

Relationship between Marital Adjustment and Wellbeing of Married Individuals

Evli Bireylerin Evlilik Uyumu ile İyilik Hali Arasındaki İlişki

Hatice KUMCAĞIZ* 

Yasin DEMİR** 

Mustafa YILMAZ*** 

Abstract

The main purpose of this study is to investigate the relationship between marital adjustment levels and psychological well-being levels in terms of certain variables. To this end, it is used a relational survey model to determine the marital adjustment predictor variables of married individuals. In relational studies, correlation and causal comparisons are commonly preferred. Convenience sampling method was used to determine study group. In this method, researchers create the sample by starting from participants that are easily accessed until desired sample size is achieved. For this purpose, 324 participants were reached and measurement tools were employed. The data were collected using Marital Adjustment Scale, Psychological Well-Being Scale and a personal information form. Participants of this study were married individuals with children in Samsun city of Turkey. Among 324 voluntary participants of this study, 158 (48.8%) were females and 166 (51.2%) were males. Age of participants ranged between 21 and 65. The findings showed that marital adjustment significantly predicted psychological well-being. Marital adjustment levels and psychological well-being levels did not differ significantly according to gender. Additionally, depending on the results, a psycho-education plan is proposed to increase the psychological well-being of married individuals.

Keywords: Marriage, Married individuals, Marital adjustment, Wellbeing

* Doç Dr., Ondokuz Mayıs Üniversitesi, Eğitim Fakültesi, Eğitim Bilimleri Bölümü, E-Posta: haticek@omu.edu.tr

** Fırat Üniversitesi, Eğitim Fakültesi, Eğitim Bilimleri Bölümü, E-Posta: yasinpdr@hotmail.com

*** Ondokuz Mayıs Üniversitesi, Sosyal Bilimler Enstitüsü, E-Posta: mustafayilmaz19@hotmail.com

Öz

Bu çalışmanın temel amacı, evlilik uyum düzeyleri ile psikolojik iyi oluş düzeyleri arasındaki ilişkiyi çeşitli değişkenler açısından incelemektir. Bu amaçla çalışmada çocuk sahibi olan evli bireylerin evlilik uyum düzeyleri ile psikolojik iyi oluş düzeyleri çeşitli değişkenler açısından incelemeyi ve evlilik uyum düzeyleri ile psikolojik iyi oluşları arasındaki ilişkiyi belirlemeyi amaçlayan ilişkisel tarama modeli kullanılmıştır. İlişkisel araştırmalarda korelasyonel ve nedensel karşılaştırmalar sıklıkla tercih edilmektedir. Araştırmanın çalışma grubunun belirlenmesinde uygun örnekleme yöntemi kullanılmıştır. Bu yöntemde araştırmacı, ihtiyaç duyduğu büyüklükteki katılımcı sayısına ulaşıncaya kadar en ulaşılabilir olan katılımcılardan başlayarak örneklemini oluşturmaya başlar. Bu araştırmanın katılımcılarını Türkiye'nin Samsun ilinde yaşayan ve çocuk sahibi olan evli bireyler oluşturmaktadır. Çalışmada yer alan 324 gönüllü katılımcının 158'i (%48.8) kadın, 166'sı (%51.2) erkektir. Katılımcıların yaşları 21-65 arasındadır. Araştırma bulguları evlilik uyumunun psikolojik iyi oluşun önemli ölçüde yordayıcısı olduğunu göstermiştir. Yine çalışmada evlilik uyum düzeyleri ve psikolojik iyilik hali düzeyleri evli bireylerin cinsiyetine göre anlamlı düzeyde farklılaşmadığı sonucuna ulaşılmıştır. Ayrıca, araştırmanın sonuçlarına dayanarak evli bireylerin psikolojik iyi oluş düzeylerini artırmak için psiko-eğitim planı önerilmiştir.

