

INVESTIGATION OF RELATIONAL VIOLENCE IN ROMANTIC RELATIONSHIPS
IN TERMS OF PERPETRATOR AND VICTIM IN THE CONTEXT OF SCHEMA
THERAPY



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INVESTIGATION OF RELATIONAL VIOLENCE IN ROMANTIC RELATIONSHIPS IN
TERMS OF PERPETRATOR AND VICTIM IN THE CONTEXT OF SCHEMA THERAPY

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PALAGRISM

I hereby declare that all information in this document has been obtained and presented in accordance with academic rules and ethical conduct. I also declare that, as required by these rules and conduct, I have fully cited and referenced all material and rules that are not original to this work.

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ABSTRACT

The main purpose of this research is to explain the predictive role of schemas in explaining relational violence in close relationships. In the study, 220 (176 women and 44 men) adult individuals aged 18 years and over were administered Personal Information Form (CSF), Multidimensional Emotional Abuse Scale (CDSS), Young Schema Scale Short Form-3 (YSS-SF3). Relational research method was used to examine the relationship between study variables and demographic variables. Multiple Regression analysis and Independent T-Test analysis were used to answer the research questions. The results revealed that many schemas have a predictive role in violence and exposure to violence. While there was a relationship between social isolation/ insecurity and approval-seeking schemes and the exposure to violence through hostile withdrawal; there was no relationship, between emotional deprivation, failure, pessimism, emotional inhibition, dependence/ incompetence, insufficient self-control, self-sacrifice, abandonment, subjugation, defectiveness, vulnerability to harm, unrelenting standards schemes. While there was a relationship between failure schemes and exposure to violence through control; there was no relationship between social isolation/ insecurity, approval-seeking, emotional deprivation, pessimism, emotional inhibition, dependence/ incompetence, insufficient self-control, self-sacrifice, abandonment, subjugation, defectiveness, vulnerability to harm, unrelenting standards schemes. While dependence/ incompetence, insufficient self-control schemes and the exposure to violence through domination/ intimidation; there was no relationship between social isolation/ insecurity, approval-seeking, emotional deprivation, failure, pessimism, emotional inhibition, self-sacrifice, abandonment, subjugation, defectiveness, vulnerability to harm, unrelenting standards schemes. The relationship between any scheme and exposure to violence through humiliation. While

there was a relationship between emotional deprivation and defectiveness schemes and violence through humiliation; there was no relationship between social isolation/ insecurity, approval-seeking, failure, pessimism, emotional inhibition, dependence/ incompetence, insufficient self-control, self-sacrifice, abandonment, subjugation, vulnerability to harm, unrelenting standards schemes. While there was a relationship between vulnerability to harm schemes and violence through control; there was no relationship between social isolation/ insecurity, approval-seeking, emotional deprivation, failure, pessimism, emotional inhibition, dependence/ incompetence, insufficient self-control, self-sacrifice, abandonment, subjugation, defectiveness, unrelenting standards schemes. While there was a relationship between failure, social isolation/ insecurity, approval-seeking, schemes and violence application Behavior through hostile withdrawal; there was no relationship between emotional deprivation, pessimism, emotional inhibition, dependence/ incompetence, insufficient self-control, self-sacrifice, abandonment, subjugation, defectiveness, unrelenting standards schemes. While there was a relationship between dependence/ incompetency schemes and violence practice behavior through domination/ intimidation; there was no relationship between social isolation/ insecurity, approval-seeking, emotional deprivation, failure, pessimism, emotional inhibition, insufficient self-control, self-sacrifice, abandonment, subjugation, defectiveness, vulnerability to harm, unrelenting standards schemes.

Keywords: Schema Therapy, Intimate Partner Violence, Schema Domains, Violence in Romantic Relationships.

ÖZET

Bu araştırmanın temel amacı, Yakın ilişkilerde yaşanan ilişkisel şiddeti açıklamada şemaların yordayıcı rolünü açıklamaktır. Çalışmada 176'sı kasın 44'ü erkek olüzere toplamda 220, 18 yaş ve üzeri yetişkin bireye Kişisel Bilgi Formu (KBF), Çok Boyutlu Duygusal İstismar Ölçeği (ÇBDİÖ), Young Şema Ölçeği Kısa Form-3 (YŞÖ-KF3) uygulanmıştır. Çalışma değişkenleri ile demografik değişkenler arasındaki ilişkiyi incelemek için ilişkisel araştırma yöntemi kullanılmıştır. Araştırma sorularını yanıtlamak amacıyla Çoklu Regresyon analizi ve Bağımsız T-Testi analizi kullanılmıştır. Sonuçlar birçok şemanın şiddet uygulama ve şiddete maruz kalma durumlarında yordayıcı role sahip olduğunu ortaya çıkarmıştır. Sosyal izolasyon/güvensizlik ve onay arama programları ile düşmanca geri çekilme yoluyla şiddete maruz kalma arasında bir ilişki varken; duygusal yoksunluk, başarısızlık, karamsarlık, duygusal bastırma, bağımlılık/yetersizlik, yetersiz özdenetim, kendini feda etme, terk etme, boyun eğdirme, kusurluluk, zarara karşı dayanıksızlık, yüksek standartlar şemaları arasında hiçbir ilişki yoktur. Başarısızlık şemaları ile kontrol yoluyla şiddete maruz kalma arasında bir ilişki varken; sosyal izolasyon/güvensizlik, onay arama, duygusal yoksunluk, karamsarlık, duygusal bastırma, bağımlılık/yetersizlik, yetersiz özdenetim, kendini feda etme, terk etme, boyun eğdirme, kusurluluk, zarara karşı dayanıksızlık, yüksek standartlar şemaları arasında bir ilişki yoktur. Bağımlılık/yetersizlik, yetersiz özdenetim şemaları ve tahakküm/korku yoluyla şiddete maruz kalma; sosyal izolasyon/güvensizlik, onay arama, duygusal yoksunluk, başarısızlık, karamsarlık, duygusal bastırma, kendini feda, terk etme, boyun eğdirme, kusurluluk, zarara karşı dayanıksızlık, yüksek standartlar şemaları arasında bir ilişki yoktur. Herhangi bir şema ile aşağılama yoluyla şiddete maruz kalma arasındaki ilişki görülmemiştir. Duygusal yoksunluk ve

kusurluluk şemaları ile aşağılama yoluyla şiddet arasında ilişki bulunurken; sosyal izolasyon/güvensizlik, onay arama, başarısızlık, karamsarlık, duygusal bastırma, bağımlılık/yetersizlik, yetersiz özdenetim, kendini feda etme, terk etme, boyun eğdirme, zarara karşı dayanıksızlık yüksek standartlar şemaları arasında bir ilişki yoktur. Zarar verme şemalarına karşı savunmasızlık ile kontrol yoluyla şiddet arasında bir ilişki varken; sosyal izolasyon/güvensizlik, onay arama, duygusal yoksunluk, başarısızlık, karamsarlık, duygusal bastırma, bağımlılık/yetersizlik, yetersiz özdenetim, kendini feda, terk etme, boyun eğdirme, kusurluluk, yüksek standartlar şemaları arasında ilişki yoktur. Başarısızlık, sosyal izolasyon/güvensizlik, onay arama, şemalar ve düşmanca geri çekilme yoluyla şiddet uygulama Davranışı arasında bir ilişki varken; duygusal yoksunluk, karamsarlık, duygusal bastırma, bağımlılık/yetersizlik, yetersiz özdenetim, kendini feda, terk etme, boyun eğdirme, kusurluluk, yüksek standartlar şemaları arasında ilişki yoktur. Bağımlılık/yetersizlik şemaları ile tahakküm/ yıldırma yoluyla şiddet uygulama davranışı arasında ilişki bulunurken; sosyal izolasyon/güvensizlik, onay arama, duygusal yoksunluk, başarısızlık, karamsarlık, duygusal bastırma, yetersiz özdenetim, kendini feda etme, terk etme, boyun eğdirme, kusurluluk, zarara karşı dayanıksızlık, yüksek standartlar şemaları arasında bir ilişki yoktur. Bu çalışmanın sınırlılıkları ve bulguları ilgili literatür ışığında tartışılmış ve gelecekteki araştırmalar için bulguların ve önerilerin teorik çıkarımları ve uygulamaları sunulmuştur.

Anahtar Kelimeler: Şema Terapi, Yakın Partner Şiddeti, Şema Alanları, Romantik İlişkilerde Şiddet.

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Finally, I conclude this thesis at a time when we are experiencing huge destruction as a country. I wish peace to my relatives and all the people who lost their lives in the earthquake. I hope we will heal our wounds together

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CHAPTER I

INTRODUCTION

Violence is a huge problem around the world. According to the World Health Organization, violence resulting or likely to result in injury, death, psychological harm, growth retardation, or deprivation is defined as the threat or deliberate use of physical force against oneself, another person, or a group/community (WHO, 1996). The groups most exposed to violence are women, children, and the elderly. For this reason, domestic violence is emphasized in general.

However, there are many sub-titles under the title of violence. When a classification is made about the groups subjected to violence, the list includes violence against women, violence against children, violence against the elderly, peer violence, sibling violence, dating violence, violence against the disabled, LGBT violence, refugee violence, and self-violence. (Polat, 2016). Recently, "violence in romantic relationships" or "intimate partner violence" has been added to the sub-titles of violence and domestic violence. Also, intimate partner violence has become a frequently studied subject.

According to a definition in the literature, intimate partner violence is the act of one or more of the parties collectively or dispersedly in a way that harms the physical or mental integrity, property, symbolic and cultural values of the others (Michaud, 1991 as cited in Parlak & Canel, 2021). Since intimate partner violence is a social problem increasing daily, the World Health Organization has included "intimate partner violence and sexual violence (against women)" under the title of violence (Dahlberg & Krug, 2002). Under this heading, intimate partner violence is defined by the World Health Organization as forcing people physically, such as hitting or pushing; psychologically or sexually, such as humiliating, intimidating, or isolating them from their family and friends; constantly monitoring their behavior, and restricting their

access to information and help (WHO, 2002). When discussing intimate partner violence, it is very important to discuss approaches to violence. I³ theory describing and explaining violence, feminist theory, power theory, social learning theory, background/situational model and personality/typology model are the most discussed topics. The I³ model identifies three processes that create partner violence in intimate relationships: provocation, activation, and inhibition. These three processes include different factors that lead to violence, and violence arises from the interaction of these three processes (Atakay, 2014). Feminist theory sees sexism and female inequality as the leading cause of intimate partner violence in patriarchal societies. According to power theorists, the cause of violence is not just culture. Violence also stems from family structure.

According to social learning theorists, violence is based on a process that begins in childhood by taking a role model. Finally, the background/situational model considers background and situational factors that contribute to the development and maintenance of courtship/complementary aggression. The personality/typology model emphasizes the psychopathology and personality traits that trigger violence (Bulut et al., 2020). As mentioned, many models and theories have been used to explain intimate partner violence and its causes. In addition to these approaches, this study aims to explain the relationship between the schema therapy model and the schema areas of the victims of intimate partner violence and practitioners of intimate partner violence. In other words, it investigates which schematic areas the victims of intimate partner violence often have and which places the practitioners often have.

Early maladaptive schemas are general, common content or patterns. It includes memories, emotions, cognitions, physical sensations, and relationships with oneself and others (Young et. al., 2003). The main factors in the formation of

individuals' early maladaptive schemas are; the relationship they had with their parents in their childhood, the experiences they had, the extent to which their psychological needs were met, and the traumatic processes they experienced (Young, Klosko, and Weishaar, 2003). Diagrams become more elaborate throughout life, but they can become dysfunctional after a point. According to Young, a person can develop maladaptive schemas in response to a schema. This is called early maladaptive schemas. Behaviors are motivated by schemas (Young et al., 2021). For this reason, it is thought that the early maladaptive schemas of individuals have a predictive role in being a perpetrator of intimate partner violence and a victim of intimate partner violence. Since the Turkish form of the Young Schema Scale has been used in the study, the Impaired Autonomy Schema Field, the Disconnection and Rejection Schema Field, the High Standards Schema Field, the Impaired Borders Schema Field and the Other Orientation Schema Field, and Nesting/Dependence, Abandonment, Failure, In the Face of Pessimism, Threats, Emotional Deprivation, Suppression of Emotions, Social Isolation/Insecurity, Flawlessness, High Standards, Approval Seeking, Privilege/Insufficient Self-Control, Self Sacrifice, Punishment has been evaluated.

These schemas continue as a pattern throughout the person's life and are reflected in their romantic relationships (Young et al., 2003, as cited in Balatarlı, 2020). Differences in relationships are inevitable. Differences can increase conflict, and it is possible to gain functionality when balanced. Healthy couples often have complementary functionality. However, in cases where functionality is lost, damage occurs in relationships, and the effect of discordant schemas is felt. In other words, a traumatic childhood, an early injury, can be carried over to our relationships as lifetime burden. As a result, the probability of experiencing violence in the

relationship increases. For example, a neglected and abused child will grow up to be either angry or arrogant. It is quite possible for a child who has grown up this way to display "destructive entitlement" behaviors in a romantic relationship as an adult.

Destructive empowerment is a form of violence that includes manipulation, threats, and abuse (Covey, 1997, as cited in Simone-DiFrancesco et al., 2017).

1.1. Problem Statement

Even if efforts are made to reduce the adverse effects it creates, violence is an important phenomenon both in Turkey and around the world, and it is still a significant problem to be solved (Kılıçarslan & Parmaksız, 2020).

One of the places where the violence we constantly encounter in different interaction areas is seen the most is couple relationships (Page & İnce, 2008; Turkish Statistical Institute, 2012, as cited in Kılıçarslan & Parmaksız, 2020). In a study of 8666 university students from 31 universities in 16 countries who were romantically involved, an unacceptably large percentage found that they had abused their partners in the past 12 months (Straus, 2004 as cited in Demirtaş et. al., 2018). Another sample of nearly 16,000 university students from 21 countries had similar results reporting unacceptably high levels of physical violence against their partner in the past 12 months (Chan et. al., 2008, as cited in Demirtaş, E. et al., 2016). In a Turkish sample of 834 people, 46.0% of female and 34.7% of male students reported having used physical violence at least once in their relationships (Toplu & Hatipoğlu-Sümer, 2011, as cited in Demirtaş et. al., 2016).

While the existence of violence is indisputable, many factors influence violence. One of the most critical factors in applying and accepting violence in close relationships is how one perceives oneself and relationships with others. Key relationships previously established with peers and parents play an essential role in

structuring the social and emotional background in which adult relationships will develop (Reis, Collins, & Berscheid, 2000, as cited in Eken, 2018). In these early relationships, there is the concept of "schema," which includes the way people conceptualize themselves and others as a result of dysfunctional negative experiences with their family, siblings, and peers (McGinn & Young, 1996; Martin & Young, 2010; Young & Klosko, 2011). Schemas that begin in childhood and become dysfunctional are called early maladaptive schemas. Early maladaptive schemas include memories, emotions, cognitions, and bodily sensations (Dobson, 2010).

Therefore, how people conceptualize themselves and their relationships with others is essential. Considering the maladaptive schemas that arise for this reason, it is thought that violence experienced in romantic relationships may be related to early maladaptive schemas for both the practitioner and the victim.

