



**THE RELATIONSHIP BETWEEN DYADIC
ADJUSTMENT AND RELATIONSHIP COMMITMENT:
THE MEDIATING ROLE OF SEXUAL SATISFACTION**

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ABSTRACT

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Master's Program in Clinical Psychology

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The concept of sexuality is defined as not only a physical, but also a psychological and social experience, and it constitutes an important dimension of interpersonal relationships. Tepeler et al. (2010) as cited, according to the WHO, sexual health defined as an integration of the bodily, emotional, and social aspects of sexual existence through ways that improve personality, communication, and the intensity of love. In this study, it is aimed to investigate the role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment. When the literature is reviewed, there are many studies investigating the relationship between dyadic adjustment and sexual satisfaction. What separates this study from other studies is that it investigates the role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment. An online survey was conducted for the purpose of the study and the results of 221 participants were analyzed. 136 female and 85 males, aged between 18 and 55 and having any romantic relationship, participated in the study. In order to determine the levels of sexual satisfaction, dyadic adjustment and relationship commitment of the participants, respectively; Golombok-Rust

Inventory of Sexual Satisfaction, Revised Dyadic Adjustment Scale and Relationship Stability Scale were completed. The data obtained from the research were analyzed through the SPSS program. The results indicated that sexual satisfaction had a mediating effect on relationship commitment and dyadic adjustment, and it showed that the sexual satisfaction levels of the partners affect the individuals' relationship commitment and dyadic adjustment levels.

Keywords: sexual satisfaction, dyadic adjustment, relationship commitment, relationship stability, sexual function.



ÖZET

ÇİFT UYUMU VE İLİŞKİ BAĞLILIĞI ARASINDAKİ İLİŞKİDE: CİNSEL DOYUMUN ARACILIK ROLÜ

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Cinsellik kavramı sadece fiziksel değil aynı zamanda psikolojik ve sosyal bir deneyim olarak tanımlanmakta ve kişilerarası ilişkilerin önemli bir boyutunu oluşturmaktadır. Tepeler ve arkadaşları (2010) tarafından belirtildiği gibi, Dünya Sağlık Örgütü'ne göre cinsel sağlık, cinsel varlığın bedensel, duygusal ve sosyal yönlerinin kişiliği, iletişimi ve sevgiyi artıran yollarla bütünleşmesi olarak tanımlanır. Bu çalışmada, cinsel doyumun çift uyumu ile ilişkiye bağlılık arasındaki ilişkideki rolünün araştırılması amaçlanmıştır. Literatür incelendiğinde, çift uyumu ile cinsel doyum arasındaki ilişkiyi inceleyen çalışmalar olsa da bu çalışmada diğer çalışmalardan farklı olarak çift uyumu ile ilişki bağlılığı arasındaki ilişkide cinsel doyumun rolü incelenmiştir. Böylelikle literatürde bu alandaki boşlukların doldurulması amaçlanmaktadır. Çalışmanın amacı doğrultusunda çevrimiçi bir anket yapıldı ve araştırmaya yaşları 18 ile 55 arasında değişen ve herhangi bir romantik ilişki içinde olan 136 kadın ve 85 erkek olmak üzere toplam 221 kişi katılmış ve sonuçları analiz edilmiştir. Cinsel doyum ve çift uyum düzeylerini belirlemek için katılımcılar sırasıyla; Golombok-Rust Cinsel Doyum Ölçeği ve Yenilenmiş Çift Uyum Ölçeği doldurup ardından ilişki bağlılık düzeylerini belirlemek için ise İlişki İstikrarı Ölçeği uygulanmıştır.

Arařtırmadan elde edilen veriler SPSS programı aracılıęıyla analiz edilmiřtir. Sonular cinsel doyumun iliřkiye baęlılık ve ift uyumu üzerinde aracı etkisi olduęunu ve eřlerin cinsel doyum dzeylerinin bireylerin iliřkiye baęlılık ve ift uyum dzeylerini etkiledięini gstermiřtir.

Anahtar Kelimeler: cinsel doyum, ift uyumu, iliřki baęlılıęı, iliřki istikrarı, cinsel fonksiyon.



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LIST OF ABBREVIATIONS

DAS	The Dyadic Adjustment Scale
DSM-V	Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition
GRISS	The Golombok-Rust Inventory of Sexual Satisfaction
IMS	The Investment Model Scale
RDAS	The Revised Dyadic Adjustment Scale
RSS	Relationship Stability Scale



CHAPTER 1: INTRODUCTION

Sexuality is an important concept that has biological, psychological, social, cultural, traditional, moral, religious, economic and many other dimensions. It also emerges as a concept that defines the whole of the individual with its neurological, hormonal, physiological and psychological aspects. This concept has an important place because it is the source of people's birth and exists in their lives from birth to death. According to the Freudian theory, the foundations of human sexuality and sexual identity lie in childhood, and it may be useful to follow the concept of sexuality formed in childhood within the framework of the developmental process (Gülçat, 1995).

In this thesis, the role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment will be investigated. In the following sections of the thesis, the concept of sexuality, sexual health and sexual functions, sexual dysfunctions and their classification, the effects of sexual dysfunctions on romantic relationships and finally sexual satisfaction will be discussed. In order to understand the concept of sexual satisfaction well enough, it is important to understand these concepts beforehand.

1.1. The Concept of Sexuality

Sexuality is defined not only as a physical but also as a psychological and social experience and constitutes an important dimension of interpersonal relations. Sentilhes (1972) stated that sexuality can reveal its true meaning by using the mind and emotions together. In this way, the thoughts, and ideas of the individual about sexuality will become different from the sexual instincts of animals and will become a concept in which emotions and thoughts coexist. When the concept of sexuality is evaluated in all areas of an individual's life, it is seen as a concept that includes more than one dimension such as social, economic and religion, and it appears in various forms, one being the form of legal rules or moral norms of the society (Erdinç, 2018). According to Donnelly (1993), the family, close environment, education level, culture and social structures, traditions, religious beliefs, and moral attitudes of individuals are among the factors that determine the attitudes and behaviors towards sexuality. Even the perspective of human sexuality may differ from culture to culture, and there may be

individual differences within a community in the same cultural structure (Vicdan, 1995).

Also, the meaning of the word “sexuality” may not be the same for everyone. Sexuality is a concept that means different things to different people. For some people, sexuality is understood only in terms of reproduction, whereas for others, it is understood as the behaviors observed in the sexually aroused individual. Moreover, sexuality is the acceptance of one's own sexual identity, being interested in the opposite sex, desire for the opposite sex, and obtaining spiritual as well as physical pleasure and satisfaction from being together and from sexual intercourse (Özgüven, 1997). Sadock (2007) defines sexuality as an experience that includes all thoughts, feelings and behaviors related to sexual pleasure and reproduction, including the attraction of one person to another. Özkan (2001) emphasizes that sexuality is an important aspect of the physical, psychological, and social life of the individual, which serves to communicate interpersonal feelings, gives pleasant feelings to the individual rather than a simple biological sense for reproduction. Kayır (1998), on the other hand, defines love and sexual intimacy as an interaction between two people with their intellectual, emotional and behavioral dimensions. The World Health Organization (WHO) states that sexuality is experienced as sexual thoughts, fantasies, desires, beliefs, approaches, values, behaviors, roles, and relationships. While sexuality can include all of these, not all of these elements have to be experienced or expressed all the time (WHO, 2006). Considering these definitions, it is seen that the emotional and relational dimensions of the concept of sexuality come to the fore rather than the physiologic dimension.

There are different levels and functions of sexuality in people's lives. At the biological level, the main function of sexuality is to provide reproduction and the possibility of perpetuating generations. Biological structure provides the functioning and mechanics of various functions and behaviors of sexual intercourse from genes to sexual phenomena. At the psychological level, sexuality aims to satisfy the basic needs of the individual such as to love and to be loved and getting pleasure from sexual intercourse and it includes various individual behaviors and mutual human relations in relation to these. At the social level, sexuality is related to many aspects of human life. Sexuality is closely related to the functioning of society, its characteristics, value judgments, legal rules, history, people's lifestyle, view of sexuality, choice of spouse and marriage (Özgüven, 1997). Also, experiencing sexuality is associated with all

aspects of personality such as sense of self, body awareness, and self-perception. Considering these concepts, the mutual role-taking, perception of the person and their partner, and attitudes carry importance in the relationship. A free and satisfying sexual life can be realized within a reconciled identity formed at the end of a healthy development.

1.1.1. Sexual Health and Sexual Functions

In terms of general health, sexual health is one of the issues that concern the society the most, therefore sexual problems are at the forefront of the health problems that make individuals unhappy. Sexual life, which is an integral part of general health with its physical, psychological, social, and cultural components, is adversely affected by many factors and sexual dysfunction may develop (Bülbul, 2017). According to the World Health Organization (WHO), sexual health is defined as the integration of the physical, emotional, intellectual, and social aspects of sexual existence in ways that increase communication and love (Tepeler, Yaşar and Özkan, 2010). On the other hand, disorders in sexual health, do not only affect the deterioration in physical health, but also significantly affect and deteriorate mental health, family health and social health (Erdinç, 2018).

Sexuality also includes the process of experiencing sexuality. Accordingly, it is necessary to consider the processes that the individual goes through before, during and after sexual intercourse. Studies on these processes are grouped under the concept of sexual function. Sexual function, also known as sexual response, is defined as the physiological, psychological, and social response to sexual stimulus or all of these reaction processes (Yetkin, 1998). This function is affected by the biological, psychological, social, economic, political, cultural, legal, historical, religious, and spiritual elements of individuals (WHO, 2006). Also, sexual function is a process involving the entire body, including the central nervous system, endocrine system, reproductive system and five sense organs. For this reason, some diseases, medications, seasonal conditions such as pregnancy, menopause, adolescence can also affect sexuality (Beşen, 2014). What is more, sexual functions are affected by the life events of individuals as well. Stressful environment, negative life events, work life, and other psychosocial factors can affect an individual's physical and mental health and sexual function. As a result of these cases, the sexual life, marriage, and quality of life are adversely affected (Polat, 2019).

Although there is no direct relationship between the age and sexual function, it has been found in studies in the literature that sexual function is negatively affected by the emergence of side factors such as menopause in later ages causing decrease of interest in their own body and sexuality, especially in women (Hayes et al., 2008; DeRogatis et al., 2009). Also, many studies have shown that the use of psychiatric drugs negatively affects sexual function (İncesu, 1999; Schweitzer, Maguire and Ng, 2009). Besides, physical diseases, especially cancer, infertility, stroke, epilepsy, urogenital and gynecological diseases affect sexual function negatively (Sadovsky et al., 2010; Valaderes et al., 2011). In addition to all of these, factors such as social support, positive personality traits, and a healthy relationship with a partner affect the individual's emotional state to have a positive effect on sexual function (Dundon and Rellini, 2010).

1.1.2. Sexual Dysfunctions

Sexual dysfunctions are among the most common problems that concern a significant part of the society which is why sexual function and sexual dysfunctions have been the subject of many studies since the 1950s. As a result of the studies based on the relationship between the individual's psychiatric disorders and the sexual functions, it has been observed that psychiatric disorders such as panic disorder, obsessive-compulsive disorder, anxiety disorders, and depressive disorders affect sexual function negatively (Dundon and Rellini, 2010; Rizvi et al., 2010; Assalian, 2013).

Sexual dysfunction is a situation in which sexual interest and response becomes different from the normal habitual way and this state becomes permanent. However, the limits of sexual interest and performance that a person feels at different times with different people may differ to each other. In the case of any problem the possible treatment process requires for both parties to think in a similar way in terms of quality of sexual life. Unfortunately, couples often do not rush for treatment and may choose to ignore a sexual problem they are experiencing and think that they have a happy and fulfilling sex life and relationship. In addition, the severity of a sexual dysfunction can be defined primarily by its frequency and persistence. The duration of the sexual problem is another defining feature (Kayır, 2009).

Sexual dysfunctions are an important problem and there is no universally accepted definition. In the second half of the twentieth century, the results of studies

that are conducted directly in the laboratory environment were published by William Masters and Virginia Johnson in 1994. In the light of these results, it has been revealed that the sexual response in humans is a four-stage cycle: arousal, plateau, orgasm, and resolution (Masters and Johnson, 1994). At the same time, the sexual response is a physiological cycle that occurs with a mutual and harmonious interaction of vascular, hormonal, neurological and psychic factors. Failure of this cycle to occur in a healthy way causes sexual dysfunction by disrupting the physiological cycle of sexual responses (Tuğut, 2016). In addition, Helen S. Kaplan (1977) developed the sexual response model consisting of sexual desire, arousal, and orgasm stages. This model is the sexual response model used today and it forms the basis for the classification of sexual dysfunctions. In addition, in order for individuals to be diagnosed with sexual dysfunction, it requires both parties to be dissatisfied with the mentioned sexual functions, and them to see this as a problem that needs to be resolved with a treatment program (İncesu, 2001).

Sexual dysfunctions are usually the result of a complex and multifaceted interaction process. Within this complex structure, there are various variables such as individuals' personalities, beliefs, behaviors, attitudes and values, cultural structures, physical appearance, feelings, and thoughts. In many cases in the literature, sometimes only sociocultural reasons can play the main role in the emergence of sexual dysfunction (İncesu, 2004). The factors in the emergence of these disorders can be listed as preparatory, initiating, and maintaining factors. Preparatory factors include the inadequacy of sexual education, sexual myths, and lifestyle. Initiating factors include chronic physical illnesses, problems in relationships, exaggerated performance expectations, alcohol and drug use. Sustaining factors include performance anxiety, ongoing psychiatric disorders, and physical illnesses. Considering all these factors, it is revealed that the concept of sexuality is a multidisciplinary and interactive process, which consists of psychosocial, cultural, behavioral, and clinical factors and has different dimensions. It can be said that sexual dysfunctions occur or disappear within the network of relations formed by these different dimensions (İncesu, 2004; Namlı et al., 2016).

Studies conducted in various societies and cultures give similar results regarding the incidence of sexual dysfunctions. However, there are also some differences that arise with cultural and social factors. For example, in conservative societies like ours, factors such as the prohibition of sexuality, the absence of a formal

sexual education, the perception of sexuality as a taboo and the importance of chastity cause higher rates of vaginismus and sexual reluctance in women, and various ejaculation disorders in men than in societies dominated by sexual liberalism. Again, it is observed that premature ejaculation in men and various orgasm difficulties in women are more common in social segments or young people where sexual experience is insufficient compared to other segments (İncesu, 2004).

1.1.2.1. Sexual Dysfunctions in Women and Men

Sexual dysfunctions consist of low sexual desire, sexual aversion disorder, arousal and orgasm disorder, vaginismus, and painful sexual intercourse problems in women. Besides, in men, sexual dysfunctions include sexual aversion disorder, low sexual desire, erectile dysfunction, premature ejaculation and other ejaculation disorders, and painful sexual intercourse problems (Oktay, 2008). In diagnosing these problems, the condition must be persistent and repetitive, causing significant stress for the person or problem in interpersonal relationships (Tuğut, 2016). In other words, Erdinç (2018) said that in order for a person to be diagnosed with sexual dysfunction, the disorder must be “recurrent and continuous”.

Epidemiological studies conducted in various countries show that the lifetime prevalence of sexual dysfunctions varies between 30-50%, occurs more frequently in women in general. The most common sexual dysfunction is low sexual desire in women, and premature ejaculation is the most common disorder in men. Other common problems are erectile dysfunction, low sexual desire in men and orgasm disorders and sexual pain disorders in women (İncesu, 2011). According to recent studies, one out of every three people experiences at least one of these disorders at some point in their life, and the lifetime prevalence of sexual dysfunctions is at least 3% in men, and at most 50%; while it was at least 3% for women, the highest value was found to be 27% (İncesu, 2004).

As in the world, sexual dysfunction is common in Turkey. Due to its high prevalence, sexual treatment centers and polyclinics have increased rapidly in recent years. However, a significant part of sexual problems is still not reflected as health problem and still remains unresolved. A large number of people with sexual dysfunctions apply to various clinics with different symptoms. For this reason, health personnel should be equipped with sexual dysfunctions and make an accurate diagnosis in this regard (Tepeler, Yaşar and Özkan, 2010).

1.1.2.2. Classification of Sexual Disorders According to DSM-V

According to the DSM-V prepared by the American Psychiatric Association, sexual dysfunction is defined as psycho-physiological changes that make relationships between couples difficult, characterize the sexual response cycle, and disorders in sexual desire. The multidisciplinary nature of sexual dysfunctions and the necessity of cooperation between different disciplines in sexual treatments revealed the need for a common interdisciplinary definition and classification. It is seen that four new sexual dysfunctions were defined in DSM-V, one disorder (Sexual Aversion Disorder) was completely removed, and a total of ten sexual disorders were removed and included in the scope of four newly defined disorders (APA, 2013).

The general features of the classification of sexual disorders according to DSM-V are as follows.

- Late Ejaculation
- Premature Ejaculation
- Male Erectile Dysfunction
- Female Orgasmic Disorder
- Female Sexual Interest/Arousal Disorder
- Pain in the Genital Organs-Pelvis / Penetration Disorder
- Male Low Sexual Desire Disorder
- Substance/Drug-induced Sexual Desire Disorder
- Another Specified Sexual Dysfunction
- Unspecified Sexual Dysfunction

In addition, sub-determinants of sexual dysfunctions were redefined in DSM-V in a more detailed and comprehensive manner. Sub-determinants such as pre-existing lifelong (since first sexual activity)/acquired and pervasive/situational, partner factor (partner's sexual problems, partner's health status, etc.), relationship-related factors (e.g., poor communication, conflict in the relationship, sexual desire maladjustment), individual factors (e.g., depression and anxiety, poor body image, past abuse), cultural/religious factors (e.g., inhibition by sexual prohibitions) and finally, more comprehensive and descriptive sub-determinants such as medical factors related to prognosis, progression and treatment were added (APA, 2013).

Finally, considering the evaluations that was made in the light of data obtained from many sources today, since it is known that sexual dysfunctions are mostly dependent on biological and psychological mechanisms, it is generally considered as

a correct approach to follow a targeted path with a multidisciplinary approach in the diagnosis and during the treatment of sexual dysfunctions (Seidman and Roose, 2000). McCarthy and McDonald (2009) recommend the use of the 'biopsychosocial model', which 'emphasizes that sexuality is a psychological multi-cause, multidimensional, complex phenomenon' that guarantees psychological, social, and biological treatment strategies for the treatment of sexual dysfunctions.

1.1.2.3. The Effect of Sexual Dysfunctions on Romantic Relationships

Sexual dysfunction is a phenomenon affected by psycho-physiological changes. These dysfunctions that are mentioned above are psychological or physiological in nature and they make it difficult for individuals to have sexual intercourse. Disorders that negatively affect the pleasure of couples also cause a decrease in sexual performance (Dövüşkaya, 2008). In addition, it should not be neglected that sexual life has an important effect on the formation of healthy relationships between partners. It is claimed that if there is any problem in sexual functions, it affects the romantic union negatively, and if there is no problem, it strengthens the union even more, reinforces positive feelings and increases intimacy (Vural and Temel, 2010).

Similarly, a bidirectional relationship between sexual dysfunctions and marital problems was revealed in the study conducted by Kumkale (2015). In another study, it was found that sexual dysfunctions prevent couples to feel intimacy and they cause conflict and stress, which prevents sexual desire, arousal, and intimacy behaviors (Öztürk, 2014). In addition to these, other studies have found that sexually dissatisfied couples have a higher rate of marital breakdown (Soyer, 2006; Başat, 2004). Considering all these studies, it has been shown that sexual dysfunctions negatively affect sexual satisfaction, which is the basis of romantic relationships, and therefore this situation can cause many problems between partners.

1.1.3. Sexual Satisfaction

The key factor in a relationship satisfaction between couples is sexual satisfaction levels. In the literature, satisfaction is defined as a level of happiness (Collard, 2006). In addition, the continuation of well-being is defined as satisfaction (Ward et al., 2009). The level of satisfaction, attraction, and happiness that individuals feel from the sexual appearance of their relationships is also called sexual satisfaction.

(Sprecher et al., 2004). Also, satisfaction with the sexual aspect of the relationship plays a really important role in the overall satisfaction of the relationship in romantic couples (Öztürk and Arkar, 2018). In particular, one of the most important components of happiness and function in marriage is seen as sexual satisfaction and it is thought to have a binding power. A healthy sex life creates a special bond between partners. Healthy sexual life activities, which increase the feeling of closeness that the spouses feel towards each other, also help reducing the possible tensions between the partners. As a result of a healthy and highly satisfied sexual life, feelings such as warmth, protection and love develop between the partners, and this positive situation ensures that the spouses mutually respect their feelings, thoughts, and expectations. In this way, in cases where there is a possible conflict, the partners can easily explain and express themselves or their wishes efficiently (Erdoğan, 2018). So, the main function of sexuality in marriage is to share pleasure, strengthen and deepen intimacy, and reduce tension in coping with the difficulties of life and marriage. In addition, the satisfaction obtained from sexual intercourse is important in terms of making individuals' relationships with their partners stronger and making individuals pleased with their sexual interactions. It is thought that the absence of any negativity in sexual functions is a positive investment in marriage or any romantic relationship (McCarthy, 1997). Also, it was found that people with social support, good relations between children and family, and higher socio-economic status have a high level of sexual satisfaction (Ji and Norling, 2004; Henderson et al., 2009). Besides, having low religious belief was associated with greater sexual satisfaction (Higgins et al., 2010). Furthermore, it is known that a satisfactory sexual function has an important place for many people in life. It is stated that a satisfying sexual life not only increases self-confidence, self-esteem, and productivity, but also reduces physical discomforts (Çavdar and Özbaş, 2005). Some studies investigating the effect of sexual attitudes on individuals' self-esteem have shown a positive relationship between such variables and sexual satisfaction (Hurlbert et al., 1993; Higgins et al., 2011). At the same time, it was found in another study that people with high self-esteem have fewer distracting thoughts and more sexual satisfaction in situations where sexuality is experienced (Pujols et al., 2010).

