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**PREDICTIVE ROLES OF DYADIC ADJUSTMENT AND PERCEIVED SOCIAL
SUPPORT IN EXPLAINING PSYCHOLOGICAL HELP-SEEKING ATTITUDES OF
MARRIED INDIVIDUALS**

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ABSTRACT

The main purpose of the study was to determine the predictive roles of dyadic adjustment and perceived social support in the explanation of psychological help-seeking attitudes of married individuals. Additionally, the difference among attitudes toward psychological help-seeking, dyadic adjustment and perceived social support of married individuals according to gender, child status and meeting type of the couple were examined. This study was conducted as quantitative research with predictive correlational research design. Demographics form, Attitudes Toward Seeking Professional Psychological Help Scale – Short Form, The Perceived Adjustment Scale in Close Relationships and Multidimensional Scale of Perceived Social Support were utilized through conducting an online survey. 320 volunteer married individuals participated in the study and data analysis were held through SPSS 21.0. To determine predictive roles of dyadic adjustment and perceived social support on psychological help-seeking attitudes of married individuals, multiple linear regression analysis; to determine whether main variables of the study differed by gender and child status, independent samples t-test analysis; whether main variables of the study differed by meeting type of the couple, one way ANOVA analysis were conducted. According to the results, Relations with Family of Origin Adjustment sub-dimension of dyadic adjustment and Family sub-dimension of perceived social support predicted married individuals' attitudes toward psychological help-seeking. Attitudes toward psychological help-seeking significantly differed by gender; dyadic adjustment and its sub-dimensions significantly differed by gender, child status and meeting type of the couple; and, perceived social support and its sub-dimensions were significantly differed by gender and the meeting type of the couple. Findings of the current study were discussed in regard to relevant literature and suggestions for future academic studies and practice were presented.

Key Words: Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment, Perceived Social Support, Married Individuals

ÖZET

Bu çalışmanın temel amacı, evli bireylerin psikolojik yardım arama tutumlarının açıklanmasında çift uyumu ve algılanan sosyal desteğin yordayıcı rollerinin belirlenmesidir. Ek olarak, evli bireylerin psikolojik yardım arama tutumlarının, çift uyumlarının ve algılanan sosyal desteğin; cinsiyet, çocuk sahibi olup olmama durumu ve çiftin tanışma biçimine göre farklılaşması incelenmiştir. Çalışma, nicel araştırma yöntemi ile gerçekleştirilmiş olup, yordayıcı korelasyonel araştırma deseni kullanılmıştır. Kişisel bilgi formu, Profesyonel Psikolojik Yardım Arama Tutumu Ölçeği – Kısa Form, Yakın İlişkilerde Algılanan Uyum Ölçeği ve Çok Boyutlu Algılanan Sosyal Destek Ölçeği çevrimiçi anket şeklinde uygulanmıştır. Çalışmaya 320 gönüllü evli birey katılmıştır ve veri analizi SPSS 21.0 ile gerçekleştirilmiştir. Çift uyumunun ve algılanan sosyal desteğin, psikolojik yardım arama tutumu üzerindeki yordayıcı rolünü belirlemek amacıyla çoklu doğrusal regresyon analizi; çalışmanın temel değişkenlerinin cinsiyet ve çocuk sahibi olup olmama durumuna göre farklılaşmalarını incelemek amacıyla bağımsız gruplar t-testi analizi; temel değişkenlerin çiftin tanışma şekline göre farklılaşmasını incelemek amacıyla tek yönlü ANOVA analizi gerçekleştirilmiştir. Sonuçlara göre, çift uyumunun Köken Aile ile İlişkiler alt boyutu ve algılanan sosyal desteğin Aile alt boyutu, evli bireylerin psikolojik yardım arama tutumlarını yordamaktadır. Psikolojik yardım arama tutumu cinsiyete göre; çift uyumu ve alt boyutları cinsiyete, çocuk sahibi olup olmama durumuna ve çiftin tanışma şekline göre; algılanan sosyal destek ve alt boyutları cinsiyete ve çiftin tanışma şekline göre anlamlı düzeyde farklılık göstermiştir. Çalışmanın sonuçları, ilgili literatür ışığında tartışılmış ve gelecek akademik çalışmalar ile uygulama için öneriler sunulmuştur.

Anahtar Kelimeler: Psikolojik Yardım Arama Tutumu, Çift Uyumu, Algılanan Sosyal Destek, Evli Bireyler

TABLE OF CONTENTS

THESIS SUBMISSION and APPROVAL FORM.....	i
DECLARATION	ii
ACKNOWLEDGMENTS	iii
ABSTRACT.....	iv
ÖZET	v
TABLE OF CONTENTS.....	vi
LIST OF TABLES.....	ix
1. INTRODUCTION	1
1.1. Problem Statement	4
1.2. Purpose of the Research	5
1.3. The Importance of the Research.....	6
1.4. Assumptions	7
1.5. Limitations	7
1.6. Definitions.....	8
2. LITERATURE REVIEW	9
2.1. Attitudes Toward Psychological Help-Seeking	9
2.1.1. Psychological Help-Seeking.....	9
2.1.2. Attitudes Toward Psychological Help-Seeking	10
2.1.3. Theoretical Background of Attitudes Toward Psychological Help-Seeking	12
2.1.4. Factors Affecting Attitudes Toward Psychological Help-Seeking.....	13
2.2. Dyadic Adjustment.....	14
2.2.1. Dimensions of Dyadic Adjustment.....	15
2.2.2. Factors Affecting Dyadic Adjustment	16
2.3. Perceived Social Support	17
2.3.1. Social Support Sources	17
2.3.2. Types of Social Support.....	18
2.3.3. Perceived Social Support	19
2.4. Previous Research	20
2.4.1. Research Related to Psychological Help-Seeking Attitudes and Dyadic Adjustment.....	21
2.4.2. Research Related to Psychological Help-Seeking Attitudes and Perceived Social Support.....	22
3. METHOD	25

3.1.	Research Design.....	25
3.2.	Study Group	25
3.3.	Data Collection Tools.....	27
3.3.1.	Demographics Form.....	27
3.3.2.	Attitudes Toward Seeking Professional Psychological Help Scale – Short Form.....	28
3.3.3.	The Perceived Adjustment Scale in Close Relationships	28
3.3.4.	Multidimensional Scale of Perceived Social Support.....	29
3.4.	Data Collection Process	30
3.5.	Data Analysis	31
4.	RESULTS.....	32
4.1.	Descriptives.....	32
4.2.	Correlations	33
4.3.	Regression Findings	35
4.3.1.	Regression Findings for Predictive Role of Dyadic Adjustment on Attitudes Toward Psychological Help-Seeking.....	35
4.3.2.	Regression Findings for Predictive Role of Perceived Social Support on Attitudes Toward Psychological Help-Seeking.....	35
4.3.3.	Regression Findings for Predictive Roles of Dyadic Adjustment and Perceived Social Support Together on Attitudes Toward Psychological Help-Seeking	36
4.4.	T-Test Findings	36
4.4.1.	T-Test Findings Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support According to Gender	37
4.4.2.	T-Test Findings Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support According to Child Status.....	39
4.5.	ANOVA Findings	41
5.	DISCUSSION.....	48
5.1.	Discussion Related to Predictive Roles of Dyadic Adjustment and Perceived Social Support on Psychological Help-Seeking Attitudes of Married Individuals..	48
5.1.1.	Discussion Related to Predictive Role of Dyadic Adjustment on Attitudes Toward Psychological Help-Seeking of Married Individuals	48
5.1.2.	Discussion Related to Predictive Role of Perceived Social Support on Attitudes Toward Psychological Help-Seeking of Married Individuals	50

5.1.3. Discussion Related to Predictive Roles of Dyadic Adjustment and Perceived Social Support Together on Attitudes Toward Psychological Help-Seeking of Married Individuals	51
5.2. Discussion Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support of Married Individuals According to Gender	52
5.3. Discussion Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support of Married Individuals According to Child Status	54
5.4. Discussion Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support of Married Individuals According to Meeting Type of the Couple.....	55
6. SUGGESTIONS	58
6.1. Suggestions Related to Academic Studies	58
6.2. Suggestions Related to Practice	58
7. REFERENCES	60
8. APPENDICIES.....	73
8.1. Appendix – 1: Demographics Form	73
8.2. Appendix – 2: ATSPPHS – SF	74
8.3. Appendix – 3: TPASCR.....	75
8.4. Appendix – 4: MSPSS.....	78
8.5. Appendix – 5: Permission Letter for ATSPPHS – SF	80
8.6. Appendix – 6: Permission Letter for TPASCR	81
8.7. Appendix – 7: Permission Letter for MSPSS	82
8.8. Appendix – 8: Ethics Committee Approval	83

LIST OF TABLES

Table 1. Descriptives of Study Group	26
Table 2. Frequency of Demographic Variables	26
Table 3. Descriptives.....	32
Table 4. Correlations.....	34
Table 5. Regression Findings for Predictive Roles of Dyadic Adjustment and its Sub-dimensions on Attitudes Toward Psychological Help-Seeking.....	35
Table 6. Regression Findings for Predictive Roles of Perceived Social Support and its Sub-dimensions on Attitudes Toward Psychological Help-Seeking	35
Table 7. Regression Findings for Predictive Roles of both Dyadic Adjustment and Perceived Social Support on Attitudes Toward Psychological Help-Seeking.....	36
Table 8. T-Test Findings for Difference In Attitudes Toward Psychological Help-Seeking According to Gender.....	37
Table 9. T-Test Findings for Difference Among Dyadic Adjustment and its Sub-dimensions According to Gender.....	37
Table 10. T-Test Findings for Difference Among Perceived Social Support and its Sub-dimensions According to Gender	38
Table 11. T-Test Findings for Difference In Attitudes Toward Psychological Help-Seeking According to Child Status	39
Table 12. T-Test Findings for Difference Among Dyadic Adjustment and its Sub-dimensions According to Child Status.....	39
Table 13. T-Test Findings for Difference Among Perceived Social Support and its Sub-dimensions According to Child Status	40
Table 14. ANOVA Findings for Difference in Attitudes Toward Psychological Help-Seeking According to Meeting Type of the Couple	42
Table 15. ANOVA Findings for Difference Among Dyadic Adjustment and its Sub-dimensions According to Meeting Type of the Couple	43
Table 16. ANOVA Findings for Difference Among Perceived Social Support and its Sub-dimensions According to Meeting Type of the Couple	46

1. INTRODUCTION

Help-seeking was defined as searching for help from others to receive empathy, assistance or solution (Rickwood, Deane, Wilson & Ciarrochi, 2005). Any individual in any lifetime can search for help or support depending on their developmental needs and unique experiences. Psychological help-seeking should not be limited with only having psychological disorders. People who experience distress, maladjustment, hopelessness, burnout, relational difficulties, familial or marital issues might also need psychological assistance. Regardless of the severity of the problem, individuals should receive help in need, to protect their mental health and well-being. However, studies showed that the number of individuals who sought for psychological help are less than the number of individuals who need psychological help (e.g. Andrews, Issakidis & Carter, 2001; Ciarrochi & Deane, 2001; Topkaya & Meydan, 2013). This brought the necessity of examining psychological help-seeking behaviors of individuals to understand the determinants of psychological help-seeking.

Kushner and Sher (1989) conceptualized help-seeking as approach and avoidance tendencies. This conceptualization provides a framework to understand factors related to psychological help-seeking. Approach tendencies refer to motivational sources to search for help and avoidance tendencies refer to factors that suspend individuals from psychological help-seeking (Kushner & Sher, 1989). Correspondingly, in literature, there are various studies which determined facilitators and barriers of psychological help-seeking. Factors such as fear of stigmatization (Topkaya, 2015; Kushner & Sher, 1991; Rickwood et al., 2005), not willing to self-disclosure (Vogel & Wester, 2003), treatment fears (Kushner & Sher, 1989; Vogel, Wester & Larson, 2007) were counted as some of the barriers; whereas, factors such as positive and successful past psychological help experiences (Wilson & Deane, 2001; Rickwood et al., 2005), believing the benefits of psychological services (Topkaya, 2011; Topkaya, 2015) and accessibility of the services were counted as some of the facilitators. In addition to these factors, individuals' attitudes toward psychological help-seeking had been considered as an important and predictive factor on help-seeking (Rickwood et al., 2005; Rickwood, Dean & Wilson, 2007; Topkaya, 2012). Attitudes toward psychological help-seeking represents individuals' beliefs about searching for psychological help. Attitudes toward psychological help-seeking can be either positive or negative. Positive attitudes represent optimistic beliefs and tendency to search for psychological

assistance, while negative attitudes represent being distant from searching for psychological help.

In terms of married individuals' help-seeking, lack of affection and love, restricted intimacy, communication problems, conflicts and frustration, power struggles, concerns about divorce, financial problems, concerns about children, unrealistic expectations can be counted as problems which lead married individuals to search for psychological assistance (Whisman, Dixon & Johnson, 1997; Doss, Simpson & Christensen, 2004). Among these factors, communication problems, lack of love and power struggles were determined as prominent problems. Problems in marriage may be occurred because of interpersonal tensions, differences between spouses, crisis, personality or coping strategies of spouses. Sometimes external factors such as job stress or financial problems might cause problems (Doss et al., 2004). Married individuals' help-seeking can be through either individual counseling or marriage counseling. Individual counseling focuses on internal process of individual, whereas marriage counseling focuses on both spouses and their relation to solve existing problems (Wetchler, 2003). To understand factors which lead them to search for psychological help, in this study, married individuals' attitudes toward psychological help-seeking were examined. Since dyadic adjustment had been considered as an important component of healthy and functional marriage, dyadic adjustment was selected as one of the variables to explain married individuals' psychological help-seeking.

Dyadic adjustment refers to the harmony of the couple (Locke & Wallace, 1959). It was defined as a process which was constructed by the outputs of the significant differences between spouses, stressful interactions among couple or spouses' own anxiety, dyadic satisfaction, cohesiveness of the dyad and concurrence on important issues related to marriage (Spanier, 1976). Couples who have dyadic adjustment have functional conflict-resolution skills, they create time for each other for shared activities and interests, have similar point of views, be able to recognize their emotions and needs; and have shared responsibilities (Ünal & Akgün, 2020; Robinson & Blanton, 1993). In reverse, couples who have dyadic maladjustment might experience conflicts, distress, burnout or psychological problems (Li, Robustelli & Whisman, 2016; Birtchnell & Kennard, 1975). Unresolved conflicts and maladjustment may cause marital distress, dysfunctional marriage and will bring the need of search for assistance.

