



| Research Article / Araştırma Makalesi |

Investigating the Predictive Effects of Attachment Styles on Coping Styles with Jealousy in Romantic Relationships

Bağlanma Stillерinin Romantik İlişkilerde Kıskançlıkla Başa Çıkma Biçimleri Üzerindeki Yordayıcı Etkisinin İncelenmesi¹

Tuğçe İnkaya², Abdi Güngör³

Keywords

1. Romantic relationship
2. Jealousy
3. Styles of coping with jealousy
4. Anxious attachment
5. Avoidant attachment

Anahtar Kelimeler

1. Romantik ilişki
2. Kıskançlık
3. Kıskançlıkla başa çıkma biçimleri
4. Kaygılı bağlanma
5. Kaçınan bağlanma

Received/Başvuru Tarihi
14.02.2022

Accepted / Kabul Tarihi
17.05.2023

Abstract

Purpose: Jealousy in romantic relationships is a risk factor for individuals' happiness and relationship quality. Therefore, coping style with jealousy is important in addressing problems related to jealousy in relationships. The purpose of this study was to investigate the predictive effects of attachment styles (anxious and avoidant) on coping styles with jealousy (constructive, destructive-avoidant, and rival-focused) in romantic relationships.

Methodology: The sample of this study consisted of 301 people, 236 female and 65 males, who were in a romantic relationship. The Experiences in Close Relationships-Revised and the Communicative Responses to Jealousy Scale were used to collect the data. Linear regression analyses were performed to analyze the data.

Findings: The results showed that anxious attachment positively and avoidant attachment negatively predicted coping with jealousy in constructive communication. Both anxious and avoidant attachment positively predicted the style of coping with jealousy in destructive-avoidant communication. Anxious attachment positively predicted coping with jealousy in rival-focused communication, while avoidant attachment did not have a significant effect.

Highlights: The results showed that attachment styles are important in understanding the styles of coping with jealousy. The results were discussed along with the previous findings, and implications were provided for practitioners and future studies.

Öz

Çalışmanın amacı: Romantik ilişkilerde kıskançlık bireylerin mutluluğu ve ilişki kalitesi açısından bir risk faktörüdür. Dolayısıyla kişilerin romantik ilişkilerde kıskançlıkla baş etme yöntemleri, kıskançlıkla ilişkili sorunların ele alınmasında önem arz etmektedir. Bu araştırmanın amacı bireylerin bağlanma stillerinin (kaygılı ve kaçınan) romantik ilişkilerde kıskançlıkla baş etme yöntemleri üzerindeki (yapıcı, yıkıcı-kaçınan ve rakip odaklı) yordayıcı etkisini araştırmaktır.

Materyal ve Yöntem: Araştırmaya 236'sı kadın ve 65'i erkek olmak üzere, ilişkisi olduğunu belirten toplam 301 kişi katılmıştır. Araştırmada Yakın İlişkilerde Yaşantılar Envanteri-II ve Kıskançlık Karşısında Gösterilen İletişim Tepkileri Ölçeği kullanılmıştır. Veriler çoklu doğrusal regresyon analizleri ile analiz edilmiştir.

Bulgular: Bulgular yapıcı iletişim kıskançlıkla baş etme yönteminin yordanmasında, kaygılı bağlanmanın pozitif yönde ve kaçınan bağlanmanın negatif yönde etkisi olduğunu göstermiştir. Yıkıcı-kaçınan iletişim kıskançlıkla baş etme yöntemini, kaygılı ve kaçınan bağlanmanın pozitif yönde anlamlı düzeyde yordadığı bulunmuştur. Rakip odaklı iletişim kıskançlıkla baş etme yöntemini ise, kaygılı bağlanmanın pozitif yönde yordadığı ve kaçınan bağlanmanın anlamlı bir etkisinin olmadığı araştırmanın sonuçları arasındadır.

Önemli Vurgular: Bu bulgulardan hareketle bağlanma stillerinin bireylerin kıskançlıkla başa çıkma biçimlerinin belirlenmesinde önemli bir faktör olduğu söylenebilir. Araştırmanın bulguları alanyazındaki önceki bulgular ışığında tartışılmış ve alan uygulayıcıları ve gelecek çalışmalar için öneriler sunulmuştur.

¹ This study was presented as an oral presentation at the 1st International Pedagogical Research Congress (ICOPR'20) held on 24-26 June 2020.