Anahtar Kelimeler: Evlilik, Evli Bireyler, Evlilik uyumu, İyi oluş

Geniş Özet

Giriş

Evlilik, doğumdan sonra herkesin hayatındaki en önemli olay olarak bilinmektedir. Genellikle evlilik bir yetişkinin güvenlik ve duygusal ihtiyacını karşılamak için onaylanan en önemli sosyal bir gelenek olarak görülmektedir (Kaplan ve Benjamin, 2001). Evlilik çeşitli şekillerde tanımlanmıştır. Evlilik, bir sözleşme, kurumsallaşmış bir yol veya ilişkiler sistemidir. Bazılarına göre ise evlilik yasal olarak bir kadınla bir erkeğin bir araya gelmesidir (Arshad vd. 2014; Özgüven, 1997). Başka bir ifade ile evlilik, toplumun temel taşı olarak nitelendirilen aile, sosyal değerler, gelenek, görenek ve kanunların öngördüğü biçimde kadın ve erkeğin hayatlarını birleştirmek amacıyla yaptıkları sosyal sözleşme sonucu oluşturdukları evrensel ve sosyal bir sistemdir (Ersanlı, 1990). Bu araştırmanın evlilik uyumu ile iyilik hali arasındaki ilişkiyi ortaya koyması bakımından alan yazına katkı sağlayacağı, evlilik uyumunu geliştirmeye ve iyilik halini artırmaya yönelik programların hazırlanmasında yol gösterici olacağı düşünülmektedir. Bu bağlamda bu çalışmada, evli bireylerde evlilik uyumu ile iyilik arasındaki ilişkinin incelenmesi amaçlanmıştır.

Yöntem

Bu çalışmada evli bireylerin evlilik uyumunu yordayan değişkenleri belirlemek amacıyla ilişkisel tarama modeli kullanılmıştır. İlişkisel araştırmalarda korelasyonel ve nedensel karşılaştırmalar sıklıkla tercih edilmektedir (Büyüköztürk, vd., 2012). Araştırmanın çalışma grubunu Türkiye'nin Samsun ilinde yaşayan ve çocuk sahibi olan evli bireyler oluşturmaktadır. Çalışmada yer alan 324 gönüllü katılımcının 158'i (% 48.8) kadın, 166'sı (%51.2) erkektir. Katılımcıların yaşları 21-65 (x =

40.06, ss= 9.59) arasında değişmektedir. Araştırmada veri toplama araçları olarak, Locke ve Wallas'ın (1959) geliştirdiği ve Kışlak (1996) tarafından Türk kültürüne uyarlama çalışmasının yapıldığı Evlilikte Uyum Ölçeği (EUÖ) ile Diener ve diğerleri (2010) tarafından geliştirilen, Fidan ve Usta (2013) tarafından Türkçeye uyarlanan İyilik Hali Ölçeği (İHÖ) kullanılmıştır. Evlilik uyumu ile iyilik hali arasındaki ilişkilerin çeşitli değişkenler arasından incelendiği bu araştırmada iki grubun karşılaştırıldığı durumlarda t testi, ikiden fazla grubun karşılaştırıldığı durumlarda Tek Yönlü Varyans Analizi (ANOVA), değişkenler arasındaki ilişkiler incelenirken Pearson Korelasyon analizi ve yordamaya ilişkin ise basit doğrusal regresyon analizi teknikleri kullanılmıştır (Can, 2013). Analizler SPSS 20 paket programı aracılığı ile gerçekleştirilmiştir.

Bulgular

Katılımcıların evlilik uyum ve iyilik hali düzeyleri cinsiyetlerine göre farklılaşmamıştır. Benzer şekilde evlilik uyum ve iyilik hali düzeyleri sahip oldukları çocuk sayısına göre de anlamlı düzeyde farklılaşmamıştır. Evlilik uyumu ile iyi oluş arasında orta düzeyde pozitif yönde ilişki olduğu saptanmıştır. Son olarak evlilik uyumunun iyilik halini anlamlı düzeyde yordadığı bulgusuna ulaşılmıştır.