Besides dyadic adjustment, in this study, perceived social support was selected as other variable to explain married individuals' psychological help-seeking attitudes. Social support can be described as the psychological or substantial sources provided by individuals' relationships (Rodriguez & Cohen, 1998); and, perceived social support refers to the gratification of individual through the availability and accessibility of social support (Procidano & Heller, 1983). Perceived social support has been an interest to numerous studies because of its stress-buffering effect. It was found that perceived social support reduces stress, enhance individuals' coping strategies, prevent the development of physiological or psychological disorders (Cohen & McKay, 1984; Rodriguez & Cohen, 1998). Zimet, Dahlem, Zimet and Farley (1988) defined social support sources as family, friends and significant other. These social support sources were determined as more preferable sources than professional psychological help sources for the individuals who need psychological help (Arslantaş, Dereboy, Aştı & Pektekin, 2011). Moreover, studies showed that individuals who have high perceived social support have more positive attitudes toward seeking professional psychological help (e.g., Koydemir-Özden, 2010). Therefore, the role of perceived social support on both coping with stress and encouragement of professional help services cannot be convertible.

Bringle and Byers (1997) showed that couples' possible reasons for seeking professional psychological help were mostly included disagreements and difficulties on important marital and familial issues. Disagreements points out to dyadic maladjustment, whereas dyadic adjustment refers to consensus on important and shared issues, harmony in marital life and coping with difficulties together as a couple. So, dyadic adjustment can be considered as important term for directing married individuals to psychological help-seeking. Additionally, married individuals reported that when problems occurred, they mostly preferred to ask for help from their social network before professional help, such as searching for help from their family, married friends or the ones who experience similar problems (Adams, Aducci, Anderson, Johnson, Zheng & Liu, 2013). In conclusion, both dyadic adjustment and perceived social support can be viewed as factors which have impact on psychological help-seeking of married individuals. Correspondingly, in this study, married individuals' psychological help-seeking attitudes were examined through the predictive roles of dyadic adjustment and perceived social support.

1.1.Problem Statement

Married individuals might face with various stressors during their marriage such as conflicts, financial problems, sexual problems, disagreements on child rearing, unrealistic expectations or issues related to in-laws. Some individuals can cope with these stressors and find appropriate ways to solve them, whereas some individuals need help and support. Although high rates of divorces, it is known that some individuals, or couples, do not seek psychological support. Seeking help process begins with the awareness of the problem (Rickwood et al., 2005), however, even individuals became aware of the problem they decided to wait for years to seek help for their marital problems (Doherty, Harris, Hall & Hubbard, 2021). That brought the need of explanation for in which circumstances do married individuals decide to search for assistance.

Couples who have consensus on marital and familial issues and be able to solve their problems in positive ways are considered as adjust couples (Erbek, Beştepe, Akar, Erdamlar & Alpan, 2005). When spouses have empathetic interaction and functional problem-solving skills, they will discuss the situation and find appropriate ways to solve the problem (Eker et al., 2005). In contrast, dyadic maladjustment can cause conflicts, dissonance, distress, psychological symptoms or mental health disorders (Whisman & Baucom, 2012; Li et al., 2016; Körük, 2017). Dyadic adjustment is related with shared thoughts, spending leisure times together, sharing familial and marital responsibilities, providing empathy to each other. Couples who don't have dyadic adjustment might face with dissatisfaction or unhappiness besides conflicts or distress. Therefore, dyadic adjustment can be considered as an important component of marriage and individuals' well-being. Individuals who experience these negative outcomes such as distress, dissatisfaction or psychological symptoms have greater possibility to search for help. Couples who sought psychological help were found to had less dyadic adjustment degrees than couples who didn't search for psychological help (Öcal, 2019).

Once individuals decided to seek assistance, it is important to determine the person that they request and receive help. Perceived social support refers to individual's own beliefs about how much he/she received support from his/her social network and whether he/she satisfied with the support he/she received (Procidano & Heller, 1983). Perceived social support affecting individuals' well-being by enhancing or diminishing their sense of self-worth and stress degrees (Cohen & Wills, 1985; Rodriguez & Cohen,

1998). When individuals face with stressful situations, social support sources were preferred in the first place instead of professional psychological helpers, because of the existing trust relationship, availability and belief that they know each other well and sharing similar experiences (Rickwood & Braithwaite, 1994; Wilson & Deane, 2001). It was also found that social support sources (family, friends and significant other) contribute the attitudes toward professional help-seeking. Individuals who have more perceived social support degrees were found to have more positive attitudes toward professional help-seeking (Koydemir-Özden, 2010; Seyfi, Poudel, Yasuoka, Otsuka & Jimba, 2013). Thus, individuals either search assistance from their social network or request help from professional helpers, perceived social support can be viewed as an important determinant. In terms of married people, social support is important when individuals face with stressors related to their marriage. It was thought to determine married individuals' social support source preferences when they need psychological support and whether there is an association between perceived social support and psychological help-seeking attitudes.

1.2.Purpose of the Research

Purpose of the research was to explain married individuals' attitudes toward psychological help-seeking through the predictive roles of dyadic adjustment and perceived social support. Thus, the main research question of the study was determined as "Do dyadic adjustment and perceived social support predict attitudes toward psychological help-seeking of married individuals?".

Additionally, it was aimed to examine whether married individuals' attitudes toward psychological help-seeking, dyadic adjustment and perceived social support differ by demographic characteristics. So, sub questions of the study were determined below:

1. Do attitudes toward psychological help-seeking, dyadic adjustment and perceived social support of married individuals differ by gender?
2. Do attitudes toward psychological help-seeking, dyadic adjustment and perceived social support of married individuals differ by whether they have child?
3. Do attitudes toward psychological help-seeking, dyadic adjustment and perceived social support of married individuals differ by how they met?

1.3.The Importance of the Research

To understand one's behavior, it is important to determine their attitudes, norms, perceived behavior control and intentions towards it (Ajzen, 1991). Among these, intentions were seen as the most affective determinant on behavior, but since attitudes predict intentions, attitudes can be viewed as an important term. For psychological counselors, it is important to understand clients' help-seeking reasons to provide beneficial psychological help. Being aware about the factors which lead individuals to help-seeking, and in turn, determine their attitudes toward it, will contribute psychological counselors' point of view and action plans. Additionally, psychological services work based on clients' voluntariness. Thus, individuals' own attitudes towards psychological help-seeking, which reflects their beliefs about psychological services, becomes essential term to examine.

In literature, terms such as marital quality, dyadic adjustment and marital satisfaction are prevalent terms in marriage and family studies. Dyadic adjustment was thought to be associated term with psychological help-seeking because of contributing individuals' well-being and marriage in positive ways. In this study, differ from previous studies, it was aimed to examine dyadic adjustment in sub dimensional areas which were identified by Körük (2020) as relational satisfaction, sexual adjustment, cognitive adjustment, social adjustment, relations with family of origin adjustment, conflict-resolution adjustment; and, it was aimed to reveal which area's maladjustment causes the need of help-seeking through leading positive attitudes toward psychological help-seeking.

Besides dyadic adjustment, perceived social support was considered as another associated term with psychological help-seeking. As humans are social beings, individuals need to socialize and share their thoughts, feelings with others. Perceived social support provides assistance to individuals in terms of diminishing possible negative outcomes related to stressful situation by reducing stress and enhancing coping strategies (Rodriguez & Cohen, 1998; Thoits, 1986). Hence, perceived social support plays a role on individual's stress management and health. In addition, it was found that having high social support encourages individuals to seek help from professional helps sources (Koydemir-Özden, 2010). In this study, it was aimed to determine which social support sources are prominent for married individuals and whether they affect attitudes toward professional psychological help.

In previous studies, help-seeking attitudes were mostly studied with university students to improve psychological counseling and guidance services of universities. Adults and married individuals' help-seeking attitudes have started to become interest of recent studies. Along with the growing interest of marriage and family studies, interest of concepts such as married individuals' help-seeking, couple counseling/therapy, family counseling has increased. Previous studies focused on married individuals' help-seeking in the context of couple counseling, which in turn, researches held with couples. There are few studies which focused on married individuals' help-seeking. So, in this study, it was aimed to examine married individuals' help-seeking instead of married couples. Studies which focused on dyadic adjustment and perceived social support as predictors of psychological help-seeking were encountered separately. In this study, it was aimed to explain psychological help-seeking attitudes of married individuals through the predictive roles of dyadic adjustment and perceived social support together.

Overall, this research was expected to provide insight into married individuals help-seeking attitudes in terms of examining their dyadic adjustment and perceived social support. It was aimed to contribute psychological counseling services, whether individual counseling or marriage counseling, in terms of providing a better understanding of married individuals and their help-seeking attitudes. Additionally, it was expected to contribute development and improvement of psychosocial programs or techniques for married individuals' mental health.

1.4.Assumptions

It was assumed that “Attitudes Toward Seeking Professional Psychological Help Scale – Short Form” (Topkaya, 2011), “The Perceived Adjustment Scale in Close Relationships” (Körük, 2020) and “Multidimensional Scale of Perceived Social Support” (Eker, Arkar & Yıldız, 2001) were relevant with the purpose of the research. It was assumed that the participants gave honest and correct answers to questions and items of the survey.

1.5.Limitations

This study was limited to two variables (dyadic adjustment and perceived social support) for explaining psychological help-seeking attitudes of married individuals. Measurement of the variables were limited to qualities measured by the related self-

report scales. Data collection were limited to participants who were convenient to apply an online survey.

1.6.Definitions

Attitudes toward psychological help-seeking: Belief about the convenience of seeking professional psychological help in case of experiencing psychological disturbances or emotional stress (Fischer & Turner, 1970).

Dyadic adjustment: Spouses' compromise in interpersonal differences, conflicts, marital satisfaction and important issues related to marriage and family life (Spanier & Cole, 1976).

Perceived social support: Individuals' belief about availability and accessibility of social sources in need (Procidano & Heller, 1983).

2. LITERATURE REVIEW

In this section, theoretical backgrounds, dimensions and affective factors of attitudes toward psychological help-seeking, dyadic adjustment and perceived social support were presented. In addition to theoretical information, relevant previous studies were mentioned.

2.1. Attitudes Toward Psychological Help-Seeking

2.1.1. Psychological Help-Seeking

Psychological help-seeking can be described as searching for psychological assistance from external sources. Husaini, Moore and Cain (1994, as cited in Öcal, 2019) defined psychological help-seeking as searching support from professional or nonprofessional sources for the issues they have been through or the problems which they have difficulties to cope with. The need of psychological help-seeking can be occurred depending on individuals' age, personality, developmental needs, culture, marital status, vocation and unique experiences through lifetime. For instance, studies held with university students indicated problem areas as emotional problems, concerns for future, familial and interpersonal problems or academic problems (Pektaş & Bilge, 2007; Topkaya & Meydan, 2013); whereas adults, married individuals or employees experiences different problems. Therefore, concerns or problems might be various areas such as personal, interpersonal, vocational or academic, familial or marital. Besides concerns or existing problems, lack of information can be counted as one of the factors which lead individuals to search for professional help to reach accurate and scientific information. Additionally, individuals may aim to gain insight about their experiences, personality traits or internal processes through professional psychological help. Correspondingly, professional psychological help provide awareness, psychoeducation, reconstruction of thoughts, regulation of emotions and behavior change.

Psychological help-seeking process begins with the awareness of the problem, then being able to put the problem and the need of help-seeking into words, availability of the help sources and being willing to receive help follows awareness stage sequentially (Rickwood et al., 2005). Likewise, Saunders (1993) described stages of help-seeking process as noticing problem, deciding the need of psychological help, deciding to search for psychological assistance and contacting psychological help services. Once

individual become aware of the problem and the need of help, his/her readiness to self-disclosure, attitudes, intentions, availability and accessibility of sources plays important role on help-seeking.

2.1.2. Attitudes Toward Psychological Help-Seeking

Attitude can be defined as an evaluative response toward someone or something. It can be also defined as emotions, thoughts and behaviors towards psychological object (Colman, 2009). Attitude represent likes or dislikes of individuals. Although attitudes indirectly determine behavior, they can give information individuals' beliefs, likes, dislikes and appropriateness of the behavior. Ajzen (1991) defined attitudes toward a behavior as the degree of individuals about the related behavior's convenience. Therefore, attitudes toward psychological help-seeking can be described as individuals' beliefs and feelings about searching for psychological assistance.

Fischer and Turner (1970) explained attitudes toward psychological help-seeking in four dimensions: Being aware of the need of professional psychological help, stigma tolerance, interpersonal openness and trusting mental health profession.

1. *Being aware of the need of professional psychological help:* Awareness was determined as the first stage of the help-seeking process (Fischer & Turner, 1970; Rickwood et al., 2005). It is important for individuals to recognize harmful and stressful factors or situations which have negative effects on their daily life, relations, work or their well-being. Normalizing, ignoring or suppressing troublesome situations might create worse conclusions such as impairments in daily routine, conflicts in relationships, loss of success or developing psychological disorders. Once individuals notice harmful factors they will search for a solution. Some people might cope with problems on their own or request guidance from their social network, but some people might need professional assistance. It is crucial to search for professional psychological help when individuals begin to realize that problems started to create negative outcomes on their daily life, relationships, family relations or school/work performance. Additionally, individuals may need professional psychological help to reduce stress, develop new coping strategies or receive understanding.
2. *Stigma tolerance:* Fear of stigmatization was determined as one of the most prominent barriers of searching for professional psychological help (Corrigan,

2004; Vogel et al., 2007) Stigmatization can be occur in two ways: From society or from individual himself/herself. When society put a label on individual based on stereotypes or assumptions, such as believing that individual who received psychological help are dangerous, ill or abnormal, and socially unacceptable because of this, that is termed public stigmatization (Corrigan, 2004). Individuals who internalize public stigma and develop a belief that he/she is harmful, incompetent or mentally ill because of receiving psychological help was termed as self-stigmatization (Corrigan, 2004). Both types of stigmatizations consisted of believing stereotypes, having prejudice and making discrimination (Corrigan, 2004). Stigmatization causes concern about others' opinions (Fischer & Turner, 1970) and discrimination, thus prevent individuals to search for help. Individuals who have low fear of stigmatization were found to be more willing to search for help than individuals who have high levels of fear of stigmatization related to psychological help-seeking (Topkaya & Kağnıcı, 2012).