² Düzce University, Faculty of Education, Guidance and Psychological Counseling Program, Düzce, TURKEY; <https://orcid.org/0000-0002-0951-4409>

³ Corresponded Author, Düzce University, Faculty of Education, Guidance and Psychological Counseling Program, Düzce, TURKEY; <http://orcid.org/0000-0002-7945-0906>

INTRODUCTION

One of the most important concerns in romantic relationships is jealousy (Richter et al., 2022). Jealousy in romantic relationships is thoughts, feelings, or actions that occur due to the (real or potential) romantic attraction between the person's partner and a third one (White & Mullen, 1989). Pfeiffer and Wong (1989) indicated that the concept of jealousy consists of emotional, cognitive, and behavioral dimensions. Jealousy is a risk factor for both people's self-esteem and the quality of the relationship. For example, Guerrero and Eloy (1992) found that as the level of jealousy levels increases, marital satisfaction decreases. In another study, Demirtaş and Dönmez (2006) found that jealousy negatively predicted a lower level of self-esteem. Therefore, jealousy in romantic potentially degrades both the quality of the relationship and the quality of life. At this stage, how people cope with jealousy becomes more important than whether or not it exists (Kara & Deniz, 2021). When people use ineffective coping mechanisms for jealousy, relationship issues including physical aggression, breakups, and communication breakdowns may arise (Nazlı & Karaman, 2021). Therefore, how people cope with jealousy matters to enhance the quality of relationships.

Previous findings showed that depression and anger were common emotional reactions to jealousy (Cano & O'leary, 1997). For example, Pines and Aronson (1983) found that the most dominant emotional reactions resulting from jealousy were anxiety, fear of loss, pain, hopelessness, anger, and vulnerability. While these emotional reactions occur differently for everyone, the methods used by individuals to cope with jealousy also differ. Guerrero et al. (2011) examined the communicative responses to jealousy under four categories: constructive, destructive, avoidant, and rival-focused communication and these four categories contain a total of 11 emotional responses. Constructive communication involves compensatory and responsive reactions to openly discussing and solving problems to repair and maintain the relationship. Destructive communication includes aggressive and manipulative responses to control or offend the partner. Rival-focused communication includes reactions such as protecting the partner by communicating with the opponent, cutting off the communication between the partner and the opponent, keeping the partner under surveillance, and possessing the partner. Finally, avoidant communication manifests itself as silence, avoiding talking about jealousy, and denial of the problem (Guerrero et al., 2011).

The styles of coping with jealousy are related to various factors. The literature showed that the styles of coping with jealousy are related to age, culture, the level of one's finding partner attractive (Bulut Genç & Topkaya, 2019), gender, relationship satisfaction, self-esteem, duration of the relationship (Demirtaş & Dönmez, 2006; Kara & Deniz, 2021), marital status (Aylor & Dainton, 2001; Demirtaş & Dönmez, 2006), personality traits (Cevheroğlu et al., 2022; Curun & Çapkin, 2014), and relationship satisfaction (Guerrero et al., 2011). Another factor related to individuals' jealousy experiences is their attachment styles (Hicks, 2020; Knobloch et al., 2001). People's expectations about their relationships can affect their jealousy and how they cope with jealousy (Knobloch et al., 2001). Although there is a theoretical link between attachment styles and jealousy in romantic relationships, the link between coping styles with jealousy and attachment is not well known. This study examined the effects of attachment styles on coping styles with jealousy. The following section further explained attachment theory and styles.

Attachment

Attachment theory explains the effects of the first relationship with the parents on the relationships with other people in the later stages of life (Eraslan Çapan, 2009). Attachment refers to strong emotional bonds that people develop with significant others (Morsünbül & Çok, 2011). Attachment especially becomes evident in stressful situations (Erözkan, 2011). When the caregiver and the child are under stress, bonding occurs through the support and sense of trust they give to each other (Tüzün & Sayar, 2006). Attachment begins in the first days of life and continues throughout life, but its expression can change over time (Kesebir et al., 2011; Soysal et al., 2005). A person's attachment style stays mostly stable after being determined as secure or insecure (Kesebir et al., 2011).

There is a vast literature on attachment, and previous studies offered various classifications of attachment styles. For example, Ainsworth et al. (1978) classified the attachment between mother and child into three categories: secure, anxious/ambivalent, and avoidant attachment. Bartholomew and Horowitz (1991) defined four attachment styles as a two-dimensional combination of people's positive and negative views of themselves and others: secure, preoccupied, dismissing, and fearful. On the other hand, Hazan and Shaver (1987) addressed attachment in romantic relationships and classified three attachment styles (secure, anxious-ambivalent, and avoidant) based on the classification offered by Ainsworth et al. (1978). Hazan and Shaver (1987) claimed that people with different attachment styles have different relationship experiences. An individual's attachment style and internal working model affect his or her perceptions of self and partner in romantic relationships (Yazıcıoğlu, 2011). In addition, the purpose of this study was to examine the effects of attachment in romantic relationships. Therefore, this study addressed the attachment styles based on the three-dimensional classification of Hazan and Shaver (1987).

