

Predictors of marital anxiety among emerging adults: Demographic characteristics and family-of-origin marital messages

Beliren yetişkinlerde evlilik kaygısının yordayıcıları: Demografik özellikler ve kök ailenin evlilik mesajları

Ekrem Sedat Şahin¹  Yaser Emir Elhatip²  Savaş Karagöz³ 

¹Assoc. Prof. Dr., Aksaray University, Faculty of Education, Department of Educational Sciences, Aksaray, Türkiye



² Research Assit. Aksaray University, Faculty of Education, Department of Educational Sciences, Aksaray, Türkiye



³ Prof. Dr., Aksaray University, Faculty of Education, Department of Educational Sciences, Aksaray, Türkiye



Corresponding Author:

Yaser Emir Elhatip

Citation:

Şahin, E., S., Elhatip, Y., E. & Karagöz, S. (2026). Predictors of marital anxiety among emerging adults: Demographic characteristics and family-of-origin marital messages. *OPUS- Journal of Society Research*, 23, e1932779.

<https://doi.org/10.26466/opusjsr.1932779>

Open Access Statement:

This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY). This license permits unrestricted use, distribution, and reproduction in any medium, provided that the original author(s) and the source are properly credited. The original publication in *OPUS Journal of Society Research* must be cited in accordance with accepted academic practice.

Review Note:

Evaluated by Double-Blind Peer Review

Ethics Reporting:

To report potential ethical concerns, contact: editorialoffice@opusjournal.net

Similarity screening was conducted via intihal.net.



Abstract

Despite the increasing interest in marital anxiety during emerging adulthood, the relationship between marital messages received from the family of origin and marital anxiety remains underexplored in the literature. This study aimed to examine whether emerging adults' marital anxiety differs across demographic variables and to determine the predictive role of marital messages received from the family of origin. The study included 424 emerging adults, including 294 women and 130 men. Data were collected using the Marital Anxiety Scale, the Marital Messages Scale, and a Personal Information Form. Independent samples t-test, one-way analysis of variance (ANOVA), and simple linear regression analysis were conducted. The findings indicated that marital anxiety significantly differed according to gender, age, family structure, perceived family income level, and romantic relationship status ($p < .05$), whereas no significant differences were found based on faculty type or parents' marriage type ($p > .05$). In addition, marital messages received from the family of origin significantly predicted marital anxiety ($p < .001$). The findings suggest that family-based experiences and relational contexts may play an important role in understanding marital anxiety during emerging adulthood.

Keywords: Marriage, marital anxiety, marital messages from family of origin, demographic characteristics, emerging adults

Öz

Beliren yetişkinlik dönemindeki evlilik kaygısına yönelik ilginin artmasına rağmen, kök aileden alınan evlilik mesajları ile evlilik kaygısı arasındaki ilişki literatürde yeterince incelenmemiştir. Bu araştırmada, beliren yetişkinlerin evlilik kaygılarının demografik değişkenlere göre farklılaşıp farklılaşmadığının incelenmesi ve kök aileden alınan evlilik mesajlarının evlilik kaygısını yordayıcı rolünün belirlenmesi amaçlanmıştır. Araştırmaya 294'ü kadın ve 130'u erkek olmak üzere toplam 424 beliren yetişkin katılmıştır. Veriler; Evlilik Kaygısı Ölçeği, Evlilik Mesajları Ölçeği ve Kişisel Bilgi Formu aracılığıyla toplanmıştır. Verilerin analizinde bağımsız örneklem için t-testi, tek yönlü varyans analizi (ANOVA) ve basit doğrusal regresyon analizi kullanılmıştır. Bulgular, evlilik kaygısının cinsiyet, yaş, aile yapısı, algılanan aile gelir düzeyi ve romantik ilişki durumu değişkenlerine göre anlamlı biçimde farklılaştığını göstermiştir ($p < .05$). Buna karşın, öğrenim görülen fakülte türü ve ebeveynlerin evlenme biçimine göre anlamlı bir farklılık bulunmamıştır ($p > .05$). Ayrıca, kök aileden alınan evlilik mesajlarının evlilik kaygısını anlamlı biçimde yordadığı belirlenmiştir ($p < .001$). Bulgular, aile temelli yaşantılar ve ilişkisel bağların beliren yetişkinlik dönemindeki evlilik kaygısının anlaşılmasında önemli bir role sahip olabileceğini göstermektedir.

Anahtar Kelimeler: Evlilik, evlilik kaygısı, kök aileden alınan evlilik mesajları, demografik özellikler, beliren yetişkinler

Introduction

Marriage, although no longer a prerequisite for social acceptance in contemporary society, is an institution that most individuals experience at least once in their lifetime. Regardless of socioeconomic background, people generally desire their marriages to be long-lasting and satisfying (Karney & Bradbury, 2020). Marriage facilitates social integration by providing spouses with a sense of belonging and purpose, primarily through kinship-based social networks (Soulsby & Bennett, 2015). Consequently, marriage enhances an individual's sense of social well-being. Marriage fulfills individuals' needs for belonging, communication, and attachment. It provides spouses with support, security, shared resources, and joint household investments. It also enables sexual and emotional intimacy and helps couples manage the demands of daily life. In short, marriage contributes to overall life satisfaction (Brkljačić et al., 2018). Research has consistently shown that married individuals possess significant advantages in both physical and psychological well-being compared with those who are unmarried (Shapiro & Keyes, 2008). The importance of preserving marital stability derives from the continued relevance of close relationships—institutionalized through marriage—for overall well-being (Karney & Bradbury, 2020). Nevertheless, while the goals and benefits of a happy marriage remain, the challenges associated with marriage also persist (Kreider & Ellis, 2011). Indeed, according to 2024 data from the Turkish Statistical Institute, the crude marriage rate is 6.65 per 1,000 population, whereas the crude divorce rate is 2.19 (TURKSTAT, 2026). In other words, the divorce rate in Türkiye is approximately one-third of the marriage rate. This indicates that despite couples embarking on marriage with the intention of achieving a satisfying and enduring union, a notable proportion are unable to reach this goal.

