

BAŞKENT UNIVERSITY

INSTITUTE OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

MASTER'S IN SOCIAL PSYCHOLOGY WITH THESIS

**EXPLORING THE RELATIONSHIP BETWEEN EXISTENTIAL
CONCERNS, ATTACHMENT STYLES, AND USAGE OF DATING
APPLICATIONS IN EMERGING ADULTS**

BY

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MASTER'S THESIS

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ANKARA – 2024



BAŞKENT ÜNİVERSİTESİ SOSYAL BİLİMLER ENSTİTÜSÜ
YÜKSEK LİSANS TEZ ÇALIŞMASI ORJİNALLİK RAPORU

10/09/2024

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Öğrencinin Numarası: 22110138

Anabilim Dalı: Psikoloji Anabilim Dalı

Programı: Sosyal Psikoloji Tezli Yüksek Lisans Programı

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Tez Başlığı: Exploring the Relationship Between Existential Concerns, Attachment Styles, and Usage of Dating Applications in Emerging Adults

Yukarıda başlığı belirtilen Yüksek Lisans tez çalışmamın; Giriş, Ana Bölümler ve Sonuç Bölümünden oluşan, toplam 33 sayfalık kısmına ilişkin, 10/09/2024 tarihinde tez danışmanım tarafından Turnitin adlı intihal tespit programından aşağıda belirtilen filtrelemeler uygulanarak alınmış olan orijinallik raporuna göre, tezimin benzerlik oranı %6'dır.

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Öğrenci İmzası:

10.09.2024

Öğrenci Danışmanı, Unvan, Ad, Soyad
Doç. Dr. Zuhal Yeniçeri Kökdemir

ACKNOWLEDGEMENTS

First and foremost, I would like to express my deepest gratitude to Professor Doğan Kökdemir for his invaluable guidance, support, and encouragement throughout the course of my research. His insights and expertise have been instrumental in shaping the direction of this thesis.

I am also profoundly grateful to my thesis advisor, Assoc. Prof. Zuhale Yeniçeri Kökdemir, for her unwavering support, constructive feedback, and patience. Her dedication and commitment to my academic growth have been a source of great inspiration.

A heartfelt thanks to my dearest friends, whose constant support and encouragement have been a pillar of strength during this journey. Your belief in me has been a source of motivation, and your companionship has made this journey an enjoyable one.

To my family, words cannot express my gratitude for your endless love, support, and sacrifices. Your belief in my abilities has given me the confidence to pursue my dreams, and your unwavering support has been my foundation.

Last but not least, I would like to thank my cat, Haydut, for his comfort and companionship during countless hours of writing and research.

ÖZET

Kemer, Bengisu. Genç Yetişkinlerde Varoluşsal Endişeler, Bağlanma Stilleri ve Flört Uygulamaları Kullanımı Arasındaki İlişkinin İncelenmesi. Başkent Üniversitesi, Sosyal Bilimler Enstitüsü, Sosyal Psikoloji Tezli Yüksek Lisans Programı, 2024.

İncelenen psikolojik dinamikler; yani bağlanma stilleri, varoluşsal endişeler ve dijital flört uygulamaları kullanım sıklığı doğrultusunda bu çalışma, bireylerin flört uygulamalarıyla etkileşime girdiklerinde karşılaştıkları psikolojik zorluklara dair daha derin içgörüler sağlayabilecek örüntüleri ve ilişkileri ortaya çıkarmayı amaçlamaktadır. Bu çalışma, 18-29 yaş arası genç yetişkinlerde varoluşsal endişeler, bağlanma stilleri ve flört uygulamaları kullanımı arasındaki ilişkiyi araştırmaktadır. Araştırma örneklemini, Varoluşsal Endişeler Envanteri ve Yakın İlişkilerde Yaşantılar-Yenilenmiş anketini dolduran 86 katılımcıdan oluşmuştur. Katılımcılar dijital flört uygulamalarını kullanmakta ve bu süreçte farklı psikolojik dinamikler yaşamaktadır. Kadınlar, erkeklere kıyasla daha yüksek düzeyde kaçınan bağlanma, kaygılı bağlanma ve ölçek puanları sergilemiştir. Ayrıca, genel kaygı seviyelerinin LGBTQ+ bireylerde heteroseksüel bireylere göre anlamlı derecede yüksek olduğu bulunmuştur. Ek olarak, varoluşsal endişelerin cinsiyete göre anlamlı şekilde farklılık göstermediği tespit edilmiştir. Dijital flört uygulamalarının mevcut gidişatı, modern kişilerarası ilişkiler bağlamında büyük bir değişiklik yansıtıyor. Bu durum, dijital flörtün psikolojik karmaşıklıklarını vurgulamakta ve bu demografik gruplar için hedeflenmiş psikolojik sağlık müdahaleleri ve destekleyici politikaların gerekliliğini önermektedir. Özellikle, dijital flört uygulamalarının genç yetişkinler üzerindeki etkilerinin daha derinlemesine anlaşılması, bu bireylerin psikolojik sağlıklarını desteklemek için önemli adımlar atılmasını sağlayabilir. Araştırmanın sonuçları, dijital flörtün sadece sosyal bir aktivite olmadığını, aynı zamanda önemli psikolojik etkileri olduğunu ve bu etkilerin bireylerin genel iyilik halini nasıl şekillendirdiğini göstermektedir.

Anahtar Kelimeler: varoluşsal kaygı, flört uygulamaları, yakın ilişkiler, bağlanma stilleri, genç yetişkinlik.

ABSTRACT

Kemer, Bengisu. Exploring the Relationship Between Existential Anxieties, Attachment Styles, and Usage of Dating Applications in Emerging Adults. Başkent University, Institute of Social Sciences, Master's in Social Psychology with Thesis, 2024.

By examining the psychological dynamics, namely attachment styles, existential concerns, and the frequency of using digital dating applications, this study aims to uncover patterns and relationships that could provide deeper insights into the psychological challenges individuals face when engaging with dating applications. This study investigates the relationship between existential concerns, attachment styles, and the use of dating applications among emerging adults aged 18-29. The research sample consisted of 86 participants who completed the Existential Concerns Inventory and the Experiences in Close Relationships-Revised questionnaire. Participants use digital dating applications and experience various psychological dynamics in the process. Women exhibited higher levels of avoidant attachment, anxious attachment, and total scale scores compared to men. This suggests that women experience more psychological difficulties when using digital dating applications. Additionally, general anxiety levels were found to be significantly higher in LGBTQ+ individuals compared to heterosexual individuals. However, existential concerns did not significantly differ by gender. The trajectory of dating apps reflects a major shift in modern dating practices. This trajectory highlights the psychological complexities of digital dating and suggest the need for targeted mental health interventions and supportive policies for these demographic groups. Understanding the effects of digital dating applications on emerging adults more deeply can lead to significant steps to support these individuals' psychological health. The study's results demonstrate that digital dating is not only a social activity but also has significant psychological effects and shapes individuals' overall well-being.

Keywords: existential anxiety, dating applications, close relationships, attachment styles, emerging adulthood.

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1. INTRODUCTION

The purpose of this study is to investigate the intricate relationship between existential concerns, attachment styles, and the usage of dating applications among emerging adults. This research aims to understand how young adults, aged 18-29, experience existential anxieties, attachment tendencies and usage of digital dating platforms. By examining the psychological dynamics involved, the current study seeks to uncover patterns and relationships that could provide deeper insights into the psychological challenges faced by individuals in this age group when engaging with dating applications.

The findings aim to contribute to the field by highlighting the psychological complexities associated with digital dating, emphasizing the need for targeted mental health interventions, and proposing supportive policies to enhance the well-being of users. Ultimately, this study aspires to enrich our understanding of contemporary romantic interactions and the broader implications of digital dating on psychological health.

Building on this foundation, the following sections will delve into the theoretical framework and existing literature that contextualize the study's focus.

1.1. Dating Applications

Dating apps are digital platforms created to facilitate connections among individuals seeking romantic relationships, casual encounters, or friendships. These apps are installed on mobile devices and use algorithms that consider factors such as age, gender preferences, and the distance users are willing to meet each other (Sumter & Vandenberg, 2019).

Dating apps have rapidly evolved into pervasive and influential platforms, redefining the dynamics of how individuals engage with the prospect of forming connections with potential partners. The onset of online dating websites in the late 1990s laid the groundwork for what would eventually become a profound transformation in terms of romantic interactions (Sumter & Vandenberg, 2019). However, it was not until the widespread adoption of smartphones that the true revolution in digital dating took shape, guiding in the era of location and swipe-based dating apps like Tinder and Bumble. These apps, characterized by their user-friendly interfaces, introduced a paradigm shift in how people connect and interact within the digital dating scenery. And allowed users to decide with a swipe whether they are interested in the person they are seeing (Choi et al., 2016). The convenience they offer is not merely incidental; it is intrinsic to the design, providing users

with platforms that go beyond mere profile browsing. Users can actively engage in swiping-based interactions, initiating conversations that may potentially result in meaningful connections (Choi et al., 2016). The trajectory of dating apps, as chronicled by the work of Blackwell et al. (2015), reflects a major shift in modern dating practices. The sheer magnitude of their impact is evidenced by the staggering number of active users globally, setting these digital platforms as indispensable components of contemporary dating culture (Gao et al., 2021).

Research has extensively delved into the multifaceted motivations driving individuals to embrace the realm of dating apps. These motivations encompass a spectrum of desires, ranging from the fundamental pursuit of companionship to the exploration of romantic and sexual opportunities (Ward, 2016). Individuals, in their engagement with these digital platforms, often seek to expand their social connections, creating a virtual space where they can foster meaningful relationships. Moreover, the allure of dating apps lies in their capacity to serve as a tool for boosting self-esteem, offering users a platform to curate their digital presence and receive affirmations from potential matches (Thomas et al., 2022).

In the subject of dating app interactions, users are not only motivated by the general quest for connection but also harbor specific preferences that shape their digital pursuits (Duguay, 2017). These preferences extend to various dimensions, including the physical attributes of potential partners, shared interests that serve as the foundation for meaningful connections, and considerations related to socioeconomic status. By discerning and unpacking these motivations and preferences, researchers can gain invaluable insights into the nuanced dynamics that influence individuals' active participation in the digital dating realm. This understanding becomes a cornerstone for unravelling the complex interplay of psychological factors that underlie the use of dating apps, enriching our comprehension of contemporary relationship dynamics (Thomas et al., 2022).