An attachment style formed by the relationship between the infant and caregiver is determined by the attitudes of the attachment figure towards the infant (Bowlby, 1969). Caregivers who are available and consistent with the child's needs provide secure attachment. The caregiver's inconsistent or inadequate response to the child's needs and expectations or being irritable, anxious, and restrictive leads to anxious attachment. On the other hand, the caregiver's cold, distant, or angry attitude toward the child's need cause the child to have an avoidant attachment (Hazan & Shaver, 1994; Sümer et al., 2009).

Adult attachment is a direct continuation of childhood attachment, and attachment experiences in childhood affect personality and social relationships (Bowlby, 1969). The relationship between the infant and the caregiver enables the individual to develop positive or negative judgments about herself/himself and others, and these judgments affect the individuals' close relationships and expectations of success (Akbağ & İmamoğlu, 2010; Sümer & Şendağ, 2009). Because infant experiences love and care through warm relationships with the caregiver, he or she develops a positive attitude towards themselves and others by considering the environment a safe place (Çalışır, 2009). In other words, individuals with secure attachments can accept that they are lovable and consider others accepting and supportive (Bartholomew & Horowitz, 1991; Karakuş, 2012). Healthy relationships and positive attitudes toward others help them experience a sense of loneliness less than individuals with other attachment styles (Akbağ & İmamoğlu, 2010).

The literature documented that secure attachment was positively related to extraversion, openness to experience, responsibility (Deniz, 2011), self-esteem (Sümer, 2006), life satisfaction (Keskin & Çam, 2007), and well-being (Hazan & Shaver, 1990; Terzi & Cihangir Çankaya, 2009); and negatively related to efforts to please others (Deniz, 2011) and anxiety and anger (Hazan & Shaver, 1990). Individuals with secure attachment have a more positive approach to problems than individuals with anxious or avoidant attachment styles, and they use effective methods when coping with stress (Arslan et al., 2012; Terzi & Cihangir Çankaya, 2009). Therefore, such findings support that attachment styles can also be related to how people deal with problems.

Individuals with anxious attachment evaluate the self and others negatively and avoid establishing close relationships (Çalışır, 2009). Karakuş (2012) found that adolescents with anxious attachment feel more alone than others. In addition, individuals with anxious attachments use the avoidant coping method in stressful situations (Terzi & Cihangir Çankaya, 2009). Individuals with anxious attachment tend to use the avoidance strategy because they may not cope with stressful problems due to their negative self-perception.

Individuals with avoidant attachment accept themselves as valuable but cannot find others loveable since others for them seem unreliable (Karakuş, 2012; Kesebir et al., 2011). Because they do not trust others, it is not easy for them to establish close relationships. Their anxiety levels are generally low in relationships, and their avoidance behaviors are high (Eraslan Çapan, 2009). These individuals have less sense of responsibility towards others, and the sense of guilt they experience is less than other attachment styles (Akbağ & İmamoğlu, 2010).

In addition, the romantic experiences of individuals differ based on their attachment styles (Hazan & Shaver, 1987). For example, individuals with secure attachment tend to be adaptable in close relationships and closer to their partners than others. In addition, they are more committed to the relationship and invest more in their relationships (Tutarel Kışlak & Çavuşoğlu, 2006). Attachment styles also play a role in stressful situations, such as the possibility of losing a romantic relationship and the emergence of negative emotions (Curun & Çapkin, 2014). For example, individuals with an anxious attachment style can need more approval due to their negative self-perception, and their feelings of jealousy can be more intense (Curun & Çapkin, 2014; Tutarel Kışlak & Çavuşoğlu, 2006).

All in all, individuals' attachment styles affect their experiences of jealousy (Knobloch et al., 2001). However, to our knowledge, no research has examined the relationships between attachment styles and coping styles with jealousy. Therefore, the effect of attachment styles on individuals' coping styles with jealousy is unknown even though attachment style is an important factor for the quality of romantic relationships. Because jealousy can be a risk factor for individuals' well-being and relationship quality, coping styles with jealousy is also essential. Therefore, understanding such factors affecting coping styles with jealousy will be beneficial for prevention and intervention strategies. In this context, this study aimed to investigate the predictive effects of individuals' attachment styles (anxious and avoidant) on their styles of coping with jealousy (constructive, destructive-avoidant, and rival-oriented).

METHOD

Participants

The participants included 236 (78.4%) women and 65 (21.6%) men, a total of 301 people, who stated that they were in a relationship. The ages of the participants were between 18 - 47 (\bar{x} = 24.10; SD = 5.16). Regarding relationship status, 16.3% of the participants were married, 4.3% were engaged, and 79.4% were in a relationship.

Instrumentations

Personal Information Form

A personal information form was created to collect data about participants' gender, age, and relationship status.

