Association of Self-Construal with Disclosure and the Need for Affect among Psychological Counselor Candidates

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ABSTRACT

This study examines whether relatedness, autonomy, and autonomous-related self-construals predict the variables of approaching and avoiding emotions through the perception of self-disclosure. In this context, a path model containing these variables was developed and tested in this study by considering theoretical explanations. Participants included students attending Aksaray University's Guidance and Psychological Counseling Department. Taking into consideration that the individuals to whom the measurement tools would be administered were to be between 18 and 26, the maximum diversity method, one of the purposive sampling methods, was employed in the study. Data were collected "Relational, Autonomy, Autonomous-Relational Scale", "Short Form of the Need for Affect Questionnaire" and "Opener Scale". This study shows that relatedness, autonomy, and autonomous-related self-construals are directly related to the perception of disclosure. The results revealed that those with relatedness self-construal have the highest perception of disclosure. Autonomy self-construal came second and autonomous-related self-construal came third. In this study, it seems that individuals with relatedness self-construal perceived themselves more open in terms of sharing their feelings. This study shows that the perception of disclosure was low in autonomous-related self-construal in which individuals both perceived and assessed themselves as autonomous and interdependent with others.

Keywords:
Self-construals, Need for Affect, and Disclosure

INTRODUCTION

One of the indispensable parts of life in the adaptive and cognitive context, emotions can be explained by a pattern that includes individuals' basic feelings such as being happy, angry, sad, furious, and frightened (Uçar & Aliyev, 2017). Emotions have an important place in human life because of their adaptive and cognitive functions. One of the still valid debates today is whether emotions are an extension of a cognitive process or a separate process from cognition. Existing internally and implicitly in individuals, emotions manifest themselves by behavioral patterns shaped against others in interpersonal relationships and by collecting information about the processes in which individuals are involved (Izard, 2007). Thus, playing an active role, emotions also affect high-level cognitive functions such as making decisions, predictions, and judgments (Kavas, 2019). Individuals tend to understand the emotions of both themselves and others. This tendency can be explained by the need for affect (Mario &Essen, 2001; Salovey, Hsee&Mayer 2001). The need for affect refers to individuals' general motivation to approach or avoid emotional activities or situations (Duyan, Uçar&Kalafat 2011). Maio and Esses (2001) argue that individuals have a certain need to understand their own and others' emotions despite their emotional experiences, and this need leads to a process involving motivation to approach or avoid emotion. Emotions are closely associated with high-level cognitive functions such as questioning, discussion, and judgment. Therefore, controversial issues and extreme opinions on these issues seem to be very attractive for individuals with a high tendency to approach emotion. This pattern can be explained by the fact that discussions with extreme opinions allow these individuals to experience strong

emotions (Maio &Esses, 2001).Individuals with a high need for affect are more likely to engage in activities such as being part of social groups, reading novels or poems, watching horror movies, and going to plays compared to individuals with a low need for affect (Maio & Esses 2001). A low need for affect, i.e., a tendency to avoid emotions, makes individuals withdraw from such activities. Another differentiation exists between genders. Studies have shown that while men exhibit emotional avoidance behaviors, women tend to approach these situations (Kring & Gordon, 1998). Different research results reveal that individuals' emotional responses differ according to sex (Nolen-Hoeksema&Girgus, 1994; Fujita, Diener& Sandvik, 1991).

As mentioned, individuals have emotional patterns that include their basic emotions. In addition, each individual is also a social entity. Individuals' quality of being social makes the act of talking one of the most important acts providing interaction for individuals (Taylor, Peplau&Sears,2015).In this context, one of the most important variables directing interpersonal relationships and ensuring the healthy execution of these relationships is the act of self-disclosure. Introduced to the literature by Jourard (1959), self-disclosure is defined as the most effective way that individuals use to convey their thoughts, emotions and desires to other parties (Selçuk, 1989). Specifically, self-disclosure refers to individuals sharing their traits, their good or bad sides, their happiness, joy and grief, their emotions and thoughts, their desires and expectations, and their talents and skills with the most appropriate person or persons using verbal or non-verbal communication (Çetinkaya, 2018). In addition, Yalom (1992) defines self-disclosure as individuals revealing their past and current events in their lives, their dreams and fantasies, their hopes for the future, and what they feel about others by reflecting on the opposite parties. Studies have shown that individuals generally enjoy self-disclosing behavior (Myers, 2015) and that individuals who both open themselves (Collins & Miller, 1994) and experience self-disclosure of others (Archer & Cook, 1986; Taylor, Gould& Brounstein, 1981) are pleased with these patterns. While the individual who expresses his or her thoughts and emotions to the other party, the individual shares. The individual who experiences self-disclosure of someone else is pleased because he or she learns about the special aspects of that person's life (Myers, 2015). This pleasure increases even more when affiliation and well-being, particularly self-disclosure, are related to a specific subject. The reason behind this is associated with trust. The individual who self-disclosure trusts the receptor and cares about the receptor's response (Tong, 1998; Aker, 1996). Therefore, self-disclosure is emphasized as one of the leading dynamics in providing affiliation in relationships and developing positive interpersonal relationships. In addition, the level of self-disclosure can vary depending on whether the other party is a friend, family, business relationship, or a stranger, but it can also vary according to the subject mentioned (Tong, 1998). However, studies show that the most satisfying and reliable self-disclosing behavior occurs in reciprocal self-disclosing experiences. Therefore, self-disclosure enables the other party to self-disclose (Miller, Ashton&Mishal, 1990). In addition, research also shows that women are more successful and willing than men in disclosure, especially their feelings of weakness and fear (Gündoğdu, 2010; Cunningham, 1981).

