THE MEDIATING ROLE OF BASIC PSYCHOLOGICAL NEEDS IN RELATION TO PARENT EMERGING ADULT RELATIONSHIP QUALITY AND EMERGING ADULT'S FUNCTIONING

ESRA YAVUZ

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ABSTRACT

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Yavuz, Esra

Master's Program in Clinical Psychology

Advisor: Asst. Prof. Dr. Aylin Koçak

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Research provides that close relationships profoundly impact the emerging adults' functioning. Guided by self-determination framework, the current study aimed to investigate the mediating roles of basic psychological need satisfaction and frustration

in the relation between perceived parent-emerging adult relationship quality and emerging adult's functioning. The sample consisted of 422 Turkish emerging adults aged 18-29 (M_{age} = 22.97, SD = 2.94; 58.3% of them were females). Demographic Information Questionnaire, Quality of Parent-Adolescent Relationship Scale, Basic Psychological Need satisfaction and Frustration Scale, Satisfaction with Life Scale, Acceptance and Action Questionnaire (II) were used. Findings suggested that mother- and father-emerging adult relationship quality significantly associated with emerging adults' functioning. Moreover, need satisfaction and need frustration significantly mediated the relationship between emerging adults' functioning, mother-emerging adult relationship quality, and father-emerging adult relationship quality. Results, limitations, strengths, and implications of the current study were discussed in the light of the current literature, and suggestions for future studies were presented.

Keywords: Self-determination theory, Basic psychological needs, Need satisfaction, Need frustration, Parent-emerging adult relationship quality, Emerging adults' functioning

ÖZET

BELİREN YETİŞKİN-EBEVEYN İLİŞKİ NİTELİĞİ VE BELİREN YETİŞKİNİN İŞLEVSELLİĞİ ARASINDAKİ İLİŞKİDE TEMEL PSİKOLOJİK İHTİYAÇLARIN ARACI ROLÜ

Yavuz, Esra

Klinik Psikoloji Yüksek Lisans Programı

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Araştırmalar, yakın ilişkilerin ortaya çıkan yetişkinlerin işlevselliğini derinden etkilediğini göstermektedir. Kendini belirleme kuramı bağlamında bu çalışmada, algılanan ebeveyn-beliren yetişkin ilişki niteliği ile beliren yetişkinin işlevselliği arasındaki ilişkide temel psikolojik ihtiyaçların doyumu ve engellenmesinin aracı

rollerinin araştırılması amaçlanmıştır. Örneklem 18-29 yaşlar arasındaki 422 Türk beliren yetişkinden Ort$_{yaş}$ = 22.97, S = 2.94; %58,3'ü kadın) oluşmuştur. Demografik Bilgi Formu, Ebeveyn-Ergen İlişkisi Niteliği Ölçeği, Temel Psikolojik İhtiyaçların Doyumu ve Engellenmesi Ölçeği, Yaşam Doyumu Ölçeği, Kabul ve Eylem Formu (II) kullanılmıştır. Bulgular, anne ve babanın beliren yetişkinle olan ilişkisinin niteliğinin, beliren yetişkinlerin işlevselliği ile ilişkili olduğunu göstermiştir. Ayrıca hem ihtiyaç doyumu hem de ihtiyaçların engellenmesi, beliren yetişkinlerin işlevselliği ile anne- ve babanın beliren yetişkinle olan ilişkisinin niteliği arasındaki ilişkiye aracılık etmiştir. Mevcut çalışmanın sonuçları, sınırlılıkları, güçlü yönleri ve çıkarımları güncel alan yazını ışığında tartışılmış ve gelecek çalışmalar için öneriler sunulmuştur.

Anahtar Kelimeler: Kendini belirleme kuramı, Temel psikolojik ihtiyaçlar, İhtiyaç doyumu, İhtiyaçların engellenmesi, Ebeveyn-beliren yetişkin ilişki niteliği, Beliren yetişkinin işlevselliği

