

THE RELATIONSHIP OF CONFLICT RESOLUTION STYLES WITH DYADIC
ADJUSTMENT IN NEWLYWEDS

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This thesis is dedicated to my parents, Muhittin AKYILDIZ and Nermin AKYILDIZ, and my brothers İsmail Talha AKYILDIZ and Mustafa Kerem AKYILDIZ. Thank you for your endless love, support, encouragement and being such a fun family.

ABSTRACT

This study examined the relationship between conflict resolution styles (positive, negative, subordination, and retreat conflict resolution styles) and dyadic adjustment among newlywed couples in Turkey. This study was conducted with 252 couples married for less than 15 months. The present study is part of a more extensive longitudinal study conducted at Ozyegin University by Kafescioğlu and colleagues funded by TÜBİTAK (Grant Number: 113K538). Data were collected in four waves at seven monthly intervals. For the current study, the first wave data on conflict resolution styles and the second wave data on dyadic adjustment were used. Participants filled out the following measures: Demographic Information Form, Conflict Resolution Styles Scale (CRSS), and Dyadic Adjustment Scale (DAS). Latent Profile Analysis (LPA) and ANCOVA were conducted to examine research questions. Results showed that the two-profile model was the best-fitted model considering fit statistics among the four models. The profiles differed in three conflict resolution styles: wives' positive conflict resolution style, husbands' retreat, and subordination conflict resolution styles. The first profile had a low level in all three conflict resolution styles, named "Less Positive Wife- More Engaged Husband." In contrast, couples in the second profile used the three conflict resolution styles more, so the profile was named "Positive Wife- Avoidant Husband." ANCOVA analysis indicated insignificant differences in dyadic adjustment between profiles. The findings were discussed in light of existing literature and theoretical framework. Finally, research contributions, limitations, and future research suggestions were presented.

Keywords: conflict resolution styles, dyadic adjustment, newlywed couples

ÖZET

Çalışmanın amacı Türkiye’deki yeni evli çiftlerde çatışma çözüm stilleri (olumlu, olumsuz, boyun eğme ve geri çekilme çözüm stilleri) ve çift ilişkisindeki uyum arasındaki ilişkiyi incelemektir. Bu çalışma 15 aydan daha az süredir evli olan 252 çift ile gerçekleştirilmiştir. Mevcut çalışma, Özyeğin Üniversitesinde Kafescioğlu ve arkadaşları tarafından gerçekleştirilen ve TÜBİTAK (No: 113K538) tarafından fonlanan daha kapsamlı bir boylamsal çalışmanın parçasıdır. Veriler yedi ay aralıklı olarak dört aşamada toplanmıştır. Mevcut çalışma için ilk aşamada toplanmış olan çatışma çözüm stilleri verileri ve ikinci aşamada toplanmış olan çift uyum verileri kullanılmıştır. Katılımcılardan belirtilen ölçekleri doldurmuştur: Demografik Bilgi Formu, Çatışma Çözüm Stilleri Ölçeği (ÇÇSÖ), ve Çift Uyum Ölçeği (ÇUÖ). Çalışma sorularını incelemek için Örtük Profil Analizi ve Özet Kovaryans Analizi (ANCOVA) gerçekleştirilmiştir. Sonuçlar iki profilli modelin diğer modellerle uyum istatistikleri karşılaştırıldığında en iyi uyum gösteren model olduğunu göstermiştir. Profiller üç çatışma çözüm stilinde farklılaşmıştır: kadın eşlerin olumlu çatışma çözüm stilleri, erkek eşlerin geri çekilme ve boyun eğme çatışma çözüm stilleri. İlk profil her üç çatışma çözüm stilinde daha düşük bir seviyede olduğu için “Daha Az Olumlu Kadın Eş-Daha Çok Katılım Gösteren Erkek Eş” olarak isimlendirilmiştir. Aksine ikinci profildeki çiftler üç çatışma çözüm stilini daha çok kullanmıştır, bu nedenle “Olumlu Kadın Eş-Kaçıngan Erkek Eş” olarak isimlendirilmiştir. ANCOVA analizi profiller arasındaki çift uyumunun anlamlı bir farklılık olmadığını göstermiştir. Bulgular mevcut literatür ve teorik çerçeve ışığında tartışılmıştır. Son olarak, çalışmanın katkıları, kısıtlılıkları ve gelecek çalışma önerileri sunulmuştur

Anahtar Kelimeler: çatışma çözüm stilleri, çift uyumu, yeni evli çiftler

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CHAPTER 1

INTRODUCTION

Studies on conflict resolution styles are significant in understanding couples' adjustment, satisfaction, and happiness in their relationship. Conflict in the relationship is not necessarily associated with adverse outcomes. Indeed, constructive conflict resolution styles are related to greater marital satisfaction (Stinson et al., 2017), marital quality (Li et al., 2019), relationship quality (González-Ortega et al., 2021), and marital affection (Li et al., 2020). Considering the significance of conflict resolution styles on couples' marital quality, the present study will investigate the relationship between conflict resolution styles and dyadic adjustment.

While understanding the dynamics in response to a conflictual situation, focusing on one partner's actions, beliefs, or emotions is insufficient (Batista da Costa & Mosmann, 2021; González-Ortega et al., 2021). While partners take action to resolve the conflict, they affect each other and are affected by their partners' demands, beliefs, expectations, and actions. Thus, researchers emphasize the importance of considering actor-partner interactions when investigating conflict resolution styles. (Bretaña et al., 2022; Dennison et al., 2014; Ünal & Akgün, 2022). Therefore, the present study will evaluate the relationship between conflict resolution styles and dyadic adjustment with dyads to have a holistic view of the couple's interactions.

The relationship between conflict resolution styles and relationship satisfaction has been evaluated in different cultures. Some research showed similar results in other cultures, while some conflict resolution styles indicated different results across different cultures (Ali & Saleem, 2022; Ayenew, 2016; Cheng, 2010;

Yu, 2020). Thus, the research across different cultures showed the importance of unique investigations in each country. Although there have been many studies on conflict resolution styles and dyadic relationship quality, there have been limited studies in Turkish culture. Therefore, the present study will explore the relationship between conflict resolution style and dyadic adjustment in Turkey.

In the literature, some researchers studied conflict resolution styles by using a variable-centered approach (Scheeren et al., 2014; Schneewind & Gerhard, 2002; Sierau & Herzberg, 2011), while others used person-centered methods to identify conflict resolution styles (Gottman, 1993; Gottman & Krokoff, 1989; Kamp Dush & Taylor, 2011; Li et al., 2020). Variable-centered approaches mainly focus on the relationship between variables and accept the relationship for all people as homogenous. Person-centered approaches like Latent Class or Latent Profile Analysis focus on the heterogeneity of participants and try to find classes that exhibit the same patterns while studying the variables (Collins & Lanza, 2010). Each spouse may have a unique conflict resolution style, forming a different combination of conflict resolution styles for the couples. Considering the importance of inimitableness in partners' conflict resolution style combinations, this study will examine conflict resolution styles using latent profile analysis. Thus, the present study aims to identify different profiles of couples based on the differences in their use of various conflict resolution styles and examine how these relate to dyadic adjustment.

The data in the proposed study come from a more extensive study of newlywed couples. Focusing on the meaningful clusters of different conflict resolution styles pointing to different types of couples and the association with

dyadic adjustment of newlyweds is significant since the early years of marriage are open to more stressful situations and conflicts due to the transition period from singlehood to marriage (Cao et al., 2015). In addition, the majority of divorces in Turkey, which corresponded to 37.5 % of divorces in 2022, occur in the first five years of marriage (TUIK, 2023).

The following section will begin with definitions of studied variables and review the literature on conflict resolution styles in married couples by presenting studies in variable and person-centered approaches.

1.1 Definition of Conflict Resolution Style

Because it is inevitable to have conflicts in relationships, partners' interpersonal behaviors used to resolve disagreements reflect their conflict resolution styles (Marchand, 2004, p. 100). While defining conflict resolution style, Charny (1980) stated that "... what really becomes important in family life is not the ability to stay out of trouble, but to get out of trouble, that is the ability to process conflicts and dilemmas and unfairness constructively" (p. 43).

1.2 Definition of Dyadic Adjustment

Spanier (1976) defined dyadic adjustment as a process to identify the degree of changes in several dimensions, such as dyadic differences, intrapersonal and interpersonal disturbance, dyadic satisfaction, dyadic harmony in terms of participating in everyday activities, and collaborative thinking. Dyadic adjustment has been used as an umbrella term for different dimensions, including marital satisfaction, marital adjustment, and marital quality (Spanier, 1976). In the literature, the Dyadic Adjustment Scale (Spanier, 1976) and Revised Dyadic Adjustment Scale (Busby et al., 1995) have been used to measure marital quality (Klaric et al., 2011)

and relationship satisfaction (Uhlich, Lugibuehl & Schoebi, 2021). Furthermore, there is a strong correlation between marital satisfaction and dyadic adjustment (Scorsolini-Comin & Das Santos, 2012; Ward et al., 2009). Therefore, not only findings of studies on conflict resolution styles and dyadic adjustment but also relationship satisfaction and relationship quality studies will be presented in the literature review.



CHAPTER 2

LITERATURE REVIEW

2.1 Conflict Resolution Styles and Dyadic Adjustment

Gottman's studies are essential in understanding the specific interaction between couples during conflicts and its' association with marital satisfaction (Gottman, 1993; Gottman, 1998; Gottman & Krokoff, 1989). In his variable-centered studies, Gottman pointed out the detrimental effects of conflict resolution styles such as criticism, defensiveness, contempt, stonewalling, and pursue/withdraw communication (Gottman, 1998). Gottman and Krokoff (1989) also studied married couples with a person-centered approach to examine whether couples engage in specific emotions, behaviors, and gestures with their partners during conflicts that generate specific interaction patterns. Furthermore, they investigated whether these patterns related to marital satisfaction longitudinally. Results showed that wives who showed sadness or fear and husbands who showed stubbornness and withdrawal during arguments had low-satisfying marriages.

More recent studies have also classified specific conflict resolution styles and examined their relationship with marital satisfaction using a person-centered approach. Li et al. (2019) examined the typology of couples in terms of their use of different conflict resolution styles across three waves of 194 married Chinese couples using self-report measures. The findings indicated four groups of couples that used specific conflict resolution styles, which were cooperative couples who had collaborative styles, avoidant couples who used avoidance and stalemate styles, aggressive couples who showed physical and verbal aggression, and lastly, aggressive wife-avoidant husband couples (Li et al., 2019). Findings demonstrated

that at the first wave, husbands in the cooperative couple profile had higher marital quality than husbands in avoidant and aggressive couple profiles. However, no significant difference existed between those in the aggressive wife-avoidant husband couple profile. The only significant finding in marital quality for wives was at the first wave. Cooperative couple profile wives had significantly higher levels of marital quality than the other three (Li et al., 2019). Considering the significance of focusing on couple interactions in conflict resolution styles, in the study of Li et al. (2019) by using a person-centered approach it was possible to detect couple profiles such as aggressive wife-avoidant husband integration and its relation with marital satisfaction.

Recent variable-centered studies also examined the relationship between conflict resolution and relationship satisfaction. One of the studies was conducted with 405 heterosexual Spanish couples (González-Ortega et al., 2021). Researchers explored the relationship between relationship quality and conflict resolution styles of conflict engagement, withdrawal, compliance, and positive problem-solving. The findings -only correlation analysis and not regression analysis- demonstrated that conflict engagement and withdrawal negatively correlated with relationship quality while positive problem-solving positively correlated (González-Ortega et al., 2021). Another study was conducted with 750 couples in Brazil. The study explored discussion themes in marriage and conflict resolution styles associated with marital quality. Results revealed that positive problem-solving was the only positive predictor of marital quality. On the other hand, conflict engagement most negatively predicted marital quality, followed by withdrawal and compliance conflict resolution styles (Wagner et al., 2019).

