

| Research Article/ Araştırma Makalesi |

The Relation between Parental Bonding with Intimacy and Authentic Self In Mediated By Attachment Style

Ana-Babaya Bağlanma ile Romantik Yakınlık ve Otantik Benlik Arasında Bağlanma Stillerinin Aracılığı¹

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Keywords

1. Attachment
2. Anxious Attachment
3. Avoidant attachment
4. Romantic Intimacy
5. Authentic Self

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Abstract

Purpose: The aim of this study is to test, an investigation of the relations between parental bonding with intimacy and authentic self in mediated by attachment style.

Design/Methodology/Approach: Research data have been collected from 1022 university students: 711 females and 311 males who were attended in 2013-2014 academic year at Mersin University, Education Faculty. The data related with the predicted variables romantic intimacy and authentic self have been collected by using "Romantic Intimacy Scale" and "The Authenticity Relationship Scale" which have been adopted by researcher; whereas data of predictor variables have been collected by "Parental Bonding Instrument" and "Experiences in Close Relationships Inventory". SPSS 20.0 and AMOS 22.0 software has been used for statistical analyses of research data. In pursuant to aim of the study, path analysis was used to determine variables that effect romantic intimacy and authentic self. Significance level was .05 for all analyses.

Findings: In this study, first of all a model which relation to effects of styles of humor on attachment styles was suggested, after that, the most suitable model was favored among alternative models. According to the results of analyses, while mother bonding has been presented as a predictor. In line with the findings obtained within the scope of the research, suggestions were made to the employees and researchers in the field of application.

Öz

Çalışmanın amacı: Bu çalışmada, ana-babaya bağlanma ile romantik yakınlık ve otantik benlik arasındaki ilişkilerde bağlanma stillerinin aracı rolünün incelenmesi amaçlanmıştır.

Materyal ve Yöntem: Araştırmanın çalışma gurubunu, Mersin Üniversitesi Eğitim Fakültesi'nde öğrenim görmekte olan 1022 (711'ü kız ve 311'ü erkek) lisans öğrencisi oluşturmuştur. Araştırmanın yordanan değişkenleri olan romantik yakınlık ve otantik benlik araştırmacı tarafından uyarlanan "Romantik Yakınlık Ölçeği" ve "İlişkilerde Otantiklik Ölçeği" kullanılarak; yordayıcı değişkenlere ilişkin veriler ise "Ana-Babaya Bağlanma Ölçeği" ve "Yakın İlişkilerde Yaşantılar Envanteri" kullanılarak elde edilmiştir. Araştırmadan elde edilen verilerin istatistiksel çözümlenmeleri SPSS 20.0, Lisrel 9.1 ve AMOS 22.0 paket programları kullanılarak yapılmıştır. Araştırmanın amacı olan romantik yakınlık ve otantik benliği yordayan değişkenlerin belirlenmesinde path analizi kullanılmıştır. Araştırmada hata payı .05 olarak alınmıştır.

Bulgular: Bu çalışmada, öncelikle bağlanma stillerinin rolüne ilişkin hipotez bir model önerilmiş, daha sonra üretilen alternatif modeller arasından en uygun olanı tercih edilmiştir. Verilerin analizi sonucunda; anneye bağlanmanın bağlanma stilleri üzerinde etkisi olmakla birlikte, babaya bağlanmanın bağlanma stilleri üzerinde anlamlı bir etkisinin olmadığı görülmüştür. Bununla birlikte, romantik yakınlık üzerinde babaya bağlanmanın ve kaygılı bağlanma stiline etkisi görülürken; otantik benlik üzerinde babaya bağlanma ve her iki bağlanma stiline de doğrudan etkisinin olduğu görülmektedir. Son olarak anneye bağlanma, romantik yakınlığa kaygılı bağlanma stili aracılığı ile etki ederken; otantik benliğe hem kaçınan hem de kaygılı bağlanma stilleri aracılığı ile etki etmektedir. Araştırma kapsamında elde edilen bulgular doğrultusunda uygulama alanında çalışanlara ve araştırmacılara önerilerde bulunulmuştur.

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INTRODUCTION

If there is talk of two people coming together and establishing intimacy, it is inevitable that hundreds of shapes will emerge. Although the concept of intimacy in a relationship occurs between two people, it can be said that it means that at least one of the basic structures defined as attachment, love or affection feelings, satisfaction of psychological needs through each other and mutual dependency show the presence in the relationship (Hinde, 1979). Kirkpatrick and Davis (1994) stated that the most basic characteristics that distinguish close relationships from other types of relationships are the frequent and strong commitment of individuals who are in close relationship in many areas of their lives. Mutually interdependent individuals can be affected by any emotional, intellectual, and behavioral change that occurs with each other, and this mutual influence is an important determinant of commitment. These close relationships, which have a very important place in your life; We experience different forms such as friendship, love, marriage, but a romantic relationship should be kept separate from other types of relationships. As the reason for this separation, it can be said that romantic relationships have a stronger effect in making a positive sense of human life and have very different meanings (Hendrick & Hendrick, 2002).

Many studies have shown that the quality of attachment in childhood has an impact on the quality of adult relationships in later years (Banse, 2004). If the attachment pattern between the baby and the mother is positive, it is seen that close relationships in adulthood are also positive, and if this pattern is negative, there are findings indicating that there are also problems in close relationships established in the following years (Waters, Merrick, Albersheim, & Treboux, 2000). However, they also pointed out that there is evidence that individuals who had negative experiences with their parents early in their lives established a strong and supportive marital relationship. Considering which mechanisms explain the continuity and absenteeism between early parent-child relationships and later marital relationships, the most favorable approach is John Bowlby's "Attachment Theory"; Bowlby's Attachment Theory explains the reasons why people tend to form strong emotional bonds with others who are important to them. According to Bowlby, during the repeated interactions with the attachment figure, babies learn what to expect and adjust their behavior accordingly. Another important concept in attachment theory is "internal working models". According to Bowlby's theory, each person has mental representations formed according to the way he perceives himself and the important people in his life. Individuals internalize their interactions with caregivers or attachment figures in their childhood, and these interactions shape attachments. Individuals act on these representations while establishing new relationships. In other words, individuals understand themselves, others, and the world through their memories of early interaction patterns with themselves and attachment figures. As cognitive and emotional expectations about these important people direct the relationship, the self model created by the person determines how much acceptance and rejection in the eyes of attachment figures. Bretherton and Munholland (1999) undertake the task of organizing, interpreting and predicting mental representations, both the attachment figure and the person's attachment-related behaviors, thoughts and feelings. According to attachment theorists, internal working models begin to form in the first months of life and continue to develop and change in the following years (Collins, Cooper, Albino, & Allard, 2002). Based on this, it can be said that attachment is not limited to childhood, but continues throughout life.

When events related to attachment occur, an automatic activation of individuals' attachment systems occurs. This situation guides both their cognition and behavior. Collins (1996) emphasized that individuals with high attachment anxiety tend to interpret their spouses' behavior negatively, receive signals about abandonment, and see the future of their relationships in a problem. In general, individuals with high attachment anxiety are afraid of being rejected and not loved, and this situation that occurs in their cognitive structures greatly affects their behavior. Therefore, these individuals tend to display negative partner behaviors, which supports their fears of being abandoned and not loved. In addition, individuals with high levels of anxiety tend to perceive their spouses as insensitive to their own needs, refusing to be close to them, unreliable, and indifferent to their relationships and each other (Marques, 2010). Individuals who develop an anxious-indecisive attachment pattern do not find the commitment and accessibility of those they are in romantic relationships to be reliable and fear about those who may be disappointed in the relationship. Anxious and indecisive individuals may be seen in their relationships as emotionally obsessed with intimacy, jealous and sticky. Unlike individuals who develop anxious attachment pattern, individuals with avoidant attachment pattern tend to stay away from emotional attachment. They deny that both they and the individuals with whom they have relationships are in need of attachment. It is very difficult for these individuals to establish close contact in their romantic relationships (Dönmez, 2000). It can be said that adult individuals who have developed a secure attachment pattern feel very upset about their loss (separation, death, divorce), but they believe this situation can be overcome and they have a tendency to use compatible coping options such as seeking help. In individuals with anxious attachment, the state of loss causes an even more triggering effect on the sense of tension they currently have. Avoidance is seen as a behavioral element and anxiety as a cognitive emotional component. In short, individuals with a tendency to have high levels of avoidant attachment draw attention to the behavior of not giving too much to close relationships and avoiding being close and attached to their attachment figures. These individuals have doubts that their attachment figures are reliable and, as a result, tend to be independent of their partner both psychologically and emotionally. For example, these individuals have low self-esteem, low self-esteem, and display an independent-obsessive love style. People with the avoidant attachment style will feel helpless and will not be able to suppress their negative emotions, and these emotions will surface (Mikulincer, Florian, & Weller, 1993).