The Communicative Responses to Jealousy Scale (CRJS)

The CRJS was developed by Guerrero et al. (1995) and revised by Guerrero et al. (2011). Hoşoğlu and Sevim (2018) adapted the scale to Turkish. The CRJS consists of 51 items on a 7-point Likert scale. While the original scale consisted of four sub-dimensions (constructive, destructive, avoidant, and rival-focused), destructive and avoidant dimensions were combined in the

Turkish form. Consistent with the Turkish form, this study considered styles of coping with jealousy under three dimensions: constructive, destructive-avoidant, and rival-focused. The validity and reliability study of the scale was conducted with university students who had a romantic relationship. Internal consistency reliability coefficients were reported as .84 for constructive communication, .85 for destructive-avoidant communication, and .90 for rival-focused communication (Hoşoğlu & Sevim, 2018). In this study, Cronbach Alpha internal consistency coefficients were .89, .88, and .89, respectively.

Experiences in Close Relationships-Revised (ECR-R)

The ECR-R was developed by Fraley et al. (2000) and adapted into Turkish by Selçuk et al. (2005). The Turkish form has a two-factor structure consistent with the original form. The scale consists of 36 items on a 7-point Likert scaling, 18 items measuring anxious attachment, and 18 items measuring avoidant attachment. The validity and reliability study was conducted with university students. Cronbach's alpha reliability coefficients were reported as .90 for the avoidant attachment and .86 for the anxious attachment. The internal consistency coefficients in this study were .88 and .89, respectively.

Process

Before starting the data collection process, required ethical and administrative permissions were obtained. The data collection tools were transferred to an online platform, and the link was shared with the participants. Before starting the survey, the research's purpose, scope, and importance were shared with the participants. In addition, the participants were asked a question about whether or not they volunteered to participate in the study. No personal information such as name and surname was asked, and confidentiality was ensured. The SPSS 22.0 package program was used to analyze the data, and an alpha level of .05 was set for interpreting the findings.

The data analysis process was carried out in two steps. First, the suitability of the data for multivariate analyses was tested. Then, the prediction of the dependent variables on the independent variables was tested. Three separate multiple linear regression analyses were conducted to test the predictive effects of independent variables (anxious attachment and avoidant attachment) on each of the three dependent variables (constructive, destructive-avoidant, rival-focused communications).

Before proceeding to regression analyses, outliers, normality, multicollinearity, variance inflation factor (VIF), and tolerance statistics were checked to determine whether the data set was suitable for multivariate analyses. One outlier was detected based on Mahalanobis distance values and removed from the data set. In terms of normality, skewness values were between .32 and -.84, and kurtosis values ranged between .03 and .45. Therefore, these results showed that the data set was normally distributed (Pallant, 2010; Tabachnick & Fidell, 2013). Regarding multicollinearity, the tolerance levels of the data were greater than .10, and the VIF values were less than 10. In addition, the relationship between independent variables was .31, so there was no multicollinearity problem. Thus, the data set met the necessary assumptions for multivariate analysis.

FINDINGS

The relationships between the variables, the means, and the standard deviations of the variables are shown in Table 1. Pearson Product Moments Correlation Coefficients showed that anxious attachment was positively correlated with constructive communication ($r = .19, p < .01$), destructive-avoidant communication ($r = .44, p < .01$), and rival-focused communication ($r = .46, p < .01$). On the other hand, avoidant attachment was negatively correlated with constructive communication ($r = -.25, p < .01$) and positively correlated with destructive-avoidant communication ($r = .32, p < .01$) and rival-focused communication ($r = .17, p < .01$).

Table 1. Descriptive statistics and correlation coefficients between variables

Variables	1	2	3	4	5
Anxious Attachment	1				
Avoidant Attachment	.31**	1			
Constructive Communication	.19**	-.25**	1		
Destructive-Avoidant Communication	.44**	.32**	.18**	1	
Rival-Focused Communication	.46**	.17**	.29**	.62**	1
\bar{X}	3.44	2.76	4.92	2.81	2.52
SD	1.09	1.01	1.27	.89	1.11

** $p < .01$

Three multiple linear regression analyzes were conducted to test whether anxious and avoidant attachment scores predicted constructive, destructive-avoidant, and rival-focused communication scores. The results of the regression analyzes are shown in Table 2. The anxious and avoidant attachment scores significantly predicted the constructive communication scores and explained 14% of the total variance. Avoidant attachment had a significant negative effect ($\beta = -.42$), while anxious attachment had a significant positive effect ($\beta = .34$). Regarding predicting destructive-avoidant communication, the model predicted significantly and explained 23% of the total variance. Both anxious attachment ($\beta = .31$) and avoidant attachment ($\beta = .18$) have significant positive effects. Finally, the model significantly predicted rival-focused communication scores and explained 21% of the total variance. Anxious attachment had a significant positive effect ($\beta = .46$) but the effect of avoidant attachment was not significant.