Tartışma, Sonuç ve Öneriler

Araştırma sonuçlarına göre cinsiyete göre iyilik halinde anlamlı bir farklılık olmadığı görülmüştür. Alan yazında bu sonucu destekleyen benzer araştırma sonuçlarına ulaşıldığı (Rıza, 2016; Timur, 2008) görülmektedir. Cinsiyete göre evlilik uyumu incelendiğinde de anlamlı düzeyde farklılaşma olmadığı belirlenmiştir. Alan yazın incelemesinde benzer şekilde çalışma bulgusunu destekleyen, cinsiyet değişkeni ile evlilik uyumu arasında istatistiksel olarak anlamlı farklılığın olmadığı araştırmalara rastlanmıştır (Aydınlı ve Tutarel Kışlak, 2009; Çelik, 2018; Çelik ve Tümkaya, 2012; Hamamcı, 2005; Günay, 2007; Uluyol, 2014; Whisman, Uebelacker ve Weindtock, 2004; Whisman vd., 2006; Yeşiltepe ve Çelik, 2014). Ancak Kumcağız ve Güner'in hemşireler üzerinde yaptıkları çalışmada cinsiyete göre evlilik uyumu arasında istatistiksel olarak anlamlı fark olduğu ve kadınların evlilik uyum puan ortalamalarının erkeklerden yüksek olduğu görülmektedir (Kumcağız ve Güner, 2017). Katılımcıların evlilik uyumu ile iyilik hali arasında pozitif yönde bir ilişki olduğu tespit edilmiştir. Başka bir ifade ile ise iyilik hali yüksek olan bireylerin evlilik uyumunun da yüksek olduğu görülmektedir. Alan yazın incelendiğinde evlilik sürecinde kaygı, kaçınma ve bağlanma sorunu yaşayan bireylerin evlilik uyum düzeyinin düştüğünü belirten çalışmalara rastlanılmıştır (Hawkins ve Booth, 2005; Heene, Buysse ve Van, 2007; Scorsolini ve Santos, 2012; Scott ve Cordova, 2002). Görüldüğü gibi evlilik ilişkisindeki sorunların kişilerin psikolojik sağlığı üzerindeki etkileri kaçınılmaz olmaktadır (Yüksel, 2013). Yine evlilik ilişkisinin kalitesiyle, iyilik hali ve evli bireylerin uyumunun yakından ilişkili olduğu, yüksek düzeyde evlilik kalitesinin kişisel iyilik halini yükselttiği çalışmalarda belirtilmektedir (Proulx, Helms ve Buehler, 2007; Shek, 2001). Bu açıklamalara göre araştırma bulgusunun alan yazın tarafından desteklendiği söylenebilir. Bu araştırmada evli bireylerde evlilik uyumu ile iyilik hali arasında pozitif yönde bir ilişki olduğu bulunmuştur. Bu bağlamda evli bireylere, iyilik halini artırmaya yönelik

psiko-eğitimlerin verilmesi planlanması önerilmektedir. Verilecek bu psiko-eğitim programlarının evli bireylerin evlilik uyumunu olumlu yönde etki edebileceği düşünülmektedir. Evlilik uyumunun yüksek olduğu ebeveynlerle yetişen çocukların bu süreçte psikolojik iyilik halinin olumlu yönde etkilenebileceği ve dolayısıyla toplumda ruh sağlığı pozitif yönde gelişen bireylerin yetişebileceği söylenebilir.

Introduction

Marriage is accepted as the most important event in an individual's life after their birth. Generally, marriage is considered the most important socially approved tradition to meet the safety and emotional needs of an adult (Kaplan & Benjamin, 2001). In that sense, marriage has been defined in various ways. Marriage is an agreement, an institutionalized path, or a relationship system. Some researchers have expressed marriage as a legal gathering of woman and man (Arshad, Mohsin, & Mahmood, 2014; Özgüven, 1997). In other words, marriage is a social and universal structure formed as a result of a social agreement to connect the lives of a woman and a man based on traditions, norms, and social values and the laws of the family make the smallest basic foundation of society (Ersanlı, 1990). Additionally, marriage is a social structure that unites two individuals with different interests, characteristics, and requirements and it is a special unity determined by social rules and laws that affects individual development and self-realisation (Ersanlı & Kalkan, 2008). Although the notion of marriage is defined from different perspectives, it is commonly believed that a marital adjustment affects family structure.

In terms of social perspective, marriage plays a key role in forming the basic structure of a family unity as a social structure. In recent years, with the rapid developments in industry, social structures have also changed. With these changes in social structure, family structure as a social institution experienced changes such as smaller families and intense participation of women in work life. There is an increasing need to understand changes within the family; to understand and evaluate the content of marriages adapting to changing society and sustaining themselves through marital adjustment (Yalçın, 2014).

In addition, marital adjustment is an important concept that represents how individuals sustain health and happy marriage (Kublay & Oktan, 2015). Marital adjustment is defined as marriage where couples have interaction, cope with problems and agree on marriage related subjects. Additionally, marital adjustment is stated as the satisfaction and happiness in marriage as a result of the harmonious unity of couples (Erbek, Beştepe, Akar, Eradamlar, & Alpkan, 2005; Süataç, 2010). A healthy family environment is necessary for families to raise successful individuals who can adapt to society. The main element necessary for this purpose is to realise which factors are necessary for a harmonious marriage and realising these factors (Karadağ, 2015).