Li et al. (2020) examined the relationship between conflict resolution styles and marital satisfaction in Chinese newlyweds using person- and variable-centered methods. Results demonstrated that both person-centered and variable-centered approaches exhibited similar findings, including the negativity of destructive conflict resolution styles, such as verbal aggression, avoiding conflict, and not caring about others' feelings on marital satisfaction, and also the positivity of constructive resolution styles, such as caring about partners' feelings and opinions and collaboration on marital satisfaction. Researchers stated that although the variable-centered approach helped explain conflict resolution strategies of newlywed couples, the variable-centered approach may not detect the accumulation of specific combined strategies used by husbands and wives and the relationship between the accumulation and marital satisfaction. A person-centered approach is helpful to fulfill the gap of a variable-centered approach while focusing on the significance of couples' heterogeneity while using specific conflict resolution styles.

Both person-centered and variable-centered studies emphasized the significance of conflict resolution styles for couples' marital satisfaction. Studies highlight the importance of positive conflict resolution styles regarding higher marital satisfaction. Thus, it makes conflict resolution style studies significant regarding a high level of marital quality. Although person-centered and variable-centered studies have similar results, like the association between constructive resolution styles and high marital satisfaction, person-centered studies conceptualize the conflict resolution styles in terms of presenting unique combinations between partners rather than expressing general outcomes in variable-centered studies.

2.2 Studies about the Relationship between Conflict Resolution Styles and Dyadic Adjustment across Cultures

2.2.1 Turkish Studies

To our knowledge, Turkish studies on the relationship between conflict resolution and relationship satisfaction and adjustment were conducted using a variable-centered approach (e.g., Telli & Yavuz Güler, 2021; Soylu & Kağnıcı, 2015; Ünal & Akgün, 2022). Telli and Yavuz Güler conducted their research with 240 nondyadic married participants. Results showed that the exit resolution style, which represents threatening, leaving, or divorcing the partner, and the neglect resolution style, which refers to the avoidance of conflicts and also blaming and criticizing the partner, were negatively associated with relationship satisfaction; and neglect style was also negatively correlated to relationship adjustment.

One of the Turkish studies was conducted with 155 Turkish married couples (Ünal & Akgün, 2022). Results showed that positive problem-solving and subordination positively predicted husbands' marital adjustment, while negative problem-solving was predicted negatively. Wives' only positive problem-solving predicted their marital adjustment positively. Also, a significant partner effect showed that husbands' higher positive problem-solving and lower negative problem-solving styles predicted wives' marital adjustment (Ünal & Akgün, 2022).

Another Turkish study was conducted with 360 married individuals to examine empathic tendency, communication, and conflict resolution styles predicting marital adjustment (Soylu & Kağnıcı, 2015). The findings revealed that while negative conflict resolution style usage reduced marital adjustment, subordination conflict resolution styles enhanced marital adjustment. Positive and retreat conflict

resolution styles did not significantly predict marital adjustment (Soylu & Kağnıcı, 2015). The only consensus among these Turkish studies was that negative conflict resolution style was negatively related to relationship adjustment. Interestingly, the subordination conflict resolution style predicted relationship adjustment positively, although it is accepted as a dysfunctional conflict resolution style. These studies are significant in understanding partners' conflict resolution styles and their association with marital satisfaction. However, it is not adequate to understand couples' interaction in conflict resolution and its relation with marital satisfaction.

2.2.2 Non-Western Cultural Studies

Studies of the relationship between conflict resolution style and marital satisfaction demonstrated mixed results, while some showed consistent results across cultures. There was a positive association between marital satisfaction and positive conflict styles; for example, “integrating” is a conflict resolution style that refers to high concern for a collaborative solution (e.g., elaborating on each partner's point of view) (Rahim & Magner, 1995) was found to be positively associated with marital satisfaction in studies conducted in non-western countries such as Pakistan (Ali & Saleem, 2022), Ethiopia (Ayenew, 2016), Japan, and South Korea (Yu, 2020). Moreover, obliging means deemphasizing differences while focusing on commonalities between partners to reduce the partner's concerns (Rahim & Magner, 1995) showed a positive association with marital satisfaction across non-western studies (Ayenew, 2016; Cheng, 2010; Yu, 2020).

Mixed results were found in the relationship between marital satisfaction and negative conflict styles, such as dominating (Ayenew, 2016; Yu, 2020) and avoiding across different cultures (Ali & Saleem, 2022; Ayenew, 2016; Cheng, 2010; Yu,

2020). For example, dominating style, referring to focusing on one's own winning position and not caring about the partner's concern which may include forcing behaviors, was negatively correlated with marital satisfaction in an Ethiopian sample (Ayenew, 2016) while not correlated to marital satisfaction in South Korean and Japanese samples (Yu, 2020). Furthermore, avoidance as a conflict resolution style was negatively associated with marital satisfaction in Western countries (Bretaña et al., 2022; Scheeren et al., 2014), Turkey (Telli & Yavuz Güler, 2021), Ethiopia (Ayenew, 2016), Japan, and South Korea (Yu, 2020) while was positively correlated with marital satisfaction in a Pakistani study (Ali & Saleem, 2022), and expressed no correlation with relationship satisfaction in a study in Taiwan (Cheng, 2010). Cultural studies on conflict resolution styles pointed out that it may not be possible to deduce similar conflict resolution styles from similar cultures. Thus, although the relationship between conflict resolution styles and marital satisfaction studies was examined across different cultures, conducting culture-specific studies with a Turkish sample is significant regarding the limitedness of Turkish-specific studies.

2.3 Studies Related to Newlyweds

Transitioning to marriage can be stressful for newlywed couples (Blalock & Bartle-Haring, 2022; Cao et al., 2015; Schramm et al., 2005). While partners try to adapt to a new relationship, there may be chaos and instability. Thus, partners' interactions may be open to more conflict (Blalock & Bartle-Haring, 2022). Schramm et al. (2005) conducted a study with a sample of 2823 couples to evaluate the most challenging areas in the early months of marriage. Results revealed that it was hard for both husbands and wives to balance marriage and employment, and

they had to struggle with their expectations of household responsibilities. Therefore, balancing responsibilities is related to poor relationship satisfaction in the first years of marriage. Cao et al. (2015) presented the importance of studying the conflict resolution styles of newlywed couples. They reported that while partners tried to find a communication style to understand each other and solve their problems early in marriage, their functional and dysfunctional problem-solving styles were related to long-term marital outcomes. Thus, understanding newlyweds' interaction patterns and conflict resolution styles could be significant in developing intervention and prevention programs. Studies on newlyweds show the significance of evaluating the newlywed couples' relationship due to the stressful atmosphere of the transition period and its' long-term marital outcomes. Thus, the present study will investigate the relationship between newlyweds' conflict resolution styles and dyadic adjustment.

2.4 Current Study

The current study will investigate the relationship between conflict resolution styles and dyadic adjustment in newlywed couples. Couples' conflict resolution styles will be identified using a person-centered approach since the approach helps identify specific accumulations and the mixture of husbands' and wives' conflict resolution styles. Moreover, the person-centered approach considers the heterogeneity of the couple combinations while exhibiting conflict resolution styles. To our knowledge, the relationship between couple conflict resolution styles and marital satisfaction has been studied in Turkey by using variable-centered methods.

The research questions are as follows:

- 1) What are the different couple profiles based on various conflict resolution styles, including the positive, negative, retreat, and subordination conflict resolution styles?
- 2) How do different couple profiles base on conflict resolution styles relate to dyadic adjustment in newlyweds?



CHAPTER 3

METHOD

3.1 Participants

The present study is part of a more extensive longitudinal study conducted at Ozyegin University by Kafescioğlu and colleagues funded by TÜBİTAK. The participants of the study were included in the larger study based on the criteria that they were married for less than 15 months, it was their first marriage, they did not have any children or were not pregnant, they lived together, and both partners would participate in the study. The sample of the first wave data consisted of 252 couples (504 individuals), and the second wave included 150 couples (300 individuals) and 46 individuals.

The age range of the participants was from 20 to 48 (20-48 for women, 22-46 for men, $n=252$ for both men and women), with an average age of 28.30 for all participants. Information about participants' ages and duration of marriage is shown in Table 1. Detailed information on the demographic makeup of the sample is presented in the 3.1.1 Demographic Descriptive Statistics section.

Table 1 *Basic Demographic Information*

	Women		Men		All Participants	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Age	27.3 ($n=252$)	3.84 ($n=252$)	29.30 ($n=252$)	3.72 ($n=252$)	28.30 ($n=504$)	3.9 ($n=504$)
Marriage duration in months	6.74 ($n=252$)	3.66 ($n=252$)	6.88 ($n=252$)	3.64 ($n=252$)	6.81 ($n=504$)	3.64 ($n=504$)

3.1.1 Demographic Descriptive Statistics

The marriage age range for women was between 19 and 47; the average marriage age of women was 26.73 ($SD=3.86$). The range of months women and men

had known their partners before marriage was between 0 and 240; on average, they had known their partners for 48.23 months ($SD=39.03$). Thus, there was variance in this sense. The total years of education ranged between 8 and 25; the average years of total education was 16.48 ($SD=3$). Over one-half of the women had a bachelor's degree (53.2%). Sixty-one women had a master's or doctorate (24.2%). Five women completed middle school (2%), 27 women graduated from high school (10.7%), and 25 women graduated from college (9.9%). Most of the women were employed in the sample. Of the women, 198 were employed (78.6%), 48 were unemployed (19%), and 6 were in the "other" category (2.4%), which may refer to being part of a project or doing an internship. Women reported their family income as follows; 12 had 851-1500 TL (4.8%), 58 had 1501-3000 TL (23%), 78 had 3001-5000 TL (31%), 75 had 5001-7500 TL (29.8%), and 29 had 7501 TL and above (11.5%). Approximately half of the women sample reported family income between 3001-7500 TL.

The marriage age range for men was between 18 and 45; the average marriage age of men was 28.70 ($SD=3.77$). The total years of education for men ranged between 5 and 27; the average years of total education were 16.43 ($SD=3.34$). More than half of the men in the sample had a bachelor's degree (53.6%). Fifty men had a master's or doctorate (19.8%). A man graduated from elementary school (.4%). Six men went to middle school (2.4%), 24 men graduated from high school (9.5%), and 36 men graduated from college (14.3%). Almost the whole sample of men was employed, corresponding to 97.6% of the men's sample. Four men in the sample were unemployed (1.6%), and two were in the "other" category (0.8%). For the family income, 11 men reported 851-1500 TL (4.4%), 48 men reported 1501-3000

TL (19%), 85 men reported 3001-5000 TL (33.7%), 70 men reported 5001-7500 TL (27.8%), and 38 men reported 7501 TL and above (15.1%).

Table 2 *Detailed Demographic Information*

	Women	Men	All Participants
Number of Participants (%)	252 (50%)	252 (50%)	504
The Average of Total Years of Education (SD)	16.48 (3)	16.43 (3.34)	16.46 (3.17)
Educational Background (%)			
Elementary School	-	1 (.4%)	1 (.2%)
Middle School	5 (2%)	6 (2.4%)	11 (2.2%)
High School	27 (10.7%)	24 (9.5%)	51 (10.1%)
College (2 years)	25 (9.9%)	36 (14.3%)	61 (12.1%)
Bachelor's Degree (4 years)	134 (53.2%)	135 (53.6%)	269 (53.4%)
Master's/Doctorate Degree	61 (24.2%)	50 (19.8%)	111 (22%)
Employment (%)			
Yes	198 (78.6%)	246 (97.6%)	444 (88.1%)
No	48 (19%)	4 (1.6%)	52 (10.3%)
Other	6 (2.4%)	2 (0.8%)	8 (1.6%)
The Average Age at Marriage (SD)	26.73 (3.86)	28.70 (3.77)	27.72 (3.94)
Average Months of Dating Before Marriage (SD)	48.23 (39.03)	48.62 (39.37)	48.43 (39.16)
Total Family Income (%)			
851 TL – 1500 TL	12 (4.8%)	11 (4.4%)	23 (4.6%)
1501 TL – 3000 TL	58 (23%)	48 (19%)	106 (21%)
3001 TL – 5000 TL	78 (31%)	85 (33.7%)	163 (32.3%)
5001 TL – 7500 TL	75 (29.8%)	70 (27.8%)	145 (28.8%)
7500 TL and above	29 (11.5%)	38 (15.1%)	67 (13.3%)

3.2 Procedure

The participants were recruited using snowball sampling and via announcements in municipalities, universities, social media, and the study's website. Data for the original study were collected in four waves at seven monthly intervals.