Lawrance and Byers (1995) defined sexual satisfaction as an affective reaction arising from the subjective evaluation of positive and negative dimensions in relation to an individual's sexual relationship. In their study, they investigated the validity of

The Interpersonal Exchange Model of Sexual Satisfaction (IEMSS) in long-term, heterosexual sexual relationships. The IEMSS suggests that sexual satisfaction depends on one's levels of reward and cost in sexual intercourse, one's levels of comparison for reward points, and one's perceptions of the binary equivalence of these rewards. As reward levels exceed cost levels over time, sexual satisfaction is expected to be greater. The participants of the study consisted of university graduates and staff, married, or living together, and the participants filled out two questionnaires 3 months apart. In a study, the contribution of relationship satisfaction to sexual satisfaction and the contribution of sexual exchange and sexual satisfaction to relationship satisfaction were investigated. The inclusion of relationship satisfaction in the model significantly affected and improved the prediction of sexual satisfaction. The results of the study revealed that relationship satisfaction and sexual satisfaction are not independent concepts from each other, and it also suggested that it would be beneficial to add relationship satisfaction to the research model in studies while investigating sexual satisfaction. In addition, IEMSS offers a good approach to understand sexual satisfaction and its relation to relationship satisfaction (Lawrance and Byers, 1995).

However, sexual satisfaction cannot be defined by just physiological satisfaction of the partners in sexual intercourse. Sexual pleasure and sexual satisfaction are not the same thing. Although people experience sexual dissatisfaction, they may find some behaviors pleasurable. Maybe they and their partner do not show these behaviors enough or they do not find these behaviors pleasurable. Another reason is perhaps the lack of emotional attachment in the sexual interaction (Byers, 1999). Sexual satisfaction is a part of general relationship satisfaction, and it includes many complex psychological aspects and is highly influenced by them. Many feelings and needs such as the partners' love, affection, commitment, and communication levels with each other are included in sexual satisfaction (Öztürk and Uluşahin, 2014). Additionally, studies have shown that an increase in sexual satisfaction increases marital happiness and an increase in marital happiness increases sexual satisfaction (Sokolski and Hendrick 1999).

In another study, Byers and Demmons (1999) investigated how openly individuals express themselves to their partners about their sexual likes and dislikes during the flirt. Participants of 99 college students completed a questionnaire measuring sexual satisfaction, relationship satisfaction, sexual communication satisfaction, and sexual and non-sexual communication with their partners. As a result

of the study, it was found that the participants expressed themselves more in non-sexual matters. In addition, this study provided evidence that relationship satisfaction mediates the relationship between sexual self-expression and sexual satisfaction. In fact, the results show that the ability of partners to express themselves freely to each other can increase relationship satisfaction and sexual satisfaction. It has been emphasized in the literature that good communication between partners is important for providing and maintaining a rewarding, non-problematic and satisfying sexual relationship (Ferroni and Taffe 1997). Additionally, in some studies, it has been mentioned that people who easily express their likes and dislikes about sexuality, namely the sexual life they originally desire, have more sexual satisfaction, and encounter less sexual problems (Metts and Cupach, 1989; Russell, 1990). Also, Morokoff and Gilliland (1993), state that unspoken desires and preferences between couples cause dissatisfaction in sexual life and this can last for many years.

In their study, Vural and Temel (2009) investigated the effectiveness of premarital sexual counseling program on the sexual satisfaction of newly married couples. They thought that premarital sexual education and counseling would contribute to sexual satisfaction. As a result of their study, they found that the sexual satisfaction levels of women and men in the experimental group who participated in premarital sexual counseling training were higher than those of the control group. To summarize, the concept of sexuality has a very important place in people's lives. The studies that were mentioned show that a healthy sexual life creates high sexual satisfaction, and this situation plays a very important role in the relationship between couples. Along with sexual satisfaction, the concept of dyadic adjustment plays a major role in determining the continuity and qualities of a romantic relationship.

1.2. Dyadic Adjustment

As long as people can adapt to the environment and society they live in and maintain this harmony, they can live a healthy and happy life. Being in any kind of relationship, like being married or dating, is also a part of social life, and therefore dyadic adjustment is very important. Being a couple and establishing a close emotional bond with someone should ensure that the individual is emotionally satisfied. For this reason, it is thought that there is a close relationship between happiness and satisfaction among couples and dyadic adjustment (Fıfılođlu and Demir, 2000). In addition, in order to maintain the relationship in a productive and healthy way, the dyadic

adjustment should be high. Because it determines the direction and status of the ongoing relationship. For this reason, the adjustment between couples can also be expressed as a movement process in a certain continuity, which can be defined as low and high (Fıfılođlu, 1992).

In romantic relationships, it is expected for both parties to be satisfied, therefore a harmonious relationship will be experienced. However, it is seen that the problems and incompatibility in marriage, which constitute a very important dimension of human life, directly affect the mental health of people. LaScala (1987) defined marital adjustment as the assimilation of changes in a way that adapts to each other and to the integrity of the marriage. According to Sabatelli (1988), harmonious romantic relationship is a relationship in which the spouses can maintain a healthy communication with each other, there is not much disagreement in important areas of marriage, and the disagreements are resolved in a way that satisfies both partners. Also, Erbek et al. (2005), defined harmonious couples as those who understand each other, agree on matters concerning the family, and can solve family problems in a positive way. Collins and Coltrane (1991) argued that the most important elements of marriage are loyalty, sexual life, understanding, financial sufficiency, similar personal history, and common interests. On the other hand, marital satisfaction is a concept that increases with similarity of religious orientations, conflict resolution, agreement on material issues, and consensus in leisure activities (Craddock, 1991).

As well as dyadic adjustment is defined as a process consisting of all sub-dimensions such as differences that cause problems between partners in a romantic relationship, tension and personal anxiety between individuals, dyadic satisfaction, dyadic cohesion, and consensus on issues that are important in couple functionality (Spanier, 1976). Isanezhad et al. (2013) defined dyadic adjustment as a complex structure that includes conflicts on important issues of the relationship, individual concerns, tensions between partners, marital satisfaction, relationship satisfaction, harmony integrity and cooperation rates. Also, Chen and Wang (2007) defined dyadic adjustment as conflicts between partners that are easily resolved, and the harmony of individuals who get satisfaction from friendship and sexual intercourse. Moreover, dyadic adjustment is a perception shaped by the degree to which individuals meet their needs in their partner relationships. This perception includes more specific variables such as friendship and sexual satisfaction in the relationship, as well as general satisfaction with togetherness. It is stated that the quality of a romantic relationship or

marriage largely depends on the quality of sexual life between couples (Spanier and Lewis, 1980).

1.2.1. Factors Affecting Dyadic Adjustment

There are many variables that affect dyadic adjustment in romantic relationships (Chen et al. 2007). It has been observed that depression, sociodemographic characteristics, perfectionism, and attachment styles have effects on dyadic adjustment (Demiray, 2006; Düzgün, 2009; Tuncay, 2006). Bentler and Newcomb (1978) stated that the effect of personality traits on marital stability and adjustment is greater than sociodemographic characteristics such as age and income. Besides, studies have revealed that the personality traits of the partners affect the marital adjustment of their spouses as well as themselves (Robins, 1990). Factors affecting dyadic adjustment are divided into three as individual factors, couple-related factors, and environmental factors. Individual factors include concepts such as self-confidence, shyness, extroversion, and psychological flexibility. Factors originating from the couple include things like reconciliation, intimacy, conflict resolution skills, communication skills. Finally, environmental factors include more stressful issues such as parenting stress, job stress, and issues that originate from family. The effects of these factors on the spouses are sometimes positive, sometimes negative, but when looked at as a whole, it is seen that they shape the couple's adjustment (Özden, 2013).

Besides, in Gündoğan's (2015) study investigating the relationship between attachment styles of spouses and dyadic adjustment level, the participants consisted of 100 patients who applied to the psychiatry clinic and their spouses. As a result of the study, differences were found in dyadic adjustment according to the attachment styles of the spouses. It was found that the participants with secure attachment style had better dyadic adjustment, satisfaction, commitment, and emotional expression. In fact, the dyadic adjustment level of all spouses with a secure attachment style was found to be better than the others.

Furthermore, neuroticism is the most common personality trait that negatively affects romantic relationships. Karney and Bradbury (1995) stated that neuroticism explains 10% of the variance in marital satisfaction, Kelly, and Conley (1987) stated in their long-term study that neuroticism negatively affects marital satisfaction and predicts divorce. O'Rourke et al. (2011) explained the lack of a relationship between neuroticism and dyadic adjustment with the high probability of divorce in the early

years of marriage in married couples with high neuroticism level. Bouchard et al. (1999) stated in their study that spouses who score high in neuroticism negatively affect their dyadic adjustment. In addition, O'Rourke et al. (2011) stated in their research that marital satisfaction increased accordingly with the extroversion and responsibility of the spouses. Also, research shows that people give importance to individual similarities in age, religious approaches, intelligence, interests, and personality traits when choosing spouses and partners (Watson et al., 2014). Many studies have been conducted on individuals' choosing spouses with similar personality traits and its positive effect on dyadic adjustment (Gonzaga et al., 2010). For example, Russell and Wells (1991) stated that there was no relationship between personality similarity and spousal agreement. However, Gaunt (2006) found that high personality similarity was an indicator of high spousal agreement. Couples with similar personality traits can predict each other's behaviors more frequently due to this similarity, and thus, misunderstandings that may arise are reduced or resolved more easily (Nemechek and Olson, 1999).

1.2.2. The Relationship Between Sexual Satisfaction and Dyadic Adjustment

Many therapists and the majority of society believe that the quality of a couple's romantic relationship is linked to the quality of their sex life (Sprecher 1998; Wincze and Carey, 2001). Studies on these concepts have consistently showed that there is a strong positive relation between relationship satisfaction and sexual satisfaction (Haavio-Mannila and Kontula, 1997; Purnine and Carey, 1997). According to the Interpersonal Exchange Model of Sexual Satisfaction, relationship quality affects sexual satisfaction (Lawrance and Byers, 1995). In parallel with this view, it has been shown that higher experiences of conflicts between partners, feeling unloved, and emotional distance in the relationship are associated with lower sexual satisfaction (Davidson and Darling, 1988). In addition to that, MacNeil, and Byers (2005) revealed in their study that relationship satisfaction partially mediates the relationship between partners' self-expression and sexual satisfaction. Also, if the satisfaction obtained from sexual intercourse is at the desired level, it helps the couples move away from anxiety, get closer to each other, and feelings of warmth, love and protection arise towards each other. Disruptions that may occur in sexual intercourse can cause consequences such as fear of being unloved, lack of satisfaction, isolation, withdrawal, anxiety, experience

of powerlessness, shyness, tension, feeling of worthlessness in perceiving masculine/femininity roles or being radical (Dokur and Profeta, 2006).

When the relationship between sexual function and dyadic adjustment is investigated, there are many studies on the subject in the literature. For example, in a study comparing couples who have and do not have problems in the sexual process in terms of dyadic adjustment, it was found that couples who stated that they did not have sexual problems had a higher level of dyadic adjustment (Erbek et al., 2005). It is seen that the sexual functions of individuals with low dyadic adjustment levels are also negatively affected (Brezsnyak and Whisman, 2004; Trudel et al., 2010). Moreover, it is argued that if there is no problem in sexual functions, it contributes positively to marriage, but when there is a problem in sexual functions, it has a very strong and negative effect on marriage, consuming positive emotions and preventing intimacy in marriage (McCarthy, 1997).

Various researchers indicated that the satisfaction from sexual intercourse is important in terms of maintain the relationship bonds strong and sexual sharing makes the partners happy. In studies, it has been determined that marital adjustment increases with an increase in sexual satisfaction or increases in sexual satisfaction with an increase in marital adjustment (Morokoff and Gilliland 1993; Sokolski and Hendrick 1999). In addition, it should not be overlooked that sexual satisfaction has an important effect on establishing healthy relationships between spouses (Kayır 1998). Besides, the communication of couples with each other, intimacy and sharing in the field of feelings and thoughts, is a point that should not be ignored regardless of the type of sexual problem (Işıklı, 1993).

In another study, Byers (2005) investigated the relationship between relationship satisfaction and sexual satisfaction. Eighty-seven participants with long-term relationships completed two measurements of sexual and relationship satisfaction with an interval of 18 months. According to the results of the study, it was found that sexual satisfaction and relationship satisfaction changed at the same time. In line with these findings, Sprecher (2002) investigated the relationship between relationship satisfaction and sexual satisfaction in a longitudinal study conducted with dating couples and found evidence that change in relationship satisfaction is associated with change in sexual satisfaction.

In a related study conducted by Rust et al. (1988), the relationship between marital unhappiness and sexual dysfunctions was investigated. This study was

conducted with 165 male and female subjects, and in this study, factors related to medical history, difficulties encountered in life, life experiences, marital adjustment and sexual function were examined. The relationship between happiness and sexuality in marriage was found to be stronger for men than for women. Another result of the study is that factors such as sexual satisfaction, the way couples perceive it, and the frequency of sexual intercourse are directly proportional to happiness in marriage. On the other hand, it was observed that the decrease in sexual intercourse frequency and satisfaction, and the increase in negative emotional reactions led to a decrease in marital happiness.

Yeh et al. (2006) conducted a longitudinal study with their participants of 283 married couples to separately investigate the causal sequences between marital quality, marital imbalance, and sexual satisfaction, and used autoregressive models in the study. The results of the models in the study supported the causal sequences running from sexual satisfaction to marital imbalance, from sexual satisfaction to marital quality, and from marital quality to marital imbalance. As a result, higher levels of sexual satisfaction improve marital quality, which over time help reducing potential conflicts during marriage. In addition, different empirical studies revealed that there is a significant positive relationship between sexual satisfaction and marital quality (Oggins, Leber and Veroff, 1993; Lawrence and Byers, 1995). Some studies also stated that as sexual satisfaction increases, marital instability decreases (Oggins et al., 1993).

In the study conducted by Kudiaki (2002) it was aimed to determine the relationship between sexual satisfaction and marital adjustment and various variables that play a role in the prediction of sexual satisfaction. In the study, two groups were formed as those with high and low marital adjustment. When the scores of these two groups were compared, it was found that the group with high marital adjustment had high sexual satisfaction. It was observed that the variables of marriage duration and education also played a role in the prediction of sexual satisfaction. The mentioned studies show that how sexual satisfaction affects dyadic adjustment and how the two concepts affect romantic relationships. As a result, it can be said that high sexual satisfaction brings dyadic adjustment and thus, commitment to the relationship will be positively affected.

1.3. Relationship Commitment

Just as we need basic needs to survive, we also need close relational ties with others in the social environment in which we live in. Emotional and strong bonds established with our relatives in this environment are effective enough to shape almost all areas of a person's life. Concepts such as intimacy, close relationships, and emotional bonds are an indispensable element of human psychology and life. Almost all of people's life experiences consist of relationships that they have. Regan (2011) argues that almost all dimensions of human behavior and development exist as a part of relationships with other people and the social environment, and at the same time, relationships deeply affect people's physiological and psychological health and welfare. These relationships affect the behaviors, emotions, thoughts, beliefs, cognitions, spiritual development of individuals, as well as almost every subject and people they encounter throughout their lives (Regan, 2011). Also, close relationships are experiences of great importance that individuals refer to when making definitions about themselves. These relationships that bring our lives to an ideal position; family, friendship and, of course, romantic relationships that are needed at every stage of life. The fact that close relationships have such an important place in a person's life and play an important role throughout life causes the relationships between couples to be investigated in a multidimensional way.

Romantic relationships are positioned differently in a person's life compared to other close relationships. In a study, people were asked what could be more important than a romantic relationship, which they describe as the source of happiness in their lives. Most of the answers are that there is no close relationship more valuable than a romantic relationship. In another study, it was found that almost half of the participants stated their romantic relationship as the closest relationship to the questions asked to determine the degree of emotional intimacy (Büyükşahin, Hasta, and Hovardaoğlu, 2005).

Love and commitment topics seem to be one of the most important issues in the focus of people's lives. If we consider the concept of commitment as a concept that is at the center of close relationships, it has become inevitable that one of the most attractive topics for relationship researchers is relationship commitment. Commitment is a complex structure that has different meanings in different areas. According to Arriaga and Agnew (2001), commitment is a multidimensional concept that includes three components. These components are divided into three as the psychological

attachment that develops between romantic partners, the long-term orientation that the relationship will continue in the future, and the motivation and intention to continue the relationship. Arriaga and Agnew (2001) who investigated that each component of commitment is positively related to overall couple functioning, mentioned the central role of dyadic function and adjustment in guiding the course of relationships. In two longitudinal studies of individuals in romantic relationships, participants filled out a modified 18-item version of the Spanier's (1976) Dyadic Adjustment Scale for the measurement of couple functioning. To measure break up status, participants were asked whether they were still with their romantic partner at the start of the study. The results revealed that each of these components predicted both the functioning of the couple and the likelihood of break up in the relationship. Both studies provided significant evidence that long-term orientation is an important component of commitment in romantic relationships.

Furthermore, the concept of commitment refers to a long-term orientation towards partners' relationship, including feelings of closeness towards a romantic partner and the intention to continue the relationship even when faced with any difficulties (Rusbult, 1983; Rusbult, Martz and Agnew, 1998). Besides, a person described as a committed romantic partner is someone who has a strong tendency to continue the relationship and feels quite attached to her partner (Rusbult and Buunk, 1993). In addition, strong commitment was found to be associated with some relationship maintenance behaviors, including tendencies towards adaptive behavior (Arriaga and Rusbult, 1998; Kilpatrick et al., 2002). These behaviors include the willingness to sacrifice personal demands for the well-being and continuation of a relationship (Powell and Van Vugt, 2003) and greater tendencies towards forgiving the romantic partner after a possible betrayal (Cann and Baucom, 2004; Finkel et al., 2002). People who are too committed to the relationship tend to behave different relationship-related behaviors than people who are less committed. Some of the thoughts caused by these behaviors have a significant effect on the course of the relationship. For example, strongly committed person protect themselves from alternatives by cognitively humiliating attractive alternatives (Miller, 1997). In addition, individuals who are overly committed to their partners tend to ignore their partner's negative qualities and have negative perspectives that devalue others' relationships (Arriaga, 2002; Rusbult et al., 2000).

1.3.1. Theories of Commitment

When the relevant literature is reviewed, it is seen that some approaches to the concept of commitment come to the fore. Interdependence Theory (Fehr, 2001) is one of the first attempts to comprehensively investigate the process of relationship satisfaction, commitment, and relationship stability. Interdependence is defined as the way of acting according to each other's experiences or by influencing each other's experiences, based on the preferences, motives and behaviors of individuals in interaction (Rusbult and Arriaga, 1997). Furthermore, interaction, which is the main feature of interdependence, is shaped on the basis of the reward received from the relationship and the price paid for the relationship. The rewards from the relationship are positive gains such as happiness and satisfaction from the relationship. Costs, on the other hand, are things such as various anxieties that the individual experiences in the relationship, self-sacrifice in the relationship, and the effort spent for togetherness. Gains are obtained by subtracting the rewards from the costs (Rusbult and Buunk, 1993). According to Thibaut and Kelley (1959), the person uses the comparison level to evaluate the gains from the relationship and the comparison level for alternatives. Comparison level is the criteria by which individuals evaluate whether their relationship is satisfactory or not (Carter, 2001). The level of comparison is the standard that people set by evaluating their past relationships, observing other relationships, and evaluating the gains they have made from their own relationship. If people find the gains from their relationship above this standard, they get satisfaction from their relationship, but if they see their gains as insufficient, they feel unsatisfied (Rusbult and Buunk, 1993). Individuals try to increase their gains in their relationships and the amount of these gains are considered in the evaluation of the relationship (Büyüksahin, 2006). Hovardaoğlu (1996), on the other hand, mentioned that the level of comparison is constantly changing according to the gains obtained through experiences and generally it tends to increase.

The Interdependence Theory is based on the Social Exchange Theory, which states that people approach relationships that bring them pleasure and move away from relationships that cause them pain. According to the Interdependence Theory, it is the interdependence nature of a relationship that explains its continuation or discontinuity. For Thibaut and Kelley (1959), partners' levels of commitment to each other and the relationship are key to understanding the continuity of the relationship. In addition, Carter (2001) mentioned that the level of commitment of a person in a relationship is

related to how much an individual needs that relationship. Therefore, if a person is committed to a relationship, he or she relies on that relationship uniquely to achieve the desired results.