Intimacy is a complex concept that has been studied for years in the literature (Berg, Sperry, & Carlson, 1999; Collins, 1996). The concept of intimacy has been tried to be explained and defined by many approaches in recent years. Intimacy is recognized

as an important human need for mental health and psychosocial adjustment (Descutner & Thelen, 1991; Pielage, Luteijn, & Arrindell, 2005). On the other hand, avoidance of intimacy has a negative effect on the emotional well-being of individuals, but it is said that these individuals have low self-esteem, depression, anxiety, low relationship satisfaction, loneliness and emotional isolation (Descutner & Thelen, 1991; Doi & Thelen, 1993; Pielage, Luteijn, , and Arrindell, 2005; Sherman and Thelen, 1996). It is seen that there is a consensus on the definition of the concept of closeness, which has been examined for years in the literature and claimed to be an important concept in human relations (Moss & Schwebel, 1993). From a developmental perspective, closeness is defined as what individuals learn from their interactions with other people and the world (Hendrick & Hendrick, 2002). In other words, establishing intimacy can be defined as one of the situations learned during coping with developmental difficulties. Intimacy; it is conceptualized as the scope of the basic features of personal knowledge, strong emotions, and sensitivity (Descutner & Thelen, 1991). Operationally closeness was defined as the capacity of the individual to share important personal feelings and thoughts with the person he/she deemed valuable (Descutner & Thelen, 1991, Doi & Thelen, 1993; Sherman & Thelen, 1996). Romantic intimacy refers to the individual's closeness with another individual and the level of this intimacy (Fischer & Corcoran, 1994). Romantic intimacy is related to the concepts of warmth, acceptance, and protectiveness (Maysseless, 1991). Because of the fact that closeness is seen as a concept difficult to study and measure, they did not develop a common view, but they reached some consensus when defining closeness. One of the points agreed on here is that intimacy is the level of interpersonal intimacy individuals experience in relationships (Reis & Shaver, 1988). Another point is that intimacy is a multidimensional structure. The intimacy of some researchers; While they state that it is a four-structure variable, including self-disclosure, compassion, closeness, and commitment (Downey, 2001; Ward & Hudson, 1996), closeness by some researchers; self-disclosure, activity, sexuality and love (Clark & Reis, 1998; Heller & Wood, 1998; Patrick, Sells, Giordano & Tollerud, 2007). Hartfield and Rapson (1993) and Hook, Gerstein, Detterich, and Gridley (2003) defined romantic intimacy as a four-dimensional structure; self-disclosure, personal affirmation, trust with love and affection. Self-disclosure is seen as a dimension used in all descriptions of romantic intimacy. In this study, it was tried to understand and measure the concept of intimacy through Hook, Gerstein, Detterich and Gridley (2003)'s model.

Self-disclosure, characterized as a dimension of intimacy; It means sharing personal information (private experiences, emotions and thoughts) of an individual with another person (Helgeson, Shaver, & Dyer, 1987; Morton, 1978). Self-disclosure involves the individual taking responsibility for possible consequences. Self-affirmation means the approval, understanding or appreciation of someone or someone's actions. Self-affirmation has a significant effect on the levels of understanding individuals feel. Because individuals mostly expect their feelings, thoughts and behaviors to be supported and approved by someone. On the basis of attachment theory, the response of mothers to the cries of the baby (such as going near him and meeting his needs) is an example of personal approval. Here, the mother confirms the baby's needs (Neuenschwander, 2010). Love and compassion mean to enjoy the person whom the individual characterizes as special, to want to be around and to feel comfortable about trusting that person (Berscheid, 1985). On the other hand, trust is defined as the belief of whether the individual can meet the personal needs and expectations of the person who is considered to be important in his / her life based on previous experiences. The destruction of the trust of the individual in his previous relationships negatively affects the establishment of an environment of trust in his later relationships. Therefore, the level of trust an individual has for the other person is also related to the tendency to establish closeness. Trust is seen at the center of attachment and attachment styles that determine individuals' perceptions of the quality and closeness of their relationships. Perceptions arise that if the baby's needs are not met by the caregiver, it will not meet the needs of the caregiver or later attachment figures. Individuals with anxious and avoidant attachment styles have problems with trust in their relationships because they have been rejected in their previous experiences (Bartholomew & Horowitz, 1991). Safe individuals see themselves worthy of value, love, and dignity in the relationship, however, they think of their partners as responsible, reliable and concerned. They tend to establish a close relationship with these reasons (Collins, Guichard, Ford, & Feeney, 2006). Anxious individuals have problems in establishing close relationships because they have a negative view of themselves and other people they consider important (Collins, 1996; Simpson, Rholes, & Philips, 1996; Vicary & Fraley, 2007). These individuals think that they will not be able to meet the security and intimacy needs of the other person(s). However, they fear that the people with whom they have a romantic relationship will abandon them and suspect that they will not be able to find these individuals when they need it. As a result, the urge to seek psychological and emotional intimacy is complicated by the anxiety that the individual will not be with the person with whom he/she has a romantic relationship and will be abandoned by this person.

Avoidance is associated with the frequency of the caregiver's rejection or reversal of the baby in the interaction of the baby and the caregiver (Hazan & Shaver, 1987). Therefore, these individuals learn to avoid caregivers (Hazan & Shaver, 1987). Instead of waiting for support from caregivers, these children try to control and regulate their negative emotions on their own and safely (Simpson, Rholes, & Philips, 1996). Avoiding individuals avoid establishing intimacy because they have a negative perspective and perceptions about themselves and the relationship by the people they consider important (Collins et al., 2006; Feeney, 2008; Simpson, Rholes, & Philips, 1996). Because individuals have negative perceptions and expectations about their relationships, they also have negative expectations about the people they have romantic relationships with and their attitudes towards themselves (Vicary & Fraley, 2007). While avoiding individuals have developed a negative perspective towards others, their perceptions also become skeptical and sarcastic (Simpson, Rholes, & Philips, 1996). The state of not trusting the people he learned from his past experiences creates emotional discomfort in the individual and he wants to reduce it, but these individuals also experience trust problems in their future relationships. Individuals experience insecurity and the emotional discomfort it

creates in all their relationships because they have established negative beliefs (Simpson, Rholes, & Philips, 1996). As a result, it is seen that these individuals experience low levels of trust, closeness, and commitment in their relationships, as well as high levels of jealousy, conflict, and negative emotions (Collins, 1996). While anxious individuals are related to avoidance, they are concerned with the issue of existing and maintaining in a relationship.