Table 2. The Results of Anxious and Avoidant Attachment Predicting Constructive, Destructive-Avoidant, and Rival-Focused Communication

Dependent Variables	Independent Variables	R ²	B	Standard Deviations	β	t	p	F
Constructive Communication		.14						23.45***
	Anxious Attachment		.34	.67	.29	5.14	.000	
	Avoidant Attachment		-.42	.07	-.34	-5.91	.000	
Destructive-Avoidant Communication		.23						44.58***
	Anxious Attachment		.31	.04	.38	7.02	.000	
	Avoidant Attachment		.18	.05	.20	3.79	.000	
Rival-Focused Communication		.21						39.89***
	Anxious Attachment		.46	.06	.45	8.27	.000	
	Avoidant Attachment		.04	.06	.03	.61	.541	

*** $p < .001$

DISCUSSION

The purpose of this study was to test to what extent individuals' anxious and avoidant attachment levels predict coping styles with jealousy in romantic relationships. The results showed that anxious and avoidant attachment significantly predicted coping styles with jealousy. The findings help to understand better the issue of coping with jealousy. Based on the findings, it can be concluded that attachment styles are important in coping styles with jealousy.

Anxious attachment positively and avoidant attachment negatively predicted coping with jealousy in constructive communication. The findings showed that as participants' anxious attachment scores increased and the avoidant attachment score decreased, they reported higher constructive communication coping strategy levels. This finding can be interpreted as individuals with anxious attachment prefer coping with jealousy in constructive communication because of the fear of losing the relationship. In addition, because individuals with avoidant attachment are not close in relationships, they generally do not use constructive communication. Even though there is no direct study in the literature about the association between attachment styles and coping styles with jealousy, individuals with avoidant attachment reject or avoid issues in case of conflict (Çelenoğlu, 2011). Avoidant individuals do not trust others; therefore, they have less sense of responsibility towards others (Akbağ & İmamoğlu, 2010; Eraslan Çapan, 2009). The finding related to avoidant attachment can be interpreted that the lack of sense of responsibility causes the person not to create a reason to act in a constructive way.

Regarding predicting destructive-avoidant communication, both anxious and avoidant attachment had positive effects. In other words, as the levels of anxious and avoidant attachment increase, individuals use destructive-avoidant communication more. Individuals with avoidant attachment avoid romantic relationships, so they may not be motivated to continue the relationship. People with avoidant attachment also avoid expressing their feelings when they are in a relationship (Şipit, 2019). Therefore, ones with avoidant attachment prefer to avoid jealousy instead of using constructive methods by expressing their feelings as a way of coping with jealousy. Çalışır (2009) stated that it might be possible that individuals with anxious attachment avoid close relationships because the model of others is negative for them. As the anxious attachment level increases, communication skills decreased (Koser & Barut, 2020). Accordingly, individuals with anxious attachment may avoid expressing their feelings and revealing themselves in an effective way (Şipit, 2019). This can also be explained by the fact that they do not express their feelings of jealousy to their partners in healthy ways and avoid them. Terzi and Cihangir Çankaya (2009) also stated that individuals with anxious attachment use avoidant coping in stressful situations. In addition, individuals with an anxious attachment tend to try to maintain the relationship more closely by attracting the attention of others with the avoidance strategy (Yazicioğlu, 2011). Thus, it can be concluded that the finding that individuals with anxious attachment use destructive-avoidant communication is consistent with the literature.

The results also revealed that the anxious attachment positively predicted coping with jealousy in rival-oriented communication. According to this result, individuals with anxious attachment use more rival-focused communication with coping jealousy. Individuals with anxious attachment are trying to save the relationship by communicating with the rival or cutting off the communication between their partner and the rival. This finding is important since no research directly investigated such associations. On the other hand, it is an unexpected finding that avoidant attachment did not significantly predict the rival-oriented communication style of coping with jealousy. Theoretically, individuals with avoidant attachment were expected to be less rival-oriented, but the findings did not confirm this hypothesis. More research is needed on this subject.

CONCLUSION AND RECOMMENDATIONS

It is necessary to regulate individuals' ineffective coping styles with jealousy since it can negatively affect the quality of relationships. The results of this study showed that understanding individuals' attachment styles would contribute to this process. For example, considering the attachment styles in couple and family counseling can contribute to the understanding and resolving issues that originated from jealousy. Attachment styles can also be helpful in the concern of violence against women due to jealousy. Ineffective management of jealousy and the use of destructive communication may lead to violence. In this case, the attachment styles should be considered to help individuals developing constructive ways of coping with jealousy. Attachment styles can also be integrated into couple counseling and interventions aiming to help couples prepare for marriage. In addition, attachment styles can also provide helpful information in individual counseling since jealousy and reactions to jealousy can be a risk factor for an individual's well-being. These results are important in terms of both contributing to the literature and providing practical suggestions.

There are some limitations to this study. The number of female participants is higher than male participants. Future studies with equal male and female participants will make the findings more robust and more generalizable. Although the directions of the effects were hypothesized based on theoretical assumptions, it is not possible to draw a definite cause-effect relationship in correlational studies (Gall et al., 2007). Future experimental or longitudinal studies will make possible to give a conclusion about causality.