The concept of relational commitment is used to describe the behaviors of maintaining a romantic relationship (Arriaga and Agnew, 2001). Rusbult (1983) defined the concept of commitment as a long-term adaptation of behaviors to maintain the relationship and feeling psychologically connected. Other researchers defined commitment as the intention to continue the relationship for a long time (Stanley and Markman, 1992). There are also those who define commitment as a state of abandoning or ignoring other options (Stanley, Kline and Markman, 2005). Stanley and Markman (1992) describe the commitment as two interrelated concepts, personal commitment, and restrictive commitment. They defined personal commitment as an individual's desire to protect and maintain the quality of the relationship for common benefits of partners. This situation arises not only by the desire to continue the relationship, but to improve it, to sacrifice for the partner, to invest in the relationship, to consider not only personal desires, but also their partners. Restrictive commitment refers to the forces that compel partners to continue in their relationships regardless of their individual commitment status. These constraints may be internal and external pressures, and they may lead to the termination of relationship commitment by making situations more difficult to cope with in terms of social, economic, personal, or psychological aspects. One of these constraints, social pressure refers to the pressure exerted by families and friends on partners' decisions and behaviors to maintain the relationship (Stanley and Markman, 1992). Also, partners with a restrictive commitment tend to increase their restrictive behavior as the investment size increases due to the desire of not losing the investment that was made (Lund, 1985).

In addition to the quality of alternatives and satisfaction, which are the concepts of the Interdependence Theory, that was developed to explain the construction, continuation and termination of close relationships and includes the concepts of social exchange, Rusbult (1983) emphasized that the concept of the investment size in the Investment Model she developed is very important in maintaining the relationship (Büyüksahin, 2006). In this model, which originates from the Theory of Interdependence, the concepts of relationship satisfaction, evaluating the quality of alternatives, and relationship investment are considered as predictors of relationship commitment (Etcheverry et al., 2013). Moreover, this model suggests that changes in

commitment levels will affect decisions to continue or to end the relationship. These decisions determine the stability of the relationship, in other words, it helps maintaining the bonding in the relationship.

1.3.2. Rusbult's Investment Model of Commitment Processes

The Investment Model of Commitment Processes, developed by Caryl Rusbult (1983), inspired by the Theory of Interdependence, is one of the best known and effective theoretical frameworks in the field of romantic relationships, explaining why some relationships continue and some relationships end with break up, using the concepts of commitment and stability in romantic relationships. This model describes in detail how committed romantic partners express their desires in their relationships, maintain and develop their relationships with their partners. The nature of commitment is extensively investigated in this model (Le and Agnew, 2003; Rusbult, 1983; Rusbult et al., 1998). According to this, the concept of relationship commitment has three determinants, and the level of commitment is mostly affected by them which are satisfaction level, quality of alternatives and the size of the investment in the relationship. The determinants of each of these factors are the subjective evaluations of the individual about the positive results experienced by the relationship and the negative consequences caused by the relationship. Also, commitment is a major outcome variable according to the Investment Model (Rusbult, 1983).

When the literature related these determinants of commitment is reviewed, satisfaction level is affected by the level of one's relationship meeting one's own relationship needs. If the generally perceived positive results such as happy memories about the relationship, shared resources and common interests are high, it is likely that the person also gets satisfaction from the relationship. Furthermore, as the needs such as friendship, sexuality, and belonging are met in the relationship, relationship satisfaction increases (Rusbult, Zembrot and Gunn, 1982). Also, if the perceived negative consequences of the relationship are low, the person will have more relationship satisfaction. (Büyüksahin, 2006). However, the level of satisfaction is not enough to predict the commitment shown to the relationship (Rusbult, Olsen, Davis and Hannon, 2001). According to the Investment Model, the continuation of the relationship is not only about satisfaction from the relationship, but also about commitment to the relationship (Rusbult and Martz, 1995). Even if people do not get satisfaction from the relationship, they can continue their relationship or they can end

their satisfying relationship as a result of an alternative option and low investments in the relationship (Bilecen, 2007). As Rusbult and Buunk (1993) stated, when partners have low levels of commitment, satisfactory relationships may result in separation or people may become too dependent on a relationship they are not satisfied with. Additionally, according to Macher (2013), satisfaction level is the strongest predictor of commitment compared to other variables of the Investment Model.

The quality of alternatives, which is another determinant, expresses the attraction that the individual feels towards the best alternative despite the existing relationship. In other words, the quality of alternatives explains the desire of partners to meet both their emotional and physical needs 'outside' their relationships (Rusbult et al., 1998). Alternatives might be another possible relationship, spending time with individual activities, spending time with friends or family, or taking care of work. The quality of alternatives is the standard used by the individual in making the decision to stay or leave (Thibaut and Kelley, 1959). Therefore, the quality of alternatives in the current relationship is affected by the positive and negative results obtained from the relationship (Rusbult et al., 1998). According to the Interdependence Theory of Thibaut and Kelley (1959), high commitment to the relationship is possible with the high desire of the individual to continue that relationship and the low quality of the alternatives. The Investment Model, as in the Interdependence Theory, argues that partners are more committed to their romantic relationship because they believe they have fewer alternatives (Rusbult and Buunk, 1993). Also, the more attracted individuals are to other potential alternative partners or have any relational connection with them, the less their behavioral and psychological commitment to their partner (Stanley and Markman, 1992). However, when many relationships are evaluated on the basis of these two variables, it is estimated that some information about their maintenance is missing. Because if only these two variables were required for a relationship to continue, many relationships would be troubled if a low level of satisfaction or an attractive alternative emerged. Whereas individuals can maintain their relationships even if they get low satisfaction from their current relationships or even if they have an attractive alternative despite being unhappy (Halat, 2009).

The third and last variable, the investment size, affects the status of staying in the relationship. Investment size describes the size and importance of resources linked to a relationship. These resources will disappear or lose their value with the end of the relationship (Rusbult et al., 1998). Also, investments are divided into two as internal

and external. Internal investments are investments made in direct relationships. For example, people making effort for their relationship, spending time with their relationships and partners, sharing emotions with the partner. External investments, on the other hand, are resources that become associated with the relationship later on. For example, things like the common social environment, existence of children, common friends, shared activities, shared tangible assets are external investments. However, if the cost of losing all these investments is high for individuals, their commitment to their relationships increases (Le and Agnew, 2003). On the other hand, Rusbult and Buunk (1993) considered social and moral rules as investments in the relationship. Johnson (1991) also stated that individuals can continue their relationships due to social norms and moral value judgments. Even if the individuals are unhappy, the divorce will not be perceived well by the society and breaking up from spouse will be contrary to moral values, so the person may continue the relationship. Besides, as their relationship progresses, couples invest many resources, directly or indirectly, in their relationships and hope that these resources improve their relationships (Halat, 2009). As time passes in relationships, investments can sometimes imprison any partner in the relationship, causing an increase in commitment (Rusbult, 1983). At the same time, too much investment in a relationship can mean that it will be costly for the partner to end the relationship. After all, ending a relationship is sacrificing the resources invested in it.

Studies show that commitment is positively associated with satisfaction level and investment size, and negatively correlated with the quality of alternatives. As relationship satisfaction and investment in the relationship increase and alternatives are evaluated negatively, relationship commitment increases and many studies confirm this view (Rusbult, 1980; Rusbult, Zembrodt and Gunn, 1982). Also, each of these factors has been consistently shown to contribute significantly to variance in explaining the commitment (Rusbult et al., 1998). According to Macher (2013), the level of commitment in the relationship is positively related to the size of the investment made in the relationship independent of the duration of the relationship and the marital status variable, and negatively related to the quality of the alternatives, regardless of gender. On the other hand, the Investment Model uses the concepts of level of comparison and the level of comparison for alternatives in the Theory of Interdependence, while explaining the relationship commitment. While deciding whether satisfaction is obtained from the relationship with the comparison level, it is

questioned whether the relationship with the comparison level will continue for the alternatives. Rusbult (1983) states that people get satisfaction from relationships in which they have more rewards and less cost. If the needs of the people are met and their gains increase, the satisfaction obtained from the relationship will increase, which eventually will help increasing the commitment to the relationship (Rusbult, 1983).

In the psychometric studies of the Relationship Stability Scale conducted by Rusbult et al. (1998), Investment Model variables were found to be moderately related to some characteristics of romantic couples, such as the level of trust in each other, love, and dyadic adjustment, which determine and affect the functioning of the couple. However, variables of the model were found to be weakly associated with non-persistent characteristics of relationships, such as the time couples spent together or the duration of the relationship. Because the development of relationships is quite different from one another, this means that although relationship commitment may increase over time, longer duration in the relationship may not be sufficient to cause increased commitment. In addition, they stated that previous measurements of the Investment Model variables also predicted the continuation or termination of the relationship according to the levels of dyadic adjustment in the future.

Some findings were found when the relevant literature regarding the studies conducted to investigate the components of the Investment Model and their relationship with other concepts. In the study in which Fricker (2006) investigated the cheating behavior in the context of attachment styles, love styles and Investment Model, the relationship between avoidant and anxious / ambivalent attachment styles and Investment Model variables. In this study, it was found that the avoidant attachment style was negatively related to satisfaction and investment in the relationship, but positively to the quality of the alternatives. It was observed that anxious / ambivalent attachment style was negatively correlated with satisfaction in the relationship, but positively correlated with investment and not significantly associated with alternatives.

In another study, Büyükşahin (2006) found that those with a secure and preoccupied attachment style got higher scores in the relationship satisfaction dimension, those with fearful and dismissive attachment style in the dimension of evaluating the quality of the alternatives got higher scores, and those with the preoccupied attachment style in the relationship investment dimension got higher scores. Then, Büyükşahin and Hovardaoğlu (2007) conducted two different studies

with the Investment Model. In the first study, 271 university students were included, and it was aimed to investigate the determinants of relationship commitment and to compare individuals with different attachment styles within the scope of model variables. As a result of the study, they found that the variable of relationship satisfaction significantly predicted having positive feelings and thoughts towards the relationship, commitment to the relationship, feeling safe in the relationship, and the continuation of the relationship in the future. In addition, another important finding is that the Investment Model variables are a well-functioning variable in predicting the relationship commitment between Turkish culture and different cultures. In their second study, they compared partners with various types of relationships in terms of variables of the model. It was found that 100 participants whose relationship type was dating had lower levels of relationship satisfaction and investment than engaged and married individuals. The participants who are in a dating relationship were the highest to evaluate the quality of the alternatives. They also found that men evaluated the quality of alternatives higher than women, and married women evaluated the quality of alternatives the least among other groups. They concluded that as formality in relationships increases, the level of satisfaction and investment in the relationship increase, and evaluation of the quality of alternatives decreases.

Most of the studies on relationship satisfaction and attachment styles show that there is a positive relationship between secure attachment style and relationship satisfaction (Feeney, 2002). In addition, it has been observed that individuals with a secure attachment style invest in their relationships at a high level (Collins and Read, 1990). In another similar study, Pistole, Clark, and Tubbs (1995) investigated the relationship between attachment styles and Investment Model variables in their study with university students. As a result of the research, it was seen that those with secure attachment style had more commitment and satisfaction in their relationships compared to other attachment styles, while those with avoidant attachment style invested less in the relationship than others. Considering all these findings, studies reveal that individuals' attachment styles, and the nature of their relationships are interrelated (Feeney and Noller, 1990; Büyükşahin, 2006).

In the meta-analysis study of Le and Agnew (2003), another study related to the Investment Model, it was found that women get more satisfaction from their relationships, invest more in the relationship, and get more committed to the relationship. It has been observed that men evaluate alternative options more

positively. According to another result obtained from the research, relationship commitment increases with the increase of relationship satisfaction and investments in the relationship, and the increase in alternative options decreases attachment to the relationship. In addition, relationship satisfaction was found to be the variable that best predicted relationship commitment. In another study, Buğa (2009) investigated the relationships between attachment styles, gender roles, some demographic variables and relationship stability. As a result of the research, no significant effect of gender roles on relationship stability was observed. Significant findings were found in the femininity and masculinity dimensions. As the femininity of men increases, the investment in the relationship increases and the tendency to evaluate the quality of the alternatives decreases. It was observed that as the level of masculinity in women increases, the amount of investment in the relationship decreases and the tendency to evaluate the quality of the alternatives increases. Also, it has been found that people with insecure attachment styles are more invested in the relationship. In addition, it has been considered that while people who flirt and live together evaluate the alternatives more, married people invest more in the relationship. In another study, Çimen (2007) investigated levels of commitment, jealousy levels, some reactions related to jealousy and self-esteem levels in two types of individuals who had arranged marriages and individuals who marry by agreement. 150 people participated in the study, 86 of whom agreed and 64 of whom were married in an arranged manner. As a result of the study, it was seen that relationship investment, cognitive responses to jealousy, disregard for coping with jealousy, and speaking methods were the best predictors of relationship satisfaction. Besides, it was observed that as relationship satisfaction and investment in the relationship increased, the level of positive evaluation of the quality of options decreased. Another finding obtained from the research is that individuals who marry by agreement are more satisfied with the relationship. Also, it was found that the higher the commitment level is, the higher the level of jealousy.

In another study showing that men evaluate the quality of alternatives more positively, Büyükşahin and Okutan (2010) found that participants with a low perception of religiosity evaluate the quality of alternatives more positively than those with a high perception of religiosity. There was no difference between the groups in terms of relationship satisfaction and relationship investment. Women's commitment to their relationships and relationship satisfaction were found to be higher than men.

In both sexes, as the duration of the relationship increases, it is observed that the commitment to the relationship increases while the quality of the alternatives is evaluated more negatively. In addition, as the perception of religiosity increases in women, it was observed that the quality of the alternatives is evaluated negatively. Doğan (2010) found similar results that relationship satisfaction, evaluating the size of investments in the relationship and the quality of alternatives are three strong dynamics of marriage. Also, men invested more in their relationships and evaluated the quality of options more positively. As a result of Taluy's (2013) study in which she investigated perfectionism and conflict resolution reactions in relationships within the framework of the Investment Model, it was found that the difference from the dimensions of perfectionism, it has an effect on concepts of relationship satisfaction, relationship investment and positive evaluation of the quality of alternatives. In addition, it was observed that the positive evaluation of the quality of the alternatives were higher for men, and the higher the relationship investment scores for women.

Yılmaz (2014) investigated self-monitoring and self-consciousness in close relationships within the framework of the Investment Model. It was found that being happy with the partner, evaluating the quality of the relationship positively, feeling safe in the relationship, finding the partner attractive and self-monitoring predicted relationship satisfaction, but having problems in the relationship negatively predicted it. It was observed that the expectation about the duration of the relationship, finding the partner attractive, and finding the relationship important predicted the evaluation of the quality of alternatives negatively. Also, evaluating the quality of alternatives was found to be associated with high self-monitoring. Another result that was found that men had higher scores for evaluating the quality of alternatives and women had higher relationship satisfaction scores. In another different study, Doğaner (2014) investigated relationship commitment, relationship satisfaction and self-esteem according to the level of narcissistic personality tendencies of university students with romantic relationships. As a result of the study, a statistically significant difference was found between the relationship satisfaction and relationship commitments of those close to narcissistic personality disorder and those with normal narcissism.

In another study conducted within the framework of the Investment Model, Kaynak (2014) investigated the forms of anger and guilt expressions. 155 married and 185 unmarried individuals participated in the study. As a result of the study, it was seen that relationship satisfaction predicted positive/integrative expression positively,

while it predicted diffuse aggression, passive aggression, and avoidant behavior negatively. It was found that relationship investment and relationship satisfaction positively predicted apology/forgiveness, among the forms of guilt expressions. In addition, it has been observed that men evaluate alternatives outside the relationship more positively than women.

In another recent study, Şahin (2015) investigated the relationship between early maladaptive schemas and relationship stability of individuals between the ages of 20-40. 100 people, whose relationship status are flirt, engaged, and married, participated in the study. As a result of the research, it was seen that the engaged group invested more in the relationship and had the highest relationship satisfaction. On the other hand, married individuals, stated that they were more satisfied with the relationship than those who were dating.

According to the Investment Model, romantic partners committed to their relationships to the extent that they are satisfied with their relationships, undervalue alternatives, and the size of their investment in their relationship. Mentioned components of the Investment Model, have significant effect on both the current and future status of partners dyadic adjustment. Taking this into account, it is predicted that people with high dyadic adjustment will be more committed to their relationships, and also higher dyadic adjustment of partners increases sexual satisfaction. As a result, it is estimated that sexual satisfaction will have a statistically significant mediating effect on the relationship between dyadic adjustment and relationship commitment and this is also investigated in this study.

1.4. Aim of the Present Study

Considering all the studies that was mentioned in the literature of the present study, it is seen that the relationship between relationship commitment and various concepts has been investigated. These concepts are various variables such as attachment styles, gender roles, perfectionism, anger and guilt expressions, early maladaptive schemas, stress coping styles, jealousy, and narcissism. Although all these studies show that how much attention is given to the subject of relationship commitment, situations such as the rapid ending of today's relationships, shortening of relationship duration, loss of pleasure from relationships, increase in divorce in marriages show that more studies are needed to investigate relationship commitment. In addition, studies show that how the concepts of sexual satisfaction, dyadic

adjustment and relationship commitment are affected by the demographic characteristics of individuals are also mentioned. Related studies show that some personal characteristics of individuals and some characteristics of their romantic relationships, such as their gender, duration of relationship, first sources of sexual information, and marital status, affect the study variables in different ways. For this reason, in this study, it was aimed to investigate the role of demographic characteristics of individuals on the concepts of sexual satisfaction, dyadic adjustment and relationship commitment.

All the studies that were mentioned and the theoretical background presented about the concepts show that there is a significant relationship between dyadic adjustment and relationship commitment, and between sexual satisfaction and dyadic adjustment. For this reason, it was thought that sexual satisfaction might have a mediating role in the relationship between dyadic adjustment and relationship commitment, and this role was aimed to be investigated in this study. When the literature is examined, there are studies investigating the relationship between dyadic adjustment and relationship commitment, but the mechanisms mediating this relationship is poorly understood. In this study, the mediating role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment was investigated.

1.5. Research Questions

The research questions for the purpose of this study are as follows.

1. Do the levels of dyadic adjustment, sexual satisfaction and relationship commitment of the participants show a significant difference according to the demographic variables discussed in the study?

1.1. Do the levels of dyadic adjustment, sexual satisfaction and relationship commitment of the participants show a significant difference according to gender?

1.2. Do the levels of dyadic adjustment, sexual satisfaction and relationship commitment of the participants show a significant difference according to age?

1.3. Do the levels of dyadic adjustment, sexual satisfaction and relationship commitment of the participants show a significant difference according to marital status?

1.4. Do the dyadic adjustment, sexual satisfaction and relationship commitment levels of the participants show a significant difference according to whom they live with?

1.5. Do the levels of dyadic adjustment, sexual satisfaction and relationship commitment of the participants show a significant difference according to family status?

1.6. Do the levels of dyadic adjustment, sexual satisfaction and relationship commitment of the participants show a significant difference according to the duration of the relationship?

1.7. Do the levels of dyadic adjustment, sexual satisfaction and relationship commitment of the participants show a significant difference according to the first source of sexual information?

1.8. Do the levels of dyadic adjustment, sexual satisfaction and relationship commitment of the participants show a significant difference according to their sexuality education?

2. Is there a significant relationship between the dyadic adjustment levels, sexual satisfaction levels and relationship commitment levels of the participants?

3. What role do dyadic adjustment and sexual satisfaction play in predicting the relationship commitment levels of the participants?

4. Does sexual satisfaction play a mediating role in the relationship between the participants' dyadic adjustment and relationship commitment levels?

CHAPTER 2: METHOD

2.1. Participants

A total of 280 people responded to the online surveys. There are some inclusion and exclusion criteria for participation in the study. When the inclusion criteria are listed, participants' age should be between the ages of 18 - 55 and their sexual orientation being heterosexual. For this reason, data of 17 participants who were homosexual, bisexual, and asexual were excluded from the analysis in line with their answers. Also, this age range has been preferred because a healthy sexual life is generally experienced in these age ranges and sexual problems are more common in men and women in later ages (Polat, 2019). Those who participate in all kinds of romantic relationships (for example, marriage, engagement, dating, long-term or short-term sexual relations) and had a partner could only participated in the study. In addition, the participants should not have cognitive and affective problems that would prevent the understanding of the information given, that is, the concepts of sexual satisfaction, dyadic adjustment and relationship commitment should be understood and expressed correctly by the participants. Lastly, it was taken into consideration that the participants had no psychiatric diagnosis and the case of participants' getting psychiatric diagnosis was among the exclusion criteria. Likewise, the data of 35 participants who answered yes about psychiatric diagnosis, were excluded from the analysis. Also, the data of 7 participants with outliers were excluded from the analysis. Eventually, the convenience sample consisted of 221 participants. The participants of this study were 136 females and 85 males, who were between the ages of 21-45 ($M = 28.24$, $SD = 4.90$). Descriptive statistics regarding the sociodemographic characteristics of the participants in the study group are presented in Table 1.