Psychological birth and biological birth of the individual are not at the same time. Biological birth; While expressing as an observable, dramatic and clear-cut event, psychological birth; It is expressed as a spiritual process that develops slowly. An adult who can be described as normal is both completely "inside" the "outside world" and feeling completely "separate" from it as an unquestioned feature of life. Awareness of self and not being aware of it can be described as a bipolar structure that oscillates between the adult individual's varying comfort level and varying degrees of transformation or synchronicity (Mahler, Pine, & Bergman, 2003). Children want their autonomy to expand, this desire enables them to adopt a negative attitude towards their mothers or other individuals, and to expand the world of mother and child with the participation of the father. The father is seen from birth as an object of love almost completely different from the mother. It is not entirely outside of the symbiotic union, if not part of it. However, this perception of the baby, which perceives the bond between parents from the very beginning, has an important place in the autonomy stage and before Oedipus (Mahler, Pine, & Bergman, 2003). they seem to fail to reach consensus. Authenticity, defined as individuals' being like themselves, is psychodynamic (Horney, 2011; Fromm, 2011; Kohut, 2004; May, 2011; Winnicott, 1965), humanistic (Maslow, 1968; Rogers, 2011), existentialist (Perls, Hefferline, & Goodman, 2000; Yalom, 1980) and positive psychology (Ryan, LaGuardia, & Rawsthorne, 2005) are one of the important points. However, despite its priority in the theoretical literature, there are many unanswered theorems about the barriers and facilitators in the effects of the authentic self in different personal and cultural contexts. Winnicott (1965) suggests that the quality of the experiences individuals have with the caregiver in their infancy causes them to develop true self or false self. According to him, the baby, whose physiological and psychological needs are met at a sufficient level with the positive attitude of the caregiver, can develop a real self and act authentically. While Deci and Ryan (2000) stated that individuals are authentic when they can act autonomously, they argued that awareness of the existence of death is freer to focus on satisfying the inner needs of the individual, therefore they act more authentically. Kohut (2004) emphasized that the sense of self in interpersonal relationships (self-object) is developed by being influenced by others. It is stated that the quality of the bond individuals establish with their parents in their infancy significantly affects their sense of self (Kohut, 2004). Wood, Linley, Maltby, Baliousis, and Joseph (2008) state that the individual-centered humanitarian approach is the most comprehensive theory for understanding the concept of authenticity. However, they also made explanations under the influence of the psychodynamic and existential approach. Emphasizing the importance of real and erroneous self-concepts in psychodynamic theory, they argued that the relationship with parents significantly affects the level of authentic behavior of the individual. Lopez and Rice (2006) define authenticity in relationships as a relational scheme for the individual to choose to behave as it is, taking the risks of self-dissatisfaction, rejection by the spouse, and relational instability in his / her life with the individual with whom they have a romantic relationship. In short, authenticity in relationships is defined as expressing one's true self (positive and negative aspects) to individuals with close relationships. Individuals behave authentically in their relationships; It corresponds to developing a mutually friendly, sincere and trusting relationship with each other and opening themselves to each other. Individuals avoid to behave authentically because of fear of rejection by their spouses, lack of understanding, and fear of avoiding or not being accepted in a negative emotion caused by conflict. However, perhaps many researchers in the field of authenticity have conducted research investigating the relationship between the authentic self and adult initiation styles. Attachment researchers argue that individuals carry the attachment dynamics they show in their childhood to their romantic relationships, and similarly, the same applies to their authentic selves (Lopez & Rice, 2006). Researchers who examine romantic relationships with adults have a positive and strong relationship between secure attachment styles and authenticity. (Kim, 2005; Leak & Cooney, 2001; Collins & Feeney, 2004; Lopez & Rice, 2006; Mikulincer & Nachson, 1991).

As a result, the communication styles individuals establish with their parents in the early period affect both directly and indirectly the feelings, thoughts and behaviors of the individuals in romantic relationships. It is desirable for individuals to have a high level of closeness to their spouses and to develop an authentic self in the relationship for them to establish a healthy relationship. It is thought that the secure and loving relationship individuals develop with their parents will be able to establish a closer relationship with their spouses in their romantic relationships and be more courageous in the way of gaining an authentic identity. When the literature is examined, it is seen that both authentic self and intimacy variables have a strong and positive relationship with attachment styles. Therefore, in this study, the relationship between attachment to parents and authentic self and intimacy through attachment styles was examined.

METHOD

In this section, information about the type of the study, the model of the study group, data collection tools, process and data analysis are included.

Research Type

This research; It was created by testing whether the model for the mediation of attachment styles in the relationship between parent attachment and romantic intimacy and authentic self using path analysis. Screening model is an approach that aims to reveal and define a situation that is and still exists in the past. The individual, object or event that is the subject of the research is tried to be explained as it is within the framework of their own conditions, and they do not attempt to influence or change in any way (Karasar, 2007). In this study, a situation was put forward through the mediation of attachment styles in the relationship between parent attachment and the authentic self through attachment styles in the relationship between attachment to parents and romantic intimacy, which is an existing condition, through university students in Turkish culture. Therefore, this research scanning model is a research.

Study Group

In this study, the model related to the mediation of attachment styles in the relationship between attachment to parents and romantic intimacy in university students and the model related to the mediation of attachment styles in the relationship between attachment to parents and authentic self in university students was tested. A working group was formed from university students to test these models. The research group consists of 1156 students studying at 1st, 2nd, 3rd and 4th grades at Mersin University. By performing an extreme value analysis on the data obtained from the students participating in the study, 123 students were excluded from the analysis; The analyzes were carried out over a data set consisting of 1022 people. The distribution of the participants in the research according to various variables is given in Table 1.

Table 1. Distribution of the study group according to gender, age, romantic relationship status, number of people having romantic relationships, longest relationship duration.

		Gender				Total	%
		Female	%	Male	%		
Age	18-19	253	%35,7	72	%23,3	325	%31,9
	20-24	440	%62,1	226	%73,1	666	%65,4
	25-26	16	%2,3	11	%3,6	27	%2,7
Romantic Relationship Status	In a relationship	458	%64.4	220	%70,7	678	%66,3
	Single	253	%35.6	91	%29.3	344	%33.7
Number of People Having Romantic Relationships	0	251	%35,4	91	%29,5	342	%33,6
	1	221	%31,2	76	%24,7	297	%29,2
	2	144	%20,3	54	%17,5	198	%19,5
	3	55	%7,8	36	%11,7	91	%8,9
	4	18	%2,5	20	%6,5	38	%3,7
	5	10	%1,4	15	%4,9	25	%2,5
	6 and 6+	10	%1,4	16	%5,2	26	%2,6
Longest Relationship Duration	0	251	%35,5	91	%29,5	340	%33,7
	1-12 Month	189	%27,0	121	%39,3	310	%30,7
	13-24 Month	85	%12,1	52	%16,9	137	%13,6
	25-36 Month	84	%12,0	24	%7,8	108	%10,7
	37 Month and plus	94	%13,4	20	%6,5	114	%11,3

Research Model

In this study, the models related to the mediation of attachment styles in the relationship between parent attachment and romantic intimacy and authentic self were tested according to the data obtained from the scales. Thus, it was tested whether the relations between the theoretically specified structures fit the observed data.

Data Collection Tools

In this study, personal information form, Parental Bonding Instrument, Experiences in Close Relationship Inventory, Authenticity in Relationships Scale and Romantic Intimacy Scale were used to collect data. There are explanations about the data collection tools mentioned below.

Parental Bonding Instrument

In this study, the Parental Bonding Instrument (PBI), developed by Parker, Tupling, and Brown (1979) and adapted to Turkish culture by Kapçı and Küçüker (2006), was used to measure parental attachment. This measurement tool is one of the first measurement tools created according to the attachment theory proposed by Bowlby (2014). The ABBÖ, developed by Parker et al. (1979) to measure the parents, includes the dimensions of control and care revealed by Bowlby in the parent and child attachment pattern. In the scale, perceived parental behaviors are scored separately according to these two dimensions. Within the scope of the research, the care dimension of the relevant scale was studied. Basically, the scale evaluates the individual's perceptions of the relationship pattern established with his / her parents retrospectively. The scale, which includes 25 items in total, has 12 items (scores range from 0 to 36), and the high score indicates that they perceive the parents as accepting and understanding, and the low score they perceive the parents as rejecting and cold. The measuring tool is graded in a 4-point Likert (it was totally like this = 3, never like this = 0) type. In the reliability analysis, the Cronbach alpha coefficient was reported as .87 for the mother form and .89 for the father. When evaluated in terms of sub-dimensions, the internal consistency coefficient of the protection sub-dimension for both parents is .70, and .90 and .91 for the care / control sub-dimension, respectively. Considering the reliability of the scale within the scope of this study, the Cronbach alpha coefficient for the mother form was found to be .83 and for the father form as .85. The internal consistency coefficient was .88 for both intra-parental care sub-dimensions, and .64 and .68 for the protection / control sub-dimension, respectively.

