

**IBN HALDUN UNIVERSITY**  
**SCHOOL OF GRADUATE STUDIES**  
**DEPARTMENT OF COUNSELING PSYCHOLOGY**

**MASTER THESIS**

**PREDICTIVE ROLE OF IRRATIONAL BELIEFS AND  
SELF-EFFICACY IN ROMANTIC RELATIONSHIP ON  
PERCEIVED RELATIONSHIP QUALITY**

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**İSTANBUL, 2023**

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**by**

**MERYEM BEYZA AYDIN**

**A thesis submitted to the School of Graduate Studies in partial  
fulfillment of the requirements for the degree of Master of Arts in  
Counseling Psychology**

**THESIS SUPERVISOR  
ASSIST. PROF. NAİME DOĞRU**

**İSTANBUL, 2023**

APPROVAL PAGE

This is to certify that we have read this thesis and that in our opinion it is fully adequate, in scope and quality, as a thesis for the degree of Master of Arts in Counseling Psychology.

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Opinion

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This is to confirm that this thesis complies with all the standards set by the School of Graduate Studies of Ibn Haldun University.

Date of Submission

Seal/Signature

## ACADEMIC HONESTY ATTESTATION

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

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İmza:



## ÖZ

# ROMANTİK İLİŞKİLERDE AKILCI OLMAYAN İNANÇLARIN VE ÖZ-YETERLİLİĞİN ALGILANAN İLİŞKİ KALİTESİ ÜZERİNDEKİ YORDAYICI ROLÜ

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Üniversite öğrencilerinde romantik ilişkilerde akılcı olmayan inançları ve öz-yeterliliği incelemeyi amaçlamaktadır. Araştırmanın katılımcıları, çoğunluğu İstanbul Medeniyet Üniversitesi ve İstanbul Medipol Üniversitesi'nden olmak üzere çeşitli özel ve devlet üniversitelerinden 361 üniversite öğrencisinden oluşmaktadır. Araştırmada üniversite öğrencilerinden veri toplamak için Algılanan İlişki Kalitesi Anketi, Romantik İlişkide Akılcı Olmayan İnançlar Anketi ve Romantik İlişkide Öz-Yeterlilik Anketi ile Sosyo-Demografik Bilgi Formu kullanılmıştır. Romantik ilişkilerde akılcı olmayan inançlar ve öz-yeterlilik ile bunların alt boyutlarının üniversite öğrencilerinde algılanan ilişki kalitesini yordamasını araştırmak için korelasyon analizleri yapılmış ve ardından SPSS 23.0 versiyonunda çoklu doğrusal regresyon analizi uygulanmıştır. Ayrıca, üniversite öğrencilerinin algılanan ilişki kalitesi, akılcı olmayan inançlar ve romantik ilişkide öz-yeterlilik hem toplam puanlarının hem de alt boyut puanlarının cinsiyet, ilişki süreleri açısından anlamlı bir şekilde farklılaşıp farklılaşmadığını belirlemek için bağımsız örneklem t-testi analizi ve ANOVA testleri yapılmıştır. Analizlerden elde edilen bulgular, algılanan ilişki kalitesinin akılcı olmayan inançlar ve öz-yeterlilik tarafından anlamlı bir şekilde yordandığını ortaya koymuştur. Romantik ilişkilerde akılcı olmayan inançlar ve öz-yeterlilik, algılanan ilişki kalitesindeki varyansın %18'ini açıklamaktadır. Ayrıca, akılcı olmayan inançların alt boyutlarından "sosyal zaman kullanımı" ile olumsuz öz-yeterlilik ve olumlu öz-yeterlilik

algılanan ilişki kalitesinin anlamlı yordayıcı olarak bulunmuştur. Ayrıca, kadın ve erkek katılımcılar arasında algılanan ilişki kalitesi açısından anlamlı bir fark olmadığı bulunmuştur.

**Anahtar Kelimeler:** Akılcı Olmayan İnançlar, Algılanan İlişki Kalitesi, Öz-Yeterlik, Romantik İlişki, Üniversite Öğrencileri.



## ABSTRACT

### PREDICTIVE ROLE OF IRRATIONAL BELIEFS AND SELF-EFFICACY IN ROMANTIC RELATIONSHIP ON PERCEIVED RELATIONSHIP QUALITY

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It aims to examine irrational beliefs and self-efficacy in romantic relationships among university students. The participants of the study consisted of 361 university students from various private and public universities, mainly from Istanbul Medeniyet University and Istanbul Medipol University. In the study, Perceived Relationship Quality Questionnaire, Irrational Beliefs in Romantic Relationship Questionnaire, Self-Efficacy in Romantic Relationship Questionnaire, and Socio-Demographic Information Form were used to collect the data from university students. In order to examine the predictive power of irrational beliefs and self-efficacy in romantic relationships and their subdimensions in predicting perceived relationship quality in university students, correlation analyses were conducted, followed by multiple linear regression analysis in SPSS version 23.0. Moreover, independent sample t-test analysis and ANOVA tests were conducted to determine the perceived relationship quality, irrational beliefs, and self-efficacy in romantic relationships; both total scores and subdimensions scores of university students differed significantly in terms of gender and relationship durations. The findings gained from the analyses revealed that perceived relationship quality was significantly predicted by irrational beliefs and self-efficacy. Irrational beliefs and self-efficacy in romantic relationships explained 18% of the variance of perceived relationship quality. Also, “use of social time” in subdimensions of irrational beliefs and negative self-efficacy and positive self-efficacy were significant predictors of perceived relationship quality. Moreover, it was found

there is no significant difference in perceived relationship quality between male and female participants.

**Keywords:** Irrational Beliefs, Perceived Relationship Quality, Romantic Relationship, Self-Efficacy, University Students.



## DEDICATION

*To my dear father, Caner Gümüŝsoy, who is always proud and supportive of me*

*&*

*To my lovely and cheerful mother, Rudil Gümüŝsoy, who teaches us to love*



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## LISTS OF SYMBOLS AND ABBREVIATIONS

ANOVA	Analysis of Variance
CBT	Cognitive Behavioral Therapy
COVID-19	Coronavirus Disease 2019
F	F Statistics
f.	Frequency
SPSS	Statistical Package for the Social Sciences
IPV	Intimate Partner Violence
M.	Mean
MD	Mean Difference
Prep	Preparatory School
PRRQS	Perceived Romantic Relationship Quality Questionnaire Scale
REBT	Rational Emotive Behavior Therapy
SD	Standard Deviation
Sig.	Significant
USA	United States of America
VIF	Variance Inflation Factor

# CHAPTER I

## INTRODUCTION

### 1.1. Problem Statement

As social beings, people need connections with other people, living, and the environment to survive in this world. Family, friendship, work relationships as well as lovers' romantic relationships are some examples of these relationships. In terms of close relationships, there are two important concepts: the need for affiliation and the need for intimacy. Need for affiliation is a need to establish and maintain relationships with friends and acquaintances. It provides people with emotional support, attention, and the chance to assess the appropriateness of our ideas and behaviors by social comparison. This need can be understood as the fundamental factor of interpersonal relationships (Bordens & Horowitz, 2008, p. 317). A need for intimacy is also important in respect of human relationships, which means close and affectionate relationships. Sharing and disclosing personal information with friends or lovers are components of intimacy (Bordens & Horowitz, 2008, p. 317).

The definition of intimacy is "a type of situation involving two people which permits validation of all components of personal worth" by Sullivan (1953). Another definition is "a process in which one person expresses important self-relevant feelings and information to another as well as the person's coming to feel known, validated, and cared for by virtue of the other's response to the self-disclosure" by Reis and Shaver (1988, p.113). From this definition, it can be claimed that intimacy requires both the disclosure of inner information and a warm, sympathetic response by the other person (Baumeister & Bratslavsky, 1999).

The intimate relationship, which is one of the essential relationships, means that one individual's well-being and psychological process intertwine with another individual's process. Also, in a successful intimate relationship, there must be a high level of trust,

knowledge, commitment, and intimacy (Fletcher & Overall, 2010, p. 461). From this perspective, Fletchers and Overall (2010) claim that intimate relationships can be evaluated into two groups: the former is platonic friendship, and the latter is a romantic relationship. In addition to this, a romantic relationship is separated from the former by including elements of sexual attraction and passion as well as being in just a romantic attachment at a time (Fletcher & Overall, 2010, p. 461).

Jankowiak and Fischer defined a romantic relationship (1992) as “any intense attraction that involves the idealization of the other, within an erotic context, with the expectation of enduring for some time into the future” (p. 150). Therefore, it can be said that a romantic relationship is different from the other kind of relationship in terms of sexual content and intense feelings towards the other. In history, marriages are done because of political, economic, practical, and family results. People did not get married just because they fell in love with each other. However, romantic love recently plays such an important role in marriage, even if it is a basic reason to refuse a partner (Miller, 2011).

As the most powerful human emotion, love is defined by Stenberg (1986) in the triangular theory of love. The main idea of this theory is that love has three components, which are passion, intimacy, and commitment (Bordens & Horowitz, 2008). According to this theory, passion causes aching in your stomach when you see or think about the person you love. Hatfield and Walster (1978) defined it as “a state of intense longing for union with the other. Also, it is a complicated feeling rather than described as only sexual desire. Intimacy is the other component of love in Stenberg’s theory. Intimacy includes self-closure, which means sharing a person's innermost thoughts and feelings as well as shared activities. Properties of intimate couples can be handled as taking care of each other’s welfare, overcoming the difficult time together, supporting emotionally, and giving understanding. The third perspective in Stenberg’s theory is commitment, which is explained as the long-term determination to sustain love in the long run (Stenberg, 1986; Bordens & Horowitz, 2008). In general, at the beginning of a romantic relationship, passion is the strongest feeling, and it leaves its place for intimacy and commitment by the time. However, this triangular relationship does not follow the same order in all relationships all the time. Sometimes,

such as in arranged marriage, commitment comes first, then intimacy and passion (Bordens & Horowitz, 2008).

Hatfield and Rapson (1993) love and its kinds are also defined as follows:

A state of intense longing for union with another. Passionate love is a complex functional whole including appraisals or appreciations, subjective feelings, expressions, patterned physiological processes, action tendencies, and instrumental behaviors. Reciprocated love (union with the other) is associated with fulfillment and ecstasy. Unrequited love (separation) with emptiness, anxiety, or despair (p. 5).

There are different kinds of love, such as liking, companionate love, and passionate (romantic) love. With brief definitions of terms, “Liking is the affection we feel for casual acquaintances,” “Companionate love is the affection we feel for those with whom our lives are deeply entwined,” “Passionate love is a powerful emotional state that involves overwhelming feelings of tenderness, elation, anxiety, and sexual desire” (Dwyer, 2000, p.16). Also, liking happens when passion and commitment are very low but intimacy is high. Liking develops in a friendship, including real closeness and warmth; nevertheless, this relationship does not cause any passionate arousal or expectation, which leads to spending the rest of your life with this person (Miller, 2011).

According to Rubin’s model of liking and loving, loving has three components: attachment, caring, and intimacy. In more detail, attachment stands for a powerful need for the loved one’s support and physical presence, as well as a desire to fulfill that need through them. Additionally, caring means the desire to assist and support the loved one was a manifestation of worry for him/her. Lastly, intimacy is defined as a desire to establish a close and confidential connection in a safe and trustworthy atmosphere (Dwyer, 2000, p.16). In the results of Andrade et al.’s study (2015), it is found that love components predict relationship satisfaction in men and women in different ways. The intimacy, passion, and commitment variables are significant in women, while the commitment variable is not found to be significant in men (Andrade et al., 2015).

From this point, it is important to explain the categories of relationship status, like flirting, lovers, engaged, and married. Flirting can be evaluated with the initiation of the relationship as beyond friendship. Furthermore, it can be expressed as behaviors

that are used by individuals to show interest and promote contact with a cross-sex target (Henningsen, 2004). Walster and Walster (1978) claim that when a person falls in love, he or she loses in thought with the object of passion. Almost all the time, they want to spend time together to get to know each other. Emotions are very fluctuant from lowest to highest. At the first stage of the romantic relationship, romantic love may disappear in time by leaving its place for compassionate love among lovers (Dwyer, 2000, p.13).

Indeed, about flirting, people commonly make use of more subtle nonverbal cues when flirting with others. To exemplify these nonverbal cues, gaze, body posture, facial expressions, touch, and grooming gestures could be given as examples (Erber & Erber, 2018, p.144). In conclusion, being a lover, a term for relationship status, can be evaluated as a more serious relationship status than flirting, including love meaning, commitment, passion, and trust dimensions. Engagement status, especially in Turkish culture, is an indicator for validation of the relationship by couples' families and to announce other people before marriage.

Emerging adulthood is an important developmental period to explore identities for work as well as love. It is a developmental time period that includes instability and the most self-focused period as well. In addition to these, it can be stated as between adolescence and adulthood. Also, possibilities are very common in this period. Furthermore, optimism has a high level, but opportunities needed to change something are limited (Arnett, 2006). In emerging adulthood, romantic relationships are significant to be examined because the development of romantic relationships between adolescents and early adults is determinative for their future relationships. In this perspective, Collins (2003) proposes a framework to investigate the relationship between emerging adults and adolescents. According to this framework, involvement, partner selection, quality, and cognitive and emotional processes are important in understanding adolescents' relationships and development processes. Further study (2010) found university students in committed relationships have fewer mental health problems, and they tend to be less overweight or less obese (Braithwaite, Delevi & Fincham, 2010).

When it comes to university students' romantic relationships in Türkiye, Pala-Akbaba (2018) found that there is no significant difference between university students' class and romantic relationship experiences. However, irrational romantic relationship beliefs significantly determine an individual's level. Another study claims that irrational beliefs in romantic relationships in late adolescence have a significant difference in terms of the duration of the relationship (Aydemir, 2021). A different study (2019) claims that there is a significant difference between men and women with respect to the differentiation of self and irrational relationship beliefs in young adults (Kurt, 2019). Bilir (2016) pointed out that it was found that there is a significant association between age and irrational relationship beliefs, which means that older participants have fewer irrational relationship beliefs than younger participants. In addition to this, men have more irrational relationship beliefs than women (Bilir, 2016).

In terms of relationship quality, Hassebrauck and Fehr (2002) claimed that dimensions of relationship quality are agreement, independence, sexuality, and, as a key factor, intimacy. Additionally, they suggest that social psychologists placed intimacy as a main construct in close relationships (Hassebrauck & Fehr, 2002). According to Fletcher et al. (2000), perceived relationship quality's dimension was determined as satisfaction, commitment, intimacy, trust, passion, and love. Also, Fletcher et al. (2000) stated that perceived relationship quality possesses the unidimensional construct that drives all evaluations on the line negative and positive sides; measurements and theories are intertwined with each other firmly (p.352).

The relationship between perceived relationship quality and irrational beliefs has long been the subject of research. Irrational beliefs are a concept from Rational Emotive Behavior Therapy (REBT) founded by Albert Ellis. Briefly, rational beliefs are logical or empirical support and pragmatic beliefs, while irrational beliefs are illogical, not being empirical support and nonpragmatic (Ellis, David & Lynn, 2010, pp. 3-4). As well as in the REBT, emotions and beliefs are interconnected closely. Irrational beliefs are unrealistic demands towards the self, others, and the world (David, Lynn & Ellis, 2009). Ellis (2003) stated that REBT provides "Clients had better play it safely and choose to accept themselves unconditionally whether or not they succeed at important tasks and whether or not they win the approval of significant others" (Ellis, 2003,

p.15). What is more, REBT efforts to solve any problems people prevent practice well. Also, REBT encourages people to take the approval of others in line with their desires and preferences. It strictly does not accept absolutistic, overgeneralized demands and musts of others. Thus, people feel unhappy or regret when they fail to achieve as they desire. Furthermore, REBT claimed that if people hardly try to accomplish absolutistic and overgeneralized demands and musts themselves, if they fail, they would have unhealthy feelings of despair and worthlessness (Ellis, 2003). REBT teaches people to differentiate between their strong desires and their unrealistic demands for success and approval (Ellis, 2003, p.16).

With the relative definition of rational beliefs, it can be currently defined as a belief that makes it easier for people to reach their main goals and aims; otherwise, irrational belief, on the contrary, prevents people from achieving these basic goals and purposes (Kinney, 2000). According to Froggatt (2005) irrational beliefs are into three subtitles: irrational beliefs prevent a person from succeeding in their aims and purposes, cause strong and extreme emotions leading to distress and immobilize, and result in reactions that are harmful to oneself, others, and life generally (a), irrational beliefs distort reality which means misinterpreting the environment and what is going on around you, it is not supported by evidence as well (b), irrational beliefs bring about a illogical way people evaluate themselves, others and the world (c) (Froggatt, 2005).

According to Fletcher's (1993) study about cognition in close relationships, an exploratory factor analysis (n=981) was done, and four factors were found. These are intimacy, external factors, passion, and individuality. In more detail, intimacy includes trust, respect, communication, coping, support, acceptance, love, friendship, and compromise, while external factors include personal security, important others, finance, commonality, and children. Passion contains sex and vitality, whereas individuality, independence, and equity.

Self-efficacy can be ascribed as "a specific type of expectancy concerned with one's beliefs in one's ability to perform a specific behavior or set of behaviors required to produce an outcome (Bandura, 1977; Maddux, 1995, p.7). The expanded definition of self-efficacy also refers to "people's beliefs about their capabilities to exercise control over events that affect their lives" (Bandura, 1989; Maddux, 1995, p.7). As a result, it

can be concluded that Bandura claims self-efficacy is not about one's skills or capabilities. It is about belief in their skills or capabilities to execute something (Maddux, 1995). Self-efficacy was adopted into romantic relationships as "perceived abilities to execute such relationship competencies as disclosing personal needs and hurts, providing comfort and care to one's partner, appropriately controlling feelings of anger and jealousy, and openly communicating with one's partner about relationship conflicts and expectations" (Lopez, Morúa & Rice, 2007, p.80).