The increase in the prevalence of dating applications has brought profound consequences for both interpersonal relationships and the overall well-being of individuals (Toma, 2022). On the positive side, dating apps serve as a convenient and accessible platform, facilitating the meeting of potential partners in a digital space that transcends geographical limitations. This accessibility extends beyond mere romantic encounters, as these apps become agents for expanding social networks, managing diverse connections, and contributing to the development of meaningful relationships. The transformative potential of dating apps is particularly evident in their ability to enhance individuals'

opportunities for romantic exploration, providing a dynamic arena where personal connections can flourish (Toma, 2022).

Moreover, dating apps play a crucial role in addressing social inclusivity by providing a channel for marginalized groups to connect and engage with others (Gudelunas, 2012). These platforms act as equalizers, offering spaces where individuals from various backgrounds can find common ground and forge connections that might be challenging in traditional social settings. The digital landscape of dating apps, therefore, becomes a democratizing force, creating opportunities for individuals who may face barriers in conventional dating scenarios. Understanding these multifaceted implications is essential for gaining a holistic perspective on the impact of dating apps, both positive and transformative, on interpersonal relationships and the broader well-being of individuals in the contemporary digital age (Toma, 2022).

Yet, as we delve into the expansive realm of dating app usage, it becomes evident that this extensive phenomenon requires an exploration of its potential drawbacks. A growing body of research has shed light on significant links between intensified engagement with dating apps and a notable decline in overall satisfaction within romantic relationships (Timmermans & De Caluwé, 2017). It appears that individuals deeply entrenched in prolonged interactions within the digital dating sphere might encounter challenges in sustaining contentment in their offline connections. This prompts a closer inspection of the conceivable results these platforms might evoke on the quality of face-to-face relationships. Examining these implications not only adds depth to our understanding but also highlights the need for a balanced perspective on the impact of dating apps on the intricacies of contemporary romantic dynamics (Bandinelli, 2022). Moreover, examining the subject of dating apps reveals a sobering reality—an increased susceptibility to unwanted encounters and harassment faced by users (Carpenter & McEwan, 2016). The very convenience that renders dating apps attractive becomes a double-edged sword, exposing individuals to potential risks and demanding a meticulous balance between accessibility and user safety. These unsettling revelations cast a discerning light on the challenges users may confront while navigating the digital area in pursuit of meaningful connections (Wu & Chiou, 2009). LGBTQIA+ individuals are more likely to experience internalized homophobia, discrimination, and stressors that elevate both avoidant and anxious attachment styles, alongside existential anxiety (Frost & Meyer, 2009). For women, societal pressures and gender roles contribute to higher attachment anxiety, which exacerbates fears of abandonment and meaninglessness (Helm et al., 2020). Furthermore, dating apps magnify

these insecurities by fostering environments of constant evaluation and potential rejection (Timmermans & De Caluwé, 2017; Chin et al., 2019).

The multifaceted nature of this digital dynamic prompts thoughtful reflection on the delicate interaction between the advantages and hazards inherent in the contemporary quest for romantic connections through digital mediums. As users strive to navigate the complex path laid out by dating apps, it becomes increasingly imperative to consider the significant differences of user experiences (Lenton-Brym et al., 2021). This exploration invites contemplation not only on the potential pitfalls but also on the evolving field of digital interactions, underscoring the need for continuous reassessment and refinement in the pursuit of a safe and fulfilling digital dating experience. In this interplay between convenience and security, the evolving narrative of digital romance unfolds, offering both challenges and opportunities for individuals seeking meaningful connections in the complex tapestry of modern relationships (Carpenter & McEwan, 2016).

Furthermore, a critical examination of dating apps reveals a pervasive prevalence of idealized self-images and a disproportionate emphasis on superficial attractiveness, linking these phenomena to elevated levels of anxiety and self-esteem issues among users (Bonilla-Zorita et al., 2021). The carefully curated nature of profiles, coupled with the overarching emphasis on visual impressions, may inadvertently contribute to the cultivation of unrealistic expectations and the increase of personal insecurities among users. This complicated interplay between self-presentation and psychological well-being necessitates an understanding of the consequences intertwined with dating app engagement (Toma, 2022).

Diving deeper into this multifaceted realm, the interconnection between self-image cultivation and the fabric of users' mental well-being becomes increasingly evident. The visual-centric nature of dating apps, while providing a streamlined avenue for user engagement, carries with it the potential burden of perpetuating societal beauty standards and fostering a culture of comparison (Gao et al., 2021). As users experience this, it becomes crucial to consider not only the potential consequences on individual psychological well-being but also the broader societal implications of perpetuating certain ideals within the digital dating sphere (Thomas et al., 2022). This reflective exploration invites contemplation on the evolving dynamics of self-presentation and their impact on users' mental health, advocating for a balanced and thoughtful approach to foster a digital space that nurtures positive connections and well-being.

Dating apps play a dual role in our lives, offering both positive and negative aspects. On the positive side, they help people expand their social circles, make meaningful

connections, and explore romantic opportunities easily. These apps, with their user-friendly interfaces, break down geographical barriers, making it simpler for individuals to engage with a diverse range of potential partners. This positive side highlights how dating apps transform the view of modern relationships, changing how people start, navigate, and maintain romantic connections (Dainton & Aylor, 2001).

However, there's a flip side to this story. Extensive use of dating apps may lead to challenges like lower relationship satisfaction, increased chances of unwanted encounters, and the promotion of unrealistic beauty standards (Timmermans et al., 2021). This downside suggests a need for caution while navigating these platforms. Balancing the positive and negative aspects requires collaboration between researchers, mental health professionals, and app developers. Together, they can create an environment that prioritizes user well-being, safety, and the promotion of healthy connections in the evolving area of digital dating (Toma, 2022). These findings suggest that there should be a deeper and more comprehensive understanding for the usage of dating apps in order to analyze its potential influences and relations.

1.2. Theoretical Framework

1.2.1. Attachment theory and its relevance to dating behavior

Attachment theory, rooted in the foundational work of John Bowlby and further refined by subsequent scholars like Mary Ainsworth, stands as a fundamental framework in developmental psychology and the social sciences, illuminating the dynamics of human relationships and emotional connections (Ainsworth et al., 1978). This theory delves into the roots of human connection, probing the inherent need for secure attachment that profoundly shapes various life stages, individual behavior, interpersonal relationships, and psychological well-being. The significance of attachment theory extends into the realm of romantic connections, providing a valuable framework for understanding the patterns of interpersonal relationships (Hazan & Shaver, 1987). It posits that individuals develop internal working models based on their early experiences with primary caregivers, influencing their attachment styles and following relationships (Bowlby, 1969; Mikulincer & Shaver, 2016). Attachment styles, classified into secure, anxious, and avoidant, become a lens through which individuals perceive and navigate their romantic interactions.

In the context of dating apps and their impact on existential anxiety, attachment theory offers a lens to explore the potential challenges that users may be facing. Preliminary studies suggest that attachment styles may shape users' preferences for potential partners and influence their experiences within the digital dating realm. Anxiously attached individuals may turn to dating apps in search of validation and reassurance, while avoidantly attached individuals may utilize these platforms to maintain emotional distance and avoid vulnerability. Understanding the interplay between attachment theory, dating app usage, and existential anxiety is crucial for comprehending the complex dynamics at play. This exploration can inform interventions and strategies to promote healthier dating experiences and well-being among individuals using these platforms (Mikulincer et al., 2003).

Attachment theory, initially proposed by John Bowlby, serves as a fundamental framework in developmental psychology and the social sciences. It delves into the dynamics of human relationships, highlighting the significance of emotional connections formed in early experiences (Ainsworth et al., 1978). This theoretical perspective sheds light on the innate need for secure attachment, influencing various life stages, individual behaviors, interpersonal relationships, and overall psychological well-being.

Attachment theory offers valuable insights into understanding individuals' patterns of interpersonal relationships, including those in romantic contexts (Hazan & Shaver, 1987). According to this framework, individuals develop internal working models based on their early interactions with primary caregivers, shaping their attachment styles and influencing subsequent relationships (Mikulincer & Shaver, 2016). The exploration of attachment styles proves particularly relevant when examining their impact on dating app usage and existential anxiety, providing a nuanced understanding of individuals' experiences within the digital dating realm (Feeney et al., 2003).

Tracing the historical evolution of attachment theory reveals a fascinating scientific journey. Bowlby's groundbreaking work in the 1960s synthesized insights from ethology, cybernetics, and psychoanalysis, establishing a theoretical perspective to comprehensively understand human attachment behaviors (Bowlby, 1969). Ainsworth's influential "Strange Situation" study in the late 1970s further refined the theory, offering a systematic classification of attachment patterns based on observed infant-caregiver interactions, thereby solidifying the empirical foundation laid by Bowlby (Ainsworth, 1978). This historical trajectory not only highlights the growth of attachment theory but also displays its enduring significance in unravelling the complexities of human relationships and psychological well-being (Collins & Read, 1994).

The significance of attachment theory becomes particularly evident when examining its implications for dating app usage and existential anxiety. By understanding how individuals' attachment styles, rooted in early experiences, influence their engagement with digital platforms, researchers can gain valuable insights into the multifaceted experiences of individuals within the digital dating realm (Feeney et al., 2003). This examination is crucial for unravelling the connections between attachment patterns and the challenges posed by the digital landscape, contributing to a more comprehensive understanding of individuals' well-being in the context of modern dating.

In essence, attachment theory serves as a lens through which we can analyze the profound impact of early experiences on individuals' attachment styles and subsequently their interactions within the complex world of dating apps. By exploring attachment theory within the context of dating apps and existential anxiety, we gain an understanding of the connections between early experiences, attachment styles, and individuals' digital dating experiences. This examination not only contributes to theoretical advancements but also informs practical interventions and strategies to enhance the well-being of individuals navigating the complexities of modern dating through digital platforms.

This exploration not only deepens our theoretical understanding but also holds practical implications for interventions aimed at promoting healthy digital dating experiences and overall well-being.

1.2.2 Types of attachment

Attachment theory classifies individuals into different attachment styles based on their early caregiving experiences. The three primary attachment styles are:

a. Secure attachment: Individuals with a secure attachment style have a positive view of themselves and others. They feel comfortable with intimacy -both emotional and sexual-, trust their partners, and have effective communication and conflict resolution skills. Securely attached individuals generally have a greater sense of self-worth and exhibit psychologically healthier relationship dynamics.

b. Anxious attachment: Individuals with an anxious attachment style seek reassurance and validation from their partners. They often experience escalated relationship anxiety, fear of abandonment, and may exhibit clingy or demanding behaviors. Anxiously attached individuals are more likely to have negative self-perceptions and rely heavily on their partners for validation and emotional support.

c. Avoidant attachment: Individuals with an avoidant attachment style tend to be emotionally distant and have a fear of dependency and vulnerability. They often suppress their emotions, maintain distance in their interpersonal relationships, and may exhibit avoidance or devaluation strategies. Avoidantly attached individuals value independence and self-reliance, often dismissing the need for emotional closeness (Ainsworth, 1978).