In addition to self-disclosure having a positive developing role for an individual's relationships with others, it predicts the individual's well-being, i.e., happiness (Derlega& Berg, 1987; Noller&Bagi, 1985), and contributes to the development of a healthy personality (Chen & Cheng, 2001). Individuals'self-disclosures to others may differ according to many factors (Gültekin, 2001). One is the concept of culture. Studies on the concept of culture show that individuals who grew up in individualist cultures show a more self-disclosing behavior than individuals who grew up in collectivist cultures. This can be explained by the importance individualistic individuals attribute to themselves (Taylor, Peplau& Sears, 2015). In collectivist cultures, social relationships are based on certain norms and values and are more formal and limited. These characteristics will make the individual with a collectivist tendency shy away from self-disclosing to others (Taylor, Peplau&Sears, 2015). Self-disclosing behavior in the cultural context also changes in relation to gender. In many cultures, studies (Dindia & Allen, 1992, Gündoğdu, 2010) show that men express their emotions to a lesser extent than women and self-disclose less to others. this tendency difference between women and men is shaped by the social roles expected from them (Kökdemir, 1995). Another variable of the study is the concept of self-construal. The question "Who I?" was introduced to the psychology literature with the concept of self by Williams James (1963). The concepts of autonomy and related self were explained by Singelis (1994) as to what extent individuals define themselves as a whole with others or separately from others. Accordingly, the autonomous self was associated with the distinctness of individuals, and the relatedness self with the individual's adaptation to the group. Kağıtçıbaşı (2017) argues that there are two dynamics in the autonomy and relational self, which are considered as the individual's basic needs. According to Kağıtçıbaşı (2017), these

are agency and interpersonal distance. Agency refers to an individual taking action with the belief that they can do something with their own will. Interpersonal distance is explained by how far away an individual sees his or her self from others' selves.

By also using historical and social changes specifically in Turkey in her studies, Kağıtçıbaşı (2017) proposed a third model, the autonomous-relational self, in addition to autonomy and relatedness models. The nuclear family structure that emerged due to industrialization and urbanization in Turkey created individuals who are physically autonomous but still emotionally related to their families. Proposing the autonomous-relational self, Kağıtçıbaşı (1996) explained this model with a self-construal in which the collectivist/relational and individualistic/autonomous characteristics are seen together. Accordingly, in Turkish society, autonomous relational self-construal is the most common.

For psychological counselors who will perform both guidance and psychological counseling services, having the perception of self-disclosure and disclosure is considered a prerequisite for providing therapeutic relationships in the desired direction during the counseling process. In this context, individuals' perception of themselves as self-disclosable while providing psychological counseling services is considered as one of the important variables that will facilitate the formation of a client– counselor relationship. Therefore, for counselors, having this perception plays a very functional role in gaining counseling skills and effectively applying them. Approaching and avoiding emotions is proposed as one of the leading tendencies in determining the relationships of individuals with other people and life phenomena. Individuals with a high need to approach emotion are eager to experience strong emotions and show willingness for actions such as forming new relationships and discussions activating emotions. Considering this context, it can be concluded that these features are necessary for the provision of guidance and psychological counseling services. The expectation from the psychological counselor is to understand the feelings and thoughts of the student and to give feedback to him or her in that direction. The self-construals emphasized by intercultural and social psychology are determinants of many of our behaviors. In this regard, examining the relationships between autonomous-related self and forms of self reflecting Turkish culture and the self-disclosing behavior that differs from culture to culture, that has a strong relationship with need for affect and that is expected from psychological counselors with these variables in this study may contribute to the literature and may also provide information about the direction and strength of the relationship of these variables.