In addition, it is decided to study the relationship between university students' perceived relationship quality levels and irrational beliefs and self-efficacy. Furthermore, this study will investigate the relationship between perceived relationship quality and irrational beliefs and self-efficacy levels among university students.

## **1.2. The Purpose of the Study**

The main purpose of this study is to examine the relationship between university students' perceived relationship quality levels and irrational beliefs and self-efficacy variables. Within the framework of this purpose, answers to the following questions were sought in the study.

**Research Question:** Do irrational beliefs and self-efficacy in romantic relationships significantly predict perceived relationship quality?

## **1.3. Sub-Problems of the Study**

- I. Does the relationship quality of university students with romantic relationships differ significantly according to gender?
- II. Do the dimensions of irrational beliefs of university students with romantic relationships (excessive expectations, use of social time, mind reading, thinking differently, physical intimacy, gender differences) differ significantly according to gender?

- III. Do the dimensions of self-efficacy (positive self-efficacy and negative self-efficacy) of university students with romantic relationships differ significantly according to gender?
- IV. Does the relationship quality of university students who have a romantic relationship differ significantly according to the duration of the romantic relationship?
- V. Do dimensions of irrational beliefs (excessive expectations, use of social time, mind reading, thinking differently, physical intimacy, gender differences) significantly predict relationship quality?
- VI. Do dimensions of self-efficacy in romantic relationships (positive self-efficacy and negative self-efficacy) significantly predict relationship quality?



## CHAPTER II

### RELATED LITERATURE REVIEW

#### 2.1. Relationship Quality

Although relationship quality is a concept studied by multiple disciplines at the same time, it still lacks conceptual clarity (Fincham & Rogge, 2010). Hardie and Lucas (2010) pointed out that relationship quality is an ambiguous term that covers all objective and subjective measures of a relationship. However, it can be stated that relationship quality is an individual's positive or negative feelings about a relationship (Farooqi, 2014).

It is essential to understand romantic relationship quality during early adulthood in building a foundation for awareness of adults' romantic relationship experiences. Although it is complicated to measure and determine relationship quality, Fletcher, Simpson, and Thomas (2000) made it clear by reducing six dimensions: satisfaction, commitment, trust, intimacy, passion, and love (pp. 340-341).

Satisfaction, one of the factors of relationship quality, means that an individual's overall evaluation of their relationship has both negative and positive aspects (Rusbult et al., 1983). In more detail, satisfaction may include the degree to which one's needs and desires for love, support, and security or sexual expectations are met (Gerlach et al., 2018). Relationship satisfaction is one of the main established areas of relationship assessment, with numerous measures to assess feelings, thoughts, or behaviors within the marital relationship (Hendrick, 1988).

Commitment purports basically a tendency to maintain a relationship and have the feeling of being "attached" to the relationship psychologically (Rusbult et al., 1983). Commitment also plays a role in stabilizing the attachment and in the long-term relationship process, like marriage at the same time. In terms of marriage literature,

commitment depends on three factors: (a) their devotion to and satisfaction with their partner, (b) their belief in the sanctity of marriage as a sacred institution, and (c) their personal sense of obligation to uphold their marriage vows (Adams & Jones, 1997).

Trust in close relationships means the confidence an individual has that another will act in ways that support the fulfillment of desired goals (Rempel, Ross & Holmes, 2001). Also, trust in a close relationship includes the feeling of confidence and security in the partner's caring responses as well as the strength of the relationship. Depending on this, Rempel, Holmes, and Zana (1985) claimed that trust's components are predictability, dependability, and faith.

When it comes to another perceived relationship factor, intimacy, it can be stated that "Intimacy in enduring romantic relationships is determined by the level of commitment and positive affective, cognitive, and physical close-ness one experiences with a partner in a reciprocal (although not necessarily symmetrical) relationship" (Moss & Schwebel, 1993, p.33).

As a subjective feeling state, passion was accepted as another factor of perceived relationship quality. Hatfield and Walster (1978) defined passion as "a state of profound physiological arousal (p. 9). In the aspect of a romantic relationship, passion includes exceptionally powerful positive feelings towards an intimate partner; also, passion can be considered the factor that makes the difference between friendship and romantic love by including the latter (Baumeister & Bratslavsky, 1999).

The final factor, love, is complicated and differently defined among social scientists. Rubin (1970) defined love as "an attitude held by one person toward another, involving a predisposition to think, feel, and behave in certain ways toward that person" (p.265). Also, Rubin clarified that romantic love has three components: (1) affiliative and dependent need, (2) a predisposition to help, and (3) an orientation of exclusiveness and absorption (Rubin, 1970).

After explaining all factors of perceived relationship quality, it can be stressed that all constructs are derived from origins in different theoretical backgrounds. For instance, commitment belongs to the Interdependence Theory (Thibaut & Kelley, 1959;

Rusbult, 1980, 1983), and trust comes from the Attachment Theory (Bowlby, 1969) and Erikson's (1968) psychosocial development model. Passion has roots in attribution theories (Hatfield & Walster, 1978) and different models of love (Stenberg, 1986). This combination facilitates evaluating relationship quality because these constructs provide differentiated relationship quality in divergent patterns. For instance, a person can love and feel passion for a partner, but he cannot trust the partner or feel satisfied in a romantic relationship (Fletcher et al., 2000). Therefore, the concept of relationship quality is a central part of relationship schema, which provides a person can suppose that people evaluate their own relationships and those of others based on their understanding of relationship quality (Hassebrauck, 1997).

When it comes to related studies of perceived relationship quality, effective communication between partners benefits the maintenance of relationship quality directly. Otherwise, ineffective techniques result in a loss of quality and a perception of higher costs, less relationship success, and increased conflict in relationships (Andrade et al., 2015). Another study investigating the transition from high school to early adulthood in terms of personality and relationship quality declares that individuals experienced positive changes by a majority in relationship quality throughout the transition from high school. Also, it is found that changes in relationship quality and personality changes are not correlated with each other during post-school transition. This study provides a general perspective on the relationship quality and transition period of time from high school to early adulthood (Parker, Lütke Trautwein & Roberts, 2012). These studies could be a good example of why relationship quality should be studied, especially among young adults.

Cooper (2021) examined the correlation between relationship quality, union dissolution, and re-partnering in young adults' romantic relationships. According to the results, it is found that young adults' romantic relationships have the disposition to be characterized by positive qualities, and many of these young adults also gain experience with dissolution and re-partner after their breakups (Cooper, 2021). A study in Türkiye proposes to investigate the effects of need satisfaction on romantic relationship quality via partner attachment avoidance directly and indirectly (Sağkal & Özdemir, 2019). According to the results, it was found that need satisfaction is correlated with relationship quality, and it is partially mediated by partner attachment

avoidance (Sağkal & Özdemir, 2019). Therefore, it can be said that in the context of dissolution, re-partnering, or partner avoidance, relationship quality is important without a doubt.

A different study (2020) related to relationship quality was conducted with university students in education faculty to measure the mediating role of loneliness in the relationship between parental emotional availability, romantic relationship quality, and social connectedness and well-being. As a result, it emerged that university students' level of psychological and subjective well-being by the mediating effect of loneliness is significantly predicted by students' level of parental emotional availability, social connectedness, and romantic relationship quality (Özdoğan, 2020). Wazid and Shahnawaz (2017) examined the association between relationship quality, well-being, and forgiveness. In accordance with the results of the study, positive relationship quality can be accepted as a mediator between forgiveness and psychological well-being (Wazid & Shahnawaz, 2017). Another exceptional study indicated that individuals with positive body image have higher perceived romantic relationship quality by way of greater sexual satisfaction (van den Brink et al., 2018).

The study (2013) concentrates on the association between shyness, romantic relationship quality, and well-being. It stated that among undergraduate students currently involved in romantic relationships, while shyness was found to be negatively correlated with relationship quality, it positively correlated with insecure romantic attachment beliefs such as attachment anxiety and attachment avoidance (Rowell & Coplan, 2013). Another comprehensive study was made by Dalton III, Frick-Horbury, and Kitzmann (2006) related to young adults' retrospective reports in terms of relationship quality. Its findings stated that not only the mother's parenting but also the father's parenting is related to the current relationship quality with parents. However, only the father's parenting is founded as connected with the quality of the current relationship with the romantic partner. At the same time, fathers' parenting was associated with views of the self in terms of being capable of building secure and close relationships (Dalton III, Frick-Horbury & Kitzmann, 2006).

The study (2010) aims to measure whether and how partners' support of self-improvement efforts affects evaluations and self-improvement success of recipients. It

states that getting more help from partners predicted powerful relationship quality and self-improvement (Overall, Fletcher & Simpson, 2010). A further study related to relationship quality found that externalizing symptoms, substance use, and self-esteem did not predict improvements in adult romantic relationships. Instead of that, internalizing symptoms in the first romantic relationship significantly predict later improvements in relationship quality. Thus, it can be concluded that individuals with a low level of relationship quality having lower internalizing symptoms were more likely to gain experience in improvement of relationship quality in comparison to individuals having a high level of internalizing problems (Shoop, 2019).

There are also studies based on Turkish young adults in terms of relationship quality. Tuzgöl Dost and Aras (2020) focused on close relationship belief and self-change as predictors of romantic relationship quality among university students in Türkiye. According to the results, the social support subdimension of relationship quality is significantly predicted by subdimensions of relationship beliefs such as “We must be completely open and honest with each other,” “We must do everything together,” “We must meet all needs of each other,” and “romantic idealism” significantly predict social support subdimension of relationship quality (Tuzgöl Dost & Aras, 2020). Demir (2008) studied romantic relationship quality and personality as predictors of happiness among emerging adults. The study indicated that the dominant characteristics of romantic relationship quality are emotional security and companionship in the group of emerging adults. In addition to this finding, it was claimed that emerging adults experiencing high quality at high levels of identity formation relationships are happier (Demir, 2008).

Another research related to romantic relationship quality and subjective well-being found that need satisfaction in a romantic relationship increases the level of subjective well-being among emerging adults (Eryılmaz & Doğan, 2013). In terms of goal conflict, relationship quality, and subjective well-being, it was found that partners’ reports, including higher goal conflict, are directly correlated with lower subjective well-being and relationship quality. Also, lower relationship quality is correlated with lower subjective well-being (Gere & Schimmack, 2013).

When it comes to relationship quality and aggression and victimization, the study (2002) makes it clear romantic relational victimization and romantic relational aggression explained variance in romantic relationship quality as a result of regression analysis (Linder, Crick & Collins, 2002). Furthermore, this study declared that poor relationships with parents and peers could be figured out in the development and maintenance of aggressive and victimized behaviors (Linder, Crick & Collins, 2002). Fleming, White, and Catalano's study (2010), which used 909 young adults' longitudinal data in the USA, examined the association between substance use and romantic relationship quality and status. The findings of the study indicated that in romantic relationships, the partner's substance use moderated the correlations between relationship quality and substance use, including heavy drinking and marijuana use. Therefore, it revealed having a romantic relationship in early adulthood is associated with less drinking habits and marijuana use rather than peers not involved in a romantic relationship (Fleming, White & Catalano, 2010).

As everyone knows, the world has passed a pandemic, COVID-19, and it has a global effect all around the world. People have been affected by the pandemic, both physical well-being and psychological well-being and still continue to be affected. COVID-19 has influenced relationships as well because of strict restrictions during the pandemic. From the perspective of relationship quality, there is a global and effective study comprehending 27 countries across the world focusing on perceptions of distress, relationship quality, and dyadic coping for romantic partners (Randall et al., 2022). It is found that 27 countries seem to have different significant correlations between post-COVID-19 psychological stress and relationship quality. Although the association in Bangladesh, Israel, Pakistan, South Korea, the USA, and Türkiye was found insignificant, the association in Germany, Hungary, Indonesia, and Italy was most obvious (Randall et al., 2022). As a result, there is no association between post-COVID-19 psychological distress and relationship quality in Türkiye. Thus, the pandemic, which is currently the main agenda of the world, was discussed in the aspect of relationship quality across 27 countries.

## **2.2. Irrational Beliefs in Romantic Relationships**

The definition of beliefs in Cognitive Behavioral Therapy (CBT) is that people, from their childhood period, develop certain ideas about themselves, other people, and their world. Their most central (core beliefs) are such fundamental and deeply enduring understandings that they often don't even express them to themselves. They just see these ideas as absolute truths - just as things are "as they are" (Beck, 2011, p.32). There are three different kinds of negative core beliefs such as helpless, unlovable, and worthless (Beck, 2011, p.233). When it comes to CBT's cognitive model, there are also intermediate beliefs in CBT, generally consisting of attitudes, rules, and assumptions. These beliefs affect how people see situations and how they think, feel, and behave. The relationship between core beliefs leads to intermediate beliefs (rules, attitudes, and assumptions (Beck, 2011, p.35). Intermediate beliefs result in automatic thoughts, which are ideas that just seem to pop up in the mind, like "I cannot write this thesis" (Beck, 2011, p.3). Also, these automatic thoughts influence a person's emotional, behavioral, and physiological reactions directly (Beck, 2011, p.37).

Furthermore, in CBT, Aeron Beck classified thinking errors into twelve categories. These thinking errors can be ordered, such as all-or-nothing thinking, catastrophizing, disqualifying, or discounting the positive, emotional reasoning, labeling, magnification/minimization, mental filter, mind reading, overgeneralization, personalization, should or must statements, tunnel vision (Beck, 2011, pp. 181-182).

In this aspect, REBT efforts to go beyond CBT by demonstrating to its clients and others that they are constructively able via comprehensive work and practice to provide them with cognitive-emotional and behavioral change. Thus, despite clients having negative life events, they would not be depressed or panicked deeply. They show moderate emotional state and go on with their lives.

Rational-Emotive Behavioral Therapy (REBT) is the leading therapy in the concept of irrational thoughts and beliefs. According to RET, human beings seek pleasure and avoid pain. In line with this view, in relationships, people are engaged to have hedonistic satisfaction, and they tend to stay in the relationship for a long time (DiGiuseppe & Zee, 1986). It can be said that unrealistic beliefs are described as

irrational thoughts or expectations. At the same time, irrationality can be explained in a way that hinders someone from reaching his main goals and purposes. It is illogical and incompatible with reality (Larson, 1992).

There are different kinds of using irrational beliefs as dysfunctional and self-defeating, but it was preferred to irrational beliefs dominantly in REBT (Kinney, 2000, p.407). In addition to this, all irrational beliefs can be minimized into three groups of irrationalities. These are philosophies of self-denigration, an intolerance of frustration, and blaming and condemning others (Kinney, 2000, p.408).

Another important study by Aušraitė & Žardeckaitė-Matulaitienė (2019) focuses on irrational beliefs, their dimensions, and conflict resolution strategies in young adults. According to the results, the most common irrational beliefs among young adults were detected as “disagreement is destructive,” “the sexes are different,” and “sexual perfectionism” (Aušraitė & Žardeckaitė-Matulaitienė, 2019). In the framework of social adjustment and dysfunctional beliefs, Hamamcı and Esen-Coban (2010) studied dysfunctional relationship beliefs and adjustment to university in the late adolescence period time. It is concluded that relationship beliefs and adjustment to university are correlated with each other. Also, people with low dysfunctional beliefs have significantly more social adjustment than those with high dysfunctional beliefs (Hamamcı & Esen-Coban, 2010). This study proved that dysfunctional beliefs should be considered in terms of social adjustment, not only in romantic relationships.

Sullivan and Schwebel’s investigation (1995) aims to test whether levels of irrational beliefs are correlated with current relationship adjustment when dating, engaged, and married (Sullivan & Schwebel, 1995). According to findings, it is suggested that individuals having low levels of irrational beliefs are inclined to have higher levels of relationship satisfaction in young adults in the USA (Sullivan & Schwebel, 1995). Moreover, insecure adult attachment style and stronger adherence to relationship-specific irrational beliefs are correlated with decreased relationship satisfaction (Stackert & Bursik, 2002).

An interesting longitudinal study about a self-fulfilling positive illusion indicates that idealization in the relationship has a self-fulfilling effect, which means partners, in

time, make an effort for their partner to shape in an idealized way. As a result, they create relationships as they imagine and wish for progress in the relationship (Murray, Holmes & Griffin, 1996).

In addition to the discussion between reality and illusion in intimate relationships in literature, Fletcher and Kerr (2010) agree on the idea that the optimistic spin that individuals put on their relationship judgments is a result of evolved adaptation as a product of ancient. Therefore, love can be accounted as both blind and firmly rooted in the real world because people are inclined to be positively biased and correct in the judgment of their partners or relationships as in accord with the evolutionary approach to romantic relationships (Fletcher & Kerr, 2010).

Turkish version of irrational beliefs in romantic relationships among young adults was studied by Sarı and Korkut-Owen (2016) to measure whether relationship satisfaction is predicted by attachment dimensions and irrational romantic relationship beliefs. In light of the findings, irrational beliefs in romantic relationships beliefs, such as extreme expectations and thinking differently, positively predict relationship satisfaction (Sarı & Korkut-Owen, 2016). Furthermore, the gender difference subdimension of irrational beliefs in romantic relationship negatively predict relationship satisfaction (Sarı & Korkut-Owen, 2016).

