzere 400 beliren yetiştikten oluşmaktadır. Katılımcılara Sosyodemografik Bilgi Formu, Young Şema Ölçeği -Kısa Form 3 (YŞÖ-KF-3), Separation Anxiety Symptom Inventory (AABE), Yetişkin Ayrılma Anksiyetesi Ölçeği (YAAÖ) uygulanmıştır. Ölçeklerden elde edilen veriler Pearson Korelasyon Analizi ve Çoklu Doğrusal Regresyon Analizi Stepwise Yöntemi kullanılarak analiz edilmiştir. Çalışma bulguları sonucunda tüm şema alanları hem çocuklukta hem de yetişkinlikte ayrılık anksiyetesi ile ilişkili bulunmuştur. Çocukluk çağı ayrılık anksiyetesinin yetişkinlik ayrılık anksiyetesini yordadığı belirlenmiştir ($R=71$, $R^2=.50$, $p<0.05$). Ayrıca ayrılma bireyleşmenin erken dönem uyumsuz şemalar ile yetişkin ayrılık anksiyetesi arasında aracı rolü olduğu bulunmuştur.

Anahtar Kelimeler: Erken Dönem Uyumsuz Şemalar, Ayrılık Anksiyetesi, Ayrılma-Bireyleşme, Beliren Yetişkinlik.

Atıf (to cite): Faraji, H., Özen, Z.D., (2022). *The Relationship Between Early Maladaptive Schemas, Separation Anxiety and Emerging Adult Individuation Level*. *Toros Üniversitesi İİSBF Sosyal Bilimler Dergisi*, 9(17), 51-79. Doi: 10.54709/iisbf.1176829

* Bu çalışma Zehra Dilara Özen'in Haydeh Faraji danışmanlığında yürütülen "Erken Dönem Uyum Bozucu Şemalar ile Beliren Yetişkinlikte Bireyleşme Düzeyi ve Ayrılma Anksiyetesi İlişkisinin İncelenmesi" isimli klinik psikoloji yüksek lisans tezinden üretilmiştir.

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1. INTRODUCTION

Early maladaptive schemas (EMS) are defined as cognitive patterns that start in childhood and recur throughout life, including emotional, cognitive, and destructive behaviors against the self. According to the schema therapy school, the most important factor in the formation of maladaptive schemas is the insufficiency to meet the basic emotional needs in the early period (Rada, 2018). Since humans, unlike other mammalian species, come to the world in a very deficient, inadequate and unprotected state, the quality of the relationship between the individual and the caregiver is of great importance at the point of meeting the basic emotional needs (Johnson, 2018). The absence of a sustained and stable responsive, sensitive and accessible caregiver of the child may lead to unmet emotional needs and, consequently, to the emergence of approval-seeking (AS) disorder with EMS (Kesebir et al., 2011; Matthies et al., 2018).

The transition to adulthood, which is determined by separating from parents and taking the responsibility of individual existence, has been prolonged in post-industrial societies (Sevim, 2021). Emerging Adulthood Theory, Arnett (2000) states that there is an intermediate period between adolescence and adulthood with the social and economic changes experienced. This intermediate period, usually between the ages of 18-25, is called the "emerging adulthood period" (Sevim, 2021). It is stated that temporal shifts in identity-related demographic flows create a possible new and different developmental period between adolescence and adulthood (Arnett, 2011). Failure (FA) to complete the separation-individuation stages in a healthy way leads to an anxious and clinging attitude, separation anxiety (SA), which occurs due to the belief that when the child separates and moves away, he will not be able to find his parents physically and/or mentally (Mahler et al., 1975). While one of the sources of SA is stated as the physical or emotional absence of the parent (Cronk et al., 2004; another source is overprotective parental attitudes (Manicavasagar, 1999). It is thought that both situations may adversely affect the development of the individual's internal support points and lead to a feeling of inadequacy. Emerging adulthood, like all transitional periods, offers new gains although it brings separation and losses, and so SA comes right after them (Arnett, 2011; Bassi et al., 2021).

SA in childhood tends to extend into adulthood (Manicavasagar, 1997; Silove et al. 2002; Shear et al. 2006). It has been determined that as the EMS increase, the level of adult separation anxiety (ASA) increases (Aydın, 2020). Since individuals with SA have a deep sensitivity to transitions and losses (Milrod et al., 2014), it is possible that they will have maladaptive schemas which creates a difficulty in separation and individuation in emerging adulthood. It is thought that maladaptive schemas may affect the separation-individuation process in emerging adulthood and it may have a relationship with increase in the level of anxiety in the face of separation in adulthood. Therefore the hypotheses of this study is that; There is a relationship between EMS and SA and ASA, and also there is a relationship between the level of individuation in emerging adulthood and ASA. So the goal of this study is to determine the relationship between EMS, individuation, childhood and adulthood separation anxiety.

Negative behaviors and attitudes of individuals are considered as adaptive responses to maladaptive schemas, and it is stated that positive changes in schemas will carry individuals' attitudes and behaviors in a positive direction (Young et al., 2009). It is thought that the findings obtained from this study will contribute to the process of deciding which schemas are more beneficial to target primarily in therapy when SA is determined in the individual. This may be beneficial in preventing the emergence of separation-individuation difficulties in emerging adulthood or in eliminating these difficulties more effectively and quickly. Thus, it is aimed to alleviate or enter the longitudinal effects of early negative experiences. At the same time, it is thought that the present study may contribute to studies that study the relationship between EMS and psychopathologies (Welburn et al., 2002; Batur, 2004; Çakır, 2007; Soygüt et al., 2009; Deas et al., 2011).

2. METHOD

2.1. Research Model

This research was a survey research which applied based on the relational screening model. Studies in which data are collected in order to determine certain characteristics of a group are called survey research (Büyüköztürk, 2009). In the study, relational scanning, which is the research model used to determine the existence of a relationship between two or more variables and, if there is a relationship, the direction and degree of the relationship (Karasar, 2018).

2.2. Population and Sample

The sample used in the study is a simple-random sample in which each participant has an equal probability of being selected. The universe of the research is determined according to the definition of emerging adulthood, and the sample of the research consists of 400 emerging adults between the ages of 18-25 and living in Istanbul. The sample selection was made according to the "Simple-Random Sampling Selection" type. Sample includes 265 female and 135 (33.8%) male participants. The average age of the participants, whose age ranges from 18 to the youngest and 25 to the youngest, is $\bar{X}=23$, $SD=2$. 13.3% of the participants were high school graduates, 76.5% undergraduate graduates, 10.3% graduate graduates, 16.8% had low economic status, 77.8% had medium economic status, and 5.5% had high economic status.

2.3. Design and Procedure

The study conducted after the approval of the Ethics Committee of Istanbul Aydın University, numbered 2022/03 and dated 28.02.2022. The scales were distributed and administered to the participants online. Participants were reached through social media channels (facebook, telegram, instagram) by specifying the purpose and age range of the research, and it was reported that participation in the study was on a voluntary basis. In order to protect the privacy of the participants, name, surname, etc. no personal information was received. Also it is stated in the information form that the data obtained will be accessible only to researchers and that participants can withdraw from the research any time they want. It took an average of 30 minutes to complete the scales.

2.4. Materials

2.4.1. Sociodemographic Information Form

The questions in the Sociodemographic Information Form were developed by the researcher and aim to determine the socio-demographic characteristics of the participants (age, gender, educational status, economic level, etc.).

2.4.2. Young Schema Questionnaire-Short Form 3 (YSQ-SF3)

The Young Schema Questionnaire was developed by Young et al. (2009) to reveal EMS. The first form of the scale is a self-report scale with 90 items consisting of 5 basic schemas and 18 sub-dimensions. As a result of the revision process, the 90-item short form of the scale was obtained. The adaptation of the short form of the scale to the Turkish literature was carried out by Soygüt et al. (2009). This scale, which was adapted into Turkish, is named as "Young Schema Questionnaire-Short Form 3 (YSQ-SF3)" in the literature.

The individual with the abandonment (AD) schema believes that he or she will somehow be abandoned and let go. The individual with the ED schema believes that he/she will not be adequately cared for and loved. The Defectiveness (DT) schema gives the individual the belief that he or she is bad, ugly, undesirable. Individuals with a social isolation/insecurity (SII) schema believe that they are different from other people and cannot feel that they belong to any group. Individuals with

Enmeshment/Dependence (EMD) schema show an "extreme" dependence on other people around them (especially their immediate surroundings). They believe that without others help, they will have difficulty in fulfilling even daily work, and always seek the presence of other people in order to hold on to life. The Vulnerability to Harm (VH) schema includes the belief that the individual is inadequate in the face of diseases and disasters and cannot cope with them. Individuals with an intertwined self-schema almost dissolve their identities into other people's identities. Underlying this is the belief that it is very difficult for an individual to hold on to life and be happy if one is not attached to other people. Individuals with a FA schema believe that no matter what they do, they will eventually fail. Individuals with a Entitlement schema believe that they are right at all times and in all matters, do not accept that other people may be right in some matters, and do not show enough respect for the rights of other people. Individuals with Entitlement /Insufficient Self-Control (EISC) schemes exhibit extremely impulsive behaviors. Individuals with a Self Sacrifice (SS) schema submit as if they are "obedient" to whatever other people want. They try to fulfill the wishes of other people by renouncing their own needs and wishes. Individuals with an AS schema have an "extreme" need for the approval of the outside world about them. They make evaluations based on the approval of other people rather than their own wishes and tastes. Individuals with a pessimism (PES) schema believe that they will never find happiness and will be unhappy for life. Individuals with an Emotional Inhibition (EI) schema avoid experiencing and expressing their emotions and desires. These individuals cannot leave themselves alone and generally display controlling and rigid attitudes. For individuals with a high standard scheme, everything must be the best and most perfect. Otherwise, they do not evaluate that situation as good and sufficient (Usluca & Güler, 2021).