Declaration of Conflicting Interests

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

Funding

The authors received no financial support for the research, author-ship, and/or publication of this article.

Statements of publication ethics

We hereby declare that the study has not unethical issues and that research and publication ethics have been observed carefully.

Researchers' contribution rate

T.İ and A.G. conceived of the presented idea. All authors involved the data collection procedure. T.İ developed the theory and wrote the introduction. A.G verified the analytical methods. All authors discussed the results and contributed to the final manuscript. The study was conducted and reported with equal collaboration of the researchers.

Ethics Committee Approval Information

"Certificate of Ethical Approval" undertaken for this study is received from the Sciences Ethics Committee of Düzce University with the meeting numbered 13 and 2021/234 protocol on the date of 30.09.2021.

REFERENCES

- Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, S. N. (1978). *Patterns of attachment: A psychological study of the strange situation*. Erlbaum
- Akbağ, M. & İmamoğlu, S. E (2010). Cinsiyet ve bağlanma stillerinin utanç, suçluluk ve yalnızlık duygularını yordama gücünün araştırılması [The prediction of gender and attachment styles on shame, guilt, and loneliness]. *Kuram ve Uygulamada Eğitim Bilimleri*, 10 (2), 651-682
- Arslan, E., Arslan, C., & Arı, R. (2012). Kişilerarası problem çözme yaklaşımlarının, bağlanma stilleri açısından incelenmesi [An investigation of interpersonal problem solving approaches with respect To attachment styles]. *Kuram ve Uygulamada Eğitim Bilimleri*, 12 (1), 7-23
- Aylor, B. & Dainton, M. (2001). Antecedents in romantic jealousy experience, expression, and goals. *Western Journal of Communication (Includes Communication Reports)*, 65 (4), 370-391. <https://doi.org/10.1080/10570310109374717>
- Bartholomew, K. & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. *Journal of Personality and Social Psychology*, 61 (2), 226-244.
- Bowlby, J. (1969). *Attachment and Loss: Volume I Attachment* (2nd. Ed). Basic Books
- Bulut Genç, C. & Topkaya, N. (2019). Romantik ilişki yaşayan bireylerde çok boyutlu kıskançlık ile ilişkili değişkenler [Variables Related to Multidimensional Jealousy among Individuals Having Romantic Relationship]. *Kırşehir Eğitim Fakültesi Dergisi*, 20 (3), 1447-1483. <https://doi.org/10.29299/kefad.2019.20.03.013>
- Çalışır, M. (2009). Yetişkin bağlanma kuramı ve duygulanım düzenleme stratejilerinin depresyonla ilişkisi [The relationship of adult attachment theory and affect regulation strategies to depression]. *Psikiyatride Güncel Yaklaşımlar*, 1, 240-255