Experiences in Close Relationship Inventory

The Inventory of Experiences in Close Relationships (ECR), developed by Brennan, Clark, and Shaver (1998) and adapted into Turkish by Sümer and Güngör (1999), was used in this study to measure attachment patterns in relationships. Participants evaluated the extent to which each item defines them over seven ranges (1 = not describes me at all; 7 = completely describes me). While the total score obtained from the odd numbered items of 36 items in the scale measures the avoidance dimension, the total score obtained from the even numbered items measures the anxiety dimension. In the study conducted by Sümer and Güngör (1999) to determine the factor structure and predictive power of ECR; It was determined that the anxiety and avoidance dimensions that make up the ECR are also observed in the Turkish sample, and the sub-dimensions have high internal consistency ($\alpha = .86$ for the anxiety dimension, $\alpha = .90$ for the avoidance dimension). Again, in this study, between the self model in the Relationship Scales Questionnaire and the attachment anxiety in ECR ($r = -.44$); A highly significant relationship was found between the others model in the Relationship Scales Questionnaire and the avoidance of close relationships in ECR ($r = -.44$). In this study, it was determined that avoidance and anxiety dimensions have high internal consistency. .85 for the avoidance of internal consistency; it was found to be .84 for anxiety.

Authenticity in Relationships Scale

The Authenticity in Relationship Scale (AIRS), which was developed by Lopez and Rice (2006), was used by the researcher by adapting it to Turkish culture. The original scale consists of 11 items measuring honesty and 13 items measuring neutrality, a total of 24 items and two sub-factors. The response categories of the scale are marked on a 9-point evaluation scale ranging from "not describing me at all" (1 point) to "describing me a lot" (9 points). In the study conducted by Lopez and Rice (2006), while the Cronbach's alpha value for the whole scale was .90, the sub scales; Cronbach alpha value of honesty subscale is .86 and Cronbach alpha values of neutrality subscale are .87. According to the results of the explanatory and confirmatory factor analysis made by the researcher on the experimental items, item 12 of the items in the final form did not work in Turkish culture, and all the remaining items worked in a way that they loaded the same factor. The relevant scale consists of 11 items (1, 2, 3, 4, 5, 6, 7, 8, 15, 18 and 22) measuring honesty and 12 items measuring neutrality (9, 10, 11, 12, 13, 14, 16, 17, 19, 20, 21, and 23), a total of 23 items and two sub-factors. In the scale; Items 9, 10, 11, 12, 13, 14, 16, 17, 19, 20, 21 and 23 are reverse scored. The scores that can be obtained from the honesty subscale range from 11 to 99, while the scores from the neutrality subscale range from 12 to 108. A total score can be obtained from the scale. The total scores that can be obtained on the scale range between 23 and 207. High scores from the scale indicate an increase in individuals' tendency to behave authentically in their relationships. As a result of the adaptation study, the Cronbach α coefficient of the whole scale (23 items) was found to be

82; For the first factor of 11 items, $\alpha = .76$; The $\alpha =$ for the second factor of 12 items was calculated as 79. The split half reliability coefficients are as follows; It is .72 for the 1st factor, .75 for the 2nd factor, and .80 for the total.

Romantic Intimacy Scale

The romantic intimacy scale is a 51-item scale created using three closeness scales consisting of 72 items in total. Three related scales; (a) Miller Social Intimacy Scale (MSIS; Miller & Lefcourt, 1982), (b) Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991), and (c) Personal Assessment of Intimacy in Relationships (Personal Assessment of Intimacy in Relationships PAIR; Schaefer & Olson, 1981). The scales were used by the researcher by adapting them to Turkish culture. Hook et al. (2003) conducted this study by stating that the concept of romantic intimacy is a multidimensional concept and that it cannot be measured using one of the scales here, therefore, it can be measured more comprehensively by using three scales together. The romantic intimacy scale was created by Hook et al. In 2003 by making factor analysis of these three scales with varimax rotation. The scale is a five-point Likert type scale and the high score indicates high affinity. The Cronbach Alpha value, which indicates the internal validity coefficient of the scale, is between .81 and .91 (Self-Disclosure = .91, Love and Affection = .81, Personal Approval = .82, and Confidence = .84). Within the scope of the research, as a result of the confirmatory factor analysis made on the 51-item final form, 4 items were removed and a structure consisting of 47 items and 4 factors was revealed. In the light of these findings, 12 items (1,2,3,4,5,6,7,8,9 10,11 and 41) measuring self-affirmation and 13 items measuring the dimension of love and affection (12, 13, 14, 15, 16, 17,18, 19, 20, 21, 22, 23 and 24), 18 items measuring the dimension of self-disclosure (25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37), 39, 40, 42 and 43) and 4 items (44, 45, 46 and 47) measuring the confidence dimension. In the scale, 18 items (1, 3, 4, 9, 10, 16, 17, 20, 21, 22, 23, 27, 28, 29, 30, 31, 32 and 34) are scored in reverse. There are different response categories in the scale. Both the total score for the whole scale and the scores obtained separately for the sub-dimensions can be interpreted. It can be said that the higher the score on the scale, the more individuals experience intimacy in their romantic relationships. While the Cronbach α coefficient for the whole scale (47 items) was found as 83 within the scope of this research; For the first factor of 12 items, $\alpha = .89$; For the second factor of 13 items, $\alpha = .93$; $A = .72$ for the third factor with 18 items; The $\alpha =$ for the fourth factor of 4 items was calculated as 75. The reliability coefficients obtained by dividing the scale into two halves are as follows; It was .86 for the 1st factor, .88 for the 2nd factor, .73 for the 4th factor and .79 for the total.

Data Analyze

The data obtained in the study were analyzed using SPSS 20.00, Lisrel 9.1 and Amos 22.00 package programs. The upper limit of error in the study was accepted as .05. By making an extreme value analysis on the data obtained from the sample, the analysis part was started. The demographic information of the participants was described by calculating the frequency and percentage distribution. Factor analysis was performed for the adaptation study of Authenticity in Relationships and Romantic Intimacy Scale. Path analysis was conducted to test the mediation model of Attachment Styles between parent attachment and Authentic Self and Romantic Intimacy. In the analysis of the model, firstly, the extent to which the variables in the data set meet the structural model assumptions was examined, then the suggested model and alternative models were tested, and finally, parameter estimates for direct, indirect and total effects were given in the adopted model.

FINDINGS

In this section, the results of path analysis applied to the scores obtained from the affinity and authentic self scales of the university students participating in the study are given. In the study, the mediating role of attachment styles in the relationships between attachment to parents and romantic intimacy and authentic self was tried to be defined. In the presentation of the findings, instead of considering the hypotheses one by one, firstly, explanations regarding the hypothesis (suggested) model were presented and the model was tested statistically. Following this stage, the suggested model was compared with alternative models, and information was given on the adaptation levels of different models. Then, the parameter values of the accepted model are given, and at the last stage, information is given about the supported and unsupported hypotheses.

Hypothesis (suggested) model

Endogenous (dependent) variables related to the hypothesis model; romantic intimacy and authentic self; Exogen (independent) variables are; Parental attachment (related attachment) and attachment styles (avoidant attachment and anxious attachment). In this study, the extent to which exogenous variables, which can also be defined as predictor variables, explain well-being is investigated. Relations defined in the suggested model are shown in Figure 1.

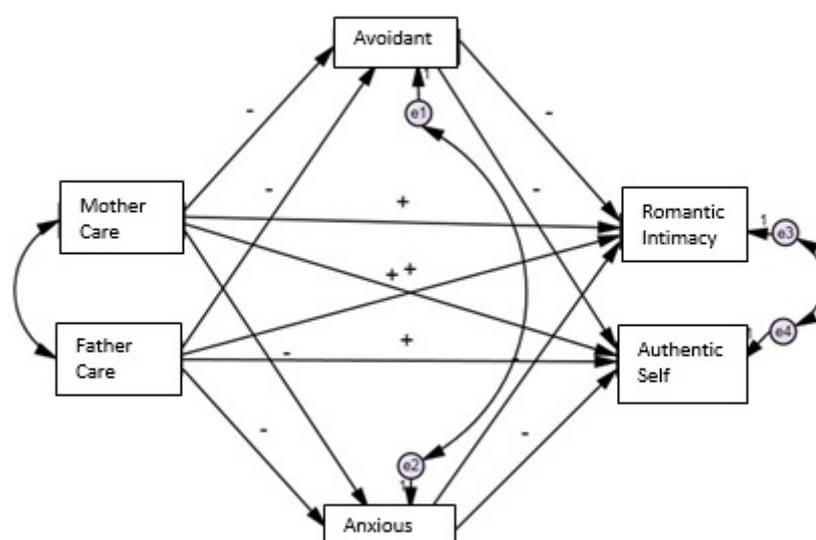


Figure 1. Hypothesis model

As seen in Figure 1, attachment to parents in the model negatively affects avoidant and anxious attachment; avoiding and anxious attachment to romantic intimacy and authentic self negatively; Attachment to parents is predicted to have a positive effect on romantic intimacy and authentic self. However, attachment to parents positively affects levels of romantic intimacy and authentic self-development depending on avoidant and anxious attachment styles.