Central to attachment theory is the pivotal concept of attachment bonds, which, contrary to a common misconception, are not limited to infancy but rather endure and significantly influence an individual's entire lifespan. As posited by Bowlby (1969), these bonds serve as a secure base, granting individuals the autonomy to explore the world while providing a dependable source of comfort during moments of distress. Although initially conceived to clarify the dynamics of infant-caregiver relationships, attachment theory's relevance transcends the early stages of life. Its enduring impact carries on through adolescence and adulthood, leaving a lasting mark on crucial facets of relationships, encompassing partner selection, conflict resolution, and the capacity to sustain intimacy (Collins & Read, 1994). Furthermore, attachment dynamics manifest not only in romantic partnerships but also in diverse relationships such as friendships and familial bonds, underscoring the theory's expansive influence on social interactions across the entire lifespan and within the tangled web of interpersonal connections (Cassidy & Shaver, 2018).

Numerous studies have provided robust evidence supporting the profound influence of attachment styles on individuals' behaviours and experiences within romantic relationships (Collins, 1996). Different attachment styles significantly influence various aspects of romantic relationships, including how people choose partners, their overall satisfaction in relationships, how well they handle conflicts, and the depth of emotional intimacy they experience (Collins, 1996). Understanding the interplay between attachment styles and these critical dimensions of romantic relationships is crucial, offering valuable insights into the complexities that underlie individuals' romantic experiences and the dynamics that shape the course of their relationships.

Individuals with secure attachment styles typically experience more gratifying and enduring relationships marked by essential qualities such as trust, effective communication, and emotional support. This group is notably inclined towards constructive problem-solving strategies and exhibits a heightened comfort level with intimacy and interdependence in their relationships. Securely attached individuals, drawing from a foundation of a secure emotional base, tend to navigate the complexities of interpersonal connections with a greater

sense of ease and confidence, fostering an environment conducive to mutual understanding and enduring partnership (Cassidy & Shaver, 2018).

Individuals characterized by an anxious attachment style commonly display elevated levels of relationship insecurity, frequently manifesting as heightened tendencies toward jealousy, possessiveness, and clingy behaviours. Anxiously attached individuals tend to seek constant reassurance and validation from their partners, driven by a deep-seated fear of rejection or abandonment. This attachment style is frequently linked to heightened levels of relationship dissatisfaction and emotional distress, as the inherent anxieties and fears can create challenges in maintaining a stable and harmonious romantic connection. Understanding these patterns is crucial for both individuals and their partners to navigate the complexities of relationships effectively (Mikulincer et al., 2013).

Avoidantly attached individuals typically exhibit a preference for emotional distance and may find it challenging to fully engage in close relationships. Prioritizing independence, these individuals often grapple with intimacy, consciously steering clear of vulnerability and emotional dependency. This attachment style is associated with lower levels of relationship satisfaction and poses challenges in the formation and sustenance of deep, meaningful emotional connections. Recognizing and understanding avoidant attachment patterns is crucial for fostering healthier relationships, as it provides insights into the specific dynamics that may hinder the development of emotional intimacy and connection in romantic partnerships (Mikulincer et al., 2013).

1.2.3. Attachment theory and dating app usage

Applying attachment theory to the realm of dating apps represents a blooming field of research. Examining individuals' attachment styles and discerning their impact on experiences within the context of dating apps can yield valuable insights into the potential concepts associated with digital dating. This interdisciplinary approach bridges the domains of psychological theories and digital communication, shedding light on the relation between human attachment dynamics and the evolving scenery of modern romance facilitated by technology. As researchers delve into this novel intersection, they aim to unravel the nuanced connections between attachment styles and the utilization of dating apps, contributing to a more comprehensive understanding of the complex factors shaping individuals' digital dating experiences (Mikulincer et al., 2013).

In the evolving area of digital romance, preliminary research has hinted at the integral role that attachment styles play in shaping individuals' motivations for investigating the realm of dating apps and moulding their partner preferences (Sevi et al., 2018). The dynamics of these attachment styles become particularly apparent in the digital sphere. Anxiously attached individuals, driven by a quest for validation and reassurance, may find comfort in the accessible and immediate nature of dating apps. Conversely, avoidantly attached individuals, characterized by an inclination for emotional distance, might leverage these platforms to maintain a sense of control and sidestep the perceived vulnerabilities inherent in traditional dating scenarios (Timmermans & Courtois, 2018). These preliminary findings spark curiosity about the interaction between attachment theory and digital communication, signaling for more in-depth exploration into the motivations, behaviours, and outcomes of individuals navigating the domain of online dating. Among many concerns that are related with digital dating platforms and digital communication, anxiety can be considered one of the major concepts. Concurrently, amongst this digital dating revolution, the concept of existential anxiety has gained attention in psychological research. This multifaceted phenomenon encapsulates individuals' heightened awareness of life's uncertainties and existential dilemmas, probing the very essence of the human psyche (Mikulincer et al., 2003). Yet, despite the growing recognition of existential anxiety, there exists a notable gap in empirical research, particularly concerning its relationship with dating app usage (Timmermans et al., 2021).

Furthermore, the interplay between attachment styles and dating app usage extends its influence into the realm of existential anxiety, providing a deeper understanding of how individuals experience and navigate the uncertainties inherent in digital interactions. Anxiously attached individuals, driven by a fear of rejection or abandonment, may find themselves more susceptible to heightened anxiety when engaging with dating apps (Lenton-Brym et al., 2021). On the other hand, avoidantly attached individuals might grapple with concerns related to the potential compromise of their cherished independence or harbour fears associated with emotional intimacy in the digital dating aspect (Ward, 2016).

1.2.4. Existential Anxiety and Its Manifestations

Exploring existential anxieties, deeply rooted in the philosophical principles of existentialism, allows for a profound examination of the uncertainties and dilemmas inherent

in the human condition. These anxieties center around fundamental themes such as mortality, freedom, isolation, and meaninglessness, prompting individuals to grapple with essential questions about the purpose of existence and the essence of being human (Yalom, 1980). This contemplation not only reveals the complicated psychological dynamics of the human experience but also sheds light on the myriad coping mechanisms and existential therapies individuals employ to navigate the profound challenges posed by existential anxieties. Understanding these existential dimensions provides a rich perspective for comprehending how individuals make sense of their existence and construct meaning amidst the inherent uncertainties of life (Van Deurzen, 2012).

Existential anxiety encapsulates a deep sense of unease, fear, and restlessness that individuals struggle with when confronted by the uncertainties and ultimate meaning of life (Yalom, 1980). This emotional state is deeply personal and subjective, emphasizing the inherent tension between human freedom and the integral limitations embedded in the fabric of existence. It serves as a distressing reminder of the intricacies involved in navigating the human experience, where individuals must reconcile their aspirations for autonomy with the acknowledgment of life's inherent constraints. Understanding existential anxiety involves exploring the relationship between individual perceptions of freedom, the quest for meaning, and the inherent existential challenges that shape the lines of the human psyche (Mikulincer et al., 2003).

Existential anxieties find their roots in the existentialist philosophy of eminent thinkers who grappled with profound questions of existence, freedom, and individual responsibility (Yalom, 1980). It was not until the mid-20th century that existentialist therapy emerged as a therapeutic approach, emphasizing the exploration of these existential concerns as a means of addressing mental health issues (Van Deurzen, 2018). This therapeutic perspective reframes existential anxieties, considering them not as pathological symptoms but as natural responses to the fundamental condition of being human. In adopting this outlook, existentialist therapy aims to unravel the threads of existential concerns, offering individuals a framework to navigate the complexities of their inner worlds and fostering a deeper understanding of the human experience issues (Van Deurzen, 2012).

Existential anxiety, rooted in existentialist philosophy, reflects the intricate interplay of various aspects of human existence (Yalom, 1980). The philosophical foundations of existentialism, articulated by thinkers like Sartre, Nietzsche, and Kierkegaard, emphasize the exploration of existence, freedom, and individual responsibility (Yalom, 1980). This philosophical framework paved the way for existential therapy in the mid-20th century, with

figures like Van Deurzen (2018) advocating for the consideration of existential anxieties as intrinsic facets of being human.

Existential anxiety can be triggered by diverse factors, including contemplation of mortality, the search for meaning, recognition of personal responsibility and freedom, and acceptance of life's uncertainties and choices (Yalom, 1980). This anxiety manifests in cognitive, emotional, and behavioral responses such as rumination, fear of death, avoidance, and a sense of existential isolation. The understanding of these responses sheds light on the tangible impact of existential anxiety on individuals' mental well-being and overall functioning. Navigating these profound existential challenges requires an approach that acknowledges the complex nature of existential anxiety and strives to develop strategies to help individuals cope with these aspects of the human condition (Greenberg et al., 2004).

Researchers employ diverse measures to assess existential anxiety, exploring individuals' subjective experiences, attitudes toward existential concerns, and existential dread. Widely used scales include the Existential Anxiety Questionnaire (EAQ) developed by Yalom (1980) and the Death Anxiety Scale introduced by Templer (1970). These scales provide a structured framework for quantifying and scrutinizing individuals' levels of existential anxiety along with its various correlates. By incorporating these measures, researchers not only create avenues for in-depth exploration of existential anxiety but also facilitate statistical analysis to unravel its various aspects.

1.2.5. Themes of existential anxiety

Existential anxiety manifests through various themes that encapsulate the complexities of human existence:

Mortality: The consciousness of one's mortality constitutes a significant aspect of existential anxiety. The inevitability of death prompts profound reflections on the meaning of life and the enduring legacy or reputation one leaves behind (Yalom, 1980).

Freedom: Rooted in existentialist philosophy, the idea that humans are inherently free can evoke anxiety. This existential freedom places the onus on individuals to grapple with the weighty responsibility of making meaningful choices and crafting their own purpose (Sartre, 1943).

Isolation: Despite the interconnected nature of the modern world, existential isolation posits that individuals experience an intrinsic separateness. This phenomenon gives rise to

feelings of alienation and loneliness, emphasizing the paradoxical nature of human connection (May, 1950).

Meaninglessness: The pursuit of meaning is a fundamental aspect of the human experience. Existential anxieties surface when individuals confront the possibility that life might lack inherent meaning, compelling them to engage in the ongoing process of creating their own purpose (Kaufmann, 1956). These themes collectively contribute to the tapestry of existential anxiety, shaping individuals' perceptions and responses to the uncertainties of existence.