When it comes to irrational beliefs in romantic relationships and aggression, there is an outstanding study related to irrational beliefs in romantic relationships as the predictor of aggression among emerging adults. According to the study's outcomes, the aggression level of males and their irrational expectations in aspects of social and free time activities are greater than that of females. Furthermore, it is found that when explaining aggression in emerging adulthood, sex can be accounted as a significant predictor of different thinking and gender differences from subdimensions of irrational romantic relationship belief scales (Gündoğdu, Yavuzer & Karataş, 2018).

The study focusing on perfectionism and relationship beliefs in dating relationship points out that people with high self and other-oriented perfectionism have greater relationship beliefs in the scope of communication, trust, and support, which means perfectionist people have a high level of relationship standards, especially in these

areas (Flett et al., 2001). A related study by Kara and Deniz (2021) in Türkiye concentrated on irrational beliefs and perfectionism as predictors of romantic jealousy. The findings of the study reveal that constructive and destructive coping styles are significantly predicted by perfectionism towards oneself. Moreover, it is discovered that constructive coping with jealousy is not significantly predicted by irrational beliefs and gender (Kara & Deniz, 2021). As different from other studies, birth order has an important aspect in having irrational beliefs as well. Psychological birth order is a significant predictor of irrational relationship belief. Just as psychologically, single children may have less irrational beliefs (Kalkan, 2008).

Furthermore, Kurt's study (2019) demonstrates that there is a significant association between irrational relationship beliefs, cognitive flexibility, and differentiation of self. Also, men and women differ significantly in aspects of differentiation of self and irrational relationship beliefs among young adults. In addition to this, individuals having less irrational beliefs may have a high degree of differentiation of self and cognitive flexibility in their romantic relationships (Kurt, 2019).

Another study is related to emotional dependency, dysfunctional beliefs, and relationship satisfaction in married individuals. The study indicates that emotional dependency, perceptions of interpersonal rejection, and unrealistic relationship expectations explain relationship satisfaction. However, emotional dependency plays a greater role rather than others (Kemer, Çetinkaya-Yıldız & Bulgan, 2016).

Köksal-Çürükvelioğlu's study (2019), which aims to examine the relationship between irrational relationship beliefs, knowledge of warning signs, relationship confidence, satisfaction, and commitment in undergraduate students, indicates that 28% of the variance in commitment is explained by irrational relationship beliefs, knowledge of warning signs, relationship confidence and satisfaction (Köksal-Çürükvelioğlu, 2019). Also, irrational relationship beliefs are positively related to these variables unexpectedly (Köksal-Çürükvelioğlu, 2019). Another outstanding research finding indicates that relationship beliefs differ in terms of gender and age among university students in Türkiye. Furthermore, it states that autonomous-related self and age are negatively correlated with relationship beliefs (Bilir, 2016).

Pala-Akbaba and Erol's study (2019) aimed to measure the relationship between irrational beliefs and happiness. Taking into consideration the findings of the study, gender differences and thinking differently subdimension of irrational beliefs in romantic relationships negatively predict happiness (Pala-Akbaba, Erol, 2019).

### **2.3. Self-Efficacy**

Social cognitive theory is a way of understanding human cognition, action, motivations, and emotions. It presumes that people can have self-reflection and self-regulation, allowing them to actively shape their environments (Maddux, 1995, p.4). In comparison to other similar models and theories, the self-efficacy theory (Bandura, 1977) is one of the most recent in a long line of personal competency or efficacy theories and has sparked more studies in clinical, social, and personality psychology in the past fifteen years (Maddux, 1995, p.4).

Bandura's definition of self-efficacy (1994):

Perceived self-efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves, and behave. Such beliefs produce these diverse effects through four major processes. They include cognitive, motivational, affective, and selection processes (Bandura, 1994, p.2).

There are different kinds of self-efficacy, and social self-efficacy is one important of them. Corcoran and Mallinckrodt's study (2000) stated that social self-efficacy and perspective-taking as social competencies have mediating effects on the negative association between attachment avoidance and mutual conflict style (Corcoran & Mallinckrodt, 2000). Social self-efficacy was also found to mediate the correlation between attachment anxiety and feelings of loneliness and subsequent depression (Wei, Russell, Zakalik, 2005). Another important study related to social support and self-efficacy among first-year college students was conducted by Coffman and Gilligan (2002). Based on the results, college students' high level of social support and lower perceived stress correlated with a high degree of life satisfaction. Also, it was found that self-efficacy significantly correlated with life satisfaction positively (Coffman & Gilligan, 2002).

Jenkins, Goodness, and Buhrmester (2002) examined the relationship between self-efficacy, relationship quality, and depression symptoms in terms of gender differences in early adults. According to findings, girls' results are higher best friend intimate support, and self-efficacy and less conflict than boys (Jenkins, Goodness & Buhrmester, 2002). Gençoğlu, Şahin, and Topkaya's (2018) study examining the relationship between depression, anxiety, and stress with general self-efficacy and forgiveness of self, others, and situations in university students is important to understand the general aspect of self-efficacy. In the findings of the study, it is suggested that forgiveness of self, others, and situations are correlated with depression, anxiety, and stress symptoms negatively (Gençoğlu, Şahin & Topkaya, 2018). According to a mixed study by Mattingly and Lewandowski (2013), self-concept size and subjective sense of self-concept were positively correlated with greater self-efficacy (Mattingly & Lewandowski, 2013).

A remarkable study in Türkiye by Çakar (2012) investigated the relationship between self-efficacy and life satisfaction among young adults. From the perspective of findings, it was stated that young adults' self-efficacy predicted life satisfaction at a rate of 45%; in addition to this, self-efficacy and life satisfaction did not make any difference in terms of perceived level of income (Çakar, 2012). Furthermore, Çakar stressed that increasing young adults' self-efficacy level can facilitate improving developmental tasks, which is crucial for health development and life satisfaction among young individuals (Çakar, 2012).

In terms of gender difference, there is a particular study by McKay, Dempster, and Byrne (2014). According to the findings, females' scores on self-esteem and social self-efficacy are lower, while it is higher on emotional self-efficacy (McKay, Dempster & Byrne, 2014). On the contrary, Siddiqui's study (2015) asserts that there is no significant difference between the self-efficacy of male and female students. However, there is a significant difference in psychological well-being between both (Siddiqui, 2015).

Another study that aims to increase graduate students' productivity indicated that research self-efficacy was positively predicted by positive team research experiences, and supportive peers and mentors provided positive research experience as well (Love

et al., 2007). On the other side, interaction anxiety and self-efficacy as a predictor of psychological well-being were studied by Kılınç among undergraduate students. Based on the findings, psychological well-being is predicted positively by self-efficacy, while interaction anxiety predicts psychological well-being negatively (Kılınç, 2017). Caprara et al.'s study (2006) focusing on adolescents' well-being and self-efficacy indicate that self-efficacy beliefs in adolescents direct positive and negative emotions and interpersonal relationships to promote anticipation of the future (Caprara et al., 2006).

Regarding anger management and dating aggression, self-efficacy is an effective variable among Italian young adults (Nocentini, Pastorelli & Menesini, 2013). According to outcomes, young adults' level of self-efficacy in the aspect of anger management influences couple conflict, which affects the psychological aggression of another partner (Nocentini, Pastorelli & Menesini, 2013). A study related to psychological violence and self-efficacy in close relationships revealed that psychological violence in close relationships is negatively correlated with perceived social support and self-efficacy (Utkan, 2019). In addition to this finding, perceived social support is positively correlated with self-efficacy (Utkan, 2019).

#### **2.4. Self-Efficacy in Romantic Relationship**

Relationship maintenance behaviors, including positivity, openness, assurances, networks, and sharing tasks, mediate the correlation between self-efficacy and relationship satisfaction (Weiser & Weigel, 2016). Relationship maintenance strategies were explained by romantic relationship satisfaction and self-efficacy by 53.3% of the total variance. Also, it is revealed that romantic relationship satisfaction is the most significant predictor of relationship maintenance strategies (Ogan & Öz-Soysal, 2022).

The study's (2013) results suggested that relationships between self-efficacy in a romantic relationship and important current relationship features within a high degree of self-efficacy are correlated with greater relationship satisfaction and less frequent relationship conflict (Riggio et. al., 2013). The correlational study examining the relationship between satisfaction, relational self-change, and self-efficacy in romantic

relationships reveals that there is a significant positive relationship between relationship satisfaction and self-efficacy in a romantic relationship (Gündüz & Karataş, 2020).

Related to self-efficacy in romantic relationships, the study of whether young adults' perceived relationship self-efficacy following relationship education may vary in the program's presence. The result of the study is that it found that youth romantic relationship self-efficacy has a high level while programming within a week or weekly after school rather than in school (Futris, Sutton & Duncan, 2017). This study is notable for showing education programs to develop self-efficacy in young adulthood.

In line with Turkish literature, the study, which aims to explore the predictive effect of irrational beliefs and self-efficacy on psychological well-being, indicates that a high level of self-efficacy in a romantic relationship raises the psychological well-being of individuals in late adolescence (Aydemir, 2021).

A critical study by Cabeldue and Boswell (2012) investigated the relationship between self-efficacy in undergraduate students with a 126-sample size. According to findings, relationship self-efficacy is correlated significantly with self-esteem, avoidant attachment style, and anxious attachment style. Also, self-esteem and jealousy are significant predictors of relationship self-efficacy (Cabeldue & Boswell, 2012). A longitudinal study with two samples of college students indicates that relationship self-efficacy also moderated the effects of victimization on relationship dissolution. Intimate partner violence (IPV) victimization is positively correlated with dissolution among intimates low in relationship self-efficacy of students (Baker et al., 2016).

## **CHAPTER III**

### **METHOD**

In this chapter, the conceptual framework of the study, design of the study, study group, instruments used in the study, data collection, and analysis are explained accordingly.

#### **3.1. Conceptual Framework of the Study**

The philosophical orientation and worldview of the study are considered in the method part of the study. This study has a postpositivist worldview rather than a social constructivist, advocacy, participatory, and pragmatic worldview. Briefly, the postpositivist worldview's characteristics can be clarified as determinism, reductionism, empirical observation and measurement, and theory verification (Cresswell, 2008).

Moreover, Cresswell (2008) states that the postpositivist worldview is an accepted approach to the scientific method. In this method, the scientist starts with a theory and then collects the data, whether to refute or support the theory. Afterward, they make required revisions before tests are made by the scientist in the framework of ethical standards (Cresswell, 2008).

#### **3.2. Design of the Study**

First of all, in the study, a survey research design was used. The survey research can be explained as a tool for collecting critical information via questions (Ruane, 2004). Moreover, in the survey research method, it is possible to have associations or correlations between several variables, which is called correlational design (Ruane, 2004). Also, in this study, data was collected at once at a time; therefore, the study can be counted as a cross-sectional design.

In this study's variables taking into consideration, the dependent variable is perceived relationship quality, while the independent variables are irrational beliefs and self-efficacy in romantic relationships. This study aims to find significant relationships between perceived relationship quality, irrational beliefs, and self-efficacy in romantic relationships.

The survey package contained an informed consent form (at the beginning of the form as a compulsory item), a socio-demographic form, perceived relationship quality, irrational beliefs in romantic relationships, and self-efficacy in romantic relationships. These questionnaires were used to ask participants.

The instruments are fulfilled in the online platforms. For that reason, Google Forms was used to gather data. Creating an online Google Forms link has collected data by sending and sharing posts on online platforms like e-mail, WhatsApp, Telegram, Twitter, Instagram, and Facebook. It is shared in university students' groups in different universities. When it comes to scales, Perceived Relationship Quality is 7 points Likert scale from "none" to "a lot" degree. Irrational Beliefs in Romantic Relationships is 5 points on the Likert scale from "not agree at all" to "totally agree. Finally, Self-Efficacy in Romantic Relationships is a 9-point Likert scale from "not agree at all" to "totally agree" on the same way. The socio-demographic form includes age, gender, university, faculty, educational degree, romantic relationship state, and relationship duration. In total, there are 54 questions to ask participants. All data analyzed in this study was acquired from these questionnaires. The process of consisting of a socio-demographic form and selecting a questionnaire is considered not too long and complex. It is essential to collect data on online platforms, not using long and many questionnaires. Briefly, in all data collection processes employed on online platforms, the paper-pen method was not preferred to reach undergraduate students.

Correlational survey design, which means a design is searching for associations or correlations among various variables in specific areas of researcher preferred for this study. That is why this design is a more feasible, useful, economical, and faster way in terms of data collection. Thanks to the survey design, it can reach university students in different cities in a short time period. The timeline for the data collection lasted

approximately two months, from 28 August to 30 October 2022. After data collection, a datasheet was made to analyze the results; then the results were analyzed.

### 3.3. Participants of the Study

Participants of this study were university students taking university education in different cities of Türkiye in the 2021-2022 academic year. The study group of the study consisted of 359 university students. To the study, it was accepted students in a romantic relationship, which means they must have a romantic partner currently. In order to meet this condition, the data collection process started as a convenient sampling method because it is time-saving and feasible to reach university students. Then, quota sampling was also used to keep gender in a balance of half and half.

At the beginning of the study, 361 participants attended the study during the data collection process. A total of 10 cases were excluded from the dataset because of various reasons like outliers, out of the scope of the study, and mistakenly fulfilled the forms. First of all, 2 cases were outside the study's scope, and 2 cases were excluded due to a mistaken completed form. Finally, 6 cases were determined as outliers and excluded from the study. Consequently, the total number of participants consisted of 351 cases, and analyses derived from these results of 351 participants' responses.

**Table 3.1. Frequencies and Percentages of Participants in Terms of Gender and Educational Status**

Variable	Factor	Frequencies	Percentage (%)
Gender	Female	209	59.5
	Male	142	40.5
Educational Status	Prep	11	3.1
	1 <sup>st</sup> class	51	14.5
	2 <sup>nd</sup> class	60	17.1
	3 <sup>rd</sup> class	75	21.4
	4 <sup>th</sup> class	154	43.9

According to Table 3.1. the study group of the study consisted of 351 total participants; 59.5% of them were female, while 40.5% of them were male. Female participants responded with more interest in the study. However, special attention was paid to arranging a balanced gender rate to make statistical analysis sensible. When it comes to rates of educational status, the sample group consisted of 43.9% 4<sup>th</sup> class university students, 21.4% 3<sup>rd</sup> class university students, 17.1% 2<sup>nd</sup> class university students, 14.5% 1<sup>st</sup> class university students, and lastly 3.1% prep university students, respectively.

**Table 3.2. Frequencies and Percentages of Participants Ages**

Age	Frequency	Percentage (%)
17	3	0.9
18	14	4
19	40	11.4
20	53	15.1
21	61	17.4
22	80	22.8
23	47	13.4
24	21	6
25	10	2.8
26	6	1.7
28	4	1.1
29	1	0.3
30	3	0.9
31	2	0.6
32	1	0.3
33	1	0.3
38	1	0.3
39	1	0.3
44	1	0.3
50	1	0.3

What is more, the age of the participants was found to be between 17 and 50 years old among university students ( $M= 21.89$ ,  $SD= 3.306$ ). Table 3.2 shows that the highest frequency was in participants aged 22 (22.8%). By following it, participants' age distribution centered at 21 ages (17.4%). Therefore, it can be understood that the participants of the study consisted of principally 3<sup>rd</sup> and 4<sup>th</sup> class students between 22 and 21 ages.

**Table 3.3. Frequencies and Percentages of Participants in Terms of Relationship Status and Duration of the Relationship**

Variable	Factor	Frequency	Percentage (%)
Relationship Status	Flirt	71	20.2
	Lover	245	69.8
	Engaged	21	6.0
	Married	14	4.0
Duration of the Relationship	0-6 months	121	34.5
	6 months-1 year	68	19.4
	1 year- 3 years	96	27.4
	3 years-5 years	46	13.1
	5 years and above	20	5.7

Table 3.3 gives the participants' relationship status and the relationship duration. According to the results, in the study group, students stating their relationship as lovers had the highest rate with 69.8%. The lowest rate among relationship status was being married, with a rate of 4%. When the relationship duration was concerned, 121 participants (34.5%) had a relationship between 0-6 months, and 96 participants (27.4%) had a relationship between 1-3 years. Therefore, most of the university students were in the beginning stage of their relationship. As follows, university students who have been in a relationship 5 years and above had the lowest rate with 5.7%.

**Table 3.4. Frequencies and Percentages of Universities Enrolled by Participants**

#	University	Frequency	Percentage (%)
1	Istanbul Medeniyet University	71	20.2
2	Istanbul Medipol University	29	8.3
3	Istanbul University	27	7.7
4	Sakarya University	27	7.7
5	Boğaziçi University	26	7.4
6	Marmara University	19	5.4
7	Süleyman Demirel University	16	4.6
8	Istanbul Okan University	9	2.6
9	Cukurova University	6	1.7
10	Balıkesir University	5	1.4
11	Canakkale Onsekiz Mart University	5	1.4
12	Fatih Sultan Mehmet Foundation University	5	1.4
13	Nigde Omer Halisdemir University	5	1.4

Table 3.4. displayed the distribution of participants across universities. In total, there 69 different university students studied in this study. However, frequencies below five were not included in this table. According to participants of the study, it can be said that university students mostly enrolled in Istanbul Medeniyet University by majority ( $f=71$ , %20.2). After that, Istanbul Medipol University had another high level of frequency ( $f=29$ , %8.3). İstanbul, Sakarya, and Boğaziçi Universities had almost the same level of participants to attend this study.