A higher score indicates the presence of more and more severe EMS. YSQ-SF3 adapted to Turkish by Soygüt et al. (2009), Cronbach's Alpha reliability coefficient is seen to vary between .63 and .80 for schema dimensions and between .53 and .81 for schema domains. The scale includes 90 questions in the form of a 6-point likert, 4 schema areas and 14 sub-schema dimensions. The Cronbach Alpha Coefficient, which is the internal consistency value for this study, was found to be .82 for AS, .72 for unrelenting standards (US), .81 for punitiveness (PNT), .77 for SS, .73 for EISC, .86 for negativity/PES, .87 for FA, .77 for VH or illness, .83 for AD, .88 for EMD, .76 for EI, 86 for DT / shame, .82 for social isolation/mistrust, .84 for ED.

2.4.3. Separation Anxiety Symptom Inventory (SASI)

The Separation Anxiety Symptom Inventory (SASI) is a self-report inventory developed by Silove et al. (1993). There are 15 items consisting of 4-point Likert-type questions in the inventory, which aims to evaluate AS.

The Turkish adaptation of the SASI and its validity and reliability study were performed by Diriöz et al. (2012). According to the study, the scale was determined as $p < 0.001$ and a statistically significant difference was found. In the light of the data obtained from a total of 410 subjects, the internal consistency of SASI was calculated as 0.89 using the Cronbah Alpha reliability analysis technique. In item analysis, the item-total score correlation method was used. The item-total correlations of the items of the scale ranged from 0.43 to 0.65. It can be said that people who score 12 and above in raw score of SASI or 4 and above with square root transformation, probably meet the diagnosis of childhood separation anxiety disorder. (Diriöz et al., 2012). It has 3 sub-dimensions: SA, not being able to stay away from family members, and school phobia. The Cronbach Alpha Coefficient, which is the internal consistency value for this study, was found to be .95 for total score.

2.4.4. Adult Separation Anxiety Questionnaire (ASAQ)

ASAQ was developed by Manicavasagar et al. (2003). The scale consists of 27 items on ASA and measures a 4-point Likert scale. The results are evaluated over the total score. The reliability and validity study for the Turkish version of the scale was performed by Diriöz et al. (2012). The Cronbach alpha value was found to be .93, showing that the scale has high internal consistency. It is suggested that people who score 25 and above will meet the criteria of the scale, and high scores indicate that people show higher levels of ASA symptoms (Diriöz et al., 2012).

2.5.5. Individuation Test for Emerging Adults- Short Form (ITEA-S)

The Individuation Test for Emerging Adults-Short Form (ITEA-S) is a 21-item self-report scale designed to measure five areas of individuation related to an individual's parents in emerging adulthood. The scale is applied on a 5-point Likert-type scale ranging from 1 ("totally false") to 5 ("totally true"). The scale was first developed by Komidar et al. (2014) as the Individuation Test for Emerging Adults (ITEA), which is a 36-item self-report questionnaire. ITEA-S was developed as an abbreviated and equivalent version of ITEA. It is stated that the short version is more suitable for adaptation to other cultural and linguistic environments (Komidar et al., 2016). Study for adaptation to Turkish conducted by (Karataş, Levpuscek ve Komidar, 2019). The five areas of individuation in emerging adulthood measured by the test consist of Support-Seeking, Attachment, Intervention, Self-Confidence, and Fear of Disappointing the Parent (FDPM) (Komidar et al., 2016). ITEA-S includes separate mother and father forms due to the different roles of mothers and fathers in the development of emerging adult individuation. Support seeking describes the individual's seeking emotional support, approval, advice, and help from a parent in difficult or important situations. Connectedness relates to an individual's experiences of mutual understanding, respect, and trust in their relationship with a particular parent. Intrusiveness includes an individual's perceptions of a parent as intruding into his or her privacy. It includes the perception that the parent is overly anxious and has a desire to exert emotional control over the individual. Self-confidence describes the belief that individuals manage their personal affairs, problems, and important decisions without parental assistance. FDP refers to an internal form of dependence on the parent, such as feelings of anxiety, anxiety, guilt, and anger that arise when an individual does not meet parental expectations.

For both the ITEA-S mother and the ITEA-S father, the Cronbach's alpha coefficient is also suitable for five domains of individuation: Seeking Support ($\alpha = .92/.90$), Attachment ($\alpha = .90/.90$), Interventionism ($\alpha = .91/.83$), Self Confidence ($\alpha = .84/.80$), and FDP ($\alpha = .87/.87$) (Komidar et al., 2016). The Cronbach Alpha Coefficient, which is the internal consistency value for this study, was found to be .74 for fear of disappointing the parent-mother (FDPM), .77 for self-confidence-mother (SCM), .79 for interventionism-mother (IM), .71 for seeking support-mother, .70 for attachment-mother (ATM), .74 for fear of disappointing the parent-father (FDPF), .75 for self-confidence-father (SCF), .71 for interventionism-father (IF), .69 for seeking support-father (SSF), .68 for attachment-father (ATF).

2.6. Analysis

Before the analyzes, the data collected on the internet were transferred to the SPSS 25 program and then the analyzes were started. The assumption of normal distribution, which is one of the first steps of the analysis, was checked. In this process, the kurtosis and skewness values of the scale and subscales were checked. Taking the study of George and Mallery (2010) as reference, these values being in the reference range of -2 +2 provides a normal distribution.

Pearson Correlation analysis tests the relationship between two quantitative variables, and the prerequisite for doing it is that two quantitative data are obtained from the same source and matched (Can, 2019). The data obtained from the scales were analyzed using Pearson Correlation Analysis and

Multiple Linear Regression Analysis Stepwise Method. While establishing the regression model, the Stepwise method removes the independent variable or variables that do not have a significant predictor among the independent variables included in the model. As a result, we obtain the most functional regression model (Mcclave et al., 2000).

3. RESULTS

There is moderate and positive correlation between a ASAQ and ED ($r=.316, p<0.01$), SII ($r=.424, p<0.01$), DT ($r=.457, p<0.01$), EI ($r=.241, p<0.01$), EMD ($r=.453, p<0.01$), AD ($r=.598, p<0.01$), VH ($r=.579, p<0.01$), FA ($r=.450, p<0.01$), PES ($r=.615, p<0.01$) and AS ($r=.468, p<0.01$).

There is weak and positive correlation between ASAQ and EISC ($r=.249, p<0.01$), with SS ($r=.464, p<0.01$), PNT ($r=.391, p<0.01$), US ($r=.339, p<0.01$).

Table 1: Pearson Correlation Test for the Relationship Between Young Schema Questionnaire and Adult Separation Anxiety Questionnaire

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1-ASA	1														
2-ED	.32**	1													
3-SII	.42**	.70**	1												
4-DT	.46**	.65**	.64**	1											
5-EI	.24**	.47**	.52**	.56**	1										
6-EMD	.45**	.63**	.67**	.77**	.58**	1									
7-AD	.60**	.62**	.64**	.70**	.51**	.74**	1								
8-VH	.58**	.60**	.71**	.66**	.51**	.69**	.71**	1							
9-FA	.45**	.54**	.58**	.77**	.57**	.77**	.63**	.64**	1						
10-PES	.61**	.57**	.70**	.64**	.47**	.67**	.69**	.72**	.65**	1					
11-EISC	.25**	.34**	.44**	.35**	.42**	.33**	.31**	.51**	.37**	.40**	1				
12-SS	.46**	.50**	.62**	.41**	.48**	.57**	.57**	.57**	.39**	.60**	.44**	1			
13-PNT	.39**	.42**	.56**	.48**	.42**	.42**	.43**	.59**	.43**	.53**	.60**	.56**	1		
14-US	.34**	.32**	.41**	.33**	.45**	.39**	.48**	.48**	.27**	.38**	.45**	.44**	.39**	1	
15-AS	.47**	.37**	.54**	.36**	.39**	.46**	.56**	.62**	.44**	.61**	.52**	.57**	.57**	.57**	1

** $p<0.01$ * $p<0.05$ Test used: Pearson Correlation Test

N:400, ASA: Adult Separation Anxiety, ED: Emotional Deprivation, SII: Social Isolation/Insecurity, DT: Defectiveness, EI: Emotional Inhibition, EMD: Enmeshment/Dependence, AD: Abandonment, VH: Vulnerability to Harm, FA: Failure, PES: Pessimism, EISC: Entitlement /Insufficient Self-Control, SS: Self Sacrifice, PNT: Punitiveness, US: Unrelenting Standards, AS: Approval-Seeking

EMS seem to predict ASA ($R=67$, $R^2=.44$, $p<0.05$). It was determined that the independent variable in the established regression model explained 44% of the change in ASA. The explanatory ranking according to beta values is as follows; PES ($\beta=.31$), AD ($\beta=.26$), VH ($\beta=.17$). It has been determined that the scheme of PES, AD, and VH have a positive contribution. According to the findings, it was determined that the variable that most explained ASA was the PES schema (see Table 2).