The existential anxieties discussed above hold profound implications for mental health and overall well-being. Irvin D. Yalom's pioneering work in existential therapy (1980) emphasizes the importance of directly confronting these anxieties within therapeutic sessions. The therapeutic process encourages individuals to examine their existential concerns, fostering a proactive engagement with the fundamental questions surrounding life and existence. Through this exploration, individuals have the opportunity to discover a deeper sense of purpose and meaning. This process, guided by the principles of existential therapy, becomes a catalyst for well-being enhancement and self-discovery (Van Deurzen, 2018). The therapeutic journey not only addresses immediate concerns but also provides a framework for individuals to navigate the complexities of existential anxieties, ultimately contributing to a more profound understanding of self and a more meaningful life.

In this study, the dimensions of existential anxiety were also operationalized using the Existential Concerns Inventory (Van Bruggen et al., 2017). This inventory encompasses three primary dimensions: death anxiety, avoidance, and general anxiety.

Death anxiety refers to the fear or apprehension related to the inevitability of death, which can lead to significant distress and impact individuals' overall well-being. Research indicates that heightened death anxiety may correlate with lower life satisfaction and increased psychological distress among individuals (Kelley et al., 2014).

Avoidance involves behavioral and cognitive strategies employed by individuals to evade thoughts and feelings associated with existential concerns. This can manifest as a reluctance to engage in discussions about mortality or a tendency to distract oneself from life's uncertainties. Studies have shown that avoidance can exacerbate anxiety levels and hinder personal growth (Rosenblatt et al., 1987).

General anxiety encompasses a broader sense of unease and worry that is not limited to specific fears but reflects a pervasive state of anxiety about various aspects of life. Individuals with higher general anxiety may experience heightened sensitivity to existential themes, impacting their mental health and interpersonal relationships (Morris et al., 2020).

At the core of the current study's conceptual framework, the theme of freedom emerges as a pivotal aspect influencing existential anxiety. The exploration of this topic reveals a perspective aligned with Kierkegaard's centuries-old proposition. According to Kierkegaard (1844), the abundance of choices available to individuals in their lives can contribute to heightened anxiety, a concept that resonates with the contemporary scene of dating applications. These platforms, by presenting users with an extensive array of potential partners, mirror the plenitude of options that Kierkegaard highlighted. Consequently, the study posits that the constant exposure to numerous choices within dating applications may lead users to grapple with existential concerns. This relationship becomes particularly salient when considering the frequency of application usage, as the more individuals engage with these platforms, the greater the number of encounters, potentially intensifying existential reflections.

1. 3. Prior Research on The Relationship Between Dating App Usage and Existential Anxiety

1.3.1. Overview of prior empirical studies

Previous empirical studies have investigated the association between dating app usage and psychological well-being. These studies have examined various factors, such as motivations for use, and the impact of app-mediated interactions on individuals' emotional well-being (Sumter et al., 2017)

Various research endeavours have delved into the impact of dating app usage on individuals' well-being, presenting a nuanced picture of both positive and negative outcomes. Positive findings indicate that engaging with dating apps may contribute positively to users' lives by expanding social connections, reinforcing self-esteem, and providing avenues for romantic exploration (Blackwell et al., 2015). Conversely, contrasting perspectives emerge from studies highlighting potential adverse effects, including heightened levels of anxiety, stress, and diminished satisfaction in offline relationships (Timmermans & De Caluwé, 2017). The interplay between these contrasting dimensions

underscores the need for a comprehensive understanding of the multifaceted influence of dating apps on individuals' psychological and emotional experiences.

Examining the existing body of research on dating app usage reveals both its merits and shortcomings, necessitating a comprehensive evaluation of the available studies. A predominant reliance on self-report measures and cross-sectional designs is a common feature, presenting inherent limitations that hinder the establishment of causal relationships and the comprehensive understanding of the evolving dynamics of dating app engagement over time. Moreover, the majority of studies have centered on the experiences of the general population, potentially overlooking the nuanced perspectives of specific subgroups, such as individuals characterised by diverse attachment styles. Recognizing these methodological considerations is crucial in refining future research efforts and advancing our comprehension of the relation between dating apps and individuals' existential concerns.

To advance the understanding of the relationship between dating app usage and existential anxiety, there is a need for more longitudinal and mixed-methods and narrowed studies that consider the influence of attachment styles and other individual factors. These studies should aim to explore the mechanisms underlying the observed associations and identify potential moderating or mediating variables.

1.3.2. Research gap: Need for empirical investigation, lack of dating app research

While existing research has searched the psychological impacts of dating apps, a conspicuous void exists in understanding the interplay between individuals' attachment styles, their engagement with dating apps, and the existential anxieties they grapple with. Despite the escalating prevalence of dating apps and the relevance of existential anxiety, empirical investigations probing the link between dating app usage and existential anxiety remain conspicuously insufficient. Moreover, prevailing studies predominantly focus on diverse aspects of dating app use, such as motivations and preferences, thereby leaving a substantial knowledge vacuum concerning the intricate psychological implications of dating app usage (David & Cambre, 2016). Addressing these gaps is crucial for advancing our comprehension of the complicated dynamics between digital dating practices, individual psychological characteristics, and existential concerns.

The ongoing study endeavours to address this significant gap in the literature by investigating how specific attachment styles influence the connection between dating app usage and existential anxiety, providing valuable insights into the intricacies of human

connection in the digital era. This research aims to contribute a deeper understanding of the multifaceted relationship between individuals' attachment orientations, their interactions within dating apps, and the existential concerns they may encounter. By unravelling these complexities, the study seeks to shed light on the relationship between technology-mediated dating practices and the fundamental aspects of human psychology.

In conclusion, examining the relationship between attachment theory, dating app usage frequency, and existential anxiety can provide valuable insights into individuals' challenges and potential relationships within the digital dating world. By considering attachment styles and their effects on individuals' experiences of existential anxiety, a more comprehensive understanding of the complex dynamics at play can be developed. This knowledge can inform the development of interventions and strategies to promote healthier and more fulfilling dating experiences for individuals using dating apps.

1.3.3. Significance and contribution to the field

Recognizing the link between dating app usage and existential anxiety holds practical implications for both mental health professionals and app developers. Mental health professionals might gain valuable insights into the potential psychological risks tied to dating app use, enabling them to tailor interventions that address the well-being of individuals navigating the digital dating sphere. Simultaneously, app developers can leverage these findings to inform the design of platforms, aiming to foster positive user experiences and minimize potential adverse effects on mental health (Zytka et al., 2015). This collaborative approach ensures a more holistic and user-centric perspective, acknowledging the dual responsibility of fostering mental well-being in the digital realm.

Furthermore, attachment theory offers a comprehensive lens for understanding human connections, emphasizing the profound impact of early experiences on various interpersonal relationships, particularly those of a romantic nature. Through an exploration of diverse attachment styles, formed by caregivers' responsiveness during the formative years of an individual, this study seeks to unravel the complicated relationship between these styles, dating app usage, and existential anxiety.

By researching the associations between dating app usage and existential anxiety, this study contributes not only to attachment theory but also to the realms of existential psychology and the broader understanding of interpersonal relationships. The findings have the potential to enrich our comprehension of how digital platforms, such as dating

applications, shape individuals' psychological well-being. Moreover, they stand to be a valuable addition to the theoretical frameworks surrounding attachment theory and existential psychology, providing significant insights into the evolving landscape of human connections in the digital age.

1.4. Research problem and objectives

With millions of users worldwide, these digital platforms have transcended conventional boundaries, becoming integral to the foundation of social interactions (Gao et al., 2021). Simultaneously, the domain of existential anxiety, comprising individuals' profound awareness of life's uncertainties and existential dilemmas, has become a subject of scholarly examinations (Mikulincer et al., 2003). Yet, the complex relationship between dating app usage and existential anxiety remains an understudied domain, proposing a compelling research question.

The present study aims to investigate the relations between dating app usage, existential anxiety and the individual's attachment style. It seeks to address the gap in empirical research by examining the associations between these variables and shed light on the psychological implications of dating app use.

1.4.1. Research Objective

The specific objective of this study is as follows:

- To examine the relationships between dating app usage frequency, attachment styles and existential anxiety.

1.4.2 Hypotheses

Hypothesis 1: There will be differentiation in existential anxiety according to dating app usage frequency.

Hypothesis 2: There will be a differentiation in dating app usage frequency according to attachment style.

Hypothesis 3: The scores of existential anxiety and anxious/avoidant attachment will be significantly stronger for women and LGBTQ+ individuals.

2. METHOD

The methodology section of the research includes studies conducted under the headings participants, design, measurement tools, procedure, and data analysis.

2.1. Participants

Participants were recruited through snowball sampling via various channels, including social media, educational institutions, and dating applications themselves. The sampling strategy of the current study aimed to reach a wide range of participants from different backgrounds and experiences, enhancing the generalizability of the findings. By collecting the participants' information on age, gender, sexual orientation, relationship status, and education status, it was intended to make the sample representative in terms of various demographic groups, which allows a comprehensive examination of the research questions. The inclusion of participants from different backgrounds contributed to the diversity of the data, enhancing the validity of the study's findings.

2.2. Design

The research was conducted using a quantitative method since it involved the analysis of numerical data obtained from data collection instruments. Given that the research involved the quantitative analysis of data collected from participants, it was conducted according to the general survey model. General survey models are arrangements conducted on the entire population or a sample taken from it with the aim of reaching a general judgment about the population in a universe comprising numerous elements (Karasar, 2005). The groups are based on the usage frequencies of dating applications which are grouped as "Monthly", "Weekly", and "Daily". Attachment style scores and existential concerns scores were obtained from the scales that will be explained in the measurement tools section.

2.3. Measurement Tools

2.3.1. Existential Concern

To measure participants' existential concerns, an adapted version of the Existential Concerns Questionnaire (ECQ) was utilized. The ECQ is a widely used instrument that includes assessment in various dimensions of existential concerns which are death anxiety,

avoidance, and general anxiety (Van Bruggen et al., 2017). The Turkish standardization of the ECQ, conducted by Ümmet et al. (2018), demonstrated good psychometric properties and was utilized in this study. The Turkish version of the ECQ consisted of 27 items rated on a 5-point Likert scale, ranging from strongly disagree to strongly agree. This comprehensive measurement tool captured participants' subjective experiences related to existential concerns, enabling a distinctive understanding of their psychological states.