When related literature was reviewed, it can be seen that there are various factors that affect marital adjustment. Some of these factors were determined to be empathy predicting marital adjustment (Tutarel-Kışlak & Çabukça, 2002), family problems effecting marital adjustment (Fidanoğlu, 2007), and whether high level anxiety is observed in one of the spouses (Dehle & Weiss, 2002). To

sustain marital adjustment, individuals need to recognize the physiologic, psychologic, and biologic requirements of each other and work to meet these requirements (Gökmen, 2001). In this sense, it is stated that preventing the physical and psychological satisfaction of couples negatively effects marital adjustment (Ertan, 2002). Individual characteristics, raising conditions, the environment an individual was raised in, and the family manners and meaning attributed to marriage, education, occupation, belief systems, mental structure and tendencies impact marital adjustment (Kublay & Oktan, 2015). When studies conducted by social science researchers on marriage process were analyzed, it can be seen that marital adjustment, marriage satisfaction, marriage quality etc. were emphasized. In short, the foundation of the relationship in a marriage, feelings, and the ways marriage quality affects spouses are important topics for researchers (Tutarel-Kışlak & Göztepe, 2012). Marital adjustment is one of the most important determinants of subjective well-being and health (Kamp-Dush, Taylor, & Kroeger, 2008). Psychologic health of individuals that are harmonious in their marriage might develop in a positive manner. In other words, individuals with positive psychologic health development might have higher marital adjustment. In recent years, there are studies that investigate marriage and marital adjustment (Çakırlar, 2012; Fidanoglu, 2006; Karadag & Koçak, 2017; Makvana, 2014). These studies analysed distinctive factors that influence marital adjustment.

Psychology as the complete efforts to understand humans has been developing and understanding over the last two hundred years. At the beginning, psychology considered the human as an organism and with time, humans were considered as beings with independent, free, and logical behaviour (Eryilmaz, 2013). While the psychologic well-being of individuals leads individuals to feel optimistic, it also plays an important role for more positive physical and psychologic health (Lyubomirsky, King, & Diener, 2005). As it is known, positive psychology is defined as increasing the well-being or interpretation of life, creating the feeling happiness, and approaching towards identification. When analysed within this scope, it is extremely important to evaluate the well-being notion within positive psychology. The main determinant of positive psychology that develops a perspective to see the positive side of negative events and challenges is the “well-being” of individuals (Çankır & Yener, 2017).

In one study, it was expressed that the well-being of couples is an important factor for harmony in a family and preventing communication conflicts (Walton & Takeuchi, 2010). The well-being of individuals is related with different variables and one of these variables is marriage. Marriage plays a positive role on mental health and happiness. In other words, marriage increased the well-being of individuals (Akdag & Çankaya, 2015). In this sense, it is believed that individuals with marital adjustment will have a high well-being.

When related literature was reviewed, it was seen that there are extremely limited number of studies that analysed well-being of married individuals in Turkey (Akça-Koca & Yukay-Yuksel, 2017; Akdag & Çankaya, 2015; Rıza, 2016). However, there are few studies that examined the relationship between marital adjustment and psychologic well-being (Ekşi, Güneş, & Yaman, 2018). Therefore, it is strongly believed that this study makes a major contribution to the literature by exploring the relationship between marital adjustment and well-being and guide the way to prepare programs to develop marital adjustment and increase well-being. To this end, the main aim of this study is

to explore the relationship between marital adjustment and well-being of married individuals. The present research intends to provide answers to the following questions:

- Does marital adjustment differentiate by gender and the number of children?
- Is there any significant relationship between marital adjustment and well-being?
- Does well-being predict marital adjustment?

Method

In this study, a relational survey model was adopted to determine the marital adjustment predictor variables of married individuals. In relational studies, correlation and causal comparisons are commonly preferred (Büyüköztürk, et. al., 2012).

Study Group

Convenience sampling method was used to determine study group. In this method, researchers start to create the sample by starting from participants that are easily accessed until desired sample size is achieved (Büyüköztürk, et al., 2012). The participants of the study living in Turkey's Samsun province between March and May in 2018 and constitutes the married individuals with children. Among 324 voluntary participants of this study, 158 (48.8%) were females and 166 (51.2%) were males. Age of participants ranged between 21-65 ($x = 40.06$; $sd = 9.59$).

Materials

Personal information form

This form was prepared by researchers to determine certain demographical characteristics of participants. This form included variables such as gender, age, and whether they had children.