Table 2: Multiple Linear Regression Analysis of Early Maladaptive Schemas to Predict Adult Separation Anxiety; Stepwise Method

	B	SE	Beta	t	p	Zero-order	Partial	Tolerance	VIF
(Constant)	8.46	2.73		3.10	0.002*				
Pessimism	0.81	0.15	0.31	5.34	0.000*	0.61	0.26	0.41	2.41
Abandonment	0.78	0.17	0.26	4.58	0.000*	0.60	0.22	0.43	2.33
Vulnerability to Harm	0.51	0.18	0.17	2.86	0.004*	0.58	0.14	0.40	2.51

$R=.67$ $R^2=.44$ $F_{(3,396)}=106.17$ $p=0.000$ $Durbin-Watson=1.469$

* $p<0.05$ Test used: Multiple Linear Regression Analysis; Stepwise Method

There is a moderate and positive correlation between Separation Anxiety Symptom Inventory and SII ($r=.368$, $p<0.01$), DT ($r=.382$, $p<0.01$), EMD ($r=.405$, $p<0.01$), AD ($r=.422$, $p<0.01$), VH ($r=.395$, $p<0.01$), FA ($r=.382$, $p<0.01$), PES ($r=.490$, $p<0.01$), AS ($r=.350$, $p<0.01$).

There is a weak and positive correlation between Separation Anxiety Symptom Inventory and ED ($r=.226$, $p<0.01$), EI ($r=.219$, $p<0.01$), EISC ($r=.102$, $p<0.05$), SS ($r=.295$, $p<0.01$), PNT ($r=.212$, $p<0.01$) and US ($r=.195$, $p<0.01$).

There is a weak and positive correlation between Separation Anxiety Symptom Inventory and ED ($r=.120$, $p<0.05$), SII ($r=.260$, $p<0.01$), DT ($r=.223$, $p<0.01$), EMD ($r=.259$, $p<0.01$), AD ($r=.284$, $p<0.01$), VH ($r=.248$, $p<0.01$), FA ($r=.198$, $p<0.01$), PES ($r=.322$, $p<0.01$), SS ($r=.161$, $p<0.01$), US ($r=.136$, $p<0.01$), AS ($r=.270$, $p<0.01$).

There is a moderate and positive correlation between Inability to Stay Away from Family Members (ISM) and ED ($r=.267$, $p<0.01$) SII ($r=.344$, $p<0.01$), DT ($r=.401$, $p<0.01$), EI ($r=.236$, $p<0.01$), EMD ($r=.387$, $p<0.01$), AD ($r=.435$, $p<0.01$), VH ($r=.418$, $p<0.01$), FA ($r=.404$, $p<0.01$), PES ($r=.513$, $p<0.01$), SS ($r=.361$, $p<0.01$), PNT ($r=.318$, $p<0.01$) ve AS ($r=.304$, $p<0.01$). There is a weak and positive correlation between ISM and US ($r=.167$, $p<0.01$) ve EISC ($r=.201$, $p<0.01$).

There is a moderate and positive correlation school phobia and ED ($r=.205$, $p<0.01$), SII ($r=.332$, $p<0.01$), DT ($r=.377$, $p<0.01$) EI ($r=.302$, $p<0.01$), EMD ($r=.410$, $p<0.01$) AD ($r=.348$, $p<0.01$), VH ($r=.345$, $p<0.01$), FA ($r=.426$, $p<0.01$), PES ($r=.406$, $p<0.01$). There is a weak and positive correlation between school phobia and EISC ($r=.163$, $p<0.01$), SS ($r=.233$, $p<0.01$), PNT ($r=.189$, $p<0.01$), US ($r=.201$, $p<0.01$), AS ($r=.299$, $p<0.01$)(see Table 3).

Table 3: Pearson Correlation Test for the Relationship Between Young Schema Questionnaire and Separation Anxiety Symptom Scale

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
1-SASI	1																		
2-SA	.88**	1																	
3-ISM	.82**	.54**	1																
4-SP	.68**	.42**	.47**	1															
5-ED	.23**	.12*	.27**	.20**	1														
6-SII	.37**	.26**	.34**	.33**	.70**	1													
7-DT	.38**	.22**	.40**	.38**	.65**	.64**	1												
8-EI	.22**	.08	.24**	.30**	.47**	.52**	.56**	1											
9-EMD	.41**	.26**	.39**	.41**	.63**	.67**	.77**	.58**	1										
10-AD	.42**	.28**	.44**	.35**	.62**	.64**	.70**	.51**	.74**	1									
11-VH	.39**	.25**	.42**	.35**	.60**	.71**	.66**	.51**	.69**	.71**	1								
12-FA	.38**	.20**	.40**	.43**	.54**	.58**	.77**	.57**	.77**	.63**	.64**	1							
13-PES	.49**	.32**	.51**	.41**	.57**	.70**	.64**	.47**	.67**	.69**	.72**	.65**	1						
14-ESC	.10*	-.04	.20**	.16**	.34**	.44**	.35**	.42**	.33**	.31**	.51**	.37**	.40**	1					
15-SS	.29**	.16**	.36**	.23**	.50**	.62**	.41**	.48**	.57**	.57**	.57**	.39**	.60**	.44**	1				
16-PNT	.21**	.06	.32**	.19**	.42**	.56**	.48**	.42**	.42**	.43**	.59**	.43**	.53**	.60**	.56**	1			
17-US	.19**	.14**	.17**	.20**	.32**	.41**	.33**	.45**	.39**	.48**	.48**	.27**	.38**	.45**	.44**	.39**	1		
18-AS	.35**	.27**	.30**	.30**	.37**	.54**	.36**	.39**	.46**	.56**	.62**	.44**	.61**	.52**	.57**	.57**	.57**	1	

** $p < 0.01$ * $p < 0.05$ Test used: Pearson Correlation Test

N:400, SASI: Separation Anxiety Symptom Inventory, SA: Separation Anxiety, ISM: Inability to Stay Away from Family Members, SP: School Phobia, ED: Emotional Deprivation, SII: Social Isolation/Insecurity, DT: Defectiveness, EI: Emotional Inhibition, EMD: Enmeshment/Dependence, AD: Abandonment, VH: Vulnerability to Harm, FA: Failure, PES: Pessimism, ESC: Entitlement /Insufficient Self-Control, SS: Self Sacrifice, PNT: Punitiveness, US: Unrelenting Standards, AS: Approval-Seeking

Childhood separation anxiety seems to predict ASA ($R=71$, $R^2=.50$, $p<0.05$). It was determined that the independent variable in the established regression model explained 50% of the change in ASA. The explanatory ranking according to beta values is as follows; not being away from family members ($\beta=.52$), AS ($\beta=.22$), school phobia ($\beta=.08$). It has been determined that not being able to stay away from family members, AS, school phobia have positive contributions. According to the findings, it was determined that the variable that most explained ASA was the ISM (see Table 4).

Table 4: Child Separation Anxiety Prediction of Adult Separation Anxiety Multiple Linear Regression Analysis; Stepwise Method

	B	Std. Error	Beta	t	p	Zero-order	Partial	Tolerance	VIF
(Constant)	10.04	2.38		4.22	0.000*				
Inability to Stay Away from Family Members	2.62	0.22	0.52	11.66	0.000*	0.67	0.51	0.64	1.56
Separation Anxiety	0.79	0.16	0.22	5.08	0.000*	0.53	0.25	0.67	1.49
School Phobia	0.66	0.33	0.08	2.02	0.044*	0.42	0.10	0.74	1.36

$R=.71$ $R^2=.50$ $F(3,396)=132.70$ $p=0.000$ $Durbin-Watson=1.594$

* $p<0.05$ Test used: Multiple Linear Regression Analysis; Stepwise Method

There is a weak and positive correlation between ATM and SII ($r=-.174, p<0.01$), DT ($r=-.133, p<0.01$), EMD ($r=-.140, p<0.01$), AD ($r=-.160, p<0.01$), VH ($r=-.106, p<0.05$), FA ($r=-.108, p<0.05$), PES ($r=-.212, p<0.01$), SS ($r=-.150, p<0.01$).

There is a weak and positive correlation between Seeking Support-Mother ile ED ($r=.138, p<0.01$), SII ($r=.235, p<0.01$), DT ($r=.190, p<0.01$), EMD ($r=.199, p<0.01$), AD ($r=.271, p<0.01$), VH ($r=.224, p<0.01$), FA ($r=.154, p<0.01$), PES ($r=.225, p<0.01$), EISC ($r=.155, p<0.01$), SS ($r=.210, p<0.01$), PNT ($r=.162, p<0.01$), US ($r=.228, p<0.01$), AS ($r=.191, p<0.01$).