Alternative models

Within the scope of the research, five more models were developed as an alternative to the hypothesis model. In the first model (model 2), the connection between the avoidant attachment style and romantic intimacy was removed from the model. In Model 3, the connection between the care dimension of attachment to the mother and romantic intimacy was removed from the model. The connection between the care dimension of attachment to the father and romantic intimacy was extracted in Model 4, and the connection between avoiding attachment style in Model 5. Finally, in Model 6, the connection between the care dimension of attachment to the mother and the authentic self was removed from the research model.

Model prediction

In the analysis phase, firstly, the relationships between variables were examined. The arithmetic mean, standard deviation and Pearson correlation coefficients of the variables in the model are given in Table 2.

Table 2. The mean, standard deviation and Pearson correlation coefficients of the variables in the Hypothesis Model

Variables	X Ss		1.	2.	3.	4.	5.	6.
1.Mother Care	42.27	7.51	1					
2.Father Care	38.94	8.77	.64	1				
3.Avoidant Attachment	70.03	17.01	-.16	-.14	1			
4.Anxious Attachment	66.84	18.44	-.19	-.09	.14	1		
5.Romantic Intimacy	173.97	27.43	.21	.18	-.11	-.60	1	
6.Authentic Self	143.33	24.87	.21	.18	-.19	-.39	.67	1

As seen in Table 2, the correlation coefficients between variables vary between $-.09$ and $.67$. In order to examine the relationships between the variables in the model, the hypothesis model was tested, and the results are given in Figure 2.

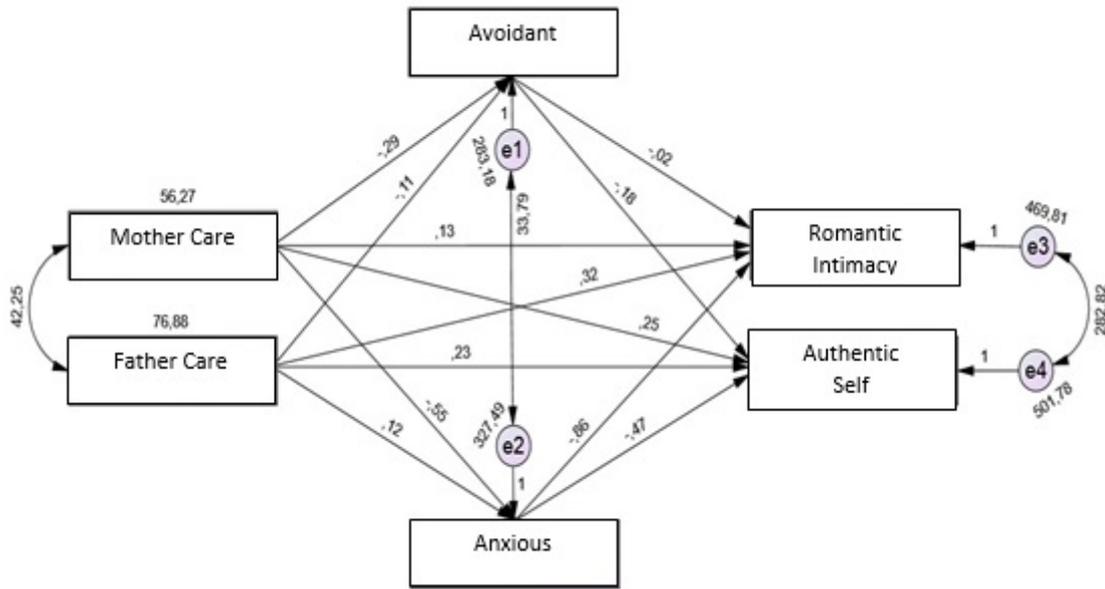


Figure 2. Hypothesis model

The Path Analysis was made on the converted scores in accordance with the existing theoretical knowledge in terms of the relationships between the factors, and the results are given in Table 3.

Table 3. Comparison of hierarchical models

Model	χ^2	sd	CFI	GFI	AGFI	RMSEA	$\Delta\chi^2$
Independence Model	1705.02	15					
Model 1 (Hypothesis Model)	.00	0	1.00	1.00	1.00	.00	1705.02 ₍₁₅₎
Model 2 (The link between avoided attachment style - romantic intimacy was removed from the model)	.26	1	1.00	1.00	.99	.00	.26 ₍₁₎
Model 3 (The link between the care dimension of attachment to the mother and romantic intimacy was excluded from the model)	1.56	2	1.00	.99	.96	.00	1.30 ₍₁₎
Model 4 (The link between the care dimension of attachment to the father and romantic intimacy was removed from the model)	3.56	3	1.00	.99	.99	.02	2.00 ₍₁₎
Model 5 (The link between the care dimension of father attachment and the avoidant attachment style was removed from the model)	6.13	4	.99	.99	.99	.02	2.57 ₍₁₎
Model 6 (The link between the care dimension of maternal attachment and the authentic self was removed from the model.)	8.78	5	.99	.99	.99	.03	2.65 ₍₁₎

As seen in Table 3, in the first step, the independence model that tests the hypothesis that exogenous variables are unrelated to endogenous variables was examined. The very high value ($\chi^2=1705.02$; $P < .000$), of the fit coefficient of this model indicates that the variance-covariance matrix obtained from the data set is suitable for testing and that there is a sufficient level of correlation between dependent and independent variables.

In the second step of the analysis, the hypothesis model (suggested) is tested. Fit coefficients of the hypothesis model; Yuan - Bentler (Y – B) scale chi square (χ^2) = .00**; CFI =1.00; GFI =1.00; AGFI = 1.00 RMSEA = .00. The fit values for the hypothesis model were found to be quite high. Also, between the two models ($\Delta\chi^2=1705.02$), the hypothesis shows that the (suggested) model is better than the independence model in terms of compliance with the data.

In the next step, model 2 is tested. In this step, post-hoc model changes were made for the proposed model in order to achieve a better fit and to reach a more economical model. While a new path was not added to the model based on the logical relationships between the change (modification) indices, the direct effect between the avoidant attachment style and romantic intimacy was removed from the model. Fit coefficients of the model; Y-B (χ^2) = .26**; CFI =1.00 GFI = 1.00; AGFI = .99; RMSEA = .00 it was determined, the difference between the proposed model and model 2 was not statistically significant ($\Delta\chi^2=.26$; P >.05). Romantic intimacy of the avoided attachment style; romantic intimacy of the care dimension of attachment to mother and father; the avoidant attachment style of the care dimension of father attachment; Removing the effects of the care dimension of mother attachment on the authentic self from the model did not cause a significant decrease in the fit of the model. In other words, adding these connections to the model with very low relationships (respectively $r = -.02, .13, .32, -.11, .25$) does not lead to a significant increase in the overall fit of the research model. Accordingly, the parameter estimates in the final model are presented in Figure 3.