Table 1. Demographic Characteristics of Participants

	Groups	<i>N</i>	%
Gender	Female	136	61.5
	Male	85	38.5
Age	Young Adult (21-30 age)	153	69.2
	Adult (30-45 age)	68	30.8
Education Status	High School	18	8.1
	College	6	2.7

Table 2. (continued) Demographic Characteristics of Participants

	University	136	61.5
	Master	59	26.7
	Doctorate	2	0.9
Socio-economic Status	Low SES	17	7.7
	Middle SES	177	80.1
	High SES	27	12.2
Working Status	Working	167	75.6
	Not Working	54	24.4
Marital Status	Married	76	34.4
	Single	145	65.6
People living with	Romantic Partner	98	44.3
	Family Members	82	37.1
	Alone	41	18.6
Parental Status	Parental Integrity	171	77.4
	Fragmented Family	50	22.6
Relationship Duration	0-12 Months	43	19.5
	1-5 Years	96	43.4
	6 Years and Above	82	37.1
First Source of Sexual Information	Group of Friends	147	66.7
	Erotic/Pornographic Broadcast	26	11.8
	Media	28	12.7
	Parents	20	9.0
Status of Education About Sexuality	Yes	49	22.2
	No	172	77.8
Status of Education About Sexual Health	Yes	83	37.6
	No	138	62.4
Perceived Level of Sexual Satisfaction in the Relationship	High	153	69.2
	Low	68	30.8
Total		221	100.0

As it is seen in the Table 1, 61.5 % of the participants who formed the sample are female ($n=136$) and 38.5 % ($n=85$) of them are male. 69.2 % ($n=153$) of the participant are young adult, 30.8 % ($n=68$) of them are adult. The education level of

61.5% of the participants was university, and the rest of the percentage consisted of students of master, doctoral degree, high school, and college. Also, 80.1 % of participants reported middle SES and the others had low SES and high SES. 75.6 % of the participant are working and the rest of them are not working. 34.4 % of the participant are married, 65.6 % of them are single. 44.3 % of participants live with romantic partner, 37.1 % live with family members, 18.6 % live alone. 77.4 % of the participant reported that their parents with integrity and 22.6 % reported their parents are fragmented (parents divorced or deceased). The relationship duration of 19.5% of the participants had 0-12 months, 43.4% of them had 1-5 years, 37.1% of them had 6 years and above. 66.7 % of the participant's first source of sexual information was group of friends, 11.8 % of them was erotic/pornographic broadcast, 12.7 % of them was media and 9 % of them was parents. Participants were asked that if they educate about sexuality before, 22.2 % of them answered as “yes”. Lastly, participants were asked that if they educate about sexual health before, 37.6 % of them answered as “yes”.

Within the scope of the research, questions were also asked to the participants to determine their relationship status. The answers given by the participants to the related question were analyzed by frequency analysis method and the results are presented in Table 2.

Table 3. Frequency Analysis Results for the Relationship Status of the Participants

	<i>f</i>	%
1 Dating	104	47.0
2 Marriage	76	34.3
3 Engagement	21	9.5
4 Flirting	15	6.7
5 Short-term non-emotional only sexual intercourse	13	5.8
6 Long-term non-emotional only sexual intercourse	9	4.0

As seen in Table 2, the relationship status of the majority of the participants, such as 47 %, was dating and other participants was 34.3 % married, 9.5 % engaged, 6.7 % flirting, 5.8 % short-term non-emotional sexual intercourse, and lastly 4 % long-term non-emotional sexual intercourse.

2.2. Data Collection Instruments

The instruments used in this study were Demographic Information Form, The Golombok-Rust Inventory of Sexual Satisfaction (GRISS), The Revised Dyadic Adjustment Scale (DAS) and Relationship Stability Scale (RSS), respectively.

2.2.1. Informed Consent and Demographic Information Form

Firstly, the participants filled out informed consent form, in which they were informed in detail about the conditions and purpose of the study. After this form, the participants filled in the demographic information form. The demographic information form consisted of 20 questions about the participants' gender, age, education level, job status, income level, marital status, marriage type, duration of relationship, child status and sexual life. There were items that were allowed to get information about the exclusion criteria for the study. Items such as what sexual orientation is and whether or not a psychiatric diagnosis has been made are exclusion criteria.

2.2.2. The Golombok-Rust Inventory of Sexual Satisfaction

The Golombok-Rust Inventory of Sexual Satisfaction was developed by Rust and Golombok (1986), with 96 items related to sexual functions, taking the opinions of many clinicians. As a result of the pilot study and various factor analysis conducted to investigate construct validity, the scale was transformed into two forms, each consisting of 28 items, prepared for males and females. There are 7 subscales, 5 of which are common, in the male and female forms. The subscales common to both forms are avoidance, dissatisfaction, non-communication, non-sensuality, and infrequency. In addition to these subscales, there are vaginismus and orgasm disorder in the female form, and premature ejaculation and impotence in the male form. Infrequency and non-communication subscales are questioned with two items, other subscales with four items each. In addition, in both forms, there are four items different from these subscales but related to the quality of sexual intercourse. The items are answered on a five-point Likert-type scale with "never", "rarely", "sometimes", "mostly", "always" response options. Both the total score and the scores obtained from the sub-dimensions can be used in the evaluation of the scale. High scores indicate a deterioration in sexual functions and the quality of the relationship. The raw scores obtained can then be converted into standard scores ranging from 1 to 9, and a common profile can be drawn for women and men separately or for couples. The clinical level

score, which determines the healthy and unhealthy limit of the scale, was determined as 5. Accordingly, after the necessary transformations, all scores above 5 are interpreted as unhealthy, and those below 5 are at the border of healthy.

Also, the data from 62 couples in sexual dysfunction clinics were used for the study. The data of these subjects diagnosed with sexual dysfunction in the clinical group ($n = 42$ females, $n = 57$ males) were compared with a control group of 59 people, 29 females and 30 males, taken from the patients of a physician. The scale was applied to the clinical and control groups, the groups were compared on the total score, and it was seen that the groups could be distinguished significantly from each other ($r = 0.63$, $p < 0.001$ for females; $r = 0.37$, $p < 0.005$ for males). Rust and Golombok (1986) showed that the GRISS is a valid and reliable scale. The split-half reliability coefficient of the scale was reported as 0.94 for females and 0.87 for males. Internal consistency coefficients obtained in terms of subscales ranged from 0.61 to 0.83.

Tuğrul, Öztan, and Kabakçı (1993) conducted the standardization study of the scale for the use in our country. For the validity and reliability studies in the standardization study, the clinical group consisting of married women and men with sexual dysfunction ($n = 73$ females, $n = 66$ males) and the control group ($n = 53$ females, $n = 51$ males) were determined. For the investigation of the validity in the standardization study, as in the original of the scale, the two groups as clinical and control groups were compared by total score and subscales. There was a significant difference between the two groups in all subscale scores and total scores, except for the communication subscale. In the study, in order to investigate the factor structure of the scale, principal component analysis with varimax rotation was performed for the male and female forms. As a result of the factor analysis, exactly the same results could not be obtained with the results of Rust and Golombok (1983). However, in this study, items directly related to dysfunction in both women and men were loaded under the same factors. Generally, all items have very high and expected loadings in factor analysis. Also, Tuğrul, Öztan, and Kabakçı (1993), who conducted the standardization study of the scale, determined the internal consistency of the scale as .92 for men and .91 for women in terms of total score. Cronbach alpha values for all subscales ranged from .51 to .88 for the female form and .63 to .91 for the male form.

In this study, although the GRISS was used and consisted of subscales that could get different scores for men and women, a total score could be obtained for all participants. In the current study, the relevant measurement tool was included in the

analysis over the total score, and the internal consistency coefficient of the 28-item GRISS was calculated as $\alpha = .78$. Within the scope of the study, mean scores obtained from GRISS were also categorized within certain cut-off points and was used in the demographic variables part, including low and high sexual satisfaction levels perceived by the participants in the relationship. High scores obtained from GRISS indicate high sexual dissatisfaction. For this reason, the high level of sexual satisfaction in the data used as a continuous variable indicates sexual dissatisfaction. Therefore, high and low sexual satisfaction in the relationship was scored inversely to reflect sexual satisfaction.

2.2.3. The Revised Dyadic Adjustment Scale

The Revised Dyadic Adjustment Scale (RDAS) is the final version of the Dyadic Adjustment Scale (DAS), which consists of 32 items developed by Spanier (1976) and was revised by Busby et al. (1995) and reduced to 14 items. The scale was developed to evaluate the relationship quality of married or cohabiting couples in marriage or similar relationships. It has three subscales: satisfaction, cohesion, and consensus. RDAS is a five-point Likert type scale with "never", "rarely", "sometimes", "mostly", "always" response options. The scores that can be obtained from the scale range from 0 to 69, with higher scores indicating greater relationship satisfaction and lower scores indicating greater relationship distress. The cut-off score of the scale is 48, scores of 48 and above indicate that there is no distress, while scores of 47 and below indicates marriage / relationship distress. In addition, the 7th, 8th, 9th, and 10th items of the scale are scored in reverse.

Confirmatory factor analysis was performed in order to investigate the construct validity of the scale. The analysis performed could not confirm the subscales of DAS, and especially the negative and positive items in the satisfaction subscale could not be grouped. Despite this, it is seen that the items of the consensus, satisfaction and cohesion subscales are loaded quite well together. Due to these reasons, Busby (1995) revised the scale, changing it from four to three-factor form, and reducing the number of items from 32 to 14 to eliminate the problems related to some subscales and items. Also, another difference between RDAS and DAS was that the revised scale had acceptable levels of construct validity demonstrated by several factor analysis. The correlation coefficient value between the two scales was very high ($r = .97, p < .01$). When the construct validity of RDAS was investigated, a high

correlation was found with the Locke-Wallace Marriage Adjustment Test (MAT), which is a similar measure. The correlation between these scales was calculated as .68 ($p < .01$). In addition, in terms of discriminant validity, it was found that RDAS successfully distinguished 81% of people with and without distress. Additionally, Cronbach alpha coefficient of the scale was found to be 0.90 indicating high reliability of the measures obtained from the scale.

The scale was translated into Turkish by Gündoğdu (2007) and used in his master's thesis. Bayraktaroğlu and Çakıcı (2017) investigated the psychometric characteristics of the scale in their study. Exploratory factor analysis was applied to investigate the construct validity of the scale. As a result, there are three factors as in the original scale, but there have been changes in the items loaded in the subscales. Considering the common features of the new item groups, the cohesion subscale was named as conflict. Also, for construct validity investigation, the scale was filled out by 279 couples, and then the Marital Problems Solving Scale (MPSS) and the communication subscale of the Dyadic Relations Scale (DRS) were used. A significant moderate positive correlation ($r = .637$ and $r = .552$) was found between RDAS and the other two scales. In addition, as a result of the studies conducted by Bayraktaroğlu and Çakıcı (2017) to investigate the reliability of the scale, the Cronbach alpha coefficient of the scale was calculated as .88. Considering all these results, the similar and high Cronbach alpha coefficients in the studies show that the measures obtained by the scale provided valid and reliable scores.

In this current study, 14-item RDAS was used, and a total score was obtained for all participants. The reliability coefficient of the total score of the scale was calculated as $\alpha = .83$. Since in this study, dyadic adjustment was handled over the total score.

2.2.4. Relationship Stability Scale

Relationship Stability Scale (RSS) was developed by Rusbult, Martz and Agnew in 1998 to determine the course of romantic relationships. They created the Investment Model in which they measure the investment made by the individual in the relationship, the advantages, and disadvantages of being with another partner, and their satisfaction from the relationship. They investigated the structure of commitment and the factors affecting it in detail in this model, and according to this model, commitment is the primary outcome of this model. Also, the scale consists of three subscales:

relationship satisfaction, relationship investment size, and evaluation of the quality of alternatives. Each of the subscales consists of 10 items and the scale includes 30 items in total. The first five items of the subscales are evaluated on a four-point Likert-type scale (1 = completely false, 2 = quite wrong, 3 = quite correct, 4 = completely true). Other items of the subscales are evaluated on a Likert-type scale that ranges from 1 (completely false) to 9 (completely true). Rusbult et al. (1998) suggests that all items should be applied but analyzes should be conducted with the last five items for each subscale because the first five items in the subscales are applied to improve the quality of the last five items. Also, the total score is calculated separately for each subscale and independent scores are obtained. The increase in the scores obtained from the relevant subscale indicates the high level in that subscale.

In order to investigate the validity and reliability of the scale, consecutive studies were conducted by Rusbult et al. (1998). In these studies, principal components analysis with varimax rotation was performed and it was seen that the items were included under the factors that they aimed to measure. In studies conducted to investigate the convergent and discriminant validity of the measurements, the relationships of the subscales with the existing measures different characteristics and different personal tendencies of the relationships were investigated. For these studies, a sample of 326 university students with ongoing romantic relationships was selected and 12 additional measurement tools were applied to investigate the validity of the scales of the model. Six of these measurement tools were applied to measure the qualities of ongoing relationships, while the other six were applied to assess personal tendencies. As expected, the Investment Model variables were found to be moderately related to some criteria that determine and affect the functioning of the couple, such as the level of trust in each other. Furthermore, the variables of this model were found to be weakly related to purely temporal concepts such as duration of relationship or time spent together. A follow-up assessment was conducted as a final study, telephone interviews were conducted to determine whether each relationship continued over time and whether the couples were in good harmony with each other. Together with these results, these studies have shown that earlier measurements of Investment Model variables predict later levels of dyadic adjustment and relationship status. Also, when the Cronbach's alpha internal consistency coefficients of the subscales were investigated, it was observed that the values varied between .92 and .95 for relationship

satisfaction, .82 and .84 for relationship investment size, and .82 and .88 for the evaluation of the quality of alternatives subscales.

Büyükşahin, Hasta, and Hovardaoğlu (2005) conducted a study in order to investigate the construct validity of the scale with a Turkish sample. Principal component analysis with varimax rotation was performed. As a result of this analysis, there are three factors as in the original scale, which is consistent with the results of Rusbult et al. (1998). Also, to investigate the validity and reliability of the scale, 325 university students who had romantic relationships were studied. Love Attitudes Scale (LAS) was used to investigate the criterion validity of the scale. The correlation coefficients between the RSS and LAS range between -.45 and .67, and these values are in the expected direction and are significant. As for reliability, Büyükşahin et al. (2005) investigated Cronbach's alpha internal consistency coefficient and split-half reliability of the subscales of the scale. Cronbach's alpha coefficients for the subscales were as follows: relationship satisfaction .90, evaluation of the quality of alternatives .84, and relationship investment size .84. Split-half reliability scores of the subscales were .84, .71, and .78, respectively (Büyükşahin et al., 2005).

In this study, 3 subscales of the RSS were used. The internal consistency coefficient $\alpha = .91$ for the reliability of the scores obtained from the 5-item relationship satisfaction dimension, one of the subscales of the RSS scale, the internal consistency coefficient for the reliability of the scores they obtained from the 5-item investment size dimension $\alpha = .85$ and the reliability of the scores they obtained from the 5-item dimension of evaluating the quality of alternatives. The internal consistency coefficient was calculated as $\alpha = .88$ in the current study.

2.3. Procedure

Before collecting the data, the ethical approval of the study to be conducted was obtained from the Ethics Committee of Izmir University of Economics. This study is a correlational study in which the data were collected through online survey by sending scales via e-mail groups and social media platforms on google forms. Participants were notified via social media and e-mail groups. Research data were collected by self-report scales. Before the scales, the purpose of the study was explained to each participant and their consent was obtained. Participants who voluntarily agreed to participate in the study were briefly informed about the purpose of the study, their right to quit at any point, and were encouraged to contact the

researcher if they had any questions or concerns regarding their participation. In addition, no credentials were asked at any stage of the procedure. After participants filled in the informed consent form, they filled in socio-demographic questions that include information about gender, age, income levels, relationship status, education levels, and parents of the participants.

The study included of three different scales, apart from the socio-demographic form consisting of 20 questions, and there were 72 questions in total. It takes about 15 minutes for the participants to respond to the scales.

2.4. Statistical Analysis

In order to make a mediation analysis to investigate the mediation effect of sexual satisfaction on the relationship between dyadic adjustment and relationship commitment PROCESS macro was used in IBM SPSS Statistics 22.0. Since the data set was collected through online forms, there is no missing data in the data set. Within the scope of the research, 280 participants were reached. However, 17 people who stated their sexual orientation as asexual, bisexual and homosexual, 35 people who stated that they had a psychiatric diagnosis, and 7 people who showed outlier characteristics during the evaluation of the normality assumptions were excluded from the data set. Therefore, the final analyzes were carried out on 221 people.

Before starting the final analysis during the research process, reversed items were recoded, and subscale and total scores were calculated. In addition, reliability analyzes of all scales in terms of sub-dimensions and total scores were performed, and the results were reported in the data collection section. Normality assumptions of the data obtained from 221 participants within the scope of the research were determined by significance tests and skewness- kurtosis coefficients. Research data showed that the skewness and kurtosis coefficients got values in the range of -1.5 to +1.5. These values calculated for each scale and subscale are reported in the findings section.

During the research process, the t-test was used in the analysis of the dependent and independent variables according to sociodemographic characteristics with two categories such as gender, age, marital status, family status, sexual health education and perceived sexual satisfaction in the relationship. One-way analysis of variance ANOVA was used in the analysis according to variables consisting of three or more categories such as person living with, duration of relationship. The Kruskal Wallis H test, which is among the non-parametric methods, was used for the variables with more

than three categories but less than 30 people per category, such as the first sexual information source.

Within the scope of the research, Pearson Product-Moment Correlation Coefficient was calculated to examine the relationships between the levels of dyadic adjustment, sexual satisfaction, and relationship commitment of the participants. While making this calculation, linear regression analysis was used to determine the levels of relationship satisfaction, investment size and evaluation of the quality of alternatives, which are among the subscales of the relationship stability scale, and the levels of being predicted by dyadic adjustment and sexual satisfaction. The Hayes' Process was used to determine whether sexual satisfaction plays a mediating role between dyadic adjustment levels and relationship commitment.



CHAPTER 3: RESULTS

In this section, the findings obtained from the statistical analyzes carried out within the framework of the main purpose and hypothesis of the study are included. Presentation flow of the findings, descriptive statistics for the variables discussed in the study, analysis of dependent and independent variables in the study according to sociodemographic variables, examination of the relationships between dependent and independent variables in the study, examination of the independent variables that predict the dependent variables of the study, and finally the main purpose of the research, the relationship between dyadic adjustment and relationship commitment testing the mediating role of sexual satisfaction.

3.1. Descriptive Statistics

3. 1. 1. Descriptive Statistics of the Scales and Normality Assumptions of the Variables

The findings regarding the total mean score and skewness kurtosis coefficients obtained from the dyadic adjustment, sexual satisfaction, and relationship commitment scales of the participants in the research group are presented in Table 3.

Table 4. Descriptive Statistics of Variables Mean and Normality Assumptions

Variables	N	M	Std. Dev.	Skewness	Kurtosis
1. Dyadic Adjustment	221	25.28	10.40	.480	-.176
2. Sexual Satisfaction	221	56.04	7.10	-.580	.000
3. Relationship Satisfaction	221	7.90	1.08	-1.238	1.425
4. Investment Size	221	5.31	2.01	-.345	-.549
5. Quality of Alternatives	221	4.65	2.25	-.068	-.938

When Table 3 is examined, it is seen that the skewness- kurtosis coefficients, which are among the statistical techniques used to test the normality assumption, take values between -1.5 and +1.5 for each of the variables discussed in the study. Although there are different value ranges regarding whether the mean scores obtained from the tests according to the kurtosis and skewness values show normal distribution, it can be said that the values taken in the range of ± 1.5 are among the acceptable norms in providing the assumption of normality (Tabachnick and Fidell, 2013).

3.1.2. Findings Regarding the Analysis of Variables in the Study According to Sociodemographic Characteristics

In this section, there are findings to examine whether the dyadic adjustment, sexual satisfaction and relationship commitment levels of the participants show a significant difference according to the sociodemographic variables discussed in the study.

3.1.2.1. Findings on the Examination of Participants' Levels of Dyadic Adjustment, Sexual Satisfaction, and Relationship Commitment by Gender

In order to determine whether the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants in the study group show a significant difference in terms of gender, the t-test was calculated on unrelated measures, and the results are presented in Table 4.

Table 5. t-Test Results of Dependent and Independent Variables by Gender

		<i>N</i>	<i>M</i>	<i>SD</i>	<i>df</i>	<i>t</i>	<i>p</i>
Dyadic Adjustment	Female	136	57.33	6.65	219	3.442	.001**
	Male	85	53.96	7.34			
Sexual Satisfaction	Female	136	24.98	11.50	219	-.549	.584
	Male	85	25.77	8.39			
Relationship Satisfaction	Female	136	7.97	1.03	219	1.122	.263
	Male	85	7.80	1.15			
Investment Size	Female	136	5.38	1.85	219	.676	.500
	Male	85	5.19	2.24			
Quality of Alternatives	Female	136	4.47	2.09	219	-1.512	.132
	Male	85	4.96	2.46			

$p < .05^*$, $p < .001^{**}$

When Table 4 is examined, it is found that the dyadic adjustment levels of the participants in the study group show a statistically significant difference according to gender ($t(219) = 3.442$, $p < .001$). When the mean scores for examining the sources of the significant difference are examined, it is observed that the dyadic adjustment levels of women ($M = 57.33$, $SD = 6.65$) are significantly higher than that of men ($M = 53.96$, $SD = 7.34$). However, it was found that the sexual satisfaction levels of the participants

did not differ significantly according to gender ($t(219) = -.549, p > .05$). Similarly, relationship satisfaction ($t(219) = 1.122, p > .05$), investment size ($t(219) = .676, p > .05$), and quality of alternatives ($t(219) = -1.512, p > .05$) which are among the subscales that express the relationship commitment levels of the participants levels do not show a statistically significant difference according to gender.