2.3.2. Attachment Style

To assess participants' attachment styles, the Experiences in Close Relationships-Revised (ECR-R) questionnaire was applied. The ECR-R is an established scale of adult attachment that examines attachment-related anxiety and avoidance (Selçuk et al., 2005). The original scale was developed in 1998 (Brennan et al., 1998). The Turkish standardization of the ECR-R, validated by Selçuk et al. (2005), demonstrated good psychometric properties and was applied in this study. The Turkish version of the ECR-R consists of 36 items which require a 7-point Likert rating scale, ranging from strongly disagree to strongly agree.

2.3.3. Dating Application Usage Frequency

To gather information about participants' dating application usage, they were asked to report the frequency of their usage which was ranged as follows; “Almost never”, “Once a month”, “Few times a month”, “Once a week”, “Few times a week”, “Once a day”, “Few times a day”. They were also asked to specify the platforms they are using, such as Bumble, OkCupid, Tinder, or other. This self-report measure enabled an assessment of the participants' engagement with dating apps, defining their level of involvement in this digital dating landscape. By examining the frequency and variety of dating app usage, the study aims to explore potential associations between dating app use and participants' existential concerns and attachment styles.

2.3.4. Demographic Information Form

A demographic information form was administered to collect information about participants' age, gender, sexual orientation, educational background, dating app usage frequency, relationship status and lastly which dating apps the participants are using. These demographic variables were vital for characterizing the sample and identifying potential

confounding factors. By examining the mentioned demographic factors, such as gender and sexual orientation the study could examine whether the relationships between existential concerns, attachment styles, and dating app usage varies across different groups of individuals. This information contributes to the understanding of how individual differences and social context intersect with the current study's variables.

2.4. Procedure

Participants were invited to participate in an online survey administered through the Qualtrics platform. The survey began with a consent form, ensuring that participants were fully informed about the study's purpose, procedures, and their rights as participants, which can be found in Appendix 1. Following the consent process, participants completed the demographic questionnaire including the questions related to their dating app usage, then ECR-R, and ECQ in the given order. This order was determined to use because the ECQ was thought to form anxiety in the participants which might affect the ECR-R questionnaire results in a significant manner. To maintain the confidentiality and anonymity of participants' responses, all data were securely stored and accessed only by the researchers.

2.5. Data Analysis

The findings collected through participants' survey forms and scales in the current study were analyzed using the SPSS 26 statistical program. The research data were examined by calculating descriptive statistics such as frequency, mean, standard deviation, and percentage values. To investigate the relationship between the scales used in the research, Pearson Correlation Coefficient calculations were performed. The total scores of the scales were used for calculating the correlation coefficient, for determining the relationship between two scales used in the study.

For comparative analysis, the normality of the data can be assessed using normality tests to determine whether the data is normally distributed. Skewness and kurtosis values were calculated to analyze the appropriateness of the distribution of scores from the Existential Concerns Questionnaire and the Relationships Experiences Inventory-II. Skewness and kurtosis values between +3 and -3 are generally considered acceptable for normal distribution (Groeneveld & Meeden, 1984; Hopkins & Weeks, 1990; Moors, 1986). According to the results of the normality tests conducted in the research, the skewness values of the scale scores ranged from -0.636 to 0.112, and the kurtosis values ranged from -0.527

to 0.223. Thus, it was detected that the scale scores suggest a normal distribution. In addition, skewness was checked for every group in the study.

A Pearson's correlation was used to explore the relationship between dating app usage frequency (categorized into three levels: daily, weekly, and monthly) and existential anxiety. Independent samples t-tests were applied to investigate differences in existential concerns and relationship experiences across demographic variables, including gender (male and female) and sexual orientation (heterosexual and LGBTQ+). Since dating app usage frequency consisted of three categories, one-way analysis of variance (ANOVA) was conducted to determine the relationships between dating app frequency and other variables. These tests were chosen to effectively assess mean differences and relationships among the various factors involved in the study.

3. RESULTS

In this section, analyses are presented for 86 young adults who filled out the scales within the dataset obtained from 131 young adults aged 18-29 using dating apps. Firstly, the results include the total score and dimensions of the Existential Concerns Inventory Turkish version, namely general anxiety, fear of death, and avoidance scores. Additionally, evaluations are made by calculating the total score and scores of avoidant attachment and anxious attachment dimensions of the Experiences in Close Relationships-II Questionnaire, another measurement tool used in the research. Subsequently, a correlation analysis is conducted to determine whether there is a relationship between both scales and their dimensions. Detailed results are provided by calculating whether scale scores differ according to various independent variables using comparative parametric tests in line with the research questions addressed in the study.

3.1. Descriptive Findings of the Study

In the study, some descriptive findings were obtained based on the data collected from 86 young adults aged 18-29 who indicated using dating apps. Analysis of demographic variables constitute the descriptive findings of the study. In this section, data are presented in terms of frequency and percentage through frequency analysis.

Firstly, the analysis based on gender revealed that out of the 131 young adults participating in the study, 45.6% were women ($n = 72$), 36.1% were men ($n = 57$), and 29 individuals did not specify their gender. In the analysis concerning dating app users, among the 131 participants, 86 individuals reported using dating apps. Thus, a separate dataset was formed with these 86 individuals for the findings section of the study. Considering this, descriptive analyses were continued with the 86 participants for the descriptive findings. Accordingly, based on the frequency analysis, 52.3% of the young adult participants in the 18-29 age range were women ($n = 45$), 46.5% were men ($n = 40$), and 1 person did not respond.

Regarding age, the frequency analysis indicated that the ages of the participants ranged from 19 to 29, with a mean age of 25.5. When asked about their sexual orientation, 61.6% of the young adults ($n = 53$) stated that they were heterosexual. The percentage of those opting for other options was 37.2% ($n = 32$), and 1 person did not specify their sexual orientation.

When analyzing the educational status of young adults aged 18-29, it was found that 61.6% ($n = 53$) have a bachelor's degree. 26.7% ($n = 23$) have a master's degree, 4.7% ($n = 4$) have a doctorate, and 7% ($n = 6$) have a high school diploma. Regarding the relationship status of the participants, it was determined that 89.5% ($n = 77$) are single and do not have a romantic relationship. 7% ($n = 6$) are single and in a romantic relationship, 2.3% ($n = 2$) are divorced or widowed, and 1.2% ($n = 1$) are married. When asked about their dating app preferences, it was revealed that 53.4% ($n = 46$) of the participants prefer Bumble, 39.5% ($n = 34$) prefer Tinder, 22% ($n = 19$) prefer OkCupid, and 18.6% ($n = 16$) prefer other options. Dating app usage frequencies were examined in three categories: daily (once/several times a day), weekly (once/several times a week), and monthly (once/several times a month). According to the frequency analysis, it was found that 36% ($n = 31$) of young adults aged 18-29 use dating apps once/several times a month, 34.9% ($n = 30$) use them once/several times a week, and 29.1% ($n = 25$) use them once/several times a day. Lastly, there were no outliers detected in the participants.

3.2. Existential Concerns Inventory Scores

In this section, scale scores and distributions are provided regarding the level of existential concerns among young adults aged 18-29, based on the scores obtained from the "General Anxiety" and "Fear of Death" dimensions, as shown in Table 3.1.

Table 3. 1.

Existential Concern Scores

Dimensions / Scale	<i>n</i>	<i>M</i>	<i>SD</i>
General Anxiety	86	39.32	10.27
Fear of Death	86	12.24	3.97
Avoidance	86	9.29	3.62
Existential Concerns	86	60.86	15.60

Upon examining the average scores provided in Table 3.1, it is observed that the average score obtained by young adults from the Existential Concerns Inventory is 60.86.

Upon examining the average scores obtained from the dimensions of the scale, it is observed that the average score obtained from the general anxiety dimension is 39.32.

When the average score obtained from the fear of death dimension is examined, it is seen that a score of 12.24 is obtained.

The average score obtained from the avoidance dimension is 9.29.

3.3. Experiences in Close Relationships-II scores

In this section, scale scores and distributions are provided regarding the level of experiences in close relationships among young adults aged 18-29, based on the scores obtained from the "Avoidant Attachment" and "Anxious Attachment" dimensions, as shown in Table 3.2. Secure attachment scores were also examined in addition to avoidant and anxious attachment scores.

Table 3. 2.

Experiences in Close Relationships Scores

Dimensions / Scale	<i>n</i>	<i>M</i>	<i>SD</i>
Avoidant Attachment	86	55.62	17.91
Anxious Attachment	86	71.84	20.17

Upon examining the average scores provided in Table 3.2, it is observed that the average score obtained by young adults from the Relationship Experiences Inventory is 127.47.

Upon examining the average scores obtained from the dimensions of the scale, it is observed that the average score obtained from the avoidant attachment dimension is 55.62. When the average score obtained from the anxious attachment dimension is examined, it is seen that a score of 71.84 is obtained.

3.4. Examination of Existential Concerns and Experiences in Close Relationships According to Various Variables

In this section, the analysis results regarding whether there are differences in existential concerns and relationship experiences in close relationships scores based on demographic variables (gender, sexual orientation) and the frequency of dating app usage are presented.

Firstly, an independent samples t-test was conducted to examine the differences in Relationship Experiences Inventory-II scores according to gender, and the results are provided in Table 3.3.

Table 3. 3.

Results of the t-test for Differences in Experiences in Close Relationships by Gender

Dimensions / Scale	Gender	<i>n</i>	<i>M</i>	<i>SD</i>	<i>df</i>	<i>t</i>	<i>p</i>
Avoidant Attachment	Women	45	59.53	17.19	83	2.154	.034
	Men	40	51.27	18.14			
Anxious Attachment	Women	45	75.68	17.31	83	2.042	.044
	Men	40	66.92	22.18			

Upon examining Table 3.3, it is evident that there are differences in young adults' relationship experiences in close relationships based on gender ($p < .05$). Accordingly, women were found to have higher levels of avoidant attachment ($M = 59.53$), anxious attachment ($X = 75.68$), and total scale score ($M = 135.22$) compared to men.

Additionally, an independent samples t-test was conducted to examine the differences in Existential Concerns Inventory scores by gender. The results are provided in Table 3.4.

Table 3. 4.

Results of the t-test for Differences in Existential Concerns by Gender

Dimensions / Scale	Gender	<i>n</i>	<i>M</i>	<i>SD</i>	<i>df</i>	<i>t</i>	<i>p</i>
General Anxiety	Women	45	39.64	10.41	83	.433	.666
	Men	40	38.67	10.16			
Fear of Death	Women	45	12.95	4.04	83	1.818	.073
	Men	40	11.40	3.81			
Avoidance	Women	45	9.95	3.61	83	1.943	.055
	Men	40	8.45	3.51			
Existential Concerns	Women	45	62.55	2.40	83	1.193	.236
	Men	40	58.52	2.34			

As observed in Table 3.4, the examinations revealed that existential concerns did not vary significantly by gender ($p > .05$).