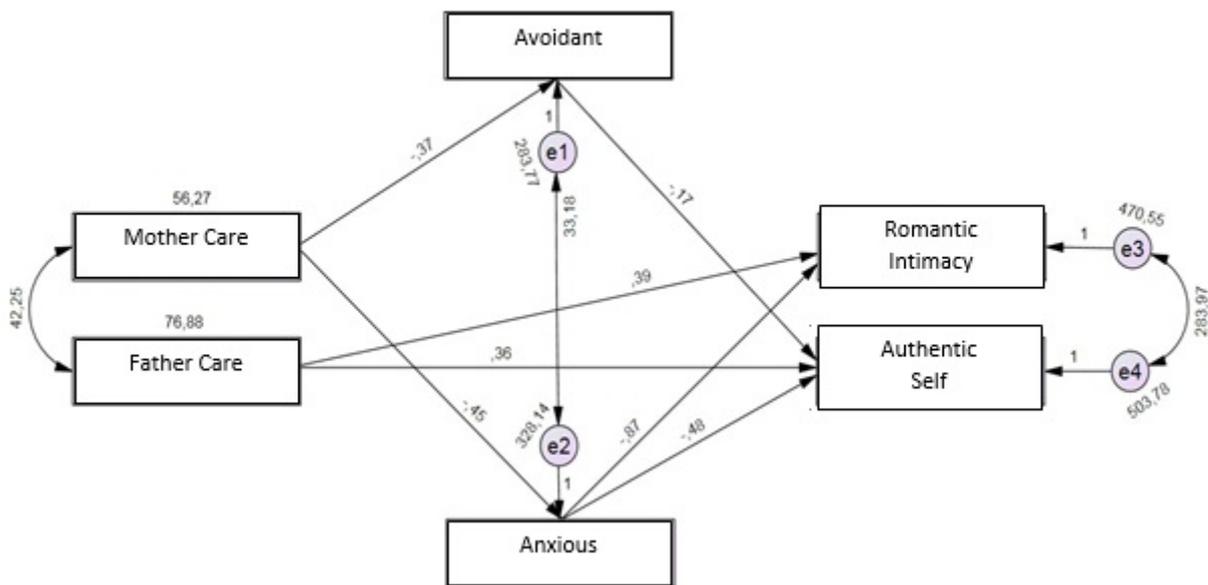


Figure 3. Final model

Standardized path coefficients for parameter estimates are given in Figure 3. However, while the direct and indirect effects are interpreted below, the standardized values corresponding to the Path coefficients are given in separate parentheses in order to compare the parameter estimates. Tables and explanations of direct, indirect and total effects of variables on each other are given below, respectively.

Table 4. Direct effects of Independent Variables on Each Other and on Dependent Variables

Dimensions	Mother Care	Father Care	Avoidant Attachment	Anxious Attachment	Romantic Intimacy	Authentic Self
Mother Care			-.37	-.45		
Father Care					.39	.36
Avoidant Attachment						-.17
Anxious Attachment					-.87	-.48
Romantic Intimacy						
Authentic Self						

Direct effects

As seen in Table 4, although the hypothesis was predicted in the model, no significant relationship was found between the care dimension of attachment to the mother and romantic intimacy and authentic self. Each point increase obtained from the care dimension of the mother attachment scale is in the score obtained from the avoidant attachment style dimension ($\beta = -.37$ (-.16), $p < .001$); It also causes a decrease in the score obtained from anxious attachment style ($\beta = -.45$ (-.19), $p < .001$). On the contrary, while there is no significant relationship between the care dimension of attachment to the father and the anxious and avoidant attachment styles, each point increase from the care dimension of the father attachment scale is in the score obtained from the romantic intimacy scale ($\beta = .39$ (.13), $p < .001$). ; It also leads to an increase of points ($\beta = .36$ (.13), $p < .001$) in the score obtained from the authentic self scale.

When the findings were examined in terms of attachment styles, no significant relationship was found between the avoidant attachment style and romantic intimacy, although the hypothesis was predicted in the model. On the other hand, each point increase obtained from the avoidant attachment style dimension provides a decrease ($\beta = -.17$ (-.12), $p < .001$) points in the score obtained from the authentic self scale. When the findings were examined in terms of the anxious attachment style dimension, each point increase from the anxious attachment style dimension was found in the score obtained from the romantic intimacy scale ($\beta = -.87$ (-.59), $p < .001$); It also causes a decrease ($\beta = -.48$ (-.39), $p < .001$) points in the score obtained from the authentic self scale. The indirect effects of the variables on each other are shown in Table 5.

Table 5. Indirect effects of independent variables on each other and on dependent variables

Independent Variables	Mediator Variables	Dependent Variables	
		Romantic Intimacy	Authentic Self
Mother Care	Avoidant Attachment		.06
	Anxious Attachment	.39	.22
Father Care	Avoidant Attachment		
	Anxious Attachment		

Indirect effects

When the final model is examined, it is seen that there is no indirect relationship between the care dimension of attachment to the mother and romantic intimacy. Although the dimension of attention of mother attachment is not directly related to the authentic self, it is seen that it is indirectly related ($\beta = .06$, $p < .001$) through avoidant attachment. In other words, this mediation causes an increase of 6% in authentic self scores. This result is found to be statistically significant. On the other hand, although there is no direct relationship between the care dimension of mother attachment, romantic intimacy and authentic self, it is observed that there is a significant relationship between these two variables in avoiding attachment mediation. In the light of

these results, the indirect effect of attachment to mother through anxious attachment on romantic intimacy ($\beta = .39, p < .001$) (causes a 39% increase in romantic intimacy scores); Its indirect effect on the authentic self is ($\beta = .22, p < .001$) (causes a 22% increase in authentic self scores).

It is seen in the final model that attachment styles (avoiding and anxious dimensions) are not mediated between the care dimension of father attachment defined in the hypothesis model and romantic intimacy and authentic self.

In addition to these findings, the total effect of one variable on another was also examined. Here, total effect is defined as the sum of direct and indirect effects between variables. The total effects of the variables on each other are shown in Table 6.

Table 6. Total effects of independent variables on each other and on dependent variables

Dimensions	Mother Care	Father Care	Avoidant Attachment	Anxious Attachment	Romantic Intimacy	Authentic Self
Mother Care			.37	.45		.06 (MC+AVO=AS)
Father Care					.39 (MC+ANX=AS)	.22 (MC+ANX=AS)
Avoidant Attachment						-.17
Anxious Attachment					-.87	-.48
Romantic Intimacy						
Authentic Self						

P.s.: MC: Attachment to the Mother Aspect of Care, AVO: Avoidant Attachment Style, ANX: Anxious Attachment Style, AS: Authentic Self.

Total effects

When the total effects are examined, it is seen that the total effect of the care dimension of mother attachment on avoidant attachment style ($\beta = .37, p < .001$) and anxious attachment ($\beta = .45, p < .001$) is moderate and positive. The total effect of the care dimension of mother attachment on the authentic self ($\beta = .06, p < .001$) through the avoidant attachment style was found to be low and positive. On the other hand, it is seen that the total effect of the care dimension of mother attachment through anxious attachment style, romantic intimacy ($\beta = .39, p < .001$) and authentic self ($\beta = .22, p < .001$) is moderate and in a positive direction.

The total effect of the caregiving dimension of attachment to the father is on romantic intimacy ($\beta = .39, p < .001$); on the authentic self ($\beta = .36, p < .001$) it is seen that it is moderate and in a positive direction. In terms of attachment styles, it is seen that avoiding attachment style has a low and negative total effect on authentic self ($\beta = -.17, p < .001$) It is seen that anxious attachment style has a high and negative effect on romantic intimacy ($\beta = -.87, p < .001$), and on authentic self ($\beta = -.48, p < .001$).

In the model, all external and mediating variables, in other words, the care dimension and attachment styles of parent attachment explain 38% of romantic intimacy; the remaining 62.2% is explained by other variables; it explains only 20% of the authentic self; The remaining 80% is explained by other variables.

As a result, when the findings obtained from the research were examined in terms of the hypotheses put forward at the beginning of the study, the following results were obtained; The first and second hypotheses put forward were supported, but the third and fourth hypotheses were not. Accordingly, while mother attachment has a significant, moderate and negative effect on attachment styles; It was observed that attachment to the father had no effect on attachment styles. In the fifth and sixth hypotheses, the prediction that attachment to the mother affects romantic intimacy and authentic self was not supported, while in the seventh and eighth hypotheses, it was found that attachment to the father affected romantic intimacy and authentic self moderately and positively. The ninth hypothesis, which claimed that avoided attachment directly affects romantic intimacy, was not supported by the findings, however, the tenth hypothesis, which claimed that avoidant attachment directly affects the authentic ego, was supported. The effect expressed here is low and negative. The eleventh and twelfth hypotheses within the scope of the research are supported; Anxious attachment has a high and negative effect on romantic intimacy and authentic self. The thirteenth hypothesis is partially supported; Attachment to mother affects romantic intimacy moderately and positively only through anxious attachment styles. The fourteenth hypothesis is fully supported, according to which attachment to the mother affects the authentic self at a low level and positively through both avoidant and anxious attachment. The fifteenth and

sixth hypotheses were not supported by the findings, that is, attachment styles do not mediate between attachment to the father and romantic intimacy and authentic self.