Marital adjustment scale (MAS)

The Marital Adjustment Scale (MAS) was developed by Locke and Wallas (1959) and adapted to Turkish by Kışlak (1996). This scale consists of 15 items that evaluate general adjustment, conflict resolution, attachment, and communication. High scores from this scale indicates high marital adjustment. For this scale, internal consistency was calculated as .90, two half test reliability was calculated as .84, and test-re-test reliability was calculated as .57. In terms of criterion references validity of this scale, interpersonal relationship scale, and loading scale correlation coefficients were considered. In this sense, correlation coefficient between MAS and interpersonal relationship scale was calculated as $-.54$ and $.12$ for loading scale. These results indicate that Mas is a reliable ad valid measurement tool (Tutarel-Kışlak, 1999). In this study, MAS internal consistency coefficient was found .76.

Well-being scale (WS)

The Well-Being Scale (WS) developed by Diener, et. al. (2010) was adapted to Turkish by Fidan and Usta (2013). This scale consists of 8 items and high scale scores indicate high well-being. As a result of explanatory factor analysis for validity of the scale, it was seen that one-way factor construct explain approximately 47% of total variance and item factor loads of the scale was between .60 and .78. In confirmatory factor analysis for validity, it was determined that fitness index values were within acceptable limits ($\chi^2/df= 2.71$, RMSEA=.066, NFI=.97, CFI=.98, IFI=.98 and GFI=.97). Internal consistency coefficient was analyzed for reliability and this coefficient was calculated as .83. These results indicate that WS is a reliable and valid measurement tool (Fidan & Usta, 2013). In this study, WS internal consistency coefficient was found to be .91.

Data Collection

The orientation of the research collected according to the easily accessible accessible sampling method. For this reason, married women living in Samsun city center were reached. Contacted married women were informed about the study. Women who volunteered to participate in the study were provided with the measurement tools in the envelope. The filled measurement instruments were returned in a sealed envelope on the day determined with the participant.

Data Analysis

As this research aims to investigate the relationship between marital adjustment and well-being, t-test was employed to compare two groups, One-Way Variance Analysis (ANOVA) was applied to compare more than two groups, Pearson correlation analysis was run to examine the relationships between variables, and simple linear regression analysis was used to analyze prediction relationship (Can, 2013). Analysis were conducted with SPSS 20 package program.

Findings

To determine whether marital adjustment and well-being differentiated for gender, t-test was conducted and results are presented in Table 1.

Table 1.

T-test Results to Analyse Marital Adjustment and Well-Being for Gender

		n	\bar{x}	SD	df	T	P
Marital Adjustment	Female	158	43.18	6.64	322	- 1.334	.183
	Male	166	44.18	6.80			
Wellbeing	Female	158	42.66	8.80	322	1.594	.112
	Male	166	40.87	11.16			

As seen in Table 1, marital adjustment [$t_{(322)} = -1.334$; $p = .183$, $p > .05$] and well-being [$t_{(322)} = 1.594$; $p = .112$, $p > .05$] of the participants did not differentiate for gender.

To determine whether marital adjustment and well-being differentiated for number of children, ANOVA test was conducted, and results were presented in Table 2.

Table 2.

ANOVA Results Related to Relationship Between Marital Adjustment and Wellbeing, and the Number of Children

	Variance source	Sum of squares	SD	Squares Averages	F	p
Marital Adjustment	Between Groups	117.314	3	39.105	0.862	0.461
	Within Groups	14517.436	320	45.367		
	Total	14634.750	323			
Wellbeing	Between Groups	239.840	3	79.947	0.782	0.505
	Within Groups	32713.898	320	102.231		
	Total	32953.738	323			

Seen on Table 2, there is no meaningful differences in marital adjustment of the participants in terms of the number of children they have [$F(3,320) = .862$; $p = .461$, $p > .05$]. Similarly, no statistically meaningful difference was found in wellbeing of the participants [$F(3,320) = .782$; $p = .505$, $p > .05$].

Pearson correlation analysis was conducted to identify the relationship between marital adjustment and well-being, and it was determined that there was medium-level, positive relationship ($r = .30$, $p = .000$, $p < .001$). Later, simple linear regression analysis was employed to test whether marital adjustment predicts well-being and obtained results are presented in Table 3.

Table 3.

Simple Linear Regression Analysis Related to Predictive Feature of Marital Adjust on Wellbeing

Predictive Variable	B	Standard Error	β	t	p	R ²	ΔR^2
(Constant)	22.168	3.528		6.283	.000		
Marital Adjustment	0.448	0.080	.299	5.614	.000	.089	.086

Predicted variable: Wellbeing

When Table-3 was analysed, it can be seen that marital adjustment approximately explained 9% [$F(1,322) = 31.512$; $p < .001$] of well-being. Based on this finding, marital adjustment significantly predicts well-being.