There is a weak and positive correlation between IM and SII ($r=.164, p<0.01$), DT ($r=.153, p<0.01$), EMD ($r=.116, p<0.05$), AD ($r=.193, p<0.01$), VH ($r=.147, p<0.01$), FA ($r=.143, p<0.01$), PES ($r=.133, p<0.01$), SS ($r=.110, p<0.05$), US ($r=.101, p<0.05$).

There is a weak and positive correlation between SCM and ED ($r=-.113, p<0.05$), SII ($r=-.171, p<0.01$), DT ($r=-.152, p<0.01$), Basturma ($r=-.111, p<0.05$), EMD ($r=-.149, p<0.01$), ile AD ($r=-.192, p<0.01$), VH ($r=-.162, p<0.01$), PES ($r=-.166, p<0.01$), SS ($r=-.207, p<0.01$), PNT ($r=-.120, p<0.05$), US ($r=-.110, p<0.05$) ve AS ($r=-.123, p<0.05$).

There is a weak and positive correlation between Fear of Disappointing Parent-Mother and ED ($r=.130, p<0.01$), SII ($r=.162, p<0.01$), DT ($r=.173, p<0.01$), EI ($r=.125, p<0.05$), EMD ($r=.183, p<0.01$), AD ($r=.197, p<0.01$), VH ($r=.186, p<0.01$), FA ($r=.216, p<0.01$), PES ($r=.202, p<0.01$), SS ($r=.143, p<0.01$), US ($r=.136, p<0.01$) (see Table 5).

Table 5: The Relationship Between Young Schema Questionnaire Individuation Test for Emerging Adults -Mother

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1-ATM	1																		
2-SSM	.02	1																	
3-IM	-.06	.27**	1																
4-SCM	.17**	-.30**	.13**	1															
5-FDPM	-.22**	.04	.31**	.10*	1														

6-ED	-.09	.14**	.08	-.11*	.13**	1													
7-SII	-.17**	.23**	.16**	-.17**	.16**	.70**	1												
9-DT	-.13**	.19**	.15**	-.15**	.17**	.65**	.64**	1											
9-EI	-.04	.08	.05	-.11*	.13*	.47**	.52**	.56**	1										
10-EMD	-.14**	.20**	.12*	-.15**	.18**	.63**	.67**	.77**	.58**	1									
11-AD	-.16**	.27**	.19**	-.19**	.20**	.62**	.64**	.70**	.51**	.74**	1								
12-VH	-.11*	.22**	.15**	-.16**	.19**	.60**	.71**	.66**	.51**	.69**	.71**	1							
13-FA	-.11*	.15**	.14**	-.07	.22**	.54**	.58**	.77**	.57**	.77**	.63**	.64**	1						
14-PES	-.21**	.23**	.13**	-.17**	.20**	.57**	.70**	.64**	.47**	.67**	.69**	.72**	.65**	1					
15-ESC	-.02	.16**	.07	-.04	.01	.34**	.44**	.35**	.42**	.33**	.31**	.51**	.37**	.40**	1				
16-SS	-.15**	.21**	.11*	-.21**	.14**	.50**	.62**	.41**	.48**	.57**	.57**	.57**	.39**	.60**	.44**	1			
17-PNT	-.09	.16**	.07	-.12*	.08	.42**	.56**	.48**	.42**	.42**	.43**	.59**	.43**	.53**	.60**	.56**	1		
18-US	-.08	.23**	.10*	-.11*	.14**	.32**	.41**	.33**	.45**	.39**	.48**	.48**	.27**	.38**	.45**	.44**	.39**	1	
19-AS	-.10	.19**	.06	-.12*	.08	.37**	.54**	.36**	.39**	.46**	.56**	.62**	.44**	.61**	.52**	.57**	.57**	.57**	1

** $p < 0.01$ * $p < 0.05$ Test used: Pearson Correlation Test

N:400, ATM: Attachment-Mother, SSM: Seeking Support-Mother, IM: Interventionism-Mother, SCM: Self-Confidence-Mother, FDP: Fear of Disappointing the Parent-Mother, ED: Emotional Deprivation, SII: Social Isolation/Insecurity, DT: Defectiveness, EI: Emotional Inhibition, EMD: Enmeshment/Dependence, AD: Abandonment, VH: Vulnerability to Harm, FA: Failure, PES: Pessimism, ESC: Entitlement/Insufficient Self-Control, SS: Self Sacrifice, PNT: Punitiveness, US: Unrelenting Standards, AS: Approval-Seeking

There is a weak and negative correlation between ATF and ED ($r = -.132$, $p < 0.01$), SII ($r = -.178$, $p < 0.01$), DT ($r = -.136$, $p < 0.01$), EMD ($r = -.109$, $p < 0.05$) ve FA ($r = -.128$, $p < 0.05$).

There is a weak and positive correlation between SSF and DT ($r = .126$, $p < 0.05$), EMD ($r = .111$, $p < 0.05$), AD ($r = .127$, $p < 0.05$), VH ($r = .132$, $p < 0.01$), US ($r = .100$, $p < 0.05$), AS ($r = .126$, $p < 0.05$).

There is a weak and positive correlation between FDPF and SII ($r = .189$, $p < 0.01$), DT ($r = .189$, $p < 0.01$), EMD ($r = .169$, $p < 0.01$), AD ($r = .186$, $p < 0.01$), VH ($r = .242$, $p < 0.01$), FA ($r = .188$, $p < 0.01$), PES ($r = .210$, $p < 0.01$), SS ($r = .145$, $p < 0.01$), PNT ($r = .127$, $p < 0.05$), AS ($r = .113$, $p < 0.05$) (see Table 6).

Table 6: Relationship between Young Schema Questionnaire, Individuation Test for Emerging Adults - Father

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1-ATF	1																		
2-SSF	.26**	1																	
3-IF	.00	.30**	1																
4-SCF	.17**	-.25**	-.11*	1															

5-FPF	.04	.22**	.13**	.14**	1															
6-ED	-.13**	.03	.01	-.02	.09	1														
7-SII	-.18**	.04	.09	-.01	.19**	.70**	1													
9-DT	-.14**	.13*	.08	.01	.19**	.65**	.64**	1												
9-EI	-.10	.04	.05	.01	.00	.47**	.52**	.56**	1											
10-EMD	-.11*	.11*	.05	-.02	.17**	.63**	.67**	.77**	.58**	1										
11-AD	-.09	.13*	.04	.02	.19**	.62**	.64**	.70**	.51**	.74**	1									
12-VH	-.08	.13**	.01	.09	.24**	.60**	.71**	.66**	.51**	.69**	.71**	1								
13-FA	-.13*	.09	.02	.05	.19**	.54**	.58**	.77**	.57**	.77**	.63**	.64**	1							
14-PES	-.09	.08	.03	.00	.21**	.57**	.70**	.64**	.47**	.67**	.69**	.72**	.65**	1						
15-ESC	-.03	.09	.02	.07	.04	.34**	.44**	.35**	.42**	.33**	.31**	.51**	.37**	.40**	1					
16-SS	-.09	.09	.07	-.09	.15**	.50**	.62**	.41**	.48**	.57**	.57**	.57**	.39**	.60**	.44**	1				
17-PNT	-.07	.09	.08	-.01	.13*	.42**	.56**	.48**	.42**	.42**	.43**	.59**	.43**	.53**	.60**	.56**	1			
18-US	.03	.10*	.01	.01	.09	.32**	.41**	.33**	.45**	.39**	.48**	.48**	.27**	.38**	.45**	.44**	.39**	1		
19-AS	-.03	.13*	.04	.01	.11*	.37**	.54**	.36**	.39**	.46**	.56**	.62**	.44**	.61**	.52**	.57**	.57**	.57**	1	

** $p < 0.01$ * $p < 0.05$ Test used: Pearson Correlation Test

N:400, ATF: Attachment-Father, SSF: Seeking Support-Father, IF: Interventionism-Father, SCF: Self-Confidence-Father, FDPF: Fear of Disappointing the Parent-Father, ED: Emotional Deprivation, SII: Social Isolation/Insecurity, DT: Defectiveness, EI: Emotional Inhibition, EMD: Enmeshment/Dependence, AD: Abandonment, VH: Vulnerability to Harm, FA: Failure, PES: Pessimism, ESC: Entitlement/Insufficient Self-Control, SS: Self Sacrifice, PNT: Punitiveness, US: Unrelenting Standards, AS: Approval-Seeking

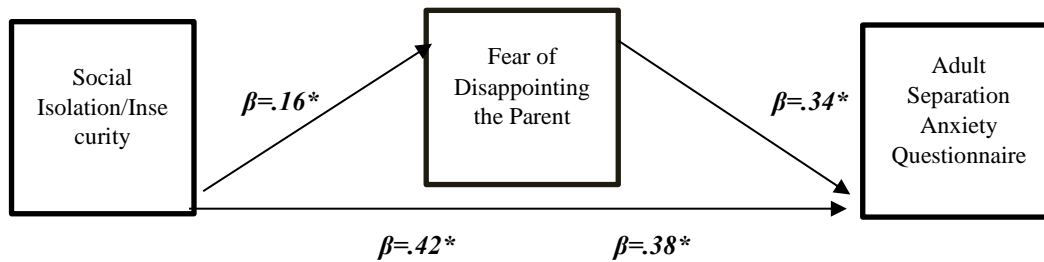
Table 7: The Mediating Role of the Parent Disappointment-Mother Subscale in the Predictions of the Social Isolation/Insecurity Schema on the Adult Separation Anxiety Scale