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CHAPTER 1: INTRODUCTION

Emerging adulthood, which is the transition period between adolescence and young adulthood, brings several challenges to the individuals' life (Arnett, 2014). Their efforts to explore their identities and consider new possibilities as well as managing emotions might create long-lasting impact on individual's psychological health (Arnett, 2000). In other words, transitions during emerging adulthood are vital turning points for adjustment and well-being (Fosco, Caruthers, and Dishion, 2010). With all these novelties and changes, this transition-focused developmental period presents a new status quo for the relationship between emerging adults and their parents. In family relationships, parents have closely linked to the impact on emerging adults' developmental trajectories and life chances (Aquilino, 2006). Parents are essential for their emerging adult child to thrive. Previous research showed that the optimal parent-emerging adult relationship, which includes open communication for both parties, where an emerging adult is emotionally supported for developing an autonomous self by their parents is essential. In addition, a positive and supportive relationship with parents displayed a buffering effect on the risk-taking behaviors of emerging adults (Padilla- Walker, Memmott-Elison, and Nelson, 2017). Moreover, the quality of parent-child relationships is a meaningful predictor of how emerging adults face these transitions and adjustments (Fitzke et al., 2021).

Research showed that parental support might enhance emerging adults' functioning such as life satisfaction (Fingerman et al., 2012). Moreover, the close and intimate parent-emerging adult relationship might affect emerging adults' perceived competence, adjustment, and well-being (Koepke, and Denissen, 2012). On the other hand, the negative relationship, which has higher hostility and more conflict between parent-emerging adults, might impress emerging adults' functioning in a harmful way, such as emerging adults who report their parents' controlling and conflictual struggle in coping with their problems and decreased functioning (Nelson et al., 2015).

Self-determination theory (SDT) offers that all humans have the potential to grow and flourish while also having vulnerabilities and pathological functioning (Vansteenkiste, and Ryan, 2013). These researchers argue that satisfaction or frustration of basic psychological needs (autonomy, relatedness, and competence) are significant unifying and discrete mechanisms for exploring how an individual's path will proceed. In other

words, satisfaction and frustration of basic psychological needs might clarify and determine the bright or dark side of human functioning (Ryan, and Deci, 2000a). SDT argues whether organisms will reach their potential and enhance their well-being in specific conditions and contexts or not. Close relationships such as parent-child relationships are substantial contexts of whether they facilitate satisfaction and well-being and increase functioning. Although previous research focused on parent-emerging adult relationships from different domains, there is not much research on how parent-children relationship quality influences emerging adults' functioning utilizing self-determination theory lens. Therefore, this study aimed to test the association between parent-emerging adult relationship and emerging adult's functioning with the mediating role of basic psychological needs fulfillment and frustration.

The following parts will describe study variables which are parent-emerging adult relationship quality (i.e., positive, and negative) from various theoretical backgrounds like family systems approach and attachment theory perspective, basic psychological need satisfaction and frustration through self-determination theory perspective. Moreover, emerging adult's functioning has been defined over life satisfaction and psychological inflexibility. Besides, the relation between these variables will be discussed. Lastly, the current study's aim and hypotheses will be explained.

1.1. Parent-Emerging Adult Relationship Quality

Close and caring relationships are linked to well-being and functioning at all stages in the life span (Feeney, and Collins, 2015). In addition, positive interpersonal relationships contribute to physical and psychological well-being (Ryff, and Keyes, 1985). People with good quality relationships with their families report high levels of enjoyment and happiness in their life than people who declare average quality relationships with their families (Diener, and Seligman, 2002). Enhancement of social relationships might influence subjective well-being (experiencing positive affect and augmenting life satisfaction) (Tay, and Diener, 2011). In addition to that, close relationships give a chance to flourish in life. Individuals who encounter fulfilled relationships have more resources for interpersonal functioning and are more personally dedicated, purposeful, and persistent in maintaining relationships with

others (La Guardia et al., 2007). In this context, positive family relationships are considered a critical component in fostering flourishing (VanderWeele et al., 2017). More specifically, the parent-child relationship is critical for a child's healthy development and functioning over the life span (Ranson, and Urichuk, 2008). According to the attachment theory, a bond between parent and child gives secure base (Bowlby, 1988). The positive quality care and support that parents provide for the child provides a safe haven to face challenges (Cummings, 2022). Moreover, a warm, secure, and sensitive relationship between the caregiver as parent and child ensures the child's an opportunity to explore the environment to help to become competent and autonomous. In other words, a good quality relationship with parents in which a child's psychological needs are met is vital for the child in every developmental trajectory. Previous studies in childhood indicated that parent-child relationships and interactions profoundly impact a child's externalizing or internalizing problems (Umberson, and Thoomer, 2020). Moreover, all these dynamics continue to fluctuate during adolescence period. The quality of the parent-child relationships remains significant for the later period of life (Hair et al., 2007).