Discussion

People develop certain behaviors with other people in the society they live in, they can achieve harmony through social communication and feel happy. Marriage is one of the basic relationships

established with other individuals in society (Ekşi, Güneş, & Yaman, 2018). In this study, the main purpose sought to investigate the relationship between marital adjustment and well-being. To this end, firstly, differences between marital adjustment and well-being were analyzed in terms of gender and number of children, and then the effect of well-being on marital adjustment was examined.

Results of this study showed that there was no significant difference in well-being by gender. This finding of the current study is consisted with those of other studies (Rıza, 2016; Timur, 2008). On the other hand, another finding of this research did not support the previous research that found that well-being differentiated for gender (Ryff & Singer, 2008). A possible explanation for this difference between these findings may be the intercultural sensitive of well-being. Similarly, it was determined that there was no significant differentiation in marital adjustment for gender. There is a great deal of research in literature that found no statistically significant difference between gender variable and marital adjustment (Aydınlı & Tutarel-Kışlak, 2009; Çelik, 2018; Çelik & Tümkaya, 2012; Hamamcı, 2005; Günay, 2007; Uluyol, 2014; Whisman, Uebelacker, & Weindtock, 2004; Whisman, et. al., 2006; Yeşiltepe & Çelik, 2014). On the other hand, Kumcagiz and Güner (2017) studied on nurses and showed that there exists statistically significant difference between gender and marital adjustment and women had higher average marital adjustment score than men. Similarly, there are several studies that showed significant difference in marital adjustment in terms of gender (Bir-Aktürk, 2006; Canel, 2007). This result might be explained by the changing role of gender. In essence, it was stated that shifting of social gender roles to androgynous gender roles. Also, females and males working to gain equal perspective of working married spouses indicated that traditional gender roles were not important on relationship of married individuals (Çelik, 2018). Based on these different study results, it could be said that gender is not the single factor effecting marital adjustment. However, it has been found that marital adjustment has a positive effect on the psychological health of women compared to men (Whitton & Kuryluk, 2012). According to these explanations, it cannot be said that gender variable clearly affects marital adjustment and psychological well-being of men and women. In this context, it is thought that factors such as gender roles, participants' socio-cultural characteristics and expectation from marriage may have an major influence on marital adjustment and psychological well-being of married individuals.

In this study, it was found that there was no significant relation between marital adjustment and the number of children. However, there were few studies (Hamamcı 2005; Kumcagiz & Güner, 2017; Malkoç & Güren, 2018; Yalçın, 2014) that did not support this finding. These studies found out that as the number of children increased, marital adjustment quality decreased (Aydınlı & Tutarel-Kışlak, 2009; Şendil & Korkut, 2008). Additionally, according to the results, as the number of children increases, there is a deterioration in marital adjustment between spouses, and a decrease in emotion expressions in the togetherness of married couples (Şendil & Korkut, 2008).

When the research findings were analyzed, it was determined that there is a positive relationship between marital adjustment and well-being of married individuals. In other words, as marital adjustment of individuals increased, their well-being increased as well. It can be stated that individuals with high well-being have increased marital adjustment. When literature was reviewed, it was found that there are numerous studies that show individuals with anxiety, avoidance and attachment

problems during marriage have decreased marital adjustment (Heene, Buysse, & Van, 2007; Hawkins & Booth, 2005; Scorsolini & Santos, 2012; Scott & Cordova, 2002). As it can be seen, the effects of problems in marriage relationship on psychological health of individuals are inevitable (Yüksel, 2013). Again, it is pointed out that there is close relationship between marital relationship quality, well-being, marital adjustment, and high-level marital quality increased individual well-being (Proulx, Helms, & Buehler, 2007; Shek, 2001). Many factors strongly affect the level of psychological well-being of individuals. One of these factors is marriage. Marriage may play a positive role in individuals' mental health and happiness (Akdağ & Çankaya, 2015). Based on these explanations, it can be claimed that the research findings are supported by previous studies in related literature.

In this reserach, it was determined that there is positive relationship between marital adjustment and the well-being of married individuals. In this sense, a psycho-education plan in order to increase well-being in married individuals is recommended. It is believed that these psycho-education programs can have a positive impact on the marital adjustment of married individuals. It can be stated that children raised by parents with high marital adjustment may have positive psychologic well-being and might therefore raise individuals with positive psychological health.

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