3.1.2.2. Findings on the Examination of Participants' Levels of Dyadic Adjustment, Sexual Satisfaction, and Relationship Commitment by Age

In order to determine whether the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants in the study group show a significant difference in terms of age ranges categorized within the scope of the research, the t-test was calculated for unrelated measurements, and the results are presented in Table 5.

Table 6. t-Test Results of Dependent and Independent Variables by Age

		<i>N</i>	<i>M</i>	<i>SD</i>	<i>df</i>	<i>t</i>	<i>p</i>
Dyadic Adjustment	20-30 age	153	56.11	6.48	219	.220	.826
	30-45 age	68	55.88	8.38			
Sexual Satisfaction	20-30 age	153	24.76	10.29	219	-1.111	.268
	30-45 age	68	26.47	10.63			
Relationship Satisfaction	20-30 age	153	7.94	1.07	219	.726	.468
	30-45 age	68	7.82	1.10			
Investment Size	20-30 age	153	5.43	2.05	219	1.369	.173
	30-45 age	68	5.04	1.90			
Quality of Alternatives	20-30 age	153	4.55	2.21	219	-.993	.323
	30-45 age	68	4.89	2.35			

$p < .05^*$, $p < .001^{**}$

When Table 5 is examined, it is found that the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants in the study group do not show a statistically significant difference according to age groups ($p > .05$). When the findings on the analysis of the participants' relationship commitment levels according to the age variable were examined, no difference was found on the levels of relationship satisfaction ($t(219) = .726, p > .05$), and quality of alternatives ($t(219) = -.993, p > .05$), and the investment size ($t(219) = 1.369, p > .05$) dimension. The result

showed that participants' relationship commitment levels according to the age groups did not differ from each other.

3.1.2.3. Findings on the Examination of Participants' Levels of Dyadic Adjustment, Sexual Satisfaction, and Relationship Commitment by Marital Status

In order to determine whether the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants in the study group show a significant difference in terms of marital status, the t-test was calculated on unrelated measures, and the results are presented in Table 6.

Table 7. t-Test Results of Dependent and Independent Variables by Marital Status

		<i>N</i>	<i>M</i>	<i>SD</i>	<i>df</i>	<i>t</i>	<i>p</i>
Dyadic Adjustment	Married	76	56.30	7.99	219	.373	.710
	Single	145	55.90	6.61			
Sexual Satisfaction	Married	76	24.47	9.73	219	-.870	.386
	Single	145	25.71	10.75			
Relationship Satisfaction	Married	76	7.97	0.99	219	.700	.485
	Single	145	7.87	1.12			
Investment Size	Married	76	5.74	1.77	219	2.450	.015*
	Single	145	5.08	2.09			
Quality of Alternatives	Married	76	4.51	2.38	219	-.692	.490
	Single	145	4.73	2.18			

$p < .05^*$, $p < .001^{**}$

When Table 6 is examined, it is found that the dyadic adjustment ($t(219) = .373, p > .05$) and sexual satisfaction ($t(219) = -.870, p > .05$) levels of the participants in the research group do not show a statistically significant difference according to their marital status.

When the findings on the analysis of the participants' relationship commitment levels according to the marital status variable were examined, no difference was found on the levels of relationship satisfaction ($t(219) = .700, p > .05$), and quality of alternatives ($t(219) = -.692, p > .05$). However, a significant difference is observed for the investment size ($t(219) = 2.450, p < .05$) dimension. When the mean scores for the analysis of the sources of the significant difference are examined, it is observed that

the investment size levels of the married participants ($M = 5.74$, $SD = 1.77$) are significantly higher than the single participants ($M = 5.08$, $SD = 2.09$).

3.1.2.4. Findings on the Examination of Participants' Levels of Dyadic Adjustment, Sexual Satisfaction, and Relationship Commitment by Person Living With

One-way analysis of variance (ANOVA) was conducted for independent samples in order to determine whether the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants show a significant difference according to the people they live with. Analysis results are presented in Table 7. Numbering for sources of significant difference is 1: Romantic Partner 2: Family Members and 3: Alone.

Table 8. One-Way (ANOVA) Results of the Examination of Dependent and Independent Variables by Person Living With

	Sum of Squares	Sum of Squares	<i>df</i>	Mean Square	<i>F</i>	<i>p</i>	Significant Difference
Dyadic Adjustment	Between Groups	328.078	2	164.039			
	Within Groups	10780.555	218	49.452	3.317	.038*	1-3, 2-3
	Total	11108.633	220				
Sexual Satisfaction	Between Groups	354.685	2	177.342			
	Within Groups	23480.781	218	107.710	1.646	.195	---
	Total	23835.466	220				
Relationship Satisfaction	Between Groups	7.929	2	3.964			
	Within Groups	249.874	218	1.146	3.459	.033*	1-3
	Total	257.802	220				
Investment Size	Between Groups	21.781	2	10.891	2.729	.068	---

Table 9. (continued) One-Way (ANOVA) Results of the Examination of Dependent and Independent Variables by Person Living With

	Within	869.905	218	3.990			
	Groups						
	Total	891.687	220				
Quality of Alterna tives	Between	51.654	2	25.827			
	Groups						
	Within	1067.318	218	4.896	5.275	.006*	1-3, 2-3
	Groups						
	Total	1118.972	220				

* $p < .05$, ** $p < .001$

When Table 7 is examined, it is found that the dyadic adjustment levels of the individuals in the study group show a statistically significant difference according to the variable of the person they live with, ($F(2, 218) = 3.317, p < .05$). In order to determine the source of the statistically significant difference, the results of the LSD test were examined. Participants living alone ($M = 53.28, SE = 1.03$) had significantly lower dyadic adjustment levels than those living with a romantic partner ($M = 56.62, SE = .80$), and participants living alone ($M = 53.28, SE = 1.03$) were significantly lower than those living with family members ($M = 56.62, SE = .69$), these are among the findings. There is no significant difference between other sub-categories.

Also, it is observed that the sexual satisfaction levels of the participants do not show a statistically significant difference according to the variable of the person they live with, ($F(2, 218) = 1.646, p > .05$).

When the findings on the analysis of the participants' relationship commitment levels according to the variable of the person they live with are examined, there is no statistically significant difference for the investment size ($F(2, 218) = 2.729, p > .05$) dimension; A significant difference is observed for the dimensions of relationship satisfaction ($F(2, 218) = 3.459, p < .05$) and quality of alternatives ($F(2, 218) = 5.275, p < .05$). When the results of the LSD test were examined in order to determine the source of the statistically significant difference on the relationship satisfaction levels of the participants, it was observed that the relationship satisfaction levels of the participants living alone ($M = 7.54, SE = .20$) compared to the participants living with

their romantic partners ($M = 8.05$, $SE = .09$) is found to be lower. There is no significant difference between other sub-categories.

When the results of the statistically significant difference between the quality of the alternatives levels of the participants is examined, it was found that participants living alone ($M = 5.88$, $SE = .31$) had significantly higher quality of alternatives levels than participants living with their romantic partners ($M = 4.26$, $SE = .24$) and participants living with family members ($M = 4.66$, $SE = .23$). There is no significant difference between other sub-categories.

3.1.2.5. Findings on the Examination of Participants' Levels of Dyadic Adjustment, Sexual Satisfaction, and Relationship Commitment by Parental Status

In order to determine whether the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants in the research group show a significant difference in terms of family status, the t-test was calculated on unrelated measures, and the results are presented in Table 8.

Table 10. t-Test Results of Dependent and Independent Variables by Parental Status

		<i>N</i>	<i>M</i>	<i>SD</i>	<i>df</i>	<i>t</i>	<i>p</i>
Dyadic Adjustment	Parental Integrity	171	56.05	7.06	219	.067	.946
	Fragmented Family	50	55.98	7.29			
Sexual Satisfaction	Parental Integrity	171	25.30	10.55	219	.055	.959
	Fragmented Family	50	25.22	9.98			
Relationship Satisfaction	Parental Integrity	171	7.95	1.05	219	1.171	.245
	Fragmented Family	50	7.74	1.16			
Investment Size	Parental Integrity	171	5.31	1.94	219	.067	.947
	Fragmented Family	50	5.29	2.23			
Quality of Alternatives	Parental Integrity	171	4.55	2.32	219	-	.170
	Fragmented Family	50	5.01	1.99			

$p < .05^*$, $p < .001^{**}$

When Table 8 is examined, it is found that the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants in the study group do not show a statistically significant difference according to their parental status ($p > .05$).

3.1.2.6. Findings on the Examination of Participants' Levels of Dyadic Adjustment, Sexual Satisfaction, and Relationship Commitment by Relationship Duration

One-way analysis of variance (ANOVA) was conducted for independent samples in order to determine whether the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants show a significant difference according to the duration of the relationship. Analysis results are presented in Table 9. Numbering for sources of significant difference is 1: 0-12 months, 2: 1-5 years, and 3: 6 years and above.

Table 11. One-Way (ANOVA) Results of Dependent and Independent Variables by Relationship Duration

	Sum of Squares	Sum of Squares	df	Mean Square	F	p	Significant Difference
Dyadic Adjustment	Between Groups	17.453	2	8.726			
	Within Groups	11091.181	218	50.877	.172	.842	---
	Total	11108.633	220				
Sexual Satisfaction	Between Groups	12.605	2	6.302			
	Within Groups	23822.861	218	109.279	.058	.944	---
	Total	23835.466	220				
Relationship Satisfaction	Between Groups	9.745	2	4.872			
	Within Groups	248.058	218	1.138	4.282	.015*	1-2, 1-3
	Total	257.802	220				
Investment Size	Between Groups	90.281	2	45.140			
	Within Groups	801.406	218	3.676	12.279	.000*	1-2, 1-3, 2-3
	Total	891.687	220				

Table 12. (continued) One-Way (ANOVA) Results of Dependent and Independent Variables by Relationship Duration

	Between	10.384	2	5.192			
Quality of Alternatives	Groups						
	Within	1108.587	218	5.085	1.021	.362	---
	Groups						
	Total	1118.972	220				

* $p < .05$, ** $p < .001$

When Table 9 is examined, the dyadic adjustment ($F(2, 218) = .172, p > .05$) and sexual satisfaction ($F(2, 218) = .058, p > .05$) levels of the participants were not statistically significant according to the relationship duration variable.

When the findings on the analysis of the participants' relationship commitment levels according to the relationship duration variable were examined, no statistically significant difference was observed for the quality of alternatives ($F(2, 218) = 1.021, p > .05$) dimension, but relationship satisfaction ($F(2, 218) = 4.282, p < .05$) and investment size ($F(2, 218) = 12.279, p < .001$) dimensions, a significant difference is observed. When the results of the LSD test were examined in order to determine the source of the statistically significant difference on the relationship satisfaction levels of the participants, it was observed that the participants with a relationship period of 0-12 months ($M = 7.49, SE = .19$) compared to participants with a relationship period of 1-5 years ($M = 7.95, SE = .11$) and the participants whose relationship duration is in the range of 0-12 months ($M = 7.49, SE = .19$) were found to have significantly lower relationship satisfaction levels than the participants with 6 years and above ($M = 8.07, SE = .10$). There is no significant difference between other sub-categories.

When the results of the statistically significant difference in the quality of alternatives levels of the participants, a significant difference is observed between all sub-categories in favor of those with a low relationship duration. Since the duration of the relationship has a ranking in itself and there is a significant difference between all categories, it can be interpreted that the quality of alternatives levels decrease as the relationship duration increases.

3.1.2.7. Findings on the Examination of Participants' Levels of Dyadic Adjustment, Sexual Satisfaction, and Relationship Commitment by First Source of Sexual Information

In this study, nonparametric analysis techniques were used because the number of people per unit was less than 30 in the categorical variable regarding the sources from which the participants obtained their first information about sexuality. In this direction, the Kruskal Wallis H-Test was calculated for unrelated measures in order to examine whether the dyadic adjustment, sexual satisfaction and relationship commitment levels of the participants showed a significant difference according to the first sexual information source variable, and the results are reported in Table 10. The numbering of sources of significant difference is classified as 1: Group of Friends, 2: Erotic / Pornographic Broadcast, 3: Media, and 4: Parents.

Table 13. Kruskal Wallis H-Test Results of Dependent and Independent Variables by First Sexual Information Source

		N	Mean	SD	Mean Rank	H	p	Significant Difference
DA	Group of Friends	26	55.90	6.96	109.88	.920	.821	---
	Erotic/Por. Broadcast	46	55.92	7.25	107.50			
	Media	19	56.28	5.32	111.00			
	Parents	9	56.85	10.04	123.75			
SS	Group of Friends	26	24.59	10.02	107.66	8.870	.031*	1-3, 3-4
	Erotic/Por. Broadcast	46	25.23	11.76	106.35			
	Media	19	30.75	10.45	143.50			
	Parents	9	22.80	9.54	96.10			
RS	Group of Friends	26	7.89	1.08	109.93	2.272	.518	---
	Erotic/Por. Broadcast	46	7.92	0.87	105.83			

Table 14. (continued) Kruskal Wallis H-Test Results of Dependent and Independent Variables by First Sexual Information Source

	Media	19	7.87	1.01	107.25			
	Parents	9	7.99	1.42	130.85			
IS	Group of	26	5.33	2.07	111.69			
	Friends							
	Erotic/Por.	46	5.30	2.11	112.54	1.086	.780	---
	Broadcast							
	Media	19	5.07	1.60	100.45			
	Parents	9	5.52	2.01	118.70			
QA	Group of	26	4.62	2.22	109.90			
	Friends							
	Erotic/Por.	46	4.83	2.11	116.73	.731	.866	---
	Broadcast							
	Media	19	4.93	2.10	116.64			
	Parents	9	4.30	2.91	103.73			

DA: Dyadic Adjustment, SS: Sexual Satisfaction, RS: Relationship Satisfaction, IS: Investment Size, QA: Quality of Alternatives

* $p < .05$. ** $p < .001$

When Table 10 was examined, it was found that the dyadic adjustment and relationship commitment levels of the participants in the study group did not show a statistically significant difference according to the first sexual information source variable ($p > .05$). It is understood that the only statistically significant difference is on the sexual satisfaction levels of the participants ($H(3) = 8.870, p < .05$). In order to determine between which dimensions this statistically significant difference is, the first sexual information source variable classified in four different categories was reclassified as pairwise and the sources of the significant difference were examined by using the Mann Whitney U test for each binary class. As a result of this examination, it was found that the sexual satisfaction levels of the participants who stated the media as the first source of sexual information were statistically significantly higher than the participants who stated their friends as the first source of sexual information, and those who stated that the source of sexual information as their parents. No statistically significant difference was found between the other binary classes. Since getting a high

score on the sexual satisfaction scale indicates sexual dissatisfaction, it can be said that learning about sexuality through the first media increases sexual dissatisfaction more than learning it in a friend environment. Similarly, it can be said that learning about sexuality through the first media increases sexual dissatisfaction more than learning it from parents.

3.1.2.8. Findings on the Examination of Participants' Levels of Dyadic Adjustment, Sexual Satisfaction, and Relationship Commitment by Status of Education About Sexuality

In order to determine whether the dyadic adjustment, sexual satisfaction, and relationship commitment levels of the participants in the study group show a significant difference in terms of getting education about sexuality, the t-test was calculated on unrelated measures, and the results are presented in Table 11.

Table 15. t-Test Results of Dependent and Independent Variables by Status of Education About Sexuality

		<i>N</i>	<i>M</i>	<i>SD</i>	<i>df</i>	<i>t</i>	<i>p</i>
Dyadic Adjustment	Yes	49	56.18	5.76	219	.184	.855
	No	172	56.00	7.45			
Sexual Satisfaction	Yes	49	23.42	9.85	219	-	.144
	No	172	25.81	10.52			
Relationship Satisfaction	Yes	49	7.88	1.12	219	-.142	.886
	No	172	7.91	1.07			
Investment Size	Yes	49	5.15	2.24	219	-.577	.566
	No	172	5.35	1.94			
Quality of Alternatives	Yes	49	4.80	2.23	219	.525	.601
	No	172	4.61	2.26			

$p < .05^*$, $p < .001^{**}$

When Table 11 is examined, it is found that the dyadic adjustment, sexual satisfaction, and relational commitment levels of the participants in the study group do not show a statistically significant difference according to the status of getting sexual health education ($p > .05$).

3.2. Main Analysis

3. 2. 1. Findings on the Relationship Between Participants' Levels of Dyadic Adjustment, Sexual Satisfaction and Relationship Commitment

Pearson Product Moments correlation coefficient was calculated in order to determine the relationships between dyadic adjustment, sexual satisfaction, and relationship commitment levels, which are considered within the framework of the main purpose of the study, and the results of the correlation analysis are given in Table 12.

Table 16. Pearson Correlation Coefficients of Variables Considered in the Study

		1	2	3	4	5
1. Dyadic Adjustment	221	---				
2. Sexual Satisfaction	221	-.395**	---			
3. Relationship Satisfaction	221	.625**	-.346**	---		
4. Investment Size	221	.081	-.098	.375**	---	
5. Quality of Alternatives	221	-.387**	.238**	-.477**	-.284**	---

$p < .05^*$, $p < .001^{**}$

When Table 12, which summarizes the relationships among the variables discussed in the study is examined, it is found that there are statistically significant relationships between the participants' levels of relationship satisfaction, investment size and quality of alternatives, which are among the subscales of the relationship stability scale.

When the subscales expressing the relational commitment levels of the participants and the relations between dyadic adjustment and sexual satisfaction are examined; A positive, high, and statistically significant relationship was found between the participants' relationship satisfaction levels and dyadic adjustment levels ($r = .625$, $p < .001$). Accordingly, it can be interpreted that as the relationship satisfaction levels of the participants increase, the dyadic adjustment levels will also increase. A similar situation is also valid for relationship satisfaction levels and sexual satisfaction levels. When Table 12 is examined, negative, moderate, and statistically significant relationships were found between the participants' relationship satisfaction levels and sexual satisfaction levels ($r = -.346$, $p < .001$). Accordingly, it can be interpreted that as the relationship satisfaction levels of the participants increase, their sexual dissatisfaction levels will decrease.

Within the scope of the study, the relations between investment size, which is another subscale reflecting the relational commitment level of the participants, and dyadic adjustment and sexual satisfaction were examined, and no statistically significant relationship was found between both variables and the level of investment size ($p > .05$). Again, negative, moderate, and statistically significant relationships were found between the levels of quality of alternatives, which is another subscale expressing the relational commitment level of the participants, and the levels of dyadic adjustment ($r = -.387, p < .001$). Accordingly, it can be interpreted that as the quality of alternatives levels of the participants increase, the dyadic adjustment levels will decrease, or the quality of alternatives levels will decrease as the dyadic adjustment levels of the participants increase. A similar situation is also valid for quality of alternatives levels and sexual satisfaction levels. When Table 12 is examined, a positive and statistically significant relationship was found between the quality of alternatives levels and sexual satisfaction levels of the participants ($r = .238, p < .001$). Accordingly, it can be said that as the quality of alternatives levels of the participants increase, the scores they get from the sexual satisfaction scale will increase. Since the high scores obtained from the sexual satisfaction scale indicate sexual dissatisfaction, this finding can be interpreted as the level of sexual satisfaction will decrease as the quality of alternatives levels of the participants increase, or the level of quality of alternatives will decrease as the sexual satisfaction levels of the participants increase. Finally, when Table 12 is examined, it is found that there is a negative and significant relationship between dyadic adjustment and sexual satisfaction levels of the participants in the study group ($r = -.395, p < .001$). Accordingly, it can be interpreted that as the dyadic adjustment levels of the participants increase, their level of sexual dissatisfaction will decrease.

3. 2. 2. Findings for Examining Variables That Predict Participants' Relationship Commitment Levels

Before starting to investigate the mediating role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment, which is the main purpose of the research, multivariate regression analysis was used to determine the variables that predict relationship satisfaction, investment size and quality of alternatives levels, which are among the subscales that express relationship commitment levels, which are the dependent variable of the research. Multiple

regression analyzes are presented under three subheadings, as the dependent variable covered in the research consists of three subscales.

3.2.2.1. Findings Predicting the Relationship Satisfaction Levels of the Participants

Within the scope of the research, in terms of determining whether there is a difference in terms of gender in the process of examining the roles of dyadic adjustment and sexual satisfaction level in predicting the relationship satisfaction levels of the participants, it was determined how the multiple regression analyzes showed a change when the gender variable was taken as a predictor or not.