Regarding emerging adulthood, the parent-child relationship still maintains its importance. Moreover, the relationship between parent-emerging adults has entered a new transition period with various dynamics (Arnett, 2014; Fingerman et al., 2013). A family systems perspective offers that emerging adults have binary needs during emerging adulthood to promote differentiation and independence connected with a need for constant connection and relatedness with the family (Bowen, 1978; Minuchin, 1974). Thus, the quality of family relationships during emerging adulthood is prognostic of stress and adjustment during the feeling betweenness of emerging adulthood (Arnett, 2001). Various subjects have investigated how these changing dynamics and intergenerational ties affect the child's functioning in diverse aspects. As mentioned before, the parent-child relationship is a persistent, lasting, and prominent relationship form (Tishe et al., 2016). It consists of ambivalence that exists on both negative and positive sides. Due to the complexity of the parent-child relationships and their significant effect on different aspects of functioning, this study used both positive and negative elements to measure the relationship quality as an operational definition.

1.1.1. Positive Parent-Emerging Adult Relationship Quality

As stated above, parent-child relationships retain their significance in the emerging adulthood period. Emerging adults take advantage of continued positive parent-child relationship quality within changing developmental challenges and instabilities in emerging adulthood (Fitzke et al., 2021). Even though relational changes in the parent-child relationship might be intricated, well-adjusted emerging adults sustain the trend of unique, positive relationships with their parents (Arnett, 2000). This study wanted to examine positive relationship quality including disclosure, closeness, satisfaction as perceived by emerging adults (Wissink et al., 2006).

Child disclosure and parent-child closeness, parent-child relationship satisfaction are three main dimensions of the positive parent-emerging adult relationship quality. Firstly, child disclosure is defined as if children are keen to share information about various facets of life with parents; it might seem like a way that children benefit from this action to gain intimacy (Son, and Padilla-Walker, 2021). Particularly, disclosure has been positively associated with intimacy and relationship satisfaction (Greene, Derlega, and Mathews, 2006). Furthermore, when emerging adults give a chance to their parents to involve in their lives might increase emerging adults' perspective of positive relationship quality (Jiang et al., 2017). Disclosure may increase closeness in the parent-child relationship (Miller, and Lane, 1991). Alike, parents whose children in emerging adulthood share pieces of information might result from a close parent-child relationship (Padilla- Walker et al., 2008). The association between disclosure and closeness might be seen as bidirectional; both create a positive parent-child relationship. Moreover, self-disclosure is associated with well-being and functioning (Schrodt, and Afifi, 2018).

Else, the gender of the parent plays a vital element that influences disclosure. In the study by Son, and Padilla-Walker (2018), they found that the level of disclosure to fathers for self-routine is lower compared to disclosure to mothers. Also, emerging adults who inform their mothers about their activities might behave less risky (Urry et al., 2011). For this purpose, this study wanted to focus on how disclosure affects the quality of the relationship. Starting from this, in this study, it is expected that parents' gender differences might affect emerging adults' disclosure; and the quality of the

parent-emerging adult relationship, therefore the emerging adult's functioning dimensions from well-being to ill-being.

Secondly, parent-child closeness is also influential in determining parent-child relationship quality. Closeness is considered and accepted as one of the primary ingredients of the positive relationship between the parent-child. More specifically, closeness is also associated with intimacy, parental warmth and support (Tim, and Torquati, 2020). The positive association between close parent-child relationships and child's well-being showed across different developmental stages (King et al., 2018). The perceived parent-adolescent decreased closeness, and adolescent depressive symptoms are negatively associated (Branje et al., 2010). In emerging adulthood, gaining autonomy and separation from one's origin and the family to continue developing a sense of identity is one of the central facets of this life course (Arnett, 2014). In this regard, emerging adult children might utilize parental closeness and support to face these challenges and increase their well-being (Aquilino, 2006). The closeness with parents enhances perceived success in emerging adulthood and educational achievement (Johnson, and Benson, 2012; Musick, and Meier, 2012). The close relationship between emerging adults and parents displays a secure attachment base, a higher level of perceived self-worth and adjustment, lower level of depression symptoms (Kenny, and Sirin, 2006).