<i>Model</i>	<i>R</i>	<i>R²</i>	<i>B</i>	<i>SH</i>	<i>β</i>	<i>t</i>	<i>p</i>	Lower Bound	Upper Bound
(Constant)	.42	.18	25.35	3.05		8.32	0.000*	19.36	31.34
1 Social Isolation/Insecurity			0.95	0.10	0.42	9.33	0.000*	0.75	1.15
(Constant)	.51	.25	16.62	3.21		5.17	0.000*	10.30	22.94
Social Isolation/Insecurity			0.85	0.10	0.38	8.62	0.000*	0.66	1.04
2 Fear of Disappointing the Parent-Mother			4.84	0.76	0.28	6.37	0.000*	3.35	6.33
Undirect Total Effect (Mediator)			0.02	0.01				0.01	0.04

* $p < 0.050$ Test used: Hierarchical Regression Analysis

When we examine the first model, the SII schema subscale explains 18% of the change in our dependent variable, ASAQ. In the second model, the mediator variable FDPM was included and it was seen that it explained 7% of the change in ASAQ. It was determined that the SII schema subscale and the fear of disappointing the parent subscale explained 25% of the change in ASAQ. With the addition of the mediator variable to the model, the beta value of the SII schema subscale decreased from .42 to .38. It has been observed that the decrease in beta value and the lower and upper limit values of the indirect total effect include zero and it has been determined that the mediator role is partial.

Figure 1: Beta Coefficients on the Mediator Role of the Parent Disappointment-Mother Subscale in Predicting the Adult Separation Anxiety Scale of the Social Isolation/Insecurity Scheme



* $p < 0.05$

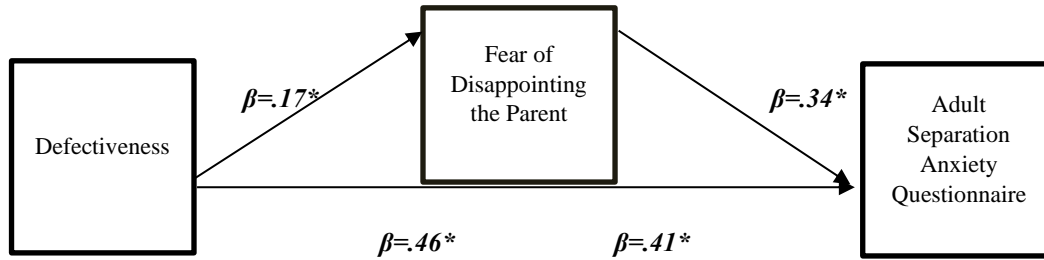
Table 8: The Mediating Role of the Parent Disappointment-Mother Subscale in Predicting the Adult Separation Anxiety Scale of the Defectiveness Schema

Model	R	R ²	B	SH	β	t	p	Lower Bound	Upper Bound
(Constant)	.46	.21	18.47	3.44		5.36	0.000*	11.70	25.24
1 Defectiveness			1.19	0.12	0.46	10.24	0.000*	0.96	1.42
(Constant)	.53	.28	10.71	3.52		3.05	0.002*	3.80	17.63
Defectiveness			1.07	0.11	0.41	9.47	0.000*	0.85	1.29
2 Fear of Disappointing the Parent-Mother			4.67	0.75	0.27	6.24	0.000*	3.20	6.15
Undirect Total Effect (Mediator)			0.02	0.01				0.01	0.04

* $p < 0.050$ Test used: Hierarchical Regression Analysis

When the Figure 1 examined, the imperfection schema subscale explains 21% of the change in our dependent variable, ASAQ. In the second model, the mediator variable fear of disappointing the parent was included and it was seen that it explained 7% of the change in ASAQ. It was determined that the DT schema subscale and the fear of disappointing the parent subscale explained 28% of the change in ASAQ. With the addition of the mediator variable to the model, the beta value of the DT schema subscale decreased from .46 to .41. It has been observed that the decrease in beta value and the lower and upper limit values of the indirect total effect include zero and it has been determined that the mediator role is partial.

Figure 2: Beta Coefficients on the Mediator Role of Parental Disappointment-Mother Subscale in Predicting the Adult Separation Anxiety Scale of Defectiveness Schema



* $p < 0.05$

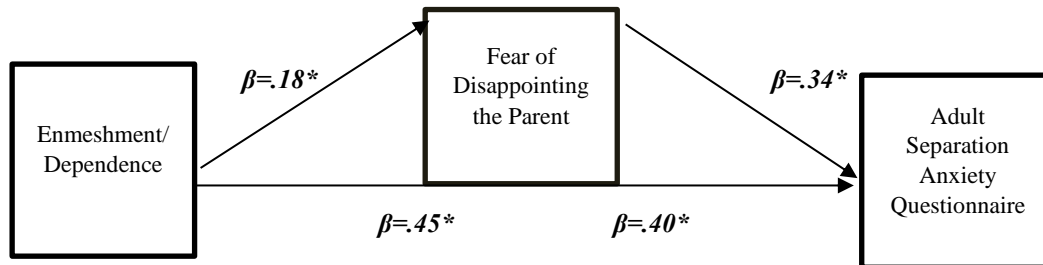
Table 9: The Mediating Role of the Parent Disappointment-Mother Subscale in the Comparison of the Enmeshment/Dependence Schema with the Adult Separation Anxiety Questionnaire

Model	R	R ²	B	SH	β	t	p	Lower Bound	Upper Bound
(Constant)	.45	.20	18.34	3.49		5.26	0.000*	11.48	25.20
1 Enmeshment/Dependence			0.83	0.08	0.45	10.14	0.000*	0.67	0.99
(Constant)	.52	.27	10.91	3.55		3.07	0.002*	3.93	17.89
Enmeshment/Dependence			0.74	0.08	0.40	9.29	0.000*	0.58	0.89
2 Fear of Disappointing the Parent-Mother			4.62	0.75	0.27	6.14	0.000*	3.14	6.10
Undirect Total Effect (Mediator)			0.02	0.01				0.01	0.04

* $p < 0.050$ Test used: Hierarchical Regression Analysis

When Figure 2 examined EMD schema subscale explains 20% of the variation in our dependent variable, ASAQ. In the second model, the mediator variable fear of disappointing the parent was included and it was seen that it explained 7% of the change in ASAQ. It was determined that the EMD schema subscale and the fear of disappointing the parent subscale explained 27% of the change in ASAQ. With the addition of the mediator variable to the model, the beta value of the nesting/dependency scheme subscale decreased from .46 to .41. It has been observed that the decrease in beta value and the lower and upper limit values of the indirect total effect include zero and it has been determined that the mediator role is partial.

Figure 3: Beta Coefficients on the Mediator Role of the Parent Disappointment-Mother Subscale in the Predictions of the Adult Separation Anxiety Questionnaire of the Enmeshment/Dependence Schema



* $p < 0.05$

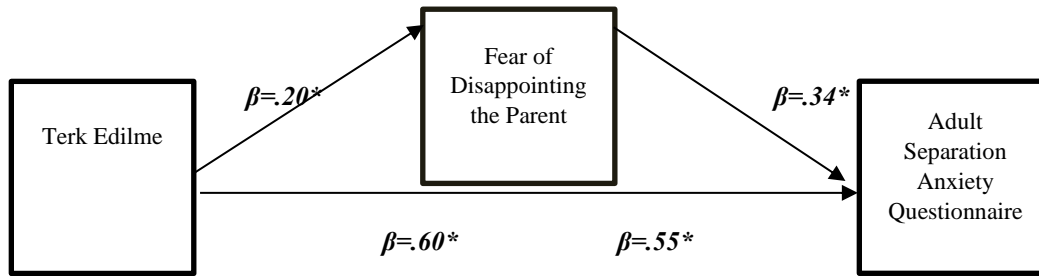
Table 10: The Mediating Role of the Parent Disappointment-Mother Subscale in Predicting the Adult Separation Anxiety Questionnaire of the Abandonment Schema

Model	R	R ²	B	SH	β	t	p	Lower Bound	Upper Bound
(Constant)	.60	.36	11.85	2.84		4.17	0.000*	6.26	17.44
1 Abandonment			1.79	0.12	0.60	14.87	0.000*	1.55	2.02
(Constant)	.64	.41	5.30	2.95		1.80	0.073	-0.49	11.10
Abandonment			1.65	0.12	0.55	14.02	0.000*	1.42	1.88
2 Fear of Disappointing the Parent-Mother			4.02	0.68	0.23	5.89	0.000*	2.68	5.36
Undirect Total Effect (Mediator)			0.02	0.01				0.01	0.04

* $p < 0.050$ Test used: Hierarchical Regression Analysis

Figure 4 shows that the AD schema subscale explains 36% of the change in our dependent variable, ASAQ. In the second model, the mediator variable FDPM was included and it was seen that the change in ASAQ explained 5% of the change. It was determined that the AD schema subscale and the FDPM subscale explained 41% of the change in ASAQ. With the addition of the mediator variable to the model, the beta value of the AD scheme subscale decreased from .60 to .55. It has been observed that the decrease in beta value and the lower and upper limit values of the indirect total effect include zero and it has been determined that the mediator role is partial.