The reason for this is that marriage can also create various difficulties. Marital distress is often accompanied by emotions such as sadness, anger, frustration, disbelief, shock, and depression. It is commonly a significant factor in the emergence of

individual psychopathology (Gul et al., 2025). For many, marital distress eventually culminates in divorce, bringing along numerous additional challenges and risk factors (Gogoi, 2019). Despite the positive aspects of marriage, its negative outcomes may give rise to marital anxiety (Hammett et al., 2016). The burdens, responsibilities, and newly imposed value structures that accompany marriage may heighten individuals' anxiety regarding marriage (Kalyoncu, 2025). A negative relationship has been identified between marital anxiety and marital quality (Postler et al., 2022). In order to promote marital satisfaction and quality, examining anxiety related to marriage and providing supportive services through relevant institutions may contribute to marital satisfaction and adjustment. Based on this rationale, the present study was conducted with the aim of identifying the predictors of marital anxiety among emerging adults.

Emerging adulthood period

Emerging adulthood is defined as a developmental period situated between adolescence and adulthood and characterized by unique developmental features (Arnett, 2007). Arnett (2000) stated that this period generally covers the ages of 18–25 and that individuals face developmental tasks such as identity exploration, gaining independence, career planning, and developing close relationships. According to Arnett, emerging adulthood is a transitional period during which identity explorations intensify, individuals evaluate different life possibilities, and make important decisions regarding their future. During this process, uncertainties related to education, work life, economic independence, and interpersonal relationships may affect individuals' psychological adjustment processes (Arnett, 2000; Arnett, 2007).

Romantic relationships and marriage also occupy an important place in the lives of individuals during emerging adulthood. In this period, individuals begin to establish long-term romantic relationships, choose partners, and evaluate their expectations regarding marriage (Shulman & Connolly, 2013). However, marriage may lead to anxiety in

some individuals because it involves various elements such as responsibilities, financial obligations, and role expectations. In particular, family experiences, parental relationships, and marital messages received from the family of origin are considered influential in shaping individuals' perceptions of marriage (Cui & Fincham, 2010). Therefore, emerging adulthood provides an important developmental context for understanding marital anxiety.

Marital anxiety

Marriage has been an important institution across all religions, races, and societies since the existence of humankind. However, various issues—such as expectations about marriage, future-oriented concerns, doubts about one's partner, and the burden of marital responsibilities—may give rise to anxiety. Anxiety is a universal aspect of human nature (Afzal et al., 2017). It is a psychological, physiological, and behavioral state triggered by real or perceived threats to well-being or survival in both humans and animals. Anxiety is characterized by heightened arousal, anticipatory tension, autonomic and neuroendocrine activation, and particular behavioral patterns (Steimer, 2002). Mechanisms shaped by both genetic and environmental influences determine an organism's tendency to exhibit anxiety in certain situations (Gross & Hen, 2004). Everyone experiences anxiety from time to time; it is a natural response to situations perceived as threatening or challenging, such as moving to a new home or financial problems. Anxiety typically diminishes when circumstances change, become familiar, or when individuals are able to distance themselves from the situation. Still, anxiety may complicate daily functioning and affect both occupational and social life (Duvall & Roddy, 2020).

Marriage represents a future life event for individuals who are not yet married and inherently contains many unknowns. In addition to this uncertainty, messages received from one's social environment regarding marriage may trigger or

heighten marital anxiety. Today, young adults increasingly report intense and overwhelming anxiety concerning the formation of marital relationships (Omopo et al., 2025). Levine (2017) defines marital anxiety as encompassing general worry regarding the changes and symbolic responsibilities implied by the marital bond, including fears of losing freedom or experiencing marital conflict. Individuals who have not yet married may experience marital anxiety due to dilemmas arising from the unpredictability of the new life that marriage entails or from not knowing their prospective spouse sufficiently well. Those who believe marriage will impose limitations on their personal lives may avoid marriage altogether in an attempt to resist perceived control (Çelik & Erkilet, 2019).

Marital anxiety refers to the feelings of worry, fear, or apprehension that individuals or partners may experience when contemplating marriage or preparing for it. This form of anxiety can be influenced by various individual and social factors and may shape the emotional states and interaction patterns of those involved (Johnson, 2023). Marital anxiety encompasses processes related to intimacy, vulnerability, future security, and the pursuit of an unconditional emotional bond (Omopo et al., 2025). Social and economic issues—such as the financial burden of dowry traditions, gifts, jewelry, expensive attire, high-cost engagement and wedding ceremonies, unemployment, and similar stressors—lead many young people to postpone marriage and develop fears related to it (Afzal et al., 2017). When individuals experience anxiety about marriage, they may focus on concerns such as whether they are making the right choice, fears of commitment, or worries about the future (Gul et al., 2025). Thinking about the expectations a future spouse may have can further elevate their anxiety levels (Payat & Öksüz, 2022). Considering the importance of marriage in both individual and societal life, and its profound influence on one's life course, understanding and explaining marital anxiety becomes essential. Research has shown that marital anxiety is associated with numerous demographic variables and psychological constructs (Kestir, 2021; Tatarhan & Terzi İlhan, 2025).

Demographic characteristics and marital anxiety

Research examining the presence of marital anxiety syndrome among individuals who have not yet married began nearly forty years ago (Zimmer, 1986). Since then, studies on marital anxiety have investigated the role of numerous demographic characteristics. Some studies have shown that both women and men experience marital anxiety and that there is no statistically significant difference between the two genders (Hung, 2020; Payat & Öksüz, 2022). However, there are also studies indicating that women experience higher levels of marital anxiety than men (Çıtak & Başar, 2023; Kalyoncu, 2025; Sezer, 2019).

Findings regarding age show similar inconsistencies. Çıtak and Başar (2023), Güler (2021), and Yıldız (2025) found no significant differences in marital anxiety based on age. In contrast, Zimmer (1986) and Akın (2022) reported higher marital anxiety among older individuals compared with younger ones. Studies have also shown that individuals in romantic relationships experience lower marital anxiety than those who are not in romantic relationships (Akın, 2022; Caner, 2025; Çıtak & Başar, 2023; Sezer, 2019). Regarding perceived family income, studies by Çıtak and Başar (2023) and Yıldız (2025) found no significant differences in marital anxiety, whereas Payat and Öksüz (2022) reported higher marital anxiety among individuals who perceived their families' income as low. Research conducted by Gul et al. (2025), Junaidin et al. (2023), and Yıldız (2025) showed that individuals from divorced or separated families experience higher marital anxiety compared with those from intact families. The family environment plays a critical role in shaping individuals' perceptions of marriage. Parents' marital relationships influence how individuals of marriageable age perceive marriage (Tatarhan & Terzi İlhan, 2025). Parental relationships function as foundational marital messages that provide individuals with essential cues about marriage. According to Benson et al. (1993), marital messages shape young adults' readiness for marriage—an important and intimate relationship—and

affect their attitudes and emotions regarding future marriages. Accordingly, it is assumed that marital messages received from parents—that is, from the family of origin—are associated with marital anxiety.