Moreover, Fingerman et al., (2012), conducted with parents and their children, found that parental support is associated with a child's life satisfaction. The study, which compares Israeli and German university students, found that parents' emotional closeness and child's frequency of receiving advice are significantly positively related. Also, they found positive associations between emotional closeness with both parents and child's subjective well-being in different countries and cultures (Tur et al., 2018). Musick, and Meier (2012) contributed prior findings. They found that being close to both parents is the most healthy and optimal outcome. Over and above, being close to mothers protect the child from having lower levels of well-being. The relationship between father regard in the father-emerging adult relationship and depression is insignificant (Renk et al., 2005). On the other hand, fathers are more likely to detect distress signals in their relationship (Martha, 1997). These findings might seem to contradict each other. However, fathering during emerging adulthood is understudied (Lindell et al., 2021). With all this known, this study proposed that both parents draw

a profile of unique relationship quality, and it should investigate how these differences influence emerging adults' functioning.

Parent-emerging adult relationship satisfaction is the third component of relationship quality. There are several studies indicates that high relationship satisfaction levels are positively associated with relationship quality for both parties (Amato, 1994; Videon, 2005). Also, a study done with 159 young adult-father dyads showed that young adults exhibited fathers who are supportive and interested considered a most satisfying parent-child relationship (Martin, and Anderson, 2009). Besides, children who feel satisfied and close to their parents reported a lower level of floundering and higher levels of flourishing (Nelson, and Padilla-Walker, 2013). Although these studies pointed to the significant positive connection between relationship satisfaction and positive relationship quality among parent-child, it is required to more future studies for comprehensive understanding.

To conclude, as it is understood from current literature, emerging adult disclosure to parents, parent-emerging adult closeness, and parent-emerging adult relationship satisfaction are essential components of positive parent-emerging adult relationship quality, which plays a significant role on emerging adult's functioning, subjective and psychological well-being in emerging adulthood. In the next section, the other side of the coin, that is negative relationship quality, will be mentioned.

1.1.2 Negative Parent-Emerging Adult Relationship Quality

The parent-emerging adult conflict and parent-emerging adult hostility are conceptualized as two main components of negative relationship quality. Conflict might be defined as reciprocal discordance; however, the conflict between parent and child is more than disagreement (Hall, 1987). The parent-child conflict has been considered negatively with well-being and functioning in studies ranging from childhood to adolescence, adolescence to emerging adulthood (Reed et al., 2015).

Conflictual relationship quality contributed to a decrease in self-esteem (Baldwin, and Hoffmann, 2002). Moreover, conflict is seen as a basis for psychological distress and an increased likelihood of children's performing risk behaviors (Lui, 2015). To illustrate, Aria et al., (2009) found that higher levels of perceived parent-child conflict

with each parent augmented the possibility of suicide ideation in 18-25 years old. Expressed anger and fluctuations in depression are related to the greater levels of conflict (Galambos et al., 2006). Moreover, research showed that changing levels of social support in negative relationship quality influence emerging adulthood's well-being (Locke et al., 2011). Besides, conflictual relationship quality renders particular types of internalizing and externalizing problems (Mckinney and Franz, 2018). Burt et al., (2003) stated that a parent-child conflict claims parent-child conflict shared a moderate relationship with oppositional defiant disorder. Further, emerging adults who are psychologically controlled and have a high conflictual relationship with their parents reported higher levels of problematic coping and lower levels of self-worth by comparison to higher levels of intimate and warm parent-emerging adult relationship with their parents (Segrin et al., 2015; Nelson et al., 2011). Besides, parent-child conflict might represent an area with increasing demand for withdrawal behaviors reflected as detrimental and destructive to emerging adults' functioning (Reznik et al., 2015). In light of all this information, it is urged that the effect of perceived conflict regarding mothers and fathers evaluated by emerging adults on their functioning is essential.