3. *Interpersonal openness*: Self-disclosure refers to giving information about oneself verbally to another person (Cozby, 1973). In psychological help-seeking process, tendency and willingness to self-disclosure plays important role since clients need to talk about themselves and their experiences in counseling/therapy process. Some individuals ready to open themselves, whereas some individuals found risky to self-disclose and conceal themselves related to the expectations of negative outcomes when they disclose themselves (Vogel & Wester, 2003) such as being judged or misunderstood (Harris, Dersch & Mittal, 1999) or confronting with distressing issues or strong emotions. Vogel & Wester (2003) indicated in their study that individuals who have less tendency to self-disclosure have concerns about revealing emotions in general instead of revealing one specific emotion such as fear or anger. Individuals who are not willing to self-disclosure mostly engaged in self-concealment. Cramer (1999) proposed a model on self-concealment, social support and attitudes toward counseling. According to that model, self-concealment may lead low social support, high anxiety and negative attitudes toward psychological help-seeking because of hiding themselves, keep their stress in and ignoring help from others (Cramer, 1999). Individuals who are not willing to self-disclosure

were found to have negative attitudes toward psychological help-seeking (Vogel & Wester, 2003).

4. *Trusting mental health profession*: Mental health professions are educated to serve professional psychological assistance with scientific implications. Moreover, psychological help process is based on trustful and working therapeutic relationship between the client and the counselor. So, trusting a counselor and his/her qualifies is crucial for beneficial psychological help process.

2.1.3. Theoretical Background of Attitudes Toward Psychological Help-Seeking

In help-seeking literature, attitudes toward help-seeking have been explained through Theory of Reasoned Action (Fischbein & Ajzen, 1980) and Theory of Planned Behavior (Ajzen, 1991).

Theory of Reasoned Action presented a model for predictors of behavior. According to the theory, behavioral intentions are the main determinants of behavior since they represent the possibility of behavioral action (Madden et al., 1992). However, behavioral intentions are predicted by beliefs which were divided into two categories as behavioral beliefs and normative beliefs (Fischbein & Ajzen, 1975, as cited in Madden et al., 1992). Behavioral beliefs construct attitudes toward behavior and normative beliefs construct subjective norms. Attitudes toward behavior was defined as the degree of individuals' evaluation about related behavior's convenience and subjective norms were defined as the external pressure about whether performing the behavior or not (Ajzen, 1991). Attitudes and subjective norms determine behavioral intentions, then intentions determine behavioral action sequentially. Although attitudes are not considered as the main antecedent of behavior, they have importance because of reflecting individuals' beliefs and predicting intentions.

Theory of Planned Behavior is an extended version of the Theory of Reasoned Action. Along with attitudes and subjective norms, another concept called perceived behavior control was added into the model as a predictor of both behavioral intentions and behavior itself. Perceived behavior control described as individuals' perception of whether related behavior is easy for them to perform or not (Ajzen, 1991). Additionally, Ajzen (1991) stated that perceived behavior control reflects individuals' past

experience and possible obstacles related to behavior. Individuals' perceived behavior control may affect their intention to perform behavior, for example, if a person has low perception of behavior control, then his/her intention to perform behavior will also get lower (Madden et al., 1992). Hence, perceived behavior control has direct influence on both behavioral intentions and behavior. Consequently, in this theory, whereas attitudes and subjective norms are determinants of behavioral intentions and behavioral intentions influence behavior as same as the sorting of Theory of Reasoned Action; perceived behavior control is added into sorting as determinants of both behavioral intentions and behavior.

2.1.4. Factors Affecting Attitudes Toward Psychological Help-Seeking

Fischer and Turner (1970) described influencing factors as individuals' own beliefs about receiving psychological help, the degree of existing social support, stigmatization related to psychological treatment and capability of self-disclosure. Kushner and Sher (1989) determined affective factors into two concepts as approach tendencies and avoidance tendencies. According to this conceptualization, approach tendencies represent the motivational sources for psychological help-seeking such as having stress, believing the benefits of psychological help services, wishing to solve problems; whereas avoidance factors represent factors considered as barriers for psychological help-seeking such as fear of stigmatization, perceived risks related to psychological treatment, not ready for self-disclosure or high costs of services.

Besides these conceptualizations, in psychological help-seeking literature, number of studies indicated that attitudes toward psychological help-seeking can be affected by various factors such as demographic characteristics, psychological and social factors or characteristics of psychological help services.

In terms of demographic characteristics, women were revealed to have more positive attitudes in comparison to men, while older adults have positive attitudes than younger adults (Mackenzie, Gekoski, Knox, 2006; Seyfi et al., 2013; Ang, Lim, Tan & Yau, 2004; Kalkan & Odacı, 2005). High education level (Fischer & Cohen, 1972; Arslantaş et al., 2011) and beneficial previous psychological help experience associated with positive attitudes toward psychological help-seeking.

In terms of psychological and social factors, fear of stigmatization (Kushner & Sher, 1991; Topkaya, 2011), willingness degree of self-disclosure (Vogel & Wester, 2003),

presence or absence of social support (Gourash, 1978; Koydemir-Özden, 2010) types and severity of the problem can influence psychological help-seeking attitudes of individuals. Fear of getting stigma from society, friends or colleagues creates one of the most prevalent barriers of psychological help-seeking. People who have fear of stigmatization found to have negative attitudes toward searching psychological help (Topkaya, 2011). Besides of stigmatization, willing to self-disclosure plays important role on attitudes toward psychological help-seeking. Individuals who believe self-disclosure might bring risks to them are tend to have negative attitudes toward search for psychological help (Vogel & Wester, 2003). It is known that presence of social support lead positive attitudes toward psychological help-seeking through providing understanding and encouragement; additionally, individuals who know someone close to them have positive psychological help experience found willing to receive psychological help (Arslantaş, 2003; Vogel, Wade, Wester, Larson & Hackler, 2007; Disabato, Short, Lameira, Bagley & Wong, 2018). Moreover, type and severity of problem, problems' impact on individuals' daily life, job or academic performance might affect attitudes toward psychological help seeking.

In addition to these factors, costs of the psychological services, accessibility and availability of psychological services, mental health literacy, perceived benefits or risks from receiving psychological help may affect attitudes toward psychological help-seeking. High costs and high perceived risks create negative attitudes, whereas, accessibility and high perceived benefits create positive attitudes toward psychological help-seeking (Topkaya, 2015)

2.2.Dyadic Adjustment

Marriage can be defined as the commitment of two person into intimate romantic relationship in culturally and legally acceptable ways to share domestic life. The union of the couple consisted of shared responsibilities, sexuality, spending time together, shared emotions and ideas, common goals and rearing children. Having consensus on these marital and familial issues represents dyadic adjustment which also termed as marital adjustment in the literature. Dyadic adjustment is an important predictor of healthy, functional and happy marriage. Dyadic adjustment refers to capability of conflict resolution, shared interest, gratification of marriage and common marital expectations (Locke & Williamson, 1958). Spanier (1972) defined well-adjusted couples as wife and husband who have agreements on important topics, have no

conflicts, have same interests and be able to show love to each other. Burgess and Cottrell (1939, as cited in Spanier & Cole, 1976; Spanier, 1972) determined characteristics of dyadic adjustment as having consensus on marital issues, having common interests, sharing love and confidence and the absence of complaints. Tutarel-Kışlak (1999) indicated that dyadic adjustment includes agreement on marital and social topics, existence of trusting relationship, conflict-resolution skills and shared leisure activities. Providing and receiving empathy, being able to recognize each other's emotions and needs are important components of dyadic adjustment. It was found that empathy, emotional reactions and open communication predicts high dyadic adjustment (Tutarel-Kışlak & Çabukça, 2002; Tutarel-Kışlak & Göztepe, 2012). Dyadic adjustment provides happiness and satisfaction within marriage; thus, terms marital satisfaction and marital adjustment (dyadic adjustment) had been used interchangeably. While marital satisfaction refers to the subjective perception of happiness and satisfaction, dyadic adjustment represents the assessment of intimate relationship's characteristics (Erbek et al, 2005).

2.2.1. Dimensions of Dyadic Adjustment

In marriage literature, dyadic adjustment had been interest of many studies since it was considered as an important component and determinant of marital quality. Various researchers defined dimensions and measurement criterions of dyadic adjustment.

First measurement of dyadic adjustment was held by Hamilton (1929, as cited in Spanier & Cole, 1976; Locke & Wallace, 1959) and it was focused on agreements, conflicts and satisfaction sources of dyads. Locke and Wallace (1959) pointed out dyads' conflict-resolution skills, communication, agreement degree and leisure activities. Spanier and Cole (1976) defined five dimensions of dyadic adjustment as differences between spouses, interpersonal tensions, marital satisfaction, dyadic cohesion and having agreement on important marital issues. Spanier (1976) determined dyadic consensus, dyadic satisfaction, dyadic cohesion and affectional expression as aspects of dyadic adjustment. Dyadic consensus represents the agreement degree of couple on important marital, familial or social issues such as financial issues, decisions and responsibilities related to household, relations with in-laws or family of origins; dyadic satisfaction refers to the gratification degree of spouses from their marriage in terms of their happiness degree, whether they regret marriage or not, the ways they respond conflicts or fights; dyadic cohesion refers to the shared interest and participate

activities together, laughing together or having brain storms together; and, affectional expression represents the degree of showing love, intimacy and sexuality (Graham, Liu & Jeziorski, 2006; Prouty, Markowski & Barnes, 2000). Correspondingly, in recent years, Körük (2020) determined dimensions of dyadic adjustment as relational satisfaction, sexual adjustment, cognitive adjustment, social adjustment, relations with family of origin adjustment and conflict-resolution adjustment.

2.2.2. Factors Affecting Dyadic Adjustment

Dyadic adjustment was found to be affected by various factors such as demographic characteristics, individual or psychological factors, social factors or relational factors.

In some studies, it was indicated that there were no significant relationship between dyadic adjustment and demographic characteristics such as age, gender, education level, income level, way of marriage, duration of marriage, and whether they have child or not (e.g., Bayraktaroğlu & Çakıcı, 2013; Tutarel-Kışlak & Göztepe, 2012). However, other studies found significant differences between age, gender, marriage age, education level of both spouses, income levels, number of children and dyadic adjustment. (Şener & Terzioğlu, 2008; Körük, 2017; Çakmak-Tolan & Kılıç, 2021). Among these studies, while there are different conclusions about gender, age and marriage age's correlations with dyadic adjustment; studies explored in common that education level and income level have positive correlations with dyadic adjustment, whereas number of children have negative correlations with dyadic adjustment.

In terms of psychological factors, personality was found to be effective on dyadic adjustment. In terms of five-factor personality model, it was found that neuroticism diminishes dyadic adjustment, while agreeableness has positive correlations with dyadic adjustment for both spouses (Bouchard, Lussier & Sabourin, 1999). Another psychological factor is adult attachment styles, which refers to the attachment styles of individuals who are in a romantic relationship (Hazan & Shaver, 1987). Married individuals who have secure attachment were found to have high perceived dyadic adjustment, in contrast, individuals who have anxious attachment style and experience avoidance and anxiety were found to have low dyadic adjustment (Özmen & Atik, 2010). In addition to these factors, early maladaptive schemas (Özabacı & Körük, 2018), and psychological symptoms (e.g. Filsinger & Wilson, 1983; Epözdemir, 2012) were also revealed as factors which had negative impact on dyadic adjustment.

Social or relational factors can be considered as communication (Şener & Terzioğlu, 2008), conflict-resolution styles (Özen, 2006; Ünal & Akgün, 2020), emotional recognition and regulation (Ursu & Turliuc, 2020). Based on these factors, it can be concluded that couples who have open communication, be able to solve their marital or familial problems in functional ways, willing to express emotions and provide empathy have dyadic adjustment.

2.3.Perceived Social Support

Social support described as the perception of being loved, valued and received enough assistance from people around individual (Wills, 1991, as cited in Taylor, 2011). Social support had been considered as social relationships which contributes individuals' both physical and psychological health (Cohen, Gottlieb & Underwood, 2001). Cohen and Wills (1985) defined main-effect and buffering models to explain the impact of social support on physical and psychological health. Main-effect model represents the impact of social support on physical and psychological health in general (Cohen, 1988). Social support can increase the sense of self-worth and self-esteem, provide right information and materials in need, reducing emotional stress, reducing the risk of harmful habits such as smoking, drinking alcohol, extreme diets; and, in turn, contribute both physical health and psychological well-being (Cohen & Wills, 1985; Cohen, 1988). On the other hand, buffering model is related with only stressful situations. When individuals face with stressful situations social support might provide someone to share their emotions and thoughts, reduce their stress, enhance their coping strategies (Cohen, 1988). Also, social support can prevent harmful responses and bad outcomes related to stressful situation (Cohen & Wills, 1985).

2.3.1. Social Support Sources

Social support can be provided through various sources such as family, friends, spouses or partners, coworkers, pets, psychotherapists, doctors or neighbors. Among these, perceived social support has been mostly related with informal social support sources. Zimet et al. (1988) identified these sources as friends, family and the significant other. Family dimension includes individual's mother, father, siblings, spouse and children; friends dimension refers to peers or colleagues of individual; and, the significant other dimension involves individual's fiancé, relatives, neighbors or doctor (Eker et al., 2001).

According to developmental approach, children learn and internalize stress reactions and coping strategies from their family environment and in adulthood they behave the way they learn in childhood. Thus, the importance of family support begins from the childhood of individual. Children who grew up in supportive and nurturing families develop functional and healthy reactions to stress as well as developing functional coping strategies through observing right-model parents and receiving appropriate information from them (Taylor, 2011). Family members provide nurture, empathy and understanding. Moreover, family members are the first ones who recognize the problems or changing moods of other members (Lindsey, Joe & Nebbitt, 2010). Adolescents reported that their mothers have the best views for their psychological well-being (Lindsey et al., 2010). Correspondingly, family support had seen as the first help source in need because of existing trusting relationship, having the belief of family is the one who knows the individual best, trusting parents' knowledge, providing trustful and useful feedback (Wilson & Deane, 2001; Lindsey et al., 2010). In Prezza and Giuseppina-Pacilli (2002)'s study, they found that, although friend support decreases with age, family support stays stable and do not vary with age.

Friend support offers someone to talk with who is at the similar or same age with individual. Peers mostly have shared or similar experiences, know each other's interests, thoughts, emotions, the view of the world, thus, will be able to provide empathy better than any other individual. Sometimes, friends provide support not only providing empathy but also giving advices from their experiences. Likewise, the significant other support may play similar role with friend support related to closeness of individual.

2.3.2. Types of Social Support

Social support includes various types of support. Numerous researchers identified types of social support.

Caplan (1974, as cited in Torun, 1995) identified five social support sources.

1. Emotional support: Providing love, affection and trust.
2. Esteem support: Unconditional acceptance of individual and respect.
3. Instrumental support: Materialistic help.
4. Informational support: Giving information with the aim of solving problems or teaching coping strategies.