**Table 3.5. Frequencies and Percentages of Faculties Enrolled by Participants**

#	Faculty	Frequency	Percentage (%)
1	Faculty of Literature	41	11.7
2	Faculty of Science and Letters	40	11.4
3	Faculty of Education	38	10.8
4	Faculty of Law	33	9.4
5	Faculty of Economics and Administrative Sciences	28	8
6	Faculty of Engineering	24	6.8
7	Faculty of Educational Sciences	19	5.4
8	Faculty of Humanities and Social Sciences	18	5.1
9	Vocational School	16	4.6
10	Faculty of Theology	10	2,8

Table 3.5 shows the faculties enrolled by participants of the study were given. The total number of faculties in the study was 44 different faculties; however, in this table, frequencies below ten were not included. According to the table, the faculty with the highest number of participants in the study is the Faculty of Literature, with 41 participants (11.7%). Followed closely by the Faculty of Science and Letters, which had the highest level of participants in the study ( $f=40$ , 11.4%). Faculty of Education ( $f=38$ , 10.8%) and Faculty of Law ( $f=33$ , 9.4%) come after the first. In addition, the Faculty of Engineering, Faculty of Educational Sciences, and Faculty of Humanities and Social Sciences had lower frequencies of enrollment, ranging from 6.8% to 5.1% of the total.

### **3.4. Instruments**

In this study, there is a survey package within informed consent, socio-demographic form, the Turkish version of Perceived Relationship Quality, Irrational Beliefs in Romantic Relationships, and Self-Efficacy in Romantic Relationship scales. This survey package has been employed by university students.

#### **3.4.1. Informed Consent**

First of all, informed consent is the basic information required to obtain participants' approval. Informed consent and all questionnaires are placed at the beginning of the socio-demographic form. Within this consent, participants are capable of the duration of the study and researchers' contact information. Also, participants were informed about volunteering and assured confidentiality in the study.

#### **3.4.2. Socio-Demographic Information Sheet**

Demographic information was collected via a socio-demographic information sheet. It contains the age and gender of participants, university, faculty, and educational status (prep, 1, 2, 3, 4), what kind of romantic relationship they have (flirting, lovers, engaged, married), duration of participants' romantic relationship (0-6 months, 6-12 months, 1-3 years, 3-5 years, 5 and more years). By these seven questions, general information about the sample group was obtained and used for the study.

### 3.4.3. Perceived Relationship Quality Questionnaire

The original form of Perceived Relationship Quality Components Inventory was developed by Fletcher, Simpson, and Thomas (2000). According to them, perceived relationship quality includes satisfaction, commitment, intimacy, trust, passion, and love dimensions (Fletcher, Simpson & Thomas, 2000). According to the results, Fletcher et al. (2000) found that the Perceived Relationship Quality Components Inventory, six dimensions each including three items, will provide advantages for use in research as a valid and reliable measurement tool. In addition to these, they claimed that only one item from these six dimensions can be a reliable and valid measurement for relationship quality as well. Also, Fletcher et al. suggested that if the research planned to be done as a self-report, then the brief form of the inventory could be preferable (Fletcher et al., 2000). In the original 6 items short form of the questionnaire, Perceived Relationship Quality Components Inventory was found to be .45 and above; in Study 1, it is between .48 to .77, while in Study 2, it is between .45 to .80. Furthermore, Cronbach's alpha coefficients found .85 and above, in Study 1 it is  $\alpha = .88$  while, in Study 2, it is  $\alpha = .85$  (Fletcher, Simpson & Thomas, 2000).

Turkish adaptation of Perceived Relationship Quality Questionnaire was made by Sağkal and Özdemir (2018). In this study, only a 6-item short form of the questionnaire was translated into Turkish, and the validity and reliability of the scale were made. During the adaptation process, 366 university students ( $n=279$  female,  $n=87$  male) attended the study. The scale consisted of 7 Likert Scale and 6 items, each representing a dimension (satisfaction, trust, love, commitment, passion, and intimacy).

When examining the psychometric properties of the scale, the Cronbach's alpha coefficient is .86, the construct reliability is .87, and the test-retest reliability is .81. The total scores obtained from the answers given to the scale items range from a minimum of 6 points to a maximum of 42 points. The high scores obtained from ARIQ indicate that the perceived overall romantic relationship quality has increased (Sağkal & Özdemir, 2018, p.26).

In the current study, Cronbach's alpha coefficient was found to be .90, which means a high level of internal consistency among items ( $N$  of items=6). Considering having

>.70 level accepting reliability in terms of using scales, this level is very acceptable in this study among university students.

#### 3.4.4. Irrational Beliefs in Romantic Relationship Questionnaire

Sarı and Korkut Owen developed Irrational Romantic Relationship Beliefs Inventory to measure and evaluate irrational beliefs in romantic relationships based on Ellis and Beck's theories (Sarı & Korkut Owen, 2016). This inventory consists of 5 Likert-type scales and 30 items due to factor analysis. Participants of the study are 551 university students to test the reliability and validity of the study. According to the factor analysis results, there are six factors of irrational beliefs. As well as it is concluded that the total variance explained by these six factors is 51.70%. (Sarı & Korkut Owen, 2016). These factors are over expectations (eight items), use of social time (six items), mind reading (six items), different thinking (four items), physical intimacy (three items), and gender differences (three items) (Sarı & Korkut Owen, 2016). The scale of Cronbach Alpha is .85, and the sub-scales of Cronbach Alpha are between .53 and .81. In the process of the development of the scale, test and retest reliability were made with the interval of 12 weeks, and its results are .85.

Therefore, this scale can be used as a valid and reliable measurement. This scale is important and unique thanks to having subscales of irrational beliefs among other studies (Sarı & Korkut Owen, 2016).

**Table 3.6. Dimensions and Reverse Items of Irrational Beliefs in Romantic Relationship Questionnaire**

Dimensions	Number of Items	Items	Number of Reverse Items	Reverse Items
Over Expectations	8 items	21, 23, 24, 25, 26, 27, 28, 29	-	-
Use of Social Time	6 items	16, 17, 18, 19, 20, 22	1	22
Physical Intimacy	3 items	14, 15, 30	-	-

**Table 3.6. (cont.)**

Mind Reading	6 items	5, 6, 7, 8, 9, 10	-	-
Gender Differences	3 items	11, 12, 13	-	-
Different Thinking	4 items	1, 2, 3, 4	1	1

The total scores gained from the answers given to the scale items range from a minimum of 30 points to a maximum of 150 points. Thanks to this scale, it can be determined the irrational beliefs university students have. A higher score on the scale means higher irrational beliefs students have, and a lower score on the scale means lower irrational beliefs students have.

According to the current study's reliability result, Cronbach's alpha coefficient was found to be .88, representing a high internal consistency level among items (N of items=30). When considering Sarı and Korkut Owen's (2016) findings (.85 level internal consistency), it can be said that this finding can be accepted at a very close level in terms of reliability.

#### **3.4.5. Self-Efficacy in Romantic Relationship Questionnaire**

The original form of the questionnaire was developed by Riggio and Weiser Valenzuela, Lui, Montes, and Heuer in 2013. The original version of the scale consisted of 12 items with a 9-point Likert scale from totally disagree to totally agree. There are two factors in this scale: positive and negative self-efficacy. A high level of score taken from the scale means a high level of self-efficacy in romantic relationships, whereas a low level of score taken from the scale means a low level of self-efficacy in romantic relationships (Riggio et al., 2013). Factor analysis's results of the scale revealed between .56 and .87. In addition to this, Cronbach's alpha coefficient was found to be .89 for internal consistency (Riggio et al., 2013).

Öz-Soysal, Uz-Baş, and Aysan adapted the questionnaire into a Turkish version in 2019. Participants of the study are also 367 university students, 243 of them female and 124 of them male students. The questionnaire consisted of 12 questions and two factors (positive self-efficacy and negative self-efficacy). The internal consistency

coefficient was calculated as .90. The internal consistency coefficient for the positive self-efficacy subscale was .91, and the internal consistency coefficient for the negative self-efficacy subscale was .96 (Öz-Soysal, Uz-Baş & Aysan, 2019).

**Table 3.7. Dimensions and Reverse Items of Self-Efficacy in Romantic Relationship Questionnaire**

Dimensions	Number of Items	Items	Number of Reverse Items	Reverse Items
Positive Self-Efficacy	3	2, 3, 5	-	-
Negative Self-Efficacy	9	1, 4, 6, 7, 8, 9, 10, 11, 12	9	1, 4, 6, 7, 8, 9, 10, 11, 12

For the reliability of the study, test-retest reliability was calculated, and it is found that .88 correlation coefficient. This can be evaluated as another indicator of this scale as a reliable measurement tool. When it comes to the validity of the study, confirmatory factor analysis (CFA) was applied to obtain evidence for the construct validity of the scale. According to the result of this analysis, it is claimed that model-data fit indices were determined at acceptable levels.

However, the original two-factor structure of the scale was confirmed in Turkish university students with CFA. In order to examine the relevant language validity of the scale, the Turkish form of the scale was given to 65 English language-teaching 4th-grade students, and the English form of the scale was given to the same group 3 weeks later. As a result of these two applications, the correlation coefficient was determined as .85. In this case, it is thought that the adapted form of the scale and the original form measure the same structure (Öz-Soysal, Uz-Baş & Aysan, 2019).

In the present study, Cronbach's alpha coefficient was calculated as .83, which can be accepted as a high level of internal consistency among items (N of items 12). This finding was consistent with Riggio et al.'s (2013) results of Cronbach alpha's coefficient (.89). Büyüköztürk (2018) stated that  $>.70$  level of Cronbach alpha's coefficient means a high level of internal consistency. At this point, it can be stated that this scale is satisfactory in terms of reliability.

### **3.5. Collecting Data**

To begin with the scale's permission, first of all, it was determined which scales were used in the study. After selecting the questionnaire, permissions were taken for the responsible researchers who adopted the Turkish version or developed the scale for each scale used in the study via e-mail. Before starting to collect data, the required permissions from the scales and the ethics committee of Ibn Haldun University were taken.

In the first stage of data collection, the researcher used her own network. Because of aiming to reach any kind of population, the university students who are currently in a romantic relationship become the sample group. Social media platforms like WhatsApp, Twitter, Telegram, Facebook, and Instagram, the link of the study was shared with university students. Academicians and research assistants at different universities shared the study with their students. In the beginning, the sharing and data collection process was controlled by the researchers by controlling gender distribution. After a time, female participants had limits, and the data was collected from only male participants. It is beneficial to prove a balance between the genders. Students' mail lists, university groups on social media, and the study's link shared and wanted the students to contribute to the study. As mentioned before, Google Forms had been used to create the studies' links. It facilitated the analysis of the data rather than the paper-pen format. It also money and time saving to collect data, as well as online format benefits to reach different universities even if different cities or countries.

Completing the study took approximately 10 minutes; at this point, using the short version of the scale increases the participation in the study without any promotion to the participation. The subject of the study is also interesting; participants wonder and send to each other. I believe this is also helpful in the period of data collection.

In total, the data collection period was two months, from 28 August to 30 October, at the beginning of the fall semester of the 2022-2023 academic year. All in all, 359 university students currently in relationships participated in the study. As stated before, the interesting title of the study, taking a short time, online format, and sharing the

study with key persons (academicians and research assistants) facilitate the data collection period.

### **3.6. Analyzing Data**

Quantitative data methods were used in this thesis. Quantitative data analysis was defined by Büyüköztürk et al. (2018) as analyzing numerical, measurable, and observable data by using proper statistical applications and measurements. IBM SPSS version 25 and Excel, one of the Microsoft Office programs, had been used in order to analyze the findings of the study.

First of all, by using descriptive statistics, the demographic characteristics of participants and variables were analyzed. Multiple linear regression analysis was used for irrational beliefs questionnaires' subdimensions and the self-efficacy scale's subdimensions. ANOVA analysis was used to check whether relationship quality differs according to the duration of a romantic relationship. ANOVA can be explained briefly as a test to examine significant mean differences between groups and also to evaluate the variation of scores within each data set (Langdrige & Hagger-Johnson, 2013). T-test analysis was used in order to test relationship quality, irrational beliefs, and self-efficacy differs according to gender. T-test is a parametric test designed to investigate differences between two variables (Langdrige & Hagger-Johnson, 2013). Pearson correlation among relationship quality (dependent variable) and irrational beliefs and self-efficacy in romantic relationships (independent variables). Also, in order to test the reliability and validity of questionnaires, Cronbach's alpha was calculated for each questionnaire used in the study.

Before analyzing the process, reverse items of irrational beliefs in romantic relationships and self-efficacy in romantic relationships were recoded. Then, missing values in the study were detected and excluded from the dataset. Exactly 10 participants are outliers and have extreme values. Also, some of the participants were outside of the aim of the study, like university students abroad and master students. This method is useful, especially when the number of missing values is less and the sample size is large enough (Çokluk, Şekercioğlu & Büyüköztürk, 2014).

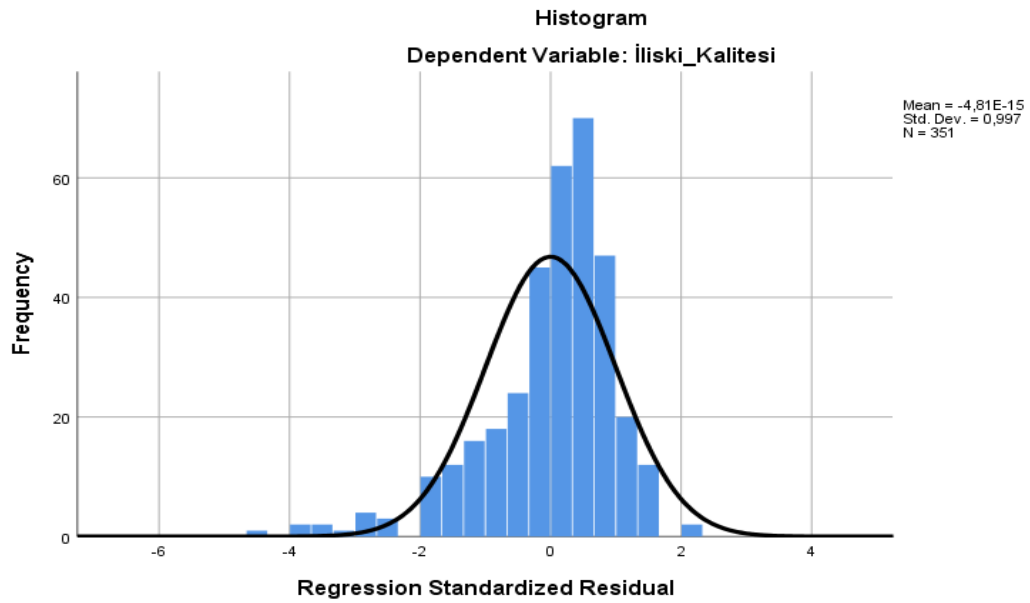
After all, multiple regression assumptions were checked, like homoscedasticity, linearity, independence of errors, multicollinearity, and multivariate normality. For the t-test, Levene's test for equality of variance and ANOVA analysis test of homogeneity of variance was checked after the Games-Howell nonparametric test was conducted. Games-Howell is a nonparametric post hoc test for multiple comparisons, including two or more sample populations. Especially, it is preferable homogeneity of variances or equal sample size are not assumed (Toothaker, 1993).

Thus, before every analysis, required assumptions were controlled, and then analyses were made later. Finally, for all analyses, the alpha level of 0.05 was selected in consideration of statistical significance. Therefore, the type I error rate was accepted instead of the type II error.

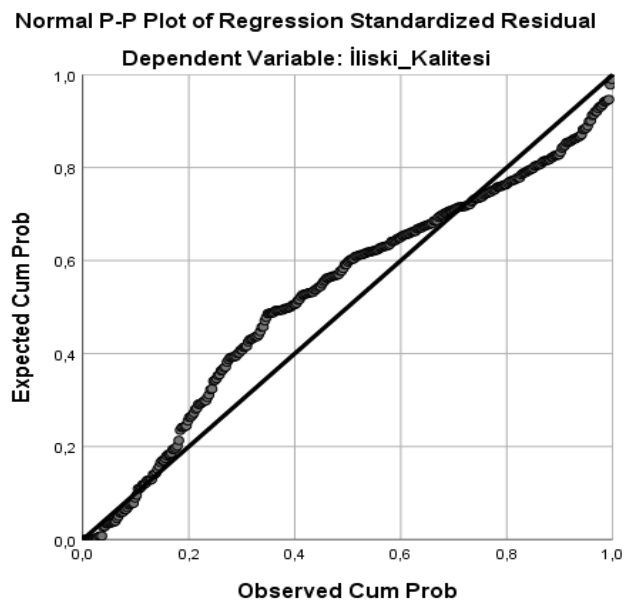
### **3.6.1. Testing Assumption of Multiple Regression Analysis of Irrational Beliefs and Self-Efficacy in Romantic Relationship on Perceived Relationship Quality**

By taking into consideration the assumptions regression analysis of irrational beliefs and self-efficacy in romantic relationships together, it can be said that the assumptions were fulfilled.

In Figures 3.1 and 3.2, it was given the histogram of the dependent variable and normal P-P plot of residuals for the examination of normality and linearity assumptions.