Parent-child hostility is another essential ingredient for negative parent-emerging adult relationship quality. It is known that severe and prolonged hostile relations with parents are associated with worse psychosocial functioning during late adolescence and young adulthood (Hoeve et al., 2007). The violent and hostile relationship quality with parents is related to an increased risk of acting in delinquency behaviors during late adolescence and young adult age (Smith, Thornberry, and Ireland, 2005). Also, hostile adolescent-parent behavior counted as a predictor of adolescents' later aggression problems, especially in the transition to adulthood (Fosco, Lippold, and Feinberg, 2014). Moreover, the hostile interactions with parents have also played a role in depressive problems in emerging adulthood (Thornberry, Ireland, and Smith, 2001). Reinherz et al., (2003) found that hostile and disruptive parent-child relationships are closely associated with internalizing problems. From that point, it is observable that a negative parent-child relationship might have harmful consequences child's functioning. Further, there are several differences in parents' gender and its contribution to hostile conflictual relationships and a child's well-being. For example, a meta-analysis encompassed thirty-five studies from sixteen countries and 13.406

children revealed that perceived maternal hostility has significantly countered paternal hostility regarding children's maladjustment globally (Khaleque, 2016).

In conclusion, the literature acclaimed that conflictual and hostile relationships are fundamental components of negative relationship quality with parents, which has a vital part of an emerging adult's ill-being.

Although the relationship between parent-emerging adult relationship quality and emerging adult's well/ill-being has been previously measured (Birditt, Fingerman and Zarit, 2010) parent-child relationship quality has not been measured both for mothers and fathers, (Lindell, Campione-Barr, and Killoren, 2017). Both positive and negative dimensions of parent-child relationship quality have not been tested, and most importantly; the role of possible intervening mechanism has not been examined from the self-determination theory perspective (Bartholomew et al., 2011; Vansteenkiste, and Ryan, 2013). Therefore, in the next section, the role of satisfaction and frustration of basic needs as possible intervening mechanisms will be introduced through the lens of self-determination theory.

1.2 **Self-Determination Theory (SDT)**

Self-determination theory is an organismic and dialectical theory of human behavior and motivation (Ryan and Deci, 2017). The theory stress types of motivation rather than the amount of motivation. These specific types of autonomous, controlled motivation are predictors of functioning outcomes on an empirical base. Alongside, SDT is a psychological theory inquiring about how intrinsic and external factors facilitate autonomous, self-motivated, and enhanced self-regulated individuals (Ryan, and Deci, 2000b). SDT consisted of six mini theories reflected in different domains of applied areas. The basic psychological needs theory is one of the six mini theories. It primarily focuses on how environmental and social elements support or thwart people's growth and development by satisfying their basic psychological needs namely the need for autonomy, relatedness, and competence. The focal point emphasizes the diversity of social conditions that promote or impede human flourishing in the basic psychological needs theory (Ryan, and Deci, 2004).

1.2.1 Basic Psychological Needs satisfaction and Frustration

According to Self Determination Theory, humans are proactive organisms that respond and shape to their social conditions; all humans have the potential to grow and have vulnerabilities for defensive functioning (Ryan, and Deci, 2017). Moreover, the SDT framework offers that one underlying unified principle might explain healthy propensities to flourish, well-being, and fragilities to ill-being as the scope of functioning. Need satisfaction and frustration considerably clarify the "dark" and "bright" sides of people's functioning (Ryan, and Deci, 2000a). Framed elementally, the satisfaction and frustration of the psychological needs for autonomy, competence, and relatedness might be essential instruments for filling the gap in optimal and non-optimal human functioning (Deci and Vansteenkiste, 2004).

Although humans have an inherent capacity to grow more coherent, self-organized functioning, it does not occur automatically. The basic psychological needs for autonomy, relatedness, and competence will nourish this capacity (Vansteenkiste, and Ryan, 2013). In short, autonomy infers to experiencing volitionally; moreover, acting, feeling, and thinking in a self-endorsed way (Koestner, and Holding, 2021). Relatedness distinguishes sharing care and closeness with others (Ryan, 1995). Competence indicates contacting self-effectiveness and proficiency (Ryan, and Deci, 2017).

1.2.2 Need Satisfaction and Life Satisfaction

As stated previously, need-supportive social contexts satisfy the needs that encourage intrinsically motivated actions (Vansteenkiste, and Ryan, 2013). Moreover, the satisfaction of the psychological needs is associated with higher well-being and positive outcomes (Chen et al., 2015; Patrick et al., 2007). All three needs had significant part in individual's well or ill-being; or functioning as umbrella term, through need satisfaction and need frustration in different domains of life. To illustrate, autonomy in adolescent is closely associated with life satisfaction, relational well-being (Mabbe et al., 2018). Also, higher levels of satisfaction autonomy, competence and relatedness is increased vitality and decreased anxiety in workplace (Baard, Deci, and Ryan, 2004). Further, a study with university students aimed to examine the satisfaction of autonomy and competence and well- being in daily measures found that both need satisfaction related to increment in vitality and positive affect (Sheldon,

Ryan, and Reis, 1996). Reis et al., (2000) enclosed relatedness satisfaction in daily measures and found that participants felt happier and healthier.