1.2. Purpose of the research

This study aims to determine whether early maladaptive schemas predict the type of violence that individuals are exposed to or perpetrate in their romantic relationships within the scope of schema therapy theory. In addition, it aims to determine how the types of emotional violence and schmeas experienced in romantic relationships differ according to gender. "Multidimensional Emotional Abuse Scale" will be used to measure the violence experienced in romantic relationships, while "Young Schema Scale Short Form-3" will detect early maladaptive schemas of individuals. Emotional abuse, control, humiliation, hostile withdrawal, and threat. Control, humiliation, hostile withdrawal, threat, and exposure, which are sub-dimensions of the practice dimension, are predicted variables. The predictive variables are separation and rejection, impaired, impaired boundaries, other-directedness, and hypercriticalness schema domains. Most important thing in this study it is predicted

that the functions of the early maladaptive schemas of the individual will play an essential role in explaining the violence in romantic relationships.

1.3. Importance of the research

It has become an important goal to find the precursors of violence to prevent violence both in the world and Turkey. According to the data obtained from the National Injuries Prevention and Control Center's National Intimate Partner and Sexual Violence Survey, nearly 1 in 4 adult women, and nearly 1 in 7 adult men, report experiencing severe physical violence from an intimate partner in their lifetime. 16% of women and 7% of men have experienced sexual violence by an intimate partner (examples are rape, sexual coercion or unwanted sexual contact).

Furthermore, 10% of women and 2% of men report being followed by an intimate partner (Niolon et. al., 2017, as cited in Bulut et al., 2020). The booklet published by the World Health Organization (WHO, 2013) states that 30% of women worldwide have experienced physical or sexual violence from their intimate partners. If we look at the frequency in our country, according to the Domestic Violence Against Women data of the Turkish Statistical Institute (2008), the percentage of women subjected to physical violence by their husbands or cohabitants at any point in their lives is 39.3

%. The percentage of those subjected to sexual violence is 15.3%, and the percentage of those subjected to physical or sexual violence is 41.9%. The percentage of those exposed to emotional violence/abuse is 43.9%. In terms of being exposed to controlling behaviors, the percentage of always wanting to know where they are is 68.8%, and the percentage of preventing partners from seeing their friends is %12.4. The data show that violence in intimate relationships is a serious social problem in our country. (Atakay, 2014).

When we analyze the literature studies in Turkey, it is seen that the titles of domestic violence, dating violence, and violence against women are frequently examined, and research regarding these titles is intense. However, it has been observed that the number of studies in which the concept of "intimate partner violence," a more inclusive term, is included is low. No study examining intimate partner violence and the scope of schema therapy theory has been found. Baltalarlı (2020) examined dating violence from the perspective of schema therapy.

Gündoğmuş (2019) examined spousal violence from the perspective of schema therapy. Taşkale (2014) examined women victims of domestic violence in the schema therapy model. It has been observed that the studies conducted examine dating violence, violence against spouses, domestic violence, and violence against women from the perspective of schema therapy. No study has been found in which intimate partner violence is examined from the perspective of schema therapy, both for the practitioner and the victim. This study is vital in investigating the predictive effect of maladaptive schema domain variables on severity. In summary, it is thought that this study will contribute to the literature in terms of both the concept of intimate partner violence (IPV) taking place more in the literature and examining the antecedents of partner violence in the context of schema therapy theory. In addition, considering that the research was conducted on couples, it is thought that it will also occur in the couple and family therapy literature.

1.4. Research Question

- 1- What is the predictive role of early maladaptive schemas in explaining the perpetration of intimate partner violence?
- 2- What is the predictive role of early maladaptive schemas in explaining being a victim of intimate partner violence?

1.5. Sub-Questions

- 1- Does the status of intimate partner violence differ according to gender?
- 2- Does being a victim of intimate partner violence differ according to gender?
- 3- Does the status of early maladaptive schemas differ according to gender?

1.6. Assumptions

It is assumed that the research participants gave sincere and correct answers to the applied measurement tools.

1.7. Limitations

The research was limited to having been in a romantic relationship for at least six months. Furthermore, the research data is limited to the participation of people reached through google who form sampling. In addition, the fact that more female participants are included in the research voluntarily creates a limitation regarding gender variables. Finally, the study's data are limited to the qualifications measured by the Demographic Information Form, the Multidimensional Emotional Abuse Scale, and the Young Schema Scale Short Form-3.

CHAPTER II

LITERATURE REVIEW

In this section, related literature about variables of the study and previous research on them are presented.

2.1. Violence

The concept of violence is as old as human history and is a phenomenon that can occur in all areas of human life. However, the phenomenon of violence and the level of acceptability of violence vary greatly depending on society, culture, and time. For this reason, finding a general definition of violence is impossible (Özdemir, 2019). For this reason, it is necessary to look at many definitions of violence.

The groups experiencing violence the most are children, women, and the elderly. In this respect, individual violence is studied under domestic violence. However, individual violence is a factor that triggers collective violence.

Therefore, the resulting damage is also evaluated from an individual perspective through the event that that person has experience.

2.1.1. Violence in dating relationships

Before defining the violence of dating, it is necessary to define the concept of dating. Flirt is a type of relationship that includes social interaction and takes actions intending to continue or end the relationship, then terminates at the request of one or both parties or continues with an official relationship (marriage, engagement, cohabitation) (Baldan & Akış 2017 as cited in Kaplan, 2020).

While examining relational violence, it is necessary to mention dating violence as well as domestic violence. Anderson and Danis (2007) provide this more inclusive definition of dating violence: "the threat or actual use of physical, sexual or verbal

abuse by one member of an unmarried couple to the other member in the context of a dating relationship." This definition covers all three physical dimensions of dating violence. In order to fully understand dating violence, it is helpful to examine more than one definition. Therefore, when we look at another definition, dating violence is defined as the violence of one partner to the other in a premarital relationship or the violence of both partners to each other. This violence includes physical violence, such as pushing, slapping, kicking, and hitting, and psychological violence, such as resentment, verbal abuse, and jealousy (Ayyıldız & Taylan, 2018, as cited in Kaplan, 2020). Dating violence is generally defined as interpersonal power-building and abuse in a romantic relationship. Similar to the concept of violence, when dating violence is mentioned, a violent behavior involving physical force comes to mind first. However, this power building and abuse are constantly updated with research and studies on the subject. Therefore, it is no longer evaluated only in physical aspects (Palabıyık, 2019, as cited in Kaplan, 2020).

Considering the violence of dating, its reasons, way of life, and consequences, it can be said that it is different from other types of violence. This is because people have difficulty describing the violence they experience since their awareness of the relationship they are in has just formed. From another point of view, the fact that people do not know how to cope with the violence they experience and that they do not see it as violence because of the love they have for the person they are facing are factors in the differentiation of dating violence from other types of violence. For this reason, it is crucial to raise awareness of these age groups, who can both experience and perpetrate violence, especially in dating relationships (Aslan et al., 2008, as cited in Fidan & Yeşil, 2018).

2.1.2. Description of Intimate Partner Violence

The term intimate relationship violence describes physical, sexual, or psychological harm inflicted by a former or current partner or spouse. This type of violence can occur between straight or same-sex couples and does not require sexual intimacy. Intimate violence includes physical and sexual violence as well as emotional and financial abuse, according to Statistics Canada. Intimate relationship violence includes violence experienced in existing, legal, or common-law relationships and any intimate relationship such as dating. Intimate relationship violence includes acts of physical aggression such as slapping, hitting, kicking, biting, beating, using or threatening to use a weapon, as well as psychological abuse such as intimidation, constant humiliation or humiliation, and threats, and isolating a person from family or friends, monitoring their movements and gaining information. This includes any controlling behavior, such as restricting access to financial support or other assistance or coercing sexual acts (Miller, McCaw, 2019). While working on violence in close relationships, many researchers have overemphasized the zero-order relationships between cultural or individual difference risk factors that are unlikely to be changed, such as patriarchal socialization practices or psychopathic personality traits. For this reason, they have been subjected to significant criticism. For this reason, other researchers have proposed a series of theoretical models. Before introducing The I³ Theory, examining the existing theoretical models is helpful. We classify these models as sociocultural, internal, interpersonal, typological, and integrative.

2.1.3. History of Intimate Partner Violence

The phenomenon of violence is as old as human history. When we look at the studies of archaeologists, they found that there were 9% to 20% fractures in 2000-

3000 years old male mummy bones and 30% to 50% fractures in female mummies. When we look at the ancient Roman inscriptions, we see similar examples. In ancient Roman times, men had the right to divorce or kill their wives for reasons such as committing adultery or participating in unauthorized games. When we look at our country, the patriarchal system is striking. Because of this system, women are expected to maintain a life in the shade. Women's lives are expected to be limited to their spouses and children. The situation is different for men. Man's presence in the public sphere is more welcomed. While women are expected to be at the forefront of their attractiveness, men are expected to be at the forefront with their rationality, financial resources, and professional and intellectual achievements. Recently, there have been significant breaks in women's movements and similar issues. However, even though the traditional patriarchal system has begun to go out of the economic, cultural, and social sense, structures based on the gender- based division of labor have gained continuity. This continuity causes violence against women to continue today.

The first law criminalizing violence against women was passed in Maryland in 1883. Then, in the last years of the 20th century, quantitative method-based studies began to be conducted on the causes, prevalence, and consequences of violence.

Contracts, recommendations, and legal regulations in the fight against violence against women significantly impact starting of these studies. Previously, research has been carried out under "violence against women and domestic violence. However, intimate partner violence brought a different perspective to the defined literature. Thus, violence between the parties in short/long-term and ex/new dating relationships was also investigated and is being studied in different disciplines (Bulut et. al., 2020).

2.2. Theoretical Perspective on Intimate Partner Violence

To better understand intimate partner violence, it is necessary to pay attention

to the theoretical framework. There are many theories to explain intimate partner violence. These theories are divided into sociocultural and individual theories. Sociocultural theories are feminist and power theories; individual theories are classified as social learning theory, background/situational model, personality/typological theories, and I³ Model.

2.2.1. *Feminist Theory*

Feminist theory is one of the oldest known theories. It is also one of the most well-known theories in terms of awareness. The feature that most distinguishes the feminist theory from other theories is that it accepts violence as a social situation, especially violence against women (Güneş, 2018, as cited in Aslan, 2020). From this perspective, supporters of feminist theory see sexism and women's inequality in patriarchal societies as the leading causes of intimate partner violence (Dobash & Dobash 1977; Lenton, 1995, Walker, 1984; Yllo, 1985, as cited in Bulut et. al., 2020). The feminist theory emphasizes patriarchy and focuses on the balance of power between men and women (Yumuşak, 2013, as cited in Arslan, 2020). According to Walker, socially defined gender roles increase the victimization of women and pave the way for the perpetration of violence against women by men (Walker, 1984, as cited in Bulut, 2020). The advocates of the feminist theory argue that men can use physical violence and various tactics to dominate and create pressure on women and their families.

Based on this theory, Yllo and other theorists argued that the solution should primarily focus on male domination behaviors and patriarchal beliefs (Yllo, 1985; McMahon, Pence, 1996, as cited in Bulut, 2020). The reason why so much emphasis is placed on feminist theory is that in the descriptive and relational studies, significant results were obtained in the relationship between the levels of violence against their

wives committed by men giving importance to patriarchal values. Additional evidence to support this theory shows that high rates of spousal assaults occur primarily in states with husband/wife-dominated families and high-status women (Yllo, 1983; Yllo, Straus, 1984, as cited in Bulut, 2020). This theory has been criticized because it focuses primarily on heterosexual relationships and is insufficient to explain lesbian relationships (Arslan, 2020).

2.2.2. *Power Theory*

According to power theorists, the roots of violence do not stem solely from culture. Family structure also significantly impacts violence (Straus, 1976, as cited in Bulut, 2020). The reason for dealing with family conflicts is the belief that the use of violence is learned by witnessing or experiencing physical abuse in childhood (Straus, 1977, as cited in Bulut, 2020). Economic difficulties are also thought to increase domestic tension and the risk of exposure to domestic physical violence (Straus, Gelles, Steinmetz, 1980; Witt, 1987 as cited in Bulut 2020). According to power theorists, another factor that increases family problems and tensions is power imbalances between husband and wife (Sagrestano, Heavey, Christensen, 1999, as cited in Bulut, 2020).

Some studies show that conflicts and stress levels in the family environment are high. On the other hand, if the socioeconomic status is low, the rates of experiencing intimate partner violence in families may be higher (Cascardi, Vivian, 1995; Coleman, Straus MA, 1986; Gelles, 1980, as cited in Bulut, 2020). Studies conducted in the context of this theory have also found that the level of physical aggression is the lowest in more egalitarian couples. If we make a general summary, according to the power theory, power-related imbalances in all intimate partner relationships, regardless of family or dating, cause dating violence and intimate

partner violence. However, studies on this theory are limited (Yumuşak, 2013, as cited in Arslan, 2020).

2.2.3. *Social Learning Theory*

Based on Bandura's Social Learning theory, according to theorists, the basis of violence against intimate partners is modeling in childhood. According to social learning theory, methods of resolving family conflicts occur by observing parenting and peer relationships (Bowen, 1978; Mihalic, 1997, as cited in Bulut et. al., 2020).

The theory argues that people who tolerate or accept domestic violence are more likely to be victims or perpetrators of spousal abuse. The social learning theory states that whether violence continues in adulthood depends on the violence experienced in early spousal and friendship relations. He also believes that intimate partner violence will continue if it serves a purpose and is supported by appropriate conditions. The fact that the expectation has come true after spousal abuse may create an expectation that the perpetrator will achieve positive results through violence in the future. This situation supports the continuity of violence. According to social learning theorists, witnessing the positive or negative consequences of violent behavior is a significant predictor of whether an individual will cause future violence (Riggs, 2000, as cited in Bulut et. al., 2020).

2.2.4. *Background/Situational Model*

Extending the social learning theory, Riggs and O'Leary developed a model to explain a type of intimate partner violence, namely courtship/complimentary aggression (Riggs, 1989, cited in Bulut et al. 2020). To explain in more detail, the background factors include the time of witnessing or being abused, aggressive personality traits, psychopathology, and the use of aggression as a tool. The second

component includes situational factors that determine the stage of exposure to violence. Conflicts, substance use, relationship satisfaction, conflict resolution skills and coping skills are situational factors that lead to the onset of violence. According to this model, the two factors mentioned can determine whether violence will occur or not. (Riggs, 1996, cited by Bulut et al., 2020).

2.2.5. *Personality/Typology Theories*

This model aimed to determine the psychopathology and personality traits that could increase the person's sensitivity to perpetrate intimate partner violence. Two approaches are frequently cited in the literature. These approaches are Dutton's Borderline Personality Organization and Aggression Theory and Holtzworth-Munroe and Stuart's Development Model of Batterer Subtypes. These theories focus on the relationship between intimate partner violence and attachment to early childhood experiences and impulsivity (Dutton, 1995; Holtzworth-Munroe & Stuart, 1994, as cited in Bulut, 2020).

Based on Attachment Theory, Dutton's Borderline Personality Organization Theory suggests that the tendency to perpetrate intimate partner violence in adulthood results from insecure attachment and early childhood/adolescence embarrassment.

Individuals with this attachment style have a desire for intimate social contact, as well as a fear of rejection and insecurity. This emotionally compelling attachment style increases the tendency of these individuals to experience intense tantrums. As a result, situations where the individual feels threatened by his partner or believes that the relationship has failed somehow reveal the situations of being exposed to intimate partner violence (Dutton, 1995, as cited in Bulut, 2020). It is thought that genetic/prenatal factors, early childhood family experiences and peer experiences, intimate partner violence, and attachment to others affect the development of close

variables related to impulsivity, social skills, attitudes towards women, and violence (Holtzworth-Munroe & Stuart, 1994, as cited in Bulut, 2020).