The differences in Experiences in Close Relationships Inventory and Existential Concerns Inventory scores by the frequency of dating app usage and whether these scores vary were investigated using one-way analysis of variance (ANOVA).

Groups were formed based on usage frequency for comparison: Daily (Once/couple of times a day), Weekly (Once/couple of times a week), and Monthly (Once/couple of times

a month). The results of the analysis based on the groups formed are provided in Table 3.5 and Table 3.6.

Table 3. 5.

Results of the Analysis of Variance for Differences in Experiences in Close Relationships by Dating App Usage Frequency

Scale	Usage Frequency	<i>n</i>	<i>M</i>	<i>SD</i>	<i>F</i>	<i>p</i>
Avoidant Attachment	Once a day/couple times a day	25	52.92	14.68	.62	.538
	Once a week/couple times a week	30	55.16	20.15		
	Once a month/couple times a month	31	58.25	18.18		
Anxious Attachment	Once a day/couple times a day	25	75.08	21.05	1.19	.308
	Once a week/couple times a week	30	67.33	20.53		
	Once a month/couple times a month	31	73.61	18.94		

Upon examining Table 3.5, it is evident that the frequency of dating app usage does not significantly differentiate in the context of relationship experiences -avoidant or anxious attachment- ($p > .05$).

Table 3. 6.

Results of the Analysis of Variance for Differences in Existential Concerns by Dating App Usage Frequency

Scale	Usage Frequency	<i>n</i>	<i>M</i>	<i>SD</i>	<i>F</i>	<i>p</i>	Difference
General Anxiety	Once a day/couple times a day	25	39.64	11.33	.12	.883	-
	Once a week/couple times a week	30	38.56	10.57			
	Once a month/couple times a month	31	39.80	9.33			
Fear of Death	Once a day/couple times a day	25	13.52	3.92	3.35	.040	Once a day/couple times a day > Once a week/couple times a week
	Once a week/couple times a week	30	10.86	3.25			
	Once a month/couple times a month	31	12.54	4.33			
Avoidance	Once a day/couple times a day	25	9.68	3.79	.75	.473	-
	Once a week/couple times a week	30	8.63	3.40			
	Once a month/couple times a month	31	9.61	3.72			
Existential Concerns	Once a day/couple times a day	25	62.84	17.39	.75	.473	-
	Once a week/couple times a week	30	58.06	15.06			
	Once a month/couple times a month	31	61.96	14.69			

Upon examining Table 3.6, it is observed that existential concerns in the dimension of death anxiety significantly differentiate based on the frequency of dating app usage among the 86 participants who use dating apps ($p < .05$). Post-hoc tests conducted to determine the differences among groups revealed that individuals who use dating apps once or a couple of times a day exhibit higher levels of death anxiety compared to those who use dating apps once or several times a week. This differentiation in death anxiety dimension did not lead to differentiation in the total score of existential concerns; it is only evident in the dimension of death anxiety.

Another comparison in the study focused on the differentiation of existential concerns and relationship experiences scores based on sexual orientation. Firstly, the differentiation of relationship experiences inventory scores based on sexual orientation was calculated using an independent samples t-test, and the results are presented in Table 3.7.

Table 3. 7.

Results of the t-test for Differences in Experiences in Close Relationships by Sexual Orientation

Dimension/Scale	Sexual Orientation	<i>n</i>	<i>M</i>	<i>SD</i>	<i>SD</i>	<i>t</i>	<i>p</i>
Avoidant Attachment	Heterosexual	53	54.62	17.69	83	.439	.662
	LGBTQ+	32	56.37	18.01			
Anxious Attachment	Heterosexual	53	71.03	21.01	83	.444	.658
	LGBTQ+	32	73.06	19.28			
Experiences in Close Relationships	Heterosexual	53	125.66	31.37	83	.538	.592
	LGBTQ+	32	129.43	31.33			

As observed in Table 3.7, it is evident that experiences in close relationships do not statistically significantly differ based on sexual orientation ($p > 0.05$).

Table 3. 8.

Results of the t-test for Differences in Existential Concerns by Sexual Orientation

Dimension/Scale	Sexual Orientation	<i>n</i>	<i>M</i>	<i>SD</i>	<i>sd</i>	<i>t</i>	<i>p</i>
General Anxiety	Heterosexual	53	37.60	10.23	83	3.53	.001
	LGBTQ+	32	45.00	7.63			
Fear of Death	Heterosexual	53	12.47	4.17	83	.88	.378
	LGBTQ+	32	11.68	3.55			
Avoidance	Heterosexual	53	9.09	3.70	83	.53	.594
	LGBTQ+	32	9.53	3.56			
Existential Concerns	Heterosexual	53	59.16	16.10	83	1.15	.253
	LGBTQ+	32	63.18	14.4			

Upon examining Table 3.8, it is evident that there is no statistically significant differentiation in the total score of existential concerns based on sexual orientation ($p > 0.05$).

However, regarding the comparison within dimensions, the average score of general anxiety for individuals with sexual orientations other than heterosexuality ($X = 45.00$), was found to be significantly higher than the average general anxiety score for heterosexual individuals ($X = 37.60$) ($p < 0.05$).

Thus, it can be concluded that young adults with sexual orientations other than heterosexual (LGBTQ+), exhibit higher levels of general anxiety.

4. DISCUSSION

The first hypothesis of the study suggested that there will be differentiation in existential anxiety according to dating app usage frequency. This hypothesis is partially supported since only the death anxiety dimension was significantly different between usage frequency groups. A significant positive relationship was found between dating app usage frequency and death anxiety, indicating that more frequent use of dating apps is associated with higher levels of death anxiety -only in the context of weekly and daily usage- This finding aligns with Hypothesis 1 partially, suggesting that the frequent use of dating apps may amplify feelings of existential concern due to the transient and often superficial nature of interactions on these platforms in the mentioned dimensions of frequency.

The second hypothesis of the study suggested that there will be a differentiation in dating app usage frequency according to attachment style. This hypothesis was not supported. The frequency of dating app usage does not statistically significantly differentiate relationship experiences in terms of avoidant or anxious attachment. Therefore, while attachment styles are related to existential anxiety, the influence of attachment style on the relationship between dating app usage and existential anxiety was not observed in this study.

The second hypothesis of the study suggested that the scores of existential anxiety and anxious/avoidant attachment will be significantly stronger for women and LGBTQ+ individuals. This hypothesis is partially supported. Experiences in close relationships do not statistically significantly differ based on sexual orientation. However, the average score of general anxiety for LGBTQ+ individuals was found to be significantly higher than for heterosexual individuals. This indicates that young adults with sexual orientations other than heterosexual (LGBTQ+), exhibit higher levels of general anxiety. Furthermore, existential concerns did not vary significantly by gender, but women were found to have higher levels of avoidant attachment, anxious attachment, and total scale score compared to men. This suggests that gender and sexual orientation influence the relationship between dating app usage, attachment style, and existential anxiety.

Dating apps, characterized by their user-friendly interfaces and location-based features, have revolutionized how individuals connect and interact within the romantic

sphere (Blackwell et al., 2015; Gao et al., 2021). The convenience and accessibility of these platforms have made them an integral part of contemporary dating culture.

Existential anxiety, rooted in existentialist philosophy, encompasses a deep sense of unease and fear about life's uncertainties and ultimate meaning (Yalom, 1980). The study's results showed a significant correlation between anxious attachment and existential concerns, supporting previous research. This outcome highlights the complexity of existential anxiety and suggests that many factors might be influential in shaping these experiences.

Previous studies have also indicated that digital interactions, particularly through dating apps, can intensify feelings of anxiety and existential dread. Existing literature has explored the motivations behind dating app usage, revealing a range of desires from seeking companionship to exploring romantic and sexual opportunities (Ward, 2016). These motivations are often influenced by individuals' attachment styles, with anxiously attached individuals seeking validation and avoidantly attached individuals maintaining emotional distance (Sevi et al., 2018). However, the current study's findings indicate that these attachment styles do not significantly impact existential anxiety levels, suggesting that other variables might play a more critical role.

The findings of the study reveal a nuanced differentiation between sexual orientation, gender, and attachment styles in the context of dating app usage and existential anxiety. While the hypothesis that LGBTQ+ individuals and women would exhibit more pronounced existential anxiety and insecure attachment styles was partially supported, the results highlight important distinctions. Specifically, LGBTQ+ individuals demonstrated significantly higher levels of general anxiety compared to their heterosexual counterparts, reflecting the additional stressors they face, such as internalized homophobia and societal discrimination (Frost & Meyer, 2009). This finding aligns with existing literature on the unique existential challenges faced by LGBTQ+ individuals (Frost & Meyer, 2009). However, contrary to expectations, existential concerns did not significantly differ by gender. Instead, women exhibited higher levels of both avoidant and anxious attachment styles, suggesting that societal pressures and traditional gender roles may exacerbate attachment insecurities among women (Helm et al., 2020). The results indicate that while dating apps may amplify existing insecurities, the impact may be influenced by broader social and psychological factors. This is consistent with research highlighting how dating app usage can magnify attachment insecurities and anxiety (Chin & De Caluwé, 2017;

Timmermans et al., 2019). These findings underscore the need for targeted support strategies that address both attachment insecurities and general anxiety, particularly in the context of dating app interactions.

4.1. Theoretical Implications

The current study contributes to existential psychology by showing how modern technological interfaces, like dating apps, can magnify existential concerns. This interplay between digital behavior and psychological constructs underscores the need to consider contemporary digital environments in psychological theories. This study challenges traditional assumptions within attachment theory by showing no significant relationship between attachment styles and existential anxiety in the context of dating app usage. This suggests that other psychological or contextual factors might be more influential. Additionally, the findings emphasize the need to integrate broader existential concerns, such as death anxiety, into theoretical models of digital dating behavior. By combining insights from attachment theory, existential psychology, and digital communication studies, future research can develop a more comprehensive framework to better understand the complexities of digital dating experiences.

4.2. Practical Implications

The findings of this study have several practical implications:

Understanding the links between dating app usage and existential anxiety can inform therapeutic approaches. Counseling sessions can incorporate discussions around the psychological impacts of digital dating, helping clients develop healthier engagement strategies. Therapists should be equipped to address the unique challenges posed by the digital dating landscape, such as managing rejection, dealing with superficial interactions, and coping with the existential anxieties that arise from these experiences.