There are lots of research has shown the need fulfillment with parents and their positive outcomes for individuals. To illustrate, another study done in Turkey with 14-16 aged adolescence exhibited that each parent has a unique contribution to adolescent wellness, such as life satisfaction and problem-solving skills. It has been found that both mothers and fathers play a significant part in gratifying adolescent life satisfaction through psychological need satisfaction (Dost-Gozkan, 2020). Further, a recent meta-analysis included 36 studies and examined the relationship between parental autonomy support and positive child outcomes and found that higher perceived competence, better psychological health, and intrinsic motivation (Vasquez et al., 2016).

This study proposed a multidimensional approach to conceptualize well-being rather than only subjective well-being, concentrating on positive affect, absence of negative affect, and evaluations of people's lives (Diener et al., 2016). It is presumed that basic psychological need satisfaction might be a pivotal point in determining optimal functioning in the current study.

1.2.3 Life Satisfaction

Life satisfaction denotes the cognitive determination a people make about their life in several domains (Diener, 1985). Besides, life satisfaction is one of the amplest constructs for assessing well-being (Helliwell et., 2013). Previous literature demonstrated that while life satisfaction brings a brighter sense of wellness, this impact is reflected in individuals' physical, psychological, and economical ways. For example, people with higher life satisfaction have a better immune system and live longer than people with lower life satisfaction (Lyubomirsky, King, and Diener, 2005; Diener et al., 2017). Also, they have better conflict management skills; and higher academic and job satisfaction (Diener, and Tay, 2012). Moreover, people with higher life satisfaction reported more gratitude, personal strengths, and positive experiences in life (Emmons, and McCullough, 2003).

Furthermore, the relationship between social relationships and life satisfaction is reciprocal. Supportive, flattering social relationships are vital for healthy functioning and life satisfaction; likewise, the quality of the relationships plays an essential role in

promoting well-being (Diener, and Seligman, 2004). At this point, it is crucial to notice that there is no oversimplified relationship understanding between social relationships and well-being and functioning; this study aims to learn how particular relationship types and mediators influence functioning in different ways.

According to SDT, life satisfaction is considered one of the most fundamental characteristics of thriving. It is supposed that autonomy, competence, and relatedness are prominent sources of feeling fulfilled. Previous studies showed that all three-need satisfaction and frustration is closely associated with the well-being as life satisfaction. For example, Leversen et al., (2012) pointed that relatedness and competence satisfaction were beneficial for adolescent's life satisfaction levels. Additionally, Niemiec et al., (2006) found that positive parent child relationships related to psychological need satisfaction and life satisfaction. In the parent-child relationship quality context, life satisfaction is deemed a key component of adolescents' well-being (Helliwell, and Barrington-Leigh, 2010). In a longitudinal study conducted between in 2002 and 2010 in Spain found that relationship, including open disclosure with the father, is significantly associated with adolescents' increased life satisfaction (Iglesias, Moya, and Moreno, 2017). A multicultural study conducted with 3099 individuals found that components of well-being is significantly predicted by perceived supportive relationship quality from family regarded as positive relationship quality (Brannan et al., 2012). Moreover, life satisfaction has prominent role on emerging adulthood period. Emerging adults with lower life satisfaction has lower levels of self-esteem and higher levels of depression and taking risky behaviors such as substance use (Valois et al., 2001). Supportive and close relationships from parents associated with the high life satisfaction during emerging adulthood (Proctor et al., 2008). In line with previous findings, SDT offers that people who felt more satisfaction of three needs in their close relationships felt more psychological well-being and life satisfaction (Reis et al., 2000). Patrick et al., (2007) suggested that higher quality relationships which includes self-expression, attachment security facilitate positive relationship quality and satisfaction of three basic psychological needs for autonomy, relatedness and competence to contribute need supportive environment. Moreover, the positive parent-emerging adult relationships might decrease frequency of conflicts between the parent-emerging adult. The positive quality of this relationship might allow warmth and support which might associated with autonomy satisfaction (Kim, 2006). On the other

hand, conflictual and controlled relationship quality between parent-emerging adult might hinder emerging adult's autonomy (Gao et al., 2022).