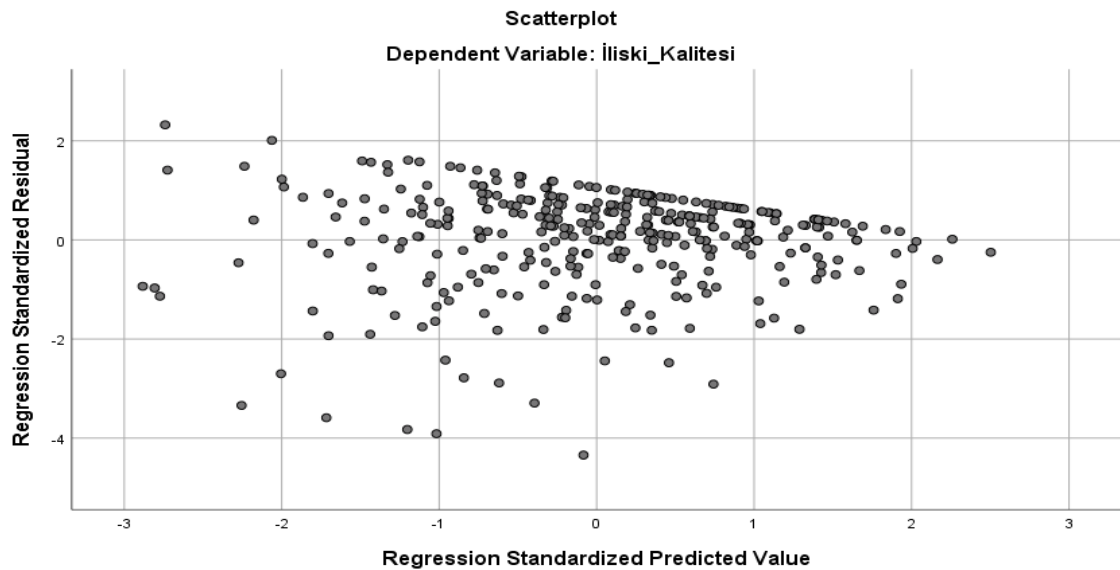
**Figure 3.1. Histogram Graphs of Related Dependent Variable**



**Figure 3.2. Normal P-P Plot Graph of Related Dependent Variable**

According to the figures, it can be stated that the histogram and normal distribution curve show an approximately normal distribution, the scatter diagram defines a linear relationship, and the points pretend to gather around an axis. In line with this

information, it was seen that the data fit the multiple normal distribution, and the relationship was linear.



**Figure 3.3. Distribution of the Homoscedasticity of Dependent Variable**

Based on the results shown in Figure 3.3, it can be observed that the scores of the dependent variable exhibit homoscedasticity. The figure demonstrates that the distribution of scores is expected to be approximately rectangular in shape, and upon closer examination, it appears that the distribution is indeed close to being rectangular. Therefore, it can be concluded that the assumption of homoscedasticity is met for the scores of the dependent variable.

Finally, collinearity values were given tolerance and VIF values. The VIF value was determined to be 1.017, while the Tolerance value was found to be 0.984. Therefore, it can be concluded that there was no problem with linearity because VIF values were quite close to 1.

### 3.6.2. Testing Assumptions of Multiple Regression Analysis of Irrational Beliefs in Romantic Relationships on Perceived Relationship Quality

As a result of the tests on the assumptions of the multiple regression analysis, it was seen that the assumptions were met.

The histogram of the dependent variable and the Normal P-P plot of the residuals for the examination of normality and linearity assumptions are shown in Figures 3.4 and 3.5.

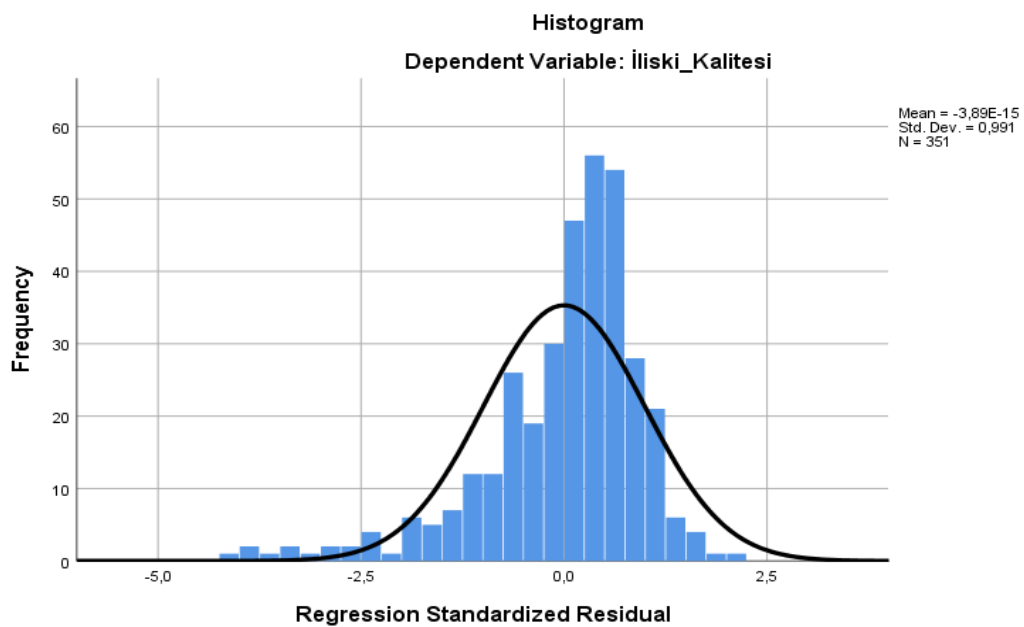
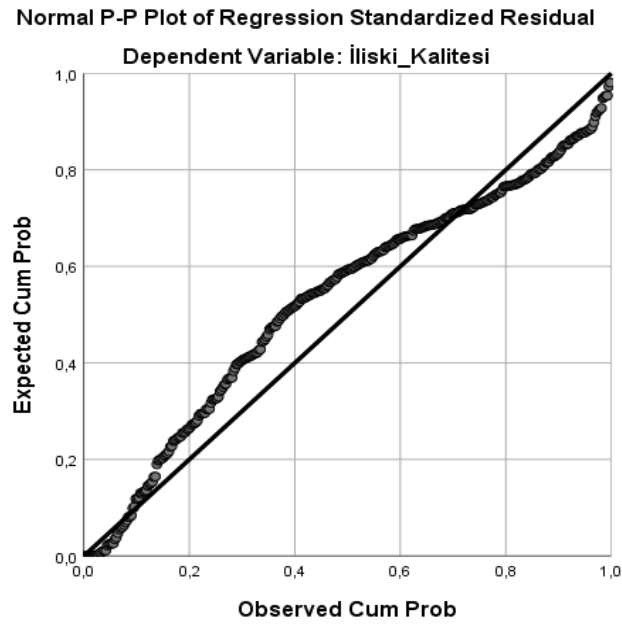
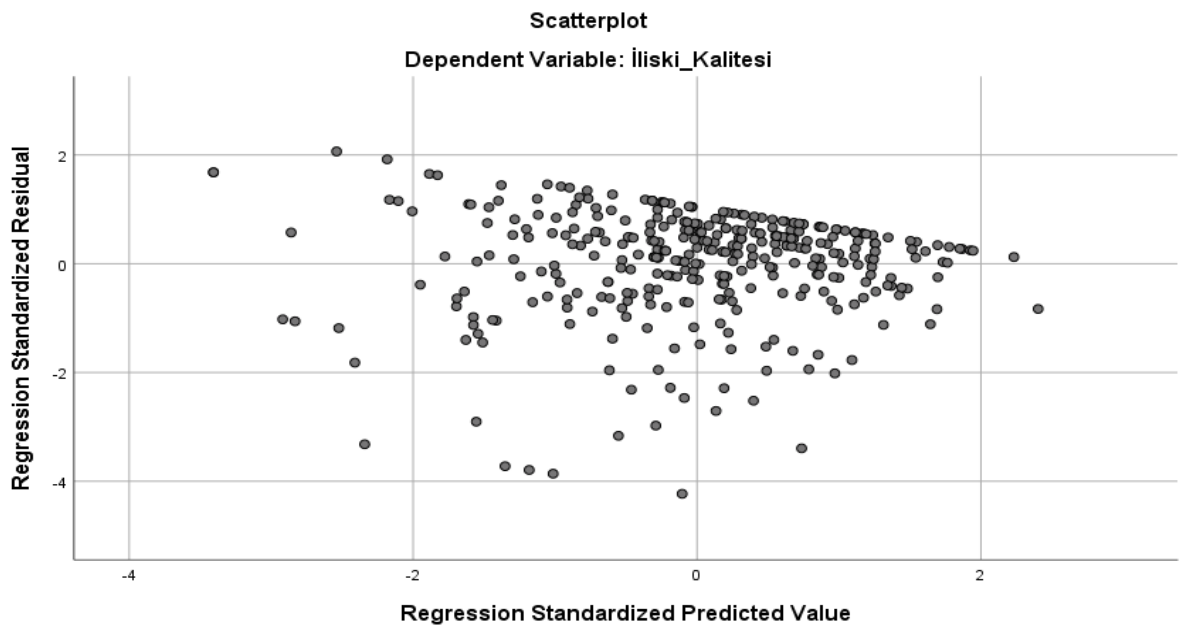


Figure 3.4. Histogram Graphs of Related Dependent Variable



**Figure 3.5. Normal P-P Plot Graph of Related Dependent Variable**

In the graphs given in Figures 3.4 and 3.5, it can be stated that the histogram and normal distribution curve show an approximately normal distribution, the scatter diagram defines a linear relationship, and the points tend to gather around an axis. In line with this information, it was seen that the data fit the multiple normal distribution, and the relationship was linear.



**Figure 3.6. Distribution of the Homoscedasticity of Dependent Variable**

Figure 3.6 indicates the homoscedasticity of the scores of the dependent variable. According to this figure, it was expected that the scores should be distributed in an approximately rectangular shape. As a result, it can be said that this distribution is close to a rectangular shape.

In addition to this, VIF values showed a range of 1.177 to 1.577, indicating no significant issue with multicollinearity as values were close to 1. Moreover, Tolerance values ranged from 0.634 to 0.849, implying that there were no variables that were highly correlated with each other.

### 3.6.3. Testing Assumptions of Multiple Regression Analysis of Self-Efficacy in Romantic Relationships on Perceived Relationship Quality

Considering the tests on the assumptions of the multiple regression analysis, it was indicated that the assumptions were provided. The histogram of the dependent variable and the normal P-P plot of the residuals for the examination of normality and linearity assumptions are revealed in Figures 3.7 and 3.8.

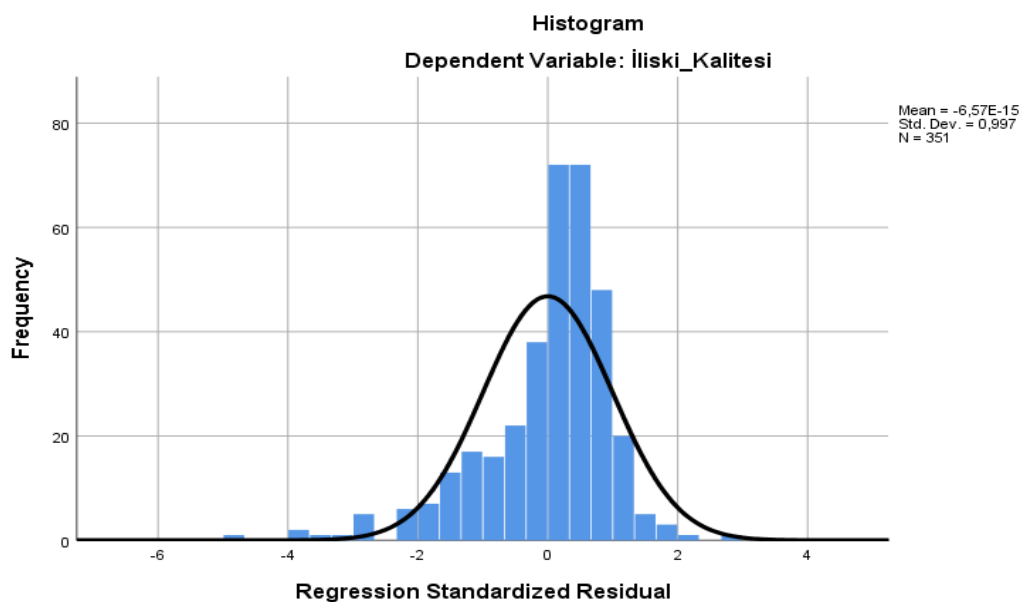
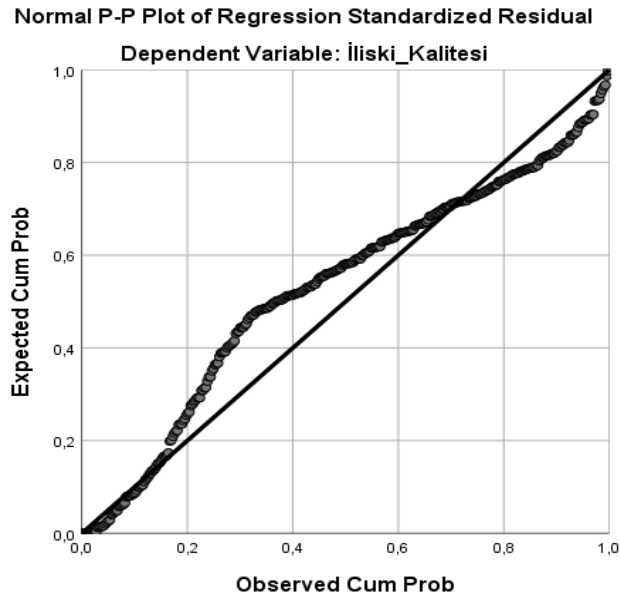
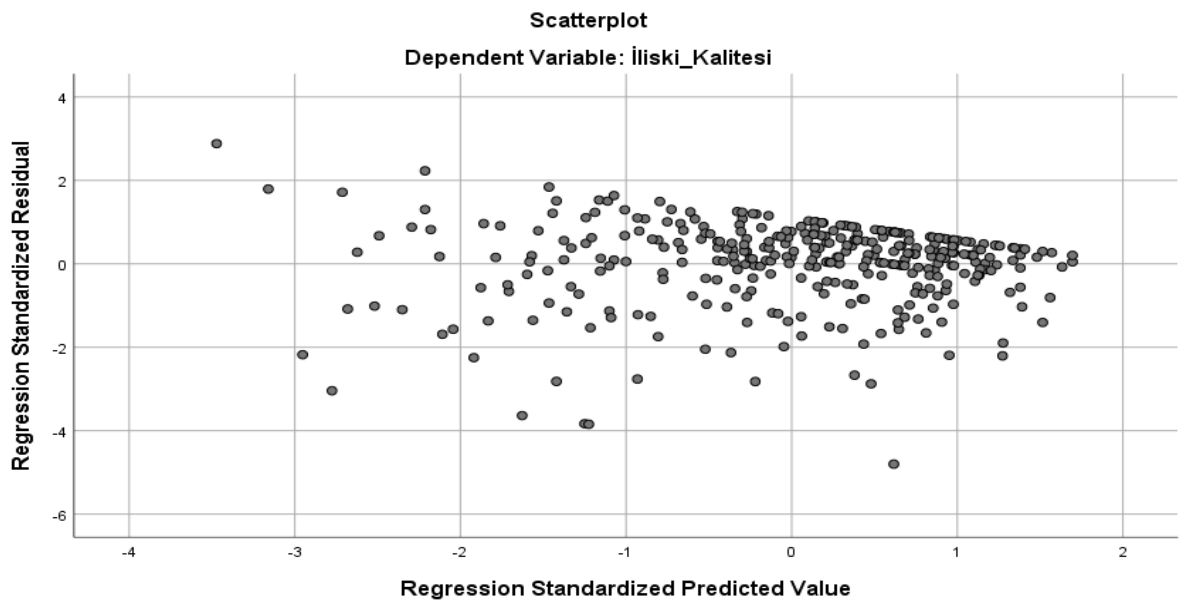


Figure 3.7. Histogram Graph of Dependent Variable



**Figure 3.8. Normal P-P Plot Graph of Dependent Variable**

According to the figures given, it can be concluded that the normal distribution curve showed an approximately normal distribution, and the points tend to gather around an axis. In line with this information, it was seen that the data fit the multiple normal distributions, and the relationship was linear.



**Figure 3.9. Distribution of the Homoscedasticity of Dependent Variable**

In Figure 3.9, it was indicated the homoscedasticity of scores of the dependent variable. According to this figure, it was expected that the distribution of scores should be approximately rectangular. So, it can be said that there was not any homoscedasticity problem in the distribution.

Furthermore, it is important to examine VIF and Tolerance values to assess the presence of collinearity. The VIF value was found to be 1.016, while the Tolerance value was 0.984. These values suggest that multicollinearity was not a concern in the analysis.



## CHAPTER IV

### RESULTS

In this chapter, results for the main questions and sub-questions, which were given orderly in the introduction part, were tested by using statistical methods. Briefly, findings were presented derived from descriptive statistics, correlational analyses, and multiple regression analyses for the dependent and independent variables in terms of gender, relationship status, and relationship duration. In this part, it was required that the dependent variable is perceived relationship quality, while the independent variables are irrational beliefs and self-efficacy in romantic relationships in this study.

#### 4.1. Findings of Investigation of Perceived Relationship Quality in Terms of Gender

Gender is an important component of this study to examine. Table 4.1. showed the results of an independent samples t-test, which tested the difference between the means of perceived relationship quality scores regarding male and female participants.

**Table 4.1. T-Test Results of University Students' Scores on Perceived Relationship Quality in Terms of Gender**

	<i>N</i>	<i>M</i>	<i>SD</i>	<i>Df</i>	<i>t</i>	<i>p</i>
Female	209	5.92	1.14	349	1.53	0.06
Male	142	5.71	1.31			

$p < .05$

Based on the results of the independent samples t-test, there was no significant difference in the perceived relationship quality between males and females ( $t = 1.53$ ,  $p > .05$ ). Mean of females was 5.92 ( $SD = 1.14$ ), while mean of males was 5.71 ( $SD =$

1.31). So, it can be declared that women have slightly higher scores than men, but this difference was not statistically significant.