2.2.6. *I³ Model*

The I³ model is a general-purpose meta-theory. The I³ model is a meta-theoretical framework used to understand an individual's behavior toward a specific target object in a specific context (Finkel & Hall, 2017).

The theory based on the I³ model is based on the assumption that people are more likely to engage in intimate relationship violence if the aggression exceeds the strength of the inhibitory factors that counteract the aggression drive. This assumption seems uncontroversial to many social psychologists. However, the notion that disabling forces, particularly self-regulating forces, are crucial is not found much in the basic sociocultural explanations for the practice of intimate partner violence (Bograd, 1988; Dobash & Dobash, 1979; Pence & Paymar, 1993; Straus et. al., 1980 as cited in Finkel & Eckhardt, 2011).

I³ theory recognizes that individuals who socialize the acceptability of intimate partner violence are more likely to inflict violence on their close partner than individuals who socialize that intimate partner violence is unacceptable. However, it does not neglect to conceptualize intimate partner violence from a fundamentally different point of view. According to the I³ theory, inhibitory processes and self-regulation skills play an essential role. It is not pathological and atypical for partners to feel aggressive urges during an intense conflict, regardless of whether they are male or female. The important thing is whether they succumb to this urge. Self-regulation is an essential concept in intimate partner violence. Although many people who experience the urge to commit intimate partner violence think they can prevent it, that self-control failure can cause violence (Finkel & Eckhardt, 2011).

Three key processes underlie the implementation of IPV: instigation, impellance, and inhibition. Instigation refers to exposure to separate and social dynamics with the potential victim, which normatively triggers an aggressive drive through behaviors such as provocation and rejection. The mentioned social dynamics can trigger hostile, cognitive, emotional, physiological, and behavioral tendencies (Berkowitz, 1993 as cited in Finkel & Eckhart, 2011). Impellance expresses the state of being ready to respond with aggression in the face of a certain provocative process. In other words, we can say that the potential perpetrator is "ready for the urge." The most potent urges arise when both instigation and impellance are strong. Finally, inhibition is the possibility that people override this aggressive urge. Theory refers to temperamental or situational factors that increase the likelihood of invalidation. As mentioned, violence does not occur when the power of inhibition exceeds the power of aggression. When the opposite happens, intimate partner violence can occur (Finkel & Eckhardt, 2011).

2.3. Schema

The term schema has a rich framework, especially in the psychology literature. When evaluated within the scope of cognitive development, a schema is a pattern that helps individuals to explain their reality or experiences, mediates perception, and guides reactions. In other words, Jeffrey Young realized that a broader perspective of life issues is needed to examine long-standing behavioral patterns and emotional issues. Thus, schema therapy was developed from cognitive-behavioral practices and clinical experiences (Young, Klosko & Weishaar, 2003, as cited in Dobson, 2010).

According to Young's schema definition, schemas that develop as a result of traumatic and toxic childhood experiences can be the basis of personality disorders, milder characterological problems. (Barlow, 2001, as cited in Dobson, 2010). It is

clear that these treatments are ineffective for many clients. Although cognitive-behavioral therapy (CBT) is beneficial today- it is short and practical- it is insufficient in the presence of chronic and persistent dysfunction or characterological features that complicate and expand the treatment process (Young, Weinberger, & Beck, 2001, as cited in Dobson, 2010). To support this idea, Young defined the structure he called Early Maladaptive Schemas as a subset of schemas (Young et. al., 2021).

2.3.1. Schema Therapy Approach

There are three building blocks in schema therapy: schemas, coping styles, and modes. The psychological themes are schema, the behavioral responses to the emotions, the coping styles, and finally, the schemas and coping styles operating at a given moment are also called modes. (Dobson, 2010, cited by Young et al., 2003).

Early maladaptive schemas begin in childhood and are repetitive and self-destructive. How one conceptualizes oneself and one's relationships with others is essential. Early maladaptive schemas develop during childhood and adolescence. The main focus of schema therapy is dysfunctional or maladaptive schemas in schema therapy. Early maladaptive schemas are multidimensional; they differ in intensity, prevalence, and activation frequency. Early maladaptive schemas can significantly impact individuals' autonomy, attachment, and self-expression. It can affect others negatively as well as affecting individuals themselves. There are early and late schemas as well as positive and negative schemas.

Traumatic and destructive memories underlie early maladaptive schemas and are a leading cause of this recurrent condition throughout childhood and adolescence. There are basic childhood needs that must be met during childhood. The five basic emotional needs assumed in childhood are:

- (1) securely attached;

- (2) autonomy and identity;
- (3) expressing needs and feelings;
- (4) spontaneity and play; and
- (5) appropriate boundaries and self- control.

If these are not adequately met, the basis of early maladaptive schemas is formed (Dobson, 2010).

2.3.2. Origins of Schema

The basic idea in schema therapy is that schemas arise when basic emotional needs are not met. Humans have five basic emotional needs.

- 1. Secure attachment to others (security, stability, care, and acceptance)
- 2. Autonomy, competence, perception of identity
- 3. Freedom to express needs and feelings
- 4. Spontaneity and play
- 5. Reasonable limits and self-control

2.3.3. Early life experiences

Early maladaptive schemas are often rooted in traumatic childhood experiences. The child's representations of his/her parents form the basis of his representations of the whole world.

Interactions with parents in the early stages of life form the basis of early life experiences. Therefore, there are four main reasons for schemas within the framework of the Schema Therapy Model:

- 1. Obstruction of requirement
- 2. Trauma and victimization
- 3. Overprotection

4. Selective internalization or selective identification (Young et. al., 2003, as cited in Arslan, 2017).

The detailed explanation of these four items is as follows:

1. Obstruction of requirements: It is a situation where the caregivers do not consistently meet the child's needs. Because the child does not see consistent and understanding attitudes and experiences a lack of love, maladaptive schema patterns such as emotional deprivation and abandonment occur.

2. Trauma and victimization: Children need to grow up in a safe environment. Growing up in an unsafe environment with traumatic life stories such as abuse, neglect, and natural disasters may develop early schemas such as insecurity/abuse, imperfection/shame, and vulnerability to harm.

3. Overprotection: It is a situation where the child's needs are met excessively and exaggeratedly. For this reason, the child cannot learn to set boundaries and has difficulty with independence and autonomy. The overprotective approach of parents is the basis for the formation of dependency/inadequacy or entitlement/superiority schemes.

4. Selective internalization or identification with significant others: The child sees his parents as role models. They selectively internalize and identify with their parents' feelings, thoughts, behaviors, and experiences (Young, Klosko & Weishaar, 2009, as cited in Berna, 2021).

According to schema theory, temperament traits interact with early experiences in developing early maladaptive schemas (Young et. al., 2003, as cited in Arslan, 2017). Every child is born with unique and different personality traits and temperaments. Some children are more sensitive, and some are more fragile. Areas that are innate and cannot be changed by psychotherapy are called temperament.

Temperament is a unique blend of points on this set of dimensions. Sensory temperament is effective in forming schemas. This effect occurs in interaction with painful childhood memories. Different temperaments elicit different coping skills in different situations. (Young et. al., 2021). If we talk about this subject in more detail, the probability of a violent parent being violent to a calm child is lower than the possibility of violence to an aggressive child. In addition, children with different temperaments may react differently to these conditions, even if they have similar living conditions. For example, among the two siblings abandoned by the same parents, the shy one becomes more introverted and dependent after the abandonment. In contrast, the assertive one can achieve more positive connections by reinforcing their independence (Dobson, 2010).

When we look at the biological origin of schemas, we can talk about the disconnection between the body and the decision-making (cortex) connections of the brain, which are responsible for distinguishing the emotional and physical connections of the brain from "here and now" and "then and there" when schemas are activated. In other words, when the schemas are triggered, the release of stress hormones increases. In this case, a short circuit occurs in the brain's administrative regions, enabling appropriate reasoning. Although people are "in the moment and there," they are more affected by the events and feelings of the past than by what is happening now. In addition, since all these occur unconsciously, they cannot even be noticed (Behary, 2014, as cited in Yolalan, 2020).

2.3.4. Schema Domains

Domain 1: Disconnect and Rejection

This area highlights attachment issues. Reliability, support, empathy, and respect are lacking in this area. The person believes that these needs will never be met. This may

be because the person was treated in a cold, rejecting way in childhood. If there is extreme neglect, primary care, as well as emotional support, may not be available. Childhood caregivers can be unpredictable, apathetic, or abusive.

1. Abandonment (instability): The person expects to lose the people with whom he/she has an emotional attachment or believes that these people will leave him/her. Individuals important to him/her are unreliable. Also, their behavior is unpredictable. According to the person, all intimate relationships will eventually come to an end.

2. Distrust-abuse: People are there to take advantage of one's life eventually. Being hurt, cheated on, and manipulated is a state one expects to live in. So, naturally, he/she begins to behave suspiciously in relationships in response.

Emotional deprivation: The person believes that his/her emotional needs will not be met or will be met inadequately. These needs include physical needs and needs for empathy, compassion, protection, companionship, and emotional care.

3. Flawlessness-shame: The person feels incomplete, inadequate, and flawed. Others believe they will realize their flaws as they get to know the person. There is an excessive concern for the judgment of others. Shame never decrease.

4. Social isolation (alienation): The person feels very outside of the individuals in the world. The person usually feels that he is relative to his other individuals and social environment and that he has no place in any way.

Domain 2: Impaired Autonomy and Performance

In this domain, the person cannot feel independent. He/she cannot perform independently. This is because the family of origin is overprotective. The family of origin is almost cohesive, and it is likely that it did not support autonomy in the child (Roediger et. al., 2018). Parental separation is not very possible in people with

impaired autonomy and performance schema domains. Parents of people with this schema either did not allow the person to take the steps they could take by being overly concerned, or they did not show any interest (Young et. al., 2003, as cited in Baltarlı, 2020)

1. Dependency / Inadequacy: The person with the belief of dependency and inadequacy believes that he/she cannot even do his daily responsibilities without the help of others. The person has difficulty solving daily problems, cannot make decisions on his/her own, and does not dare to undertake new work.

2. Invulnerability to Diseases and Harm: The person exaggeratedly believes that disaster will happen suddenly and will be impossible to avoid. These fears can be caused by physical ailments as well as emotional processes.

3. Attachment / Underdeveloped Self: It is the situation where the person cannot achieve individuation by getting close to important people in an excessive and unhealthy way. There is a belief that they cannot move on with their lives or be happy without the support of another. It also includes feelings of inadequate individual identity, mingling with others, or suffocation.

4. Failure: The person believes that he/she will definitely fail or perform inadequately compared to his/her peers. They generally tend to describe the person as stupid and incompetent and believe they are less successful than others (Young et. al., 2008, as cited in Arı, 2015).

Domain 3: Impaired Limits

People with this schema domain need help to respect the rights of others. It is difficult for these people to cooperate with others, make promises, or set realistic goals. The person may lack a sense of responsibility. These people have a low tolerance threshold when they experience disappointment. The origin of the family may have

given too little direction and over-tolerated. It can also give the individual a sense of superiority.

1. Authority / Grandeur: The individual believes that he/she is different, unique, and superior to others. The person believes that he/she should have special privileges different from others. He/she thinks that they cannot be constrained by the rules of reciprocity that regulate relations. He/she does not consider the harm they may cause others in their actions or decisions. It focuses on his/her exaggerated superiority in power and control. He/she believes they have adjectives like very successful and very famous. He/she also has the desire to dominate others. He/she is willing to use his/her power for his/her own passions without showing empathy and paying attention to the feelings and needs of others. The person tries to impose his/her own point of view on his/her environment.

2. Insufficient self-control / Inadequate self-discipline: The person has difficulty in self-control. It is also a question of the person being tolerant of other people. As a result, the person refuses to exercise the necessary self-control to achieve goals or to avoid an excessive expression of one's feelings and desires. More mildly, the person places an overemphasis on restless avoidance. The most common problem areas are conflict, confrontation, avoidance of responsibility, and commitment.

Domain 4: Other-Directedness

In this schema domain, they focus on others' reactions and emotions as if they were ignoring their own. This is because of receiving love and approval and maintaining a sense of connection. According to the family of origin's upbringing, children must suppress essential aspects of themselves in order to receive love, attention, and approval. Accordingly, the parent's emotional needs take precedence over the child's. The parent's passions and wishes are more valuable than the child's

unique needs and feelings.

1. Submissiveness: The person has an over-submissive nature.
2. Self-Sacrifice: The person is excessively focused on meeting the needs of others. In doing so, he/she ignores his/her own needs. As a result, one's satisfaction becomes unimportant. The most common reasons for self-sacrifice are; avoiding the suffering of others, avoidance of guilt stemming from the sense of selfishness, and maintaining the connection perceived as needy to others. This schema is triggered by being hypersensitive to the pain of others. Sometimes it creates a feeling that the other's needs are not adequately met. This leads to resentment of the caregiver.
3. Approval-seeking / Recognition-seeking: 3. Approval-seeking / Recognition-seeking: People give up their secure and true sense of self to seek approval from others. They place excessive emphasis on getting approval, recognition, attention, or conformity from other people. These individuals' sense of respect depends primarily on the reactions of others rather than on their own natural dispositions.

Domain 5. Overvigilance/Inhibition

People with this schema area often exhibit attitudes and behaviors such as happiness, self-expression, relaxation, giving up close relationships, and suppressing their own spontaneous emotions and motives at the expense of health. Internalized strict rules cause suppression to take place. The family of origin is overly strict, demanding, and sometimes punitive. They have the belief that everything should be perfect. Following the rules, hiding emotions, and controlling happiness, pleasure, and relaxation are characteristic phenomena. It is vitally important not to make mistakes. Naturally, this creates constant vigilance. People are worried that if they fail, everything will fall apart.

1. Negativity / Pessimism: People tend to focus on negative aspects of life while ignoring the positive ones. Issues such as death, mourning, and betrayal are at the focal point of life. Even if everything is stable in their lives, their belief that everything will turn upside down is permanently active. For example, it includes the fear of making a mistake or getting into a bad situation, which could lead to financial collapse, loss, or embarrassment. Characteristically, this pessimism and chronic anxiety are present.

2. Emotional Suppression / Inhibition: People undergo extreme suppression to avoid rejection of their actions, feelings, or communication, fear of losing control, and emotional embarrassment.

3. Unrelenting standards (hypercriticalness): People believe that to avoid criticism, they must strive to meet reasonably high standards of internalized actions and behaviors. It leads to excessive criticism of self and others due to the sense of pressure they feel and difficulty calming down. It includes significant disruptions in pleasure, relaxation, health, self-esteem, sense of accomplishment, or satisfying relationships. High standards are generally;

a- Perfectionism; excessive attention to detail or underestimating that good performance is up to standards.

b- Strict rules and "obligations," including irrational high moral, cultural, moral, and religious orders.

c- Obsession with time and efficiency, the need to always be more successful.

Punitiveness: Individuals believe they should be punished harshly for their mistakes. People who fail to meet their standards or expectations, including themselves, tend to be angry, intolerant, punitive, and impatient. In general, they do

not consider extenuating circumstances and human faults. They have difficulty forgiving themselves or others because of a reluctance to empathize with their emotions (Young et. al., 2003, as cited in Caner, 2009).