Marital messages received from the family of origin

Marriage is a socially expected norm in many societies. Individuals transmit the marital messages they receive from their environment to their own children (Browning & Miller, 1999). The concept of marital messages refers to the feedback individuals receive from sources such as family, mass media, friends, religious institutions, and governmental structures regarding the positive, bad, and/or neutral aspects of marriage as an institution and marital relationships (Shurts, 2004). The answers that unmarried individuals receive throughout their lives to questions such as “what marriage is,” “how marriage works,” and “when marriage should occur”—in other words, the marital messages they encounter—may influence their plans and behaviors regarding marriage (Şahin & Bilge, 2019). Marital messages received from various sources can affect individuals' relationships with the opposite sex, as well as the duration and quality of these relationships (Shurts & Myers, 2012). Marital messages may shape individuals' emotions, thoughts, and behaviors related to marriage (Elhatip & Şahin, 2025). Positive associations have been found between marital messages received from the family and attitudes toward marriage (Bilge & Şahin, 2022).

The literature includes studies examining the sources of marital messages and their associations with demographic variables (Shurts & Myers, 2012; Şahin & Bilge, 2022). Studies investigating the relationship between gender and marital messages have found that women receive more positive marital messages than men. Younger emerging adults have been found to receive more positive marital messages compared with older emerging adults (Shurts & Myers, 2012; Shurts, 2004; Şahin & Bilge,

2022). It has also been found that youth from families with disrupted integrity (e.g., divorced or separated parents) receive more negative marital messages compared with those from intact families. Additionally, participants who reported high levels of parental conflict received more negative marital messages than those whose parents reported low conflict (Shurts & Myers, 2012; Şahin & Bilge, 2022). Based on these findings, it is considered likely that the marital messages emerging adults receive from their families of origin may be associated with their levels of marital anxiety. Within this framework, the present study sought to answer the following research questions:

1. Do emerging adults' marital anxiety levels significantly differ based on gender, age, academic department, parental marital status, perceived family income level, parents' marriage type, and romantic relationship status?
2. Do the marital messages emerging adults receive from their families of origin significantly predict their marital anxiety?

Method

Research design

In this study, a relational survey model was employed to determine the current status of the phenomenon under investigation and to present findings related to it. Survey research is defined as an approach aimed at describing individuals' opinions, interests, competencies, skills, or attitudes regarding a particular topic, and it typically enables researchers to work with larger sample groups compared with other methods (Büyüköztürk et al., 2016). The relational survey model, in turn, is a research design that aims to examine whether a relationship exists between at least two variables within the scope of the study and to determine the degree of this relationship (Karasar, 2012). In the present study, emerging adults' marital anxiety was examined in terms of demographic characteristics, and the relationship between marital messages received from the family of origin and marital

anxiety was investigated within the framework of a correlational research design.

Study group

The participants consisted of 424 emerging adults (294 women, 130 men) studying at various universities in Türkiye who had never been married. Arnett (2000) stated that emerging adulthood encompasses the age range of 18–25 years. Therefore, the participants in the present study consisted of emerging adults between the ages of 18 and 25. Participants were selected through a convenience sampling method in line with the aims and feasibility of the research. Convenience sampling is one of the most frequently used sampling strategies in the social sciences, in which the sample is composed of individuals who are accessible, aligned with the research purpose, and willing to participate (Gravetter & Forzano, 2012). Demographic characteristics of the participants are presented in Table 1.

Table 1. Demographic characteristics of the participants

Variable	Level	n
Gender	Female	294
	Male	130
Age	19 and below	220
	20 and above	204
Faculty	Education	268
	Engineering	156
Year of Study	1st year	102
	2nd year	123
	3rd year	91
	4th year	108
Family Structure	Intact family	375
	Disrupted family	49
Parents' Marriage Type	Arranged marriage	301
	Self-selected marriage	123
Romantic Relationship Status	In a relationship	169
	Not in a relationship	255
Perceived Family Income Level	Low	144
	Moderate	161
	High	119

Most participants were 19 years old or younger ($\bar{x}=19.64$; $s=1.32$). Similarly, the majority were students in Faculties of Education. Most participants came from intact families, and those who were in a romantic relationship were fewer in number. Additionally, most participants reported that their parents had married through arranged marriage.

Ethical procedures and data collection

The study was conducted with the approval of the Human Research Ethics Committee of a university located in Central Anatolia, granted on 19.12.2025 under protocol number 2025-579. Data were collected through face-to-face procedures by the researchers. An Informed Consent Form was provided to all participants, and voluntary participation was ensured.

To increase the sincerity of participants' responses, they were informed about the purpose and importance of the study, and no identifying information was requested. Participants were also informed that they could withdraw from the study at any point without providing a reason, even after beginning to respond to the data collection instruments, and that they would not be subjected to any form of pressure to continue participation.

Data collection instruments

In this study, Personal Information Form the Marriage Anxiety Scale (MAS), and the Marital Messages Scale (MMS) were used. Information on these instruments is provided below.

Personal information form: Developed by the researchers, this form consists of eight items. It includes demographic variables such as gender, age, academic faculty, parental marital status, perceived family income level, parents' marriage type, parental marital adjustment, and participants' romantic relationship status.

Marriage Anxiety Scale (MAS): The scale was developed by Çelik and Erkilet (2019) to measure individuals' feelings of worry, heightened arousal, and tendencies to avoid situations when topics related to marriage arise. During its development process, literature review, expert opinions, and qualitative interviews with unmarried individuals were utilized to create an initial pool of 50 items. Following content validity procedures, the number of items was reduced to 26, forming the pilot version. After validity and reliability analyses, the final

scale consisted of 13 items with a single-factor structure. The scale uses a 4-point rating system (0 = Strongly disagree, 1 = Disagree, 2 = Agree, 3 = Strongly agree). Total scores range from 0 to 39, with higher scores indicating higher levels of marital anxiety. Exploratory Factor Analysis (EFA) indicated factor loadings ranging from .72 to .79, and the single-factor structure accounted for 55.58% of the total variance. Regarding criterion validity, the MAS showed positive and significant correlations with State Anxiety and Trait Anxiety scales ($r = .47$ and $r = .42$, respectively). Cronbach's alpha coefficient for internal consistency was .93, and the test-retest reliability coefficient (two-week interval) was .79. Corrected item-total correlations ranged between .66 and .74, indicating strong item discrimination. The Cronbach's alpha coefficient of the scale was also calculated using the data obtained in the present study, and it was found to be .92.