Table 17. Results of Multiple Regression Analysis for the Relationship Satisfaction

	<i>Variables</i>	<i>B</i>	<i>Std. Error</i>	β	<i>t</i>	<i>p</i>	<i>Partial r</i>	<i>Partial r</i>
	(Constant)	2.921	.636		4.592	.000		
	DA	.091	.009	.596	10.169	.000	.568	.532
Model	SS	-.012	.006	-.113	-1.988	.048	-.134	-.104
1	Gender	.143	.120	.065	1.199	.232	.081	.063
R = 0.638, R ² = 0.407, F _(3,217) = 49.570, p < .001								

DA: Dyadic Adjustment, SS: Sexual Satisfaction

When Table 13 is examined, it is observed that in the equation called Model 1, dyadic adjustment and sexual satisfaction are together significant predictors of the participants' relationship satisfaction levels [R² = .407, F(3) = 49.57, p < .001]. Dyadic adjustment and sexual satisfaction are together explained approximately 40% of the total variance in the participants' relationship satisfaction level. When the standardized regression coefficients are examined, the order of importance of the predictor variables on the relationship satisfaction level is dyadic adjustment, and sexual satisfaction. However, the results of analysis indicated that the effect of the gender variable entered in the model was not significant ($\beta = .065$, $t = 1.199$, $SE = .12$, $p = .232$). When the t-test results regarding the significance of the regression coefficients are examined, it is observed that only dyadic adjustment and sexual satisfaction are significant predictors. When Table 13 is examined, although it is observed that gender is not a significant predictor for the relationship satisfaction.

3.2.2.2. Findings Predicting the Investment Size Levels of the Participants

Within the scope of the research, it was determined how the multiple regression analyzes showed a change in terms of determining whether there was a difference in terms of gender in the process of examining the roles of dyadic adjustment and sexual satisfaction level in predicting the investment size levels of the participants, when the gender variable was taken as a predictor or not.

Table 18. Results of Multiple Regression Analysis for the Investment Size

	<i>Variables</i>	<i>B</i>	<i>Std. Error</i>	β	<i>t</i>	<i>p</i>	<i>Partial r</i>	<i>Partial r</i>
	(Constant)	5.265	1.526		3.450	.001		
	DA	.012	.021	.041	.538	.591	.036	.036
Model	SS	-.016	.014	-.081	-1.097	.274	-.074	-.074
1	Gender	.146	.287	.035	-.508	.612	.034	.034
R = 0.113, R ² = 0.013, F _(3,217) = 0.943, p = .421								

DA: Dyadic Adjustment, SS: Sexual Satisfaction

When Table 14 is examined, it is observed that in the equation called Model 1, dyadic adjustment, sexual satisfaction, and gender together are not a significant predictor of the investment size levels of the participants [R² = .013, F(3) = 0.943, p > .05].

3.2.2.3. Findings Predicting the Quality of Alternatives of the Participants

Within the scope of the research, in terms of determining whether there is a difference in terms of gender in the process of examining the roles of dyadic adjustment and sexual satisfaction level in predicting the quality of alternatives levels of the participants, it was determined how the multiple regression analyzes changed when the gender variable was taken as a predictor or not.

Table 19. Results of Multiple Regression Analysis for the Quality of Alternatives

	<i>Variables</i>	<i>B</i>	<i>Std. Error</i>	β	<i>t</i>	<i>p</i>	<i>Partial r</i>	<i>Partial r</i>
Model	(Constant)	10.030	1.578		6.357	.000		
1	DA	-.108	.022	-.342	-4.901	.000	-.316	-.305

Table 20. (continued) Results of Multiple Regression Analysis for the Quality of Alternatives

SS	.022	.015	.103	1.512	.132	.102	.094
Gender	.105	.296	.023	.353	.725	.024	.022
R = 0.399, R ² = 0.159, F _(3,217) = 13.693, p < .001							

DA: Dyadic Adjustment, SS: Sexual Satisfaction

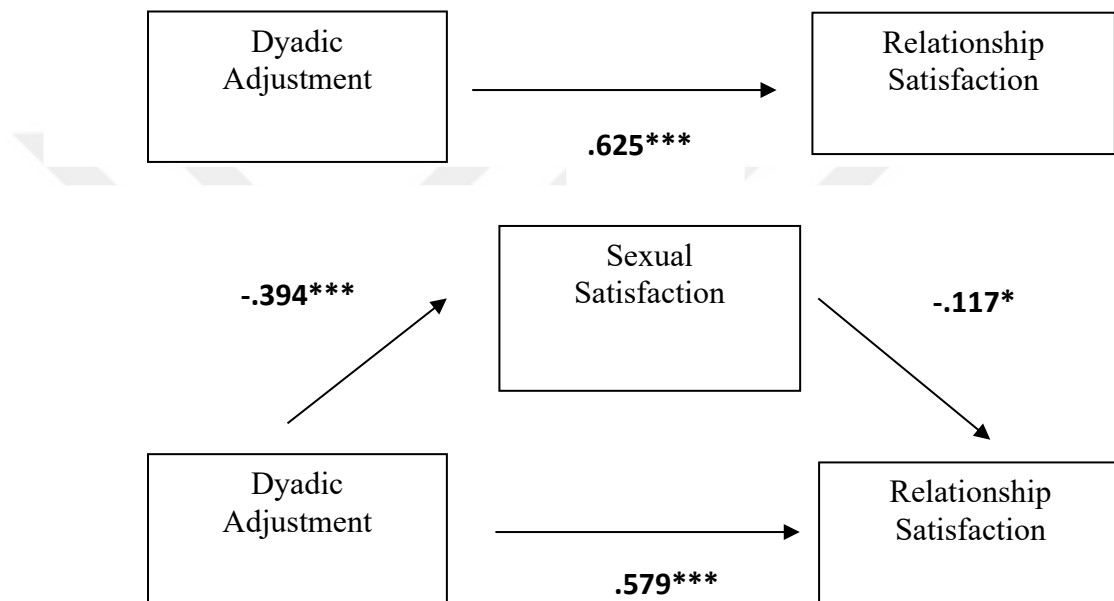
When Table 15 is examined, it is observed that in the equation called Model 1, only dyadic adjustment is a significant predictor of the quality of alternatives levels of the participants [R² = .399, F(3) = 13,693, p < 0.001]. It is seen that dyadic adjustment explain approximately 15% of the total variance in the quality of alternatives level of the participants. When the t-test results regarding the significance of the regression coefficients are examined, it is observed that only the dyadic adjustment level is a significant predictor. When Table 15 is examined, although it is observed that sexual satisfaction level and gender are not a significant predictor, it can be said that these variables do not have a significant effect on the quality of alternatives level.

3. 2. 3. Findings on the Research of the Mediating Role of Sexual Satisfaction in the Relationship Between Dyadic Adjustment and Relationship Commitment by the Participants

After performing descriptive statistics on the dependent and independent variables covered in the research and examining the relationships between the variables by correlation analysis, Hayes' Process was used to investigate the mediating role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment. In the results of correlation and regression analysis it was revealed that, there were no significant relationships between dyadic adjustment and sexual satisfaction with investment size dimension, which is among the subscales of relationship commitment. For this reason, mediation analysis was carried out on two subscales, relationship satisfaction and quality of alternatives, which express the level of relationship commitment.

3.2.3.1. The Mediating Role of Sexual Satisfaction in the Relationship Between Participants' Dyadic Adjustment and Relationship Satisfaction

Within the scope of the research, it was tested whether sexual satisfaction had a mediating role in the relationship between dyadic adjustment and relationship commitment. In this way, it was tried to determine the direct and indirect effects of the level of dyadic adjustment on relationship satisfaction through the mediation model established. The diagram of the model tested within the scope of the research is shown in Figure 1.



$p < .05^*$, $p < .01^{**}$, $p < .001^{***}$

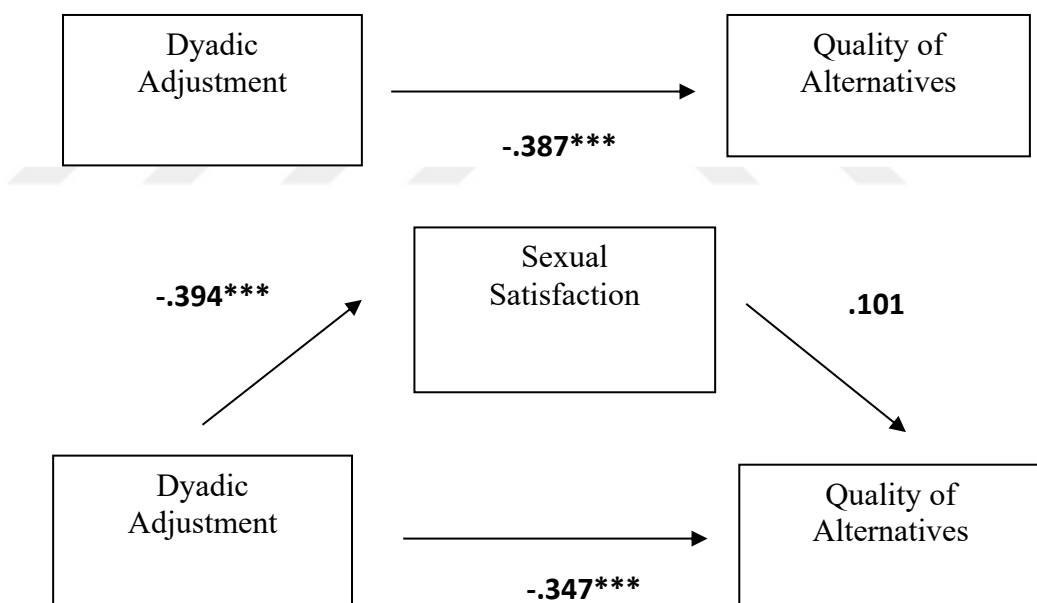
Figure 1. The Mediator Role of Sexual Satisfaction in the Relationship Between Dyadic Adjustment and Relationship Satisfaction

The hypothesis that the link between dyadic adjustment and relationship satisfaction are mediated by sexual satisfaction. Finally, the findings of analysis indicated that sexual satisfaction is associated with relationship satisfaction (b -path; $\beta = -.117$, $t = -2.063$, $p < .05$) Additionally, the indirect effect of dyadic adjustment on relationship satisfaction through the mediator sexual satisfaction (ab -path) was estimated to lie between .005 and .091. According to Bootstrapping method, the mediating role of sexual satisfaction on the relationship between dyadic adjustment and relationship commitment was found to be significant due to the fact that zero did not fall within the range of the confidence intervals. When sexual satisfaction is in the

model, the direct effect of dyadic adjustment on relationship satisfaction (*c*-path; $\beta = .095, t = 11.85, p < .001$) decreases but remains significant (*c'*-path; $\beta = .088, t = 10.16, p < .001$), indicating partial mediation. The overall mediation model is significant, $F(1, 219) = 140.63, p < .001$ and explains 39% of the variance in relationship satisfaction ($R^2 = .39, \text{adjusted } R^2 = .62$)

3.2.3.2. The Mediating Role of Sexual Satisfaction in the Relationship Between Participants' Dyadic Adjustment and Quality of Alternatives

Within the scope of the research, it was tested whether sexual satisfaction had a mediating role in the relationship between dyadic adjustment and quality of alternatives. In this way, it was tried to determine the direct and indirect effects of dyadic adjustment level on quality of alternatives through the mediation model established and through sexual satisfaction. The diagram of the model tested within the scope of the research is shown in Figure 2.



$p < .05^*, p < .01^{**}, p < .001^{***}$

Figure 2. The Mediator Role of Sexual Satisfaction in the Relationship Between Dyadic Adjustment and Quality of Alternatives

The hypothesis that the relationship between dyadic adjustment and quality of alternatives are mediated by sexual satisfaction. Finally, the findings of analysis indicated that sexual satisfaction is not significant related with quality of alternatives (*b*-path; $\beta = .022, t = 1.469, p > .05$) Moreover, the indirect effect of dyadic adjustment

on quality of alternatives through the mediator sexual satisfaction (*ab*-path) was estimated to lie between -.096 and .012. According to Bootstrapping method, the mediating role of sexual satisfaction on the relationship between dyadic adjustment and relationship commitment was found to be significant due to the fact that zero did not fall within the range of the confidence intervals. When sexual satisfaction is in the model, the direct effect of dyadic adjustment on quality of alternatives (*c*-path; $\beta = -.123, t = -6.22, p < .001$) decreases but remains significant (*c'*-path; $\beta = -.110, t = -5.14, p < .001$), indicating partial mediation. The overall mediation model is significant, $F(2, 218) = 20.56, p < .001$ and explains 15% of the variance in quality of alternatives ($R^2 = .15, \text{adjusted } R^2 = .38$)



CHAPTER 4: DISCUSSION

In this section, the findings are discussed regarding the mediating role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment of men and women who are in romantic relationships.

4.1. Discussion of the Results

4. 1. 1. Discussion of the Variables in the Study According to Sociodemographic Characteristics

As a result of the examination of dependent and independent variables according to sociodemographic variables in the study, it was found that the variables had some differences according to sociodemographic characteristics. The first of these is whether the variables of the study differ according to gender. According to the results of the study, the dyadic adjustment levels of the participants show a significant difference according to gender, and the dyadic adjustment levels of women are higher than men. This finding in the study is an expected finding and is consistent with some studies in the literature. For instance, in the study of Arkar and Öztürk (2014), it is seen that the dyadic adjustment levels of men are not as high as that of women. However, relationship satisfaction, investment size and quality of alternatives levels, which are among the subscales of the relationship commitment levels and sexual satisfaction levels of the participants, do not show a significant difference according to gender. There are some studies in the literature that are consistent with this finding (Saraç et al., 2015; Öztürk, 2015; Şahin, 2015). However, some studies in the literature show that gender has an effect on the variables. For example, Le and Agnew (2003) stated in their meta-analysis study that women get more satisfaction from their relationships than men. Likewise, in the studies of Büyükşahin and Okutan (2010) and Aslan Yılmaz (2014), relationship satisfaction is higher in women than in men. Considering other studies, there are findings that men evaluate the quality of options more positively (Le and Agnew, 2003; Büyükşahin et al., 2005; Buğa, 2009; Akbalık Doğan, 2010; Büyükşahin and Okutan, 2010), and there are also studies that indicate that gender is not an effective factor in evaluating the quality of options (Şahin, 2015). Le and Agnew (2003) and Taluy (2013) found that women invest more in the relationship, while Akbalık Doğan (2010) found that men invest more in the relationship. In Şahin's (2015) study, it is seen that gender is not an effective factor in

relationship investment. Considering the results obtained from this study, it is thought that the equal number of male and female participants in future studies will provide significant differences between the groups.

When examining whether the variables of the study differ according to the marital status variable of the participants, the findings show a significant difference only in the investment size dimension, which is the sub-dimension of the relationship commitment variable. It is observed that the investment size levels of the married participants are significantly higher than the single participants. Although this finding is expected, it is consistent with Büyükşahin (2006) study. When the investment in the relationship is examined in this study, the results of the research show that the married participants invest more than the single participants. In addition, it has been observed that as the level of formalization of relationships increases, the sacrifices towards the relationship and spouse increase, and it has been argued that these are investments made in the relationship. The finding in the current study can be explained by the traditional understanding of marriage in our culture and the reflection of the roles of men and women on the romantic relationships of the partners. In our culture, marriage is perceived as a lifelong process, and this is also emphasized by the society. Married individuals may also consider their investment in their marriage as an investment in the future.

When the study variables differ according to the variable of the person with whom the participants live, the findings show that the dyadic adjustment levels of the participants living alone are significantly lower than those living with their romantic partners and family members. When we look at the literature, there are not many studies on this relationship. For this reason, it is important for future studies that this demographic variable has a significant relationship on dyadic adjustment in this study. In addition, the findings show that the relationship satisfaction levels of the participants living alone are significantly lower and the quality of alternatives levels are significantly higher. This finding is in line with the findings in Buğa's (2009) study. In Buğa's study (2009), it was found that while people living alone evaluate alternatives more, those who are married and live with their spouses evaluate alternatives less. In Büyükşahin's (2006) study, the relationship satisfaction level of those living alone was found to be lower than the group living with their romantic partner, while the quality of the alternatives was most positively evaluated by the group living alone. Considering that participants living alone have higher quality of

alternatives levels and lower relationship satisfaction levels, it is expected that the level of dyadic adjustment will be lower. This is also consistent with the findings of the study.

When the study variables differ according to the relationship duration variable of the participants, there is no significant difference for the quality of alternatives dimension of the participants. However, since the duration of the relationship has a ranking in itself and there is a significant difference between all categories, it can be interpreted that the quality of alternatives levels decrease as the duration of the relationship increases. Another finding of the study is that the relationship satisfaction and investment size levels of the participants show a significant difference according to the duration of the relationship. It is found that the relationship satisfaction and investment size levels of the participants whose relationship duration is between 0-12 months are significantly lower than those whose relationship duration is between 1-5 years and 6 years and above. When the studies in the literature are examined, as a result of Rusbult's (1983) study, it was seen that as the relationship duration increases, relationship satisfaction and investment in the relationship increase and the evaluation of alternatives decreases, which increases commitment. In another study, Büyükşahin and Okutan (2010) found that as the duration of the relationship increases in both genders, the commitment to the relationship increases and the quality of the alternatives is evaluated more negatively. While Şahin (2015) found a significant difference between relationship duration and relationship satisfaction in his study, he stated that there was no linear relationship. Büyükşahin and Hovardaoğlu (2007), on the other hand, found that as the duration of the relationship increases, the investment in the relationship increases. The findings in the mentioned studies are consistent with the findings of the current study. Couples who have just started a relationship, for example, trying to get to know each other during the dating period may face many problems. Although the problems are resolved, the commitment to the relationship may not be felt because the "we" feeling has not yet been formed in the partners and a serious relationship has not been taken. As a result of the research, the fact that the relationship commitment differs according to the duration of the relationship may be due to the fact that the participants with a shorter relationship period did not invest enough in the relationship and the relationships were considered as a temporary process.

When the study variables differ according to the first sexual information source variable, the findings show that there is a significant difference with the level of sexual satisfaction. It was found that the participants who stated the first source of sexual information as the media had higher levels of sexual dissatisfaction than the participants who stated that they were friends and parents. This finding can be interpreted as learning about sexuality through the first media increases sexual dissatisfaction more than learning it from friends and parents. In a study conducted by the Sexual Education Treatment and Research Association (CETAD) in 2006, it is stated that the main source of information on sexual issues is often friends, social environment, media tools such as newspapers and magazines, movies, and pornographic materials. Many incomplete, incorrect and/or exaggerated information about sexuality is given in these informal information sources. As a result of this misinformation, many prejudices and false beliefs about sexuality occur in individuals, and this negatively affects the attitudes and behaviors of individuals regarding sexuality. Looking at the literature on the subject, Aydın's (2012) study stated that friends who convey incomplete or incorrect information to a large extent cause prejudice and myths about sexuality to be accepted by individuals. If the findings of the study are explained within the scope of this information, as long as the family cannot be the right source of sexual information, every resource in the environment such as friends, media, erotic-pornographic materials become a means of learning sexuality for the individual. In our country, where the family and the education process on the subject are insufficient to address the curiosity and lack of knowledge of individuals about sexuality, the circle of friends, the media and erotic-pornographic materials will unfortunately remain the first sources of sexual information.

In addition, another finding of the study is that there was no difference in the level of investment size of the participants according to sexual satisfaction. The reason for this may be that the investment size items in the scale were not sufficiently understood by the participants. When we look at the literature, the investment made in the relationship includes many variables, including internal and external. The scale items, on the other hand, could not fully reflect the complex structure of relationship investment, and the understanding of the concept of investment may have been limited to some issues. In addition, other findings in the study are that there is a significant difference between relationship satisfaction and quality of alternatives levels and sexual satisfaction. It is seen that the participants with high sexual satisfaction have

higher relationship satisfaction levels than the participants with low, and in this direction, it can be said that as sexual satisfaction increases, relationship satisfaction will also increase. Although this finding is in the expected direction, it is consistent with the findings in the study of MacNeil and Byers (2005) in the literature. In addition, it is observed that participants with high sexual satisfaction have lower levels of quality of alternatives compared to the participants with low sexual satisfaction. Accordingly, it can be said that as sexual satisfaction increases, the level of quality of alternatives will decrease. Since the increase in sexual satisfaction brings about an increase in dyadic adjustment, as the adjustment between the couples increases, the satisfaction in the current relationship also increases. As a result, it is expected that the partners' evaluation of the quality of alternatives other than their current relationships will be more negative.

4. 1. 2. Discussion of the Relationship Between Participants' Levels of Dyadic Adjustment, Sexual Satisfaction and Relationship Commitment

Pearson's correlation coefficient analysis was conducted to investigate correlations between participants' levels of dyadic adjustment, sexual satisfaction, and relationship commitment. Some variables in the study were correlated at the expected level, however, unexpected results were obtained among some variables in the study. These results will be discussed within the framework of the relevant theoretical background in the literature.

First of all, when the relationship between sexual satisfaction and dyadic adjustment is investigated, there are negative and significant relationships between the participants' dyadic adjustment and sexual dissatisfaction levels. Accordingly, it can be interpreted that as the dyadic adjustment levels of the participants increase, the sexual satisfaction levels will also increase, or as the sexual satisfaction levels of the participants decrease, the dyadic adjustment levels will also decrease. This finding is expected and consistent with some studies in the literature (Byers, 2005; Kudiaki, 2002; Rahmani et al., 2009).