DISCUSSION

In this section, the findings obtained regarding the mediation of attachment styles in the relationship between attachment to parents and romantic intimacy and authentic self within the scope of the purpose of the study are discussed and interpreted in the light of the literature.

Discussion and Interpretation of Findings Regarding Direct Effects

The birth of individuals and their relationship with their parents affect their attachment styles (Ainsworth, 1969; Seifer & Schiller, 1995). However, there is a significant relationship between parent attachment in childhood and adult attachment (Ainsworth, 1989; Bartholomew, 1990; Bowlby, 2012; Gittleman, Klein, Smider, & Essex, 1998; Marsa, O'Reilly, Carr, Murphy, O'Sullivan, Cotter & Hevey, 2004; Reti, Samuels, Eaton, Bienvenu, Costa & Nestadt, 2002; Riskind, Williams, Altman, Balaban & Gessner, 2004; Strahan, 1995). Based on these expressions, in order to understand the attachment of individuals in their relationships during adulthood, it is necessary to understand their relationship with their parents in childhood, namely their childhood attachment. In this study, based on both the information obtained from empirical research results and theoretical explanations, it was hypothesized that the effect of attachment to parents on individuals' attachment in their later life was significant. According to the findings, attachment to mother has a moderate and negative effect on avoidant attachment style. In other words, when the first sixteen years are considered, it is seen that individuals who perceive their mothers as being concerned are less likely to avoid romantic relationships. According to Hazan and Shaver (1987), avoidance is associated with the frequency of the caregiver's rejection or snapping of the baby in the interaction of the baby and the caregiver, therefore individuals with a high frequency of rejection by the caregiver develop avoidance behavior. These individuals have doubts about the trustworthiness of attachment figures and as a result tend to be both psychologically and emotionally independent of their partner. For example, many rejected individuals tend to perceive that the other person is hostile to them and to think that the people they consider important reject them or are perceived as worthless. In addition, rejected individuals perceive and interpret experiences, events, and relationships with their distorted mental representations and make demands for these mental representations. Generally, they tend to reinterpret or avoid these mental representations (Ahmed, Rohner, Khaleque, & Gielen, 2011). The mental foundations that individuals have established for the world, themselves or other individuals they consider as important may cause these individuals to tend to avoid certain situations or persons (Ahmed, Rohner, Khaleque, & Gielen, 2011). Collins & Feeney (2000) and Land (2008) also argue that individuals who are not cared for by their families develop an avoidant attachment style. In their study, Carnelley, Pietromonaco, & Jaffe (1994) argued that individuals who perceive their parents as being involved are less avoided in their adult relationships.

According to the findings obtained in this study, attachment to mother has a moderate and negative effect on anxious attachment style. That is, individuals who perceive their mothers as being concerned have been found to experience less anxiety in their relationships. Individuals with basic anxiety develop some strategies against the outside world. When these strategies are examined on a relationship basis, it can be said that individuals show an anxious attitude in their relationships with other people (Kohut, 2004). According to the that theory, it is assumed that parental acceptance-rejection has a profound effect on the shaping of children's personalities throughout their lifetimes. It is stated that meeting the emotional needs of children by the people important to them (parents or other attachment figures), especially in the personality field, is a strong source of motivation for children. When these needs of individuals are not adequately met by attachment figures, children tend to show their emotions and behaviors differently. These rejected individuals feel anxious (Rohner, 2004). Some studies support the findings of this study and have suggested that individuals with the perception that they are rejected by their parents develop anxious attachment style (Eher, Neuwirth, Fruehwald, & Frottie, 2003).

Although the hypothesis was suggested in the model, it was observed that attachment to the father had no effect on avoidant and anxious attachment styles. Gottfried and Gottfried (1988) stated in their study that the gender of the parents is also effective in adult attachment styles. They argued that parental roles in traditional family structures significantly affect individuals' attachment styles. Here, they emphasize the importance of the time individuals spend with their parents. Gottfried & Gottfried (1988) stated that in traditional family structures, the person showing interest and affection to children is the mother, and therefore children develop attachment patterns based on the relationship they have with their mothers. Land (2008) stated in his study that individuals did not spend enough time with their fathers and did not have much mental representation about their fathers, in this context, their fathers were not a figure of attachment for them. Considering that the majority of the sample of this study consists of individuals who live in rural areas and grew up in regions where traditional family structure is dominant, it may be expected that mothers rather than fathers take a more active role in developing individuals' attachment styles.

While a secure attachment to the mother has no effect on establishing romantic intimacy or displaying an authentic self, it has been observed that there is a striking effect between attachment to the father. According to the basis of Bowlby's theory, it

argues that the main caregiver is the mother and the father is more secondary, so the mother affects the perceptions and evaluations of the individuals in their next relationships more than the father (Bowlby, 2012).

According to Parker et al., (1979), low parental involvement is related to neglect and exclusion of the child. It is seen that the quality of the relationships of individuals with their parents in childhood affects their relationships with their partners in later life (Ward & Hudson, 2000).

According to the findings obtained in this study, it was observed that attachment to the father affects romantic intimacy moderately and positively, that is, individuals who perceive their fathers as being concerned feel closer to both their partners and the relationship in their romantic relationships. Appleton (1981) stated that girls who were raised by their fathers with supportive and high levels of interest were able to establish better relationships in their adult lives. In their study, Biller and Trotter (1994) reported that the relationship between their fathers and girls affected girls' ability to establish relationships with men in adult life, girls who were disappointed in their relationship with their father had negative implications for men in adult relationships and had difficulty maintaining close relationships.

It was found that attachment to the father also affects the authentic self moderately and positively. Accordingly, individuals who perceive their fathers as being concerned perceive themselves as authentic in their romantic relationships and express themselves freely in the relationship. In the theory that Horney put forward, it is seen that the "feeling of hostility" which is mostly observed in children and arises from the limited interest of the parents, is emphasized. Explicit and unambiguous reflection of hostility is suppressed as it will damage the parent-child relationship, and this may become the main concern of the child. The basic anxiety mentioned here causes the alienation in the individual and therefore the inability of the individual to reveal his true self. Instead of waiting for support from caregivers, these children try to control and regulate their negative emotions on their own and safely (Simpson, Rholes, & Philips, 1996). Children want their autonomy to expand, this desire enables them to adopt a negative attitude towards their mothers or other individuals, and to expand the world of mother and child with the participation of the father. The father is seen from birth as an object of love almost completely different from the mother. It is not entirely outside of the symbiotic union, if not part of it. However, this perception of the baby, which perceives the bond between parents from the very beginning, has an important place in the autonomy stage and before Oedipus (Mahler, Pine, & Bergman, 2003). Based on these definitions, it can be said that the quality of the relationships of these individuals with their parents in their infancy plays a determining role in the basis of individuals' ability to behave authentically in their relationships.

Authentic behavior is also heavily influenced by social culture. While authentic behavior is a pattern displayed and expected by individualistic oriented societies, it is stated that it is a pattern that is not displayed and rejected by collectivist societies to avoid external pressure (Adams, 2005; Adams, Anderson, & Adonu, 2004; Suh, 2002). It can be thought that men tend to be more authentic as a social pattern, or because this is more acceptable, secure attachment from their parents to their fathers will affect individuals' tendency to be authentic.

Individuals have fear of rejection (Bartholomew, 1990; Bartholomew & Horowitz, 1991), describe their partners as unreliable (Brennan, Wu, & Love, 1998; Collins & Feeney, 2004; Hazan & Shaver, 1987), and have a negative perception of themselves (Collins & Feeney, 2004; Collins et al., 2006; Feeney, 2008; Simpson, Rholes, & Philips, 1996) although they want to establish rapport, they avoid it. Again, studies show that as individuals' avoidance behavior decreases, they can establish a closer relationship with their partners (Neuenschwander, 2010; Mikulincer & Shaver, 2007; Thelen, Vander Wal, Muir Thomas, & Horman, 2000; Rotella, 2009). However, according to the results of this study, having an avoidant attachment style does not affect romantic intimacy. Considering that individuals with avoided attachment style have negative schemes towards the attachment figure and themselves, it is surprising that there is no effect in this study. The reason for this can be considered to be the insufficient confidentiality in the classroom environment and students' lack of sincere and sincere answers to the scale of romantic intimacy. In addition, the fact that the sample of this study was composed of university students may have affected this situation. Romantic intimacy includes all kinds of physical intimacy in the relationship. It is thought that conducting this study with married individuals will affect the result. However, avoiding individuals also avoid disclosing themselves (Bradford, Feeney, & Campbell, 2002). Based on this finding, it can be thought that the individuals who avoided avoided giving realistic and sincere responses to the statements in the romantic intimacy scale.