These insights can guide the creation of features that promote user well-being. Developers can incorporate in-app resources for mental health support, such as tips for managing anxiety and links to professional help. Additionally, features that encourage meaningful connections rather than superficial swiping could mitigate some of the negative psychological impacts identified in this study. For instance, implementing algorithms that prioritize compatibility and shared interests over physical appearance could foster more substantive interactions.

Schools and universities could integrate digital literacy programs that address the psychological impacts of online interactions. These programs can teach young adults how to navigate digital dating platforms safely and healthily, recognizing and managing the existential anxieties that may arise.

Policies aimed at protecting users from harassment and ensuring their safety on digital platforms are crucial. Regulatory frameworks could be developed to hold dating apps accountable for user well-being, ensuring that these platforms implement and enforce safety measures effectively.

4.3. Limitations of the Study

This study has several limitations, including its reliance on self-reported data, which can be subject to bias. Participants may have underreported or overreported their levels of existential concern and attachment behaviors. Additionally, the cross-sectional design limits the ability to draw causal inferences.

The sample may not be fully representative of all young adults who use dating apps, as it was primarily recruited through snowball sampling. This method can lead to a sample that may not capture the diversity of experiences among all users of dating apps. Future studies should aim for more diverse and representative samples to increase the generalizability of the findings.

These limitations may affect the generalizability and validity of the findings. The self-reported nature of the data could lead to over- or under-reporting of existential concerns and attachment behaviors. The cross-sectional design means that observed relationships are not causal. Thus, while the study provides valuable insights into the relationship between existential concerns and attachment styles, it cannot definitively establish causality.

4.4. Suggestions for Future Research

Future research should consider longitudinal designs to better understand the causal relationships between dating app usage, existential anxiety, and attachment styles. Longitudinal studies could track changes in existential concerns and attachment behaviors over time, providing more robust data on how these factors interact. Additionally, qualitative studies could provide deeper insights into the lived experiences of individuals using dating apps. Interviews or focus groups could explore how individuals perceive the impact of dating apps on their mental health and relationships.

Future studies should aim for more diverse and representative samples. Including objective measures of app usage, such as data on time spent on the app and the number of interactions, could enhance the robustness of the findings. Employing mixed-method approaches, combining quantitative and qualitative data, could provide a more comprehensive understanding of examined subjects. Researchers should also consider exploring the impact of different types of dating apps on existential concerns and attachment behaviors. For example, comparing the effects of swipe-based apps like Tinder with those of profile-based apps like OkCupid could yield valuable insights into how different app designs influence user experiences.

4.5. Conclusions

This study highlights the complex interplay between existential anxieties, attachment styles, and the use of dating applications among emerging adults. The findings highlight the importance of considering both psychological and technological factors in understanding modern relationship dynamics. As digital platforms continue to shape how individuals form and maintain relationships, it is crucial to understand their psychological implications. This study contributes valuable insights into the impact of dating apps on existential concerns and attachment styles, offering a foundation for future research and practical interventions aimed at fostering healthier digital interactions.

By addressing the psychological challenges associated with digital dating, mental health professionals, policymakers, and app developers can work together to create environments that support the well-being of young adults navigating the complexities of modern relationships.

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APPENDICES

APPENDIX 1: INFORMED CONSENT FORM

Başkent Üniversitesi Tezli Sosyal Psikoloji Yüksek Lisans Programı kapsamında planlanmış olan araştırmaya katılmak üzere davet edilmiş bulunuyorsunuz. Bu araştırmada yer almayı kabul etmeden önce, araştırmanın ne amaçla yapılmak istendiğini anlamanız ve kararınızı bu bilgilendirme doğrultusunda özgürce vermeniz gerekmektedir. Aşağıdaki bilgileri lütfen dikkatlice okuyunuz, sorularınız olursa sorunuz ve açık yanıtlar isteyiniz. Çalışma hakkında daha fazla bilgi almak için Bengisu Kemer ile iletişim kurabilirsiniz.

Çalışmaya katılmak için, akıcı şekilde Türkçe konuşuyor olmanız, 18-29 yaş aralığında olmanız ve çevrimiçi flört uygulamalarından en az birini kullanıyor olmanız gerekmektedir. Cevaplamak üzere olduğunuz sorular genel olarak sizin varoluşsal kaygılarınız ve bağlanma stiliniz ile ilgilidir. İsim ve soy isminiz sorulmayacaktır. Sizden demografik bilgi olarak doğum yılınız, cinsiyetiniz, cinsel yöneliminiz, eğitim durumunuz, ilişki durumunuz, çevrimiçi flört uygulamaları kullanıp kullanmadığınız ve bu uygulamalardan hangilerini ne sıklıkla kullandığınız istenecektir.

Verdiğiniz bilgiler tamamen gizli tutulacak, verilen cevaplar sadece çalışmamız için kullanılacaktır. Çalışma genel olarak herhangi görsel, işitsel, ürkütücü, tiksindirici, kızdırıcı, rahatsız edici öğeler içermemektedir. Ancak katılım sırasında sorulardan ya da başka bir nedenden ötürü kendinizi rahatsız hissederseniz cevaplama işini yarıda bırakıp çıkmakta serbestsiniz. Çalışma kapsamındaki katılımınız süre bazında yaklaşık olarak 10-12 dakikadır.

Bu araştırmada yer almak tümüyle sizin isteğinize bağlıdır. Araştırmanın sonuçları bilimsel amaçlarla kullanılacaktır. Araştırmadan çekilmeniz ya da araştırmacılar tarafından araştırmadan çıkarılmanız halinde, sizin vermiş olduğunuz veriler kullanılmayacaktır. Araştırma sonunda elde edilen sonuçlar bilimsel çevrelerde yayınlanabilir. Sizden elde edilen bilgiler tümüyle gizli tutulacak, araştırma yayınlandığında dahi bilgilerinizin gizliliği korunacaktır.

“Yukarıda yer alan ve araştırmaya başlamadan önce gönüllülere verilmesi gereken bilgileri içeren metni okudum. Eksik kaldığını düşündüğüm konularda sorularımı araştırmacılara sordum ve doyurucu yanıtlar aldım. Yazılı olarak tarafıma sunulan tüm

açıklamaları ayrıntılarıyla anladığım kanısındayım. Çalışmaya katılmayı isteyip istemediğim konusunda karar vermem için yeterince zaman tanındı. Bu koşullar altında, araştırma kapsamında elde edilen bilgilerin bilimsel amaçlarla kullanılmasını, gizlilik kurallarına uymak kaydıyla sunulması ve yayınlanmasını, hiçbir baskı ve zorlama altında kalmaksızın, kendi hür irademle kabul ettiğimi beyan ederim.”

☐ Çalışmaya katılmayı kabul ediyorum.

☐ Çalışmaya katılmayı kabul etmiyorum.



APPENDIX 2: DEMOGRAPHIC INFORMATION FORM

Q1 Doğum tarihiniz (Yıl)

Q2 Cinsiyetiniz:

- ☐ Kadın (1)
- ☐ Erkek (2)
- ☐ Trans (3)
- ☐ Diğer (4)
- ☐ Belirtmek istemiyorum (5)

Q3 Cinsel yöneliminiz

- ☐ Heteroseksüel (1)
- ☐ Gey/Lezbiyen (2)
- ☐ Biseksüel (3)
- ☐ Diğer (4)
- ☐ Belirtmek istemiyorum (5)

Q4 Eğitim durumunuz

- ☐ İlköğretim (1)
- ☐ Ortaöğretim (2)
- ☐ Lise (3)
- ☐ Lisans (4)
- ☐ Yüksek Lisans (5)
- ☐ Doktora (6)

Q5 İlişki durumunuz

- ☐ Bekar/Romantik ilişkisi yok (1)
- ☐ Bekar/Romantik ilişkisi var (2)
- ☐ Sözlü/Nişanlı (3)
- ☐ Evli (4)
- ☐ Boşanmış/Dul (5)

Q6 Aktif olarak herhangi bir çevrimiçi flört uygulaması kullanıyor musunuz? (Bumble, Grindr, Hornet, OkCupid, Tinder)

- ☐ Evet (1)
- ☐ Hayır (2)

Q7 Kullanıyorsanız, kullandığınız çevrimiçi flört uygulaması (birden fazla işaretleyebilirsiniz):

- ☐ Bumble (1)
- ☐ OkCupid (2)
- ☐ Tinder (3)
- ☐ Diğer (4)

Q8 Çevrimiçi flört uygulamalarını yaklaşık olarak ne sıklıkla kullanıyorsunuz? (Lütfen cevabınızı SON 30 GÜNÜNÜZÜ değerlendirerek işaretleyiniz)

- ☐ Neredeyse hiç (1)
- ☐ Ayda bir kez (2)
- ☐ Ayda birkaç kez (3)
- ☐ Haftada bir kez (4)
- ☐ Haftada birkaç kez (5)
- ☐ Günde bir kez (6)
- ☐ Günde birkaç kez (7)

APPENDIX 3: EXISTENTIAL CONCERNS QUESTIONNAIRE

Aşağıdaki ifadeler, insanların yaşadıkları deneyimlerle ilgilidir. Lütfen bu deneyimleri ne sıklıkla yaşadığınızı düşünün ve doğru cevabı işaretleyin. Bu örnek açıklama amacıyla verilmiştir:

Finansal durumum hakkında endişelenirim.

1 Asla 2 Nadiren 3 Ara Sıra 4 Sıklıkla 5 Her Zaman

Örneğin, bu konu hakkında sık sık endişeleniyorsanız, “sıklıkla” seçeneğini işaretleyin. Eğer hiçbir zaman finansal durumunuz hakkında endişelenmiyorsanız, “asla” seçeneğini işaretleyin. İfade endişe ile alakalıdır. Eğer ara sıra finansal durumunuzu düşünüyorsanız ama bunun hakkında endişelenmiyorsanız, lütfen “asla” seçeneğini işaretleyin.

Varoluşsal Endişeler Anketi (ECQ) – Türkçe Versiyon

	ASLA	NADİ REN	ARA SIRA	SIKLI KLA	HER ZAM AN
1. Yaşamın anlamının olup olmadığını sorgulamak beni endişelendirir.					
2. Yaşamın bana birçok seçenek sunduğunu fark etmek beni korkutur.					
3. Sanki ait değilmişim gibi hissettiğim bu dünyada olmak beni endişelendirir.					
4. Varoluşun her an bana kötü bir şey olacaktı gibi beni tehdit ettiğini hissederim.					
5. Zamanın birinde öleceğimi bilmek beni korkutur.					
6. Hayatın anlamı hakkında endişelenirim.					
7. Tüm seçimlerimin bir sonucu olduğunu unutmaya çalışırım.					
8. Kendimle olan bağımlı kaybetmekten endişe duyarım.					
9. Sonuçta hayatta sadece kendimle olma duygusuyla mücadele ederim.					
10. Hayatımın geçip gitmekte olduğu düşüncesi beni endişelendirir.					