Although the process through complex for determining which parents actually contribute to children's functioning in different dimensions, positive relationships with the parents in the transition-focused period for emerging adult children might be viewed as a need for support for their well-being and opportunities to grow. Thus, the study wanted to explore each parent's contributions to emerging adult's life satisfaction via basic psychological needs.

1.3 Need Frustration and Psychological Inflexibility

Some SDT scholars consider need satisfaction and need frustration as two opposite sides of the same continuum (Ryan, and Deci, 2000; Bide et al., 2014). On the other hand, some SDT scholars presented a viewpoint in which experiencing need frustration is different from the absence of need satisfaction (Ryan, Vansteenkiste, and Soenens, 2021). With all this known, the current study focused on the latter. In other words, this study's perspective includes two separate conceptualizations. Need frustration includes the dynamic threat to autonomy, competence, and relatedness (Ryan, and Deci, 2017). The asymmetrical relation of need satisfaction and need frustration demonstrated that the absence of need satisfaction primarily does not assume need frustration; on the other hand, the need frustration marks an absence of need satisfaction (Vansteenkiste, and Ryan, 2013). Further, SDT presumes that while needs are hindered by need thwarting social contexts, individuals generally exhibit greater ill-being (Deci, and Ryan, 2000). To illustrate, relatedness frustration might bring loneliness; competence frustration relates to a sense of inefficacy and failure. In addition, the frustration of autonomy declared experiencing conflict and control (La Guardia et al., 2008). The frustration of a path from well-being to ill-being is a complex continuum that includes many constructs. In this study, ill-being is approached as psychological inflexibility. Moreover, functioning conceptualized to encompass both terms.

1.3.1 Psychological Inflexibility

Psychological inflexibility is a pattern in which one's thoughts excessively control behavior and feeling or avoid these experiences (Levin et al., 2014). It requires a dynamic process for interacting with the environment. The concept is associated with

psychological impairment and decreased life quality (Bond et al., 2011) and various psychological disorders (Hayes et al., 2006). Social contexts thwart the individual's basic needs, thus boosting vulnerabilities and potentiating psychopathology (Ryan, and Deci, 2017). The working mechanisms of psychological inflexibility and SDT's perspective for autonomy disturbances are parallel (Ryan, 2021). SDT posits that when autonomy is obstructed or controlled by need thwarting contexts, people's experience is controlled and compelled (Ryan et al., 2006). Therefore, in the light of previous research, it might be appropriate to use psychological inflexibility as an ill-being contrast.

Previous research showed that conflictual and negative parent-child relationships have a role in a child's ill-being and defensive coping. For example, a study of 152 young adults found that destructive conflict communication with their mother and father is associated with the young adult's cognitive inflexibility level (Curran, Worwood, and Smart, 2019). Moreover, the opposite of autonomy-supportive, a more controlled, disrupted relationship with the parent, includes not taking each other perspectives and not providing support for expression and self-endorsement, which might be correlated with a rigid avoidance perspective of psychological inflexibility (Ryan, et. al, 2006). A longitudinal study conducted with adolescence supported this argument with similar results. This study found that showing controlled parenting longitudinally related to psychological inflexibility among older adolescents (Williams, Ciarrochi, and Heaven, 2012), which might be predicted in psychological distress and decreased well-being in emerging adulthood. Emerging adults whose relationship with their parents is unavailable, unresponsive, and highly criticized might have a decreased sense of wellness and high avoidance coping (Rosenthal et al., 2006).

To summarize, the relationship between negative parent-child relationship quality and psychological inflexibility as strict avoidance of excessive control patterns is evident. Besides, psychological inflexibility as a maladaptive, ill-being construct is observable (Howell and Demuynck, 2020). Nonetheless, there are few studies about specific paths for relationship qualities and ill-being instruments. The need frustration mechanism by concentrating on how the prevention of universal psychological needs appears as ill-being. It might represent the costs and disadvantages of an individual's prevented

current situation. Additionally, it is aimed to explore possible ill-being mechanisms in this study by focusing need frustration.