5. Social companionship: Engage in leisure activities together.

Cohen and Wills (1985) determined types of social support as informational support, emotional support, social companionship and instrumental support.

1. Informational support: Informing individual in terms of helping individual to define and understand stressful situations.
2. Emotional support: Giving the feeling of being loved, valued and increasing the sense of self-esteem.
3. Social companionship: Engaged in shared activities, spending and enjoying leisure time together.
4. Instrumental support: Offering materials such as money, housing, clothing, services or other instruments in need (Cohen & Wills, 1985)

Sherbourne and Stewart (1991) identified types of social support as emotional/informational support, tangible support, affection support and positive social interactions. In another classification made by Birch (1998), social support types determined as emotional support, information support, material support and appraisal support. Emotional support refers to offering understanding, listening or being there for that individual; information support includes providing information or guide individual to reach for information; material support represents tangible support; and, appraisal support means providing feedback or giving advices.

In summary, when types of social support identified in literature were considered, it can be concluded that social support can be provided emotionally, cognitively, behaviorally or materially.

2.3.3. Perceived Social Support

Social support conceptualized as received social support and perceived social support. Received social support refers to the actual degree of social support that individual receives from his/her social network (Carels & Baucom, 1999); and, perceived social support can be described as individuals' perception, own evaluation and satisfaction of the availability and accessibility of social sources around him/her (Procidano & Heller, 1983). Thus, perceived social support is mostly related with individuals' perception and interpretation, whereas received social support is related with situations and interpersonal processes.

Perceived social support represents the belief of individual about how convenient and comfortable he/she feels with sharing his/her concerns, thoughts or emotions with family and friends. It also includes the belief of accessibility to support and guidance in decision making, problem solving and emotion regulation in need.

In terms of main effect and buffering effect of social support, perceived social support has the same impact with existing social support (Cohen et al., 2001). Perception about the availability of social support sources may reduce individuals' stress and prevent the development of psychopathological reactions. Knowing someone will be there in need may create the feeling of emotional safety. Moreover; Taylor, Sherman, Kim, Jarcho, Takagi and Dunacan (2004) reported that perceived social support can be more beneficial than received social support. Received social support occurs during stressful or dangerous situations to provide security, emotional support or advice giving. Thus, received social support can be viewed as situational term. However, perceived social support had been considered more stable than received social support because of representing availability and accessibility of social support sources in general. From another viewpoint, received social support can create negative outcomes in some cases. Besides misleading or having a risk of receiving catastrophic reactions in case of lack of empathy, offering social support from other people can be challenging for some individuals because of disclosing self, not wanting to fall on someone's shoulders or risk of being misunderstood. Therefore, Taylor et al. (2004) argued that knowing the availability of social support source and having a confidence requesting support in need might be better than receiving actual help.

2.4.Previous Research

In this title, domestic and foreign literature in accordance with the current study's variables were presented. In marriage literature, terms marital adjustment and dyadic adjustment have been used interchangeably. Studies which used marital adjustment term were included into literature review. Additionally, relevant terms such as marital quality and marital satisfaction were also included into literature review.

2.4.1. Research Related to Psychological Help-Seeking Attitudes and Dyadic Adjustment

In help-seeking literature, both foreign and Turkish literature, there are limited studies encountered which focused on psychological help-seeking attitudes and dyadic adjustment of married individuals.

In domestic studies, Çınar (2008) studied marital satisfaction, gender roles and attitudes toward psychological help-seeking with 302 married individuals. It was indicated that there was no significant relationship between dyadic adjustment and psychological help-seeking attitudes.

Öcal (2019) examined the relationship between marital adjustment and help-seeking attitudes among couples who sought for psychological help and couples who didn't sought for help. The study held with 91 couples which consisted of 48 help-seeking couples and 43 non-help-seeking couples. It was revealed that couples who sought help had lower dyadic adjustment degrees than couples who didn't seek help. However, no significant difference between help-seeking and non-help-seeking couples' attitudes toward psychological help-seeking were found. It was concluded that couples' dyadic adjustment decreases related to problems they experienced, and in turn, it leaded them to sought for psychological assistance; but it was stated that couples' help-seeking behaviors occurred independently from attitudes toward psychological help-seeking (Öcal, 2019).

In foreign studies, Doss, Rhoades, Stanley and Markman (2009) studied couples' help-seeking with 213 couples which were over the first 5 years of marriage. It was revealed that couples prefer to sought help from books and workshops rather than professional psychological help in the first place. Communication problems, depression, religiosity and physical aggression were found related to help-seeking from books and workshops. In terms of seeking marital therapy, results showed that couples who had less marital satisfaction had higher possibility to search for professional psychological help.

Fleming and Cordova (2012) studied the impact on marital quality on couples' help-seeking with 210 married couples. It was indicated that marital quality of husbands' and wives' had negative correlation with psychological help-seeking, whereas wives' marital quality had negative association with husbands' help-seeking. Therefore,

researchers concluded that couples' help-seeking were driven by wives' perception of marital quality. Additionally, they found that couples' help-seeking and individual help-seeking were different from each other, while different factors were found to involved into each process.

Onsy and Amer (2014) conducted study with 411 married participants to examine couples' attitudes toward seeking couple counseling. Results showed that gender and education level had impact on attitudes toward psychological help-seeking. Women and participants with Master's degree were found to had positive attitudes toward psychological help-seeking, whereas age didn't associate with psychological help-seeking attitudes. In addition to demographic variables, it was found that marital quality had negative correlation with psychological help-seeking attitudes.

In summary, couples or married individuals who have low marital adjustment, marital quality or marital satisfaction are tend to have positive attitudes toward professional psychological help-seeking. Higher levels of marital adjustment, marital quality or marital satisfaction didn't enhance the tendency of psychological help-seeking. In other words, it can be concluded that low marital adjustment, marital quality or marital satisfaction might lead individuals to search for psychological help.

2.4.2. Research Related to Psychological Help-Seeking Attitudes and Perceived Social Support

In domestic studies, Çebi (2009) studied with 417 undergraduate students to examine university students' attitudes toward psychological help-seeking through effective roles of perceived social support, psychological distress and previous psychological help-experiences. As a result, she found that perceived social support increases positive attitudes toward psychological help-seeking. However, in order to examine perceived social support in detail through subdimensions, she indicated that perceived friend and significant other supports were predictive, whereas family support were found to have no impact on attitudes toward psychological help-seeking.

Karalp (2009) conducted study with 1045 high school students to examine predictors of high school students' attitudes toward psychological help-seeking. Besides self-disclosure and state anxiety, social support predicted psychological help-seeking attitudes. It was revealed that low social support predicted positive attitudes toward psychological help-seeking.

In another study done by Dilek (2010) with 321 undergraduate students, researcher grouped perceived social support results of participants as low, medium and high perceived social support; then, revealed that individuals who have low perceived social support are tend to have negative attitudes toward psychological help-seeking than individuals who have high and middle perceived social support. It was also found that there was no significant difference between attitudes of individuals who have middle perceived social support and attitudes of individuals who have high perceived social support.

Koydemir-Özden (2010) demonstrated that perceived family and friend supports increase positive attitudes toward psychological help-seeking of undergraduate students and encourage them to search for professional psychological help. Likewise, Meydan and Lüleci (2013) found perceived social support predicts positive attitudes toward searching for psychological help and encourage individuals to search for help.

Topkaya and Büyükgöze-Kavas (2015) conducted research with 1072 university students to examine relationship between perceived social support, life satisfaction, psychological help-seeking attitudes and psychological help-seeking intentions. According to results, perceived social support was found to have significant positive relationship with psychological help-seeking attitudes and intentions, while having moderative effect on predicting attitudes toward psychological help-seeking. It was indicated that high perceived social support predicts high life satisfaction and high life satisfaction predicts positive attitudes toward psychological help-seeking, and in turn, predicts high intentions to seek for psychological help.

Koçoğlu (2017) studied psychological help-seeking attitudes of individuals who diagnosed with obsessive-compulsive disorder. It was found that friend support enhances the tendency of self-disclosure, while family support increases belief and trust towards psychological help services. Thus, it was concluded that social support predicted attitudes toward psychological helps-seeking.

Gök (2019) studies university students' psychological help-seeking attitudes with 707 participants. It was revealed that participants who received social support had more positive attitudes toward psychological help-seeking than participants who didn't receive social support. Additionally, it was found that attitudes toward psychological help-seeking significantly differed by gender, awareness of psychological counseling

services, satisfaction of academic program that they studied, self-concealment degrees and gender roles.

In foreign studies, Thompson (1998) conducted a study which focused on moderating effect of perceived social support on help-seeking attitudes besides other psychosocial determinants. It was concluded that individuals who have low emotional support have positive attitudes toward psychological help-seeking; however, it was revealed that depending on the positiveness or negativity of intimate relationship, both low perceived social support and high perceived social support provide positive attitudes toward psychological help-seeking.

Miville and Constantine (2006) examined Mexican American undergraduate students' help-seeking attitudes and behaviors through predictive role of perceived social support. Results showed that low perceived family support and low friend support increases positive attitudes toward psychological help-seeking, whereas high significant other support provides positive attitudes.

Leonard, Iroegbu and Imbur (2021) conducted research with 400 young adults and revealed that high perceived social support indicates positive attitude toward psychological help-seeking. Significant other support was found to have more enhancing effect of positive attitudes toward psychological help-seeking than family and friends support.

In summary, while some studies indicated positive correlations between perceived social support and attitudes toward psychological help-seeking, some studies demonstrated negative correlations between perceived social support and psychological help-seeking attitudes. When relevant literature was examined, it can be concluded that both higher and lower levels of perceived social support may affect attitudes toward psychological help-seeking. In either way, perceived social support was found to have a predictive role on psychological help-seeking attitudes.

3. METHOD

In this section, research design, characteristics of study group, instruments, data collection process and brief summary of data analysis were presented.

3.1. Research Design

This study was conducted as quantitative research with predictive correlational research design in accordance with the main purpose of the study. Correlational research can be described as a research design which aims to investigate possible relationships among two or more research variables without any manipulation (Fraenkel, Wallen and Hyun, 2012). Correlational research is divided into two purposes: Explanatory and predictive. While explanatory correlation aims to examine correlations between variables, predictive correlation aims to investigate predictive role of independent variable on dependent variable (Fraenkel et al., 2012). In this study, dependent variable was psychological help-seeking attitudes of married individuals and independent variables were dyadic adjustment and perceived social support.

3.2. Study Group

The study group of this research was consisted of married individuals in Turkey. In order to determine the study group, convenience and criterion sampling methods were utilized. Convenience sampling method can be described as collecting data from a group of individuals who are conveniently available for the study (Fraenkel et al., 2012). In this study, married individuals who were convenient to reach the online survey participated in the study. Criterion sampling method is one of the purposeful sampling methods and can be described as “review and study all cases that meet some predetermined criterion of importance” (Patton, 1987, p.56). In this study, the criterion for being included in the study group was to be married.

320 volunteer married individuals participated in the study via online survey. Participants' ages ranged between 24 and 76 with a mean of 36.95 (SD=9.28). 90 (28.1%) of the participants were men and 230 (71.9%) of them were women. Their duration of marriage varies from 3 months to 52 years with a mean of 9.01 years (SD=8.84). 178 (55.6%) of the participants have child and 142 (44.4%) of them have no child. The number of children of participants who have children (N=178), ranged between 1 child and 3 children with a mean of 1.55 (SD=0.69). Participants' monthly income varies from 0 TL to 50000 TL with a mean of 9211.09 TL (SD=6514.17), while

their spouses monthly income rates vary from 0 TL to 100000 TL with a mean of 10953.28 TL (SD=9843.84). In terms of meeting type of the couple, 156 (48.8%) of the participants met themselves, 104 (32.5%) of them met through friends, 48 (15.0%) of them met through family/relatives and 12 (3.8%) of them met through social media/internet. 305 (95.3%) of the participants flirted before marriage and 15 (4.7%) of them did not flirt before marriage. For participants who flirted before marriage (N=305), their flirt duration before marriage ranged between 3 months to 9 years with a mean of 1.65 years (SD=1.37). Summary of the characteristics of study group were presented into Table 1 as descriptives of study group and Table 2 as frequency of demographic variables.

Table 1. *Descriptives of Study Group*

Options	N	Mean	SD
Age	320	36.95	9.28
Duration of marriage (year)	320	9.01	8.84
Monthly income (TL)	320	9211.09	6514.17
Monthly income of spouse (TL)	320	10953.28	9843.84
Number of children of participants who have children	178	1.55	0.69
Flirt duration of couples who flirted before marriage	305	1.65	1.37

Table 2. *Frequency of Demographic Variables*

Variables	Options	N	%
Gender	Male	90	28.1
	Female	230	71.9
	Total	320	100
Child status	Have child	178	55.6
	No child	142	44.4

	Total	320	100
Meeting type of the couple	Through themselves	156	48.8
	Through friends	104	32.5
	Through family/relatives	48	15.0
	Through social media/internet	12	3.8
	Total	320	100
Flirt status before marriage	Flirted	305	95.3
	Not flirted	15	4.7
	Total	320	100

3.3.Data Collection Tools

In this study, to obtain demographic characteristics of participants Demographics Form prepared by the researcher; to assess psychological help-seeking attitudes, Attitudes Toward Seeking Professional Psychological Help Scale – Short Form which was developed by Fischer and Farina (1995) and adapted into Turkish by Topkaya (2011); to assess dyadic adjustment, The Perceived Adjustment Scale in Close Relationships which was developed by Körük (2020); to assess perceptions of social support, Multidimensional Scale of Perceived Social Support which was developed by Zimet, Dahlem, Zimet and Farley (1998) and adapted into Turkish by Eker, Arkar and Yıldız (2001) were used as data collection tools.

3.3.1. Demographics Form

Demographics form was prepared by the researcher in accordance with the purpose of the research. It was aimed to obtain participants' demographic characteristics such as gender, ages, duration of marriage, whether they have child, if so, numbers of children, monthly incomes, their spouses' monthly incomes, how participants met their spouses, whether they flirted before marriage, if so, the duration of flirting process.

3.3.2. Attitudes Toward Seeking Professional Psychological Help Scale – Short Form

Attitudes Toward Seeking Professional Psychological Help Scale – Short Form (ATSPPHS – SF) was developed by Fischer and Farina (1995) as the shortened form of Attitudes Toward Seeking Professional Psychological Help Scale (ATSPPHS) (Fischer & Turner, 1970) to assess individuals' attitudes toward professional psychological help-seeking. ATSPPHS – SF has one factor structure with ten items. The correlation between the ATSPPHS and ATSPPHS – SF was found .87. Test-retest validity of the ATSPPHS – SF was found .80 and Cronbach's Alpha coefficient was found .84 (Fischer & Farina, 1995; as cited in Topkaya, 2011).