In conclusion, the results suggest that there is no significant difference in perceived relationship quality between males and females in the sample studied. However, it is important to note that other factors not measured in this study, such as personality traits or communication styles, may play a role in perceived relationship quality and could be explored in future research.

#### **4.2. Findings of Investigations of Subdimensions of Irrational Beliefs in Romantic Relationships in Terms of Gender**

It aimed to investigate gender differences in subdimensions of irrational beliefs in romantic relationships in this part. To examine this, descriptive group statistics, including mean, standard deviation, and independent sample t-test results, were given in Table 4.2. and Table 4.3.

**Table 4.2. Group Statistics of Subdimensions of Irrational Beliefs in Terms of Gender**

<b>Factors of Irrational Beliefs</b>	<b>Gender</b>	<b>N</b>	<b>M</b>	<b>SD</b>
Over expectations	Female	209	3.83	0.66
	Male	142	3.75	0.68
Use of social time	Female	209	1.66	0.72
	Male	142	2.02	0.94
Physical intimacy	Female	209	2.31	1.02
	Male	142	2.35	1.04
Mind reading	Female	209	3.41	0.90
	Male	142	3.21	0.88
Gender difference	Female	209	2.76	0.97
	Male	142	2.75	1.03
Different thinking	Female	209	1.84	0.69
	Male	142	1.87	0.81

Table 4.2. showed the results of descriptive group statistics, which consisted of mean and standard deviation for each factor of irrational beliefs in romantic relationships according to gender. It displayed that the means of the six subdimensions ranged from 1.84 to 3.83 for females and from 1.87 to 3.75 for males.

In Table 4.3., the results of the independent sample t-test indicated to determine whether the means of each subdimension of irrational beliefs differed significantly between males and females or not.

**Table 4.3. Independent Sample T-Test Results of Irrational Beliefs Subdimension According to Gender**

	<i>N</i>	<i>MD</i>	<i>t</i>	<i>p</i>
Over Expectation	349	0.08	1.11	0.57
Use of Social Time	349	-0.36	-4.06	0.00
Physical Intimacy	349	-0.04	-0.35	0.59
Mind Reading	349	0.19	1.99	0.62
Gender Difference	349	0.01	0.07	0.19
Different Thinking	349	-0.03	-0.31	0.19

$p < .05$

According to the results, it is found that there was a significant difference in the subdimension of “use of social time” ( $t = -4.06, p < .05$ ). This result can be interpreted as women tend to exhibit higher levels of irrational beliefs related to the use of social time compared to men. When it comes to the rest subdimensions of irrational beliefs, it was found that there was no significant difference in the subdimension such as mind reading ( $t = 1.99, p > .05$ ) and different thinking ( $t = -.31, p > .05$ ), over expectations ( $t = 1.11, p > .05$ ), physical intimacy ( $t = -.35, p > .05$ ), and gender differences ( $t = .07, p > .05$ ) between male and female participants.

Briefly, these findings suggested that there are significant differences in just “use of social time” subdimensions of irrational beliefs in terms of gender. It can be stated that women had higher levels of use of social time and mind reading compared to men. On the contrary, there were no significant differences in the subdimensions of over expectations, physical intimacy, gender difference, and different thinking between men and women. These results provide valuable insights into the differences in irrational beliefs between men and women, which can be useful for designing interventions to address these irrational beliefs.

### 4.3. Findings of Investigation of Dimensions of Self-Efficacy in Romantic Relationships in Terms of Gender

This part examines gender differences in subdimensions of self-efficacy in romantic relationships. To investigate that, descriptive group statistics containing mean, and standard deviation were conducted and given in Table 4.4. Also, independent sample t-test results were presented in Table 4.5.

**Table 4.4. Descriptive Group Statistics of Subdimensions of Self-Efficacy in Terms of Gender**

	<i>Gender</i>	<i>N</i>	<i>M</i>	<i>SD</i>
Positive Self-Efficacy	Female	209	5.19	1.75
	Male	142	5.23	1.76
Negative Self-Efficacy	Female	209	6.99	1.65
	Male	142	6.74	1.71

Table 4.4. shows the descriptive group statistics of subdimensions of self-efficacy, such as positive self-efficacy and negative self-efficacy, in terms of gender. As seen in the table, the mean for females in positive self-efficacy was 5.19 ( $SD = 1.75$ ), and the mean for males was ( $SD = 1.76$ ). In the matter of negative self-efficacy, the mean score was 6.99 for females ( $SD = 1.65$ ) and 6.74 for males ( $SD = 1.71$ ).

**Table 4.5. Independent Sample T-Test Results of Self-Efficacy in Romantic Relationship Subdimensions According to Gender**

	<i>df</i>	<i>MD</i>	<i>t</i>	<i>p</i>
Positive Self-Efficacy	349	-0.04	-0.19	0.81
Negative Self-Efficacy	349	0.25	1.36	0.79

$p < .05$

Table 4.5. indicates the results of the independent sample t-tests for the subdimensions of self-efficacy in romantic relationships according to gender. For positive self-efficacy, the results showed no significant difference between males and females ( $t = -.19, p > .05$ ), with a mean difference of  $-.04$ . For negative self-efficacy, the results indicated a small difference between males and females ( $t = 1.36, p > .05$ ), with a mean difference of  $.25$ .

In summary, the study found no significant difference between males and females in positive self-efficacy, but a small significant difference was found in negative self-efficacy. The results suggested that gender may not play a significant role in positive self-efficacy in romantic relationships but may have a small effect on negative self-efficacy.

#### **4.4. Findings of Investigation Perceived Relationship Quality in Terms of Duration of Romantic Relationship**

In order to investigate perceived relationship quality in terms of the duration of the romantic relationship, the ANOVA statistical method was used at this point. In this part, descriptive statistics related to romantic relationships, ANOVA results, and Games-Howell nonparametric test results were given and explained.

**Table 4.6. Descriptive Statistics of Romantic Relationship Duration and Perceived Relationship Quality**

	<i>N</i>	<i>M</i>	<i>SD</i>
0-6 months	121	5.12	1.52
6 months-1 year	68	6.06	0.74
1 year- 3 years	96	6.27	0.68
3 years-5 years	46	6.33	0.92
5 years and above	20	6.18	1.04

Table 4.6 shows that the study group consisted of 351 participants with different relationship durations ranging from 0-6 months to 5 years and above. The mean duration of relationships for each group is as follows. The mean score for 0-6 months was 5.12 ( $SD = 1.52$ ). The mean score for 6 months-1 year was 6.06 ( $SD = 0.74$ ). The mean score for 1 year-3 years was 6.27 ( $SD = 0.68$ ). The mean score for 3 years-5 years was 6.33 ( $SD = 0.92$ ). Finally, the mean score for 5 years and above was 6.18 ( $SD = 1.04$ ).

**Table 4.7. ANOVA Results of Romantic Relationship Duration and Perceived Relationship Quality**

	<i>SS</i>	<i>df</i>	<i>Mean Square</i>	<i>F</i>	<i>p</i>
Between Groups	97.68	4	24.42	20.280	0.00
Within Groups	416.63	346	1.20		
Total	514.31	350			

$p < .05$

The results are given in Table 4.7. indicate that there is a significant difference based on the F-value in perceived relationship quality between the groups ( $F(4,346)=20.280, p < .05$ ) in the analysis of variance (ANOVA) table. However, in the

case of homogeneity between groups, the result of the test of homogeneity of variance was examined, and it was found that the Levene statistic is less than .05, which indicates that the variances of relationship quality differ significantly across the groups. Therefore, the assumption of homogeneity of variances has been violated. For this reason, the Games-Howell nonparametric analysis was conducted to examine the differences between the groups.

In Table 4.8. was given the Games-Howell multiple comparisons of perceived relationship quality in terms of relationship duration. In this nonparametric test, in order to determine a significant difference between the two groups, the p-value should be less than .05.

**Table 4.8. Games-Howell Multiple Comparisons Results of Romantic Relationship Duration and Perceived Relationship Quality**

		<i>MD</i>	<i>Std. Error</i>	<i>p</i>
0-6 months	6 months -1 year	-0.95	0.16	0.00
	1 year-3 years	-1.15	0.15	0.00
	3 years -5 years	-1.21	0.19	0.00
	5 years and above	-1.06	0.27	0.00
6 months-1 year	0-6 months	0.95	0.16	0.00
	1 year-3 years	-0.20	0.11	0.38
	3 years-5 years	-0.27	0.16	0.48
	5 years and above	-0.11	0.25	0.99
1 year-3 years	0-6 months	1.15	0.15	0.00
	6 months-1 year	0.20	0.11	0.38
	3 years-5 years	-0.06	0.15	0.99
	5 years and above	0.09	0.24	1.00
3 years-5 years	0-6 months	1.21	0.19	0.00
	6 months-1 year	0.27	0.16	0.48
	1 year-3 years	0.06	0.15	0.99
	5 years and above	0.15	0.27	0.98
5 years and above	0-6 months	1.06	0.27	0.00
	6 months -1 year	0.11	0.25	0.99
	1 years-3 years	-0.09	0.24	1.00
	3 years-5 years	-0.15	0.27	0.98

p<.05

Based on the results of the Games-Howell multiple comparisons, there was a significant difference in perceived relationship quality between 0-6 months and 1-year relationship duration ( $p<.05$ ), 0-6 months and 1 year-3 years relationship duration ( $p<.05$ ), 0-6 months and 3-5 years relationship duration ( $p<.05$ ), 0-6 months and 5 years plus above ( $p<.05$ ). The remaining pairwise comparisons were not found statistically significant ( $p>.05$ ). Therefore, it can be suggested that perceived relationship quality varied significantly across different relationship durations. Games-Howell multiple comparison results put into significant differences between the 0-6 months duration group and the other duration groups, indicating that relationship quality may change as relationships progress beyond the initial stages.

In conclusion, these results suggest that the duration of a romantic relationship can be an important factor in relationship quality. Relationships that have lasted longer than five years have the highest mean relationship quality score, whereas those that have lasted less than six months have the lowest mean relationship quality score.

#### **4.5. Findings of Prediction of Subdimensions of Irrational Beliefs in Romantic Relationship on Perceived Relationship Quality**

In this part, the prediction of dimensions of irrational beliefs in a romantic relationship on perceived relationship quality was investigated by multiple linear regression analysis. Firstly, the Pearson correlation of irrational beliefs dimensions and perceived relationship quality is given in Table 4.9.

**Table 4.9. Pearson Correlation of Irrational Beliefs Dimensions and Perceived Relationship Quality**

	1.	2.	3.	4.	5.	6.	7.
1. Relationship Quality	1.00	0.08	-0.08	-0.25	0.05	-0.14	-0.25
2. Over Expectation		1.00	0.34	0.32	0.56	0.25	0.15
3. Use of Social Time			1.00	0.49	0.27	0.21	0.32
4. Physical Intimacy				1.00	0.28	0.27	0.28

**Table 4.9. (cont.)**

5. Mind Reading					1.00	0.27	0.21
6. Gender Differences						1.00	0.27
7. Different Thinking							1.00

$p < .05$

There was no significant correlation between relationship quality and over expectation ( $r = .08, p > .05$ ), suggesting that the level of over expectation did not have a significant effect on the perceived quality of the relationship. Also, it found no significant correlation between relationship quality and use of social time ( $r = -.08, p > .05$ ) or physical intimacy ( $r = -.25, p > .05$ ) as well. In addition to this, there was no correlation between relationship quality and mind reading ( $r = .05, p > .05$ ). Similarly, there was no significant difference between relationship quality and gender differences ( $r = -.14, p > .05$ ) and different thinking ( $r = -.25, p > .05$ ).

When considering irrational belief factors' correlations with each other, there was a significant positive relationship between over expectation and mind reading ( $r = .56, p < .05$ ) and use of social time and physical intimacy ( $r = .49, p < .05$ ). There was a moderate and positive relationship between over expectation and use of social time ( $r = .34, p < .05$ ) and over expectations and physical intimacy ( $r = .32, p < .05$ ), use of social time and different thinking ( $r = .32, p < .05$ ).

Results of the prediction of dimensions of irrational beliefs in romantic relationships on perceived relationship quality are given in Table 4.10.

**Table 4.10. Multiple Linear Regression Model of Irrational Beliefs' Subdimensions and Relationship Quality**

	<i>B</i>	<i>SE B</i>	$\beta$	<i>t</i>	<i>p</i>
Constant	5.92	0.37		16.08	0.00
Over Expectation	0.26	0.11	0.14	2.31	0.02
Use of Social Time	0.09	0.09	0.06	1.07	0.29

**Table 4.10. (cont.)**

Physical Intimacy	-0.33	0.07	-0.28	-4.64	0.00
Mind Reading	0.12	0.08	0.09	1.50	0.13
Gender Differences	-0.10	0.07	-0.08	-1.48	0.14
Different Thinking	-0.35	0.09	-0.21	-3.87	0.00
R= .38	R <sup>2</sup> =.14				
F=9.666	p<.05				

When the results were examined, it was seen that the multiple linear model for the dimension of irrational beliefs in romantic relationships was statistically significant ( $F=9.66$ ,  $p<.05$ ), indicating that the independent variables collectively have a significant impact on perceived relationship quality. R squared value of .14 suggested that the independent variables explain 14% of the variance in perceived relationship quality, which can be acceptable as a small proportion of variance.

According to the standardized regression coefficient, firstly, physical intimacy ( $\beta = -.28$ ,  $p<.05$ ), secondly different thinking ( $\beta = -.21$ ,  $p<.05$ ), and thirdly over expectation ( $\beta = .14$ ,  $p<.05$ ) were found to significant predictors of perceived relationship quality in order. Mind reading ( $t=1.50$ ,  $p>.05$ ), gender differences ( $t=-1.48$ ,  $p>.05$ ), and use of social time ( $t=1.07$ ,  $p>.05$ ) factors were not found as significant predictors of perceived relationship quality in the particular regression model.

In light of this model, it can be concluded that physical intimacy, different thinking, and over expectations factors explained perceived relationship quality significantly, but the other factors, such as mind reading, gender differences, and use of social time, were not significant predictors of perceived relationship quality.

#### 4.6. Findings of Prediction of Self-Efficacy in Romantic Relationship's Dimensions on Perceived Relationship Quality

In this section, the prediction of dimensions of self-efficacy in the romantic relationship on perceived relationship quality is examined by multiple linear regression analysis. Prior to multiple regression analysis results, Pearson correlations results to better present the framework were given in Table 4.11.

**Table 4.11. Pearson Correlation of Self-Efficacy and Perceived Relationship Quality**

	1.	2.	3.
1. Relationship Quality	1.00	0.16	0.45
2. Positive Self-Efficacy		1.00	0.13
3. Negative Self-Efficacy			1.00

$p < .05$

In Table 4.11., Pearson correlation results of self-efficacy in romantic relationships are given. According to this, there is a moderate positive correlation between relationship quality and negative self-efficacy ( $r = .45$ ,  $p < .05$ ). Ultimately, there was a low correlation between relationship quality and positive self-efficacy as well ( $r = .16$ ,  $p < .05$ ).

A multiple linear regression model (in Table 4.12) was used to examine the prediction of the dimension of self-efficacy in romantic relationships (positive self-efficacy and negative self-efficacy) on perceived relationship quality.

**Table 4.12. Multiple Linear Regression Model of Self-Efficacy's Dimensions and Relationship Quality**

	<i>B</i>	<i>SE B</i>	$\beta$	t	Sig.
Constant	3.28	0.28		11.61	0.00
Positive Self-Efficacy	0.08	0.03	0.11	2.27	0.02
Negative Self-Efficacy	0.31	0.04	0.44	9.06	0.00
R=.46    R <sup>2</sup> =.21					

**Table 4.12. (cont.)**

F=47.037 p<.05					
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According to values, it can be said that the model was statistically significant ( $F(2,155)=47.037, p<.05$ ), indicating that the independent variable explained a significant amount of variance in perceived relationship quality. R squared value of .21 suggested that the independent variable in the model explains 21% of the variance in perceived relationship quality.

When it comes to the standardized regression coefficients ( $\beta$ ), it indicated that negative self-efficacy ( $\beta=.44, p<.05$ ) was found to be a significant predictor of perceived relationship quality as preliminary. Secondly, positive self-efficacy ( $\beta=.11, p<.05$ ) was found to be a significant predictor of perceived relationship quality.

In conclusion, thanks to this model, negative self-efficacy was found to be a preliminarily significant predictor of perceived relationship quality. Positive self-efficacy was also a significant predictor of perceived relationship quality secondary.

#### **4.7. Findings of Prediction of Irrational Beliefs and Self-Efficacy in Romantic Relationships on Perceived Relationship Quality**

The research's main aim was to investigate whether irrational beliefs and self-efficacy in romantic relationships predict the perceived relationship quality. In this scope, it was presented Pearson correlations and linear regression below.

**Table 4.13. Pearson Correlation of Irrational Beliefs, Self-Efficacy, and Perceived Relationship Quality**

	1.	2.	3.
1. Relationship Quality	1.00	-0.17	0.40
2. Irrational Beliefs		1.00	-0.13
3. Self-Efficacy			1.00

P<.05

Table 4.13 investigated the Pearson correlations between irrational beliefs, self-efficacy, and perceived relationship quality. According to the results, it was found that perceived relationship quality was negatively correlated with irrational beliefs ( $r=-.17$ ,  $p<.05$ ) and positively correlated with self-efficacy ( $r=.40$ ,  $p<.05$ ). Irrational beliefs and self-efficacy were negatively correlated ( $r = -.13$ ,  $p<.05$ ).