In the study's first wave, physiological and observational data were gathered from the couples who agreed to come to the Özyeğin University lab. They filled out the study scales online before coming to the lab. Only online data were collected from participants who did not come to the lab.

As couples arrived at the lab, they were informed about confidentiality and the voluntary basis of the study. After going over the informed consent with the couples, those who agreed to participate in the study signed the informed consent forms. In the physiological and observational data-gathering phase, couples were asked to discuss a topic that is important for their relationship. In order to help them with choosing a topic, they were told that they could pick from their responses to the first fifteen questions of the dyadic adjustment scale. While resolving the conflict, couples' physiological (respiration, skin conductance, and heart rate) and observational data were collected. After the data collection in the first wave, a participation fee was awarded to the couples as an incentive and appreciation. Observational and physiological data were only collected in the first wave of the study. In the current study, only the first wave online collected conflict resolution style data, and first and second-wave dyadic adjustment scale data were used.

3.3 Measures

This section provides more detailed information about the measurements used in the current study. Firstly, the description of the Demographic Information Form is presented. Then, relevant information on the following scales is provided: Conflict Resolution Styles Scale and Dyadic Adjustment Scale.

3.3.1 Demographic Information Form

Participants were asked to specify their gender, age, total years of education, educational background, whether they are currently employed or not, the marriage duration, age at marriage, how long they have known their partners before marriage, and their total family income. (See Appendix A)

3.3.2 Conflict Resolution Styles Scale

Conflict resolution styles were assessed using the Conflict Resolution Styles Scale, developed by Özen (2006), consisting of 25 items. Participants were asked to rate items on a scale from 1 (“totally disagree”) to 6 (“totally agree”). In the scale, possible conflict resolution styles that may be encountered in a romantic relationship are measured as positive, negative, subordination, and retreat.

In the positive conflict style, the conflicting issue is discussed constructively, whereas it is discussed destructively in the negative conflict style. The positive conflict resolution style subscale consists of 6 items which are 5, 9, 11, 13, 22, and 24, including such items as “I would like to discuss all aspects of the problem during the conflict.” The Cronbach’s alpha of the positive conflict resolution subscale was .80 (Özen, 2006) and .74 in the current study. The negative conflict resolution style subscale has seven items which are 1, 6, 8, 12, 14, 16, and 25, including such items as “I say hurtful things when I am angry.” The Cronbach’s alpha of the negative conflict resolution subscale was .82 (Özen, 2006) and .81 in the current study.

Subordination refers to not being able to defend one’s position and accepting and complying with the demand of one’s partner. The subordination conflict resolution style subscale consists of 6 items (items 2, 4, 7, 17, 19, and 20), including such items as “I do what she/he wants for not to escalate the fight.” The Cronbach’s alpha of the

subordination conflict resolution subscale was .73 (Özen, 2006) and .80 in the current study. Retreat refers to refusing or avoiding conflicting issues and being silent about complex topics. The retreat conflict resolution style subscale consists of 6 items which are 3, 10, 15, 18, 21, and 23, including such items as “I delay talking if I become furious” The Cronbach’s alpha of the subscales was .74 (Özen, 2006) and .77 in the current study. The highest score is 6 for positive, retreat, and subordination conflict resolution style subscales; for the negative conflict resolution style subscale, the highest score is 7, and the lowest is 1. The Conflict Resolution Styles Scale is presented in Appendix B.

3.3.3 Dyadic Adjustment Scale

The dyadic adjustment was measured using the Dyadic Adjustment Scale, a Likert-type scale with 32 items developed by Spanier (1976). The scale is one of the most frequently used in research to measure couple adjustment and satisfaction (Bradbury, Fincham & Beach, 2000). The scale was adapted to Turkish by Fışıloğlu and Demir (2000). The scale is composed of four subscales: dyadic consensus (items 1-3, 5, 7-15), dyadic satisfaction (items 16-23, 31, 32), affectional expression (items 4, 6, 29, and 30), and dyadic cohesion (items 24-28). The dyadic consensus subscale has 13 items and measures consensus between dyads, such matters as “philosophy of life” and “household tasks.” The dyadic satisfaction subscale consists of 10 items: “In general, how often do you think that things between you and your partner are going well?” The affectional expression subscale consists of 4 items and assesses affectional expression by asking about such matters as “sexual relations” and “demonstrations of affection.” The dyadic cohesion subscale has five items, including “Do you and your mate engage in outside interests together?” The dyadic

Adjustment Scale consists of 5-to-7-point response formats; the 6-point format is majorly used in the scale with items scored from 0 to 5. The current study will use the total score of the dyadic adjustment scale. The Cronbach's alpha of the total scale was found to be .92 (Fıfıloğlu & Demir, 2000) and also .92 in the current study. The Turkish-adapted version of the Dyadic Adjustment Scale is presented in Appendix C.



CHAPTER 4

RESULT

This chapter presents the findings of the statistical analyses conducted in the current study in three sections. The first section addresses data screening procedures. Descriptive statistics and the results of preliminary analyses are presented in the second section. The third section presents a dyadic latent profile analysis to determine different couple profiles in the sample based on various conflict resolution styles, including positive, negative, retreat, and subordination. Then, the relationship between different couple profiles with dyadic adjustment is analyzed in the fourth section.

4.1 Missing Data and Data Cleaning

The data were screened for data entry and missing data. The mistakes in data entry were corrected. The original sample size of the study was 504 individuals (252 couples). In the second wave of the study, due to attrition, 158 individuals did not participate in the study, so their values were specified as missing values. All missing values on the first and second wave of the study were entered as 999. The difference between participants who participated and those who did not participate in the second wave was analyzed in terms of all studied and demographic variables in the 4.2.3 Analysis of Dropouts in the Second Wave section.

4.2 Descriptive Statistics and Preliminary Analysis

The analyses addressed in this section were conducted on IBM SPSS 25.0 (IBM Corp, 2017). Means scale scores were computed. The descriptive analysis identified one missing value for the dyadic adjustment scale and three missing values

for each subscale of the conflict resolution style scale, which are positive, negative, subordination, and retreat conflict resolution style scales.

The data were analyzed for normality, skewness, and kurtosis values.

Considering the dyadic structure of the data, skewness and kurtosis measures were calculated for men and women separately (See Table 3). Descriptive statistics for the entire sample are presented in Table 4. For both men and women, skewness and kurtosis statistic values for all subscales of conflict resolution styles fall between +1 and -1, which is considered perfect (George & Mallery, 2016). However, for the Dyadic Adjustment Scale (DAS), the kurtosis value for women was +3.219, and for men was +3.173. To meet the normality assumptions of the distribution, skewness, and kurtosis scores of all the variables should be in the range of +3 and -3 (Kline, 2016). The histograms of both men's and women's dyadic adjustment scale (DAS) indicated that they were prone to score higher on the DAS, especially between 4 and 5 (See Table 3, see Figures 3 and 4, Appendix D for histograms). Kline (2005) also suggested that kurtosis values greater than ten may suggest a problem. Thus, the slight increase from +3 for DAS has been considered as acceptable. Considering the kurtosis values of dyadic adjustment in the present study, they are slightly above +3. Thus, it was decided not to transform the data.

Table 3 *Descriptive Statistics for the Study Variables for Women and Men*

	Range	Min- Max	<i>M</i>	<i>SD</i>	Skewness	Kurtosis	Cronbach's Alpha (α)
Women							
DA	3.28	1.38- 4.66	3.79	.51	-1.35	3.22	.92
PCRS	5	1-6	4.42	.88	-.62	.55	.72
NCRS	5	1-6	2.28	.95	.81	.44	.80
SubCRS	5	1-6	3.97	.96	-.37	.06	.79
RetCRS	5	1-6	3.38	1.09	-.24	-.44	.75
Men							
DA	3.66	.98- 4.63	3.78	.51	-1.13	3.17	.92
PCRS	5	1-6	4.42	.88	-.62	.55	.76
NCRS	5	1-6	2.28	.95	.80	.44	.83
SubCRS	5	1-6	3.97	.96	-.37	.06	.78
RetCRS	5	1-6	3.38	1.09	-.24	-.44	.79

Note. DA= dyadic adjustment, PCRS = positive conflict resolution style, NCRS = negative conflict resolution style, SubCRS = subordination conflict resolution style, RetCRS = retreat conflict resolution style

Table 4 *Descriptive Statistics for Study Variables for All Participants*

	Range	Min- Max	<i>M</i>	<i>SD</i>	Skewness	Kurtosis	Cronbach's Alpha (α)
All Participants							
DA	3.69	.97- 4.66	3.78	.51	-1.24	3.15	.92
PCRS	5	1-6	4.55	.85	-.62	.38	.74
NCRS	5	1-6	2.37	.96	.69	.21	.81
SubCRS	5	1-6	3.71	1.02	-.22	-.33	.80
RetCRS	5	1-6	3.48	1.09	-.24	-.46	.77

Note. DA= dyadic adjustment, PCRS = positive conflict resolution style, NCRS = negative conflict resolution style, SubCRS = subordination conflict resolution style, RetCRS = retreat conflict resolution style

4.2.1 Correlation Analysis

This section indicates the results of Pearson bivariate correlations among the five main variables and continuous demographic variables such as age, the total years of education, the marriage duration, age at marriage, and how long they have known their partners before marriage. Women's dyadic adjustment score was negatively correlated with their age ($r(252) = -.154, p = .014$) and age at marriage ($r(252) = -.150, p = .017$), while their subordination score was negatively correlated with their age ($r(250) = -.183, p = .004$), the total years of education ($r(250) = -.306, p < .001$), age at marriage ($r(250) = -.193, p = .002$), and duration of dating before marriage ($r(250) = -.155, p = .014$). Men's dyadic adjustment score was negatively associated with their duration of marriage ($r(251) = -.160, p = .011$), also their negative conflict resolution score was negatively associated with their age ($r(251) = -.150, p = .018$) and age at marriage ($r(251) = -.138, p = .029$). Moreover, men's positive conflict resolution score was positively correlated with their total years of education ($r(251) = .148, p = .019$). The correlation analyses of all study variables with demographic variables are presented in Tables 5 and 6 for women and men, respectively.

Table 5 *Correlations of All Study Variables with Demographic Variables for Women*

Variable	DA	PCRS	NCRS	SubCRS	RetCRS
Age	-.154*	-.064	-.026	-.183**	-.065
The Total Years of Education	.003	-.088	-.042	-.306**	-.040
Duration of marriage	-.049	-.028	.077	-.023	.101
Age at Marriage	-.150*	-.066	-.038	-.193**	-.078
Duration of Dating Before Marriage	-.057	.064	.121	-.155*	.144

Note. * $p < .05$ ** $p < .01$. DA= dyadic adjustment, PCRS = positive conflict resolution style, NCRS = negative conflict resolution style, SubCRS = subordination conflict resolution style, RetCRS = retreat conflict resolution style

Table 6 *Correlations of All Study Variables with Demographic Variables for Men*

Variable	DA	PCRS	NCRS	SubCRS	RetCRS
Age	.028	-.013	-.150*	-.120	.039
The Total Years of Education	-.091	.148*	-.028	.059	.035
Duration of marriage	-.160*	-.022	.036	-.050	-.021
Age at Marriage	.021	-.015	-.138*	-.108	.028
Duration of Dating Before Marriage	-.036	.003	.023	.074	.040

Note. * $p < .05$ ** $p < .01$. DA= dyadic adjustment, PCRS = positive conflict resolution style, NCRS = negative conflict resolution style, SubCRS = subordination conflict resolution style, RetCRS = retreat conflict resolution style

Men's dyadic adjustment was positively related to their positive conflict resolution score ($r(251) = .215, p = .001$), women's positive conflict resolution score ($r(249) = .238, p < .001$), and subordination score ($r(249) = .183, p = .004$); while negatively correlated to their negative conflict resolution score ($r(251) = -.415, p < .001$), women's negative ($r(249) = -.309, p < .001$) and retreat conflict resolution scores ($r(249) = -.125, p < .05$). Moreover, dyadic adjustment score of men and women were positively correlated ($r(251) = .588, p < .001$).