METHOD

AIM AND METHODOLOGY OF RESEARCH

The main purpose of this study is to examine whether relatedness, autonomy, and autonomous-related self-construals predict the variables of approaching and avoiding emotions through the perception of self-disclosure. In this context, a path model containing these variables was developed and tested in this study by considering theoretical explanations. The hypothesis model and hypotheses of the study are presented below:
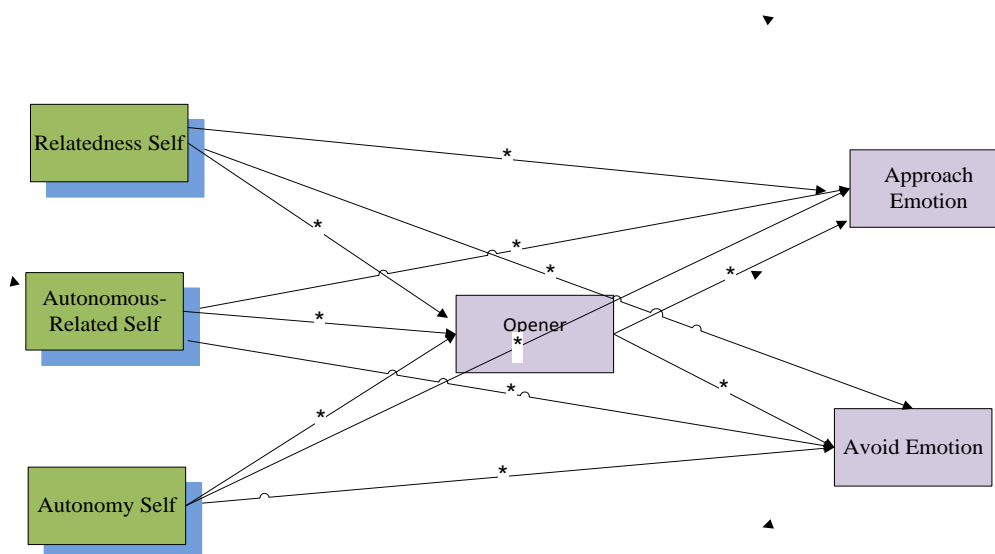

Figure 1. Hypothesis model

Research design

The main purpose of this study is to examine whether relatedness, autonomy, and autonomous-relational self-construals predict approach emotion and avoid emotion through disclosure. In this context, a path model containing these variables was developed and tested in this study by considering theoretical explanations. The hypothesis model and hypotheses of the research are presented below:

1.   Is the direct effect of relatedness, autonomy, and autonomy-related self-construals on approach and avoidance of emotion significant?

2.   Is the direct effect of self-disclosure on approach and avoidance of emotion significant?

3.   Is the indirect effect of relatedness, autonomy, and autonomy-related self-construals on the approach and avoidance of emotion through disclosure significant?This study is a descriptive research questioning the current situation. A research based on a relational survey model was conducted to examine the effect of relatedness, autonomy, autonomous-relational self-construals, and disclosure on approach and avoidance of emotion during the emerging adulthood and adulthood periods in Turkey. Survey models are research approaches that describe a situation as it was in the past or a situation that still exists as it is (Karasar, 2004). Data were collected from individuals of different ages, and a cross-sectional research design was employed. In this study, a path model including the relationships between self's relatedness, autonomy and autonomous-related dimensions, and self-disclosure and need for affects' approach emotion and avoid emotion was developed and tested on university students.

Participants

The research group consisted of 294 (70.7% female, 29.3% male) university students. Participants included students attending Aksaray University's Guidance and Psychological Counseling Department. Taking into consideration that the individuals to whom the measurement tools would be administered were to be between 18 and 26 (emerging adulthood), the maximum diversity method, one of the purposive sampling methods, was employed in the study. In purposive sampling, the researcher determines a sample based on previous theoretical information about the population, his or her own knowledge, and the specific purpose of the study (Fraenkel& Wallen, 1993). The basis of this sampling is the purposeful selection of the most suitable one or several sub-sections of the population for the universe's study problem instead of selecting a representative sample of the population (Sencer & Irmak, 1989). This sampling method provides important clues about the values of the population (Büyüköztürk, Çokluk&Şekercioğlu, 2014).

Measurement Tools

Relational, Autonomy, Autonomous-Relational Scale: The Relational, Autonomy, Autonomous-Relational Scale developed by Kağıtçıbaşı (2005) was used to measure self-forms. Each subscale consists of nine items. Participants were asked to rate how each item in the scale reflected their own situation by scoring the items between 1 (strongly disagree) and 5 (strongly agree). The Cronbach's alpha internal consistency coefficient of the relational scale was .72, that of the autonomy scale was .81, and that of the autonomous-relational scale was .78. According to the total score obtained from each scale, an assessment is made regarding the autonomous self, relational self, and autonomous– relational self.