2.3.5. Situational Scheme Modes

Recently, schema therapists working with personality-related problems have focused on working with modes rather than schemas (Arntz & Jacob, 2013, as cited in Aslan, 2017). One of the crucial concepts in schema therapy is the concept of mode. The mode can shape how people perceive, see and react to the world. Schema modes are used in many psychopathologies today. Schema modes arose from the need to treat patients with Borderline Personality Disorder. This is because some difficulties are encountered when working with patients with Borderline Personality Disorder with the Schema Therapy model. Rapid, effective changes in patients with Borderline Personality Disorder have created this need. Modes can be defined as dominant emotional states and coping reactions that occur over a period of time for a person.

Modes are temporary moods, and a person can be predominantly in one mode at a time. If we explain the concept of mode with metaphors, we can define the mode as the molecule and the schema as the atom. From this point of view, different schemas (atoms) can come together to form a new molecule, that is, a new mode. For example, affect in the hurt child mode is the emotion of a vulnerable child. This emotion is fragile, scared, and sad. While the person is in this mode, schemas of abandonment, emotional deprivation, and vulnerability can be activated simultaneously. To give another example, there is a detached, guarded mode, a high level of avoidance combined with a lack of emotion. That is, some modes are primarily combinations of schemas, while others primarily represent coping responses. The schema mode concept is also related to the dissociation spectrum.

There are four basic types of modes (Young, Klosko & Weishaar, 2009, as cited in Berna, 2021).

2.4. Child Modes

In the child mode, individuals make sense of their environment and what is happening around them in a childlike way. However, our childlike aspects are not fully developed. This is because our childhood needs are not met in specific periods. In this mode, the person does not feel like an adult enough. In this mode, people can have feelings of imperfection, worthlessness, unhappiness, intense anger, and rage. At the same time, people in child mode act like children while reacting to their environment and the people around them. For example, when the person starts crying during an argument with their manager or knocks hard on the door after a problem with their spouse (Jacob et. al., 2013, as cited in Yolalan, 2020). We can list the child modes as follows:

1. **Vulnerable child mode:** People in this mode are insecure. They believe their needs will not be met, and those around them will abandon them. They believe that those around them will always abuse them. They are just like a vulnerable little child (Genderen et.al., 2012, as cited in Yolalan, 2020). Under the title of vulnerability, which often includes compelling and painful emotions such as shame, fear, loneliness, and unhappiness, are Lonely Child, Abandoned Child, Despised Child, and Dependent Child modes (Arntz & Jacob, 2016; Jacob, Genderen & Seebauer, 2018, as cited in Oğuz, 2020).
2. **Angry child mode:** Like all children, it includes the angry side of people that occurs when their emotional and physical needs are not met. People in this mode turn to anger outright in response to recognizing unfair behavior or unmet needs. When their schemas are triggered, these individuals may verbally attack, shout, have violent

fantasies or urges, and may also have an angry and restless facial expression, clenched fists, or body language (Younget al., 2017; Rafaeli, et. al., 2017 as cited in Bitmiş, 2018).

3. Impulsive child mode: Impulsive child mode was created to express reactions caused by a lack of control. In this mode, individuals want their non-basic needs to be satisfied with a selfish and uncontrolled attitude. Therefore, they cannot control their emotions and impulses, feel angry when their non-essential needs are not met, and behave like spoiled children (Genderen et al., Happy child mode: The child's basic universal feelings have been adequately met. The happy child mode represents the personality's capacity to experience and express spontaneous joy and playful happiness. Feeling love, happiness, and contentment, the happy child is an original worry-free mode (Rafaeli et al., 2017 as cited in Bitmiş, 2018).

2.4.1. Dysfunctional Internalized Parent Modes

Some internal problems that cause people to feel oppressed or even rejected until they are perceived as hated are described under this title. Generally, messages such as not being worthy of love, not being good, or enough was conveyed to people in childhood. Internal aspects are called dysfunctional parental modes to clarify the roots found in these early messages transmitted by other people. While it may be thought at first that all of these trendy parental behaviors may be the cause, it is often parts of the parent's behavior that cause problems, not all of them. For example, even if the parent loves his/her children profoundly and accepts them unconditionally, he/she may have been very demanding towards the children with some of their behaviors. This situation may also be ingrained in us as demanding parent mode.

While using this concept, it should not be forgotten that the word parent can also be used for other people who act as parents. These people may include teachers or

different role models. We can explain the typical messages of dysfunctional parent modes as follows:

2.4.2. Achievement-oriented demanding parent mode

The achievement-oriented, demanding parent mode pushes a person to excel, achieve all their goals, and be good to everyone. For example, people with an overly demanding parent mode cannot control their emotions with the destruction they experience when they do not get the highest grade in an exam. They work nonstop to be the most successful and perfect. They place success, discipline, and work above fun, happiness, and joy. This causes a feeling of burnout after a short time. Another area where demanding parental modes are evident is the person's appearance. People with this mode do sports in a disciplined or even unhealthy way, pay attention, they eat constantly, and punish themselves by doing more sports in the evening or starving themselves when they eat something they should not eat.

2.4.3. Emotion-focused Demanding Parent Mode

In this mode, demands are focused on how one should feel and behave toward others in certain social situations. The most distinctive features of people with this mode are that they feel they have to do everything for others and think they should not criticize anyone. They have a belief system that they should always be good people. Intense feelings of guilt arise when they cannot provide these. Emotionally demanding parental mode is frequently seen in people who work as doctors, social workers, and psychotherapists. Two situations are effective in the formation of the emotion-focused demanding parent mode.

1. Parentification: When the parents are psychologically unstable, the child has learned early on to feel responsible for the happiness of others.
2. Learning by modeling: The child has learned and modeled the relational

behavior that is applied to make one person happy in the family, or the child has witnessed that a threat arises when the child does not take shape according to the needs of one of the family members.

2.4.4. Punishing Parent Mode

In the punishing parent mode, individuals are quite cruel to themselves. Individuals can devalue themselves as much as possible and hate themselves. Considering the history of individuals in this mode, emotional, sexual, and physical abuse is quite common. In addition to these abuses, neglect, heavy penalties, and mobbing can cause a punishing parent mode.

2.5. Coping Modes/Styles

People can recognize their parent and child modes at a certain level. Some can change these modes by working on them. Some of them can easily survive with modes. Because sometimes the effects of these modes on individuals may be mild.

However, some people get stuck in these modes and get into a vicious circle. The efforts of people to overcome emotionally painful experiences are called coping in psychology.

According to mod therapy, there are three coping methods:

1. Surrender: The person's behavior conforms to the rules of the maladaptive parent mode.
2. Avoidance: It is the state of trying to stay away from emotions and problems in order not to face them.
3. Overcompensation: Acting contrary to the demands of the maladaptive parent mode and controlling, dominating, and feeling superior to others (Jacob, Genderen & Seebauer, 2018).

2.6. Early Maladaptive Schemas and Intimate Partner Violence

There are not many publications on the study of the schema therapy model with couples. Therefore, there are few resources in the literature examining relational violence in close relationships based on the schema therapy model. There are not many publications on the study of the schema therapy model with couples, but when we look at the literature, it is seen that there are some studies on the examination of relational violence in close relationships based on the schema therapy model. Core schemas are formed when some fundamental emotional needs not adequately satisfied in the early period. These schemas continue as a pattern throughout a person's life and are reflected in their romantic relationships (Young et al., 2003, as cited in Balatarlı, 2020). Healthy couples often have complementary functionality. There will inevitably be differences in relationships. Differences can increase conflict, and it is possible to gain functionality when balanced. In addition to all these, as we mentioned before, our emotional legacies can also cause various problems. A traumatic childhood and early damage can be carried over to our relationships as a lifelong burden. For example, the cost of being a parentized child can be hefty. Some parents may hold their children responsible for meeting their needs. Such situations lead to a loss of confidence and self-esteem. These blows in childhood create adults with emotional difficulties and a perception of being wronged in adulthood. As a result, the probability of experiencing violence in the relationship increases.

Similarly, a child who has been neglected and abused will grow up to be either angry or self-righteous. It is quite possible for a child who has grown up in this way to display "destructive entitlement" behaviors in a romantic relationship as an adult. It is a form of violence that includes destructive entitlement, manipulation, threats, and abuse. Another situation that causes violence in the relationship is the expectation of

"unconditional love." The idea that "love should be unconditional" is quite unrealistic. Adult romantic relationships are always conditional. For example, a romantic relationship has many conditions, such as being faithful, not showing violence, and taking responsibility for the relationship. Each partner must invest in a "relationship account" (Covey, 1997, as cited in Simone-DiFrancesco et. al., 2017). The closest we reach unconditional love is the love we felt in childhood. However, bringing this expectation into adult romantic relationships creates a dysfunctional scenario.

Expecting a psychological repair from the partner and carrying an unlimited love expectation brings emotional violence. The source of unmet needs in childhood not found in adult relationships. The individual who seeks this need in an adult relationship will remain in a wave of childish anger as he cannot find it. In addition, such an expectation will leave the other party alone feeling inadequacy. Concepts, including childhood needs, were mentioned. Jeff Young describes the needs as the 5 Core Tasks of Childhood: intimacy and acceptance; autonomy and competence; realistic borders; self-directedness and self-expression; spontaneity and play. Failure to meet these needs results in failure and dysfunctional schemas (Simone-DiFrancesco et. al., 2017).

In order to examine the violence experienced in intimate relationships and the acceptance of this violence in terms of the perpetrator and the victim, according to the schema therapy model, it is vital to mention the "schema chemistry" in schema therapy.

2.7. Studies Examining the Relationship Between Intimate Partner Violence and Schemas

In the literature, studies on intimate partner violence and schema therapy have evaluated the mediating role of early maladaptive schemas, especially between early

negative experiences and violence experienced/perpetrated in intimate relationships in adulthood. It has been found in many studies that physical, emotional, and sexual abuse in childhood for women predicts the risk of violence from a spouse or violence in a relationship in the future (Gündoğmuş et. al., 2019).

In a study investigating the effect of abuse on schemas, women who had been sexually abused both in their childhood and adulthood, who had been sexually abused only in their childhood, and who did not have a history of abuse were compared. It has been observed that those who have been sexually abused in childhood and adulthood and those who do not have a history of sexual abuse generalize their dominant parental schemas to their existing relationships. However, it has been observed that there are differences in the schema content of these individuals. It has been determined that women who have been abused in childhood and adulthood perceive other people as hostile and controlling, while those without a history of abuse evaluate them as warm and not controlling. In the same study, individuals with a history of sexual abuse only in childhood and not adulthood perceive other people as hostile but not controlling (Cloitre, Cohen, & Scarvalone, 2002, as cited in Gündoğmuş et, al., 2019). Individuals who have been sexually abused in childhood and adulthood have significantly more negative expectations from a relationship than individuals who have never experienced abuse in their emotional relationships. Those who were abused during childhood and adulthood expect more abuse, hostility, and distance in their relationships. These individuals experience trust problems in their relationships, and their expectation of attention from the other person decreases.

Individuals who were abused only in childhood expect less negative behavior from other people they are in a relationship with than those who were abused during both childhood and adulthood. Compared with those without a history of abuse, they

expect less positive behavior. In different studies, it has been reported that children exposed to maltreatment in their childhood have more maladaptive schemas about themselves and others. When the emotional relationships of individuals in adulthood are examined, it is seen that schema distortions are predictors of violent behavior. For example, it has been found that schema distortions, such as not trusting one's instincts or feeling valued, are a means of accepting violent behavior (Ponce, Williams & Allen, 2004, as cited in Gündoğmuş et al., 2019).

Calvete mentioned the importance of three schema domains, especially in the emergence of depressive symptoms in a relationship where women are exposed to maltreatment. These schema areas are Separation/Rejection, Impaired Autonomy and Performance, and Orientation to Others. As a result of their studies, it was concluded that the separation/rejection schema area might have a mediating role in the severity and depressive symptoms (Calvete, Estévez, & Corral, 2007 as cited in Gündoğmuş et. al., 2019). In a study by Halvorsen, Wang, Eisemann, and Waterloo (2010), clinically depressed participants and practitioners of intimate partner violence were compared in terms of schema domains. As a result, it was seen that the perpetrators of spousal violence scored higher in the area of the broken boundaries scheme. They were also found to score similarly high in the disconnect and reject scheme area. The same study determined that the scores of the perpetrators of spousal violence in all schema areas were higher than the participants in the control group (Corral & Calvete, 2014).

CHAPTER III

METHOD

At this stage, the tools used, how the data collection process proceeds, and its analysis will be explained.

3.1. Research Design

In this research, which is planned to be carried out as a quantitative research, the relational model, one of the quantitative research designs, will be used. Relational design is a research model that aims to determine the existence/degree of change between two or more variables (Karasar, 2013). The dependent variable of the study is intimate partner violence. Its argument is the schema field(s).

3.2. Study Groups

220 volunteers aged 18-60 years, with an average age of 31.13 years (SD=9,282), participated in the study through an online questionnaire. 44 (20.0%) participants were male, and 176 (80.0%) were female. In all multivariate studies and multiple regression analyzes included in this study, the sample size should preferably be 10 times or more than the number of variables in the study. When the necessary calculations are made, it is seen that the sample size of 220 people is sufficient (Büyüköztürk et al., 2012). Participants are married and single individuals who have had one romantic relationship in the past or present for at least six months. Of the participants, 97 (44.1%) were married, and 123 (55,9 %) were single.

Table 1

Demographics

Options	1	2	3	4	5	Total
	Male	Female				

Gender	N	44	176					220
	%	20	80					100
Marital Status		Married	Single					
	N	97	123					220
	%	44,1	55,9					100
Relationship Status		In Relationship	No Relationship					
	N	178	42					220
	%	80,9	19,1					100
Previous Relationship Duration (Month)		0-12	13-24	25-48	49-96	97+		
	N	54	30	52	46	38	220	
	%	24,5	13,7	23,6	20,9	17,3	100	
Current Relationship Duration (Month)		0-12	13-24	25-48	49-96	97+		
	N	78	23	40	34	45	220	
	%	35,5	10,4	18,2	15,4	20,5	100	
Age		18-23	24-29	30-35	36-45	46+		
	N	39	85	39	33	24	220	
	%	17,7	38,7	17,7	15	10,9	100	

3.3. Instruments

Within the scope of this research, two different scales were used to predict the type of violence that early maladaptive schemas were exposed to or perpetrated in their romantic relationships. The first of these scales was the "Multidimensional Emotional Abuse Scale" to measure the type of violence, which is the dependent variable of the research. Secondly, Young Schema Scale Short Form-3 was used to measure early maladaptive schemas, which is the independent variable of the research. In addition, "Personal Information Form" was used to collect information about the

participants. The personal information form was prepared by the researcher. Detailed explanations of data collection tools are presented below.

3.3.1. Demographic Information Form

The researcher created the Demographic Information Form to learn demographic information. The form includes statements about gender, age, marital status, current relationship status, previous relationship duration, and current relationship duration (if currently in a relationship).

3.3.2. Multidimensional Measure of Emotional Abuse (MMEA)

The “Multidimensional Emotional Abuse Scale” consists of 56 items created to evaluate violence in close relationships in terms of both the victim and the perpetrator (28 victimization and 28 perpetrator.) There are four subscales under both victimization and delinquency dimensions. Each subscale consists of seven items. Titles of subscales are control, humiliation, hostile withdrawal, and dominance/intimidation.

The control sub-dimension includes behavioral patterns that increase the partner's dependency through jealousy and possessiveness, restrict their social relationships, and reduce their activities.