**Table 4.14. Multiple Linear Regression Model of Self-Efficacy's Dimensions and Relationship Quality**

	<i>B</i>	<i>SE B</i>	$\beta$	<i>t</i>	<i>p</i>
Constant	4.29	0.43		10.07	0.00
Irrational Beliefs	-0.04	0.02	-0.12	-2.39	0.02
Self-Efficacy	0.18	0.02	0.39	7.93	0.00
R=.42    R <sup>2</sup> =.18					
F=37.307    p<.05					

When examined Table 4.14, it was indicated the results of a linear regression model was found as significant for the prediction of irrational beliefs and self-efficacy in the romantic relationships on perceived relationship quality ( $F=37.307$ ,  $p<.05$ ). The regression model had the value of R squared of .18 suggesting that model explained only a small proportion accounts for 18% of the variance in perceived relationship quality.

When it comes to the standardized regression coefficient, self-efficacy in romantic relationships ( $\beta=.39$ ,  $p<.05$ ) was found to be a significant predictor of perceived relationship quality primarily. After that, irrational beliefs were found as significant predictors of perceived relationship quality secondarily ( $\beta=-.12$ ,  $p<.05$ ).

In total, it can be concluded that irrational beliefs and self-efficacy are important predictors of relationship quality. Based on the findings, self-efficacy had a positive impact on perceived relationship quality, while irrational beliefs had a negative impact on perceived relationship quality. This model can be used to apply or design intervention programs for perceived relationship quality by fixing an individual's

irrational beliefs in romantic relationships and promoting self-efficacy in romantic relationships to have healthier and qualified relationships.



## CHAPTER V

### DISCUSSION AND CONCLUSION

#### 5.1. Discussion and Interpretation of the Findings of the Perceived Relationship Quality in Terms of Gender

In terms of romantic relationships, gender can be accepted as an inevitable component to use in analysis. Hassebrauck and Fehr's (2002) study suggested that women tend to prioritize intimacy as a central component of a successful relationship, while men prioritize sexuality. Acitelli (1992) also claimed that women are better "barometers" of a relationship compared to men to evaluate the ongoing relationship. Therefore, for a romantic relationship, the perception of women and men could be very changeable and considerable. Therefore, it can be stated that there were different aspects and perceptions for both genders in the matter of romantic relationships.

For that reason, in this part, it was evaluated whether there were any differences in perceived relationship quality between men and women. The results indicated that there was no statistically significant difference in perceived relationship quality between men and women. These findings suggest that gender is not a significant factor in determining perceived relationship quality in the study group.

When considering previous related research, in the adaptation process of the Turkish version of Perceived Romantic Relationship Quality Scale (PRRQS), the results were compared by gender. It was found that although the research sample mainly consisted of women, there were no significant differences in perceived relationship quality between men and women, which may be highly correlated with the study's participants' distribution (Sağkal & Özdemir, 2018, p. 28). It can be stated that these findings were competent with each other.

Relationship satisfaction can be evaluated as a variable related to relationship quality. When the literature was reviewed, it concurred that some of them were consistent with the current study. Hamamcı (2005) and Saraç, Hamamcı, and Güçray (2015) stated relationship satisfaction does not significantly differ in terms of gender, while another study Sarı and Korkut-Owen (2016) found in their study that relationship satisfaction was lower among women compared to men.

## **5.2. Discussion and Interpretation of the Findings of Dimension of Irrational Beliefs in Romantic Relationship in Terms of Gender**

In this chapter, it was examined gender differences in subdimensions of irrational beliefs in romantic relationships. The findings showed that women's mean scores in all six subdimensions of irrational beliefs in romantic relationships were slightly lower than men's mean scores, but it was observed that there was low variability among the participants in each group as well. The results of the independent sample t-test showed that there was a significant difference in the use of social time between male and female participants. Conversely, no significant differences were found in the subdimensions of over expectations, mind reading, physical intimacy, different thinking, and gender differences in terms of gender.

Compared the results with related literature, it was revealed that men exhibited a higher score in irrational beliefs in romantic relationships compared to women (Kurt, 2019; Gizir, 2013). Bilir (2016) conducted a similar study with university students in Türkiye and also found that irrational beliefs differed according to gender. Furthermore, Bilir (2016) declared that men had more dysfunctional beliefs in romantic relationships than women. In a further study focusing on emerging adulthood, university students claimed that the total mean score of irrational beliefs in romantic relationships of young male adults is higher than the total mean score of irrational beliefs in romantic relationships of young female adults (Ceylan, 2022). On the contrary, some studies focused on irrational beliefs in terms of gender found there were no significant differences between men and women (Sardoğan, 2014; Hamamcı, 2005).

Concerning subdimensions of irrational beliefs, in Sarı's (2008) study with university students, it was found that female university students scored higher than male

university students on the subdimensions of “over expectations” and “physical intimacy” while scoring lower on the subdimensions of “use of social time” and “different thinking.”

In conclusion, the findings of the present study showed a significant difference in the subdimension of “use of social time” between men and women, with no such difference observed in other subdimensions. This finding was consistent with previous research conducted by Sarı (2008), which also reported a significant difference in the “use of social time” subdimension.

### **5.3. Discussion and Interpretation of the Findings of Investigation of Subdimensions of Self-Efficacy in Romantic Relationship in Terms of Gender**

In this section, the findings of this investigation aimed to examine gender differences in subdimensions of self-efficacy in romantic relationships. The results showed that there were no significant gender differences in both positive self-efficacy and negative self-efficacy.

At a glance, In Riggio et al.’s (2013) study, self-efficacy in romantic relationships differs according to gender, and women report a higher level of scores than men in self-efficacy in romantic relationships. Aydemir (2021) stated that self-efficacy in romantic relationships differs significantly regarding gender among late adolescents. It was found that women had more self-efficacy scores than men.

In another study, on the contrary, there were found no differences between women and men in regard to self-efficacy in romantic relationships (Akpınar Demir, 2022). Additionally, Ogan (2021) also found no gender difference in self-efficacy in romantic relationships in a study that focused on the relationships between university students’ relationship maintenance strategies, attachment styles, romantic relationship satisfaction, and self-efficacy in romantic relationships, which is consistent with our findings.

These findings contribute to the existing literature on self-efficacy in romantic relationships and gender differences. It suggests that the role of gender may be limited in positive self-efficacy and negative self-efficacy as well.

#### **5.4. Discussion and Interpretation of the Findings of Investigation Perceived Relationship Quality in Terms of Duration of Romantic Relationship**

In this part, it was purposed to discuss the findings of the perceived relationship quality in terms of the duration of romantic relationships. The findings revealed that there is a significant difference in perceived relationship quality across different duration groups. The mean relationship quality score increased with the length of the relationship, with the highest score reported in relationships that have lasted more than five years, and the lowest score reported in relationships that have lasted less than six months. Also, there were significant differences between 0-6 months and other durations (6 months-1 year, 1 year-3 years, 3 years-5 years, 5 years, and above). Parallel to these mean differences, it was observed that in all combinations, 0-6 months had a lower mean than the other durations. Therefore, this study also proposed that individuals in 0-6 months, in other words, initial stages of a relationship, had a lower level of perceived relationship quality than those above 6 months.

From the perspective of research in the context of perceived relationship quality and duration in women and men who have been in romantic relationships for more than 0-1 year, it was observed that as the relationship duration increases, an increase in perceived relationship quality is observed (Uzun, 2021). In addition to this, in terms of relationship satisfaction according to the duration of the relationship, the study (2023) in emerging adulthood, no statistically significant difference was found between the relationship durations of 1-6 months, 7-12 months, 13-24 months, and over 25 months (Muezzin, Yılmaz & Yüksel, 2023).

Unfortunately, there is limited research about the duration of the relationship and perceived relationship quality in the literature, even though it can accept an effective factor on perceived relationship quality.

### **5.5. Discussion and Interpretation of the Findings of Prediction of Subdimensions of Irrational Beliefs in Romantic Relationship on Perceived Relationship Quality**

The prediction of dimensions of irrational beliefs in romantic relationships on perceived relationship quality revealed several interesting findings, as discussed in this part.

The multiple linear regression analysis results revealed that the model was statistically significant in predicting perceived relationship quality. “Over expectation,” “different thinking,” and “physical intimacy” were found to be significant predictors of perceived relationship quality, while “use of social time,” “mind reading,” and “gender differences” were not significant predictors. The negative coefficient of physical intimacy suggests that an increase in physical intimacy and different thinking factors may lead to a decrease in perceived relationship quality. On the other hand, the positive coefficient of over expectation suggests that an increase in over expectation may lead to an increase in perceived relationship quality. Lastly, the “use of social time” factor was found to be the least significant predictor of relationship quality among the dimensions of irrational beliefs.

When it comes to the related literature review, Saraç, Hamamcı, and Güçray (2015) have found, as an unexpected finding, that as irrational beliefs in romantic relationships increase among Turkish university students, their relationship satisfaction also increases. In addition to this, examined the subdimensions of irrational beliefs in the romantic relationship in Saraç, Hamamcı, and Güçray’s (2015) study conducted in Türkiye among university students, was found that “different thinking” subdimensions of irrational beliefs the most significant predictor of relationship satisfaction among the other subdimensions; in other words, while students’ scores on “different thinking” subdimension increased, their relationship satisfaction decreased. Secondly, the most significant predictor of relationship satisfaction was found as “over expectations” which means unexpectedly, as scores on the “over expectation” increase, relationship satisfaction also increases. At that point, it can be said that Saraç, Hamamcı, and Güçray’s (2015) findings support our findings.

Sarı and Korkut-Owen (2016) explained this picture depending on our cultural context, having high expectations in relationships and having similar thoughts may strengthen the bond between the partners. For example, irrational beliefs such as “the person I am with should share everything with me, both material and spiritual” may reinforce feelings and thoughts related to the concept of “togetherness,” especially among young adults. This, in turn, may increase relationship satisfaction (Sarı & Korkut-Owen, 2016).

Moreover, In the study conducted by Saraç (2013), it was found that the subdimensions of “over expectations,” “different thinking,” and “gender differences” significantly predicted relationship satisfaction. As scores on the over expectations subdimension increased, relationship satisfaction also increased, while scores on the “different thinking” and “gender differences” subdimensions increased, relationship satisfaction decreased. Similarly, in the study conducted by Sarı (2008), it was observed that the subdimensions of “over expectations” and “physical intimacy” positively predicted happiness satisfaction, while the “gender differences” subdimension negatively predicted it.

Comparing with our findings, “over expectation,” “different thinking,” and “physical intimacy” were found as significant predictors of perceived relationship quality. This result can be seen as overlapping Saraç’s (2013) finding in terms of over expectation and different thinking, also intertwining with Sarı’s (2008) finding regarding “physical intimacy”. In conclusion, it can be stated that although the dependent variables are similar but different, the same subdimensions of irrational beliefs in romantic relationships were revealed as significant predictors.

#### **5.6. Discussion and Interpretation of the Findings of Prediction of Self-Efficacy in Romantic Relationship’s Subdimensions on Perceived Relationship Quality**

The present study investigated the relationship between self-efficacy in romantic relationships and perceived relationship quality as well. The results showed that multiple linear regression analysis was conducted to investigate the predictive power of self-efficacy on perceived relationship quality. The results indicated that both positive and negative self-efficacy were significant predictors of perceived

relationship quality. The standardized regression coefficients showed that negative self-efficacy had a stronger predictor of perceived relationship quality than positive self-efficacy. The model accounted for 21.3% of the variance in perceived relationship quality, indicating that the model is reliable and provides a good estimation of the relationship between self-efficacy and relationship quality.

When it comes to related literature, self-efficacy in romantic relationships, it has been determined that self-efficacy in romantic relationships, along with the subdimensions of relational self-change, significantly predict relationship satisfaction and account for 42% of the variance in relationship satisfaction (Gündüz & Karataş, 2020). In another study, it was discussed that self-efficacy in romantic relationships has a positive impact on relationship satisfaction (Lopez et al., 2007).

In Ogan's study, it was revealed that there are significant correlations between relationship satisfaction and self-efficacy in romantic relationships. That is why our study focused on measuring the self-efficacy in romantic relationships on relationship quality. Generally, both in foreign and studies conducted in Türkiye, self-efficacy, and relationship quality are correlated with each other. Examining predictions of self-efficacy in romantic relationships on relationship quality among university students can have insight and intervention programs for improving an individual's self-efficacy first to have a better relationship with a romantic partner.

Briefly, the findings of this study suggest that self-efficacy is an important factor that contributes to perceived relationship quality. Individuals who have higher levels of positive self-efficacy and lower levels of negative self-efficacy may experience higher relationship quality than those who have the opposite.

### **5.7. Discussion and Interpretation of the Findings on the Prediction of Irrational Beliefs and Self-Efficacy in Romantic Relationships on Perceived Relationship Quality**

The main question of this research was to investigate the prediction of irrational beliefs and self-efficacy in romantic relationships on perceived relationship quality. The results indicated that irrational beliefs and self-efficacy in romantic relationships were

found to be significant predictors of perceived relationship quality. In more detail, self-efficacy in romantic relationships was a significant predictor of perceived relationship quality. In addition to this, irrational beliefs negatively predict perceived relationship quality. The model accounted for 18% of the variance in perceived relationship quality, meaning that only a small proportion of perceived relationship quality was explained by irrational beliefs and self-efficacy in romantic relationships. Therefore, it can be claimed individuals who have low levels of irrational beliefs may experience a higher perceived relationship quality than those of the opposite. Also, individuals who have a higher level of self-efficacy may experience a higher level of perceived relationship quality than those with the opposite.

Considering research including the prediction of irrational beliefs and self-efficacy in romantic relationships on perceived relationship quality, Tuncer (2019) found that the subdimensions of close relationship beliefs significantly predicted the relationship quality of university students with romantic relationships. In addition, Tuzgöl Dost and Aras's (2020) research is outstanding. In the study, it is found that whereas a partner's belief that "they should fulfill each other's every need" increases, the perceived level of conflict in their romantic relationship increases.

In the aspect of studies containing perceived relationship quality variables, Özdoğan (2020) declared that emotional accessibility to parents, romantic relationship quality, and social attachment predict subjective and psychological well-being through loneliness. Another related study ascertained that need satisfaction was associated with relationship quality and that this association was partially mediated through partner attachment avoidance. On the contrary, partner attachment anxiety was not a mediator of the relationship between need satisfaction and relationship quality (Sağkal & Özdemir, 2019).

Generally, perceived relationship quality was examined from different perspectives but did not investigate irrational beliefs and self-efficacy in romantic relationships. This study provides important insights into the role of self-efficacy in romantic relationships and its relations with perceived relationship quality. Understanding the relationship between these variables can help individuals develop effective strategies

to improve their self-efficacy in relationships and ultimately enhance their relationship quality.

## **5.8. Recommendations and Limitations**

Young adulthood is a very crucial time period to think about individuals' own thinking way and self-efficacy. The findings of this study have important implications for practitioners and policymakers working in the field of romantic relationships. This study's significance lies in its contribution to understanding irrational beliefs and self-efficacy within romantic relationships. Furthermore, the findings of the study can be used in intervention or awareness programs aiming for better and healthier relationships among university students before the important and binding process, marriage.

The results suggest that when working with couples, gender may not be a crucial factor to consider when assessing perceived relationship quality. Instead, it may be more beneficial to focus on other aspects of the relationship, such as communication patterns, conflict resolution skills, and emotional expression, to promote healthier and more fulfilling relationships.

The current study revealed that women engage in less irrational thinking in romantic relationships compared to men, which could be due to societal gender norms and expectations. These findings can help relationship counselors and therapists understand the differences in irrational thinking between men and women, which can inform treatment plans and interventions. For couples, understanding that the duration of the relationship plays a significant role in the perceived quality of the relationship can help them manage their expectations and work on strengthening their relationship over time as well.

The results of this study provide important insights into the role of self-efficacy in romantic relationships and its impact on relationship quality. Understanding the relationship between these variables can help individuals develop effective strategies to improve their self-efficacy and be aware of irrational beliefs in romantic relationships, and ultimately enhance their perceived relationship quality.

It is important to acknowledge some limitations of the study respectively:

- The study was conducted using a self-report questionnaire, which may be subject to response bias. Observations or interview methods can be used to examine different aspects of these variables.
- Cross-sectional design was used in this study; longitudinal studies may be conducted for related subjects. Also, mixed methods, quantitative and qualitative methods to measure and analyze multidimensional aspects.
- This research was conducted on students at some universities in Türkiye, so the results cannot be generalized to university students in Türkiye.



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# APPENDIXES

## APPENDIX A

### Informed Consent Form

Değerli Katılımcı,

Bu çalışma, İbn Haldun Üniversitesi Rehberlik ve Psikolojik Danışmanlık bölümü öğrencisi Meryem Beyza Gümüşsoy tarafından yüksek lisans tezi olarak yürütülmektedir. Çalışmaya katılımınız tamamen gönüllülük esasına dayalıdır. Forma verdiğiniz yanıtlar gizlilik ilkesi çerçevesinde sadece bu tez çalışmasında kullanılacaktır. Soruları kendinizi en iyi yansıtacak şekilde cevaplamanız çalışmanın güvenilirliği açısından çok önemlidir. Formu doldurmanız yaklaşık 10-15 dakika sürmektedir. Çalışma hakkında daha fazla bilgi almak için aşağıdaki mail adreslerine sorularınızı iletebilirsiniz.

Mail adresleri:

Çalışmaya katkılarınız için çok teşekkür ederiz.

Psk. Dan. Meryem Beyza Gümüşsoy

Dr. Öğr. Üyesi Naime Doğru

Çalışmaya katılmayı kabul ediyorum.\*



## APPANDIX B

### Socio-Demographic Form

1. Yaşınız: (...)

2. Cinsiyetiniz:

Kadın

Erkek

3. Üniversiteniz (...)