Short Form of the Need for Affect Questionnaire: The Turkish version of the Short Form of the Need for Affect Questionnaire, developed by Appel, Gnambs, andMaio (2012), was developed by Uçar (2017). The 5-point Likert-type scale consists of 10 items. Five items measure approach emotion, whereas five items measure avoiding emotions. In this study, the Cronbach's alpha value of the approach emotion subscale was found to .69, and the Cronbach's alpha value of the avoiding emotions subscale was found to .69.

Opener Scale: Conducted with 740 undergraduate students, the study by Miller, Berg, and Archer (1983) aimed to measure how comfortably an individual can talk to others, that is, how much people tend to self-disclose to one another. The 5-point Likert-type scale consists of 10 items. The participants were asked to rate how each item in the scale reflected their own situation by chosing between 0 (strongly disagree) and 5 (strongly agree). The highest score that can be obtained from the scale is 40, and the lowest score is 0. Getting high scores on the scale indicates that individuals are comfortable in opening up to you. The reliability of the scale was found to be .69 after the test–retest was performed six weeks later. The Cronbach's alpha value for internal consistency was found to be .70. The scale was found to have a positive relationship with the empathy scale and a negative relationship with the shyness scale. The validity of the scale was found to be 0.89. In this study, the Cronbach's alpha value of the Opener Scale was found to be .81 (Weiten, Hammer& Dunn, 2016).

Exploratory and confirmatory factor analyses were used for the Turkish adaptation of the Opener scale. The Cronbach alpha test was used for reliability. The research group consisted of 289 (70.7% female 29.3% male). To collect data, the short version of Opener and argumentativeness scale were used. Exploratory and confirmatory factor analysis revealed a single factor structure. For convergent validity of the scale, we used an argumentativeness scale. Argumentativeness was conceptualized as a trait composed of the tendency to approach arguments and the tendency to avoid arguments. The Short version of the Argumentativeness Scale developed by nfante and Rancer (1982). The reliability study on the short version of Opener Scale had an internal consistency of .85. As a result of this study, it is determined that the short version of the Opener Scale is valid and reliable for Turkish society (Gündoğdu, Uçar & Konal, 2020).

DATA COLLECTION PROCESS

Data for this study were collected in individual and group applications. Data were obtained from the researcher during the course hours with the permission and assistance of the instructor. The administration of the scales took 20–25 min. The study data were collected between April 2019 and May 2019. Participation was on a voluntary basis. The participants were given brief information about the purpose of the study, and then scales were distributed to the participants who wanted to participate. In addition, additional explanations were provided to the participants when necessary. Identity information was not requested from the participants. The study group consisted of 300 undergraduate students studying in Aksarayfrom 2018 to 2019. After the outliers were removed, analyses were performed on 293 people. 208 of the study group were females (70.7%) and 86 were males (29.3%). The ages of the study group ranged between 18 and 27 (age=22.96; Sd:4.51).

FINDINGS

The statistical values of the participants' scores on the Relational, Autonomy, Autonomous-Relational Scale, Short Form of the Need for Affect Questionnaire, and Opener Scale are presented below.

Table 1.*Arithmetic mean, standard deviation, and skewness and kurtosis values of psychological counselor candidates' approach emotion, avoid emotion, disclosure, relatedness, autonomy, and autonomous-related scores*

	$\overline{X}$	Sd	skewness	kurtosis	variance	range	minimum	maximum
Approachemotion	20.15	2.58	-.900	2.72	6,68	17.00	8.00	25.00
Avoid emotion	11.73	3.25	.561	.452	10.61	16.00	5.00	21.00
Disclosure	29.32	5.79	-.084	-1.037	33.60	24.00	16.00	40.00
Relatedness	34.05	4.78	-.712	1.224	22.85	29.00	15.00	44.00
Autonomy	27.57	5.51	.229	.379	30.14	35.00	9.00	44.00
Autonomous-related	37.52	4.69	-.780	1.032	22.07	26.00	19.00	45.00

Relationships between relational, autonomy, and autonomous-relational self-construals, disclosure, approach, and avoidance of emotion are presented in Table 2.

Table 2. *Relationships between psychological counselor candidates' relational, autonomy, and autonomous-relational self-construals, disclosure, and approach to avoid emotion*

	1	2	3	4	5	6
Approach emotion	1	-,199**	,260**	,224**	-,061	,214**
Avoid emotion		1	-,176**	-,171**	-,101	-,246**
Disclosure			1	.188**	.053	.191**
Relatedness				1	.410*	.340**
Autonomy					1	-.019
Autonomous-related						1

** p<0.01 * p<0.05

Table 3. *Goodness of Fit Indices of the Model*

Goodness of Fit Index	Value
X²/sd	5.77/2= 2.88
GFI	.99
CFI	.97
NFI	.96
RMSEA	.081