The humiliation sub-dimension includes behaviors that cause the partner to lose their self-esteem. The hostile withdrawal sub-dimension includes behaviors such as acting as if one of the partners is okay or walking away when there is a problem. Dominance/Intimidation aims to subjugate the partner verbally.

In the last six months of the relationship, if the person has used or been subjected to violence once (1) twice (2), 3-5 times (3), 6-10 times (4), 20 times (5),

more than 20 times (6), if not in the last six months (7), if never (0) is used. (Murphy & Hoover, 1999 as cited in Demirtaş et al., 2018).

AMOS18 was used for adaptation to the Turkish version. Before confirmatory factor analysis, their assumptions were checked. To examine the criterion-related validity of MMEA-TR, MMEA-TR and The Psychological Aggression (PA), The Revised Conflict Tactics Scale (CTS2), The subscales of the Experiences in Close Relationships Inventory (ECRI), Relationship Assessment Scale (RAS), Correlations between the Social Desirability Questionnaire (SDQ) were calculated. The size data of the perpetrator are (min $r = .42$ and max $r = .57$, $ps = .001$)

The correlations of the subscales of MMEA-TR with physical assault were significant and positive for the dimension of committing crimes. Primarily significant and positive but minimal correlations were found between the subscales of MMEA-TR, avoidant attachment, and anxious attachment. We also evaluated the validity of the MMEA-TR by examining its relationship with social desirability. Only Restrictive Engulfment (RE), the smaller magnitude for the crime dimension ($r = -.15$, $p = .05$), was found to correlate significantly with social desirability.

Relationships were insignificant in the dimension of victimization. For further validation, we tested correlations between subscales of the MMEA-TR and relationship satisfaction. All correlations for the perpetration dimension were found to be negative. The weakest correlation was Domination/Intimidation (D/I) ($r = -.24$, $p < .001$), and the strongest was Insult (DEN), $r = -.37$, $p < .01$. For the victimization dimension, associations followed a similar pattern, with significant negative correlations in the low-to-moderate range. To assess internal consistency, Cronbach's alpha coefficient (α) was calculated for both crime and victimization for each subscale of the MMEA-TR. The values for being a perpetrator of violence are Cronbach's α for

RE, DEN, HW, and D/I were calculated as .74, .68, .83, and .72, respectively.

Cronbach's α for victimization was .73 for RE, .70 for DEN, .86 for HW, and .77 for D/I.

3.3.3. Young Schema Scale-Short Form 3 (YSS-SF3)

Young Schema Scale-Short Form 3 developed by Young (1994), was used to identify maladaptive schemas. The Turkish validity and reliability adaptation of the scale was made by Soygüt, Karaosmanoğlu, and Çakır (2009). The scale consists of five primary schema domains and 18 sub-dimensions. There are a total of 90 expressions covering 18 dimensions. A 6-point Likert-type scale was used for each item of the scale. Each subscale consists of five items in the original form of the scale. The scores that can be obtained from the subscales can vary between 5 and 30. In order to determine the construct validity of the scale, principal component analysis and descriptive factor analysis were performed. According to the findings, it was observed that initially, 15-factor structures were formed, but there was a 14-factor structure at an interpretable level. It was determined that the internal consistency coefficient of the scale ranged between $\alpha=0.63-0.80$ for schema domains and $\alpha=0.53-$

0.81 for schema dimensions. The test-retest reliability of the scale varies between $r=0.66-0.83$ ($p<0.01$) for schema domains and $r=0.66-0.82$ ($p<0.01$) for schema dimensions (Soygüt et. al., 2009).

In this study, the Cronbach-Alpha internal consistency reliability coefficients of the schema sub-scales were found to be .86 for emotional deprivation, .85 for failure, 0.84 for pessimism, 0.85 for social isolation/insecurity, and 0.75 and 0.84 for emotional inhibition. 0.86 for approval-seeking, 0.81 for dependence/inability, 0.76 for insufficient self-control, 0.80 for dedication, 0.80 for abandonment, 0.85 for submission, 0.85 for imperfection, 0.77 for vulnerability to harm, and 0.74 for strict

standards.

3.4. Data Collection Process

The Young Schema Scale-Short Form 3 (YSS-SF3), Multidimensional Measure of Emotional Abuse (MMEA) scales, and Demographic Information Form used in the research were converted into an online questionnaire via Google Forms. A purposive sampling method was chosen in the study since individuals aged 18 and over who have or used to have a romantic relationship for at least six months as a criterion. Participants were presented with a consent form, which they had to approve before filling out the scales. The data collection process was carried out for approximately six months. At the end of the process, 220 out of 237 participants were found to be suitable for the determined criteria, and the research was conducted on 220 participants

3.5. Data Analysis

After the data reached a sufficient number, all data with incomplete answers and wrong answers were excluded from the study. The remaining, robust data were analyzed with the SPSS program. Multiple regression analysis was used to examine the independent variables discussed in the study. In addition, correlation analysis was used to measure the strength and direction of this relationship. At the last stage, independent t-test analysis was performed to examine the relationship between the variables in the study and the gender variable.

CHAPTER IV

RESULTS

In this section, descriptive statistics studies are made and presented in tables.

4.1. Descriptives

Table 2

Descriptives

Descriptives	N	Mean	SD	Min	Max	Skewness	Kurtosis
YSS-SF3							
Emotional Deprivation	220	1.61	.93	1	5.80	2.06	4.41
Failure	220	1.73	.88	1	5.50	1.99	4.76
Pessimism	220	2.10	1.12	1	5.60	1.17	.73
Social Isolation/ Insecurity	220	2.15	1.04	1	5.86	1.09	.86
Emotional Inhibition	220	1.86	.89	1	5.20	1.33	1.82
Approval-Seeking	220	2.83	1.21	1	6	.33	-.58
Dependence/ Incompetence	220	1.53	.72	1	4.89	1.86	3.88
Insufficient Self-control	220	2.92	1.15	1	6	.13	-.68

Self-sacrifice	220	2.57	1.11	1	6	.84	.35
Abandonment	220	1.57	.79	1	4.60	1.94	3.62
Subjugation	220	2.73	1.21	1	6	.40	-.58
Defectiveness	220	1.41	.66	1	4.5	2.41	6.67
Vulnerability to Harm	220	2.05	1.00	1	5.60	1.06	.78
Unrelenting Standards	220	2.53	1.27	1	6	.77	-.24

MMEA	220						
Control (Victim)	220	.87	.96	.00	5.71	1.47	3.12
Humiliation (Victim)	220	.41	.62	.00	2.71	1.62	1.92
Hostile Withdrawal (Victim)	220	1.63	1.29	.00	6	.89	.72
Control (Perpetrator)	220	.89	.85	.00	3.86	1.03	.60
Humiliation (Perpetrator)	220	.38	.58	.00	2.57	1.56	1.79
Hositle Withdrawal (Perpetrator)	220	1.61	1.17	.00	6	.70	.44
Domination/ Intimidation (Perpetrator)	220	.41	.59	.00	2.71	1.58	2.08

When the schema subscale mean scores were analyzed, the participants were generally more likely to have an Insufficient Self-control Schema (Mean=2.92 SD=1.15). Considering the sub-dimensions of being a victim of violence in the multidimensional emotional abuse scale, the probability of being exposed to violence in the form of hostile withdrawal was higher (Mean=1.63 SD=1.29). Considering the sub-dimensions of being a perpetrator on the same scale, the probability of committing violence in the form of hostile withdrawal was higher (Mean=1.61 SD=1.17).

4.2. Correlations

Pearson correlations were calculated to examine the relationships between all continuous variables of the study. The results are presented in Table 3. A positive correlation was found between emotional deprivation schema and being a perpetrator of violence and being a victim of violence. No correlation was found between the failure schema and the perpetration of violence through domination/intimidation.

However, a positive correlation was found between all other forms of violence and being a victim of violence. No correlation was found between the pessimism schema and violence through domination/intimidation. However, a positive correlation was found between all other forms of violence and being a victim of violence. No correlation was found between the social isolation scheme and violence through domination/intimidation. However, a positive correlation was found between all other forms of violence and being a victim of violence. No correlation was found between the emotional inhibition scheme and hostile withdrawal and violence through domination/intimidation, but a positive correlation was found between all other violence and victimization situations. There was no correlative relationship between the approval-seeking schema and the use of violence through humiliation and domination/intimidation and the status of being a victim of humiliation and

domination/intimidation. A positive correlation was found between all other forms of violence and victimization. A positive correlation was found between the Dependence/Incompetence schema and the status of being a perpetrator and a victim of violence. With the Insufficient Self-control schema, no correlation was found between the situations of using violence through humiliation and domination/intimidation and the situations of being exposed to violence through humiliation and domination/intimidation. However, a positive correlation was found between all other forms of violence and being a victim of violence. No correlation was found between the self-sacrifice schema and the state of perpetrating violence through humiliation. However, a positive correlation was found between all other forms of violence and being a victim of violence. A positive correlation was found between abandonment schema and all violence perpetrators and victims of violence. There was no correlation between the subjugation schema, the use of violence through humiliation and domination/intimidation, and the situations of being a victim of violence through humiliation and domination/intimidation. No correlation was found between the defectiveness schema and the state of perpetrating violence through hostile withdrawal. However, a positive correlation was found between all other forms of violence and being a victim of violence. A positive correlation was found between the vulnerability to harm schema and the status of being a perpetrator and a victim of violence. No correlation was found between the unrelenting standards schema and the schema of inflicting violence through humiliation and dependence/incompetence and being a victim of violence through humiliation and threats. However, a positive correlation was found between all other forms of violence and being a victim of violence.

Table 3
Correlations

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Emotional Deprivation	1	.377**	.402**	.663**	.498**	.346**	.508**	.357**	.409**	.496**	.368**	.537**	.533**	.241**	.262**	.312**	.188**	.179**	.322**	.312**	.278**	.268**
Failure		1	.512**	.540**	.402**	.533**	.637**	.297**	.420**	.591**	.396**	.626**	.551**	.232**	.282**	.136*	.136*	0,09	.165*	.184**	.156*	.181**
Pessimism			1	.577**	.446**	.499**	.542**	.422**	.530**	.552**	.571**	.508**	.623**	.359**	.300**	.153*	.245**	0,13	.272**	.188**	.263**	.192**
Social Isolation/ Insecurity				1	.666**	.521**	.581**	.554**	.548**	.592**	.565**	.652**	.668**	.482**	.303**	.233**	.293**	0,09	.351**	.264**	.358**	.190**
Emotional Inhibition					1	.406**	.523**	.477**	.428**	.421**	.455**	.606**	.451**	.461**	.206**	.178**	0,1	0,03	.269**	.277**	.142*	.177**
Approval-Seeking						1	.431**	.630**	.537**	.524**	.666**	.356**	.616**	.525**	.270**	0,1	.308**	0,11	.179**	0,09	.307**	0,12
Dependence/ Incompetence							1	.226**	.529**	.663**	.372**	.628**	.556**	.242**	.328**	.256**	.245**	.226**	.335**	.312**	.265**	.346**
Insufficient Self-control								1	.465**	.309**	.569**	.329**	.524**	.563**	.161*	0,05	.151*	0,03	.185**	0	.170*	-0,01
Self-sacrifice									1	.553**	.605**	.436**	.561**	.441**	.225**	0,12	.245**	.141*	.296**	.149*	.290**	.176**
Abandonment										1	.471**	.632**	.665**	.270**	.284**	.217**	.240**	.188**	.324**	.311**	.224**	.282**
Subjugation											1	.369**	.617**	.503**	.223**	0,11	.265**	0,09	.239**	0,12	.329**	0,1
Defectiveness												1	.541**	.268**	.303**	.286**	0,11	.149*	.325**	.346**	.134*	.267**
Vulnerability to Harm													1	.430**	.379**	.242**	.241**	.195**	.327**	.238**	.265**	.257**
Unrelenting Standards														1	.153*	0,09	0,09	0,09	.149*	0,01	.146*	0,09
Control (Perpetrator)															1	.498**	.424**	.538**	.584**	.473**	.448**	.469**
Humiliation (Perpetrator)																1	.335**	.670**	.477**	.808**	.279**	.657**
Hostile Withdrawal (Perpetrator)																	1	.382**	.444**	.255**	.798**	.368**
Domination/ Intimidation (Perpetrator)																		1	.409**	.548**	.389**	.701**
Control (Victim)																			1	.547**	.422**	.458**

Humiliation (Victim)	1	.265**	.690**
Hostile Withdrawal (Victim)		1	.346**
Domination/ Intimidation (Victim)			1

4.3. Regression Findings and Prerequisite Analysis

The experience of this study, multiple regression tables will be presented. While analyzing the data, tables were prepared by taking into account the results obtained from the SPSS program. Before the regression analysis, the precondition analysis was examined.

Looking at the result from the VIF table, it was concluded that there was no multicollinearity between the independent variables.

Table 4

VIF Variables of the Study

<i>Collinearity Statistics</i>	<i>Tolerance</i>	<i>VIF</i>
(Constant)		
Emotional Deprivation	.50	2.00
Failure	.41	2.42
Pessimism	.48	2.07
Social Isolation/Insecurity	.28	3.59
Emotional Inhibition	.43	2.34
Approval-Seeking	.34	2.92
Dependence/ Incompetence	.34	2.92
Insufficient Self-control	.42	2.37
Self-sacrifice	.48	2.10
Abandonment	.36	2.76
Subjugation	.39	2.56
Defectiveness	.36	2.81
Vulnerability to Harm	.34	2.94

Unrelenting Standards	<u>.55</u>	<u>1.82</u>
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4.3.1. Regressions Findings of Hostile Withdrawal (Victim)

Table 5

<i>Hostile Withdrawal (Victim)</i>	<i>B</i>	<i>SE</i>	<i>B</i>	<i>T</i>	<i>P</i>
(Constant)	,65	,26		2,45	,02
Social Isolation/ Insecurity	,53	,14	,43	3,68	,00
Approval-Seeking	,25	,11	,24	2,28	,02
<i>n=220, R=.49, R²= .19, F=4.62, p<.05</i>					

As seen in the table, social isolation/insecurity and approval-seeking schemas significantly positively predict the status of being a victim of violence through hostile withdrawal. 19% of the variance [$R=.49$, $R^2=.19$, $F=4.62$, $p<.05$] was clarified. This indicates that having social isolation/insecurity and approval-seeking schemas positively affects exposure to violence through hostile withdrawal.

4.3.2. Regressions Findings of Control (Victim)

Table 6

<i>Control (Victim)</i>	<i>B</i>	<i>SE</i>	<i>B</i>	<i>T</i>	<i>p</i>
(Constant)	-,05	,20		-,26	,80
Failure	-,24	,11	-,22	-2,24	,026
<i>n=220, R=.44, R²= .14, F=3.59, p<.05</i>					

As seen in the table, the failure schema significantly negatively predicts the status of being a victim of violence through control. .14% of the variance [$R=.44$, $R^2=.14$, $F=3.59$, $p<.05$] was clarified.