Turkish adaptation of Attitudes Toward Seeking Professional Psychological Help Scale – Short Form was done by Topkaya (2011). Reliability and validity test were held by the researcher with sample consisted of 408 individuals through convenience sampling method. According to confirmatory factor analysis, it was found one factor structure with nine items. Fourth item was excluded from the scale because of the unsuitableness for Turkish culture. Cronbach's Alpha coefficient was found .76 and total test correlation for nine items was calculated between .30 and .55. In terms of construct validity, McDonald Omega coefficient was found .76. Items of the scale are scoring on 4 Likert-type scale ranging between 0 (disagree) and 3 (agree). Items 2,8,9 and 10 are scored in reverse. Lowest total score determined as 0, whereas highest total score determined as 27. Getting higher total score corresponds to having more positive attitude toward professional psychological help-seeking (Topkaya, 2011).

In this study, the Cronbach's Alpha coefficient was found as .82 for total scale.

3.3.3. The Perceived Adjustment Scale in Close Relationships

The Perceived Adjustment Scale in Close Relationships was developed by Körük (2020) to assess dyadic marital adjustment. The scale has six factor structure with 33 items. These six factors were named as “relational satisfaction, sexual adjustment, cognitive adjustment, social adjustment, relations with family of origin adjustment and conflict-resolution adjustment”. Each item of the scale is scored on 5 Likert-type scale ranging from 1 (strongly disagree) to 5 (strongly agree). Scoring of the scale can be reached through getting total score from the scale or getting three different scoring for each sub-factor: First scoring type refers to adjustment score of person who filled in the

scale; second scoring type refers to adjustment score of spouse/lover/fiancé of the person who filled in the scale according to his/her evaluation; third scoring type refers to adjustment score as couple. The lowest score of the scale was determined as 33, whereas the highest score was determined as 165. According to exploratory factor analysis and reliability tests, the total variance of six factor structure were found as 67.75%. Cronbach Alfa coefficients of sub-factors were found between .63 and .95; for the whole scale, the coefficient was found as .95. Validity of the scale was tested between the scale and Dyadic Adjustment Scale which was developed by Spanier (1976) and adapted into Turkish by Fıfıloğlu and Demir (2000). The correlation between The Perceived Adjustment Scale in Close Relationships's total score and Dyadic Adjustment Scale's total score was found as .86 ($p < .05$). The correlations between The Perceived Adjustment Scale in Close Relationships' sub-factors and Dyadic Adjustment Scale's total score were found between .54 and .79 ($p < .05$). (Körük, 2020).

In this study, Cronbach's Alpha coefficients were found as .85 for Social Adjustment subscale, .80 for Relations with Family of Origin Adjustment subscale, .90 for Sexual Adjustment subscale, .43 for Conflict-resolution Adjustment subscale, .95 for Relational Satisfaction subscale, .79 for Cognitive Adjustment subscale and .95 for total scale.

3.3.4. Multidimensional Scale of Perceived Social Support

The Multidimensional Scale of Perceived Social Support (MPSS) was developed by Zimet et al., (1988) to assess individuals' perceptions of social support adequacy. The scale has three factor structure. Factors were named as "Family", "Friends" and "The Significant Other". Reliability and validity tests were done with a sample of 275 undergraduate students. The scale has twelve items and each item is scored on 7 Likert-type scale ranging from 1 (very strongly agree) to 7 (very strongly disagree). Cronbach's Alpha coefficients were found as .91 for The Significant Other subscale, .87 for Family subscale and .85 for Friends subscale. The reliability value of total score was calculated as .88. Test-retest reliability coefficients were found as .72 for The Significant Other subscale, .85 for Family subscale, .75 for Friends subscale; .85 for whole scale. Construct validity was tested through correlations between the scale and Hopkins Symptom Checklist's Anxiety and Depression subscales. As a result, it was found that Family subscale was significantly negatively related to both depression ($r =$

-.24, $p < .01$) and anxiety ($r = -.18, p < .01$); Friends subscale was negatively related to only depression ($r = -.24, p < .01$); The Significant Other subscale was negatively related to depression ($r = -.13, p < .05$). Construct validity of the whole scale was calculated as $r = -.25, p < .01$ (Zimet et al., 1988)

Turkish adaptation of the scale was made by Eker and Arkar in 1995, but in 2001, it was revised by Eker, Arkar and Yaldız. The scale has three factor structure with twelve items. Factors were named as “Family”, “Friends” and “The Significant Other” in accordance with the MPSS (Zimet et al., 1988). Subscales are scored separately and total score of the scale can be obtained through the addition of three subscales’ scores. High total score refers to the high perception of social support. In terms of reliability tests, Cronbach’s Alpha coefficients were found as 0.85 for Family subscale, 0.88 for Friends subscale and 0.92 for The Significant Other subscales. Validity of the scale was tested through examining correlations between the scale and Perceived Social Support Scale (PSS) with 150 people constructed by three different samples which each sample were consisted of 50 people with different demographic characteristics. It was found that Family and Friends subscales of MPSS had positive correlations with Family and Friends subscales of Perceived Social Support Scale (PSS) (Eker et al., 2001).

In this study, Cronbach’s Alpha coefficients were found as .88 for Family subscale, .87 for Friends subscale, .99 for The Significant Other subscale and .87 for total scale.

3.4.Data Collection Process

Data collection process was conducted online through utilizing online survey form which was created on Google Forms platform. The online survey included informed consent, demographics form, Attitudes Toward Seeking Professional Psychological Help Scale – Short Form (Topkaya, 2011), The Perceived Adjustment Scale in Close Relationships (Körük, 2020) and Multidimensional Scale of Perceived Social Support (Eker et al., 2001). The survey consisted of 55 items apart from demographics form and took approximately 10-15 minutes to answer. It was represented to participants between January and March 2022. Participants were informed in written about the purpose of the study, voluntariness principle of participation and confidentiality of the data. To provide confidentiality, no personal information was requested. Directions of each questionnaire and meanings of scale points were presented for clear understanding. To enhance representativeness of the study, it was tried to reach various demographic

characteristics such as different genders, ages or socioeconomic levels. Married individuals who were able to reach online survey through online platforms participated into study and participants were asked to give honest and realistic answers.

3.5.Data Analysis

Data analysis utilized through IBM Statistical Package for Social Sciences (SPSS) 21.0. After the completion of data collection process, general controls were made. No missing value was identified and none of the items were excluded.

Descriptive statics analysis was made to describe mean and standard deviation of demographic variables and sub-dimensions of scales. Pearson Correlation analysis was done to examine correlations between sub-dimensions of scales that were used into study. Multiple Linear Regression analysis were conducted to analyze the predictive roles of dyadic adjustment and perceived social support on attitudes toward psychological help-seeking. Independent samples t-test analysis was made to examine relationships between main variables of the study and demographic variables which were gender and child status. One way ANOVA analysis was used to examine the relationship between main variables of the study and meeting type of the couple variable which were one of the demographic variables. Flirt status before marriage variable was excluded from analysis due to number imbalance between participants who flirted before marriage and participants who didn't flirt before marriage.

4. RESULTS

In this section, findings of statistical analysis which were held with the purpose of examining main-question and sub-questions of the study were presented.

4.1.Descriptives

Means, standard deviation, skewness and kurtosis scores for main variables of the study were presented in Table 3.

Table 3. *Descriptives*

Sub-dimensions	N	Mean	SD	Skewness	Kurtosis
Attitudes Toward Psychological Help-Seeking	320	3.09	.49	-1.34	2.24
Social Adjustment	320	4.07	.64	-.59	1.11
Relations with Family of Origin Adjustment	320	3.93	.58	-.36	1.39
Sexual Adjustment	320	3.96	.70	-.92	2.48
Conflict-Resolution Adjustment	320	4.06	.57	-.92	2.22
Relational Satisfaction	320	4.64	.61	-2.28	5.98
Cognitive Adjustment	320	3.72	.65	-.80	1.91
Family	320	5.91	1.19	-2.03	4.65
Friends	320	5.61	1.19	-1.65	3.26
The Significant Other	320	3.90	1.67	-.323	-.594

The mean score of participants' attitudes toward psychological help-seeking was found 3.09 (SD=.49). When dyadic adjustment's sub-dimensions were examined the mean of Social Adjustment was found 4.07 (SD=.64), Relations with Family of Origin was found 3.93 (SD=.58), Sexual Adjustment was found 3.96 (SD=.70), Conflict-resolution Adjustment was found 4.06 (SD=.57), Relational Satisfaction was found 4.64 (SD=.61) and Cognitive Adjustment was found 3.72 (SD=.65). In terms of sub-dimensions of perceived social support, the mean of Family was found 5.91 (SD=1.19), Friends was found 5.61 (SD=1.19) and The Significant Other was found 3.90 (SD=1.67).

4.2. Correlations

To examine relationships among attitudes toward psychological help-seeking, dyadic adjustment and perceived social support, Pearson Correlation analysis were conducted and findings were presented in Table 4.

Attitudes toward psychological help-seeking was negatively correlated with every sub-dimension of dyadic adjustment ($p < .05$; $p < .01$), however, there was no significant correlation between attitudes toward psychological help-seeking and subdimensions of perceived social support ($p > .05$). Social Adjustment was positively correlated with every other sub-dimension of dyadic adjustment ($p < .01$), whereas there was no significant correlation found with sub-dimensions of perceived social support. Relations with Family of Origin Adjustment was positively correlated with every other sub-dimension of dyadic adjustment ($p < .01$) and Family ($r = .270$, $p < .01$). Sexual Adjustment had positive correlations with every other sub-dimension of dyadic adjustment ($p < .01$) and Friends ($r = .113$, $p < .05$). Conflict-resolution Adjustment was positively correlated with every other sub-dimension of dyadic adjustment ($p < .01$) and Family ($r = .177$, $p < .01$). Relational Satisfaction had positive correlations with every other sub-dimension of dyadic adjustment ($p < .01$) and Family ($r = .227$, $p < .01$). Cognitive Adjustment was positively correlated with every other sub-dimension of dyadic adjustment ($p < .01$), while there was no significant correlation with sub-dimensions of perceived social support. Family was positively correlated with Friends ($r = .314$, $p < .01$) and The Significant Other ($r = .157$, $p < .01$). Friends had positive correlations with The Significant Other ($r = .316$, $p < .01$).

Table 4. *Correlations*

Sub-dimensions	1	2	3	4	5	6	7	8	9	10
1-Attitudes Toward Psychological Help-Seeking	1									
2-Social Adjustment	-.137*	1								
3-Relations with Family of Origin Adjustment	-.255**	.403**	1							
4-Sexual Adjustment	-.160**	.605**	.556**	1						
5-Conflict-Resolution Adjustment	-.130*	.491**	.498**	.574**	1					
6-Relational Satisfaction	-.150**	.498**	.468**	.585**	.668**	1				
7-Cognitive Adjustment	-.205**	.467**	.518**	.489**	.668**	.644**	1			
8-Family	.062	.028	.270**	.077	.177**	.227**	.095	1		
9-Friends	.091	.011	.030	.113*	.037	.040	-.005	.314**	1	
10-The Significant Other	.081	.010	-.064	-.046	-.053	.067	-.052	.157**	.316**	1

n = 320, *p<.05, **p<.01

4.3. Regression Findings

In this section, multiple linear regression findings related to predictive roles of dyadic adjustment and perceived social support on attitudes toward psychological help-seeking will be presented.

4.3.1. Regression Findings for Predictive Role of Dyadic Adjustment on Attitudes Toward Psychological Help-Seeking

The results of multiple linear regression analysis related to predictive role of dyadic adjustment on the explanation of attitudes toward psychological help-seeking were presented in Table 5.

Table 5. *Regression Findings for Predictive Roles of Dyadic Adjustment and its Sub-dimensions on Attitudes Toward Psychological Help-Seeking*

Attitudes Toward Psychological Help-Seeking	B	SE	β	t	p
(Constant)	3.94	.18		21.61	.000
Relations with Family of Origin Adjustment	-.22	.05	-.26	-4.70	.000

$n=320$, $R=.26$, $R^2=.07$, $F=22.06$, $p<.01$

According to results, Relations with Family of Origin Adjustment sub dimension predicted attitudes toward psychological help-seeking in negative way. 7% of the variance [$R=.26$, $R^2=.07$, $F=22.06$, $p<.01$] can be explained through this model.

4.3.2. Regression Findings for Predictive Role of Perceived Social Support on Attitudes Toward Psychological Help-Seeking

The results of multiple linear regression analysis related to predictive role of perceived social support on attitudes toward psychological help-seeking were presented in Table 6.

Table 6. *Regression Findings for Predictive Roles of Perceived Social Support and its Sub-dimensions on Attitudes Toward Psychological Help-Seeking*

Attitudes Toward Psychological Help-Seeking	B	SE	β	t	p
(Constant)	2.80	.17		16.67	.000
Family	.014	.024	.034	.578	.564
Friends	.026	.025	.062	1.01	.313

The significant other	.017	.018	.056	.956	.340
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n=320, R=.11, R²=.01, F=1.32, p>.01

According to results, it was found that perceived social support had no prediction on attitudes toward psychological help-seeking of married individuals.

4.3.3. Regression Findings for Predictive Roles of Dyadic Adjustment and Perceived Social Support Together on Attitudes Toward Psychological Help-Seeking

In order to examine predictive roles of dyadic adjustment and perceived social support together on attitudes toward psychological help-seeking, sub-dimensions of both dyadic adjustment and perceived social support were included into multiple linear regression analysis together. Results of multiple linear regression analysis were presented in Table 7.

Table 7. *Regression Findings for Predictive Roles of both Dyadic Adjustment and Perceived Social Support on Attitudes Toward Psychological Help-Seeking*

Attitudes Toward Psychological Help-Seeking	B	SE	β	t	p
(Constant)	3.72	.200		18.56	.000
Relations with Family of Origin Adjustment	-.25	.05	-.29	-5.24	.000
Family	.06	.02	.14	2.53	.01

n=320, R=.29, R²=.08, F=14.42, p<.01

According to results, Relations with Family of Origin Adjustment sub-dimension of dyadic adjustment and Family sub-dimension of perceived social support predicted attitudes toward psychological help-seeking. 8% of variance [R=.29, R²=.08, F=14.41, p<.01] can be explained through this model.

4.4.T-Test Findings

To determine whether attitudes toward psychological help-seeking, dyadic adjustment and perceived social support differ by gender and child status, independent samples t-test analysis were conducted.