A path model was developed to determine whether relatedness, autonomy, and autonomous-related self-construals predict approach and avoid emotion through disclosure. According to the analysis, model fit coefficients were adequate(X^2 / sd = 3.25, GFI = .99, CFI = .97, NFI =. 96; RMSEA = .081, p = 0.001). The X^2 value was slightly higher than the ideal value of 2 (2.88), but the X^2 value is extremely sensitive to the sample size. This value was also within acceptable limits (Büyüköztürk, Çokluk and Şekercioğlu 2014; Şimsek 2007). Based on these values, the model fits the data. The results of the model analysis are presented below.
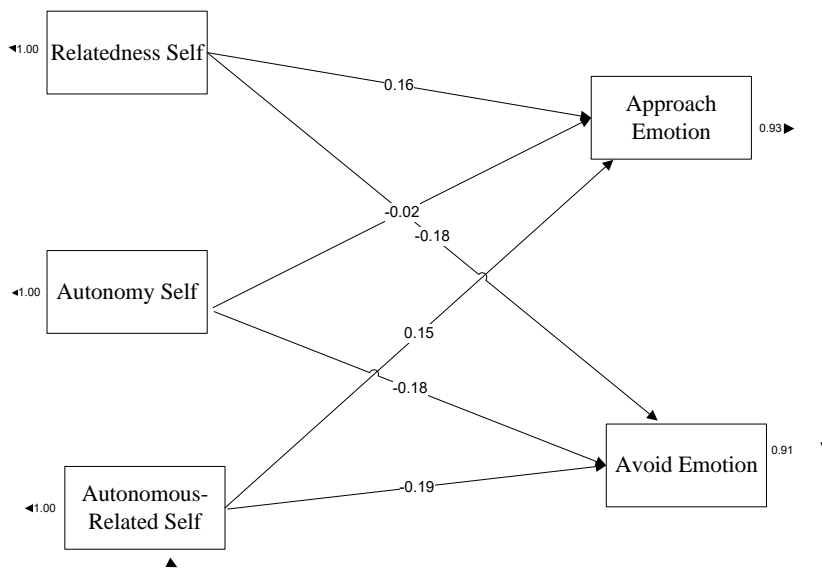

Figure 2. Self-construals, approach emotion, and avoid emotion

As shown in Figure 2, relatedness self-construal was directly associated with approach emotion and explained 16% of the variance (ß = .16, p <.001, t=2.72). The direct relationship between relatedness and avoidance also explained 18% of the variance (ß =-. 18, p <.001, t=-2.71). However, the relationship was negative. Thus, it can be interpreted that as relatedness increased, avoiding emotion decreased. There was no direct relationship between autonomy self-construal and the approach emotion dimension (ß =-.02, p<.001, t=0.13). The direct relationship between autonomy and avoidance also explained 18% of the variance (ß =-.18, p <.001, t=-2.87), but the relationship was negative. Thus, it can be interpreted that as autonomy increased, avoidance of emotion decreased. The autonomous-related dimension and approach emotion were directly related and explained 15% of the variance (ß =.15, p <.001, t=2.54). The direct relationship between autonomous-related and avoid emotion also explained 19% of the variance (ß =.19, p <.001, t=-3.11), but the relationship was negative. Thus, it can be interpreted that as autonomy increased, avoidance of emotion decreased. As seen in this analysis, there were direct relationships between relatedness, autonomy, approach, and avoidance of emotion. There was no significant relationship between autonomy and approach emotion.

First, the Sobel test was employed to add the perception of disclosure as a mediator between relatedness, autonomy, and autonomous-related self-construals, and to approach and avoid emotions.

Table 4.*Relatedness, autonomy, autonomous-related, mediator disclosure, approach emotion and avoid emotion Sobel Test.*

Relatedness-approach emotion	Test statistics	SS	P
Sobel Test	2.31203718	0.00481653	0.02077563**
Autonomy-approach emotion			
Sobel Test	0.24105336	0.00336855	0.80951376
Autonomyrelatedness-approach emotions			
Sobel Test	0.45664982	0.02159204	0.64792276
Relatedness-avoid emotions			
Sobel Test	0.00273333	4.45500174	0.99781912
Autonomy-avoid emotion			
Sobel Test	0.00309375	3.39200198	0.99753155
Autonomy-relatedness-avoid emotion			
Sobel Test	2.18813754	0.00588171	0.02865959**

The Sobel test revealed that the perception of disclosure had a mediator effect on relatedness self-construal and approach emotion (Sobel=2.31 p<05) and autonomous-related self-construal and avoid emotion (Sobel=2.18 p<05), whereas it had no mediator effect on others.