Then, the relationships between investment size, which is one of the sub-dimensions that reflect the relationship commitment level of the participants, and dyadic adjustment and sexual satisfaction were examined, and no significant relationship was found between both variables and the level of investment size. Although this finding is contrary to what was expected, there were not many studies

on this relationship in the literature. In addition, relationship satisfaction was found to be the variable that best predicted relationship commitment (Le and Agnew, 2003; Macher, 2013). With this information, it can be understandable when the reasons such as the lack of significant relationships with dyadic adjustment and sexual satisfaction in the investment size dimension, the dynamics of the investment size concept as mentioned above. As another alternative explanation for this finding, it also suggests the possibility of partners to minimize or ignore their sexual or relational problems by increasing the amount of investment in the relationship. In this way, they can focus on the activities they do together and spending time with their children by putting the problems they have into the background. This may indicate that the items of the scale measuring the investment model have some limitations in reflecting the dynamics between couples. This may partly explain the meaningless relationship between the variables. According to this view, the concept of investment size should be well understood by researchers, and it is recommended that necessary information be given to the participants about this concept in future studies.

When the relationship between relationship satisfaction and dyadic adjustment was examined, a high level of positive and statistically significant relationships was found between the participants' relationship satisfaction levels and dyadic adjustment levels. Accordingly, it can be interpreted that as the relationship satisfaction levels of the participants increase, the dyadic adjustment levels will also increase, or the relationship satisfaction levels will decrease as the dyadic adjustment levels of the participants decrease. This finding of the study is an expected finding and shows parallelism with some studies in the literature (Busby et al., 2001; Rehman and Holtzworth-Munroe, 2007). Arriaga and Agnew (2001) mentioned in their study that each component of commitment is positively related to overall couple functioning, and the central role of dyadic adjustment in guiding the course of relationships.

When the relationship between relationship satisfaction and sexual dissatisfaction is examined, there are negative, moderate and significant relationships between the two. Accordingly, it can be interpreted that as the relationship satisfaction levels of the participants increase, the sexual satisfaction levels will also increase, or the relationship satisfaction levels will decrease as the sexual satisfaction levels of the participants decrease. This finding is expected and is consistent with some studies in the literature (Haavio-Mannila and Kontula, 1997; Purnine and Carey, 1997; Sprecher, 2002; MacNeil and Byers, 2005). In fact, Lawrence and Byers (1995) revealed in their

study that it is necessary to include relationship satisfaction in the model while investigating sexual satisfaction. Low relationship satisfaction reduces sexual satisfaction, may even decrease motivation for sexual intimacy, and may lead to sexual reluctance, dissatisfaction, and tension between couples over time. Couples who are sexually satisfied are also satisfied in their marriage. In other words, low couples' commitment leads to deterioration in the quality of sexual functions, and this leads to a decrease in sexual satisfaction (Öztürk and Arkar, 2014).

When the quality of alternatives levels and dyadic adjustment levels of the participants were examined, moderate and significant negative relations were found. Accordingly, it can be interpreted that as the quality of alternatives levels of the participants increase, the dyadic adjustment levels will decrease, or the quality of alternatives levels will decrease as the dyadic adjustment levels of the participants increase. There are not many studies on this relationship in the literature, but the relationship found is in the expected direction. To explain the finding, the quality of the alternatives depends on how effectively the spouses' important needs can be met outside of the current relationship (Rusbult et al., 1998). In other words, when a partner's need/desire to have close relationships and friendships cannot be met outside of their current relationship, for example, the alternatives are expected to be of lower quality and more committed to their romantic partner. As a result, it can be assumed that as the quality of alternatives level decreases, relationship satisfaction increases and as a result, dyadic adjustment increases.

When the relationship between quality of alternatives levels and sexual dissatisfaction levels was examined, positive and statistically significant relationships were found between the participants' quality of alternatives levels and sexual dissatisfaction levels. Accordingly, it can be interpreted that as the quality of alternatives levels of the participants increase, the sexual satisfaction levels will decrease, or as the participants' sexual satisfaction levels increase, the quality of alternatives levels will decrease. There are not many studies on this relationship in the literature, but the relationship found is an expected finding. Because when the level of quality of alternatives decreases, an increase in relationship satisfaction is expected. The fact that people invest more in their individual activities and interests outside their relationships can be associated with dissatisfaction in their relationships. Accordingly, the significant relationship between evaluation of alternatives with positively and sexual dissatisfaction can be understood.

Although the variables in the study, whose relations with each other are discussed, give expected and unexpected results, all of them have an important place in romantic relationships. For this reason, it is thought that all significant and insignificant relationships between the variables will be useful for researchers who will work on these issues in the future.

4. 1. 3. Discussion of the Mediating Role of Sexual Satisfaction in the Relationship Between Dyadic Adjustment and Relationship Commitment

Mediation analysis was performed while investigating the role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment. In the investment size dimension, which is among the subscales that determine the level of relationship commitment, because there were no significant relationships between dyadic adjustment and sexual satisfaction. Mediation analysis was carried out on two subscales, relationship satisfaction and quality of alternatives, which express the level of relationship commitment. According to the results of the study, sexual satisfaction partially mediated the relationship between dyadic adjustment and relationship commitment of participants. The mediation analysis results revealed that there was a significant total effect of dyadic adjustment on relationship commitment while sexual satisfaction affected the relationship indirectly. In another words, people with higher levels of dyadic adjustment are more likely to have higher levels of sexual satisfaction, which in turn leads to higher levels of relationship commitment. That is, partners who had dyadic adjustment were less likely to had sexual dissatisfaction, which subsequently predicted greater relationship commitment.

According to the findings of the first mediation model conducted in line with the main hypotheses of the research, dyadic adjustment predicts relationship satisfaction positively and sexual dissatisfaction negatively and significantly. Moreover, sexual dissatisfaction predicts relationship satisfaction negatively and significantly. The model shows that sexual satisfaction plays a partial mediating role in the relationship between dyadic adjustment and relationship satisfaction. These findings of the study are in line with the theoretical background in the relevant literature and in the direction expected with the findings of the related studies mentioned above. According to the results of Byers' (2005) study, the hypothesis that a change in relationship satisfaction leads to a change in sexual satisfaction or that a

change in sexual satisfaction leads to a change in relationship satisfaction is supported. In other words, sexual satisfaction and relationship satisfaction were found to change together. According to Stephenson and Meston (2010), sexual satisfaction is seen as related to relationship satisfaction and relationship stability as much as the whole quality of life. Thus, sexual satisfaction is strongly associated with all relationship satisfaction and other indicators of relationship quality (Byers and Macneil, 2006; Delamater et al., 2008; Philippsohn and Hartmann, 2009). Studies on this subject have generally found a relationship between relationship satisfaction and sexual satisfaction (Young et al., 2000; Guo and Huang, 2005; Bodenmann et al., 2007; Santtila et al., 2008). Also, the study of MacNeil and Byers (2005) revealed in their study that relationship satisfaction partially mediates the relationship between partners' self-expression and sexual satisfaction. In addition, it was stated that relationship commitment and its three dimensions were moderately related to dyadic adjustment (Spanier, 1976; Rusbult, 1998). Considering all these mentioned findings, it can be stated that partners who had dyadic adjustment were high likely to had sexual satisfaction, which subsequently predicted greater relationship satisfaction.

According to the findings of the second mediation model conducted in line with the main hypotheses of the research, dyadic adjustment predicts quality of alternatives and sexual dissatisfaction negatively and significantly. Also, sexual satisfaction does not significantly predict the quality of alternatives. According to Hayes (2013), the current study provides the relevant assumptions and when the analysis is performed, the results show that sexual satisfaction plays a partial mediating role in the relationship between dyadic adjustment and quality of alternatives. When sexual satisfaction, the mediator variable of the study, is included in the relationship, it appears to have little effect on the quality of alternatives. According to the related literature, the alternatives that the partners evaluate the quality of consist of many variables apart from the existing relationships. In other words, the quality of alternatives explains the desire of partners to meet both their emotional and physical needs 'outside' their relationships (Rusbult et al., 1998). Alternatives might be another possible relationship, spending time with individual activities, spending time with friends or family, or taking care of work and religion. From this point of view, the fact that the level of sexual satisfaction is not a direct significant predictor of the level of quality of alternatives can be explained in a way. In addition, since the sexual experiences of individuals in Turkish culture are generally acquired after marriage, the

fact that sexuality is seen as a taboo in the premarital period, the perception of male and female sexuality as a private issue can be assumed among the factors that prevent this issue from being discussed. For this reason, it is thought that the participants may have had difficulty answering the items related to sexuality and the meaninglessness in this relationship can be partially explained by these assumptions. Since there are not many studies on the relationship mentioned in the literature, more studies are needed to better understand this mediating role of sexual satisfaction. Considering all these mentioned findings, it can be stated that partners who had dyadic adjustment were high likely to had sexual satisfaction, which subsequently predicted lower quality of alternatives.

The overall results of the study seem to suggest that dyadic adjustment determines how committed romantic partners are to each other, and sexual satisfaction levels also predict their relationship commitment. The findings revealed the importance of sexual satisfaction as an underlying mechanism of relationships, particularly through the relationship between dyadic adjustment and sexual satisfaction of romantic partners. However, in both models, the results of the analysis show that sexual satisfaction only partially explains the relationship between dyadic adjustment and relationship commitment, and it may be important to point out. This means that participants' dyadic adjustment levels continued to predict relationship commitment after the partners' sexual satisfaction levels were explained. This situation may also recommend that dyadic adjustment may have a more direct relationship with relationship commitment than was expected, or that other mediator variables may play a larger role in this relationship. However, this study revealed that the partial mediating role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment.

4.2. Limitations

As in every study, there are some limitations that should be considered when interpreting the results of this study.

The unequal sample size of male and female participants is one of the limitations of this study. In order to make the results of the research more generalizable, it is recommended to choose the sample size of men and women as close to each other as possible. In addition to that the sample should consist of different

populations (for example, populations with different cultures, education levels, socioeconomic levels, gender, and sexual orientations).

Another limitation of this study is that participants were contacted through online surveys. Some participants, such as those who do not have access to the Internet or social media channels, may be left out because the data is collected online.

Another limitation of this study is that the study was based on self-report measures. Although the participants were not asked for any information about their identities, the participants may not have filled the scale honestly. Especially, the triggering effect of the questions in the sexual satisfaction scale may lead to the awakening of the different feelings. Particularly in studies investigating such issues, social desirability bias can be seen in the participants. This possible bias in the participants may affect the interpretation of individual differences and even average trends.

When a limitation of the related scales used in the study was mentioned, the Golombok-Rust Sexual Satisfaction Scale was used to determine the sexual satisfaction levels of the participants in this study. However, since this scale was developed only for people with heterosexual sexual orientation, participants with homosexual, bisexual and asexual sexual orientations were not included in the study. It is recommended to study with individuals with different sexual orientations in future studies.

Although the concept of sexuality is a very sensitive subject, it contains very important clues about a person's private life. Besides the investigated subject being so important for the life of the individual, it also affects the answers that were given.

In this study, the importance, and the impact of the subject of sexuality was aimed to be emphasized which is also perceived as a taboo in many respects, especially for people living in Turkey. In line with the feedback received from the participants, it was observed that they had difficulty in completing the sexual satisfaction scale, and that they had difficulty in sharing the details of their sexual life. In fact, regardless of the education level or socioeconomic level of the participants, some participants left the study after seeing the questions of the scale, stating that they could not fill the scale. On the other hand, some participants may have given different answers or answers that are far from their own realities because of the possible embarrassment that their information will be shared or that their answers that were given to some questions on

the scales will leak. In this case, it can significantly affect the study and is among an important limitation.

Another limitation of this study is that it was a cross-sectional study. Longitudinal studies are needed, to better the understanding of the relationship commitment and relationship continuity. One of the most important consequences of strong commitment is the ability to maintain the relationship. For this reason, comparison of similar studies, especially before and after marriage, can contribute to this field. In addition, it is known that cultural factors are important in relationship commitment. For this reason, studies can be conducted to compare the relationship commitments of individuals in the collectivist culture with the relationship commitments of individuals in the individualistic culture. For this purpose, data collected over a longer period of time from a more representative and larger sample are recommended for future studies.

4.3. Future Suggestions

Considering the related studies and theoretical background in the literature related to the subject of the study, there is no study conducted with participants with different sexual orientations (for example, homosexual or bisexual) except for the studies conducted with people with heterosexual sexual orientation. It is recommended to develop new scales in order to fill the gap in this field in the literature and to carry out necessary studies.

Since the subjects investigated in the study are very sensitive and require confidentiality, individuals may avoid sharing about the subject. For this reason, it may be useful to provide more detailed information about privacy to the participants before the study.

In order to minimize one of the mentioned limitations which is the effects of social desirability bias, in future studies that will investigate the role of sexual satisfaction between partners, a question may be added to the demographic questions asked before the research, about how open they feel to talk about sexuality. In fact, at the end of the study, the relationship between the answers given to the scales and the questions asked in demographic questions can be compared.

Considering that the participants had difficulty even answering the scales in the study, it is expected that they are less likely to have awareness of perceiving their problems related to their sexual life or to apply to clinics for treatment. For this reason,

it is thought that carrying out studies in this field will positively affect the psychological and physiological health of people, and therefore a welfare level will be reached in public health.

In this study, having any romantic relationship is among the criteria for inclusion in the study, but it was not required for the participants to be each other's partner or spouse. In future studies, romantic couples can be included in the study with their partners. In other words, a longitudinal study to be organized with both partners may provide more meaningful results. Having longitudinal data collected on sexual satisfaction, dyadic adjustment and relationship commitment from couples who are still in relationships may be more meaningful in terms of understanding the dynamics in their relationship.

Finally, in future studies, it is thought that it is important to increase the number of participants and to create a more heterogeneous sample in terms of demographic variables such as socio-economic level, education level, gender, and cultural characteristics. Thus, if the study is repeated by expanding the study population, it is thought that the level of significance of the research findings will increase.

It is noteworthy that studies on relationship stability in Turkey and even in the world are limited. It is thought that this study will contribute to eliminate this deficiency and that future studies on relationship commitment will contribute to the psychology literature.

CHAPTER 5: CONCLUSION

In this last part of the study, the general results that are obtained based on the findings are stated, and some suggestions developed within the scope of these results are presented. The results of this study, which investigates the mediating role of sexual satisfaction in the relationship between dyadic adjustment and relationship commitment of men and women who have romantic relationships, will be discussed.

Consistent with the literature on relationship commitment based on the Investment Model, in this study, it was concluded that romantic partners with high relationship commitment have higher perceived satisfaction in their relationships, evaluate alternative relationships negatively when compared with their current relationships, and invest more in their relationships. In a general assessment, more research is needed on the relationship between relationship commitment and sexual satisfaction, especially on the relationship investment dimension of relationship commitment. In addition, it has been observed that there are relations between the Investment Model components and the sub-dimensions of sexual satisfaction and dyadic adjustment, and there are not enough studies in the literature on the subject.

Consequently, the results showed that sexual satisfaction has a mediating effect on relationship commitment and dyadic adjustment, and the sexual satisfaction levels of the partners affect the individuals' relationship commitment and dyadic adjustment levels. As dyadic adjustment increases, it is seen that sexual satisfaction and relationship commitment also increase.

5.1. Clinical Implications

There are important clinical implications in line with the results of the current study. The findings of this study can provide information especially for clinicians working with couples. According to the results that were obtained, it is thought that working on dyadic adjustment or sexual satisfaction with couples who apply to couple therapy due to problems in the relationship, will have similar positive results while strengthening the relationship. For this reason, therapists practicing couples therapy should carry out studies on these issues and consider the sexual satisfaction levels of couples when determining their therapy approaches and goals. In fact, it is thought that informing the romantic partners about marital harmony, sexual health, and sexual life before marriage by clinicians will have a positive effect on their marital relations.

Most people have difficulty while sharing and talking about their relational and especially sexual problems with their partners. As mentioned in the introduction of the study, the communication levels of the couples affect the connection between the relationship and sexual satisfaction. For this reason, the importance of the communication levels of the partners with each other in sexual satisfaction is important by the clinicians working in the field.

Considering that sexuality is a concept that takes place in our lives throughout our lives and affects us in many dimensions, an education program that starts from childhood and includes the family should be organized. Especially today, when we consider how important concepts such as sexual knowledge and sexual health are, the relevant institutions and organizations should pay attention to a healthy mental and physical development. Customized education programs for people with different education levels (e.g., primary school, high school, university) should be included in the curriculum.

In addition to these, premarital relationship development programs can be applied for couples in the premarital period. These programs should be widespread in many institutions such as family life centers, public education centers and youth centers, thus providing the opportunity to reach more people. In fact, individuals who apply to the court for possible divorce attempts that can be seen in the post-marriage period, can be directed to family and couple therapists, and studies on relationship stability can be carried out.

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APPENDICES

Appendix A. Ethics Committee Approval

SAYI : B.30.2.İEÜ.0.05.05-020-150

16.07.2021

KONU : Etik Kurul Kararı hk.

Sayın Doç. Dr. Seda Can ve Gizem Simge Kısa,

"The Relationship between Dyadic Adjustment and Relationship Commitment: The Mediating Role of Sexual Satisfaction " başlıklı projenizin etik uygunluğu konusundaki başvurunuz sonuçlanmıştır.

Etik Kurulumuz 16.07.2021 tarihinde sizin başvurunuzun da içinde bulunduğu bir gündemle toplanmış ve ve Etik Kurul üyeleri projeleri incelemiştir. Başvurunuzla ilgili olarak sosyal medyada ilan edilecek araştırmalarda sanal korsanlık tehlikesi olabileceğinden, kişisel bilgilerin güvenliği konusunda gerekli önlemlerin alınması önerilmektedir.

Sonuçta 16.07.2021 tarihinde **"The Relationship between Dyadic Adjustment and Relationship Commitment: The Mediating Role of Sexual Satisfaction"** konulu projenizin etik açıdan uygun olduğuna oy birliğiyle karar verilmiştir.



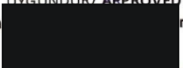
Gereği için bilgilerinize sunarım.

Saygılarımla,



Prof. Dr. Murat Bengisu
Etik Kurul Başkanı

Appendix B. Master's Thesis Originality Report

 İZMİR EKONOMİ ÜNİVERSİTESİ LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ İZMIR UNIVERSITY OF ECONOMICS GRADUATE SCHOOL		GS.02.05
YÜKSEK LİSANS TEZ ÇALIŞMASI ORJİNALLİK RAPORU/ MASTER'S THESIS ORIGINALITY REPORT		
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ PSİKOLOJİ ANABİLİM DALI BAŞKANLIĞI'NA/TO THE DEPARTMENT OF PSYCHOLOGY OF GRADUATE SCHOOL		
		Tarih/Date: 30/07/2021
Adı Soyadı/ Name-Last Name:	Gizem Simge Kısa	
Öğrenci Numarası/ Student ID Number:	20193557017	
Anabilim Dalı ve Programı / Department and Program:	Psikoloji Anabilim Dalı / Klinik Psikoloji Programı	
Tez Başlığı ve Konusu/Thesis Title and Topic Çift Uyumu ve İlişki Bağlılığı Arasındaki İlişkide: Cinsel Doyumun Aracılık Rolü / The Relationship Between Dyadic Adjustment and Relationship Commitment: The Mediating Role of Sexual Satisfaction.		
Yukarıda başlığı/konusu gösterilen tez çalışmamın a) Kapak sayfası, b) Giriş, c) Ana bölümler ve d) Sonuç kısımlarından oluşan toplam 91 sayfalık kısmına ilişkin, 30/07/2021 tarihinde şahsım/tez danışmanım tarafından TURNITIN adlı intihal tespit programından aşağıda belirtilen filtrelemeler uygulanarak alınmış olan orijinallik raporuna göre, tezimin benzerlik oranı % 16'dır./ The similarity index of my thesis, obtained by myself/my thesis advisor based on the originality report by using the TURNITIN plagiarism detection software and by applying the filtering options stated below on 30/07/2021 regarding my thesis of 91 pages which includes a) Title Page, b) Introduction, c) Main Chapters, and d) Conclusion sections titled as above, is 16 %.		
Uygulanan filtrelemeler/ Filtering options applied *:		
<input type="checkbox"/> Kabul/Onay ve Bildirim sayfaları hariç/ Approval and Declaration sections excluded		
<input checked="" type="checkbox"/> Kaynakça hariç/ Bibliography excluded		
<input type="checkbox"/> Alıntılar hariç/dâhil/ Citations excluded/included		
<input type="checkbox"/> 5 kelimeden daha az örtüşme içeren metin kısımları hariç/ Match size up to 5 words excluded		
<input type="checkbox"/> Diğer/Other		
* Öğrencinin tezi ile ilgili yapmış olduğu yayınlar kapsam dışı bırakılabilir./ Publications regarding student's dissertation may not be included.		
İzmir Ekonomi Üniversitesi Kütüphanesi TURNITIN adlı intihal tespit programı sonucunda; azami benzerlik oranlarına göre tez çalışmamın herhangi bir intihal içermediğini; aksinin tespit edileceği muhtemel durumda doğabilecek her türlü hukuki sorumluluğu kabul ettiğimi ve yukarıda vermiş olduğum bilgilerin doğru olduğunu beyan ederim./ I, hereby, declare that my thesis does not include any form of plagiarism based on Izmir University of Economics TURNITIN titled plagiarism detection software; that in any future detection of possible infringement of the regulations, I accept all legal responsibility; and that all the information I have provided above is correct to the best of my knowledge.		
(Öğrenci, Adı Soyadı, İmza)/ (Student, Name Surname, Signature)		
		
TEZ DANIŞMANI ONAYI/ ADVISOR APPROVAL		
Bu tez çalışması; İEÜ Senatosu'nun, 12.03.2009 tarihli ve A/8 numaralı kararına dayanarak hazırlanan Etik Kurul Yönergesi kapsamında kurulan Etik Kurul tarafından oluşturulan işleyiş ve uygulama esaslarına göre hazırlanmıştır./ This thesis has been prepared in accordance with the operation and codes of practice established by the Ethics Committee set up as part of the IUE Regulation for Ethics Committee pursuant to the decision of IUE Senate dated 12 March 2009 and numbered A/8.		
(Ünvan, Ad Soyadı, İmza)/ (Title, Name, Surname, Signature)		
		

Appendix C. Informed Consent Form

Değerli Katılımcı,

Bu çalışma, İzmir Ekonomi Üniversitesi Klinik Psikoloji Yüksek Lisans programı öğrencisi Gizem Simge Kısa tarafından, Doç. Dr. Seda Can danışmanlığında yürütülen bir tez çalışmasıdır. Bu form sizi çalışma hakkında bilgilendirmek için hazırlanmıştır. Çalışmanın amacı; cinsel doyumun, çift uyumu ve ilişki bağlılığı arasındaki ilişkiye olan etkisini incelemektir.