Men's positive conflict resolution score was positively associated with their subordination score ($r(251) = .250, p < .001$); women's dyadic adjustment ($r(251) = .162, p = .01$), subordination ($r(249) = .136, p < .05$) and retreat scores ($r(249) = .189, p = .003$). In contrast, men's positive conflict resolution score was negatively related to their negative conflict resolution score ($r(251) = -.142, p < .05$) as well as women's negative conflict resolution score ($r(249) = -.158, p < .05$).

Men's negative conflict resolution score was positively correlated to their retreat score ($r(251) = .147, p < .05$) and women's negative ($r(249) = .197, p = .002$)

and retreat conflict resolution scores ($r(249) = .153, p < .05$). While it was negatively related to women's dyadic adjustment score ($r(251) = -.313, p < .001$).

Men's subordination score was positively related to their retreat score ($r(251) = .431, p < .001$). Also, it was positively correlated to women's dyadic adjustment ($r(251) = .157, p < .05$) and positive conflict resolution scores ($r(249) = .125, p < .05$).

Women's dyadic adjustment score was positively correlated to their positive conflict resolution score ($r(250) = .276, p < .001$). At the same time, it was negatively related to their negative ($r(250) = -.425, p < .001$) and retreat conflict resolution scores ($r(250) = -.132, p < .05$).

Women's positive conflict resolution score was positively related to their subordination score ($r(250) = .163, p = .01$), while it was negatively related to their negative conflict resolution score ($r(250) = -.252, p < .001$).

Women's subordination score was positively correlated to their retreat score ($r(250) = .343, p < .001$). In contrast, it was negatively correlated to their negative conflict resolution score ($r(250) = -.152, p < .05$). The correlation analyses between men's and women's scores on the main study variables are shown in Table 7.

Table 7 Correlations of Main Study Variables between Men and Women

Variable	1	2	3	4	5	6	7	8	9	10
1. Dyadic Adjustment ₁	-									
2. Positive CRS ₁	.215**	-								
3. Negative CRS ₁	-.415**	-.142**	-							
4. Subordination CRS ₁	.072	.250**	-.036	-						
5. Retreat CRS ₁	-.094	-.038	.147*	.431**	-					
6. Dyadic Adjustment ₂	.588**	.162*	-.313**	.157*	-.039	-				
7. Positive CRS ₂	.238**	-.082	-.089	.125*	.092	.276**	-			
8. Negative CRS ₂	-.309**	-.158*	.197**	.051	.000	-.425**	-.252**	-		
9. Subordination CRS ₂	.183**	.136*	.021	.032	-.007	.121	.163**	-.152*	-	
10. Retreat CRS ₂	-.125*	.189**	.153*	-.054	-.017	-.132*	-.109	.087	.343**	-

Note. * $p < .05$ ** $p < .01$. Positive CRS = positive conflict resolution style, Negative CRS = negative conflict resolution style, Subordination CRS = subordination conflict resolution style, Retreat CRS = retreat conflict resolution style; subscript 1 refers to men, and subscript 2 refers to women.

4.2.2 Paired Samples T-tests

Paired samples t-tests were conducted to examine the sex differences in the main study variables. Both wave one and two scores for dyadic adjustment were included (See Table 8 for the results). The difference between women ($M = 4.68$, $SD = .80$) and men ($M = 4.41$, $SD = .87$) on positive conflict resolution style was found statistically significant, $t(248) = 3.82$, $p = .000$; on average, women had higher scores than men. Similarly, on average women ($M = 2.46$, $SD = .96$) had higher scores than men ($M = 2.28$, $SD = .94$) on negative conflict resolution style statistically, $t(248) = 2.37$, $p = .019$. Furthermore, a statistically significant difference was found for the subordination conflict resolution style, $t(248) = -6.27$, $p = .000$, with men ($M = 3.99$, $SD = .96$) scoring higher than women on average ($M = 3.44$, $SD = 1.01$).

Paired samples t-test results showed no other statistically significant differences between women and men. No statistically significant difference was found between men ($M = 3.78$, $SD = .51$) and women ($M = 3.80$, $SD = .49$) when dyadic adjustment scores were compared at the first wave, $t(250) = 0.75$, $p = .453$. Similarly, at the second wave, dyadic adjustment scores between men ($M = 3.72$, $SD = .51$) and women ($M = 3.74$, $SD = .53$) were not statistically different from each other, $t(148) = 0.42$, $p = .678$. Moreover, when the retreat conflict resolution style of women ($M = 3.58$, $SD = 1.08$) and men ($M = 3.40$, $SD = 1.07$) was compared, it was found no statistical difference, $t(248) = 1.88$, $p = .061$.

Table 8 Paired Samples T-tests Results Comparing Males and Females on Main Study Variables

	Women		Men		t-test
	M	SD	M	SD	
PosCRS	4.68	.80	4.41	.87	3.82**
NegCRS	2.46	.96	2.28	.94	2.37*
SubCRS	3.44	1.01	3.99	.96	-6.27**
RetCRS	3.58	1.08	3.40	1.07	1.88
DA_T1	3.80	.49	3.78	.51	.75
DA_T2	3.74	.53	3.72	.51	.42

Note. * $p < .05$ ** $p < .01$. PosCRS = positive conflict resolution style, NegCRS = negative conflict resolution style, SubCRS = subordination conflict resolution style, RetCRS = retreat conflict resolution style, DA_T1 = dyadic adjustment at the first wave, DA_T2 = dyadic adjustment at the second wave

4.2.3 Analysis of Dropouts in the Second Wave

Due to attrition, 158 individuals did not participate in the study's second wave, corresponding to approximately 31% of participants in the first wave. Thus, differences in participants who participated and did not participate in the second wave were analyzed by using analysis of variance (ANOVA) for the continuous variables (positive, negative, subordination, and retreat conflict resolution styles, dyadic adjustment, age, marriage age, marriage duration, the total years of education, and how long they have known their partners before marriage) and Pearson chi-square analysis for the categorical variables (gender, educational background, employment, and their total family income).

ANOVA results showed that the homogeneity of variance was met for all the variables except the total years of education according to Levene's F test ($p > .05$). Therefore, Welch's F test was used with an alpha level of .05 to analyze the total years of education. Results showed that there were significant main effects for the total years of education [Welch $F(1, 268.80) = 4.94, p < 0.05$], the marriage duration

[$F(1,502) = 6.68, p < 0.05$], positive conflict resolution style [$F(1,499) = 6.25, p < 0.05$], and retreat conflict resolution style [$F(1,499) = 7.65, p < 0.01$]. The total years of the education level of participants who participated in the second wave ($M = 16.68, SD = 3.01$) was higher than participants who did not participate ($M = 15.97, SD = 3.47$). Participants who did not participate in the second wave ($M = 7.43, SD = 3.88$) married longer than those who participated ($M = 6.53, SD = 3.50$). Participants who participated in the second wave ($M = 4.61, SD = .81$) used a more positive conflict resolution style compared to participants who did not participate ($M = 4.41, SD = .92$). Moreover, participants who participated in the second wave ($M = 3.57, SD = 1.06$) used more retreat conflict resolution style compared to participants who did not participate ($M = 3.28, SD = 1.12$).

The chi-square test results indicated a significant relationship between participation in the second wave of the study and total family income $\chi^2(1, n=504) = 10.307, p < .05$.

4.3 Latent Profile Analysis of Conflict Resolution Styles

To identify the heterogeneous patterns of couples' positive, negative, subordination, and retreat conflict resolution styles, Latent Profile Analysis (LPA) was conducted using Mplus 7 (Muthén & Muthén, 1998-2012). LPA is a technique to determine concealed groups within data by estimating the probability of individuals belonging to distinct groups. The process occurs by examining groups' distributions in the data and identifying whether the distributions make meaningful groups (Ferguson et al., 2020). LPA models were assessed starting from two profiles to five profiles with maximum likelihood estimation. To determine the best fitting profile, the Akaike information criterion (AIC), Bayesian information criterion (BIC),

entropy, and Lo-Mendell-Rubins likelihood ratio test (LMR) values were examined (Tein et al., 2013). There are no standardized criteria for the best-fit profile; thus, researchers generally make combinations of appropriate criteria to find the best-fit profile (Tein et al., 2013). Some critical points in the criteria are that a lower log-likelihood, AIC, and BIC and a higher entropy suggest a better-fitting model. Also, LMR is the test for comparing a k profile with a $k-1$ profile, and k represents the generated latent profile number. If the p -value is significant (i.e., $p < .05$) in LMR, it means the k profile is a better fit than the $k-1$ profile (Morin et al., 2015; Tein et al., 2013). Model fit statistics between two and five profiles are demonstrated in Table 9.

Table 9 *Latent Profile Analysis Model Fit Statistics*

Model	Log-likelihood	AIC	BIC	Entropy	LMR p -value	LMR meaning
2-profiles	-2759.984	5506.340	5594.576	0.73	0.092	2>1
3-profiles	-2728.170	5476.687	5596.688	0.82	0.274	3>2
4-profiles	-2704.343	5448.152	5599.917	0.76	0.472	4>3
5-profiles	-2681.076	5428.003	5611.533	0.82	0.467	5>4

Note. $n = 252$ dyads; the bolded statistics represent the best-fit model for the current study. AIC = Akaike information criterion; BIC = Bayesian information criterion; LMR = Lo-Mendell Ruben.

The statistics of the models in Table 9 show that the five profiles model had the lowest log-likelihood and AIC values; furthermore, the three and five profiles models had the highest entropy values. However, the two profiles model had the lowest p -value of the LMR test, which was the closest value to the significance level; and the statistical significance of the LMR p -value was getting lower in the three-, four-, and five-profile models. Moreover, the two profiles model had the lowest BIC value. The model with two profiles was deemed to fit the data best when considering the indices as a whole. In the two-profile model, the number of couples in profiles one and two is 55 (22 %) and 197 (78 %), respectively. The mean values of each

profile's indicators for couples' conflict resolution styles are presented in Table 10.

Identified latent profile characteristics of the two-profile model are also delineated in Figures 1 and 2.

Table 10 *Mean values of indicators of identified latent profiles*

	Profile 1 (n = 55)	Profile 2 (n = 197)
Mean values of indicators		
Husband		
Positive CRS	4.34	4.44
Negative CRS	2.12	2.33
Subordination CRS	3.73	4.25
Retreat CRS	3.62	3.78
Wives		
Positive CRS	4.45	4.75
Negative CRS	2.45	2.46
Subordination CRS	3.37	3.47
Retreat CRS	3.62	3.58

Note. Profile 1 = Less Positive Wife-More Engaged Husband; Profile 2 = Positive Wife-Avoidant Husband. Positive CRS = positive conflict resolution style; Negative CRS = negative conflict resolution style; Subordination CRS = subordination conflict resolution style; Retreat CRS = retreat conflict resolution style.