Table 5.*Goodness of fit index model on whether relatedness, autonomy and autonomous-related self-construals predict approach emotion and avoid emotion though disclosure*

Goodness of the Fit Indices	Value
X^2/sd	12.67/4= 3.25
GFI	.99
CFI	.96
NFI	.98
RMSEA	.086

A path model was developed whether relatedness, autonomy, and autonomous-related self-construals predicted approach and avoided emotion through disclosure. According to the analysis, model fit coefficients were adequate(X^2 / *sd* = 3.25, GFI = .99, CFI = .97, NFI =. 96; RMSEA = .081, p = 0.001). The X^2 value was higher than the ideal value of 2 (3.25), but the X^2 value is extremely sensitive to the sample size. Since this value is extremely sensitive in samples, especially over 200, GFI, CFI, and NFI values are checked (Çokluk et al.2010; Şimsek 2007). Based on these values, the model fits the data. The results of the model analysis are presented below:
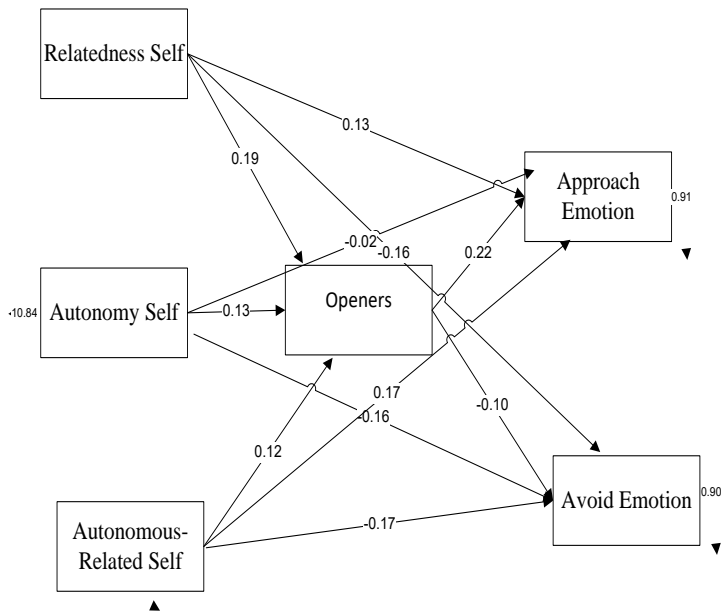
Figure 3. Path model regarding whether relatedness, autonomy, and autonomous-related self-constructals predict approach emotion and avoid emotion through disclosure
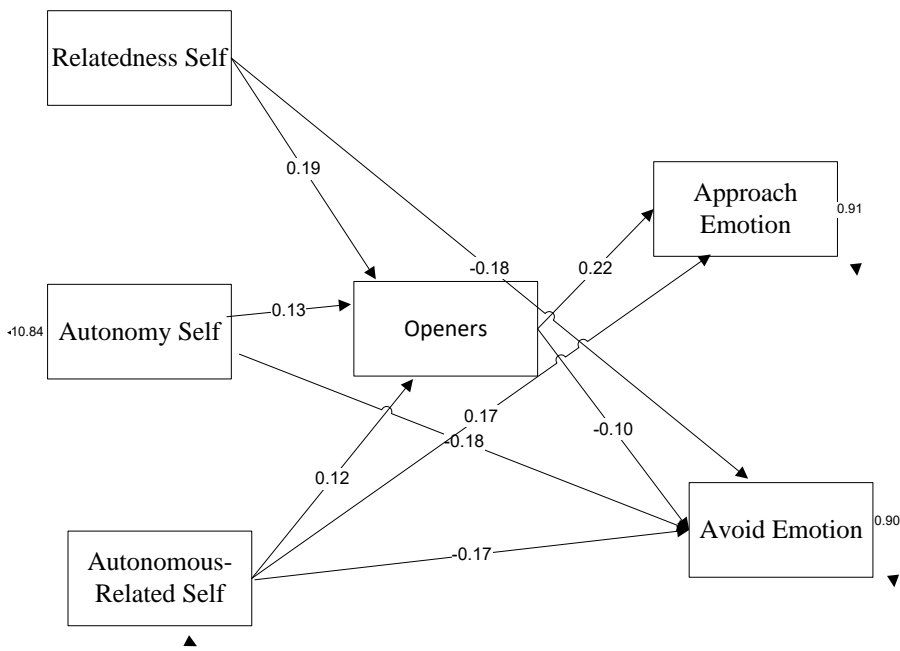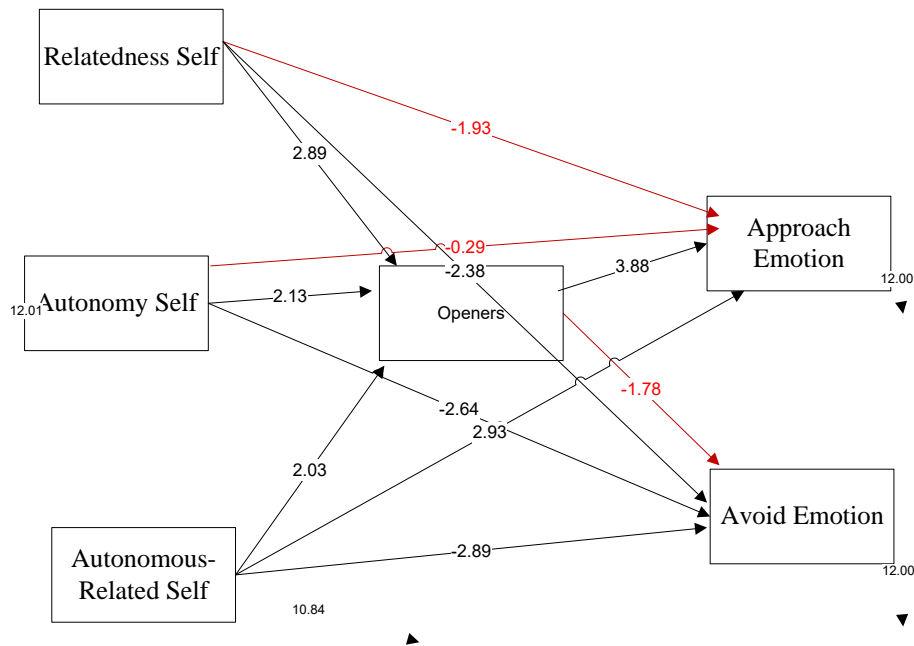