- Cano, A. & O'leary, K. D. (1997). Romantic jealousy and affairs: Research and implications for couple therapy. *Journal of Sex & Marital Therapy*, 23 (4), 249-275. <https://doi.org/10.1080/00926239708403931>
- Çelenoğlu, A. (2011). *Evli Bireylerin, Bağlanma Stillerine ve Kendilik Algısına Göre Evlilikte Yaşanan Sorunlarla Başa Çıkma Yollarının İncelenmesi* [The investigation of marital coping efforts of married people according to their attachment styles and self perceptions]. Unpublished master thesis, Haliç University, Institute of Social Sciences, İstanbul
- Cevheroğlu, B. A., Karakaş, E., Can, F. N., & Elmalı, E. (2022). Üniversite öğrencilerinin romantik ilişkilerinde kıskançlık ile başa çıkma yöntemlerinin kişilik özellikleri açısından incelenmesi [Examining the methods of coping with jealousy in romantic relationships of university students in terms of personality traits]. *Atatürk Üniversitesi Edebiyat Fakültesi Dergisi*, 69, 80-85
- Curun, F. & Çapkın, M. (2014). Romantik kıskançlığın bağlanma stilleri, benlik saygısı, kişilik özellikleri ve evlilik doyumu açısından yordanması [Predicting jealousy: The influence of attachment styles, self-esteem, personality traits and marital satisfaction]. *Psikoloji Çalışmaları*, 34 (1), 1-22.
- Demirtaş, H. A. & Dönmez, A. (2006). Yakın ilişkilerde kıskançlık: Bireysel, ilişkisel ve durumsal değişkenler [Jealousy in close relationships: Personal, relational and situational variables]. *Türk Psikiyatri Dergisi*, 17 (3), 181-191
- Deniz, M. E. (2011). Karar verme stilleri ve beş faktör kişilik özelliklerinin bağlanma stilleri açısından incelenmesi [An investigation of decision-making styles and the five-factor personality traits with respect to attachment styles]. *Kuram ve Uygulamada Eğitim Bilimleri*, 11 (1), 97-113
- Eraslan Çapan, B. (2009). Öğretmen adaylarının kişilerarası ilişkileri ve bağlanma stilleri arasındaki ilişki [The relation between the interpersonal relationships and attachment styles of teacher trainees]. *Anadolu Üniversitesi Sosyal Bilimler Dergisi*, 9 (2), 127-142
- Erözkan, A. (2011). Üniversite öğrencilerinin bağlanma stilleri ve karar stratejileri [Attachment styles and decision-making strategies of university students]. *Uluslararası Avrasya Sosyal Bilimler Dergisi*, 2 (3), 60-74
- Fraley, R. C., Waller, N. G., & Brennan, K. A. (2000). An item response theory analysis of self report measures of adult attachment. *Journal of Personality and Social Psychology*, 78, 350-365. <https://doi.org/10.1037/0022-3514.78.2.350>
- Gall, M. D., Gall, J. P., & Borg, W. R. (2007). *Educational research: An introduction* (8th ed.). Allyn & Bacon.
- Guerrero, L. K. & Eloy, S. V. (1992). Relational satisfaction and jealousy across marital types. *Communication Reports*, 5 (1), 23-31. <https://doi.org/10.1080/08934219209367540>
- Guerrero, L. K., Andersen, P. A., Jorgensen, P. F., Spitzberg, B. H., & Eloy, S. V. (1995). Coping with the green-eyed monster: Conceptualizing and measuring communicative responses to romantic jealousy. *Western Journal of Communication*, 59, 270-304. <https://doi.org/10.1080/10570319509374523>
- Guerrero, L. K., Hannawa, A. F., & Babin, E. A. (2011). The communicative responses to jealousy scale: revision, empirical validation, and associations with relational satisfaction. *Communication Methods and Measures*, 5(3), 223-249. <https://doi.org/10.1080/19312458.2011.596993>
- Hazan, C. & Shaver, P. R. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, 52 (3), 511-524. <https://doi.org/10.1037/0022-3514.52.3.511>
- Hazan, C. & Shaver, P. R. (1994). Attachment as an organizational framework for research on close relationships. *Psychological Inquiry*, 5 (1), 1-22. https://doi.org/10.1207/s15327965pli0501_1
- Hazan, C. & Shaver, P.R. (1990). Love and work: An attachment-theoretical perspective. *Journal of Personality and Social Psychology*, 39 (2), 270-280.
- Hicks, S. (2020). *Romantic relational aggression among college students: A moderated mediation study of attachment style, romantic jealousy, mate value, and relationship investment*. Doctoral Dissertation, University Of Southern Mississippi, Hattiesburg, USA.
- Hoşoğlu, R. & Sevim, S. (2018). Kıskançlık Karşısında Gösterilen İletişim Tepkileri Ölçeği'nin Türkçe uyarlaması: Geçerlik ve güvenirlik çalışması [Adaptation of The Communicative Responses to Jealousy Scale into Turkish: a validity and reliability study]. *Anadolu Üniversitesi Eğitim Fakültesi Dergisi (AUJEF)*, 2 (2), 119-137.
- Kara, E. & Deniz, M. E. (2021). An examination of irrational relationship beliefs and perfectionism as the predictors of coping with romantic jealousy. *Turkish International Journal of Special Education and Guidance & Counseling*, 10 (2), 184-196
- Karakuş, Ö. (2012). Ergenlerde bağlanma stilleri ve yalnızlık arasındaki ilişki [Relation between attachment styles and loneliness in adolescence]. *Toplum ve Sosyal Hizmet*, 23 (2), 33-46.
- Kesebir, S., Özdoğan Kavzoğlu, S., & Üstündağ, M. F. (2011). Bağlanma ve psikopatoloji [Attachment and psychopathology]. *Psikiyatride Güncel Yaklaşımlar*, 3 (2), 321-342.
- Keskin, G. & Çam, O. (2007). Bağlanma süreci: Ruh sağlığı açısından literatürün gözden geçirilmesi [Attachment process: Review of the literature in terms of mental health]. *Ege Üniversitesi Hemşirelik Yüksek Okulu Dergisi*, 23 (2), 145-158.
- Knobloch, L. K., Solomon, D. H., & Cruz, M. G. (2001). The role of relationship development and attachment in the experience of romantic jealousy. *Personal Relationships*, 8, 205-224. <https://doi.org/10.1111/j.1475-6811.2001.tb00036.x>