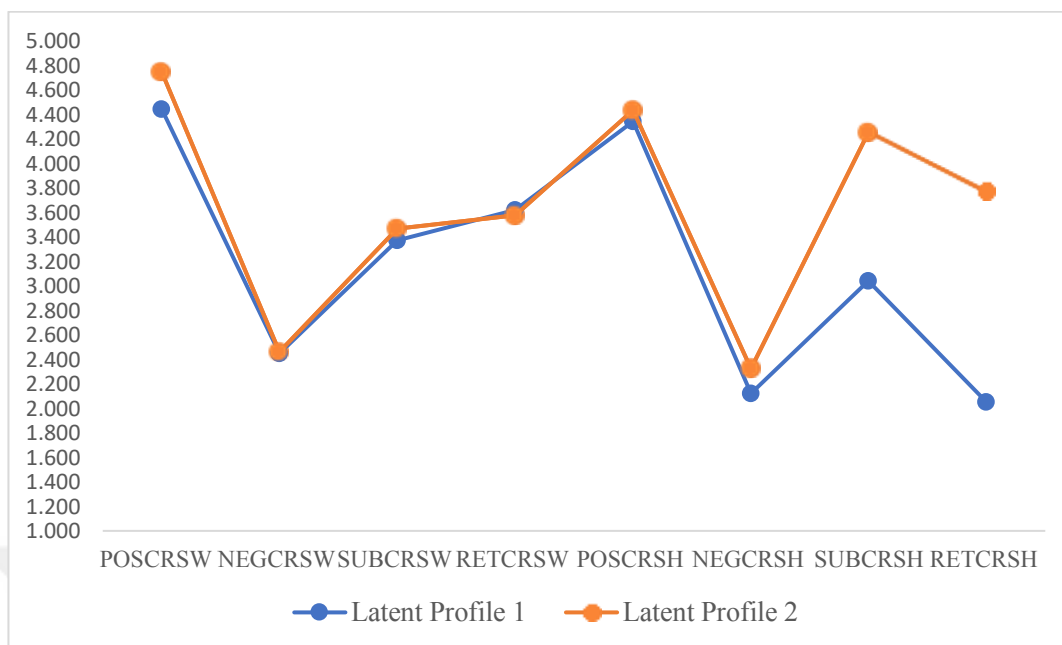


Figure 1. *Profiles of Couples' Conflict Resolution Styles*

Note. POSCRSW = positive conflict resolution style for women; NEGCRSW = negative conflict resolution style for women; SUBCRSW = subordination conflict resolution style for women; RETCRSW = retreat conflict resolution style for women; POSCRSH = positive conflict resolution style for husbands; NEGCRSH = negative conflict resolution style for husbands; SUBCRSH = subordination conflict resolution style for husbands; RETCRSH = retreat conflict resolution style for husbands.

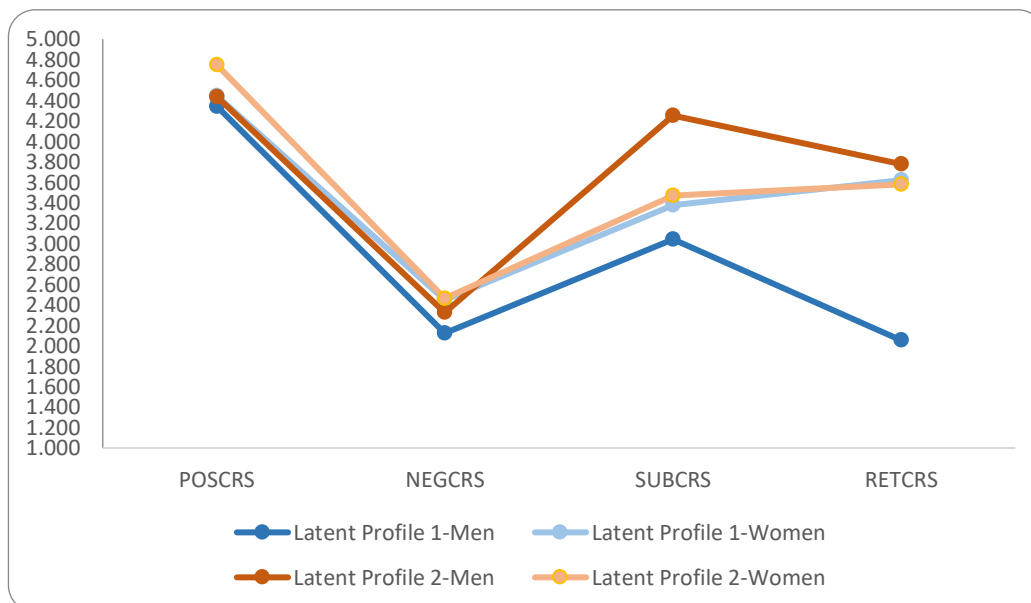


Figure 2. *Profiles of Couples' Conflict Resolution Styles Divided by Gender*

Note. POSCRS = positive conflict resolution style; NEGCRS = negative conflict resolution style; SUBCRS = subordination conflict resolution style; RETCRS = retreat conflict resolution style

4.3.1 Naming Profiles of Couples' Conflict Resolution Styles

Although Latent Profile Analysis determined mean values for couples' conflict resolution styles of both profiles, to specify the statistically significant differences between mean values of profiles, an analysis of variance (ANOVA) was conducted. Analyzing the significant differences between profiles is a significant step to specify the characteristics of each profile. The homogeneity of variance was met for all the variables except husbands' positive conflict resolution style according to Levene's F test ($p > .05$). Therefore, Welch's F test was used with an alpha level of .05 to analyze husbands' positive conflict resolution style.

Results showed that there were significant main effects for wives' positive conflict resolution style [$F(1,247) = 10.51, p = 0.001$], husbands' subordination [$F(1,247) = 113.27, p < 0.001$], and retreat conflict resolution styles [$F(1,247) = 236.36, p < 0.001$]. Wives' positive conflict resolution style level was significantly higher in profile two ($M = 4.76, SD = .75$) compared to profile one ($M = 4.37, SD = .89$). Profile two ($M = 4.26, SD = .79$) had a significantly higher level of subordination conflict resolution style for husbands than profile one ($M = 2.95, SD = .81$). Moreover, husbands' retreat conflict resolution style level was significantly higher in profile two ($M = 3.79, SD = .80$) compared to profile one ($M = 1.96, SD = .63$).

Considering the ANOVA results, the only distinctive style for the wives was positive conflict resolution. The wives used more positive conflict resolution styles in profile two compared to profile one. For the husbands, subordination and retreat conflict resolution styles were distinctive between the two profiles. More specifically, husbands in profile two tended to avoid arguments, be silent during

conflicts, and comply with their wives' needs and expectations; therefore, profile two could be named "Positive Wife-Avoidant Husband." On the other hand, husbands in profile one did not score significantly lower on positive or negative conflict resolution styles compared to profile two. However, their scores on subordination and retreat conflict resolution styles were significantly lower compared to profile two. This may suggest that the men in profile one did not avoid conflicts as the men in profile two did and they were engaged during these conflicts. Thus, profile one could be labeled "Less Positive Wife-More Engaged Husband."

4.3.2 Evaluating Husband and Wives' Mean Values within Profile

After evaluating men's and women's mean values of conflict resolution styles between profiles, to clarify the characteristics of each profile, significant differences between women's and men's mean values in conflict resolution styles within their profiles were analyzed using ANOVA (See Figure 2). The homogeneity of variance was not met for retreat and subordination conflict resolution style variables in both profiles and positive conflict resolution style in profile one according to Levene's F test ($p > .05$). Therefore, Welch's F test was used with an alpha level of .05 to analyze those variables.

Within profile one, there were significant mean effects for subordination conflict resolution style Welch's $F(1, 102.66) = 5.45$ $p = .021$, and retreat conflict resolution style Welch's $F(1, 79.45) = 79.41$ $p < .001$. Wives in profile one ($M = 3.34$, $SD = .97$) used more subordination conflict resolution style compared to their husbands ($M = 2.94$, $SD = .80$). Also, wives' retreat conflict resolution score ($M = 3.60$, $SD = 1.23$) was higher compared to their husbands within profile one ($M = 1.92$, $SD = .64$). Profile one named "Less Positive Wife-More Engaged Husband" by

evaluating the significant difference between two profiles. Examining husband and wives' conflict resolution style within profile one showed that wives in this profile avoided getting into conflicts and conformed to their husbands' demands to maintain their harmony in marriage. On the other hand, husbands did not withdraw from conflictual situations and tried to cope with the problem even if it meant arguing with their wives, making them "engaged husbands."

Within profile two, there were significant mean effects for positive [$F(1,390) = 16.27, p < .001$], subordination conflict resolution style Welch's $F(1, 367.04) = 72.44, p < .001$, and retreat conflict resolution style Welch's $F(1, 367.41) = 4.93, p = .027$. Wives in profile two ($M = 4.76, SD = .75$) used a more positive conflict resolution style compared to their husbands ($M = 4.45, SD = .78$). While husbands in profile two ($M = 4.26, SD = .79$) used more subordination conflict resolution style compared to their wives ($M = 3.48, SD = 1.02$); furthermore, husbands ($M = 3.79, SD = .80$) used higher retreat conflict resolution style compared to their wives ($M = 3.58, SD = 1.03$). Similar to the results of between profile comparison, the within-profile analysis showed that wives used a more positive conflict resolution style. In contrast, husbands used more retreat and subordination conflict resolution style, supporting the "Positive Wife-Avoidant Husband" profile.

4.3.3 Demographic Descriptive Statistics of Identified Profiles

Descriptive Statistics of demographic variables were analyzed for women and men in both profiles. For the Less Positive Wife-More Engaged Husband profile, women's ages ranged from 21 to 48 ($M = 28.25, SD = 5.06$). The range for women's duration of marriage was between 1 and 16 months ($M = 7.04, SD = 3.74$). The marriage age range for women was between 21 and 47 ($M = 27.70, SD = 5.05$). The

range of months women in profile one had known their partners before marriage was between 3 and 156 ($M=43.85$ $SD= 35.80$). Women's total years of education ranged between 12 and 25 ($M= 16.96$ $SD= 2.76$). Over one-half of the women in profile 1 had a bachelor's degree (54.7%). Fourteen women had a master's degree or doctorate (26.4%). Five women completed high school (9.4%), and five graduated from college (9.4%). Most of the women in profile one was employed (77.4%). Forty-one women reported being employed; 11 were unemployed, and a woman was in the "other" category. Women in profile 1 reported their family income as follows; three had 851-1500 TL (5.7%), 14 had 1501-3000 TL (26.4%), 15 had 3001-5000 TL (28.3%), 18 had 5001-7500 TL (34%), and three had 7501 TL and above (5.7%).

For the Less Positive Wife-More Engaged Husband profile, men's ages ranged from 24 to 43 ($M= 30.02$, $SD= 4.01$). The range for men's duration of marriage was between 1 and 15 months ($M= 6.94$ $SD=3.73$). The marriage age range for men was between 18 and 42 ($M=29.32$ $SD=4.30$). The range of months men in profile one had known their partners before marriage was between 2 and 156 ($M=42.92$ $SD= 36.13$). Men's total years of education ranged between 5 and 23 ($M= 16.26$ $SD= 3.18$). Over one-half of the men in profile one had a bachelor's degree (52.8%). Thirteen men had a master's degree or doctorate (24.5%). A man completed elementary school (1.9%); a man completed middle school (1.9%); three men completed high school (5.7%); seven men graduated from college (13.2%). Most of the men in profile one was employed (94.3%). Fifty men reported being employed; two were unemployed, and one was in the "other" category. Men in profile 1 reported their family income as follows; one had 851-1500 TL (1.9%), 11 had 1501-

3000 TL (20.8%), 20 had 3001-5000 TL (37.7%), 11 had 5001-7500 TL (20.8%), and 10 had 7501 TL and above (18.9%).

For the More Positive Wife-Avoidant Husband profile, women's ages ranged from 20 to 43 ($M= 27.05$, $SD= 3.43$). The range for women's duration of marriage was between 1 and 15 months ($M= 6.62$ $SD=3.64$). The marriage age range for women was between 19 and 43 ($M=26.47$ $SD= 3.47$). The range of months women in profile two had known their partners before marriage was between 0 and 240 ($M=49.08$ $SD= 39.71$). Women's total years of education ranged between 8 and 25 ($M= 16.35$ $SD= 3.08$). Over one-half of the women in profile two had a bachelor's degree (53.1%). Forty-five women had a master's degree or doctorate (23%). Five women completed middle school (2.6%), Twenty-two women completed high school (11.2%), and twenty women graduated from college (10.2%). Most of the women in profile two were employed (79.1%). 155 of the women reported that they were employed; Thirty-six women were unemployed; and five women were in the "other" category. Women in profile two reported their family income as follows; 8 had 851-1500 TL (4.1%), 44 had 1501-3000 TL (22.4%), 61 had 3001-5000 TL (31.1%), 57 had 5001-7500 TL (29.1%), and 26 had 7501 TL and above (13.3%).