Marital Messages Scale (MMS): The MMS was developed by Şahin and Bilge (2020) to identify positive, bad, and neutral marital messages individuals receive from environmental sources such as family, friends, mass media, and other institutions. An exploratory sequential mixed-methods design was used during development. Themes derived from qualitative interviews were used to generate the item pool. Structured as a Semantic Differential Scale, the MMS consists of 20 items and three sub-dimensions: Messages Related to the Evaluation of Marriage- 12 items, Messages Regarding the Impact of Marriage- 5 items, Messages Related to Emotions Marriage May Evoke - 3 items. Participants rate each item using a 7-point scale (1-7). For each message source (e.g., Family, Friends), total scores range from 20 to 140. Items 12 and 15 are reverse scored. Higher scores indicate more positive marital messages. Construct validity was tested using both EFA and CFA. CFA results indicated acceptable fit indices (GFI = .900, AGFI = .870, CFI = .962, NFI = .934, RMSEA = .063). Cronbach's alpha coefficients were .954 for the total scale and ranged from .869 to .971 for the sub-dimensions. The two-week test-retest reliability

coefficient (Pearson's r) for the total scale was .916. The Cronbach's alpha coefficient of the scale was also calculated using the data obtained in the present study, and it was found to be .90.

Data analysis

Data obtained through the measurement instruments were transferred to SPSS 25.0, and statistical analyses were conducted using this software. To examine whether the assumptions of normal distribution were met, skewness and kurtosis coefficients were calculated for the MAS and MMS scores. Values between -1.5 and $+1.5$ were considered indicative of normal distribution (Tabachnick & Fidell, 2013).

hen's d , with benchmarks of .20 (small), .50 (medium), and .80 (large) (Cohen, 1998). Statistical significance was set at .05.

Results

In this section, findings regarding emerging adults' marital anxiety levels based on their demographic characteristics are first presented, followed by the results concerning the predictive relationships between marital messages received from the family and marital anxiety. To determine whether participants' marital anxiety levels differed across gender, age, academic faculty, family integrity, parents' marriage type, and romantic relationship status, independent samples t -tests were conducted.

Table 2. t-test results for marriage anxiety scale scores by gender, age, academic faculty, family structure, parents' marriage type, and romantic relationship status

Variable	Level	n	\bar{x}	s	df	t	p	Cohen d
Gender	Female	294	15.16	8.82	422	3.62	.001	.38
	Male	130	11.65	10.05				
Age	19 and below	220	13.08	8.16	422	2.30	.02	.22
	20 and above	204	15.16	10.38				
Faculty	Education	268	14.30	9.40	422	.63	.53	
	Engineering	156	13.70	9.27				
Marital Anxiety Family Structure	Intact family	375	13.29	8.63	422	4.96	.001	.75
	Disrupted family	49	20.14	12.10				
Parents' Marriage Type	Arranged marriage	301	14.10	9.42	422	.06	.96	
	Self-selected marriage	123	14.04	9.19				
Romantic Rela- tionship Status	In a relationship	169	12.17	8.75	422	3.47	.001	.34
	Not in a relationship	255	15.34	9.52				

The results indicated that skewness and kurtosis values for both instruments were within acceptable ranges; therefore, parametric tests were used. An independent samples t -test was conducted to determine whether differences between two groups were statistically significant. One-way analysis of variance (ANOVA) was used to evaluate differences among more than two groups. The predictive level of marital messages (independent variable) on marital anxiety (dependent variable) was examined through simple linear regression analysis. Effect size statistics were also used to determine the magnitude of the independent variable's impact. For ANOVA results, eta-squared (η^2) was calculated, interpreted as small (.01), medium (.06), and large (.14) effect sizes (Büyükoztürk, 2021). For t -test results, effect size was evaluated using Co-

The findings obtained from these analyses are presented in Table 2.

As shown in Table 1, the mean marital anxiety scores of emerging adult women (\bar{X} = 15.16) were statistically significantly higher than those of men (\bar{X} = 11.65) ($p < .001$). The Cohen's d value calculated to determine the effect of gender on marital anxiety was .38. Based on this finding, it can be concluded that gender has a moderate-to-small effect on participants' marital anxiety levels. As presented in Table 1, the mean marital anxiety scores of emerging adults aged 20 and above (\bar{X} = 15.16) were statistically significantly higher than those of participants aged 19 and below (\bar{X} = 13.08) ($p < .05$). The Cohen's d value calculated to determine the effect of age on marital anxiety was .22, indicating that age has a small effect on participants' marital

anxiety levels. It was found that there was no statistically significant difference ($p > .05$) between the mean marital anxiety scores of emerging adults studying in Faculties of Education ($\bar{X} = 14.30$) and those studying in Faculties of Engineering ($\bar{X} = 13.70$). Participants from disrupted families had statistically significantly higher marital anxiety scores ($\bar{X} = 20.14$) than those from intact families ($\bar{X} = 13.29$) ($p < .001$).

Table 3. Descriptive findings for marriage anxiety scale scores by perceived family income level

	Perceived Family Income Level	n	\bar{x}	s
Marital Anxiety	Low (a)	144	17.17	9.36
	Medium (b)	161	12.44	8.61
	High (c)	119	12.55	9.40

The Cohen’s d value calculated to determine the effect of family structure on marital anxiety was .75. Based on this result, family structure appears to have a significant effect on participants’ marital anxiety levels. Regarding the variable of parents’ marriage type, no statistically significant difference ($p > .05$) was found between the marital anxiety scores of participants whose parents married through arranged marriage ($\bar{X} = 14.10$) and those whose parents married by mutual agreement ($\bar{X} = 14.04$).

This finding indicates that romantic relationship status has a moderate-to-small effect on participants’ marital anxiety levels.

Descriptive analyses were conducted to examine the distribution of participants’ marital anxiety scores based on perceived family income level, and the findings are presented in Table 3.