4.4.1. T-Test Findings Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support According to Gender

The results of independent samples t-test analysis related to whether attitudes toward psychological help-seeking differ by gender were presented in Table 8.

Table 8. *T-Test Findings for Difference in Attitudes Toward Psychological Help-Seeking According to Gender*

Sub-dimensions	Gender	n	X	SD	t	p
Attitudes Toward Psychological Help-Seeking	Male	90	2.93	.58	-3.75	.00*
	Female	230	3.16	.44		

N=320, *p<.05

As seen in Table 8, significant difference was found between attitudes toward psychological help-seeking and gender ($p=.00$). The mean of female participants ($M_{\text{Female}}=3.16$) was found higher than the mean of male participants ($M_{\text{Male}}=2.93$).

Table 9 presents the findings of independent samples t-test related to whether dyadic adjustment and its sub-dimensions differ by gender.

Table 9. *T-Test Findings for Difference Among Dyadic Adjustment and its Sub-dimensions According to Gender*

Sub-dimensions	Gender	n	X	SD	t	p
Social Adjustment	Male	90	4.21	.61	2.88	.02*
	Female	230	4.02	.64		
Relations with Family of Origin Adjustment	Male	90	4.19	.50	5.16	.00*
	Female	230	3.83	.59		
Sexual Adjustment	Male	90	4.18	.62	3.44	.00*
	Female	230	3.88	.72		
Conflict-Resolution Adjustment	Male	90	4.14	.49	1.48	.14
	Female	230	4.03	.60		
Relational Satisfaction	Male	90	4.76	.44	2.27	.02*

	Female	230	4.59	.66		
Cognitive Adjustment	Male	90	3.88	.53	2.68	.01*
	Female	230	3.66	.69		
Total Dyadic Adjustment	Male	90	4.23	.39	3.70	.00*
	Female	230	4.00	.52		

N=320, *p<.05

As seen in Table 9, significant difference was found for Social Adjustment ($p<.05$) in favor of male participants, Relations with Family of Origin Adjustment ($p=.00$) in favor of male participants, Sexual Adjustment ($p=.00$) in favor of male participants, Relational Satisfaction ($p<.05$) in favor of male participants, Cognitive Adjustment ($p<.05$) in favor of male participants and total dyadic adjustment ($p=.00$) in favor of male participants according to gender. Conflict-resolution Adjustment did not significantly differ by gender ($p >.05$).

The results of independent samples t-test related to whether perceived social support and its sub-dimensions differ by gender were presented in Table 10.

Table 10. *T-Test Findings for Difference Among Perceived Social Support and its Sub-dimensions According to Gender*

Sub-dimensions	Gender	n	X	SD	t	p
Family	Male	90	6.04	1.04	1.14	.25
	Female	230	5.87	1.25		
Friends	Male	90	5.60	1.09	-.121	.90
	Female	230	5.62	1.23		
The Significant Other	Male	90	3.43	1.72	-3.28	.00*
	Female	230	4.10	1.61		
Total Perceived Social Support	Male	90	5.02	.86	-1.44	.15
	Female	230	5.19	1.00		

N=320, *p<.05

As seen in Table 10, significant relationship was found for The Significant Other and gender ($p=.00$). The mean of female participants ($M_{\text{Female}}=4.10$) was found higher than the mean of male participants ($M_{\text{Male}}=3.43$). Family, Friends and total perceived social support rates did not significantly differ by gender ($p > .05$).

4.4.2. T-Test Findings Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support According to Child Status

The results of independent samples t-test which was conducted to determine whether attitudes toward psychological help-seeking differ by child status were presented in Table 11.

Table 11. *T-Test Findings for Difference in Attitudes Toward Psychological Help-Seeking According to Child Status*

Sub-dimensions	Child Status	n	X	SD	t	p
Attitudes Toward Psychological Help-Seeking	Have child	178	3.05	.53	-1.86	.06
	No child	142	3.15	.44		
N=320						

As seen in Table 11, there was no significant difference found for attitudes toward psychological help-seeking by child status ($p > .05$).

The results of independent samples t-test related to whether dyadic adjustment and its sub-dimensions differ by child status were presented in Table 12.

Table 12. *T-Test Findings for Difference Among Dyadic Adjustment and its Sub-dimensions According to Child Status*

Sub-dimensions	Child Status	n	X	SD	t	p
Social Adjustment	Have child	178	4.02	.66	-1.58	.12
	No child	142	4.13	.61		
Relations with Family of Origin Adjustment	Have child	178	3.93	.64	-.08	.94
	No child	142	3.94	.51		
Sexual Adjustment	Have child	178	3.89	.73	-2.04	.04*

	No child	142	4.05	.66		
Conflict-Resolution Adjustment	Have child	178	4.01	.65	-1.73	.09
	No child	142	4.13	.46		
Relational Satisfaction	Have child	178	4.59	.62	-1.55	.12
	No child	142	4.70	.60		
Cognitive Adjustment	Have child	178	3.65	.72	-2.09	.04*
	No child	142	3.81	.54		
Total Dyadic Adjustment	Have child	178	4.02	.53	-1.96	.05
	No child	142	4.13	.43		

N=320, *p<.05

As seen in Table 12, significant difference was found for Sexual Adjustment and Cognitive Adjustment in regards to child status ($p<.05$). For Sexual Adjustment the mean of individuals who have no child ($M_{\text{No child}}=4.05$) was found higher than the mean of individuals who have child ($M_{\text{Have Child}}=3.89$). For Cognitive Adjustment, the mean of individuals who have no child ($M_{\text{No Child}}=3.81$) was found higher than the mean of individuals who have child ($M_{\text{Have Child}}=3.65$). Social Adjustment ($p>.05$), Relations with Family of Origin Adjustment ($p>.05$), Conflict-resolution Adjustment ($p>.05$), Relational Satisfaction ($p>.05$) and total dyadic adjustment ($p>.05$) did not differ by child status.

Table 13 presents the results of independent samples t-test related to whether perceived social support and its sub-dimensions differ by child status.

Table 13. *T-Test Findings for Difference Among Perceived Social Support and its Sub-dimensions According to Child Status*

Sub-dimensions	Child Status	n	X	SD	t	p
Family	Have child	178	5.94	1.14	.59	.55
	No child	142	5.87	1.26		
Friend	Have child	178	5.52	1.25	-1.54	.12
	No child	142	5.73	1.11		

The Significant Other	Have child	178	3.94	1.64	.36	.72
	No child	142	3.87	1.71		
Total Perceived Social Support	Have child	178	5.13	.97	-.18	.85
	No child	142	5.15	.97		

N=320

According to results, there was no significant difference found for perceived social support, its sub-dimensions in regard to child status ($p>.05$).

4.5.ANOVA Findings

To examine whether attitudes toward psychological help-seeking, dyadic adjustment and perceived social support differ by the meeting type of the couple, one-way ANOVA analysis were conducted.

In terms of attitudes toward psychological help-seeking, there was no significant difference found between attitudes toward psychological help-seeking and meeting type of the couple ($p>.05$). The ANOVA findings for attitudes toward psychological help-seeking and meeting type of the couple were presented in Table 17.

In terms of dyadic adjustment and its sub-dimensions, significant difference was found for Social Adjustment ($p<.05$) in favor of the group who met themselves, Sexual Adjustment ($p=.00$) in favor of the group who met themselves, Cognitive Adjustment ($p<.05$) in favor of the group who met themselves and total dyadic adjustment ($p<.05$) in favor of the group who met themselves according to meeting type of the couple. Relations with Family of Origin Adjustment ($p>.05$), Conflict-resolution Adjustment ($p>.05$) and Relational Satisfaction ($p>.05$) did not significantly differ by the meeting type of the couple. The ANOVA findings for dyadic adjustment, its sub-dimensions and meeting type of the couple were presented in Table 18.

In terms of perceived social support, significant difference was found for Friends ($p<.05$) in favor of the group who met through social media/internet. Family ($p>.05$), The Significant Other ($p>.05$) and total perceived social support ($p>.05$) did not significantly differ by the meeting type of the couple. The ANOVA findings for perceived social support, its sub-dimensions and meeting type of the couple were presented in Table 19.

Table 14. ANOVA Findings for Difference in Attitudes Toward Psychological Help-Seeking According to Meeting Type of the Couple

n, X and SD Descriptives					ANOVA Findings					
Sub-dimensions	Meeting type of the couple	n	X	SD	S.V.	SS	df	MS	F	p
Attitudes Toward Psychological Help-Seeking	Through themselves	156	3.10	.52	Between Groups	.58	3	.20	.80	.50
	Through friends	104	3.10	.49	Within Groups	77.41	316	.25		
	Through family/relatives	48	3.03	.46	Total	77.99	319			
	Through social media/internet	12	3.27	.36						
	Total	320	3.09	.49						

Table 15. ANOVA Findings for Difference Among Dyadic Adjustment and its Sub-dimensions According to Meeting Type of the Couple

n, X and SD Descriptives		ANOVA Findings								
Sub-dimensions	Meeting type of the couple	n	X	SD	S.V.	SS	df	MS	F	p
Social Adjustment	Through themselves	156	4.13	.60	Between Groups	3.30	3	1.10	2.74	.04*
	Through friends	104	4.10	.58	Within Groups	126.41	316	.40		
	Through family/relatives	48	3.85	.63	Total	129.70	319			
	Through social media/internet	12	3.90	1.25						
	Total	320	4.07	.64						
Relations with Family of Origin Adjustment	Through themselves	156	4.00	.59	Between Groups	1.43	3	.48	1.39	.24
	Through friends	104	3.86	.52	Within Groups	107.86	316	.34		
	Through family/relatives	48	3.88	.65	Total	109.28	319			
	Through social media/internet	12	3.93	.70						
	Total	320	3.93	.59						
Sexual Adjustment	Through themselves	156	4.05	.70	Between Groups	8.72	3	2.91	6.19	.00*
	Through friends	104	4.02	.61	Within Groups	148.40	316	.47		

	Through family/relatives	48	3.58	.61	Total	157.12	319			
	Through social media/internet	12	3.85	1.21						
	Total	320	3.97	.70						
Conflict-Resolution Adjustment	Through themselves	156	4.13	.56	Between Groups	1.31	3	.44	1.34	.26
	Through friends	104	4.00	.57	Within Groups	103.22	316	.33		
	Through family/relatives	48	3.99	.55	Total	104.53	319			
	Through social media/internet	12	4.04	.76						
	Total	320	4.06	.57						
Relational Satisfaction	Through themselves	156	4.68	.58	Between Groups	2.53	3	.84	2.30	.08
	Through friends	104	4.67	.56	Within Groups	115.88	316	.37		
	Through family/relatives	48	4.52	.56	Total	118.42	319			
	Through social media/internet	12	4.28	1.21						
	Total	320	4.64	.61						
Cognitive Adjustment	Through themselves	156	3.82	.67	Between Groups	4.51	3	1.51	3.60	.01*
	Through friends	104	3.71	.58	Within Groups	131.83	316	.42		

	Through family/relatives	48	3.48	.68	Total	136.34	319			
	Through social media/internet	12	3.55	.75						
	Total	320	3.72	.65						
Total Dyadic Adjustment	Through themselves	156	4.14	.48	Between Groups	2.58	3	.86	3.62	.01*
	Through friends	104	4.06	.46	Within Groups	74.99	316	.24		
	Through family/relatives	48	3.88	.44	Total	77.57	319			
	Through social media/internet	12	3.93	.89						
	Total	320	4.07	.49						

*p<.05

Table 16. ANOVA Findings for Difference Among Perceived Social Support and its Sub-dimensions According to Meeting Type of the Couple

n, X and SD Descriptives					ANOVA Findings					
Sub-dimensions	Meeting type of the couple	n	X	SD	S.V.	SS	df	MS	F	p
Family	Through themselves	156	5.83	1.26	Between Groups	3.67	3	1.22	.86	.46
	Through friends	104	5.93	1.13	Within Groups	451.71	316	1.43		
	Through family/relatives	48	6.15	1.19	Total	455.39	319			
	Through social media/internet	12	5.96	.80						
	Total	320	5.91	1.19						
Friends	Through themselves	156	5.67	1.12	Between Groups	22.90	3	7.63	5.57	.00*
	Through friends	104	5.68	1.19	Within Groups	432.78	316	1.37		
	Through family/relatives	48	5.06	1.38	Total	455.68	319			
	Through social media/internet	12	6.40	.57						
	Total	320	5.61	1.20						
The Significant Other	Through themselves	156	3.87	1.65	Between Groups	7.92	3	2.64	.95	.42

	Through friends	104	4.06	1.65	Within Groups	878.88	316	2.78		
	Through family/relatives	48	3.82	1.68	Total	886.80	319			
	Through social media/internet	12	3.25	1.99						
	Total	320	3.91	1.67						
Total Perceived Social Support	Through themselves	156	5.13	.98	Between Groups	1.53	3	.51	.54	.65
	Through friends	104	5.22	.91	Within Groups	296.78	316	.94		
	Through family/relatives	48	5.01	1.10	Total	298.30	319			
	Through social media/internet	12	5.20	.71						
	Total	320	5.14	.97						

*p<.05

5. DISCUSSION

In this section, findings of the study were discussed in order, and discussions were presented by comparing with findings of relevant literature.

5.1. Discussion Related to Predictive Roles of Dyadic Adjustment and Perceived Social Support on Psychological Help-Seeking Attitudes of Married Individuals

The main question of the study was “Do dyadic adjustment and perceived social support predict attitudes toward psychological help-seeking of married individuals?”. Therefore, to determine the predictive roles of dyadic adjustment and perceived social support on married individuals psychological help-seeking attitudes, multiple linear regression analysis was conducted. Findings obtained from multiple linear regression analysis were discussed in the following sub-titles.

5.1.1. Discussion Related to Predictive Role of Dyadic Adjustment on Attitudes Toward Psychological Help-Seeking of Married Individuals

According to results, Relations with Family of Origin Adjustment sub-dimension of dyadic adjustment predicted attitudes toward psychological help-seeking of married individuals in negative way. This result indicates that high adjustment of relations with family of origin leads negative attitudes toward psychological help-seeking, whereas low adjustment of relations with family of origin predicts positive attitudes toward psychological help-seeking. In other words, individuals who have maladjustment in relations with family of origin were found to have more positive attitudes to seek psychological help than individuals who have high adjustment in relations with family of origin.