Bu çalışmaya katılmak tamamen gönüllülük esasına dayanmaktadır ve katılabilmeniz için 18 yaşından büyük olmanız gerekmektedir. Çalışma yaklaşık 10-15 dakika sürecektir ve katıldıktan sonra istediğiniz herhangi bir anda çalışmadan ayrılma hakkına sahipsinizdir.

Uygulanan anket ve ölçeklerden elde edilen veriler sadece bilimsel çalışma amaçlı kullanılacak olup burada elde edilen bilgileri araştırmacı dışında hiç kimse görmeyecektir. Çalışmada kimlik belirleyici bilgiler istenmemekte olup, soruların doğru ya da yanlış cevabı bulunmamaktadır.

Anketlerde yer alan soruları cevaplarırken partnerinizle olan ilişkinizi düşünerek size en uygun cevabı vermeye özen gösteriniz. Dikkatinizin dağılmayacağı bir ortamda bulunmanız ve yanıtlarınızı eksiksiz olarak vermeniz, güvenilir araştırma sonuçları açısından büyük önem taşımaktadır. Eğer anlaşılmayan veya sizin için yeterince açık olmadığını düşündüğünüz bir nokta olursa simge.kisa@hotmail.com adresi üzerinden araştırmacıyla iletişime geçebilirsiniz.

Katılımınız ve bu araştırmaya yapmış olduğunuz katkılar için şimdiden teşekkür ederiz.

Bu koşullarda bu araştırmaya kendi isteğimle, hiçbir baskı olmadan katılmayı ve verdiğim bilgilerin bilimsel amaçlı yayımlarda kullanılmasını kabul ediyorum.

Evet Hayır

Appendix D. Demographic Information Form

1. Cinsiyetiniz:
 - Kadın ()
 - Erkek ()
 - Belirtmek istemiyorum ()
2. Cinsel Yöneliminiz:
 - Homoseksüel ()
 - Heteroseksüel ()
 - Biseksüel ()
 - Aseksüel ()
3. Yaşınız: _____
4. Öğrenim Durumunuz:
 - Okur-Yazar Değil ()
 - Okur-Yazar ()
 - İlkokul Mezunu ()
 - Ortaokul Mezunu ()
 - Lise Mezunu ()
 - Yüksekokul Mezunu (2 yıllık) ()
 - Üniversite Mezunu ()
 - Yüksek Lisans Mezunu ()
 - Doktora Mezunu ()
5. İş Durumunuz:
 - Çalışıyor ()
 - Çalışmıyor ()
 - Öğrenci ()
6. Gelir düzeyiniz:
 - Düşük ()
 - Orta ()
 - Yüksek ()
7. Medeni durumunuz:
 - Evli ()
 - Bekar ()
 - Boşanmış ()

8. Kiminle yaşıyorsunuz?

- Romantik Partner ()
- Aile Üyeleri ()
- Arkadaşlar ()
- Yalnız ()
- Diğer _____

9. Aile durumunuz:

- Annem-Babam Birlikte ()
- Annem-Babam Ayrı ()
- İkisinden Biri veya İkisi de Hayatta Değil ()
- Diğer (belirtiniz) _____

10. Annenizin eğitim düzeyi:

- Okur-Yazar Değil ()
- Okur-Yazar ()
- İlkokul Mezunu ()
- Ortaokul Mezunu ()
- Lise Mezunu ()
- Yüksek okul Mezunu (2 yıllık) ()
- Üniversite Mezunu ()
- Yüksek Lisans Mezunu ()
- Doktora Mezunu ()

11. Babanızın eğitim düzeyi:

- Okur-Yazar Değil ()
- Okur-Yazar ()
- İlkokul Mezunu ()
- Ortaokul Mezunu ()
- Lise Mezunu ()
- Yüksek okul Mezunu (2 yıllık) ()
- Üniversite Mezunu ()
- Yüksek Lisans Mezunu ()
- Doktora Mezunu ()

12. İlişki Durumunuz: (bu soru için birden fazla seçeneği işaretleyebilirsiniz)

- Evlilik ()
- Nişanlılık ()
- Sevgililik ()
- Flört ()
- Uzun süreli duygusal olmayan sadece cinsel birliktelik ()
- Kısa süreli duygusal olmayan sadece cinsel birliktelik ()

13. İlişki Süreniz: _____

14. Evli iseniz evlilik şekliniz aşağıdakilerden hangisidir?

- Evli değilim ()
- Görücü usulü (Hiç birbirini tanımadan) ()
- Birisinin tanıştırmasıyla ()
- Tanışarak-Flört ederek ()

15. Çocuğunuz var mı?

- Yok ()
- 1 ()
- 2 ()
- 3 ve daha fazlası ()

16. İlk cinsel bilgi kaynağınız:

- Arkadaş Çevresi ()
- Erotik / Pornografik Yayın ()
- Medya ()
- Ebeveyn ()

17. Cinsellikle ilgili eğitim alma durumu:

- Evet ()
- Hayır ()

18. Cinsel sağlıkla ilgili eğitim alma durumu:

- Evet ()
- Hayır ()

19. Herhangi bir psikiyatrik rahatsızlığınız oldu mu?

- Evet ()
- Hayır ()

20. Var ise nedir: _____

Appendix E. The Golombok-Rust Inventory of Sexual Satisfaction

Erkek Soru Formu

	Hiçbir Zaman	Nadiren	Bazen	Çoğu Zaman	Her Zaman
1. Haftada iki defadan fazla cinsel birleşmede (...) bulunur musunuz?	(...)	(...)	(...)	(...)	(...)
2. Eşinize, cinsel ilişkinizle ilgili olarak nelerden hoşlanıp nelerden hoşlanmadığınızı söyleyebilir misiniz?	(...)	(...)	(...)	(...)	(...)
3. Cinsel yönden kolay uyarılır mısınız?	(...)	(...)	(...)	(...)	(...)
4. Cinsel ilişki sırasında boşalmak için henüz erken olduğunu düşünürseniz boşalmayı geciktirebilir misiniz?	(...)	(...)	(...)	(...)	(...)
5. Eşinizle olan cinsel yaşamınızı tekdüze (monoton) buluyor musunuz?	(...)	(...)	(...)	(...)	(...)
6. Eşinizin cinsel organına dokunup okşamaktan rahatsızlık duyar mısınız?	(...)	(...)	(...)	(...)	(...)
7. Eşinizin sizinle sevişmek istediğinde, tedirgin ve endişeli olur musunuz?	(...)	(...)	(...)	(...)	(...)
8. Cinsel organınızın, eşinizin cinsel organına girmesinden hoşlanmadığınızı sorar mısınız?	(...)	(...)	(...)	(...)	(...)
9. Eşinize, cinsel ilişkinizle ilgili nelerden hoşlanıp hoşlanmadığını sorar mısınız?	(...)	(...)	(...)	(...)	(...)
10. İlişki sırasında cinsel organınızın sertleşmediği olur mu?	(...)	(...)	(...)	(...)	(...)
11. Eşinizle olan cinsel ilişkinizde sevgi ve şefkatin eksik olduğunu hisseder misiniz?	(...)	(...)	(...)	(...)	(...)
12. Eşinizin, cinsel organınıza dokunup, okşamasından zevk alır mısınız?	(...)	(...)	(...)	(...)	(...)
13. Cinsel birleşme sırasında erken boşalmayı engelleyebilir misiniz?	(...)	(...)	(...)	(...)	(...)
14. Eşinizle sevişmekten kaçınır mısınız?	(...)	(...)	(...)	(...)	(...)
15. Eşinizle olan cinsel ilişkinizi tatminkâr					

- buluyor musunuz? (....) (....) (....) (....) (....)
16. Ön sevişme (öpme, okşama gibi) sırasında cinsel organınızın sertleştiği olur mu? (...) (....) (....) (....) (....)
17. Bir hafta boyunca cinsel ilişkide bulunmadığınız olur mu? (hastalık gibi nedenler dışında) (...) (....) (....) (....) (....)
18. Eşinizle karşılıklı mastürbasyon yapmaktan (kendinizi tatmin etmekten) zevk alır mısınız? (....) (....) (....) (....) (....)
19. Eşinizle sevişmek istediğinizde ilişkiyi siz başlatır mısınız? (....) (....) (....) (....) (....)
20. Eşinizin sizi sevip okşamasından hoşlanır mısınız? (....) (....) (....) (....) (....)
21. İstedığınız kadar sık cinsel ilişkide bulunur musunuz? (....) (....) (....) (....) (....)
22. Eşinizle sevişmeyi reddettiğiniz olur mu? (....) (....) (....) (....) (....)
23. Cinsel birleşme sırasında cinsel organınızın sertliğini kaybettiği olur mu? (....) (....) (....) (....) (....)
24. Cinsel organınız eşinizin cinsel organına girer girmez istemeden boşaldığınız olur mu? (...) (....) (....) (....) (....)
25. Eşinize sarılıp, vücudunu okşamaktan zevk alır mısınız? (....) (....) (....) (....) (....)
26. Cinsel yaşama karşı ilgisizlik duyar mısınız? (....) (....) (....) (....) (....)
27. Cinsel organınız eşinizin cinsel organına girmek üzereyken, istemeden boşaldığınız olur mu? (....) (....) (....) (....) (....)
28. Sevişme sırasında yaptıklarınızdan tiksinti duyar mısınız? (....) (....) (....) (....) (....)

Golombok-Rust Cinsel Doyum Ölçeği

Kadın Soru Formu

1. Cinsel yaşama karşı ilgisizlik duyar mısınız? (....) (....) (....) (....) (....)
2. Eşinize, cinsel ilişkinizle ilgili nelerden hoşlanıp, nelerden hoşlanmadığınızı sorar mısınız? (....) (....) (....) (....) (....)
3. Bir hafta boyunca cinsel ilişkide bulunmadığınız olur mu (adet günleri, hastalık gibi nedenler dışında) ? (....) (....) (....) (....) (....)
4. Cinsel yönden kolaylıkla uyarılır mısınız? (....) (....) (....) (....) (....)
5. Sizce, sizin ve eşinizin ön sevişmeye (öpme, okşama gibi) ayırdığınız zaman yeterli mi? (....) (....) (....) (....) (....)
6. Kendi cinsel organınızın, eşinizin cinsel organının giremeyeceği kadar dar olduğunu düşünür müsünüz? (....) (....) (....) (....) (....)
7. Eşinizle sevişmekten kaçınır mısınız? (....) (....) (....) (....) (....)
8. Cinsel ilişki sırasında doyuma (orgazma) ulaşır mısınız? (....) (....) (....) (....) (....)
9. Eşinize sarılıp, vücudunu okşamaktan zevk alır mısınız? (....) (....) (....) (....) (....)
10. Eşinizle olan cinsel ilişkinizi tatminkâr bulur musunuz? (....) (....) (....) (....) (....)
11. Gerekirse rahatlıkla ve acı duymaksızın, parmağınızı cinsel organınızın içine sokabilir misiniz? (....) (....) (....) (....) (....)
12. Eşinizin cinsel organına dokunup okşamaktan rahatsız olur musunuz? (....) (....) (....) (....) (....)
13. Eşiniz sizinle sevişmek istediğinde rahatsız olur musunuz? (....) (....) (....) (....) (....)
14. Sizin için doyuma (orgazm) ulaşmanın mümkün olmadığını düşünür müsünüz? (....) (....) (....) (....) (....)
15. Haftada iki defadan fazla cinsel birleşmede bulunur musunuz? (....) (....) (....) (....) (....)

16. Eşinize, cinsel ilişkinizle ilgili olarak, nelerden hoşlanıp hoşlanmadığınızı söyleyebilir misiniz? (....) (....) (....) (....) (....)
17. Eşinizin cinsel organı, sizin cinsel organınıza rahatsızlık vermeden girebilir mi? (....) (....) (....) (....) (....)
18. Eşinizle olan cinsel ilişkinizde sevgi ve şefkatin eksik olduğunu hisseder misiniz? (....) (....) (....) (....) (....)
19. Eşinizin, cinsel organınıza dokunup okşamamasından zevk alır mısınız? (....) (....) (....) (....) (....)
20. Eşinizle sevişmeyi reddettiğiniz olur mu? (....) (....) (....) (....) (....)
21. Ön sevişme sırasında eşiniz bızırınızı (klitoris) uyardığında doyuma (orgazma) ulaşır mısınız? (....) (....) (....) (....) (....)
22. Sevişme boyunca, sadece cinsel birleşme için ayrılan süre sizin için yeterli mi ? (....) (....) (....) (....) (....)
23. Sevişme sırasında yaptıklarınızdan tiksinti duyar mısınız? (....) (....) (....) (....) (....)
24. Kendi cinsel organınızın, eşinizin cinsel organının derine girmesini engelleyecek kadar dar olduğunu düşünür müsünüz? (....) (....) (....) (....) (....)
25. Eşinizin sizi sevip okşamasından hoşlanır mısınız? (....) (....) (....) (....) (....)
26. Sevişme sırasında cinsel organınızda ıslaklık olur mu? (....) (....) (....) (....) (....)
27. Cinsel birleşme anından hoşlanır mısınız? (....) (....) (....) (....) (....)
28. Cinsel birleşme anında doyuma (orgazma) ulaşır mısınız? (....) (....) (....) (....) (....)

Appendix F. The Revised Dyadic Adjustment Scale

Aşağıdaki konularda eşinizle anlaşıp anlaşamadığınızı ilgili kutucuğa (X) işareti koyarak belirtiniz.

		Hiçbir zaman anlaşamayız	Nadiren anlaşırız	Bazen anlaşırız	Oldukça sık anlaşırız	Çoğu zaman anlaşırız
1	Dini konular					
2	Muhabbet-sevgi gösterme					
3	Temel kararların alınması					
4	Cinsel yaşam					
5	Geleneksellik					
6	Mesleki kararlar					

Aşağıda eşinizle ve evliliğinizle ilgili bazı ifadeler yer almaktadır. Lütfen aşağıdaki ifadeleri okuyup size ne derece uygun olduğunu ilgili kutucuğa (X) işareti koyarak belirtiniz.

		Hiçbir zaman	Nadiren	Bazen	Oldukça sık	Çoğu zaman
7	İlişkinizi bitirmeyi ne sıklıkta tartışırsınız?					
8	Eşinizle ne sıklıkla münakaşa edersiniz?					
9	Evlendiğiniz için pişmanlık duyar mısınız?					
10	Ne sıklıkla birbirinizin sinirlenmesine neden olursunuz?					
11	Siz ve eşiniz ev dışı etkinliklerinizin ne kadarına birlikte katılırsınız?					
12	Ne sıklıkla teşvik edici fikir alışverişinde bulunursunuz?					
13	Ne sıklıkla bir iş üzerinde birlikte çalışırsınız?					

14	Ne sıklıkla bir şeyi sakince tartışsınız?					
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Appendix G. Relationship Stability Scale

I. İlişki Doyumu

Şu anki yakın ilişkinizi göz önüne alarak, aşağıdaki ifadelerden her birine ne derece katıldığınızı belirtiniz. Sorulardaki “Birlikte olduğunuz kişi” olarak “eşiniz” ifade edilmektedir.

1)

	Tamamen Yanlış	Oldukça Yanlış	Oldukça Doğru	Tamamıyla Doğru
a) Birlikte olduğum kişi, kişisel düşünceleri, sırları paylaşma gibi yakınlık gereksinimlerimi karşılıyor.				
b) Birlikte olduğum kişi beraberce bir şeyler yapma, beraber olmaktan keyif alma gibi arkadaşlık gereksinimlerimi karşılıyor.				
c) Birlikte olduğum kişi el ele tutuşma, öpüşme gibi cinsel gereksinimlerimi karşılıyor.				
d) Birlikte olduğum kişi istikrarlı bir ilişki içinde güvende ve rahat hissetme gereksinimlerimi karşılıyor.				
e) Birlikte olduğum kişi duygusal olarak bağlı hissetme, o iyi hissettiğinde kendimi iyi hissetmem gibi gereksinimlerimi karşılıyor.				

2) İlişkimiz benim için doyum verici.

1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

3) İlişkim başkalarının ilişkilerinden çok daha iyi.

1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

4) İlişkim ideal bir ilişkiye yakındır.

1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

5) İlişkimiz beni çok mutlu ediyor.
1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

6) İlişkimiz yakınlık, arkadaşlık vb. gereksinimlerimi karşılama açısından başarılı.
1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

II. Seçeneklerin Niteliğini Değerlendirme

Lütfen bir başkasıyla beraber olduğunuzu varsayın ve sizce bu kişi gereksinimleriniz ne oranda karşılandı, tahminlerinizi göz önüne alarak aşağıdaki ifadelerin her birine ne derece katıldığınızı belirtiniz.

1)

	Tamamen Yanlış	Oldukça Yanlış	Oldukça Doğru	Tamamıyla Doğru
a) Kişisel düşünceleri, sırları paylaşma gibi yakınlık gereksinimlerim bir başkasıyla beraber olsam da karşılanabilir.				
b) Birlikte bir şeyler yapma, birbirinin varlığından keyif alma gibi arkadaşlık gereksinimlerim bir başkasıyla beraber olsam da karşılanabilir.				
c) El ele tutuşma, öpüşme gibi cinsel gereksinimlerim bir başkasıyla beraber olsam da karşılanabilir.				
d) İstikrarlı bir ilişkide güvende ve rahat hissetme gereksinimlerim bir başkasıyla beraber olsam da karşılanabilir.				
e) Duygusal olarak bağlanmış hissetme, bir başkası iyi hissettiğinde iyi hissetme gibi duygusal bağlılık gereksinimlerim bir başkasıyla beraber olsam da karşılanabilir.				

- 2) Birlikte olduğum kişi dışında bana çok çekici gelen insanlar var.
1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru
- 3) Bir başkasıyla flört etme, kendi kendime ya da arkadaşlarımla zaman geçirmek gibi seçeneklerim de var.
1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru
- 4) Birlikte olduğum kişiyle çıkmıyor olsaydım, bir şey değişmezdi- çekici bir başka kişi bulabilirdim.
1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru
- 5) Bir başkasıyla flört etme, kendi kendime ya da arkadaşlarımla zaman geçirmek bana oldukça çekici geliyor.
1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru
- 6) Yakınlık, arkadaşlık gibi gereksinimlerim bir başka ilişkide de kolaylıkla karşılanabilir.
1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

III. İlişki Yatırımı

Şu andaki ilişkinizi göz önüne alarak, aşağıdaki ifadelerin her birine ne derecede katıldığınızı belirtiniz.

1)

	Tamamen Yanlış	Oldukça Yanlış	Oldukça Doğru	Tamamıyla Doğru
a) İlişkimiz için çok fazla yatırım yaptım.				
b) Birlikte olduğum kişiye, sırlarım gibi pek çok özel şey anlatmaktayım.				
c) Birlikte olduğum kişi ve ben birlikte, yeri doldurulması güç bir entelektüel yaşama sahibiz.				
d) Bireysel kimlik duygum yani kim olduğum birlikte olduğum kişi ve ilişkimizle bağlantılı.				
e) Birlikte olduğum kişi ve ben pek çok anıyı paylaşıyoruz.				

2) İlişkimize öyle çok yatırım yaptım ki, eğer bu ilişki sona erecek olursa çok şey kaybetmiş olurum.

1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

3) Boş zaman etkinlikleri gibi yaşamımın pek çok yönü, şu anda birlikte olduğum kişiye çok fazla bağlı ve eğer ayrılacak olursak bunların hepsini kaybederim.

1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

4) İlişkimize çok fazla bağılandığımı ve bu ilişkiye çok şey verdiğimi hissediyorum.

1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

5) Birlikte olduğum kişiyle ayrılmamız, aile ve arkadaşarımla olan ilişkilerimi olumsuz etkiler.

1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru

6) Başkalarının ilişkileriyle karşılaştırılırsa, ben ilişkiye oldukça fazla yatırım yapmaktayım.

1 2 3 4 5 6 7 8 9
Tamamen yanlış Tamamıyla doğru