Figure 4. Final model

Figure 5. Final mode t values

As seen in Figure 4, relatedness self-construal was directly related to disclosure (ß = .19, p <.001, t=2.89). Autonomy was directly related to disclosure (ß = .13, p <.001, t=2.13). The autonomous relationship was directly related to disclosure (ß = .12, p <.001, t=2.03). The direct relationship between relatedness and avoidance also explained 18% of the variance (ß = -.18, p <.001, t=-2.38). However, this relationship was negative. Thus, it can be interpreted that as relatedness increased, avoid emotion decreased. The direct relationship between autonomy and avoidance also explained 18% of the variance (ß = -.18, p <.001, t=-2.64). The direct relationship between autonomous-related and approach emotion also explained 17% of the variance (ß = -.17, p <.001, t=2.93). The direct relationship between autonomous-related and avoid emotion explained 19% of the variance (ß = -.17, p <.001, t=-2.89). However, the relationship was negative. Thus, it can be interpreted that as autonomy increased, avoidance of emotion decreased. There was no direct relationship between autonomous-related and approach emotions in the model. A relationship was found between disclosure and approach emotion, explaining 22% of the variance (ß = .22, p <.001, t=-3.88). When disclosure was added to the analysis, relatedness predicted the approach emotion through disclosure. While relatedness without disclosure directly predicted approach emotion and explained 16% of the variance (ß = .16, p <.001, t 2.72), the explained variance decreased to 13% when disclosure was added, and the relationship was not significant (ß = .1, p <.001, t=1.93). Relatedness contributed 6% to the variance when relatedness was through disclosure. The Sobel test calculated that relatedness significantly predicted approach emotion through disclosure (Sobel=2.31 p<05). When disclosure was added to the analysis, autonomous-related predicted emotion through disclosure. While relateness without disclosure predicted approach emotion and explained 19% of the variance (ß = -.17, p <.001, t=-2.89), the explained variance decreased to 17% when disclosure was added and was found to be not significant (ß = -.17, p <.001, t=2.89). Autonomous-related contributed 5% to the variance when autonomous-related was through disclosure. The Sobel test also calculated that relatedness significantly predicted approach emotion through disclosure (Sobel=2.18 p<05).

RESULTS, DISCUSSION, and SUGGESTIONS

The way individuals express their emotions and the relationships they form with their emotional states are greatly influenced by the cultural conditions they are in (Nisbett, 2003). Self-construals created by different cultural conditions affect the way individuals approach and avoid emotions and the level of these emotions (Konal, 2019). There are different relationships between Turkish culture and different self-construals caused by this culture and the need for affect (Konal, 2019). Self-disclosure is significantly affected by individuals'

self-construals and the culture they are in (Taylor, Peplau &Sears,2015). The risk of having the self-disclosed information being exploited, the worry about facing unreasonable reactions while disclosing emotions, and the habits created by the way individuals are raised since childhood can be given as reasons why individuals' self-disclosing behaviors differ according to sex, age, and culture (Taylor, Peplau &Sears,2015).