In marriage literature, studies revealed that individuals or couples who have low dyadic adjustment were willing to search for psychological help (Doss et al., 2009; Fleming & Cordova, 2012; Onsy & Amer, 2014; Öcal, 2019). Conflicts, communication problems, restrictive participation in shared activities, lack of empathy or lack of affection can be counted as some of the problems experienced by individuals who have low dyadic adjustment. It was claimed that these types of problems may lead individuals to search for psychological help. In this study, it was found that, specifically relations with family of origin predicts attitudes toward psychological help-seeking. Relations with family of origin sub-dimension represented whether spouses value each

other's family of origin, whether they enjoy spending time with in-laws and their capability of providing balance between family of origin and their marriage. Although marriage constructed by wife and husband, it can't be denied that their family of origins are part of their marriage. Especially in Turkish culture, relations with family of origin, valuing and respecting in-laws, having great communication within family are considered as important components of marriage and family life. Previous studies indicated that positive interactions with in-laws contribute couples' dyadic adjustment (Topgüloğlu-Danışman, 2020; İpek, 2021; Kahraman, 2021). When in-laws provide support and positive communication, it enhances couples' dyadic adjustment and satisfaction. However, if family of origin interfere couples' marital life and decisions, reject their daughter-in-law or son-in-law, have authoritarian attitudes toward couple or be jealous, that declines dyadic adjustment of the couple (Altuğ, 2019; Kızmaz & Altuğ, 2019). According to TÜİK (2016, as cited in Kızmaz & Altuğ, 2019) interference of family of origin and showing disrespect towards each other's family of origin were determined as main reasons of divorce. Correspondingly, in a study conducted by Set (2019), individuals, both women and men, reported problems with mother-in-law as one the primary reasons for seeking psychological help.

According to findings of current study and previous studies, relations with family of origin plays important role on individuals' attitudes toward psychological help-seeking. It can be claimed that, besides valuing and respecting each other's family of origin, it is important to create balance between relations with family of origin and relations with spouse. Having equal shared times with both sides, being objective in case of disagreements, protecting privacy of couple and preventing interferences of family of origin can be considered as crucial. Dyadic adjustment requires having consensus and harmony as a couple without external sources. Moreover, while one of the spouses enjoy spending time with his/her family of origin, knowing that his/her spouse is not pleased to be with them might create negative feelings. Individuals may expect from their spouses to accept and care their family of origin too. Hence, the perception of devaluation of family of origin, imbalance between relations with family of origin and relations with spouse and don't enjoy spending time with family of origin will cause problems, and in turn, lead individuals to search for psychological help.

5.1.2. Discussion Related to Predictive Role of Perceived Social Support on Attitudes Toward Psychological Help-Seeking of Married Individuals

Findings of the study revealed that perceived social support and its sub-dimensions had no significant prediction on attitudes toward psychological help-seeking of married individuals.

In literature, perceived social support has been considered as a predictive factor of psychological help-seeking attitudes. Since humans are social beings, they always need someone to share their thoughts, emotions or experiences. Through sharing, individuals might receive support, understanding, advices or guidance. In help-seeking literature, both high and low perceived social support were found to have influence on attitudes toward psychological help-seeking. Miville and Constantine (2006) found that having low family and friend support lead individuals to seek for psychological help. Likewise, Karalp (2009) revealed that low perceived social support may direct individuals to seek for psychological help. Lack of perceived social support refers being not able to search for help, support or understanding from social network. Previous studies indicated that when individuals need psychological help or emotional support, they preferred to request help from their families or friends (Rickwood & Braithwaite, 1994; Arslantaş et al., 2011; Topkaya & Meydan, 2013). Individuals who lack of social support sources or have low perceived social support might seek for professional psychological help to receive support that they need. Conversely, other studies revealed that high perceived social support encourages individuals to search for professional psychological help (Koydemir-Özden, 2010; Meydan & Lüleci, 2013; Topkaya & Büyükgöze-Kavas, 2015; Koçoğlu, 2017; Gök, 2019; Leonard et al., 2021). It was claimed that if individuals are used to share their emotions and experiences with others, they will feel comfortable with disclosing themselves and easily open their emotions to a professional help source.

In contrast to help-seeking literature, perceived social support of married individuals didn't predict their attitudes toward psychological help-seeking in current study. It can be claimed that individuals may prefer to keep marital issues or help-seeking need to themselves and do not share with their family or friends. However, when prediction of dyadic adjustment and perceived social support on psychological help-seeking attitudes of married individuals together, perceived social support was found to have predictive effect on attitudes toward psychological help-seeking.

5.1.3. Discussion Related to Predictive Roles of Dyadic Adjustment and Perceived Social Support Together on Attitudes Toward Psychological Help-Seeking of Married Individuals

When two variables examined together, it was found that Relations with Family of Origin Adjustment and Family had significant prediction on attitudes toward psychological help-seeking of married individuals. While Relations with Family of Origin Adjustment predicted psychological help-seeking attitudes in negative way, Family predicted psychological help-seeking attitudes in positive way. In other words, low adjustment of relations with family of origin and high family support predicts positive attitudes toward psychological help-seeking, whereas high adjustment of relations with family of origin and low family support predicts negative attitudes toward psychological help-seeking.

As stated earlier, negative relations with family of origin might cause maladjustment and dissatisfaction between spouses. Devaluing and disregarding each other's family of origin, not be able to prevent interferences or dislike towards shared times can cause conflicts, unhappiness, low perception of self-worth or other negative feelings. These types of problems may lead individuals to search for professional psychological help to provide balance and adjustment. In help-seeking literature, family support had been considered as an important factor for seeking psychological help. Both low and high family support predicted individuals' psychological help-seeking attitudes. Low family support will direct individuals to search for help and support from professional sources, whereas high family support encourages individuals to seek for psychological help (Meydan & Lüleci, 2013; Topkaya & Büyükgöze-Kavas, 2015; Gök, 2019). Correspondingly, Koçoğlu (2017) found that family support increases belief and trust towards psychological help services. In terms of married individuals' psychological help-seeking attitudes, Kleinberg, Aluoja and Vasar (2013) found that couples who have marital problems were more likely to seek help if they have family support.

Findings of the current study can be interpreted in two ways. The first interpretation might be related with the overinvolvement of family into marital life through high family support. Perceived family support includes sharing problems and emotions with family, requesting advices and expecting support for decisions. High family support might break couple's privacy, interfere their marital life and might inhibit their conflict-

resolution and decision-making strategies. With the ongoing maladjustment of relations with family of origin, overinvolvement of families through high perceived family support may create trouble for individual, and in turn, lead psychological help-seeking. The second interpretation might be related with the encouragement role of family. Individuals who experience maladjustment in their marriage might be encouraged by their family to seek for psychological help. Family had been considered as primary source for recognizing problem of family members. Therefore, in terms of noticing the problem and leading individual to search for professional help, family support might contribute the development of positive attitudes toward psychological help-seeking.

5.2. Discussion Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support of Married Individuals According to Gender

One of the sub-questions of the study was “Do attitudes toward psychological help-seeking, dyadic adjustment and perceived social support of married individuals differ by gender?”. To determine whether variables differ by gender, independent samples t-test analysis were conducted. According to findings, attitudes toward psychological help-seeking; Social Adjustment, Relations with Family of Origin Adjustment, Sexual Adjustment, Relational Satisfaction, Cognitive Adjustment sub-dimensions of dyadic adjustment and total dyadic adjustment score; The Significant Other sub-dimension of perceived social support were significantly differed by gender.

Women were found to have more positive attitudes toward psychological help-seeking than men. This finding is consistent with previous studies (e.g. Fischer & Turner, 1970; Leong & Zachar, 1999; Ang et al., 2004; Mackenzie et al., 2006; Çebi, 2009). Attitude difference between men and women were mostly explained through internalized traditional gender roles and gender role conflict of men. Traditional gender roles emphasized men to be constraint, to have restrictive emotionality and to be competitive and successful (O’Neil, Helms, Gable, David & Wrightsman, 1986). Searching for help might be perceived as men’s weakness or failure (Good, Dell & Mintz, 1989; Lynch, Long & Moorhead, 2018). Good et al. (1989) argued that devaluing traditional gender roles can enhance men’s positive attitudes toward psychological help-seeking. Therefore, it can be claimed that emotional openness and self-disclosure components of psychological counseling/therapy might be challenging

for men who have internalized traditional gender roles, whereas women are more willing to discuss their feelings and experiences with others.

In terms of dyadic adjustment, men were found to have higher social adjustment, relations with family of origin adjustment, sexual adjustment, relational satisfaction, cognitive adjustment and total dyadic adjustment than women. Consistent with the findings, in previous studies, dyadic adjustment of men was found higher than women's dyadic adjustment (Şener & Terzioğlu, 2008; Jackson, Miller, Oka & Henry, 2014; Körük, 2017; Erdiñ, 2018). However, other studies indicated different conclusions. Çakmak-Tolan and Kılıç (2011) found that women had higher dyadic adjustment than men, whereas there are studies revealed that there was no significant difference in dyadic adjustment in regard to gender (Demir & Fışıloğlu, 1999; Tutarel-Kışlak & Göztepe, 2012; Bayraktaroğlu & Çakıcı, 2013; Yucel & Koydemir, 2015; Kahveci, 2016). In previous studies, men's higher dyadic adjustment was explained through inequality of housework or child care responsibilities and recognition of marital problems. Women were found to have more responsibilities than men in terms of housework, decision-making about marital/familial issues and child care (Jackson et al., 2014; Cheung, 2005). Additionally, women had higher emotional awareness in marriage than men (Croyle & Waltz, 2002). Therefore, it can be claimed that high emotional awareness of women may contribute them to recognize maladjustments or problems easier than men. Also, high perception of marital and familial responsibilities can create inequality and unpleasant feelings for women. In contrast to women, men might perceive their dyadic adjustment high due to their low emotional awareness, difficulty to notice maladjustments and low perception of responsibility.

In terms of perceived social support, The Significant Other sub-dimension was differed by gender and women were found to have higher significant other support than men. Significant other support represents people apart from family or friends, such as neighbor, relative or doctor. In Turkish culture, it is common for women to get together with relatives or neighbors frequently than men and they share experiences, problems, daily life events with each other. It can be claimed that women may have higher sharing with neighbors or relatives, thus, might have higher chance to receive support from them.

5.3.Discussion Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support of Married Individuals According to Child Status

One of the sub-questions of the study was “Do attitudes toward psychological help-seeking, dyadic adjustment and perceived social support of married individuals differ by whether they have child?”. To determine variables whether differ by child status, independent samples t-test analysis was conducted. Attitudes toward psychological help-seeking and perceived social support did not differ by child status, therefore they did not include into discussion. However, Sexual Adjustment and Cognitive Adjustment sub-dimensions of dyadic adjustment were differed by child status. Individuals who have no child were found to have higher sexual and cognitive adjustment than individuals who have child.

In marriage and family literature, individuals without children were revealed to have higher levels of dyadic adjustment and marital satisfaction than individuals who have children (Houseknecht, 1979; Abbott & Brody, 1985; Twenge, Campbell & Foster, 2003; Çınar, 2008; Şendil & Korkut, 2008; Erdinç, 2018; Tıraşoğlu, 2018; Akpınar & Kırlioğlu, 2020). Children demand parents’ time, attention, love and nurturing; therefore, spouses need to take new roles and responsibilities to respond children’s needs. Twenge et al. (2003) argued that children will bring role change, freedom restriction of parents and diminishing sexual satisfaction. For couples with children, the time they spend together, attention and energy they provide for each other, sexual intimacy and communication were lower than couples without children (Wilson & McLaughlin, 2002, as cited in Akpınar & Kırlioğlu, 2020; Kluwer, 2010; Twenge et al., 2003). Conversely, there are studies which indicated married individuals who have children have higher dyadic adjustment than childless married individuals (Tutarel-Kışlak & Göztepe, 2012; Kahveci, 2016; Yalaz, 2017; Öcal, 2019). From that point of view, children enhance dyadic adjustment through providing happiness, common responsibilities, the need of consensus on child rearing and desire of being good role models.

Findings of the current study showed that married individuals who have children has lower sexual adjustment and cognitive adjustment than married individuals who don’t have children. Nevertheless, there were no significant difference between child status and total dyadic adjustment. According to marriage literature, it can be claimed

that individuals who have children may mostly adapted into parenting roles and direct their time and energy to their children. Less shared activities with spouse in comparison with the childlessness times, growing responsibilities related to children, parenting stress and restrictive sexual intimacy will cause decline in sexual adjustment. In terms of cognitive adjustment, cognitive adjustment represents having similar point of view, similar thinking patterns and similar interpretations towards events. For current findings, it can be claimed that married individuals who have children might experience conflicts or disagreements due to child rearing styles, important decisions related to child or familial issues. Parental responsibilities and desire to provide great conditions for children might bring conflicts or disagreements between spouses. Overall, although there was significant difference found for sexual adjustment and cognitive adjustment; social adjustment, relations with family of origin adjustment, conflict-resolution adjustment, relational satisfaction and total dyadic adjustment did not significantly differ by child status.

5.4. Discussion Related to Difference Among Attitudes Toward Psychological Help-Seeking, Dyadic Adjustment and Perceived Social Support of Married Individuals According to Meeting Type of the Couple

One of the sub-questions of the study was “Do attitudes toward psychological help-seeking, dyadic adjustment and perceived social support of married individuals differ by the meeting type of the couple?”. There were four meeting types, named “through themselves”, “through friends”, “through family/relatives” and “through social media/internet”. To determine whether variables differ by the meeting type of the couple, one-way ANOVA analysis was conducted. According to results, attitudes toward psychological help-seeking did not differ by the meeting type of the couple; whereas Social Adjustment, Sexual Adjustment, Cognitive Adjustment and total dyadic adjustment were significantly differed by the meeting type of the couple, in favor the group who met themselves. Friends sub-dimension of perceived social support was significantly differed by the meeting type of the couple, in favor of the group who met through social media/internet.

In consistency, Şendil and Korkut (2008) found that couples who met through themselves had higher dyadic adjustment than couples who have arranged marriage. Çimen (2007) reported that individuals who married through meeting themselves had higher relational satisfaction than individuals who have arranged marriage. Xiaochu

and Whyte (1990) revealed that women who married by their choice had high marital satisfaction than women married through arranged marriage. High dyadic adjustment and satisfaction of individuals who married through meeting by themselves were explained through being able to make their own choices. Nevertheless, there are some studies indicated that there was no significant difference between the meeting type of the couple and dyadic adjustment (Myers, Madathil & Tingle, 2005; Denli, 2016; Çakıcı, 2016; Yıldırım, 2017; Adempira, 2020).