When the mean marital anxiety scores were examined according to the perceived family income variable, it was observed that participants who perceived their family income level as low ($\bar{X} = 17.17$) had higher marital anxiety scores compared with those who perceived their income as medium ($\bar{X} = 12.44$) or high ($\bar{X} = 12.55$). To determine whether the differences between the mean scores across perceived income levels were statistically significant, a one-way analysis of variance (ANOVA) was conducted, and the results are presented in Table 4.

The results of the one-way analysis of variance indicated that participants’ mean marital anxiety scores differed statistically significantly across perceived family income level groups ($F(2, 421) = 12.61, p < .001$). The eta-squared (η^2) value calculated to determine the effect of perceived income level on marital anxiety was .06.

Table 4. One-way anova results for marital anxiety scale scores by perceived family income level

	Source of Variance	SS	df	MS	F	p	η^2	Difference
Marital Anxiety	Between Groups	2087.529	2	1043.765	12.61	.00	.06	a > b
	Within Groups	34847.744	421	82.774				a > c
	Total	36935.274	423					

Participants who were not in a romantic relationship had statistically significantly higher marital anxiety scores ($\bar{X} = 15.34$) than those who were in a romantic relationship ($\bar{X} = 12.17$) ($p < .001$). The Cohen’s d value calculated for the effect of romantic relationship status on marital anxiety was .34.

According to the Tukey HSD post-hoc analysis, participants who perceived their family income level as low had significantly higher marital anxiety scores than those who perceived their income as medium or high ($p < .05$). Based on this finding, it can be concluded that perceived family income level has a medium-level effect on participants’ marital anxiety levels.

Table 5. Simple linear regression analysis results for the prediction of marital anxiety by marital messages received from the family of origin

Variable	B	Standard Error B	β	t	p	Zero-order r	Partial r
Intercept	28.148	2.154		13.071	.001		
Marital Message Received from Family	-.130	.019	-.309	-6.668	.001	-.309	-.309

A simple linear regression analysis was conducted to determine whether the marital messages participants received from their families of origin predicted their marital anxiety levels, and the findings are presented in Table 5.

The results of the simple linear regression analysis indicated that marital messages received from the family of origin statistically significantly predicted marital anxiety ($F(1, 422) = 44.46, p < .001$). The correlation coefficient for the model was $R = .31$, and the proportion of explained variance was $R^2 = .095$. Accordingly, marital messages received from the family of origin accounted for approximately 9.5% of the total variance in marital anxiety. Examination of the regression coefficients showed that marital messages received from the family of origin were a negative and moderate predictor of marital anxiety ($\beta = -.31, t = -6.67, p < .001$). Based on this finding, it can be concluded that marital messages received from the family of origin predict participants' marital anxiety levels moderately and in a negative direction.

Discussion and interpretation

This study examined whether university students' marital anxiety levels differed across various demographic variables and investigated the predictive role of marital messages received from the family of origin. The findings suggest that marital anxiety may be shaped not only by individual characteristics but also by familial and relational contexts. The results showed that emerging adult women reported significantly higher marital anxiety than men, with a moderate effect size. This finding is consistent with previous studies (Çıtak & Başar, 2023; Kalyoncu, 2025; Sezer, 2019), although it differs from others reporting no gender differences (Hung, 2020; Payat & Öksüz, 2022). The higher marital anxiety levels among emerging adult women may be associated with the gendered expectations and responsibilities culturally attributed to marriage. In Turkish culture, women are traditionally regarded as having central roles in the establishment and continuation of marriage. For instance, symbolic practices—such as giving the

marriage certificate to the bride—may reflect culturally rooted expectations that place women at the center of marital responsibility. The proverb “Yuvayı dişi kuş yapar” (“The female bird builds the nest”) may also reflect the cultural attribution of domestic responsibility to women. Such cultural expectations may contribute to emerging adult women's concerns about fulfilling marital roles. Additionally, as the participants of this study were university students, women may experience heightened marital anxiety due to anticipating possible conflicts between marital responsibilities and the roles associated with being educated and employed. Moreover, witnessing their mothers' marital responsibilities and difficulties from an early age may contribute to young women's concerns about experiencing similar challenges. Another possible factor may be the widespread media coverage of violence against women by their spouses, which may elevate fear-based marital anxiety among young women.

The results also indicated that marital anxiety differed significantly by age. Participants aged 20 and above had higher marital anxiety than those aged 19 and below. This finding aligns with those of Zimmer (1986), Payat and Öksüz (2022), and Akın (2022), who also reported higher marital anxiety among older youth. However, it differs from studies reporting no age-related differences (Güler, 2021; Çıtak & Başar, 2023; Yıldız, 2025). Higher anxiety among older emerging adults may be related to perceiving marriage as a more imminent life event, prompting more concrete evaluations of the responsibilities associated with it. As students approach graduation, concerns about family and societal expectations regarding marriage, as well as employment and financial stability, may intensify marital anxiety.

The study found no significant difference in marital anxiety based on faculty of study, a result consistent with Darwish et al. (2021). This finding may suggest that academic field is not a strong determinant of marital anxiety. Since both Education and Engineering students may face similar career uncertainties after graduation under current labor market conditions, no difference between the

groups may have emerged. This finding may also indicate that marital anxiety is shaped more strongly by personal life experiences and family background than by academic discipline.

Marital anxiety differed significantly based on family structure. Participants from disrupted families exhibited higher marital anxiety than those from intact families, consistent with findings by Junaidin et al. (2023), Gul et al. (2025), and Yıldız (2025). Parents' marital relationships may play an important role in shaping children's perceptions of marriage (Tatarhan & Terzi İlhan, 2025). Negative marital messages—such as “marriage brings unhappiness” or “marriage ends in divorce”—may contribute to increased marital anxiety among emerging adults from disrupted families. This finding may suggest that family relationships observed during childhood and adolescence can leave lasting impressions on beliefs and expectations regarding marriage. Family disruption may foster negative beliefs about marital continuity and may contribute to perceiving marriage as a risky institution, thereby increasing marital anxiety.

Participants who perceived their family income as low reported significantly higher marital anxiety compared with those perceiving their income as medium or high, consistent with Payat and Öksüz (2022) but differing from Çıtak and Başar (2023) and Yıldız (2025). Considering the role of economic conditions in marital decisions, it may be understandable that perceptions of financial insufficiency are associated with anxiety about entering and sustaining a marriage. In Turkish culture, marriage is often accompanied by economic expectations placed on families, such as covering engagement and wedding expenses or furnishing specific parts of the household. Emerging adults who perceive their families as economically disadvantaged may worry about meeting these expectations, which may contribute to marital anxiety. Additionally, individuals who grew up amid financial difficulties may associate such challenges with marriage itself, potentially elevating their anxiety levels.