11. Hayatın anlamının olup olmadığı sorusu aklıma geldiğinde hemen başka şeyler düşünmeye çalışırım.					
12. Yaşayabileceğim hayatı yaşayamadığımdan endişelenirim.					
13. Diğer insanların beni iyi bir şekilde tanıyamayacaklarını bilmek beni endişelendirir.					
14. Umulmadık bir anda bana kötü bir şey olacağından endişelenirim.					
15. Hayatın bir sonu olduğunu düşünmemeye çalışırım.					
16. Bir zamanlar önemseydiğim şeylerin, bana artık anlamsız gelmesi beni korkutur.					
17. Hayatın içindeki şeylerden kurtulamamaktan korkarım.					
18. Gerçekte kim olduğum sorusunu düşünmekten kaçınırım.					
19. Diğer insanlarla aramda bir boşluk olmasından endişe duyarım.					
20. Vücudumun hayatın tehlikelerine karşı ne kadar zayıf olduğunu fark etmek beni endişelendirir.					
21. Öldüğüm anda her şeyi geride bırakacak olmaktan endişe duyarım.					
22. Kendimi asla net bir şekilde tanıyamayacak olmaktan korkarım.					

APPENDIX 4: EXPERIENCES IN CLOSE RELATIONSHIPS-REVISED

QUESTIONNAIRE

Ölçek toplam 36 maddeden oluşmaktadır. Ölçeğin 18 maddesi kaçınmacı bağlanma, geri kalan 18 maddesi ise kaygılı bağlanma boyutlarını ölçmektedir.

Kaçınmacı Bağlanma Boyutu: Çift sayı olan maddelerin ortalaması alınarak hesaplanır.

Kaygılı Bağlanma Boyutu: Tek sayı olan maddelerin ortalaması alınarak hesaplanır.

Ters kodlanan maddeler: 4, 8, 16, 17, 18, 20, 21, 22, 24, 26, 30, 32, 34, 36.

7'li derecelendirme yöntemine göre:

1 = Hiç katılmıyorum

4 = Ne katılıyorum ne katılmıyorum

7 = Tamamen katılıyorum

Önemli Not: Ölçek maddelerinin bazılarında “yakın olmak” veya “yakınlaşmak” ifadeleri geçmektedir. Bu ifadelerle kastedilen partnerinizle duygusal yakınlık kurmak, düşüncelerinizi veya başınızdan geçenleri partnerinize açmak, partnerinize sarılmak ve benzeri davranışlardır. İlgili maddeler bu tanıma göre cevaplandırılır.

- Maddeler evli çiftler için yeniden düzenlenebilir.

(YIYE-II)

Aşağıdaki maddeler romantik ilişkilerinizde hissettiğiniz duygularla ilgilidir. Bu araştırmada sizin ilişkinizde yalnızca şu anda değil, genel olarak neler olduğuyla ya da neler yaşadığınızla ilgilenmekteyiz. Maddelerde sözü geçen "birlikte olduğum kişi" ifadesi ile romantik ilişkide bulunduğunuz kişi kastedilmektedir. Eğer halihazırda bir romantik ilişki içerisinde değilseniz, aşağıdaki maddeleri bir ilişki içinde olduğunuzu varsayarak cevaplandırınız. Her bir maddenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılarındaki 7 aralıklı ölçek üzerinde, ilgili rakam üzerine çarpı (X) koyarak gösteriniz.

1-----2-----3-----4-----5-----6-----7	
Hiç Kararsızım/ katılmıyorum fikrim yok	Tamamen katılıyorum

1. Birlikte olduğum kişinin sevgisini kaybetmekten korkarım.	1	2	3	4	5	6	7
2. Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim.	1	2	3	4	5	6	7
3. Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım.	1	2	3	4	5	6	7
4. Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissederim.	1	2	3	4	5	6	7
5. Sıklıkla, birlikte olduğum kişinin beni gerçekten sevmediği kaygısına kapılırım.	1	2	3	4	5	6	7
6. Romantik ilişkide olduğum kişilere güvenip inanmak konusunda kendimi rahat bırakmakta zorlanırım.	1	2	3	4	5	6	7
7. Romantik ilişkide olduğum kişilerin beni, benim onları önemsedikim kadar önemsemeyeceklerinden endişe duyarım.	1	2	3	4	5	6	7
8. Romantik ilişkide olduğum kişilere yakın olma konusunda çok rahatımdır.	1	2	3	4	5	6	7
9. Sıklıkla, birlikte olduğum kişinin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.	1	2	3	4	5	6	7
10. Romantik ilişkide olduğum kişilere açılma konusunda kendimi rahat hissetmem.	1	2	3	4	5	6	7
11. İlişkilerimi kafama çok takarım.	1	2	3	4	5	6	7
12. Romantik ilişkide olduğum kişilere fazla yakın olmamayı tercih ederim.	1	2	3	4	5	6	7
13. Benden uzakta olduğunda, birlikte olduğum kişinin başka birine ilgi duyabileceği korkusuna kapılırım.	1	2	3	4	5	6	7

14. Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım.	1	2	3	4	5	6	7
15. Romantik ilişkide olduğum kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım.	1	2	3	4	5	6	7
16. Birlikte olduğum kişiyle kolayca yakınlaşabilirim.	1	2	3	4	5	6	7
17. Birlikte olduğum kişinin beni terk edeceğinden pek endişe duymam.	1	2	3	4	5	6	7
18. Birlikte olduğum kişiyle yakınlaşmak bana zor gelmez.	1	2	3	4	5	6	7
19. Romantik ilişkide olduğum kişi kendimden şüphe etmeme neden olur.	1	2	3	4	5	6	7
20. Genellikle, birlikte olduğum kişiyle sorunlarımı ve kaygılarımı tartışırım.	1	2	3	4	5	6	7
21. Terk edilmekten pek korkmam.	1	2	3	4	5	6	7
22. Zor zamanlarımda, romantik ilişkide olduğum kişiden yardım istemek bana iyi gelir.	1	2	3	4	5	6	7
23. Birlikte olduğum kişinin, bana benim istediğim kadar yakınlaşmak istemediğini düşünürüm.	1	2	3	4	5	6	7
24. Birlikte olduğum kişiye hemen hemen her şeyi anlatırım.	1	2	3	4	5	6	7
25. Romantik ilişkide olduğum kişiler bazen bana olan duygularını sebepsiz yere değiştirirler.	1	2	3	4	5	6	7
26. Başımdan geçenleri birlikte olduğum kişiyle konuşurum.	1	2	3	4	5	6	7
27. Çok yakın olma arzum bazen insanları korkutup uzaklaştırır.	1	2	3	4	5	6	7
28. Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissedirim.	1	2	3	4	5	6	7
29. Romantik ilişkide olduğum bir kişi beni yakından tanıdıkça, "gerçek ben"den hoşlanmayacağından korkarım.	1	2	3	4	5	6	7
30. Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır.	1	2	3	4	5	6	7
31. Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkelenendir.	1	2	3	4	5	6	7
32. Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır.	1	2	3	4	5	6	7

APPENDIX 5: ETHICAL APPROVAL FORM

Evrak Tarih ve Sayısı: 21.07.2023-250983

1993

BAŞKENT ÜNİVERSİTESİ

Akademik Değerlendirme Koordinatörlüğü

Sayı : E-62310886-605.99-250983
Başvurusu

Konu : Bengisu Kemer'in Etik Kurul

Hk.

FEN-EDEBİYAT FAKÜLTESİ DEKANLIĞINA

İlgi : 15.06.2023 tarih ve 240490 sayılı yazınız.

Fakülteniz Psikoloji Bölümü öğretim üyesi, Prof. Dr. Doğan Kökdemir'in danışmanlığında, Sosyal Psikoloji Tezli Yüksek Lisans Programı öğrencisi Bengisu Kemer tarafından yürütülecek olan "Beliren Yetişkinlikte Varoluşsal Kaygılar, Bağlanma Stilleri ve Flört Uygulamalarının Kullanımı Arasındaki İlişkinin Araştırılması (Exploring the Relationship Between Existential Anxieties, Attachment Styles, and Usage of Dating Applications in Emerging Adults)" adlı çalışması değerlendirilmiş ve bilgilerinize ekte sunulmuştur.

21.07.2023

Ek: Değerlendirme Formu

Bu belge, güvenli elektronik imza ile imzalanmıştır.

Belge Doğrulama Kodu :BSFB1R4Z44 Belge Doğrulama Adresi :
<https://www.turkiye.gov.tr/baskent-universitesi-ebys>

Prof. Dr. M. Abdülkadir VAROĞLU Kurul Başkanı

Sayı : 17162298.600- 177
Konu : Bilimsel Çalışma

17 Temmuz 2023

İlgili Makama

Üniversitemiz Fen-Edebiyat Fakültesi Psikoloji Bölümü öğretim üyesi, Prof. Dr. Doğan Kökdemir'in danışmanlığında, Sosyal Psikoloji Tezli Yüksek Lisans Programı öğrencisi Bengisu Kemer tarafından yürütülecek olan "Beliren Yetişkinlikte Varoluşsal Kaygılar, Bağlanma Stilleri ve Flört Uygulamalarının Kullanımı Arasındaki İlişkinin Araştırılması (Exploring the Relationship Between Existential Anxieties, Attachment Styles, and Usage of Dating Applications in Emerging Adults)" adlı çalışma değerlendirilmiş ve yapılmasında bir sakınca olmadığı tespit edilmiştir. Bilgilerinize saygılarımızla sunarız.

Başkent Üniversitesi Sosyal ve Beşeri Bilimler ve Sanat Alan Araştırma Kurulu

Ad, Soyad	Değerlendirme	İmza
Prof. Dr. M. Abdülkadir Varoğlu	Olumlu/ Olumsuz	
Prof. Dr. Gözen Güner Aktaş	Olumlu/ Olumsuz	
Prof. Dr. Sadegül Akbaba Altun	Olumlu/ Olumsuz	
Prof. Dr. Hasan Tahsin Fendoğlu	Olumlu/Olumsuz	
Prof. Dr. Filiz Kalelioğlu	Olumlu/ Olumsuz	
Prof. Dr. Hidayet Hale Künüçen	Olumlu/ Olumsuz	
Prof. Dr. Özcan Yağcı	Olumlu/ Olumsuz	

Evrak Tarih ve Sayısı: 21.07.2023-250983