It is among the findings obtained in this study that avoided attachment directly affects the authentic self. According to the findings, it was observed that individuals who avoid establishing a relationship cannot reflect themselves in a unique way when they enter into a romantic relationship. As stated before, avoiding individuals have problems in expressing themselves (Hatfield & Rapson, 1993). In addition, avoidant individuals' negative self-assessments and feelings of insecurity towards their partners negatively affect their self-presentation in the relationship.

Anxious attachment has a high and negative effect on romantic intimacy. Accordingly, it was observed that individuals who are anxious in their romantic relationships tend to establish less intimacy in their romantic relationships. Anxious individuals have negative cognitions about their relational events and they do not contribute to the increase of intimacy in romantic relationships of spouses (Collins & Feeney, 2004). Studies show that anxious individuals make negative interpretations about their relationships and make negative predictions (Collins, 1996). According to Collins & Feeney (2004), anxious individuals are afraid of establishing intimacy because they feel worthless in the relationship and have a tendency to lose their authenticity in their romantic relationships. These individuals have a high motivation to form close bonds in order to gain the approval of

others. The high level of anxiety in romantic relationships leads to excessive attachment of the individual to his partner and the individual displays a controlled and dominant attitude in interpersonal relationships. This attitude of the individual negatively affects the trust and harmony in the relationship. Individuals who are not anxious are more open to themselves, have higher feelings of love and affection towards their partner, and they trust their spouses more, thus establishing closer relationships (Neuenschwander, 2010; Mikulincer & Shaver, 2005; Bradford, Feeney, & Campbell, 2002; Lopez, 2001; Hatfield & Rapson, 1993; Hazan & Shaver, 1987).

Anxious attachment has a high and negative effect on the authentic self. Accordingly, it can be said that individuals who are anxious in their romantic relationships have a lower tendency to express themselves in a unique way in their romantic relationships. Anxious individuals avoid acting like themselves in their relationships because of their concerns that they will be abandoned or not understood (Harter, Waters, Pettitt, Whitesell, Kofkin, & Jordan, 1997). According to Collins & Feeney (2004), anxious individuals are afraid of establishing intimacy because they feel worthless in the relationship and have a tendency to lose their authenticity in their romantic relationships. Individuals who think that they are accepted and cared about by their parents, that is, who define them as relevant, perceive themselves as more valuable and taken more seriously, and can behave more authentically in their relationships due to this positive perception they have towards themselves (Harter et al., 1997).

Individuals with low levels of anxiety and avoidance do not hesitate to establish closeness in their relationships because they feel valuable and perceive other individuals as reliable (Collins & Feeney, 2004; Bartholomew & Horwitz, 1991; Bartholomew, 1990; Hazan & Shaver, 1987). These individuals experience high levels of intimacy without losing their personal autonomy in their relationships and are willing and comfortable to seek financial and moral support from their spouses. However, although they are willing to self-disclosure, they also support their spouse's self-disclosure behavior (Grabill & Kerns, 2000).

Discussion and Interpretation of Findings Regarding Indirect Effects

According to the research findings, attachment to mother affects romantic intimacy moderately and positively only through anxious attachment styles. According to this result, it was seen that individuals who perceive their mothers as being concerned experience less anxiety in their romantic relationships, and therefore tend to establish more intimacy in their relationships. Simpson, Rholes, & Philips (1996) individuals' lack of trust in people they have learned from their past experiences with their parents creates emotional discomfort in the individual and they want to decrease this, but these individuals also experience trust problems in their future relationships. Individuals experience the insecurity and the emotional distress it creates in all their relationships because they have established negative beliefs (Simpson, Rholes, & Philips, 1996). As a result, it is observed that these individuals experience low levels of trust, closeness, and commitment in their relationships, as well as high levels of jealousy, conflict, and negative moods (Collins, 1996).

According to another finding obtained in the study, mother attachment affects the authentic self at a low level and positively through both avoidant and anxious attachment. In other words, individuals who perceive their mothers as being concerned are less avoidant at the point of establishing a relationship, less anxiety while having a relationship, so they tend to express themselves more authentically and as they are. Anxious (Eherve et al., 2003; Ward, Lee, & Lipper, 2000) and avoidant (Ahmed et al., 2011; Carnelley, Pietromonaco, & Jaffe, 1994; Collins & Feeney, 2000) ; Land, 2008) may have attachment patterns. Anxious and avoidant attachment individuals also have a romantic relationship with themselves (Collins & Feeney, 2004; Collins et al., 2006; Feeney, 2008; Simpson, Rholes & Philips, 1996) and their partners (Brennan, Wu & Love, 1998; Collins & Feeney, 2004; Hazan & Shaver, 1987) because of their negative perceptions and fear of abandonment (Bartholomew, 1990; Bartholomew & Horowitz, 1991), they prevent themselves from revealing themselves as they are (Blazina, 2001; Blazina & Watkins; 2000; DeFranc & Mahalik, 2002).

In this study, it is seen that attachment styles do not mediate the relationship between father attachment and both romantic intimacy and authentic self. Looking at the direct effects, it was seen that attachment to the father did not affect individuals' attachment styles.

RECOMMENDATIONS

In this section, suggestions are made for future applications and researches in the light of the findings obtained.

Field workers can make causal explanations for the unhealthy situation in the attachment patterns that will use the techniques and intervention methods that will reveal the relationship patterns with the parents of the clients who cannot develop a healthy attachment pattern in their romantic relationships. When the counselors working with couples come with problems of inability to establish intimacy or behave authentically towards their partners in their romantic relationships, focusing on the nature of the bonding relationship that couples have established with their parents in their past life can give a causal perspective to the possible problem. Since the degree of intimacy of individuals in their romantic relationships and their level of displaying an authentic self are related to their attachment styles, awareness-raising conferences for both parents and couples are recommended as a preventive service. Since the parent-child attachment will significantly affect the child's subsequent attachments and romantic relationships, a psychological counseling program can be developed that can contribute to the attachment relationship established during this period.

The model proposed within the scope of the research was applied on university students. Conducting this model in different samples, especially on married individuals, will both enrich the model and contribute significantly to the generalizability of the model. In this model, only avoidant and anxious dimensions of attachment styles are used. The mediating role of the safe and fearful dimensions can also be examined. In this study, a model was created with only the interest dimension of attachment to parents. This model can be examined by adding the control dimension of parental attachment. In the study, the duration of the relationships individuals experienced was not examined in the model. In future studies, it can be tested whether there is a significant difference between the groups by investigating the duration of the relationships individuals have experienced. The adaptation studies of the scales adapted within the scope of this study were also carried out on university students. In other studies, the validity and reliability study can be repeated by applying the relevant scales to different groups. The "Romantic Intimacy Scale" adapted within the scope of this study does not fully measure the sexuality dimension. Within the concept of romantic intimacy, sexuality is seen as an undeniable dimension. For this reason, it is recommended to develop a romantic intimacy scale including the sexuality dimension in future studies. This study was carried out in a regional university. It is thought that testing this model in larger universities that accept students from all regions will make a great contribution to the generalization of Turkish culture. One of the biggest difficulties encountered during the implementation in this study was the anxiety created by answering the questions about the students' private lives in the classroom environment. In future studies, it is thought that creating an environment where students can practice comfortably and making them practice will make a significant contribution to the reliability of the research.

Research and Publication Ethics Statement

This study has been prepared adhering to the principles of research and publication ethics, and this is stated by both authors. Necessary permissions were obtained from the relevant institutions and individuals, and informed consent was obtained from the volunteer participants. Participants' confidentiality was preserved in the study.

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