4.3.3. Regressions Findings of Domination/Intimidation (Victim)

Table 7

<i>Domination/ Intimidation (Victim)</i>	<i>B</i>	<i>SE</i>	<i>B</i>	<i>T</i>	<i>P</i>
(Constant)	,07	,14		,45	,65
Dependence/ Incompetence	,23	,10	,25	2,35	,02
Insufficient Self-control	-,12	,06	-,20	-2,00	,05
$n=220$, $R=.42$, $R^2=.12$, $F=3.18$, $p<.05$					

As can be seen in the table, the Dependence/ Incompetence schema significantly positively predicts the status of being a victim of violence through domination/intimidation. Insufficient Self-control schema predicts being a victim of violence negatively through domination/intimidation. In this model, .09% of the variance [$R=.42$, $R^2=.12$, $F=22.48$, $p<.05$] was clarified. This results shows that, Dependence/ Incompetence schemes positively affects exposure to violence through domination/intimidation. Insufficient Self-control schema negatively affects exposure to violence through domination/intimidation.

4.3.4. Regressions Findings of Humiliation (Perpetrator)

Table 8

<i>Humiliation (Perpetrator)</i>	<i>B</i>	<i>SE</i>	<i>B</i>	<i>T</i>	<i>P</i>
(Constant)	,05	,13		,43	,67
Emotional Deprivation	,13	,06	,21	2,34	,02

Defectiveness	,20	,10	,22	2,08	,04
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$n=220, R=.39, R^2=.09, F=2.62, p<.05$

As seen in the table, emotional deprivation and defectiveness schemas significantly positively predict the status of being a victim of violence through control.

As seen in the table, the failure schema significantly negatively predicts the status of being a victim of violence through control. .14% of the variance [$R=.44, R^2=.14, F=3.59, p<.05$] was clarified.

4.3.5. Regressions Findings Of Hostile Withdrawal (Perpetrator)

Table 9

<i>Hostile Withdrawal (Perpetrator)</i>	<i>B</i>	<i>SE</i>	<i>B</i>	<i>T</i>	<i>P</i>
(Constant)	,86	,25		3,49	,00
Failure	-,27	,13	-,20	-2,07	,04
Social Isolation/ Insecurity	,43	,13	,38	3,24	,00
Approval-Seeking	,31	,10	,32	2,98	,00

$n=220, R=.45, R^2=.15, F=3.65, p<.05$

As seen in the table, the failure schema significantly predicts the use of violence through hostile withdrawal. The social isolation/insecurity schema significantly predicts violence through positively hostile withdrawal. The confirmation-seeking schema significantly predicts violence through positively hostile withdrawal. In this model, .15% of the variance [$R=.45, R^2=.15, F=3.65, p<.05$] was clarified. This shows that the failure schema negatively affects the state of perpetrating violence through hostile withdrawal, while the schemas of seeking.

4.3.6. Regressions Findings of Control (Perpetrator)

Table 10

<i>Control (Perpetrator)</i>	<i>B</i>	<i>SE</i>	β	<i>T</i>	<i>P</i>
(Constant)	,13	,18		,72	,47
Vulnerability to Harm	,23	,09	,27	2,50	,01
$n=220, R=.43, R^2=.13, F=3.24, p<.05$					

As can be seen in the table, the vulnerability to harm schema predicts the use of violence through control in a positive way. The vulnerability to harm schema significantly predicts violence through positive control.

In this model, 13% of the variance [$R=.43, R^2=.13, F=3.24, p<.05$] was clarified. This shows that the vulnerability to harm scheme has a positively affects violence through control.

4.3.7. Regressions Findings of Domination/ Intimidation (Perpetrator)

Table 11

<i>Domination/ Intimidation (Perpetrator)</i>	<i>B</i>	<i>SE</i>	β	<i>T</i>	<i>P</i>
(Constant)	,12	,13		,89	,38
Dependence/ Incompetence	,20	,09	,25	2,28	,02
$n=220, R=.33, R^2=.05, F=1.79, p<.05$					

As seen in the table, the dependence/incompetence chart predicts the use of violence through domination/intimidation in a positive way. The dependence/incompetence schema significantly predicts violence through domination/intimidation in a positive way. In this model, .05% of the variance [$R=.33, R^2=.05, F=1.79, p<.05$] was clarified. This shows that the dependency/inability

schema has a positive effect on violence through domination/intimidation.

4.4. T-Test Findings on Gender

Independent t-test analysis was performed to predict whether the variables of schema and violence and exposure to violence differ significantly by gender. The results are presented in the table.

Table 12

T-test Findings on Gender

Variables	Gender	N	X	SD	T	P
Emotional Deprivation	Female	176	1.54	.83	-1.96	.00
	Male	44	1.92	1.21		
Failure	Female	176	1.74	.87	-.04	.92
	Male	44	1.74	.97		
Pessimism	Female	176	2.08	1.09	-.66	.14
	Male	44	2.20	1.24		
Social Isolation/ Insecurity	Female	176	2.10	1.01	-1.72	.47
	Male	44	2.40	1.16		
Emotional Inhibition	Female	176	1.77	.84	-3.31	.70
	Male	44	2.25	.99		
Approval-Seeking	Female	176	2.82	1.23	-.45	.65
	Male	44	2.91	1.17		
Dependence/ Incompetence	Female	176	1.52	.67	-.77	.10
	Male	44	1.61	.91		
Insufficient Self-control	Female	176	2.83	1.14	-2.49	.86
	Male	44	3.31	1.13		

Self-sacrifice	Female	176	2.52	1.08	-1.55	.83
	Male	44	2.80	1.20		
Abandonment	Female	176	1.56	.77	-.68	.41
	Male	44	1.65	.88		
Subjugation	Male	176	2.63	1.17	-2.56	.41
	Female	44	3.14	1.31		
Defectiveness	Female	176	1.37	.60	-1.66	.02
	Male	44	1.60	.85		
Vulnerability to Harm	Female	176	2.04	1.00	-.44	.79
	Male	44	2.12	1.05		
Unrelenting Standards	Female	176	2.45	1.29	-1.98	.62
	Male	44	2.87	1.21		
Control (Perpetrator)	Female	176	.90	.85	.30	.91
	Male	44	.86	.85		
Humiliation (Perpetrator)	Female	176	.35	.55	-1.66	.03
	Male	44	.53	.67		
Hostile Withdrawal (Perpetrator)	Female	176	1.60	1.22	-.31	.09
	Male	44	1.66	.97		
Domination/ Intimidation (Perpetrator)	Female	176	.40	.61	-.42	.29
	Male	44	.45	.53		
Control (Victim)	Female	176	.78	.82	2.50	.00
	Male	44	1.30	1.31		
Humiliation (Victim)	Female	176	.34	.54	-2.54	.00
	Male	44	.68	.83		

Hostile Withdrawal	Female	176	1.57	1.34		
(Victim)	Male	44	1.90	1.07	-1.54	.15
Domination/	Female	176	.47	.66		
Intimidation(Victim)	Male	44	.50	.74	-.24	.60

According to the statistical results, a significant difference was found for emotional deprivation, defectiveness, humiliation (perpetrator), control (victim), and humiliation (victim) variables according to gender. The emotional deprivation variable was mostly found in men ($p < .05$). It was observed that primarily males had the defectiveness variable ($p < .05$). It has been observed that men use more violence through humiliation. At the same time, it was observed that men were more exposed to violence through humiliation ($p < .05$). It was observed that men were more exposed to violence through control ($p < .05$). It was observed that men were more violence through hostile withdrawal ($p < .05$).

CHAPTER V

DISCUSSION

In this section, the research findings and the findings in the literature are compared and the points of contrast with the segments are brought together and presented in the form of discussion and suggestions.

5.1. Discussion Related to Gender

The first problem to be answered in the study is whether the schemas differ according to gender. According to the findings, men have emotional deprivation and defectiveness schemas more. There was no significant difference between other schema domains and gender. People with emotional deprivation schema hold firm beliefs that their basic needs for care, empathy, and protection will never be met.

People with this schema think that they will not receive enough love and affection from others, that their needs to be listened to and understood will not be met, and that they will not be able to find someone to support them when they need it. People with the imperfection schema believe they are flawed, imperfect, inferior, worthless, incomplete, inadequate, and unlovable. The faults that individuals perceive about themselves lead to intense shame. Individuals with this schema show extreme sensitivity to criticism, rejection, or blame (Young & Klosko, 2011). Many studies show that schemas differ and do not differ according to gender (Üzümcü, 2016). In some of the studies conducted in our country, the finding that men have more early maladaptive schemas than women are reported (Akhun, 2012; Ünal, 2012, as cited in Üzümcü, 2016).

On the other hand, in other studies, it is seen that women have more early maladaptive schemas than men (Alfasfos, 2009; Freeman, 1998, as cited in Üzümcü, 2016). Considering this situation, there is an inconsistency in the relationship between

schemas and gender. As a result, while the findings obtained in this study and some studies in the literature show consistency, some studies do not.

5.2. Discussion Related to Hostile Withdrawal (Victim)

According to the findings, it is seen that social isolation/insecurity and approval-seeking schemas positively predict exposure to violence by hostile withdrawal. People with a social isolation schema think they are different from others and do not belong to any group or society. These people also feel disconnected from the social world. As a result of having this schema, these people tend to avoid activities with society and feel lonely even when they are with people (Üzümcü, 2016). Individuals with the approval-seeking schema cannot develop a sense of self at the expense of other people's attention and acceptance. The expectation of love from others is always a priority. People with this schema may sometimes give excessive importance to money, appearance, and similar things in order to get appreciation from others (Üzümcü, 2016). Exposure to the type of violence perpetrated through hostile withdrawal is explained as being exposed to behaviors such as ignoring the partner, punishing by keeping a distance, not accepting the existence of a problem, or refusing to talk about the problem (Demirtaş et. al., 2018). Tremblay and Dozois (2009) examined the relationship between male university students' early maladaptive schemas and aggression levels in a romantic relationship by controlling their gender and depression levels. As a result, it was determined that the social isolation schema is one of the strongest predictors of aggression in relationships. In the study, Sarı (2008) concluded that people with an anxious attachment style could not tolerate thinking differently from their partners in their romantic relationships and frequently use mind reading because of cognitive distortions. Intolerance to different thinking and mind reading is very similar to the features of approval-seeking schemas in other

orientations (Eken, 2018). We can say that when people with an approval-seeking schema are exposed to violence through hostile withdrawal, the anxiety they experience in order to regain their partner's approval, interest, and love is motivating even in the case of emotional and physical rejection and increases their tolerance level. At this point, it can be said that the finding that approval-seeking and social isolation schemas significantly predict exposure to violence through hostile withdrawal in a relationship is consistent with other studies on the subject.

5.3. Discussion Related to Domination/Intimidation (Victim)

According to the findings, while the dependence/incompetence schema negatively predicts exposure to violence through Domination/Intimidation, the Insufficient Self-Control Schema positively predicts exposure to violence through Domination/Intimidation. People with this schema believe they need someone else, even for daily needs. (Bricker and Young, 2012, as cited in Eken, 2018). These people have more difficulty making decisions and starting new tasks than others and tend to act dependent on others. They feel inadequate in managing money, solving problems, starting a business, etc. (Bricker & Young, 2012; Young, Klosko & Weishaar, 2013, as cited in Eken, 2018). People with an insufficient self-control schema have difficulty enduring the obstacles they face in reaching their goals. They may give up their determination to avoid possible unrest. Accordingly, the steps they take toward self-realization are insufficient (Behary, 2017, as cited in Eken, 2018). Violence by domination/intimidation includes anger in a way that threatens and scares the partner, aggressive insistence on ideas, threatening physical violence, damaging the surrounding objects to intimidate the partner, driving dangerously to intimidate the partner, and threatening to intimidate the partner. Being exposed to violence through domination/intimidation means that these behaviors are applied to the individual by

the partner (Demirtaş et. al., 2018).

The dependence/incompetence schema falls within the impaired autonomy schema's domain. In a study conducted by Güngör (2015), it was determined that the fearful attachment style, parallel to the origin of the impaired autonomy schema field, is among the variables that negatively predict the tendency of self-confidence in the relationship. In other words, it has been observed that individuals who are not self-confident in a relationship have a fearful attachment style. Based on this research, we can say that as the Dependence/Incompetence schema increases, it is expected that exposure to violence through domination/intimidation increases (Güngör, 2015, as cited in Eken, 2018). The partner's anxieties with self-confidence problems in the relationship and the characteristics of the addiction scheme show parallelism. When threatened, individuals with these characteristics have deficient coping skills. In addition, according to the results of the study conducted by Teeruthroy and Bhowon (2012), it was observed that people with anxious and avoidant attachment styles had low self-confidence tendencies. As a result, the characteristics of the fearful and anxious attachment style and the behaviors exhibited by the individual with the dependence/incompetence schema are similar (Teeruthy & Bhowen, 2013, as cited in Eken, 2018). Based on this, it is an expected finding within the relevant literature and research that individuals with dependence/incompetence schema predict their exposure to violence through threats negatively.

People with inadequate self-control schemas have difficulty regulating their emotions and impulses. They have a very low tolerance for interference. They do not have enough self-control to achieve their goals. Individuals with this schema, but in the milder form, make an extreme effort to avoid restlessness. They avoid conflict and responsibilities. It has been suggested that these people grew up in overly tolerant

families and, therefore, could not restrain their impulses (Young, Klosko, and Weishaar, 2009, as cited in Güner, 2014). According to a study examining the relationship between the level of accepting aggressive behavior in romantic relationships and personality traits, the level of acceptance of violence increases as the character traits of agreeableness and emotional stability increase (Gauche and Mullet, 2008, as cited in 2020). Inadequate self-control schema and agreeableness and stability personality traits are the opposite. Because of this situation, we can say that individuals with inadequate self-control schemas have a decrease in the level of acceptance of violence through threats. Accordingly, they are exposed to less violence, which aligns with the research mentioned. In the research conducted by Baltalarlı (2020), it was found that schemas that develop due to the inability to develop similar internal boundaries and insufficient self-control reduce the acceptance of dating violence.

5.4. Discussion Related to Control (Victim)

According to the findings, it is seen that failure schema predicts exposure to violence through control negatively. In other words, we can say that as the failure schema increases, the individual's state of being a victim of control violence decreases. People with a failure schema generally focus on failure. They attribute the possible problems they experience in their close relationships to their own failure.

This schema, in which the person compares him/herself with his peers and believes to be unsuccessful, may be related to a perfectionist attitude. Violence through control includes behaviors such as asking where the partner is with a skeptical attitude, looking at the partner's belongings secretly, and preventing him/her from meeting with friends and relatives (Demirtaş et al., 2018). We can explain the negative relationship between these two concepts with the "schema submission" concept.

Schema submission is one of the dysfunctional coping styles. Schema submission refers to one's submission to one's schemas and acting in a way that approves them (Rafaeli et. al., 2011, as cited in Bayoğlu, 2020). In a study conducted by Koçak and Çelik (2021), it was found that there is a negative relationship between failure schema and emotional autonomy in adolescents. Emotional autonomy has been defined as being independent about changes in close relationships with family. Emotional autonomy, which is expressed as the sensory process of the adolescent's emotional independence from their parents and peers, develops through the adolescent's self-confidence and defining his/her desires and goals apart from the wishes and expectations of the parents and others around him/her (Noom, Dekovic & Meeus, 2001 as cited in Koçak & Çelik, 2021). Since emotional autonomy will decrease in individuals who surrender to the success schema, the need for the partners of individuals with low emotional autonomy to use violence through control decreases. Therefore, we can say that individuals with a failure schema are less exposed to violence through control.