Figure 4: Beta Coefficients on the Mediator Role of the Parent Disappointment-Mother Subscale in Predicting the Adult Separation Anxiety Questionnaire of the Abandonment Schema



* $p < 0.05$

Table 11: The Mediating Role of the Parent Disappointment-Mother Subscale in the Evaluation of the Adult Separation Anxiety Questionnaire of the Vulnerability to Harm Schema

Model		R	R ²	B	SH	β	t	p	Lower Bound	Upper Bound
	(Constant)	.58	.33	17.47	2.60		6.73	0.000*	12.37	22.57
1	Vulnerability to Harm			1.73	0.12	0.58	14.16	0.000*	1.49	1.97
	(Constant)	.63	.39	10.13	2.77		3.66	0.000*	4.69	15.56
	Vulnerability to Harm			1.59	0.12	0.53	13.40	0.000*	1.36	1.83
2	Fear of Disappointing the Parent-Mother			4.18	0.69	0.24	6.06	0.000*	2.83	5.54
	Undirect Total Effect (Mediator)			0.02	0.01				0.01	0.04

* $p < 0.050$ Test used: Hierarchical Regression Analysis

Figure 5 shows that the VH schema subscale explains 33% of the change in our dependent variable, ASAQ. In the second model, the mediator variable FDPM was included and it was seen that it explained 6% of the change in ASAQ. It was determined that the VH schema subscale and the FDPM subscale explained 39% of the change in ASAQ. With the addition of the mediator variable to the model, the beta value of the vulnerability scheme subscale against threats decreased from .58 to .53. It has been observed that the decrease in beta value and the lower and upper limit values of the indirect total effect include zero and it has been determined that the mediator role is partial.

Figure 5: Beta Coefficients on the Mediator Role of the Parent Disappointment-Mother Subscale in Predicting the Adult Separation Anxiety Questionnaire of the Vulnerability to Harm Schema

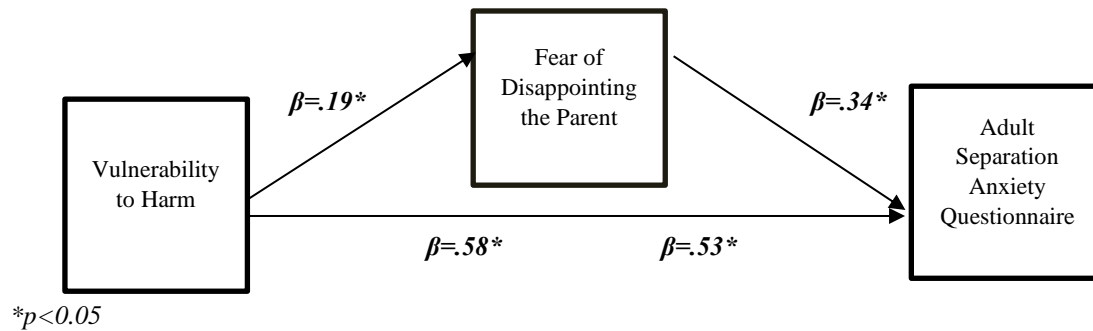


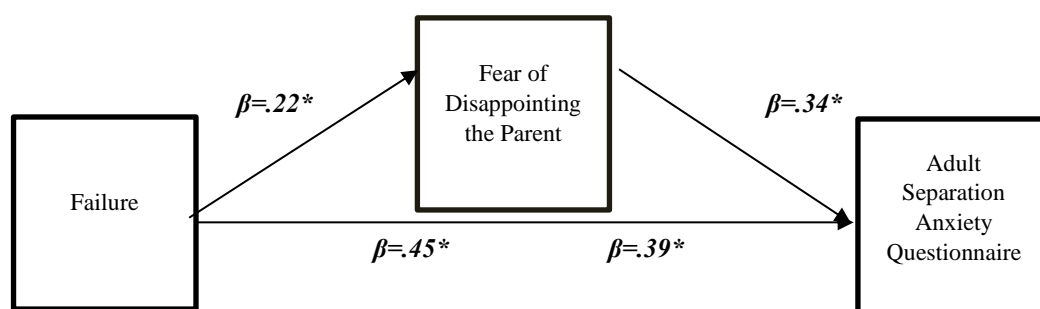
Table 12: The Mediating Role of the Parent Disappointment-Mother Subscale in the Prediction of the Failure Schema on the Adult Separation Anxiety Questionnaire

Model	R	R ²	B	SH	β	t	p	Lower Bound	Upper Bound
(Constant)	.45	.20	22.03	3.16		6.97	0.000*	15.82	28.25
1 Failure			1.13	0.11	0.45	10.05	0.000*	0.91	1.36
(Constant)	.51	.26	15.14	3.26		4.64	0.000*	8.73	21.56
Failure			0.99	0.11	0.39	8.95	0.000*	0.78	1.21
2 Fear of Disappointing the Parent-Mother			4.43	0.76	0.26	5.80	0.000*	2.93	5.93
Undirect Total Effect (Mediator)			0.02	0.01				0.01	0.04

* $p < 0.050$ Test used: Hierarchical Regression Analysis

Figure 6 shows that, the FA schema subscale explains 20% of the change in our dependent variable, ASAQ. In the second model, the mediator variable FDPM was included and it was seen that it explained 6% of the change in ASAQ. It was determined that the FA schema subscale and the FDPM subscale explained 26% of the change in ASAQ. With the addition of the mediator variable to the model, the beta value of the FA schema subscale decreased from .45 to .39. It has been observed that the decrease in beta value and the lower and upper limit values of the indirect total effect include zero and it has been determined that the mediator role is partial.

Figure 6: Beta Coefficients Regarding the Mediator Role of the Parent Disappointment-Mother Subscale in the Predictions of the Adult Separation Anxiety Questionnaire of the Failure Schema



* $p < 0.05$

4. DISCUSSION

Discussion of the Relationship Between Early Maladaptive Schemas and Separation Anxiety

The first hypothesis of the study was confirmed by determining that there is a relationship between EMS and SA. Also It was determined that childhood separation anxiety predicted adult separation anxiety There are studies which supports there is a significant relationship between schemas and anxiety (Dutra et al., 2008; Lee, 2008; Wright et al., 2009; Cockram et al., 2010). Also Yurtseven & Özkul, 2022 supports in particular that there is a significant relationship between schemas and schemas and SA. In the presence of an increased level of anxiety, schemas are activated more easily (Calvete et al., 2005), and it is stated that maladaptive schemas' of individuals with high anxiety levels are more likely to activate compared to individuals with low anxiety levels (Wenzel et al., 2007).

According to the findings of the study, as the level of AD, which is one of the schema sub-dimensions, increases, SA and ASA levels increase. Manicavasaga et al. (1997) found 33% of individuals with ASA had a great loss, which can cause severe feelings of AD and loneliness, on set of their symptoms. It has been stated that the AD schema is an important component of depression and anxiety symptoms and the general severity of these symptoms (Rezaei & Ghazanfari, 2016; Karagöl & Kaya, 2021). It is stated that the AD schema is a predictor of anxiety in the general context and AS in the specific context (Hajiyari & Bahramabadi, 2021). It is known that patients with borderline personality disorder who have high levels of AD schemas (Rafaeli et al., 2016) also have high levels of SA (Faraji, 2021).

As the level of VH, which is one of the schema sub-dimensions, increased, it was found that the levels of SA and ASA increased. Vulnerability schemas are associated with feelings of anxiety (Beck, 1976; Schmidt et al., 1995; McGinn & Young, 1996). In the study of Welburn et al. (2002), vulnerability schema in the face of threats was found to be an important individual predictor of anxiety. People who have the schema of vulnerability in the face of threats think that a disaster will happen to them and they cannot cope with this disaster (Young et al., 2009). Likewise Wheaton & Keiser (2021) indicates that anxiety sensitivity and intolerance of uncertainty, which are about perceiving it's hard to manage the incident it and also brings catastrophic consequences predicts ASA. One of the areas where these disasters can happen is interpersonal relationships. Jealousy, which includes feelings of fear and anxiety, is felt as a result of damage or loss that may occur as a result of the imaginary or real presence of a third person in close relationships (Faraji & Boran, 2021). It is thought that people with the schema of vulnerability in the face of threats feel jealousy as a reflection of SA in this context, where they think that they cannot cope with the loss of their significant others. Pregnancy is a period of all kind of changes; physiological, physiological, psychosocial. All of these changes creates a fragility in the individual and at this point of view some can say that pregnancy has similarities with emerging adulthood (Değirmenci et al., 2020). So Değirmenci et al.'s (2020) findings, which they get from a group of pregnant women and show that at this period SA and thoughts about VH rises, are similar to us.