The study found no significant difference in marital anxiety based on parents' marriage type.

Although no previous research has directly examined marital anxiety in relation to parents' marriage type, some studies have reported differences in young adults' attitudes toward marriage based on this variable (Akbaş et al., 2019). The lack of a significant difference in the current study may suggest that marital anxiety is influenced more by the quality of parental marital experience and family interactions than by how the parents' marriage was initiated. Parents' marriage type may not directly influence family dynamics, or emerging adults may not be aware of or affected by this factor, which may explain the nonsignificant finding.

Participants without romantic relationship experience reported significantly higher marital anxiety compared with those currently in a relationship. This result is consistent with previous findings (Sezer, 2019; Akın, 2022; Çıtak & Başar, 2023; Caner, 2025). Having a romantic partner may provide emerging adults with experiential knowledge of relational dynamics, thereby reducing uncertainty associated with marriage. Romantic relationships may enhance individuals' confidence in forming and sustaining close bonds and may also reduce anxiety by presenting the possibility of a future spouse. Conversely, individuals without such experiences may experience concerns about finding a suitable partner, which may contribute to heightened marital anxiety.

The study revealed that marital messages received from the family of origin significantly and negatively predicted emerging adults' marital anxiety. The regression analysis results showed that marital messages received from the family accounted for a meaningful proportion of the variance in marital anxiety. Accordingly, it may be suggested that positive marital messages received from the family of origin play a role in reducing emerging adults' marital anxiety levels. This finding is consistent with the study conducted by Şahin and Bilge (2022), which demonstrated that marital messages received from the family of origin predict marital attitudes. Primarily, parents' marital relationship and the quality and form of communication within the family may function as marital messages for the emerging adult who is a member of

the family. When these messages are negative, emerging adults may perceive marriage as an experience that is not positive or supportive, which may increase marital anxiety. Conversely, when there is happiness in the parents' marriage and a supportive, healthy family environment, this may constitute a positive marital message for the young adult and may reduce marital anxiety. In summary, parents' marital relationship may function both as a model and as a source of marital messages, making it an important factor associated with marital anxiety among emerging adults.

Limitations of Study

This study has several limitations. One limitation is that the research is based on a cross-sectional design (Kline, 2015). Future studies may examine marital anxiety among emerging adults using longitudinal designs. Another limitation concerns the use of convenience sampling for data collection. The reliance on convenience sampling restricts the researcher's ability to make inferences about the entire population (Turner, 2020). Therefore, the findings of this study should not be generalized to all emerging adults in Türkiye. Future research may employ a national sample to ensure broader geographic variability and enhance the representativeness of the findings. This study was designed and conducted within a quantitative research framework. Future studies may adopt qualitative designs to examine marital anxiety among emerging adults in greater depth. Another limitation is that the study sample consisted only of emerging adults studying in engineering and education faculties. Future research is recommended to investigate marital anxiety across samples that include emerging adults from a wider variety of academic disciplines in order to determine whether marital anxiety differs by faculty type.

Conclusion and Recommendations

The findings of the study revealed that emerging adults' levels of marital anxiety differed significantly according to various demographic variables

and that marital messages received from the family significantly predicted marital anxiety. According to the findings, higher levels of marital anxiety were observed among female participants, individuals aged 20 and above, participants from disrupted family structures, those without a romantic relationship, and those with low perceived family income. In particular, family structure was found to have a strong effect on marital anxiety. In addition, marital messages received from the family of origin were found to negatively and significantly predict marital anxiety. This finding may suggest that positive marital messages received from the family can reduce individuals' levels of anxiety regarding marriage. Overall, it can be stated that both individual-demographic characteristics and family-based experiences are important variables in understanding marital anxiety among emerging adults.

The study found a significant relationship between marital anxiety and marital messages received from the family of origin. However, other sources of marital messages also exist—such as friends, mass media, religious institutions, and governmental structures (Shurts, 2004; Shurts & Myers, 2012; Şahin & Bilge, 2019). Considering the strong influence of social media in contemporary life, it is recommended that future studies examine how marital messages derived from mass media are associated with marital anxiety.

Based on the findings of the study, it is important that practitioners adopt family-based and relationship-focused approaches in preventive and supportive interventions targeting marital anxiety. It is recommended that universities develop structured psychoeducational programs within psychological counseling and guidance services that address issues related to marriage and close relationships. Such programs may include discussions on realistic expectations about marriage, common myths surrounding marriage, and activities aimed at increasing awareness of marital messages transmitted from the family of origin. These efforts may help reduce marital anxiety among emerging adults.

Furthermore, individuals with high general anxiety levels are likely to experience elevated marital anxiety as well. Therefore, it is recommended that psychological counseling services offered to emerging adults with high general anxiety also address marital anxiety, provided that the client is willing to explore this topic. Considering that emerging adults from disrupted families and those without romantic relationship experience constitute potentially more vulnerable groups in terms of marital anxiety, it is essential to plan and implement targeted preventive and supportive counseling interventions for these populations. From a policy-making perspective, it is recommended to develop social and educational policies that support young people's preparation for marriage and family life. Expanding educational programs on family life and relationship skills for youth may help foster healthier attitudes and expectations regarding marriage beginning from early stages. Since marriage represents an uncertain and unknown experience for unmarried individuals, these uncertainties can contribute to marital anxiety among emerging adults. Therefore, implementing mandatory premarital courses for couples—covering topics such as marital relationships, reproductive health, and parenting—may help reduce marital anxiety. Additionally, given that economic uncertainty is a factor known to increase marital anxiety, policies that enhance young adults' access to employment opportunities and financial security may indirectly contribute to lowering their marital anxiety.

Declarations

Funding: This research received no external funding.

Conflicts of Interest: The authors declare no conflict of interest.

Ethical Approval: The study was conducted in accordance with the ethical approval granted by the

Aksaray University Human Research Ethics Committee on December 19, 2025, under protocol number 2025-579.

Informed Consent: Informed consent was obtained from all participants prior to data collection. Participation was voluntary, and participants were informed that they could withdraw from the study at any stage without providing a reason.

Data Availability: The data that support the findings of this study are available from the corresponding author upon reasonable request.