5.5. Discussion Related to Humiliation (Perpetrator)

According to the findings, it is seen that emotional deprivation and defectiveness schemas predict violence through humiliation positively. People with emotional deprivation believe others cannot adequately meet the emotional support they need and desire. Emotional deprivation is divided into three titles. These are care (attention, warmth, love, and care), lack of empathy (understanding, rest, and sharing of feelings), and protection (protection and direction). People with an emotional deprivation schema are in intense loneliness because they believe they do not have anyone who understands their thoughts and feelings and shows them sufficient care and compassion. People with a defectiveness schema believe they are defective,

imperfect, inferior, worthless, deficient, inadequate, and unlovable. Individuals with this schema show extreme sensitivity to criticism, rejection, or blame (Young et. al., 2003, as cited in Üzümcü, 2016). Violence through humiliation includes behaviors such as saying or implying that the partner is stupid, pathetic, or unsuccessful, trying to make the partner feel worthless, saying that the partner is ugly, humiliating the partner in front of other people, telling the partner that someone else will be a better partner/lover than he/she (Demirtaş et. al., 2018). We can explain the relationship mentioned here with the concept of "overcompensation" in schema therapy and "grandiosm" in narcissistic personality disorder. In the overcompensation coping style, people engage in emotions, thoughts, and behaviors that will reveal the opposite of the schema (Young and Lindemann 2002 as cited in Anlı et al. 2017). The schema therapy approach aims to weaken the grandiose mode activated by the overcompensation of feelings of worthlessness and imperfection (Behary, 2012; Rafaeli et. al., 2010; Young et. al., 2003). Kernberg's (1975) definition of narcissism, including "grandiosm, lack of empathy, a feeling of emotional emptiness, egocentrism," is encountered. Unlike this definition, Heinz Kohut (1977) defined narcissism as a phenomenon in which "fragility, depression, feeling of emptiness, lack of empathy and resilience" dominate (Eldogan, 2016). Studies mention that narcissism has two dimensions. (Dickinson and Pincus, 2003; Rose, 2002; Wink, 1991, cited in Eldoğan, 2016). Grandiose narcissism includes features such as a sense of grandeur, arrogance, etc. (Akhtar & Thomson, 1982; Wink, 1991, as cited in Eldoğan 2016). It is seen that there are close similarities between behavioral reflections of grandiose narcissism and overcompensation of defectiveness schema. In addition, if the belief that the caregiver's emotional needs will not be met by the caregiver, which is included in the emotional deprivation schema, is overcompensated, the thought of "I do not need anyone" may arise. This

situation coincides with the behaviors involved in grandiosity. Narcissistic patients have been recognized as one of the most challenging patient groups to easily anger a therapist (Behary & Dieckmann, 2011, as cited in Ar, 2014). Because they see therapy as a potential place of humiliation where their flaws will be exposed, they may try to prove their superiority by treating their therapist in humiliating and provocative ways. An example of a case from an article is given in order to provide a more comprehensive perspective that considers both grandiose and vulnerable themes based on the approach of narcissistic personality disorder:

"Ms. D. is a 38-year-old married female patient who works as a senior manager in a private company. "Ms. D. had previously received psychotherapy service for two months due to her relational problems with her husband and friends, but she found her psychiatrist "stupid ." She stated that she stopped the treatment before the process was over. Ms. D. explained that she wanted to seek psychological support again because a comment from her psychiatrist confused her. The statements of her psychiatrist are as follows: "You use people like a stress ball; you do not hesitate to step on them to feel good." Ms. D also stated that her husband criticizes how she treats other people and that they are planning to have a baby now. Therefore, her husband pressured her to receive psychotherapy. It was observed that Ms. D.'s self-arrogant behaviors were limited to certain relationships. In fact, her self-enhancing attitudes seem to be particularly activated in situations where she may feel powerless and helpless. At this point, we can say that inadequacy and emotional deprivation schemas activate the overcompensation mechanism (Ar, 2014). It can be explained that the overcompensation state activated here triggers the behavior of inflicting violence on the partner through humiliation.

5.6. Discussion Related to Hostile Withdrawal (Perpetrator)

According to the findings, it is seen that social isolation and approval-seeking schemas positively predict violence through hostile withdrawal. In addition, it is seen that failure schema negatively predicts violence through hostile withdrawal. As we explained earlier, the person with the failure schema believes he/she will definitely fail or perform poorly compared to his/her peers. They generally tend to describe the person as stupid and incompetent and believe they are less successful than others (Young et. al., 2008, as cited in Arı, 2015). People with a social isolation schema think they are different from others and do not belong to any group or society. These people also feel disconnected from the social world. As a result of having this schema, these people tend to avoid activities with society and feel lonely even when they are with people (Üzümcü, 2016). People with an approval-seeking schema give up their secure and true sense of self to seek approval from others. They place excessive emphasis on getting approval, recognition, attention, or conformity from other people. These individuals' feelings of respect depend primarily on the reactions of others rather than on their natural dispositions. Sometimes it involves overemphasizing achievement through status, recognition, social acceptance, money or approval, attention, and recognition. As a result, they are susceptible to rejection and take extreme precautions against rejection. Extreme measures lead to erroneous decisions (Young et. al., 2013, as cited in Yolalan, 2020). Violence through hostile withdrawal includes behaviors such as ignoring the partner, punishing by distance, not accepting the existence of a problem, or refusing to talk about it (Demirtaş et. al., 2018).

There are also opinions that the social isolation schema is usually the result of an increasing withdrawal due to exclusion and humiliation in late childhood and youth (Roediger, 2015, as cited in Eken, 2018). Based on this view, the positive relationship

between hostile withdrawal behavior and social isolation schema can be explained.

Freeman (1998) conducted a study on 194 adults on early maladaptive schemas and constructivist thinking in marital quality and interpersonal adjustment. In the research, it was seen that the problem of being close, which is one of the interpersonal problems, is related to the social isolation schema. Furthermore, it is seen that there is a similarity between the problem of being close and hostile withdrawal behaviors in the mentioned relationship (Kargın Güner, 2014).

5.7. Discussion Related to Control (Perpetrator)

The findings show that vulnerability of the harm schema positively predicts violent behavior through control. People with the vulnerability schema experience an exaggerated fear that an unexpected disaster they cannot avoid will occur at any time. This disaster can be medical (heart attack or contracting a disease such as AIDS, cancer, etc.), mental (such as mental health or loss of control), environmental (accidents, natural disasters, being attacked, etc.) (Young et. al., 2003 as cited in Caner, 2009) Violence through control includes behaviors such as asking where the partner is with a skeptical attitude, looking at the partner's belongings secretly, preventing him/her from meeting with friends and relatives (Demirtaş et. al., 2018). A previous study examining the relationship between individuals' attachment styles and early maladaptive schemas found a positive relationship between anxious and avoidant attachment and harm versus vulnerability in impaired autonomy schema. (Yaka, 2011 as cited in Demir, 2022). It is hypothesized that attachment styles cause irrational beliefs and insecurity about the relationship, which is one of the romantic relationship problems. Studies have shown that anxiously attached individuals have more irrational beliefs than securely attached individuals. (Stackert & Bursik, 2003, as cited in Demir, 2022). A previous study examining the relationship between irrational beliefs in

romantic relationships, relationship satisfaction, and attachment styles in a Turkish sample found that anxious attachment style was positively associated with excessive expectations, mind reading, and physical intimacy beliefs. It can be said that the excessive expectation mentioned above, mind-reading behavior, and excessive closeness expectation are similar to the mechanism of violence through control. It can be said that the behaviors of the anxious attachment style are similar to those of the vulnerability to harm scheme. Therefore, finding that the anxious attachment style is positively associated with excessive expectations, mind-reading, and physical intimacy beliefs supports that individuals with a schema of vulnerability in the face of threats predict violent behavior through control.

5.8. Discussion Related to Domination/Intimation

According to the findings, it is seen that the dependence/incompetence schema predicts applying violence through domination/intimation positively. The dependence/incompetence schema believes individuals will have difficulty solving their daily problems. These people feel incapable of directing their lives and making the right decisions on their own. People with this schema tend to want others to decide instead of themselves (Bricker & Young, 2012, as cited in Demir, 2022). Violence by domination/intimidation includes anger in a way that threatens and scares the partner, aggressive insistence on ideas, threatening physical violence, damaging the surrounding objects to intimidate the partner, driving dangerously to intimidate the partner, and threatening to intimidate the partner. (Demirtaş et. al. 2018). We can explain the positive relationship between these two concepts with the concept of "overcompensation of the schema. "The overcompensation of the schema includes the tendency to think, act and fight the schema in the opposite direction of the schema. (Sempértegui et. al., 2013, as cited in Ertürk & Kaynar, 2017). In case of

overcompensation of the dependency/inadequacy schema, the individual may develop behaviors that will always keep his/her partner by his/her side and increase the act of violence to cope with the anxiety of loneliness. According to the study conducted by Bayar (2021) with 460 adults, examining the relationship between early maladaptive schemas of adult individuals and their attachment styles, relationship satisfaction, and coping skills in their romantic relationships, a positive and significant relationship was determined between the anxiously attached adults and the dependence/incompetence schema of these adults. Anxious attachment is worrying that one's partner may not be available and helpful when needed (Rholes, Simpson, Campell, & Grich, 2001, as cited in Sümer, 2017). On the other hand, anxious ones think that the people they love do not love them enough and want to establish a close relationship with their spouse as much as possible. Such attachments constantly fear losing the person they love (Shaver et. al. 1988 as cited in Atak & Taşkın, 2012). The behaviors exhibited by adults with an anxious attachment type in their romantic relationships are similar to those of individuals who use violence through domination/intimidation. Individuals who use violence through domination/intimidation try to keep their partners by their side through fear and pressure. These behaviors show parallelism with anxious attachment. In summary, it can be said that the positive relationship between the use of violence through domination/intimidation by individuals with a dependence/incompetence schema and who behave depending on the overcompensation of this schema is a result compatible with the literature.

CHAPTER VI

SUGGESTIONS

Our main purpose in our research is to seek answers to the question of whether early maladaptive schemas are predictive of violence in intimate relationships. According to the results obtained, the predictive role of early maladaptive schemas on the type of violence applied and exposed in intimate relationships was found. Significant differences were found with the gender variable of the participants. In this part, which we will explain, information is given about how these studies will guide new researches and how they will support practitioners.

6.1. Suggestions Related to the Academic Studies

This study is academically important as it covers all relationships called intimate partners, rather than only dating or married individuals. There are many studies in the literature that progress through schema therapy, but the content that includes the connection between intimate partner violence and schema therapy is limited. the number is limited. At the same time, the "Multidimensional Emotional Abuse Scale" applied in this study is important because it evaluates both the victim and the perpetrator in terms of content, and there has been no study in which the Turkish version of this scale was used before. As we mentioned before, this research will be a resource for researchers working in similar fields to examine and re-evaluate the structures that form the basis of violence with the concept of schema. Since more women volunteered in this study, a similar study could be conducted with a larger population and as equal gender distribution as possible. For the schemas for which no relationship can be found, a research can be done in which the sample group is more homogeneous.

6.2. Suggestions Related to the Practice

It is a frequently spoken concept that individuals use violence in their close relationships and are exposed to violence. It is thought that the findings obtained from the study will help practitioners working in this field, practitioners working with risk groups exposed to violence, and couple and family therapists. A schema perspective will open a new window for experts working in this field in terms of reaching the source of violence, using violence and being exposed to it. At the same time, based on this study, it would be useful for therapists to consider the predictive effect of the individual's schemas while investigating the origin of accepting violence in individual reactions.

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APPENDICES

7.1. Appendix-1: Demographic Information Form

1) KİŞİSEL BİLGİ FORMU

1- Yaşınız:

2- Cinsiyetiniz: kadın () erkek ()

3- Medeni durumunuz:

Bekar () evli ()

4- Romantik ilişki durumu Var () Yok ()

5- Daha önce romantik ilişki deneyiminiz oldu mu?

Oldu ise süresi

..... Aydır

6- Romantik ilişkiniz varsa süresini belirtiniz.

..... Aydır.

7.2. Appendix-2: YSO-KF3

Yönerge: Aşağıda, kişilerin kendilerini tanımlarken kullandıkları ifadeler sıralanmıştır. Lütfen her bir ifadeyi okuyun ve sizi ne kadar iyi tanımladığına karar verin. Emin olamadığınız sorularda neyin doğru olabileceğinden çok, sizin duygusal olarak ne hissettiğinize dayanarak cevap verin.

Bir kaç soru, anne babanızla ilişkiniz hakkındadır. Eğer biri veya her ikisi şu anda yaşamıyorlarsa, bu soruları o veya onlar hayatta iken ilişkinizi göz önüne alarak cevaplandırın.

1 den 6'ya kadar olan seçeneklerden sizi tanımlayan en yüksek şıkkı seçerek her sorudan önce yer alan boşluğa yazın.

Derecelendirme:

1- Benim için tamamıyla yanlış

2- Benim için büyük ölçüde yanlış

3- Bana uyan tarafı uymayan tarafından biraz fazla

4- Benim için orta derecede doğru

5- Benim için çoğunlukla doğru

6- Beni mükemmel şekilde tanımlıyor

1. _____ Bana bakan, benimle zaman geçiren, başıma gelen olaylarla gerçekten ilgilenen kimsem olmadı.

2. _____ Beni terkedeceklerinden korktuğum için yakın olduğum insanların peşini bırakmam.

3. _____ İnsanların beni kullandıklarını hissediyorum

4. _____ Uyumsuzum.

5. _____ Beğendiğim hiçbir erkek/kadın, kusurlarımı görürse beni sevmez.

6. _____ İş (veya okul) hayatımda neredeyse hiçbir şeyi diğer insanlar kadar iyi yapamıyorum
7. _____ Günlük yaşamımı tek başıma idare edebilme becerisine sahip olduğumu hissetmiyorum.
8. _____ Kötü bir şey olacağı duygusundan kurtulamıyorum.
9. _____ Anne babamdan ayrılmayı, bağımsız hareket edebilmeyi, yaşlılarım kadar, başaramadım.
10. _____ Eğer istediğimi yaparsam, başımı derde sokarım diye düşünürüm.
11. _____ Genellikle yakınlarıma ilgi gösteren ve bakan ben olurum.
12. _____ Olumlu duygularımı diğerlerine göstermekten utanırım (sevdiğimi, önemseddiğimi göstermek gibi).
13. _____ Yaptığım çoğu şeyde en iyi olmalıyım; ikinci olmayı kabullenemem.
14. _____ Diğer insanlardan bir şeyler istediğimde bana “hayır” edilmesini çok zor kabullenirim.
15. _____ Kendimi sıradan ve sıkıcı işleri yapmaya zorlayamam.
16. _____ Paramın olması ve önemli insanlar tanıyor olmak beni değerli yapar.
17. _____ Her şey yolunda gidiyor görünse bile, bunun bozulacağını hissederim.
18. _____ Eğer bir yanlış yaparsam, cezalandırılmayı hak ederim.
19. _____ Çevremde bana sıcaklık, koruma ve duygusal yakınlık gösteren kimsem yok.