The perception of disclosure by people working and studying in the field of guidance and psychological counseling is essential in this respect. One of the most important features of this field is the acquisition of counseling principle techniques and consequently receiving education in an atmosphere that enables pupils to disclose their emotions and problems comfortably (Voltan-Acar, 2015). In this context, individuals working and studying in the field should have the perception that all clients can easily disclose during counseling sessions or guidance activities while working in the field. Having this perception will enable these activities to be carried out more comfortably, and being an indicator that the education received is effective. The perception of disclosure is influenced by culture and, therefore, self-construals. This study shows that relatedness, autonomy, and autonomous-related self-construals are directly related to the perception of disclosure. The results revealed that those with relatedness self-construal have the highest perception of disclosure. Autonomy self-construal came second and autonomous-related self-construal came third. This direction of relatedness and autonomy self-construals in Turkish culture does not show similarity with the literature (Taylor, Peplau & Sears,2015) on disclosure. As a matter of fact, the perception of disclosure and self-disclosing behavior in cultures dominated by the autonomy self-construal, such as the USA, are higher compared to the cultures where the relatedness self-construal is dominant, such as Japan (Taylor, Peplau&Sears,2015). In this study, it seems that individuals with relatedness self-construal perceived themselves as more open in terms of sharing their feelings. It seems possible to evaluate this as a situation specific to Turkish culture. In fact, relatedness self-construals living in Turkish culture are assessed around their tendency to consider the perspectives of others, associate their happiness with the group, and share. In addition, emotional closeness and attachment are strong in these individuals (Karagöz&Rüzgar 2020, Kağıtçıbaşı, 1996). In this context, it seems likely that individuals raised in Turkish culture will disclose themselves to others more than individuals with autonomy self-construal. It is noteworthy that the perception of disclosure was low in the autonomous-related self-construal in which the individuals both perceived and assessed themselves as autonomous and interdependent with others. It seems possible to explain this finding by the fact that the autonomous-related self is closer to the autonomous self in the context of self-disclosure and disclosability. In the study by Konal (2019), the had a tendency to approach emotions, whereas vertical individualistics did not have such a tendency. From this viewpoint, it can be concluded that the autonomous-related self emphasizes the perception of autonomy more and has a tendency to avoid emotions; therefore, these individuals' perception of disclosure is low.

When the means are analyzed and when the fact that 40 is the highest score that can be obtained from the scale taken into consideration, it can be seen that psychological counseling and guidance students are above the mean with a mean of 29 in terms of perception of disclosure. However, this finding indicates that self-construals are more dominant over the perception of disclosure. Being motivated to experience strong emotions seems to involve encountering different emotions, different problems, and individuals in both counseling practices and guidance activities, which is closely associated with a high need for affect. Considering that psychological counseling and therapy theories are generally introduced in the United States and European countries, the counseling theories of these cultures with individualistic tendencies are also shaped in the same direction and around these cultures (Kağıtçıbaşı, 1994). When the fact that the need to approach emotion is encountered more in individuals with vertical and horizontal individualistic tendencies is taken into account, guidance and psychological counseling activities will be effective in autonomous-related self-construals in which the perception of autonomy is predicted to be more dominant. Furthermore, experiencing strong emotions brings individuals closer to recognizing different emotions. Therefore, the trend in question also provides a facilitating effect on understanding guidance and others for these individuals. As a result, it is believed that approaching emotion and avoiding emotion affect self-forms. In this study, related self-construal and autonomous-related self-construal were directly related to approach emotion, but autonomy self-construal and approach emotion did not have such a relationship. The finding that autonomy self-construal is not associated with approach emotion is considered as one of the striking results of this study. While individuals with relatedness and autonomous-related self-construalsshould experience strong and new emotions, this tendency does not appear in the analysis of autonomous individuals. This indicates a

contradictory finding with the literature. Previous studies on Turkish culture revealed that individuals who have an individualistic tendency have high approach emotions (Konal, 2019). It is believed that the results of this study are in the opposite direction because of the effect of a different variable. The direct relationship between relatedness and avoidance explained 18% of the variance. In the same direction, the relationship between autonomy self-construal and avoidance of emotion explained 18% of the variance. Although the direct relationship between autonomous-related self-construal and avoid emotion also explained variance, all three self-construals were negatively associated with avoid emotion. From this point of view, it can be concluded that as relatedness, autonomy, and autonomous-related increased, avoid emotion decreased. However, as stated earlier, the study group consisted of only psychological counseling guidance students, and considering the field of education they are in, this indicates that avoidance of emotion is expected to be low in this group. When taking this analysis into account and when disclosure is added to it, it can be said that the relatedness self-construal predicts the approach emotion through disclosure. If this finding is considered together with the predictability of disclosure by the relatedness self, it can be concluded that the dominant one in the context of effect is disclosure. Questioning the current situation, this study is a descriptive research conducted with psychological counseling and guidance students. Data were collected only from psychological counseling and guidance students because of the easy accessibility of the group. However, this is a limitation for the study at the same time. Therefore, it is recommended that future studies should be conducted longitudinally and target a general audience. In addition , considering that disclosure is also associated with the need for affect, these variables can also be studied with socialization, life satisfaction, and happiness, which are basic emotions.

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