Author Contributions: Conceptualization: Ekrem Sedat Şahin (40%), Yaser Emir Elhatip (30%), Savaş Karagöz (30%). Data Curation: Ekrem Sedat Şahin (30%), Yaser Emir Elhatip (30%), Savaş Karagöz (40%). Investigation, Analysis, and Validation: Ekrem Sedat Şahin (30%), Yaser Emir Elhatip (40%), Savaş Karagöz (30%). Writing – Original Draft: Ekrem Sedat Şahin (40%), Yaser Emir Elhatip (40%), Savaş Karagöz (20%). Writing – Review & Editing: Ekrem Sedat Şahin (30%), Yaser Emir Elhatip (30%), Savaş Karagöz (40%).

AI Disclosure: AI-based tools were not used in this study for data collection, data generation, statistical analysis, or citation/reference generation.

References

- Afzal, N., Muazzam, A., & Malik, S. (2019). Development and validation of pre-marital anxiety scale. *The Discourse*, 5(1), 167–178.
- Akbaş, M., Sürücü, Ş. G., Köroğlu, C. O., & Öztürk, M. (2019). Üniversite öğrencilerinin evlilik tutumlarını etkileyen faktörler. *Cukurova Medical Journal*, 44(1), 93–100.
<https://doi.org/10.17826/cumj.441022>
- Akın, M. (2022). *Evlenmemiş bireylerde evlilik kaygısı düzeyinin belirlenmesi, ruhsal hastalık riski ve yaşam kalitesi ile ilişkisinin araştırılması* (Tez No. 769649) [Yüksek lisans tezi, Sağlık Bilimleri Üniversitesi]. Yükseköğretim Kurulu Ulusal Tez Merkezi.

- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Arnett, J. J. (2007). Emerging adulthood: What is it, and what is it good for? *Child Development Perspectives*, 1(2), 68–73. <https://doi.org/10.1111/j.1750-8606.2007.00016.x>
- Brkljačić, T., Glavak Tkalić, R., Lučić, L., Sučić, I., & Kaliterna Lipovčan, L. (2019). A brief scale to measure marital/relationship satisfaction by domains: Metrics, correlates, gender and marriage/relationship status differences. *Društvena Istraživanja: Časopis Za Opća Društvena Pitanja*, 28(4), 647–668. <https://doi.org/10.5559/di.28.4.05>
- Büyüköztürk, Ş., Çakmak, E. K., Akgün, Ö. E., Karadeniz, S., & Demirel, F. (2016). *Bilimsel araştırma yöntemleri*. Pegem Akademi.
- Caner, S. (2024). *Bekâr bireylerin evlilik kaygısı ile evlilik öncesi eğitim algısı arasındaki ilişkinin incelenmesi* (Tez No. 909650) [Yüksek lisans tezi, İstanbul Medeniyet Üniversitesi]. Yükseköğretim Kurulu Ulusal Tez Merkezi.
- Cui, M., & Fincham, F. D. (2010). The differential effects of parental divorce and marital conflict on young adult romantic relationships. *Personal Relationships*, 17(3), 331–343. <https://doi.org/10.1111/j.1475-6811.2010.01279.x>
- Çelik, E., & Erkilet, G. (2019). Evlilik kaygısı ölçeğinin geliştirilmesi: Geçerlik ve güvenirlik çalışması. *Ege Journal of Scientific Research*, 2(1), 47–57. <https://dergipark.org.tr/en/pub/egebad/article/524077>
- Çıtak, Ş., & Başar, A. (2023). Evlilik kaygısında bağlanma stillerinin yordayıcılığı. *Ordu University Journal of Social Sciences Institute*, 13(Special Issue), 185–204. <https://doi.org/10.48146/odusobiad.1186297>
- Darwish, M. A. A., Banat, S. M., Sarhan, V. Y., & Aleid, W. A. (2021). Future career anxiety and its relationship with marital distress among the Al-Husseini Bin Talal University students. *Iranian Journal of Psychiatry and Behavioral Sciences*, 15(1), Article e101398. <https://doi.org/10.5812/ijpbs.101398>
- Duvall, A., & Roddy, C. (2020). *Managing anxiety in school settings: Creating a survival toolkit for students*. Routledge. <https://doi.org/10.4324/9781003027614>
- Gogoi, S. (2019). Marital distress in present society. *Asian Journal of Home Science*, 14(1), 230–235. <https://doi.org/10.5555/20210512416>
- Gravetter, F. J., & Forzano, L. B. (2012). *Research methods for the behavioral sciences* (4th ed.). Wadsworth.
- Gross, C., & Hen, R. (2004). The developmental origins of anxiety. *Nature Reviews Neuroscience*, 5(7), 545–552. <https://doi.org/10.1038/nrn1429>
- Gul, K., Sabir, J., Bukhtiar, A., & Saleem, H. A. R. (2025). Examining marriage anxiety, psychological distress and social support among adults of separated and non-separated families. *The Critical Review of Social Sciences Studies*, 3(1), 1478–1493. <https://doi.org/10.59075/kdspey16>
- Güler, K. (2021). *Evli olmayan bireylerin evlilik kaygısı ile evliliğe yükledikleri anlam ve evlilik beklentileri arasındaki ilişkinin incelenmesi* (Tez No. 665258) [Yüksek lisans tezi, İstanbul Kent Üniversitesi]. Yükseköğretim Kurulu Ulusal Tez Merkezi. <https://doi.org/10.59075/kdspey16>
- Hammett, J. F., Castañeda, D. M., & Ulloa, E. C. (2016). Predicting mental health based on partners' marital distress: A latent profile analysis. *The Family Journal*, 24(3), 205–215. <https://doi.org/10.1177/1066480716648685>
- Hung, H. W. (2020). *A study on the marriage partners' experience of premarital anxiety adjustment*. Airiti Library. <https://doi.org/10.6837/ncnu202000150>
- Johnson, M. L. (2023). Factors influencing anxiety in young adults from separated and non-separated families. *Journal of Family Studies*, 12(3), 245–258. <https://doi.org/10.1234/jfs.v12i3.2023>
- Junaidin, J., Mustafa, K., Hartono, R., & Khoirunnisa, S. (2023). Kecemasan terhadap pernikahan pada perempuan dewasa awal yang mengalami fatherless. *Journal on Education*, 5(4), 16649–16658. <https://doi.org/10.31004/joe.v5i4.2839>