For the More Positive Wife-Avoidant Husband profile, men's ages ranged from 22 to 46 ($M= 29.13$, $SD= 3.64$). The range for men's duration of marriage was between 1 and 15 months ($M= 6.83$ $SD=3.61$). The marriage age range for men was between 21 and 45 ($M=28.56$ $SD=3.63$). The range of months men in profile two had known their partners before marriage was between 0 and 240 ($M=49.87$ $SD= 40.08$). The total years of education ranged between 8 and 26 for men ($M= 16.47$ $SD= 3.30$). Over one-half of the men in profile two had a bachelor's degree (54.1%). Thirty-

seven men had a master's degree or doctorate (18.9%). Five men completed middle school (2.6%); nineteen men completed high school (9.7%); twenty-nine men graduated from college (14.8%). Most of the men in profile two were employed (98.5%). 193 men reported being employed; two were unemployed; and a man was in the "other" category. Men in profile two reported their family income as follows; 10 had 851-1500 TL (5.1%), 36 had 1501-3000 TL (18.4%), 64 had 3001-5000 TL (32.7%), 58 had 5001-7500 TL (29.6%), and 28 had 7501 TL and above (14.3%).

Table 11 *Detailed Demographic Information of Identified Profiles*

	Profile 1 (Less Positive Wife-More Engaged Husband)		Profile 2 (More Positive Wife-Avoidant Husband)	
	Women	Men	Women	Men
Number of Participants (%)	53 (50%)	53 (50%)	196 (50%)	196 (50%)
The Average Age (<i>SD</i>)	28.25 (5.06)	30.02 (4.01)	27.05 (3.43)	29.13 (3.64)
The Average Marriage Duration (<i>SD</i>)	7.04 (3.74)	6.94 (3.73)	6.62 (3.64)	6.83 (3.61)
The Average of Total Years of Education (<i>SD</i>)	16.96 (2.76)	16.26 (3.18)	16.35 (3.08)	16.47 (3.30)
Educational Background (%)				
Elementary School	-	1 (1.9%)	-	-
Middle School	-	1 (1.9%)	5 (2.6%)	5 (2.6%)
High School	5 (9.4%)	3 (5.7%)	22 (11.2%)	19 (9.7%)
College (2 years)	5 (9.4%)	7 (13.2%)	20 (10.2%)	29 (14.8%)
Bachelor's Degree (4 years)	29 (54.7%)	28 (52.8%)	104 (53.1%)	106 (54.1%)
Master's/Doctorate Degree	14 (26.4%)	13 (24.5%)	45 (23%)	37 (18.9%)
Employment (%)				

Yes	41 (77.4%)	50 (94.3%)	155 (79.1%)	193 (98.5%)
No	11 (20.8%)	2 (3.8%)	36 (18.4%)	2 (1%)
Other	1 (1.9%)	1 (1.9%)	5 (2.6%)	1 (.5%)
The Average Age at Marriage (<i>SD</i>)	27.70 (5.05)	29.32 (4.30)	26.47 (3.47)	28.56 (3.63)
Average Months of Dating Before Marriage (<i>SD</i>)	43.85 (35.80)	42.92 (36.13)	49.08 (39.71)	49.87 (40.08)
Total Family Income (%)				
851 TL – 1500 TL	3 (5.7%)	1 (1.9%)	8 (4.1%)	10 (5.1%)
1501 TL – 3000 TL	14 (26.4%)	11 (20.8%)	44 (22.4%)	36 (18.4%)
3001 TL – 5000 TL	15 (28.3%)	20 (37.7%)	61 (31.1%)	64 (32.7%)
5001 TL – 7500 TL	18 (34%)	11 (20.8%)	57 (29.1%)	58 (29.6%)
7500 TL and above	3 (5.7 %)	10 (18.9%)	26 (13.3%)	28 (14.3%)

4.4 The Association between Couples' Conflict Resolution Styles and Dyadic Adjustment

Analysis of variance (ANCOVA) was conducted to indicate whether the dyadic adjustment of two latent profiles significantly differed. While running ANCOVA, the second wave's dyadic adjustment scores for husbands and wives were entered as dependent variables, latent profile categories as fixed factors, and the first wave's dyadic adjustment scores for both husbands and wives as covariates. The results showed that there was no significant effect of latent profiles on dyadic adjustment after controlling for the first wave's dyadic adjustment scores in wives $F(1,177) = 0.35, p = 0.56$, and husbands $F(1,164) = 2.56, p = 0.23$.

CHAPTER 5

DISCUSSION

The current study examined two research questions: 1) What are the different couple profiles based on various conflict resolution styles, including the positive, negative, retreat, and subordination conflict resolution styles? 2) How do different couple profiles base on conflict resolution styles relate to dyadic adjustment in newlyweds? Regarding the first research question, Latent Profile Analysis results showed that two latent profiles, “Positive Wife-Avoidant Husband” and “Less Positive Wife-More Engaged Husband” existed based on couples’ conflict resolution styles. Referring to the second question, ANCOVA results indicated no significant mean differences between profiles on dyadic adjustment.

5.1 Correlations between Main Study Variables and Demographic Variables

The association between the main study variables and demographic variables of couples, such as age, the total years of education, marriage duration, age at marriage, and how long they have known their partner, were analyzed by gender. Results mainly supported the findings in the literature. For women, the dyadic adjustment score was negatively correlated to age and age at marriage. For men, the dyadic adjustment score was negatively related to the duration of the marriage. The findings are consistent with the literature since previous studies found that age (Işık & Kaya, 2022; Madanian & Mansor, 2013; Tavakol et al., 2017) and duration of marriage was negatively associated with marital satisfaction (Li et al., 2019; Madanian & Mansor, 2013; Tavakol et al., 2017; Zara & Yücel, 2017). For women, the subordination conflict resolution score was negatively correlated to age, the total years of education, age at marriage, and duration of dating before marriage. It is

partially consistent with the literature; for example, there was a negative correlation between subordination score and the total years of education (Işık & Kaya, 2022). However, age (Işık & Kaya, 2022) and duration of marriage were positively correlated with subordination scores in previous research (Scheeren et al., 2014; Sierau & Herzberg, 2011). In one of the studies, researchers explained age-related changes in marriage, stating that middle-aged couples tend to have a conflict-free atmosphere. Rather than taking a negative avoidance style, they knew their partners and main conflictual areas, so they tried to solve their problems as softly as possible (Holley, 2013). The positive correlation of subordination score with age and duration of marriage may be related to the wish of couples to have a more silent and conflict-free atmosphere. However, since the present study consisted of newlywed couples, the contrast with the previous findings could be related to the features of the sample. Newlywed wives may need to resolve the conflict even if it means taking up their positions and not complying with their husbands' demands. Lastly, men's negative conflict resolution score was negatively correlated to their age and age at marriage. Men's tendency to lower their negative conflict resolution style as they age may be explained by the wish for a more peaceful atmosphere in their marriage (Holley, 2013).

5.2 Correlations of Main Study Variables between Men and Women

The correlation of the main five variables, dyadic adjustment, positive, negative, subordination, and retreat conflict resolution styles between men and women, was analyzed. The results showed that dyadic adjustment scores of men and women positively correlated. Also, for both women and men, dyadic adjustment score was positively associated with their and their partners' positive conflict

resolution scores while negatively correlated with their and their partners' negative conflict resolution scores. The findings supported by the previous Western and nonwestern studies, which mainly suggested that constructive conflict resolution styles positively correlated with marital satisfaction while destructive conflict resolution styles were negatively associated with marital satisfaction (Ali & Saleem, 2022; Ayenew, 2016; Cheng, 2010; Li et al., 2019; Stinson et al., 2017; Zara & Yücel, 2017). Indeed, it was supported that both men's and women's positive conflict resolution styles correlated positively to their partner's marital satisfaction, while negative conflict resolution style correlated negatively (Segrin et al., 2009; González-Ortega et al., 2021). Moreover, it is significant to emphasize that partners' dyadic adjustment scores were positively correlated (González-Ortega et al., 2021; Sierau & Herzberg, 2011).

Women's subordination score was positively correlated to men's dyadic adjustment score, while men's subordination score was positively associated with women's dyadic adjustment score. Different than our findings, some of the previous findings supported that partners' subordination conflict resolution style was positively correlated to their own marital satisfaction (Ayenew, 2016; Cheng, 2010; Işık & Kaya, 2022; Yu, 2020; Zara & Yücel, 2017). However, to our knowledge, no study supported the positive correlation between men's subordination score and women's dyadic adjustment score; also, women's subordination score and men's dyadic adjustment score (Kurdek, 1995; Sierau & Herzberg, 2011). Only the study of Ünal and Akgün (2022) found that wives' perception of their husbands' higher subordination scores was positively correlated to their marital satisfaction. In line with the finding, it could be interpreted that when a partner took one step back to

comply with his/her partner's demands during the conflict, partners may see their husbands'/wives' effort to maintain harmony and a positive atmosphere in their marriage, which may positively correlate with their partners' dyadic adjustment. However, it did not correlate to their own dyadic adjustment.

Women's retreat score was negatively correlated to both their and men's dyadic adjustment. However, men's retreat score was not significantly related to their nor women's dyadic adjustment. Some of the studies in the literature did not wholly support the findings in the present study that higher withdrawal of men and women was related to both actor and partner lower marital satisfaction (Batista da Costa & Mossman, 2021; Segrin et al., 2009). Li et al. (2020) found in their longitudinal study that only avoidance of wives negatively correlated to their husbands' marital affection after two-year intervals. In light of the cultural aspect of the current study, in Turkish culture, men were expected to have the avoidant, rigid, and unexpressive role compared to women (Sunar & Fişek, 2005). In one of the studies with Turkish couples, researchers stated that the effect of women's attachment avoidance was more substantial than men's attachment avoidance in their marital satisfaction (Harma & Sümer, 2015). They supported that the inconsistency in culturally determined gender roles may affect marital satisfaction negatively (Harma & Sümer, 2015). Thus, for the current study, women's higher retreat score may be related to lower dyadic adjustment for both men and women since it was not culturally expected.

5.3 Sex Differences in the Main Study Variables

The difference between women and men on five main study variables, dyadic adjustment, positive, negative, subordination, and retreat conflict resolution styles,

were analyzed. Results demonstrated that women used more positive and negative conflict resolution styles than men. Moreover, men used subordination conflict resolution style more than women. Past research supported the findings that women tend to use more negative conflict resolution styles than men, while men tend to use more subordination conflict resolution styles than women (Batista da Costa & Mossman, 2021; Işık & Kaya, 2022). There was no finding about the women's higher usage of positive conflict resolution style than men. In line with the cultural aspect, the role of women allowed them to demonstrate their feelings freely (Sunar & Fişek, 2005). The expressiveness of feelings and needs may be related to the women's usage of both positive and negative conflict resolution styles.

5.4 Dropouts in the Second Wave

158 individuals did not participate in the second wave of the study. ANOVA and Pearson chi-square analyses were conducted to evaluate whether there was a significant difference between participants who participated and those who did not participate in the second wave. Results indicated that participants who participated in the study's second wave had higher levels of total education and positive and retreat conflict resolution styles than dropouts in the second wave. Furthermore, participants who did not participate in the second wave of the study married longer than participants who did. Also, participation in the second wave of the study differed significantly in terms of total family income.