Findings of the current study showed that married individuals who met themselves have higher degrees of pleasure with engaging in social activities with his/her partner, high sexual satisfaction and high consensus. Thus, it can be claimed that meeting by themselves and making own decisions without external sources can lead high dyadic adjustment with high social, sexual and cognitive adjustment. In terms of perceived social support, individuals who met through social media or internet were found to have high friend support. Individuals who use social media reported that their aim of using social media is to communicate with their current friends instead of trying to meet new friends (Solmaz, Tekin, Herzem & Demir, 2013). Correspondingly, Koçer (2012) found that communicating with friends is the most reported reason for using social media. Therefore, high friend support for the people who met through social media/internet might be explained through in the light of these findings. Individuals who met through social media may be good at using social media and may spend remarkable time on social media/internet, thus, will be able to communicate and share events, thoughts, emotions or experiences with their friends through social media easily. Overall, married individuals who met themselves were found to high dyadic adjustment, especially high social, sexual and cognitive adjustment; while individuals who met through social media/internet were found to have high perceived friend support.

As conclusion, it was aimed to determine predictive roles of dyadic adjustment and perceived social support on married individuals' attitudes toward psychological help-seeking. According to the results, relations with family of origin adjustment sub-dimension of dyadic adjustment and family sub-dimension of perceived social support predicted attitudes toward psychological help-seeking of married individuals. Married individuals who have low relations with family of origin adjustment and high family support were found to have positive attitudes toward psychological help-seeking. Moreover, it was found that attitudes toward psychological help-seeking was

significantly differed by gender; dyadic adjustment and its sub-dimensions were significantly differed by gender, child status and the meeting type of the couple; perceived social support and its sub-dimensions were significantly differed by gender and the meeting type of the couple.



6. SUGGESTIONS

In the light of the findings, suggestions related to future academic studies and practice were presented in the following titles.

6.1. Suggestions Related to Academic Studies

This study was limited with 320 volunteer participants which were able to reach online survey. 230 (71.9%) of the participants were women, 90 (28.1%) of the participants were men. In future studies, it can be tried to reach more men participants to enhance representativeness. Attitudes toward psychological help-seeking provide insight about beliefs and tendency of married individuals' towards professional psychological help services, however, attitudes only represent belief, like or dislike and ideas about particular events. Therefore, in future studies to gain more insight about married individuals' tendency to seek for psychological help, attitudes toward psychological help-seeking can be supported with psychological help-seeking intentions. Also, in this study, the examination of married individuals' attitudes toward psychological help-seeking were limited with the predictive roles of dyadic adjustment and perceived social support variables. In future studies, it can be extended with other relevant variables. Additionally, married individuals' attitudes toward seeking marriage counseling or family counseling can be examined.

Current findings showed that relations with family of origin adjustment and family support predicted married individuals' psychological help-seeking attitudes. To understand effects of relations with family of origin adjustment and family support in detail, interviews with married individuals or couples might provide more insight. Since family and family of origin were found to have important influences of psychological help-seeking attitudes of married individuals, it can be beneficial to focus on effects on family of origin and family support on marriage in future studies.

6.2. Suggestions Related to Practice

In psychological counseling, clients' belief, trust and motivation towards psychological help services are crucial. Thus, understanding individuals' attitudes and predictors of attitudes are important for psychological counselors. In this study, psychological help-seeking attitudes of married individuals were predicted by relations with family of origin adjustment and family support. Therefore, while working with married individuals, it will be beneficial for counselors to examine relations with family

of origin and whether individual have perceived family support or not. It can be also favorable for marriage and family counselors to focus on relations with family of origin adjustment and family support in marriage.

Current findings indicated that attitudes toward psychological help-seeking differed by gender; dyadic adjustment differed by gender, child status and meeting type of the couple; and, perceived social support differed by gender and meeting type of the couple. Therefore, while evaluating married individuals' attitudes toward psychological help-seeking, dyadic adjustment and perceived social support, counselors should consider demographic variables.

In terms of couples' well-being and marital happiness, preventive or psychoeducational programs related to relations with family of origin and family support can be developed. Providing positive relations with family of origin, gain insight and understanding about the consequences of adjustment and maladjustment in relations with family of origin or perceived family support, adapting functional coping or problem-solving strategies might guide individuals to have adjusted marriages.

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8. APPENDICIES

8.1. Appendix – 1: Demographics Form

1. Cinsiyetiniz

☐ Kadın

☐ Erkek

2. Yaşınız

.....

3. Ne kadar süredir evlisiniz?

.....

4. Çocuğunuz var mı?

☐ Evet

☐ Hayır

5. Çocuğunuz varsa, kaç çocuğunuz var?

.....

6. Aylık geliriniz (TL)

.....

7. Eşinizin aylık geliri (TL)

.....

8. Eşiniz ile nasıl tanıştınız?

☐ Kendimiz tanıştık

☐ Arkadaşlarımız aracılığıyla tanıştık

☐ Aile/akrabalarımız aracılığıyla tanıştık

☐ Sosyal medya/internet aracılığıyla tanıştık

9. Evlenmeden önce flört döneminiz oldu mu?

☐ Evet

☐ Hayır

10. Evet ise, flört döneminiz ne kadar sürdü?

.....

8.2. Appendix – 2: ATSPPHS – SF

PSİKOLOJİK YARDIM ALMAYA İLİŞKİN TUTUM ÖLÇEĞİ – KISA FORM

Lütfen, ölçeğin maddelerinde yer alan ifadelere katılma düzeyinizi, her maddenin karşısında bulunan numaralardan birini yandaki düzeylere göre işaretleyerek belirtiniz.		Kesinlikle Katılmıyorum	Katılmıyorum	Katılıyorum	Kesinlikle Katılıyorum
1.	Akıl sağlığında bir bozulma olduğunu düşünürsem, ilk tercihim bir uzmandan yardım almak olur.	1	2	3	4
2.	Sorunlar hakkında bir psikologla konuşma fikri, bana, duygusal çatışmalardan kurtulmanın kötü bir yolu gibi geliyor	1	2	3	4
3.	Hayatımın bu döneminde ciddi bir duygusal kriz yaşasam, psikoterapi olarak rahatlayabileceğimden eminim.	1	2	3	4
4.	Bir kişinin, gerektiği hâlde bir uzmandan yardım almadan çatışmalarıyla ve korkularıyla baş etmeyi istemesi takdir edilecek bir tutumdur.	1	2	3	4
5.	Uzun bir süre endişeli veya üzgün olsam, psikolojik yardım almayı isterim.	1	2	3	4
6.	Gelecekte psikolojik danışma almayı isteyebilirim.	1	2	3	4
7.	Duygusal bir sorunu olan kişinin bunu tek başına çözmesi mümkün değildir; bu sorununu, bir uzmandan yardım alarak çözebilir.	1	2	3	4
8.	Gerektirdiği para ve zaman açısından psikoterapinin değeri benim için şüphelidir.	1	2	3	4
9.	Kişi, sorunlarını kendi çözmelidir; psikolojik danışma almak başvurulacak son çare olmalıdır.	1	2	3	4
10.	Kişisel ve duygusal sorunlar, başka birçok şey gibi, genellikle kendi kendine çözülürler.	1	2	3	4

8.3. Appendix – 3: TPASCR

YAKIN İLİŞKİLERDE ALGILANAN UYUM ÖLÇEĞİ (YİAUÖ)

<i>BENİM İÇİN İFADELER</i>	Kesinlikle Katılmıyorum	Katılmıyorum	Biraz Katılıyorum	Katılıyorum	Kesinlikle Katılıyorum	<i>EŞİM/SEVGİLİM/NİŞANLIM İÇİN İFADELER</i>	Kesinlikle Katılmıyorum	Katılmıyorum	Biraz Katılıyorum	Katılıyorum	Kesinlikle Katılıyorum
1. Eşimin/sevgilimin/nişanlımın arkadaşlarıyla sosyal ilişkilerim iyidir.	1	2	3	4	5	2. Eşimin/sevgilimin/nişanlımın, arkadaşlarımla sosyal ilişkileri iyidir.	1	2	3	4	5
3. Eşimle/sevgilimle/nişanlımla sosyal ortamlarda vakit geçirmekten keyif alırım.	1	2	3	4	5	4. Eşimin/sevgilimin/nişanlımın benimle sosyal ortamlarda vakit geçirmekten keyif aldığını hissederim.	1	2	3	4	5
5. Eşimin/sevgilimin/nişanlımın ailesine değer veririm	1	2	3	4	5	6. Eşimin/sevgilimin/nişanlımın, aileme değer verdiğini hissederim.	1	2	3	4	5
7. Eşimin/sevgilimin/nişanlımın ailesiyle vakit geçirmekten keyif alırım.	1	2	3	4	5	8. Eşimin/sevgilimin/nişanlımın, ailemle vakit geçirmekten keyif aldığını hissederim.	1	2	3	4	5
9. Ailem ve eşimle/sevgilimle / nişanlımla olan ilişkim arasında sağlıklı bir denge kurabilirim.	1	2	3	4	5	10. Eşim/sevgilim/nişanlım, ailesi ve benimle olan ilişkisi arasında sağlıklı bir denge kurabilir.	1	2	3	4	5
11. Eşimle/sevgilimle/nişanlımla	1	2	3	4	5	12. Eşimin/sevgilimin/nişanlımın cinsel birlikteliğimizden doyum sağladığını hissederim.	1	2	3	4	5

olan cinsel birlikteliğimizden doyum sağlarım.											
13. Cinsel isteklerimi eşime/sevgilime/nişanlıma rahat bir şekilde ifade edebilirim.	1	2	3	4	5	14. Eşim/sevgilim/nişanım cinsel isteklerini rahat bir şekilde bana ifade edebilir.	1	2	3	4	5
15. Eşimle/sevgilimle/nişanlımla yaşadığım sorunları çözebilmek için çözüm yolları ararım.	1	2	3	4	5	16. Eşim/sevgilim/nişanım, yaşadığımız sorunları görmezden gelir.***	1	2	3	4	5
17. Eşime/sevgilime/nişanlıma yönelik eleştirilerim yapıcıdır.	1	2	3	4	5	18. Eşimin/sevgilimin/nişanlının bana yönelttiği eleştiriler yapıcıdır.	1	2	3	4	5
19. Eşimi/sevgilimi/nişanlımı seviyorum.	1	2	3	4	5	20. Eşimin/sevgilimin/nişanlının beni sevdiğini hissediyorum.	1	2	3	4	5
21. Eşimle/sevgilimle/nişanlımla olan ilişkimde mutluyum.	1	2	3	4	5	22. Eşimin/sevgilimin/nişanlının ilişkimizde mutlu olduğunu hissediyorum.	1	2	3	4	5
23. Eşime/sevgilime/nişanlıma değer veriyorum.	1	2	3	4	5	24. Eşimin/sevgilimin/nişanlının bana değer verdiğini hissediyorum.	1	2	3	4	5
25. Eşime/sevgilime/nişanlıma güveniyorum.	1	2	3	4	5	26. Eşimin/sevgilimin/nişanlının bana güvendiğini hissediyorum	1	2	3	4	5
27. İlişkimizi sonlandırmayı düşünüyorum.***	1	2	3	4	5	28. Eşim/sevgilim/nişanım, ilişkimizi sonlandırmayı düşünüyor olabilir.***	1	2	3	4	5
29. Eşimle/sevgilimle/nişanlımla olaylara bakış açımız benzerdir.	1	2	3	4	5	1-28 arasındaki maddeler, ilişkinizle ilgili hem sizin görüşlerinizi, hem de sizin bakış açınızdan eşinizin/sevgilinizin/nişanlınızın görüşlerini içermektedir.					

30. Eşimle/sevgilimle/nişanlımla insanlara yaklaşım tarzımız benzerdir.	1	2	3	4	5	<u>29-33 arasındaki maddeler</u> ise ilişkinizle ilgili ortak çift unsurlarını içermektedir ve sizin bakış açınızdan değerlendirme yapmaktadır.
31. Olayları değerlendirirken, eşimle/sevgilimle/nişanlımla benzer çıkarımlar yaparız.	1	2	3	4	5	
32. Eşimle/sevgilimle/nişanlımla benzer düşünce yapısına sahibiz.	1	2	3	4	5	
33. Eşimle/sevgilimle/nişanlımla kültür/sanat (sinema, tiyatro, edebiyat vb.) zevklerimiz birbirine benzer	1	2	3	4	5	

8.4.Appendix – 4: MSPSS

ÇOK BOYUTLU ALGILANAN SOSYAL DESTEK ÖLÇEĞİ (ÇBASDÖ)

Aşağıda 12 cümle ve her bir cümle altında da cevaplarınızı işaretlemek için 1'den 7 'ye kadar rakamlar verilmiştir. Her cümlede söylenenin sizin için ne kadar çok doğru olduğunu veya olmadığını belirtmek için o cümle altındaki rakamlardan yalnız bir tanesini işaretleyiniz. Bu şekilde 12 cümlenin her birine bir işaret koyarak cevaplarınızı veriniz. Lütfen hiçbir cümleyi cevapsız bırakmayınız. Sizce doğruya en yakın olan rakamı işaretleyiniz.

1. Ailem (örneğin, annem, babam, eşim, çocuklarım, kardeşlerim) bana yardımcı olmaya çalışır.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

2. İhtiyacım olan duygusal yardım ve desteği ailemden (örneğin, annem, babam, eşim, çocuklarım, kardeşlerim) alırım.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

3. Arkadaşlarım bana gerçekten yardımcı olmaya çalışırlar.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

4. İşler kötü gittiğinde arkadaşlarıma güvenebilirim.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

5. Ailem ve arkadaşlarım dışında olan ve ihtiyacım olduğunda yanımda olan bir insan (örneğin, flört, nişanlı, sözlü, akraba, komşu, doktor) var.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

6. Ailem ve arkadaşlarım dışında olan ve sevinç ve kederlerimi paylaşabileceğim bir insan (örneğin, flört, nişanlı, sözlü, akraba, komşu, doktor) var.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

7. Sorunlarımı ailemle (örneğin, annem, babam, eşim, çocuklarım, kardeşlerim) konuşabilirim.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

8. Sevinç ve kederlerimi paylaşabileceğim arkadaşlarım var.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

9. Ailem ve arkadaşlarım dışında olan ve duygularıma önem veren bir insan (örneğin, flört, nişanlı, sözlü, akraba, komşu, doktor) var.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

10. Kararlarımı vermede ailem (örneğin, annem, babam, eşim, çocuklarım, kardeşlerim) bana yardımcı olmaya isteklidir.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

11. Ailem ve arkadaşlarım dışında olan ve beni gerçekten rahatlatan bir insan (örneğin, flört, nişanlı, sözlü, akraba, komşu, doktor) var.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet

12. Sorunlarımı arkadaşlarımla konuşabilirim.

Kesinlikle hayır 1 2 3 4 5 6 7 Kesinlikle evet