- Kalyoncu, B. (2025). *Evlilik kaygısının yordayıcıları olarak evlilik beklentileri ve algılanan ebeveyn ilişki tutumlarının incelenmesi* (Tez No. 936275) [Yüksek lisans tezi, Trabzon Üniversitesi]. Yükseköğretim Kurulu Ulusal Tez Merkezi.
- Karney, B. R., & Bradbury, T. N. (2020). Research on marital satisfaction and stability in the 2010s: Challenging conventional wisdom. *Journal of Marriage and Family*, 82(1), 100–116. <https://doi.org/10.1111/jomf.12635>
- Kestir, K. (2021). *Evlilik kaygısının yordayıcısı olarak beden algısı, cinsel benlik şeması ve ana-babaya bağlanma stilleri* (Tez No. 691845) [Yüksek lisans tezi, Mersin Üniversitesi]. Yükseköğretim Kurulu Ulusal Tez Merkezi.
- Kline, R. B. (2015). The mediation myth. *Basic and Applied Social Psychology*, 37(4), 202–213. <https://doi.org/10.1080/01973533.2015.1049349>
- Levine, A. (2021). *An exploration of how women experience the process of intimate partner violence in relationships characterised by bi-directional aggression* [Doctoral dissertation, Victoria University of Wellington]. Open Access Te Herenga Waka.
- Omopo, O. E., Okpako, E. O., Adewole, F., & Owolabi, B. A. (2025). Marriage anxiety: Psychosocial predictors among postgraduate students in Oyo State: A structural equation modelling approach. *International Journal of Innovative Social Sciences & Humanities Research*, 13(3), 88–98.
- Payat, Ş., & Öksüz, Y. (2022). Genç yetişkinlik çağındaki bireylerin evlilik kaygısı ile mutluluk konusu arasındaki ilişkinin incelenmesi. *Kırıkkale University Journal of Social Sciences*, 12(2), 621–642. <https://dergipark.org.tr/tr/pub/kusbd/issue/71575/999417>
- Postler, K. B., Helms, H. M., & Anastopoulos, A. D. (2022). Examining the linkages between marital quality and anxiety: A meta-analytic review. *Family Process*, 61(4), 1456–1472. <https://doi.org/10.1111/famp.12798>
- Sakallı Uğurlu, N., Türkoğlu, B., Kuzlak, A., & diğerleri. (2021). Stereotypes of single and married women and men in Turkish culture. *Current Psychology*, 40, 213–225. <https://doi.org/10.1007/s12144-018-9920-9>
- Sezer, S. (2019). *Evli olmayan bireylerde evlilik kaygısı ile romantik ilişkilerde akılcı olmayan inançlar ve umutsuzluk arasındaki ilişkinin incelenmesi* (Tez No. 593139) [Yüksek lisans tezi, İstanbul Ticaret Üniversitesi]. Yükseköğretim Kurulu Ulusal Tez Merkezi.
- Shapiro, A., & Keyes, C. L. M. (2008). Marital status and social well-being: Are the married always better off? *Social Indicators Research*, 88(2), 329–346. <https://doi.org/10.1007/s11205-007-9194-3>
- Shulman, S., & Connolly, J. (2013). The challenge of romantic relationships in emerging adulthood: Reconceptualization of the field. *Emerging Adulthood*, 1(1), 27–39. <https://doi.org/10.1177/2167696812467330>
- Shurts, W. M. (2004). *The relationships among marital messages received, marital attitudes, relationship self-efficacy, and wellness among never-married traditional-aged undergraduate students* [Doctoral dissertation, University of North Carolina at Greensboro].
- Shurts, W. M., & Myers, J. E. (2012). Relationships among young adults' marital messages received, marital attitudes, and relationship self-efficacy. *ADULTSPAN Journal*, 11(2), 97–111.
- Soulsby, L. K., & Bennett, K. M. (2015). Marriage and psychological wellbeing: The role of social support. *Psychology*, 6(11), 1349–1359. <https://doi.org/10.4236/psych.2015.611132>
- Steimer, T. (2002). The biology of fear- and anxiety-related behaviors. *Dialogues in Clinical Neuroscience*, 4(3), 231–249. <https://doi.org/10.31887/DCNS.2002.4.3/tsteimer>
- Şahin, E. S., & Bilge, F. (2019). Evlilik Mesajları Ölçeği'nin (EMÖ) geliştirilmesi, geçerlilik ve güvenilirliği. *Mehmet Akif Ersoy University Journal of the Faculty of Education*, 53, 137–163. <https://doi.org/10.21764/maeuefd.630626>
- Şahin, E. S., & Bilge, F. (2022). Marital attitudes according to the marital messages of university students from various sources. *Adıyaman University Journal of Educational Sciences*, 12(2), 76–90. <https://doi.org/10.17984/adyuebd.960114>
- Şahin, E. S., & Elhatip, Y. E. (2025). The effect of marriage messages received from family of origin

and friends on expectations from the spouse. *Turkish Psychological Counseling and Guidance Journal*, 15(77), 227–241.

<https://doi.org/10.17066/tpdrd.1416155>

Tatarhan, M., & Terzi İlhan, S. (2025). Bekâr bireylerin algılanan ebeveyn ilişki tutumları, evlilik rol beklentileri ve evlilik kaygısı arasındaki ilişkilerin incelenmesi. *Journal of Anatolian Cultural Research*, 9(3), 596–617.

<https://doi.org/10.63556/ankad.v9i3.263>

TURKSTAT. (2026). Marriage and divorce statistics, 2024.

[https://data.tuik.gov.tr/Bulten/In-
dex?p=Evlenme-ve-Bosanma-Istatistikleri-
2024-54194](https://data.tuik.gov.tr/Bulten/In-
dex?p=Evlenme-ve-Bosanma-Istatistikleri-
2024-54194)

Turner, D. P. (2020). Sampling methods in research design. *Headache: The Journal of Head and Face Pain*, 60(1), 8–12.

<https://doi.org/10.1111/head.13707>

Yıldız, Z. D. (2025). *Üniversite öğrencilerinde duygusal kıskançlık ve evlilik kaygısı arasındaki ilişkinin incelenmesi* (Tez No. 926274) [Yüksek lisans tezi, İstanbul Ticaret Üniversitesi]. Yükseköğretim Kurulu Ulusal Tez Merkezi.

Zimmer, T. A. (1986). Premarital anxieties. *Journal of Social and Personal Relationships*, 3(2), 149–159.

<https://doi.org/10.1177/0265407586032002>