One longitudinal study examining the conflicts in new parents analyzed the dropouts (Rholes et al., 2014). They found that participants who completed the study were married longer, older, more educated, and reported higher family income than dropouts (Rholes et al., 2014). Results showed some similarities with the findings in

the current study, such as the higher education level of completed participants and the significant difference in family income between dropouts and completed participants. Moreover, Rholes et al. found that participants who dropped out of the study perceived higher levels of stalemate and verbal-aggression styles during conflicts with their partners; they also used more avoidance conflict resolution style than participants who completed the study (2014). Their findings mainly suggested that dropouts had high levels of perceived and used dysfunctional conflict resolution styles (Rholes et al., 2014). The current study had mixed results regarding the high level of positive and retreat conflict resolution styles in participants who participated in the second wave.

5.5 Evaluation of Identified Latent Profiles

Considering the results of Latent Profile Analysis, fit statistics of models from two profiles to five profiles were compared, and the two-profile model was found to be the best-fitted model. To clarify the characteristics of each profile, both husbands' and wives' conflict resolution styles were examined between profiles by conducting ANOVA. Among eight variables, three significantly differed between two profiles: positive conflict resolution style for wives and subordination and retreat conflict resolution styles for husbands. Couples in profile one used three distinctive conflict resolution styles less than those in latent profile two. Since wives in profile one used positive conflict resolution styles less and husbands did not comply with their wives' demands nor avoid conflicting situations, these couples were labeled as "Less Positive Wife-More Engaged Husband." On the other hand, the wives in profile two used positive conflict resolution styles more, and husbands accepted their wives' needs and demands and refused to argue about conflicting topics in order to avoid

getting into conflicts with their wives, so these couples were named as “Positive Wife-Avoidant Husband.”

While closely examining each profile, the combinations of couples’ conflict resolution styles had similar aspects to the balance theory of marriage (Gottman, 1993). In the balance theory of marriage, Gottman supported that stable couples acquired adaptation over time to balance their positive and negative behaviors. Three types of stable couples were volatile, validator, and avoider couples. Volatile couples used a high amount of positive (i.e., laughter, romanticism, passion) and negative (i.e., defensiveness, anger, tension) behaviors; validators used a moderate level of positive and negative behaviors but generally had a calm and smooth way of conflict; avoiders had low levels of positive and negative behaviors. Although avoiders could have a deal after conflict, they did not have a specific style for resolving the conflict since they tried not to get involved in an argument (Gottman, 1993). Although the amount of positive and negative behaviors differed in all three stable groups, they had the same ratio of 5:1, meaning couples’ positive behavior was five times greater than their negative behavior during conflict (Gottman, 1993). Unstable couples had much more negativity than positivity in their marriage, resulting in high likely divorce or marital dissatisfaction (Gottman, 1993). In the present study, since newlyweds try to adapt to their partner’s conflict resolution styles and need a balance to have a stable atmosphere in their marriage, they may try to balance each other’s positive and negative conflict resolution styles. Thus, specifically, the “Positive Wife-Avoidant Husband” couples had both positive and negative behaviors as their styles during conflicts. Moreover, although subordination is generally viewed as a negative approach to conflict resolution, there are many research findings positively

relating the use of subordination to relationship satisfaction (Cheng, 2010; Sierau & Herzberg, 2011; Ünal & Akgün, 2022; Yu, 2020). One study found that the negative impacts of avoidance could be repressed by using a subordination conflict resolution style on partners' relationship satisfaction (Sierau & Herzenberg, 2011). Therefore, in the current study, while avoidant husbands used retreat and subordination more, they may tend to balance their positive and negative behaviors and affects during conflicts. Although the use of subordination may serve to maintain harmony in the marriage, it is questionable that husbands' higher usage of subordination and retreat together may lead to not talking about problems and leaving them unresolved for the couples in the long run.

Similar to the comparison between profiles, husband and wives' conflict resolution styles within profile two supported the idea behind the balance theory. Within profile two, wives used a more positive conflict resolution style, while husbands used more retreat and subordination conflict resolution styles. It represents the balance of positivity and negativity within the "Positive Wife-Avoidant Husband" profile.

The balance theory of marriage could also explain the first profile, namely the Less Positive Wife-More Engaged Husband profile. These couples had less negativity and positivity; wives had a low positive conflict resolution style, but husbands also used low subordination and avoidance. However, the balance of positivity and negativity was not confirmed by the comparison of husband and wives' conflict resolution styles within profile one since wives used more retreat and subordination conflict resolution styles than their husbands, but the positive conflict resolution style did not differ between husbands and wives. However, it was

confirmed by both between and within profile analysis that husbands were more engaging in active resolution styles during conflicts rather than avoiding conveying their feelings and thoughts.

The analysis of the comparison between profiles showed that the “Less Positive Wife-More Engaged Husband” profile was similar to “*avoiders*” (Gottman, 1993) since they had balance by using low negativity and positivity in their conflicts. As mentioned above, avoider couples had fewer positive and negative behaviors. However, avoiders demonstrated a high avoidance in conflictual situations, which differed Less Positive Wife-More Engaged Husband profile from the avoiders. In one of the studies, researchers identified conflict resolution style profiles of a Brazilian sample (Delatorre & Wagner, 2019). Among the four identified profiles, one had low levels in all conflict resolution styles: attack, compromise, and avoidance. Researchers named the profile “Low conflict/withdrawal” due to not having specific styles for dealing with conflicts and tried to minimize their arguments. Low conflict/withdrawal profile was likened to avoiders in Gottman’s typology. The difference between avoiders and low conflict/withdrawn couples was the level of avoidance similar to the profile in our study. Researchers supported that avoider couples’ avoidance level may be related to observational data collection (Delatorre & Wagner, 2019).

In line with the study of Delatorre and Wagner (2019), a low conflict/withdrawal profile is similar to Less Positive Wife- More Engaged Husband profile due to a low level of all conflict resolution styles. Since Delatorre and Wagner (2019) explained low conflict/withdrawal profile due to not having specific strategies for resolving conflicts, it may be the case for the current study. Besides Gottman’s

balance theory (1993), Less Positive Wife-More Engaged Husband profile may not stand out with a specific conflict resolution style, which may be related to being newlywed couples. As mentioned in the literature review section, newlywed couples experience an adaptation period due to the transition from singlehood to marriage (Blalock & Bartle-Haring, 2022), and they try to figure out their partners' interactional patterns during this period (Cao et al., 2015). Thus, some couples may be unable to understand the better-fit conflict resolution style for themselves and their partners. Therefore, they may not have a prominent conflict resolution style.

5.6 The Relationship between Latent Profiles and Dyadic Adjustment

ANCOVA results showed that after controlling for the first wave of dyadic adjustment scores, the two profiles did not differ in terms of dyadic adjustment. Thus, both profiles seemed to have a balance regarding positive and negative behaviors in their conflicts. Positive Wife-Avoidant Husband profile had higher levels in three variables: positive conflict resolution style for wives and subordination and retreat conflict resolution styles for husbands. In contrast, Less Positive Wife-More Engaged Husband profile had a lower level of each variable. The reason for not having a difference between profiles on dyadic adjustment may be the balance of negativity and positivity in each profile. The ratio of positivity to negativity cannot be measured due to the nature of the study. However, it could be assumed that couples had the same level of satisfaction between profiles due to their balance of positivity and negativity in their conflictual situation. In the follow-up study of the balance theory, Gottman stated that unstable couples were more likely to be dissatisfied in their marriage and considered dissolution, separation, and divorce compared to stable couples (Gottman, 1993, as cited in Gottman, 1993). Unstable

couples were identified to show hostility, disgust, less interest, and positive affect and behaviors (Gottman, 1993). In the present study, none of the profiles stood out with such negative conflict resolution styles, which may contribute to not having significantly different dissatisfaction between the two profiles.

Another explanation for not having a significant difference between profiles regarding dyadic adjustment could be the inclusion of newlywed couples in the sample. One of the studies examined newlywed couples over five years to investigate the relationship between conflict resolution styles, relationship personality variables, and marital satisfaction (Schneewind & Gerhard, 2002). Findings revealed that couples' conflict resolution styles in predicting marital satisfaction became more effective over time. It may be related to passing the honeymoon phase; couples comprehended that conflict resolution behaviors became conflict resolution styles (Schneewind & Gerhard, 2002). For the current study, newlywed couples may not yet experience the effect of their partners' conflict resolution styles on their satisfaction in their marriage. Thus, couples' dyadic adjustment scores may not reflect their satisfaction with resolving conflicts with their partners.

5.7 Research Contributions and Clinical Implications

To our knowledge, the relationship between dyadic adjustment and conflict resolution style has never been studied using a person-centered approach with a Turkish sample. The current study helps to identify Turkish newlywed couples' specific interactions for resolving conflicts by showing them in different profiles.

The findings of the study could be beneficial for therapists and psychologists while working with couples. It has been supported that handling conflicts constructively was related to high marital satisfaction and low divorce rates (Stinson

et al., 2017; Gottman, 1998). Thus, it is significant for couples' long-term marital satisfaction to resolve their conflicts cooperatively and positively (Cao et al., 2015). The current study provides significant findings on how Turkish newlywed couples resolve their conflictual situations by showing specific profiles. "Positive Wife-Avoidant Husband" and "Less Positive Wife-More Engaged Husband" profiles demonstrated that newlywed couples may try to balance their positive and negative behavior while resolving conflicts. The balance theory in marriage (Gottman, 1993) supports that besides the amount of positivity and negativity in marriage, it is significant to have a high proportion of positivity (i.e., the ratio of 5:1) to have high marital satisfaction. The current findings supported the balance theory since there was no difference in dyadic adjustment between profiles. It is significant for the specialist in the couple therapy field to see the importance of balance in the marriage. While working on couple conflicts, it may be beneficial to investigate the ratio of positive and negative behaviors that couples use in conflicts. If the negative behaviors exceed positive behaviors, it may be a sign for the clinicians to work more on providing balance in conflictual situations.

Besides the balance theory, the profiles were examined with the frame of newlyweds. Especially, "Less Positive Wife-More Engaged Husband" profile had less level in all conflict resolution styles. It may indicate being confused about how to resolve conflicts in the early years of marriage. The studies on newlyweds stated the challenge of adaptation to marriage (Blalock & Bartle-Haring, 2022) and interactional patterns in the first years of marriage (Cao et al., 2015). Therefore, couple therapists may be more elaborate while working with newlywed couples since

newlyweds may need more awareness of the significance of negative cycles in conflicts and constructive conflict resolution skills.

5.8 Limitations of the Study and Future Research

The current study's limitations should be considered while examining the results and for future research directions. Firstly, the present study's data was collected using the self-report technique. The technique is open to social desirability. Moreover, during conflicts, couples may demonstrate various behaviors, gestures, and mimics that a third person could see, but the person, himself/herself, may not recognize it. Therefore, future research may collect data by using both self-report and observations. Secondly, although the current study is longitudinally conducted, seven months interval for dyadic adjustment was measured. Future studies may examine the changes in dyadic adjustment in five or ten years. Thirdly, some demographic variables were widely distributed in the sample, such as age and how long couples have known each other before marriage. These variables may be related to the couples' conflict resolution styles, so future research may replicate the current study by analyzing demographic variables as control variables. Lastly, the sample in the present study was a particular sample for being highly educated and had a higher family income, so the sample had limited generalizability. Future studies may work with more diverse samples in terms of demographic variables.