20. _____ Diğer insanlara o kadar muhtacım ki onları kaybedeceğim diye çok endişeleniyorum.
21. _____ İnsanlara karşı tedbiri elden bırakmam yoksa bana kasıtlı olarak zarar vereceklerini hissederim.
22. _____ Temel olarak diğer insanlardan farklıyım.
23. _____ Gerçek beni tanırlarsa beğendiğim hiç kimse bana yakın olmak istemez.
24. _____ İşleri halletmede son derece yetersizim.
25. _____ Gündelik işlerde kendimi başkalarına bağımlı biri olarak görüyorum.
26. _____ Her an bir felaket (doğal, adli, mali veya tıbbi) olabilir diye hissediyorum.
27. _____ Annem, babam ve ben birbirimizin hayatı ve sorunlarıyla aşırı ilgili olmaya eğilimliyiz.
28. _____ Diğer insanların isteklerine uymaktan başka yolum yokmuş gibi hissediyorum; eğer böyle yapmazsam bir şekilde beni reddederler veya intikam alırlar.
29. _____ Başkalarını kendimden daha fazla düşündüğüm için ben iyi bir insanım.
30. _____ Duygularımı diğerlerine açmayı utanç verici bulurum.
31. _____ En iyisini yapmalıyım, “yeterince iyi” ile yetinemem.
32. _____ Ben özel biriyim ve diğer insanlar için konulmuş olan kısıtlamaları veya sınırları kabul etmek zorunda değilim.
33. _____ Eğer hedefime ulaşamazsam kolaylıkla yılgınlığa düşer ve vazgeçerim.
34. _____ Başkalarının da farkında olduğu başarılar benim için en değerlisidir.

35. _____ İyi bir şey olursa, bunu kötü bir şeyin izleyeceğinden endişe ederim.
36. _____ Eğer yanlış yaparsam, bunun özürü yoktur.
37. _____ Birisi için özel olduğumu hiç hissetmedim.
38. _____ Yakınlarımla beni terk edeceği ya da ayrılacağından endişe duyarım
39. _____ Herhangi bir anda birileri beni aldatmaya kalkışabilir.
40. _____ Bir yere ait değilim, yalnızım.
41. _____ Başkalarının sevgisine, ilgisine ve saygısına değer bir insan değilim.
42. _____ İş ve başarı alanlarında birçok insan benden daha yeterli.
43. _____ Doğru ile yanlış birbirinden ayırmakta zorlanırım.
44. _____ Fiziksel bir saldırıya uğramaktan endişe duyarım.
45. _____ Annem, babam ve ben özel hayatımız birbirimizden saklarsak, birbirimizi aldatmış hisseder veya suçluluk duyarız
46. _____ İlişkilerimde, diğer kişinin yönlendirici olmasına izin veririm.
47. _____ Yakınlarımla o kadar meşgulüm ki kendime çok az zaman kalıyor.
48. _____ İnsanlarla beraberken içten ve cana yakın olmak benim için zordur.
49. _____ Tüm sorumluluklarımı yerine getirmek zorundayım.
50. _____ İstediğimi yapmaktan alıkonulmaktan veya kısıtlanmaktan nefret ederim.
51. _____ Uzun vadeli amaçlara ulaşabilmek için şu andaki zevklerimden fedakarlık etmekte zorlanırım

52. _____ Başkalarından yoğun bir ilgi görmezsem kendimi daha az önemli hissedirim.
53. _____ Yeterince dikkatli olmazsanız, neredeyse her zaman bir şeyler ters gider.
54. _____ Eğer işimi doğru yapmazsam sonuçlara katlanmam gerekir.
55. _____ Beni gerçekten dinleyen, anlayan veya benim gerçek ihtiyaçlarım ve duygularımı önemseyen kimsem olmadı.
56. _____ Önem verdiğim birisinin benden uzaklaştığını sezersem çok kötü hissedirim.
57. _____ Diğer insanların niyetleriyle ilgili oldukça şüpheciyimdir.
58. _____ Kendimi diğer insanlara uzak veya kopmuş hissediyorum.
59. _____ Kendimi sevebilecek biri gibi hissetmiyorum.
60. _____ İş (okul) hayatımda diğer insanlar kadar yetenekli değilim.
61. _____ Gündelik işler için benim kararlarıma güvenilemez.
62. _____ Tüm paramı kaybedip çok fakir veya zavallı duruma düşmekten endişe duyarım.
63. _____ Çoğunlukla annem ve babamın benimle iç içe yaşadığını hissediyorum- Benim kendime ait bir hayatım yok.
64. _____ Kendim için ne istediğimi bilmediğim için daima benim adıma diğer insanların karar vermesine izin veririm.
65. _____ Ben hep başkalarının sorunlarını dinleyen kişi oldum.

66. _____ Kendimi o kadar kontrol ederim ki insanlar beni duygusuz veya hissiz bulurlar.
67. _____ Başarmak ve bir şeyler yapmak için sürekli bir baskı altındayım.
68. _____ Diğer insanların uyduğu kurallara ve geleneklere uymak zorunda olmadığımı hissediyorum.
69. _____ Benim yararına olduğunu bilsem bile hoşuma gitmeyen şeyleri yapmaya kendimi zorlayamam.
70. _____ Bir toplantıda fikrimi söylediğimde veya bir topluluğa tanıtıldığımda onaylanılmayı ve takdir görmeyi isterim.
71. _____ Ne kadar çok çalışırsam çalışayım, maddi olarak iflas edeceğimden ve neredeyse her şeyimi kaybedeceğimden endişe ederim.
72. _____ Neden yanlış yaptığının önemi yoktur; eğer hata yaptıysam sonucuna da katlanmam gerekir.
73. _____ Hayatımda ne yapacağımı bilmediğim zamanlarda uygun bir öneride bulunacak veya beni yönlendirecek kimsem olmadı.
74. _____ İnsanların beni terk edeceği endişesiyle bazen onları kendimden uzaklaştırırım.
75. _____ Genellikle insanların asıl veya art niyetlerini araştırırım.
76. _____ Kendimi hep grupların dışında hissedirim.
77. _____ Kabul edilemeyecek pek çok özelliğim yüzünden insanlara kendimi açamıyorum veya beni tam olarak tanımalarına izin vermiyorum.
78. _____ İş (okul) hayatımda diğer insanlar kadar zeki değilim.

79. ____ Ortaya çıkan gündelik sorunları çözebilme konusunda kendime güvenmiyorum.
80. ____ Bir doktor tarafından herhangi bir ciddi hastalık bulunmamasına rağmen bende ciddi bir hastalığın gelişmekte olduğu endişesine kapılıyorum.
81. ____ Sık sık annemden babamdan ya da eşimden ayrı bir kimliğimin olmadığını hissediyorum.
82. ____ Haklarıma saygı duyulmasını ve duygularımın hesaba katılmasını istemekte çok zorlanıyorum.
83. ____ Başkaları beni, diğerleri için çok, kendim için az şey yapan biri olarak görüyorlar.
84. ____ Diğerleri beni duygusal olarak soğuk bulurlar.
85. ____ Kendimi sorumluluktan kolayca sıyıramıyorum veya hatalarım için gerekçe bulamıyorum.
86. ____ Benim yaptıklarımın, diğer insanların katkılarından daha önemli olduğunu hissediyorum.
87. ____ Kararlarıma nadiren sadık kalabilirim.
88. ____ Bir dolu övgü ve iltifat almam kendimi değerli birisi olarak hissetmemi sağlar.
89. ____ Yanlış bir kararın bir felakete yol açabileceğinden endişe ederim.
90. ____ Ben cezalandırılmayı hak eden kötü bir insanım.

7.3. Appendix-3: ÇBDİÖ (Çok Boyutlu Duygusal İstismar Ölçeği)

Aşağıda, partnerinizle ilişkinizdeki son altı ayı düşünerek yanıtlamanız istenen maddeler verilmiştir. Şu anda bir partneriniz yoksa bu maddeleri bir önceki ilişkinizi düşünerek yanıtlayabilirsiniz. Her bir madde için iki yanıt vermeniz gerekmektedir. “Siz” yazan satırda, belirtilen davranışı sizin ne sıklıkta yaptığınızı gösteren rakamı daire içine alarak işaretleyiniz. “Partneriniz” yazan satırda ise belirtilen davranışı, partnerinizin ne sıklıkta yaptığını gösteren rakamı daire içine alarak işaretleyiniz. Eğer siz ya da partneriniz bu davranışlardan birini son altı ay içinde göstermediyseniz ama daha önceden yaptıysanız 7’yi işaretleyiniz. (1) Bir kere (4) 6-10 kere (7) Son altı ayda olmadı ama daha önce oldu (2) İki kere (5) 11-20 kere (0) Hiçbir zaman olmadı (3) 3-5 kere (6) 20 kereden fazla.

	Bir kere	İki kere	3-5 kere	6-10 kere	11-20 kere	20 + kere	Son 6 ayda olmadı	Hiç olmadı
1.Partnerime şüpheli bir tavırla nerede veya kimlerle birlikte olduğunu sordum.	1	2	3	4	5	6	7	0
2.Partnerim bana şüpheli bir tavırla nerede veya kimlerle birlikte olduğunu sordu.								
3.Partnerimin kişisel eşyalarını gizlice karıştırdım.								
4.Partnerim kişisel eşyalarımı gizlice karıştırdı.								
5.Partnerimin bazı arkadaşları veya aile üyeleriyle görüşmesini engellemeye çalıştım.								
6.Partnerim bazı arkadaşlarım veya aile üyeleriyle görüşmemi engellemeye çalıştı.								
7.Partnerimin, arkadaşları ile çok fazla zaman geçirmesinden şikayet ettim.								
8.Partnerim, arkadaşlarım ile çok fazla zaman geçirmemden şikayet etti.								
9.Partnerime, bana haber vermeden bir yere gittiği için kızdım.								
10.Partnerim, ona haber vermeden bir yere gittiğim için kızdı.								
11.Partnerimi birlikte yeterince vakit geçiremediğimiz için suçlu hissettirmeye çalıştım.								
12.Partnerim beni birlikte yeterince vakit geçiremediğimiz için suçlu hissettirmeye çalıştı.								
13.Partnerimin nerede veya kimlerle birlikte olduğunu arkadaşlarına veya akrabalarına sorarak kontrol ettim.								
14.Partnerim nerede veya kimlerle birlikte olduğumu arkadaşlarıma veya akrabalarıma sorarak kontrol etti.								
15.Partnerimin aptal olduğunu söyledim ya da ima ettim.								

16.Partnerim benim aptal olduğumu söyledi ya da ima etti.								
17.Partnerime onun değersiz olduğunu söyledim.								
18.Partnerim bana değersiz olduğumu söyledi.								
19.Partnerime çirkin olduğunu söyledim.								
20.Partnerim bana çirkin olduğumu söyledi.								
21.Partnerimin dış görünüşünü eleştirdim.								
22.Partnerim benim dış görünüşümü eleştirdi.								
23.Partnerime zavallı, başarısız ya da benzeri bir ifade ile hitap ettim.								
24.Partnerim bana zavallı, başarısız ya da benzeri bir ifade ile hitap etti.								
25.Partnerimi diğer insanların önünde küçük düşürdüm.								
26.Partnerim beni diğer insanların önünde küçük düşürdü.								
27.Partnerime bir başka kişinin ondan daha iyi bir eş/sevgili olacağını söyledim.								
28.Partnerim bana bir başka kişinin benden daha iyi bir eş/sevgili olacağını söyledi.								
29.Konuşamayacak ya da konuşmayı istemeyecek kadar sinirlendim.								
30.Partnerim konuşamayacak ya da konuşmayı istemeyecek kadar sinirlendi.								
31.Kızdığımda partnerime soğuk ya da mesafeli davrandım.								
32.Kızdığında partnerim bana karşı soğuk ya da mesafeli davrandı.								
33.Bir sorun hakkında herhangi bir tartışma yapmayı reddettim.								
34.Partnerim bir sorun hakkında herhangi bir tartışma yapmayı reddetti.								
35.Partnerim bir sorun hakkında tartışmaya çalışırken kasıtlı olarak konuyu değiştirdim.								
36.Ben bir sorun hakkında tartışmaya çalışırken partnerim kasıtlı olarak konuyu değiştirdi.								
37.Partnerim için önemli olan bir sorunun varlığını reddettim.								
38.Partnerim benim için önemli olan bir sorunun varlığını reddetti.								
39.Bir konu hakkında konuşmayı reddettim ya da surat astım/küstüm.								
40.Partnerim bir konu hakkında konuşmayı reddetti ya da surat astı/küstü.								
41.Bir çatışma ya da anlaşmazlık anında kasıtlı olarak partnerimden uzak durdum.								
42.Bir çatışma ya da anlaşmazlık anında kasıtlı olarak partnerim benden uzak durdu.								

43.Partnerimi korkutacak kadar öfkelen dim.								
44.Partnerim beni korkutacak kadar öfkelen di.								
45.Partnerime fikirlerimi saldırganca diretmeye çalış tım.								
46. Partnerim bana fikirlerini saldırganca diretmeye çalış tı.								
47.Partnerimi vurmakla/dövmekle tehdit ettim.								
48.Partnerim beni vurmakla/dövmekle tehdit etti.								
49.Partnerimi bir şey fırlatmakla tehdit ettim.								
50.Partnerim beni bir şey fırlatmakla tehdit etti.								
51.Partnerimin önünde bir şeyler fırlattım, bir şeyleri kırıp döktüm, tekmeledim ya da bir şeylere vurdum.								
52.Partnerim benim önümde bir şeyler fırlattı, bir şeyleri kırıp döktü, tekmeledi ya da bir şeylere vurdu.								
53.Partnerimi korkutmak için tehlikeli bir şekilde araba kullandım.								
54.Partnerim beni korkutmak için tehlikeli bir şekilde araba kullandı.								
55.Bir çatışma ya da anlaşmazlık anında partnerimin tepesinde dikildim veya etrafında dolanıp durdum.								
56.Bir çatışma ya da anlaşmazlık anında partnerim tepemde dikildi veya etrafımda dolanıp durdu.								

Uygulama Boyutu

Kontrol (7 madde): 1, 3, 5, 7, 9, 11, 13

Aşağılama (7 madde): 15, 17, 19, 21, 23, 25, 27

Düşmanca Geri Çekilme (7 madde): 29, 31, 33, 35, 37, 39, 41

Tehdit (7 madde): 43, 45, 47, 49, 51, 53, 55

Maruz Kalma Boyutu

Kontrol (7 madde): 2, 4, 6, 8, 10, 12, 14

Aşağılama (7 madde): 16, 18, 20, 22, 24, 26, 28

Düşmanca Geri Çekilme (7 madde): 30, 32, 34, 36, 38, 40, 42

Tehdit (7 madde): 44, 46, 48, 50, 52, 54, 56

7.1. Appendix-4: Ethics Committee Approval



T.C.
YEDİTEPE ÜNİVERSİTESİ REKTÖRLÜĞÜ

19.11.2021

Sayı : E.50532705-302.14.01-1052
Konu : Özge Ozansoy Kurul Onayı

İLGİLİ MAKAMA

Üniversitemiz Sosyal Bilimler Enstitüsü Rehberlik ve Psikolojik Danışmanlık Bölümü Yüksek Lisans Öğrencisi Özge Ozansoy'un, Dr. Öğr. Üyesi Serdar Körük danışmanlığında yürütülecek olan "Investigation of Relational Violence in Romantic Relationships in Terms of Perpetrator and Victim in the Context of Schema Therapy" başlıklı araştırmasının Beşeri Bilimler etik standartlarına uygunluğuna ilişkin Yeditepe Üniversitesi Beşeri ve Sosyal Araştırmalar Etik Kurulu Onayı ekte sunulmuştur.

Gerekli iznin verilmesi hususunu bilgilerinize arz ve rica ederim.ederim.

İmza
Prof. Dr. Fatma Yeşim EKİNCİ
Rektör a.
Rektör Yardımcısı

Ek: Etik Kurul Onayı.pdf