The findings of the study show that as the level of ED one of the schema sub-dimensions, increases, SA and ASA levels increase. It is known that childhood neglect experiences predict the ED schema (Cecero et al., 2004; Wright et al., 2009). The results of the study which found that the mothers of children with AS found their parenting less satisfactory and less sufficient (Herren, In-Albon, & Schneider, 2013) and which shows these mothers were evaluated as depressive and irritating, and that they had an anxiety disorder (Ereymiş et al., 2009) supports findings of this study. Due to these related qualities, it is thought that mothers can lead to a predisposition for their children to have experience neglect-like experiences. The fact that children with SA describe their families as less accepting supports this idea (Siqueland, Kendall, & Steinberg, 1996). Mothers with anxiety problems show less warmth to their children, behave

more negatively in their relationships, provide less autonomy to their children, and use more critical and more destructive behavior patterns compared to normal mothers (Whaley et al., 1999). The fact that the caregivers do not meet the child's physical and emotional needs and neglect the child may cause the child to develop low self-esteem and experience difficulties in interpersonal relationships (Yurdakök and İnce, 2004; Bahar et al., 2009). It has been revealed that childhood neglect experiences are associated with high anxiety levels in adulthood (Kendall-Tackett, 2002). With the lack of feelings of love, attachment and trust with the significant other, people think that they will not be loved in their adult life and that they will not be loved enough even if they are loved (Young et al., 2009). Individuals with SA are afraid of establishing close relationships with others (Üstün, 2008: 25) and think that other people do not love them and are not related to them (Büküşoğlu, 2004). This may lead to higher levels of ED schema in individuals with AS. On the other hand, when the level of SA decreases, individuals' social skills increase (Küçükötük, 2015), and an increase in social skills is expected to accompany a decrease in ED schema levels. Accordingly, individuals with shy personality traits are thought to experience high levels of anxiety in the absence of significant others with whom they have already established close relationships.

As a result of the study findings, an increase was determined in AS and ASA levels in parallel with the increase in the level of PES, which is one of the schema sub-dimensions. Overprotective attitudes of significant others play an important role in the formation of the PES schema (Hastings et al., 2007) and also on SA (Bögels et al., 2013). Parents with this attitude are overly attentive to their children. By opposing the decisions made by the children, actually they decide instead of the child. As a result, the child perceives himself as worthless and insecure, and looks pessimistic about life, thinking that he cannot cope with problems alone (Faraji & Utar, 2021). The parents of people with this schema are also anxious and they believe that bad events going to happen all the time (Roediger, 2020). Children with high fear of being alone and AD have high SA (Çetin, 2017). People with a pessimistic schema focus on the negative aspects of life, evaluate events as their worst, and believe that bad things will always happen to them (Karaosmanoğlu, 2016). Accordingly, PES schema seems to be associated with depressive disorders and depressive temperament. Individuals with AS focus on thoughts that something going to happen to them when they are away from their significant others, that they will lose them, and report pessimistic and depressive thoughts such as believing that they cannot cope with the problems in their lives alone. SA symptoms are significantly higher in depressed individuals (Carmassi, 2015; Yıldırım, 2019). Elbay et al. (2021) found that in an outpatient group of major depressive disorder 41% of them has comorbid separation anxiety disorder. The fact that even the parents of children with SA have higher levels of depressive disorder (Massi, 2001). Also Pini et al. (2021) indicates that SA even predicts suicidal thoughts.

As the schema sub-dimension of EMD increase, SA and ASA levels increase. In the addiction scheme, individuals live dependent on their environment and important others such as parents, spouses and siblings. Especially in Turkey the collectivist culture is dominant, parents raise their children dependent on them and it leads delays in the individuation processes of children (Alkan, 2010). The loss of any of the close relatives can cause great destruction in the person with an addiction schema (Arntz, 2012; Young et al., 2009). The dependent personality pattern includes the submissive and sticky behavior pattern, and it corresponds to the need for intensive care of others and SA (Kaplan & Sadock, 2004; Near, 2014). Dependent individuals who feel unsuccessful and think they do not have the ability to make the right decision want to have people who will help them (McWilliams, 2013). They are peaceful when they act permissive, altruistic, passive and submissive and so they can continue to be with their beloved one but on the other hand when they are not supported, directed or they abandoned by beloved ones, their anxiety and aggression levels increase (Pincus & Wilson, 2001). In this context, it is expected that

separation with significant others triggers the EMD schema. It is thought that the activation of this schema leads to constant thinking about significant others and to experience AS.

As the level of FA schema sub-dimension increases, SA and ASA levels increase too. The FA schema includes people's perception of themselves as more incompetent than others and the belief that they will constantly fail (Young & Kolosko, 2011). As a result of the overprotective, controlling and critical attitude of families, individuals may feel a sense of failure (Erözkan, 2012), while their intrusive attitude increases the level of anxiety in children (Hudson & Rapee, 2001). Parental perfectionism increases the child's anxiety (Affrunt & Borden, 2015). The child, who is expected to do everything perfectly, experiences a feeling of failure when he cannot reach the desired goal under this pressure (Aydoğdu & Dilekmen, 2016).

In the study, as the level of AS, which is one of the sub-dimensions of the schema, increased, it was determined that the levels of SA and ASA increased. It is reported that individuals who report an early maladaptive confirmation-seeking schema do not experience high levels of anxiety (Lindsey, 2014). In the AS scheme, individuals need the constant approval of those they are in close relations with (Karataş & Baki, 2017; Roediger, 2020). Among the diagnostic criteria of histrionic personality disorder, there are desires to be the center of attention, to be appreciated and to be liked. These wishes are related to the fact that people always need the approval of others in order to feel valuable (Bilge & Balaban, 2021). It is thought that these people feel worthless that they are far away from the important others they hope to receive appreciation and approval from, and therefore they may experience AS.

As the level of SS schema subdimension, increases, SA and ASA levels increase too. In the SS schema, individuals dedicate themselves to pleasing others. Individuals with this schema show dependence on others and display destructive attitudes towards the people around them (Young et al. 2009). People who exhibit an attitude of SS can see this as a useful method for maintaining relationships (Hogan et al., 2007) It is known that addicted people exhibit more SS (Furnham, 2016). Even if addicted people think that the behavior of their significant other is wrong, they behave very submissively and obediently in order to avoid the anxiety of losing them (Arntz, 2012; Beck et al., 2004). In this context, it can be predicted that people with a SS schema need the presence of important others to guide and support themselves and sacrifice themselves in order not to lose them.

As the level of Suppression of Emotions, which is one of the schema sub-dimensions, increased, it was found that the levels of SA and ASA increased. In a study, it was determined that the suppression of emotions schema, which is one of the EMS, was more active in the anxiety disorders group than in the control group (Yoosefi et al., 2016). People with suppression schemas think that they should avoid spontaneous emotions and spontaneous actions in order to avoid criticism and rejection (Young et al., 2009). Individuals with a suppression schema have difficulties in interpersonal relationships especially establishing new relationships because they cannot express their emotions as they are. Therefore, it can be said that they are worried about losing their significant others and they experience SA.

As the level of US schema subdimension increases, SA and ASA levels increase. The imperfection schema refers to the person's perception of himself as defective, unloved or worthless (Young et al., 2009). As self-esteem, which means the state of appreciation that people reach as a result of self-evaluation, decreases, their perception of themselves as defective and their level of SA increase (Karabulut, 2019; Ak, 2021). Factors such as exposure to peer pressure, exclusion from friends, and lack of social skills can trigger anxiety disorder (Rapee, 2015). The findings support our study, as individuals' liking themselves more means they find themselves less flawed. People with the imperfection schema are thought to experience intense anxiety about being separated from them because they feel worthless and need significant others for their positive self-worth.

As the level of SII, one of the schema sub-dimensions, increased, it was found that the levels of SA and ASA increased. It is seen that people who have distorted beliefs about relationships make wrong inferences when perceiving others and their relationships, and therefore experience SA (Çam & Çelik, 2018). This situation reaches visible dimensions in individuals with avoidant personality disorder (Bilge and Balaban, 2021) and borderline personality disorder (Faraji, 2021). Social isolation schema is formed as a result of exclusion and humiliation experiences in childhood (Roediger, 2020). Even if there is no effective exclusion, this schema is encountered in families that close themselves against external factors (Farrell et al., 2015). People with a social isolation schema believe that they do not belong to any group, union or community other than their families (Young et al., 2009). People with a social isolation schema want to be with their significant others because they feel that they cannot fit into a new group and adapt to others. It is thought that this schema, which was developed by being isolated by peers in childhood, is reactivated as separation from significant others increases loneliness. For this reason, it can be thought that they experience anxiety apart from important others to whom they feel belonging and trust.