4. Fakülteniz (...)

5. Sınıf Düzeyiniz

Hazırlık

1. Sınıf

2. Sınıf

3. Sınıf

4. Sınıf

5. Şu andaki romantik ilişki durumunuz için aşağıdakilerden hangisi uygundur?

Flört

Sevgili

Sözlü/Nişanlı

Evli

6. Şimdiki romantik ilişkinizin süresi nedir?

0-6 ay

6 ay-1 yıl

1 yıl-3 yıl

3 yıl-5 yıl

5 yıl ve üzeri

## APPANDIX C

### Turkish Version of Perceived Relationship Quality Questionnaire

Aşağıdaki ifadelere ne düzeyde katıldığınızı belirtirken, lütfen şu anki partneriniz ve ilişkiniz hakkında dikkatlice düşününüz. Okuduğunuz maddeye ne derecede katılıp katılmadığınıza karar veriniz. Her bir ifadeye sadece tek bir sayıyı daire içerisine alınız. 1 puan “hiç” anlamına gelirken 7 puan “çok” anlamına gelmektedir.

	1	2	3	4	5	6	7
1. İlişkinizden ne kadar doyum alıyorsunuz?							
2. İlişkinize kendinizi ne kadar adadınız?							
3. İlişkinizde birbirinize karşı ne kadar yakınlık hissediyorsunuz?							
4. İlişkinizde partnerinize ne kadar güveniyorsunuz?							
5. İlişkiniz ne kadar tutkulu?							
6. İlişkinizde partnerinizi ne kadar seviyorsunuz?							

## APPANDIX D

### Irrational Beliefs in Romantic Relationship Questionnaire

Aşağıda romantik ilişkilerle ilgili inançları içeren ifadeler bulunmaktadır. Lütfen bu ifadelere ne derecede katıldığınızı ilgili kutucuğu işaretleyerek belirtiniz.

Hiç katılmıyorum (1)

Katılmıyorum (2)

Kararsızım (3)

Katılıyorum (4)

Tamamen katılıyorum(5)

	1	2	3	4	5
1. Birlikte olduğum kişi benimkilerden farklı düşünceler taşır ve bunu rahatlıkla ifade ederse bu hoşuma gider.					
2. Birlikte olduğum kişi benimle herhangi bir konuda zıt fikirlerini tartışırsa buna dayanmam.					
3. Ben ve birlikte olduğum kişi farklı düşünüyorsa, ilişkimizin iyi gitmediğini ve bitebileceğini düşünürüm.					
4. Olaylar hakkında aynı şekilde düşünmüyorsa bu ilişkinin yürütülmesi anlamsızdır.					
5. Birlikte olduğum kişinin benim bütün duygularımı anlamasını beklerim					
6. Eğer birlikte olduğum kişi benim duygularımı kendiliğinden anlamazsa, bu benim için hayal kırıcı olur.					
7. İlişki içinde olan insanlar sanki birbirlerinin zihinlerini okuyormuşçasına birbirlerinin ihtiyaçlarını anlarlar ve duyarlıdırlar.					
8. Birlikte olduğum kişinin duygularıma karşı son derece duyarlı olması ve değişen ihtiyaçlarımı kendiliğinden fark etmesi benim için çok önemlidir.					
9. Birlikte olduğum kişi ben ona anlatmadan ne düşündüğümü ve hissettiğimi anlayabilmelidir.					
10. Birlikte olduğum kişi her zaman benim düşündüğümü ben söylemesem de bilmelidir.					
11. Kadın ve erkek muhtemelen karşı cinsi hiçbir zaman yeteri kadar anlayamayacaktır.					

12. Kadın ve erkek arasındaki biyolojik farklılıklar çiftler arasındaki sorunların temel sebebidir.					
13. Çiftler arasındaki en önemli sorunlardan biri kadın ve erkeğin farklı duygusal ihtiyaçlara sahip olmasıdır.					
14. Birlikte olduğum kişiyi görür görmez heyecanlanmazsam bu ona karşı derin duygular beslemediğim anlamına gelir.					
15. Yakın fiziksel temas asla evlilikten önce yaşanmamalı, yaşanıyorsa o ilişki evliliğe gitmez.					
16. Eğer birlikte olduğum kişi beni gerçekten seviyorsa benden başkalarıyla arkadaşlık etmekten zevk almamalı.					
17. Birlikte olduğum kişi dışında çok sayıda arkadaşım ve serbest zaman etkinliklerim olursa bu ilişkimin iyi gitmediğini gösterir.					
18. Birlikte olduğum kişi bensiz serbest zaman etkinliklerinde bulunmak isterse bu beni yeterince sevmediğini gösterir.					
19. Birlikte olduğum kişi her sosyal faaliyete benimle katılmayı istemeli.					
20. Birlikte olduğum kişinin karşı cinsten sosyal arkadaşları olması benimle mutlu olmadığı gösterir.					
21. Birlikte olduğum kişi benimle beraberken her zaman kendini mutlu hissetmeli.					
22. Birlikte olduğum kişi beni çok sevse bile bütün zamanını benimle geçirmek istememesi doğaldır.					
23. Birlikte olduğum kişi bana gittiği yerler ve yaptıkları hakkında ben ona sormadan bilgi vermesini beklerim.					
24. Birlikte olduğum kişi benim istediğim bir şeyi kendisi istemese bile beni mutlu etmek için yapmasını beklerim.					
25. Birlikte olduğum kişiyle konuştuğum zaman bütün yorgunluğum, üzüntüm bitmeli.					
26. Birlikte olduğum kişi bana ihtiyacı olduğu her zaman yanında olmalıyım.					
27. Birlikte olduğum kişi ben her istediğimde/ihtiyaç duyduğumda benim yanımda olabilmeli.					
28. Birlikte olduğum kişiyle her zaman her türlü duygumu ve düşüncemi paylaşmalıyım.					
29. Birlikte olduğum kişi benimle maddi ve manevi her şeyini paylaşmalı.					
30. Eğer birlikte olduğum kişi ilişkiye ciddi yaklaşıyorsa asla yakın fiziksel temas teklif etmez.					

### **Ölçek Puanlama**

Aşırı Beklentiler: 21,23,24,25,26,27,28,29

Sosyal Zaman Kullanımı:16,17,18,19,20,22

Fiziksel Yakınlık:14,15,30

Zihin Okuma:5,6,7,8,9,10

Cinsiyet farklılıklar:11,12,13

Farklı Düşünmek: 1,2,3,4

**\*Reverse Maddeler:** 1 ve 22

## APPANDIX E

### Self-Efficacy in Romantic Relationship Questionnaire

Aşağıdaki ifadelere katılma derecenizi en iyi yansıtan rakama karar veriniz ve yanındaki parantezin içindeki uygun rakamı yuvarlak içine alınız. Ölçekteki 1 puan kesinlikle katılmıyorum anlamına gelirken 9 puan tamamen katılıyorum anlamına gelmektedir.

	1	2	3	4	5	6	7	8	9
1. Ben, romantik bir ilişki partneri olarak iyi olmayan biriyim.*									
2. Romantik ilişkilerdeki başarısızlık, beni yalnızca daha fazla çabalamam konusunda istekli yapar.									
3. Romantik ilişkilerimle ilgili plan yaptığım zaman bu planı kesinlikle uygulayabilirim.									
4. Romantik ilişkilerimde önemli konulara odaklanmakta güçlük yaşarım.									
5. Bir romantik ilişkimde, ilk seferde bir şeyi yapamazsam, yapana kadar denemeye devam ederim.									
6. Romantik ilişkilerimde ortaya çıkabilecek birçok sorunun üstesinden gelme yeteneğini kendimde görmüyorum.*									
7. Bazen çok fazla emek isteyen romantik işlere dahil olmaktan kaçınırım.*									
8. Romantik ilişkilerle uğraşmak benim için çok zor.*									
9. Başarılı bir romantik ilişkiyi sürdürmek için çaba sarf etmeyi zor bulurum.*									
10. İyi bir romantik partner (eş) olma konusunda yeteneğime güvenmiyorum									
11. Sorunlarımdan birisi de romantik ilişkilerimin daha iyi olması için gereken enerjiyi bulamamam.*									
12. İyi bir romantik ilişkiye sahip olmak benim için çok zor.*									

\*Reverse Maddeler: 1, 6, 7, 8, 9, 11, 12

Olumlu Öz Yeterlik: 2,3,4,5,10

Olumsuz Öz Yeterlik: 1, 6, 7, 8, 9, 11, 12



## APPENDIX F

### Written Permission for the Study Scales

#### 1. Written Permission for Relationship Quality Questionnaire

Ölçek İzni Hk. Harici Gelen Kutusu x

**Meryem Beyza Gümüşsoy** 15 Şub 2022 Sal 10:20 ☆ ↶ ⋮

Alıcı: alisedarsagkal

Merhaba Ali Serdar Hocam,

İsmin Meryem Beyza Gümüşsoy, İbn Haldun Üniversitesi'nde Psikolojik Danışmanlık ve Rehberlik alanında yüksek lisans öğrencisiyim ve şu anda tez dönemindeyim. Tez danışmanlığımı ise Assist. Prof. Naime Doğru Hoca yürütüyor. İzininiz olursa Algılanan Romantik İlişki Kalitesi Ölçeği'ni (ARİKO) (Sağkal ve Özdemir, 2018) tez çalışmamda kullanmak istiyorum. Kabul ettiğiniz takdirde ölçeği ve kullanım bilgilerini iletebilerseniz çok sevinirim.

Tez konumu da "Irrational Beliefs and Self-Efficacy in Romantic Relationships as Predictors of Relationship Quality in University Students" olarak belirledim.

Çok teşekkür ederim,  
İşlerinizde kolaylıklar dilerim,  
Saygılarımla,  
Meryem Beyza Gümüşsoy

**Ali Serdar Sağkal** 15 Şub 2022 Sal 10:47 ☆ ↶ ⋮

Alıcı: Meryem

Merhabalar

İlgili ölçme aracını araştırmanızda kullanabilirsiniz

Kolaylıklar

Meryem Beyza Gümüşsoy 15 Şub 2022 Sal, 10:20 tarihinde şunu yazdı:

\*\*\*  
--

#### 2. Written Permission for Irrational Beliefs in Romantic Relationship Questionnaire

Ölçek İzni Hk. Harici

**Meryem Beyza Gümüşsoy** 16 Şub 2022 Çar 15:32 ☆ ↶ ⋮

Alıcı: saritugba75

Merhaba Tuğba Hocam,

İsmin Meryem Beyza Gümüşsoy, İbn Haldun Üniversitesi'nde Psikolojik Danışmanlık ve Rehberlik alanında yüksek lisans öğrencisiyim ve şu anda tez dönemindeyim. Tez danışmanlığımı ise Assist. Prof. Naime Doğru Hoca yürütüyor. İzininiz olursa Romantik İlişkilerde Akılcı Olmayan İnançlar Ölçeği'ni (San ve Korkut Owen, 2015) tez çalışmamda kullanmak istiyorum. Kabul ettiğiniz takdirde ölçeği ve kullanım bilgilerini iletebilerseniz çok sevinirim.

Tez konumu "Irrational Beliefs and Self-Efficacy in Romantic Relationships as Predictors of Relationship Quality in University Students" olarak belirledim.

Çok teşekkür ederim,  
İşlerinizde kolaylıklar dilerim,  
Saygılarımla,  
Meryem Beyza Gümüşsoy

**Tuğba Sarı** 16 Şub 2022 Çar 16:50 ☆ ↶ ⋮

Alıcı: Meryem

Merhaba,  
Ekte gönderiyorum.  
Başarılar diliyorum.

Doç. Dr. Tuğba Sarı  
Akdeniz Üniversitesi  
Eğitim Bilimleri Bölümü  
Rehberlik ve Psikolojik Danışmanlık  
<http://www.akdeniz.edu.tr/>  
Antalya, Türkiye

### 3. Written Permission for Self-Efficacy in Romantic Relationship Questionnaire

Ölçek İzni Hk. Harici

**Meryem Beyza Gümüşsoy** 15 Şub 2022 Sal 10:23 ☆ ↶ ⋮

Alici: selda.oz

Merhaba Fatma Selda Hocam,

İsmin Meryem Beyza Gümüşsoy, İbn Haldun Üniversitesi'nde Psikolojik Danışmanlık ve Rehberlik alanında yüksek lisans öğrencisiyim ve şu anda tez dönemimdeyim. Tez danışmanlığımı ise Assist. Prof. Naima Dođru Hoca yürütüyor. İzininiz olursa Romantik İlişkilerde Öz Yeterlilik Ölçeđi'ni (Öz-Soysal, Uz-Baş ve Aysan, 2019) tez çalışmamda kullanmak istiyorum. Kabul ettiđiniz takdirde ölçeđi ve kullanım bilgilerinizi iletebilirseniz çok sevinirim.

Tez konumu "Irrational Beliefs and Self-Efficacy in Romantic Relationships as Predictors of Relationship Quality in University Students" olarak belirledim.

Çok teşekkür ederim,  
İşlerinizde kolaylıklar dilerim,  
Saygılarımla,  
Meryem Beyza Gümüşsoy

**selda oz** 15 Şub 2022 Sal 10:34 ☆ ↶ ⋮

Alici: Meryem

Merhaba . Ölçek ektedir. Başarılar dilerim.  
Doç. Dr. F.Selda Öz Soysal

Meryem Beyza Gümüşsoy < > , 15 Şub 2022 Sal, 10:23 tarihinde şunu yazdı:

...

...

Bu e-posta ve ekleri, e-postada gönderildiđi belirtilen kiři/kiřilere özel ve gizli olup; 6698 sayılı Kişisel Verilerin Korunması Kanunu ve 25 Mayıs 2018 tarihli Avrupa Birliđi Genel Veri Koruma Tüzüđü ("GDPR") kapsamında kişisel veriler içerebilmektedir. Bu e-posta ve eklerinin tarafınıza gönderim amacı ile orantılı olarak kullanılması kanuni bir zorunluluktur. E-postanın içermekte olduđu kişisel veriler, gönderim amacı dışında kullanılamaz, çođaltılamaz, arşivlenemez, ilgili kiřinin veya T.C. İbn Haldun Üniversitesi'nin onayı olmaksızın üçüncü kiřilere aktarılamaz. Kişisel verilerin gönderim amacı gerçekteştiđinde yasal süreler içerisinde tarafınızdan imha edilmesi gerekmektedir. Bu kişisel verilerin güvenliđinin sağlanması sorumluluđu tarafınıza ait olup herhangi bir ihlal halinde Üniversitemizin sorumluluđu bulunmamaktadır. Bu e-postanın muhatabı olmamanıza rağmen size ulařmış olması halinde e-postayı derhal imha ederek bu durumu gecikmeksizin tarafımıza bildirmenizi rica ederiz.

## APPANDIX G

### Written Permission from the Ethical Committee of Ibn Haldun University

Evrak Tarih ve Sayısı: 15.04.2022-12835



T.C.  
İBN HALDUN ÜNİVERSİTESİ  
Sosyal ve Beşeri Bilimler Bilimsel Araştırma ve Yayın Etiği  
Kurulu Başkanlığı

Sayı : E-71395021-020-12835  
Konu : Meryem Beyza GÜMÜŞSOY-Etik  
Kurul Kararı

15.04.2022

#### İLGİLİ MAKAMA

Kurulumuza başvuran Meryem Beyza GÜMÜŞSOY'un "Irrational Beliefs and Self-Efficacy in Romantic Relationships as Predictors of Relationship Quality in University Students" isimli projesi; amaç, araştırma türü, veri toplama araçları, süreç ve işlemler, veri analizleri dikkate alınmak suretiyle 22.03.2022 tarihinde değerlendirilerek 2022/03-3 karar numarası ile etik açıdan uygun bulunmuştur.

Bilgilerinizi arz/rica ederim.

Prof. Dr. Alev ERKİLET  
Başkan

**Bu belge, güvenli elektronik imza ile imzalanmıştır.**

Belge Doğrulama Kodu :BSP8HK61P

Belge Doğrulama Adresi: <https://www.turkiye.gov.tr/ibn-haldun-universitesi-ebys>

Adres Başak Mah. Ordu Cad. No: 3 P.K. 34480 Başakşehir / İstanbul

Telefon:0212 692 0212 Faks:0212 551 6464

Keş: ihu@hs01.kep.tr e-Posta: info@ihu.edu.tr Elektronik Ağ: www.ihu.edu.tr

Bilgi için: Neslihan Pala

Unvanı: Sekreter



Bu belge güvenli elektronik imza ile imzalanmıştır.

# CURRICULUM VITAE

## Personal Information:

Name-Surname: Meryem Beyza Aydın

## Education:

2013-2018 BA in Guidance and Psychological Counseling, Bogazici University, Türkiye

2019-2023 MA in Counseling Psychology, Ibn Haldun University, Türkiye

## Work Experience:

Agust 2022- Continued in İLKE Foundation, Research Center for Education Policy, Researcher

November 2021- Agust 2022 in Research Center for Social Thought & Policy, Project Asistant

June 2021- November 2021 in UNICEF and Minister of Family and Social Services, Project Asistant

September 2019- June 2021 in Ibn Haldun University, TF Asistant

## Publication:

Bulut, S., & Gümüşsoy, M. B. (2020). Postpartum depression and cognitive behavioral therapy from face to face group sessions to online group sessions. *Psychology and Psychotherapy: Research Study*, 4(2), 1-5.

Gümüşsoy, M. B. (2018). Kindi'nin ahlak felsefesi ve modern bilişsel terapide üzüntü, depresyon ve çözüm teknikleri. *Türkiye Bütüncül Psikoterapi Dergisi*, 1(2), 121-133.