APPENDICES

Appendix A

Demographic Information Form (Turkish)

1. Cinsiyetiniz: ☐ Kadın ☐ Erkek

2. Yaşınız: _____

3. Toplam kaç yıl okula gittiniz: _____ Yıl

4. Çalışma durumunuz:

☐	Çalışıyorum
☐	Çalışmıyorum
☐	Diğer (<i>lütfen belirtiniz</i>):

5. Ne kadar süredir evlisiniz: _____ Ay

6. Evlendiğinizde kaç yaşındaydınız _____

7. Evlenmeden önce eşinizle birbirinizi ne kadar süredir tanıyordunuz: _____ Yıl _____

Ay

8. Ailenizin ortalama toplam aylık geliri aşağıdakilerden hangisine en yakındır:

☐	850 TL ve altı
☐	851 TL – 1500 TL
☐	1501 TL – 3000 TL
☐	3001 TL – 5000 TL
☐	5001 TL – 7500 TL
☐	7501 TL ve üstü

Appendix B

Turkish Version of Conflict Resolution Styles Scale

Aşağıda, evlilik ilişkilerinde yaşanan sorunların genel olarak nasıl çözümlendiği ile ilgili ifadeler yer almaktadır. Lütfen eşinizle ilişkinizi göz önüne alarak, aşağıdaki ifadelerden her birine ne derece katıldığınızı belirtiniz. Her bir ifadenin önündeki boşluğa aşağıdaki sayılardan uygun olanı yazınız.

1	2	3	4	5	6
Hiç	Oldukça	Birazcık	Birazcık	Oldukça	Çok
Katılmıyorum	Katılmıyorum	Katılmıyorum	Katılıyorum	Katılıyorum	Katılıyorum

- ____ 1) Tartışma esnasında konuyla ilgisiz de olsa zayıflıklarını yüzüne vururum.
- ____ 2) Kavganın büyümemesi için onun istediği şeyleri yaparım.
- ____ 3) Çok sinirlenmişsem konuşmayı ertelerim.
- ____ 4) Sorun durumunda pek çok şeyi içime atabilirim.
- ____ 5) Sorunun uzamadan çözülebilmesi için kaynağını bulmaya çalışırım.
- ____ 6) Sinirlendiğimde kırıcı şeyler söylerim.
- ____ 7) Problemi büyütmemek için onu sakinleştirmeye çalışırım.
- ____ 8) Sesimi yükselterek beni dinlemesini sağlamaya çalışırım.
- ____ 9) Tartışmada ortak bir çözüm noktası bulmaya çalışırım.
- ____ 10) Çok büyük sorunlar yaşadığımızda ondan uzak durmaya çalışırım.
- ____ 11) Sorun çözülmeden tartışmayı sonlandırmam.
- ____ 12) Bağırıp çağırarak istediğimi yaptırırım.
- ____ 13) Sorunun tüm yönlerini tartışma sırasında konuşmak isterim.
- ____ 14) Sevgilimi ilişkiyi bitirmekle tehdit ederim.

- ___ 15) Bana bağırdığında onun olmadığı bir odaya geçerim.
- ___ 16) Kavgalarımız sırasındaki kızgınlığımı fiziksel olarak gösteririm.
- ___ 17) İlişkide sorun yaşanmaması için kendimden ödün veririm.
- ___ 18) Sorun yaşadığımızda sevgilimin yanından uzaklaşıyorum.
- ___ 19) Sorunun çözülmesine yardımcı olacağına inanırsam durumu alttan alırım.
- ___ 20) Onun olumsuz tepkilerine karşılık vermeyerek problemin büyümemesini sağlamaya çalışırım.
- ___ 21) Çok gergin olduğumuzda susarım.
- ___ 22) Bir problem yaşandığında, konuyla ilgili düşündüğüm her şeyi açıklarım.
- ___ 23) Eğer çok sinirlenmişsem, sinirim geçene kadar konuşmayı reddederim.
- ___ 24) Bir problem yaşandığında, kendimi sevgilimin yerine koyarak onun ne düşündüğünü anlamaya çalışırım.
- ___ 25) Sürekli imalarda bulunurum.

Appendix C

Turkish Version of Dyadic Adjustment Scale

Birçok insanın ilişkilerinde anlaşmazlıkları vardır. Lütfen aşağıda verilen maddelerin her biri için siz ve eşiniz arasındaki anlaşma ve anlaşmama ölçüsünü aşağıda verilen altı düzeyden birini seçerek belirtiniz.

	Her zaman anlaşırız	Hemen hemen her zaman anlaşırız	Nadiren anlaşamayız	Sıkça anlaşamayız	Hemen hemen her zaman anlaşamayız	Her zaman Anlaşamayız
1- Aileyle ilgili parasal işlerin idaresi						
2- Eğlenceyle ilgili konular						
3- Dini konular						
4- Muhabbet-sevgi gösterme						
5- Arkadaşlar						
6- Cinsel yaşam						
7- Geleneksellik (doğru ve uygun davranış)						
8- Yaşam felsefesi						
9- Anne, baba ya da yakın akrabalarla ilişkiler						
10- Önemli olduğuna inanılan amaçlar, hedefler ve konular						
11- Birlikte geçirilen zaman miktarı						
12- Temel kararların alınması						

13- Ev ile ilgili görevler						
14- Boş zaman ilgi ve uğraşları						
15- Mesleki kararlar						

Aşağıdaki maddeleri lütfen üzerlerinde bulunan ifadelere göre (her zaman, hemen hemen her zaman, zaman zaman, ara sıra, nadiren, hiçbir zaman) işaretleyin.

	Her zaman	Hemen hemen her zaman	Zaman zaman	Ara sıra	Nadiren	Hiçbir zaman
16-Ne sıklıkla boşanmayı, ayrılmayı ya da ilişkinizi bitirmeyi düşünür ya da tartışırsınız?						
17- Ne sıklıkta siz veya eşiniz kavgadan sonra evinizi terk edersiniz?						
18- Ne sıklıkla eşinizle olan ilişkinizin genelde iyi gittiğini düşünürsünüz?						
19- Eşinize güvenir misiniz?						
20- Evlendiğiniz için hiç pişmanlık duyar mısınız?						
21- Ne sıklıkla eşinizle münakaşa edersiniz?						
22- Ne sıklıkla birbirinizin sinirlenmesine neden olursunuz?						

Aşağıdaki olaylar siz ve eşiniz arasında ne sıklıkta geçer?

	Her gün	Hemen hemen her gün	Ara sıra	Nadiren	Hiçbir zaman	
23- Eşinizi öper misiniz?						
	Hepsine	Çoğuna	Bazılarına	Çok azına	Hiçbirine	
24- Siz veya eşiniz ev dışı etkinliklerinizin ne kadarına birlikte katılırsınız?						
	Hiçbir zaman	Ayda birden az	Ayda bir veya iki defa	Haftada bir veya iki kere	Günde bir defa	Günde birden fazla
25- Teşvik edici fikir alışverişlerinde bulunmak						
26- Birlikte gülmek						
27- Bir şeyi sakince tartışmak						
28- Bir iş üzerinde birlikte çalışmak						

Eşlerin bazı zamanlar anlaştıkları, bazen anlaşamadıkları konular vardır.

Eğer aşağıdaki maddeler son birkaç hafta içinde siz ve eşiniz arasında görüş farklılığı veya problem yaratıyorsa belirtiniz (Evet veya Hayır'ı işaretleyiniz)

	Evet	Hayır
29- Seks için yorgun olmak		
30- Sevgi göstermemek		

31- Aşağıda ilişkinizdeki farklı mutluluk düzeyleri gösterilmektedir. Orta noktadaki “mutlu” birçok ilişkide yaşanan mutluluk düzeyini gösterir. İlişkinizi genelde değerlendirdiğinizde mutluluk düzeyinizi en iyi şekilde belirtecek olan seçeneği lütfen işaretleyiniz.

() Aşırı mutsuz	() Oldukça mutsuz	() Az mutsuz	() Mutlu	() Oldukça mutlu	() Aşırı mutlu	() Tam anlamıyla mutlu
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32- Aşağıda belirtilen cümlelerden ilişkinizin geleceği hakkında ne hissettiğinizi en iyi şekilde tanımlayan ifadeyi lütfen işaretleyiniz.

- () İlişkimin başarılı olmasını çok fazla istiyorum ve bunun için yapamayacağım hiçbir şey yoktur.
- () İlişkimin başarılı olmasını çok istiyorum ve bunun için yapabileceklerimin hepsini yapacağım.
- () İlişkimin başarılı olmasını çok istiyorum ve bunun için payıma düşeni yapacağım.
- () İlişkimin başarılı olması güzel olurdu, fakat bunun için şu anda yaptıklarımın daha fazlasını yapamam.
- () İlişkimin başarılı olması güzel olurdu, fakat bunun için şu anda yaptıklarımın daha fazlasını yapmayı reddederim.
- () İlişkim asla başarılı olmayacak ve ilişkinin yürümesi için benim daha fazla yapabileceğim bir şey yok.

Appendix D

The Histograms of Both Men's and Women's Dyadic Adjustment Scale

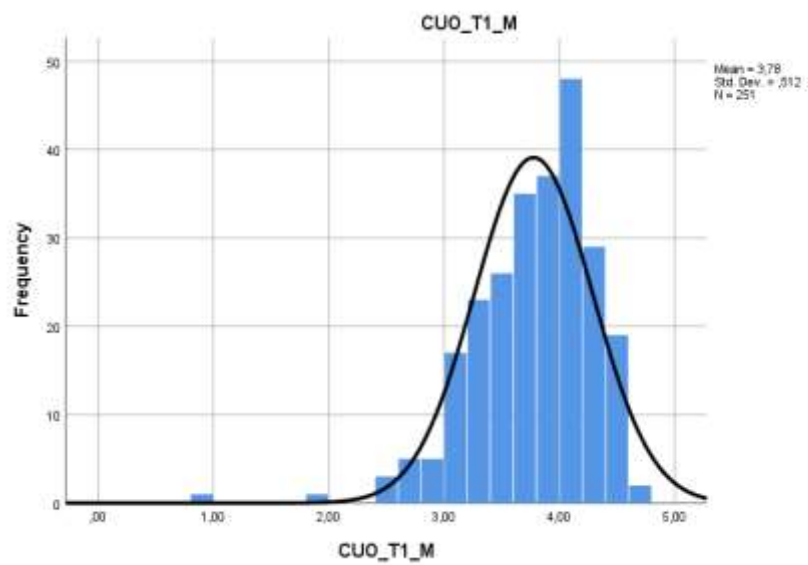


Figure 3. *Men's Dyadic Adjustment Scale (DAS) Histogram*

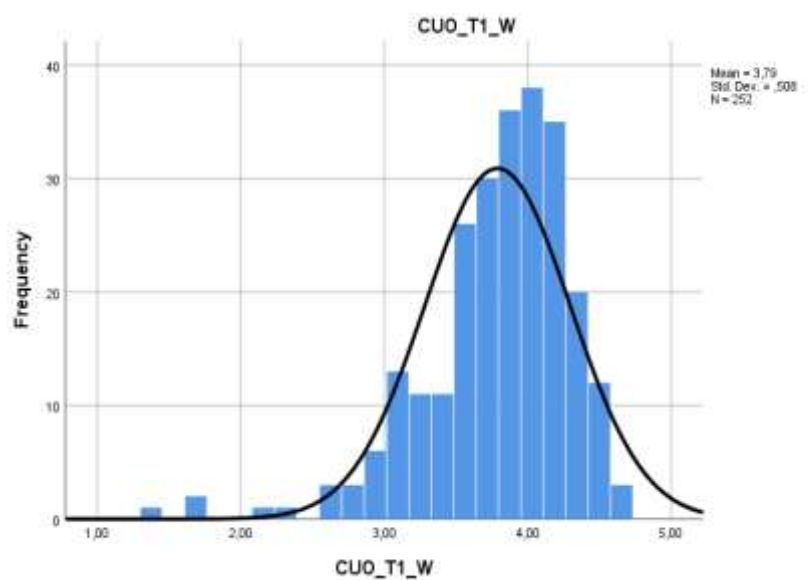


Figure 4. *Women's Dyadic Adjustment Scale (DAS) Histogram*

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