As the level of Punishment increases, SA and ASA levels increase. People with punishment schema cannot tolerate and react to their own or others' mistakes and weaknesses (Roediger, 2020). Authoritarian and critical parents, who show little warmth to their children and have a high level of control over their children, are effective in the development of the punishment scheme (Baumrind, 1971; Tuncay, 2008). Children who grow up in such a family environment internalize these attitudes and think that the rules should be obeyed completely, ignore the humane reasons behind the mistakes made, and develop the belief that every mistake should be punished (Demiriz et al., 2007). People with schemas in the area of hypervigilance and suppression, where punishment is one of them, think that emotions and impulses should be suppressed and mistakes should not be made. Otherwise, they believe that their lives will be turned upside down and they will feel anxiety as a result (Young et al., 2009). The fact that individuals with high levels of punitive schema are very careful in their relationships, which they think that the slightest mistake they will make may cause the end of their relationship (Faraji & Başçelik, 2022) is considered as a supportive finding for these individuals' SA.

As the level of High Standards, which is one of the schema sub-dimensions, increased, it was determined that the levels of SA and ASA increased. Aydın (2020)'s study is similar to the findings of this study. People with a high standards schema may need a significant other to decide the adequacy of the standards they set for themselves. It is also thought that they want to be close to them in order to please their significant other by showing the standards they have reached.

Discussion of the Relationship between Early Maladaptive Schemas and the Level of Individuation in Emerging Adulthood

According to the findings of the current study, a significant relationship was found between all dimensions Individuation Test for Emerging Adults except for the IF and SCF who have high intrusive attitudes, which are among the sub-dimensions of the level of individuation in adulthood that appear with the nesting/dependence schema. It has been observed that individuals with EMS perceive that they are more intertwined with their parents and that their personal freedoms are limited (Roring, 2012). Although it is a situation that is starting to change today, it is thought that there is a difference between relationship with father and relationship with mother in Turkish culture. It has been usually the mother who takes care of the child and takes care of him relatively more (Şahin & Özbey, 2007). While a significant relationship was found in all sub-dimensions related to the mother, the reason why no significant relationship could be found in all sub-dimensions related to the father is thought to be the gender roles and the duties assigned to the mother.

In Roring's study (2012), a significant relationship was found between the schemas in the separation and rejection domain and the level of individuation, and the schemas in this field were found to be a significant predictor of SA, which is one of the sub-dimensions of the individuation level. Moreover, EMS associated with the area of separation and rejection and the area of hypervigilance and suppression were found to predict rejection expectation, which is a sub-dimension of the individuation level scale. In other studies, it has been found that people with schemas in the area of separation and rejection and others-directedness feel more lonely and less emotionally close to their parents than others (Vivona, 2000; Wei et al., 2005).

Discussing the Relationship Between Individuation Level and Separation Anxiety in Emerging Adulthood

The findings of the current research show that people with low individuation levels in emerging adulthood are more likely to experience SA. Although there are no studies directly investigating the relationship between individuation level and SA in the literature, the results of the current study are compatible with studies investigating the relationship between individuation level and anxiety (Lapsley & Edgerton, 2002; Lindsey, 2014). When the literature is examined, it is seen that researches focused on attachment theories and anxiety, and attachment theories were associated with the separation-individuation process (Bartholomew & Horowitz, 1991; Lopez & Glover, 1993; Lapsley & Edgerton, 2002; Mattanah et al., 2004). According to Bowlby (1988), anxiety experienced in adulthood emerges as a result of childhood experiences and attachment processes from childhood. It is thought that anxiety levels increase when individuals who have not developed a basic sense of trust need to distance themselves from important others, take responsibility and make decisions on their own. Simonelli et al. (2004) argue that the source of cognitive and emotional processes which leads to depression and anxiety may be attachment styles inherited from childhood. Insecure attachment styles have been associated with anxiety disorders (Warren et al., 1997), trait anxiety in children (Dilmaç et al., 2009) and SA (Yurtseven & Özkul, 2022).

According to the findings obtained in the study, when ATM and ATF level, which are sub-dimensions of individuation increase, SA level decreases. Attachment is characterized by mutual understanding, respect and trust in an individual's relationship with a particular parent (Komidar et al., 2016). The child, who provides the basic sense of trust from his family, can become a separate individual from them, take responsibility for his life and continue his life successfully in their absence (Darling & Steinberg, 1993). Attachment sub-dimension is one of the positive dimensions of individuation related to parents. It is thought that the fact that people who have established a trusting relationship with their parents know that their needs will be met in accordance with the developmental processes and that being away from them will not end the relationship between them, reduces the level of SA and supports individuation.

According to the findings obtained in the study, as the level of Seeking Support-Mother and SSF, which is one of the sub-dimensions of individuation level, increases, the level of SA increases. Support Seeking refers to the individual's seeking emotional support such as advice and help from parents in difficult situations (Komidar et al., 2016). The overly caring and protective approach of the important other in the child's life leads to the child's emotional intelligence and psychological resilience to be low (Faraji & Utar, 2022) and prevents individuation (Kwon et al., 2016). In this context, the child perceives independence as a threat and thinks that individuation will undermine his security (Gabbard, 2000). People with low individuation have difficulty in making decisions on their own and expect others to make decisions for them. People who expect significant others to support them in order to continue their lives have difficulty in expressing their thoughts independently and approve the thoughts of others without questioning them (Duygulu, 2018). Also it is expected that critical, intrusive and perfectionist parental experiences, limit the individual's ability to act autonomously and make him doubtful about

his sufficiency and the choices he makes, leads needing the other who "knows everything better" and exhibiting SA. It is thought that people who have not developed an individual problem-solving systematic in the face of difficult situations and who expect support from their parents will experience high levels of anxiety in their absence.

According to the findings obtained in the study, as the level of intervention (IM) of mothers increases, the level of SA increases. No significant relationship was found between SA and father with high intrusive attitudes. Intrusiveness refers to the perception that the individual intrudes on the privacy of his parents (Komidar et al., 2016). Parents with narcissistic personality disorder accept or do not accept their children according to their characteristics such as smart, beautiful or handsome, whether they are successful or not. Narcissistic parents who interfere with their children at a high level consider their children as disappointment when they do not have the characteristics they want and do not accept them. For this reason, children may start to set goals in line with their wishes by giving up their own ideas in order to gain the acceptance of their parents and may not be able to achieve full individuation (Jonice, 2018). Helicopter parents, who took their children to the central focus point their lives, display intrusive behaviors by making the decisions in their children's lives in order to protect them from stress and solve their problems, and this negatively affects the individuation of their children (Odenweller et al., 2014; Duygulu, 2018). The interventionism dimension is among the negative sub-dimensions of individuation related to parents. It is thought that individuals whose private areas are interfered with and whose privacy is not respected may be insecure about creating a space of their own and an independent life, and therefore, the levels of SA may increase in the absence of significant others. The reason why there was no significant relationship between the father, who has a high level of intrusive attitudes, and SA, is due to the fact that the father is a secondary figure in the child's life after the mother, the primary problematic of separation proceeds through the relationship with the mother, and the father's strict, unemotional stance in the traditional Turkish family structure. is thought to be possible.

As the SCM level, which is one of the sub-dimensions of the level of individuation, increases, the level of SA decreases. No significant relationship was found between AS and SCF. Self-confidence defines the individual's belief that he can manage his problems and important decisions in the absence of a certain parent (Komidar et al., 2016). There is a relationship between parents with a democratic attitude and the level of self-confidence. Democratic parents, who are aware of their children's development levels and experiences, guide them as much as necessary and help them to face their problems on their own by confronting wrong behaviors. Thus, children gain the self-confidence to face the problems in their lives even in the absence of their parents (Latouf, 2008). It is thought that the level of anxiety experienced at separation from them decreases as they overcome difficulties without the help of a particular parent.

As the level of the FDPF increases, the level of SA increases. FDP refers to the emergence of feelings such as anxiety, anger and guilt if the individual cannot meet the expectations of a particular parent (Komidar et al., 2016). As a result of psychological control, which includes behaviors such as stopping giving love or making the child feel guilty in order to control the child, the child is afraid of disappointing his parents and feels guilty about it. As a result, the child who cannot individuate becomes dependent on his family and cannot take on the responsibilities of his life when he is separated from his parents (Barber et al., 1994; Ballash, 2006; Schiffrin et al., 2014). FDP is one of the negative sub-dimensions of individuation. It is thought that individuals who do not accept that their wishes and views may differ from their parents' wishes and views, experience high levels of AS because they cannot display original behaviors in their absence or cannot determine whether their behaviors are suitable for their parents.

5. CONCLUSION

As a result of the findings of the study, it was seen that EMS were associated with AS. It is thought that the research findings may help in the treatment of EMS associated with separation anxiety disorder. It has been observed that especially impaired autonomy and disconnection schema domains and the level of individuation play a role in the relationship between schemas and SA. Investigating this developmental period, which is positioned between adolescence and adulthood, with the gradual prolongation of the transition to adulthood in post-industrial societies makes it important to better understand the relationship of the emerging adulthood period with different factors. Like every transition period, the emerging adulthood period, in which uncertainties come to the fore, triggers feelings of anxiety in the individual. Especially since it is a period organized around the issue of separation from the family and being an individual, its contribution on SA may be higher.

It is thought that the findings of the study provide guidance on which schemas may be involved in emerging adults who apply for treatment with SA symptoms, and therefore which schemas should be studied first.

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