- Koser, İ. E., & Barut, Y. (2020). Üniversite öğrencilerinin iletişim becerileri, problem çözme becerileri ve bağlanma stilleri ilişkisi. *OPUS Uluslararası Toplum Araştırmaları Dergisi*, 15 (23), 1765-1789
- Morsünbül, Ü. & Çok, F. (2011). Bağlanma ve ilişkili değişkenler [Attachment and related variables]. *Psikiyatride Güncel Yaklaşımlar*, 3 (3), 553-570.
- Nazlı, E., & Karaman, Ö. (2021). Examination of the relationship between the level of disclosure in romantic relationship and communication reactions in jealousy. *Inonu University Journal of the Faculty of Education*, 22 (3), 2659-2676
- Pallant, J. (2010). *SPSS Survival Manual* (4th ed.). McGraw Hill.
- Pfeiffer, S. M. & Wong, P. T. P. (1989). Multidimensional jealousy. *Journal of Social and Personal Relationships*, 6, 181-196. <https://doi.org/10.1177/026540758900600203>
- Pines, A. & Aronson, E. (1983). Antecedents, correlates and consequences of sexual jealousy. *Journal of Personality*, 51 (1), 108-136. <https://doi.org/10.1111/j.1467-6494.1983.tb00857.x>
- Richter, M., Schlegel, K., Thomas, P. & Troche, S. J. (2022). Adult attachment and personality as predictors of jealousy in romantic relationships. *Frontiers in Psychology*, 13, 1-14.
- Selçuk, E., Günaydın, G., Sümer, N., & Uysal, A. (2005). Yetişkin bağlanma boyutları için yeni bir ölçüm: Yakın İlişkilerde Yaşantılar Envanteri-II'nin Türk örnekleminde psikometrik açıdan değerlendirilmesi. [A new scale developed to measure adult attachment dimensions: Experiences In Close Relationships-Revised (ECR-R) psychometric evaluation in a Turkish sample]. *Türk Psikoloji Yazıları*, 8 (16), 1-11.
- Soysal, A. Ş., Bodur, Ş., İşeri, E., & Şenol, S. (2005). Bebeklik dönemindeki bağlanma sürecine genel bir bakış [Attachment process in infancy: A review]. *Klinik Psikiyatri*, 8, 88-99.
- Sümer, N. & Şendağ, M. A. (2009). Orta çocukluk döneminde ebeveynlere bağlanma, benlik algısı ve kaygı [Attachment to parents during middle childhood, self-perceptions, and anxiety]. *Türk Psikoloji Dergisi*, 24 (63), 86-101.
- Sümer, N. (2006). Yetişkin bağlanma ölçeklerinin kategoriler ve boyutlar düzeyinde karşılaştırılması [Categorical and dimensional comparison of the adult attachment measures]. *Türk Psikoloji Dergisi*, 21 (57), 1-22.
- Sümer, N., Ünal, S., Selçuk, E., Kaya, B., Polat, R., & Çekem, B. (2009). Bağlanma ve psikopatoloji: Bağlanma boyutlarının depresyon, panik bozukluk ve obsesif-kompulsif bozuklukla ilişkisi [Attachment and psychopathology: relationship between adult attachment and depression, panic disorder, and obsessive-compulsive disorder]. *Türk Psikoloji Dergisi*, 24 (63), 38-45.
- Şipit, G. (2019). *Yetişkin bireylerde bağlanma stillerinin duyguları ifade etme şekilleri ve empatik eğilim yeteneklerine etkileri* [In adult attachment styles of individuals effects to form of expressions emotions and effects to capabilities of empathic tendency], Master's thesis, Istanbul Gelisim University Institute of Social Sciences, Istanbul.
- Tabachnick, B., & Fidell, L. (2013). *Using multivariate statistics* (6th ed.). Pearson.
- Terzi, Ş., & Cihangir Çankaya, Z. (2009). Bağlanma stillerinin öznel iyi olmayı ve stresle başa çıkma tutumlarını yordama gücü [The predictive power of attachment styles on subjective well being and coping with stress of university students]. *Türk Psikolojik Danışma ve Rehberlik Dergisi*, 4 (31), 1-11.
- Tutarel Kışlak, Ş. & Çavuşoğlu, Ş. (2006). Evlilik uyumu, bağlanma biçimleri, yüklemeler ve benlik saygısı arasındaki ilişkiler [The relationships among marital adjustment, attachment styles, attributions and self-esteem]. *Aile ve Toplum*, 8 (3), 61-68.
- Tüzün, O. & Sayar, K. (2006). Bağlanma kuramı ve psikopatoloji [Attachment theory and psychopathology]. *Düşünen Adam*, 19 (1), 24-39.
- White, G. L. & Mullen, P. E. (1989). *Jealousy: Theory, research and clinical strategies*. Guilford.
- Yazıcıoğlu, G. (2011). *Üniversite Öğrencilerinin Bağlanma Stilleri ve Stresle Başa Çıkma Stratejileri Arasındaki İlişki: ODTÜ Örneği* [The relationship between university students' attachment styles and strategies for coping with stress: The case of METU]. Unpublished master thesis, Dokuz Eylül University, Institute of Educational Sciences, İzmir.