1.4 The aim of the study

As stated before, the link between close relationships and the functioning in every developmental stage is unquestionable. However, relationships and qualities that facilitate specific pathways to full-functioning and ill-being are understudied (Feeney, and Collins, 2015). Emerging adulthood is one of the developmental stages and has a significant impact on the functionality and mental health of individuals living in this period, due to the new complexities, feelings in between, and being far from stability. While most studies in the literature have looked at emerging adults' relationships with close friends and romantic partners, family relationships, more specifically, the impact of individual parent-emerging adult relationship characteristics on the life of emerging adults has been somewhat overlooked. Whereas limited number of studies exhibit the importance of family relationships in emerging adults' flourishing (Padilla- Walker, and Nelson, 2013). However, there are few studies investigating relationship quality and ambivalence of emerging adults' experience with their parents. Therefore, in this study, we firstly deemed to comprehend how both positive and negative quality of relationships with mother and father play a role in emerging adults' functioning.

Moreover, guided by the self-determination theory (Ryan, and Deci, 2000), the basic psychological needs (i.e., relatedness, competence, and autonomy) might mediate relationship between parent-emerging adult relationship and emerging adult's functioning. Self-determination theory might provide specific pathway to understand how parent emerging adult relationship characteristics influence emerging adults' functioning through basic psychological needs. Further, it might show possible distinguishing mechanisms that explain growth and vulnerability in a unifying principle (Vansteenkiste, and Ryan 2013). Previous studies concentrated on positive relationship qualities (closeness, satisfaction, and disclosure) associated with need supportive environments and well-being; negative relationship qualities (conflict, and hostility) associated with need thwarting environments and ill-being. Nonetheless, no sufficient studies consider all these factors in the same model. Also, few studies focused on how need supportive environments influence ill-being or how need-thwarting settings affect well-being. The current study focused on two distinct

constructs for well-being and ill-being for functioning based on darker-brighter path assumption that Self- Determination Theory enables. In this study, we focused on two distinct factors such as well-being and ill-being based on life satisfaction which is conceptualized as a separate construct characterizing a cognitive evaluation of the quality of one's life as an entire (Pavont ,and Diener, 1993) well-being measure, and psychological inflexibility (Howell, and Demuynck, 2021; Stenhoff et al., 2020), which is conceptualized as unwillingness to be in contact with primarily negative-senses, emotions, thoughts, and attempts count as ill-being. This study aimed to extends the current understanding of parent-child relationship quality, ranging from positive to negative in emerging adults' well-being and ill-being. Accordingly, the study examines the different relationship qualities of each parent to an emerging adult functioning in terms of well-being and ill-being.

1.5 Hypotheses of the study

H_1: It was hypothesized that positive mother-emerging adult and father-emerging adult relationship quality would be related positively to life satisfaction and negatively to psychological inflexibility. It was expected that individuals with higher levels of positive relationship quality with both parents would report more satisfaction with life and less psychological inflexibility.

H_2: It was hypothesized that negative mother-emerging adult and father-emerging adult relationship quality would be related negatively to life satisfaction and positively to psychological inflexibility. More specifically, individuals with higher levels of negative relationship quality with both parents would report less life satisfaction and more psychological inflexibility.

H_3: It was hypothesized that positive mother-emerging adult and father-emerging adult relationship quality would be related positively to need satisfaction and negatively to need frustration. Specifically, participants who reported higher levels of positive relationship with both of their parents would report more need satisfaction and less need frustration.

H_4: It was hypothesized that negative mother-emerging adult and father-emerging adult relationship quality would be related negatively to need satisfaction and positively to need frustration. In other words, individuals who reported high levels of negative relationships with both of their parents would report less need satisfaction and more need frustration.

H_5: It was hypothesized that need satisfaction would be related positively to life satisfaction and negatively to psychological inflexibility. In other words, it was expected that participants who indicated more need satisfaction would report higher levels of life satisfaction and lower levels of psychological inflexibility.

H_6: It was hypothesized that need frustration would be related negatively to life satisfaction and positively to psychological inflexibility. More specifically, it was expected that individuals who reported more need frustration would report lower levels of life satisfaction and higher levels of psychological inflexibility.

H_7: It was hypothesized that need satisfaction and need frustration would significantly mediate the relationship between positive parent-emerging adult relationship quality and life satisfaction. More specifically, it was expected that individuals who reported more positive relationship quality with both parents would experience more need satisfaction and less need frustration, which would be related to higher levels of life satisfaction.

H_8: It was hypothesized that need satisfaction and need frustration would significantly mediate the relationship between positive-emerging adult relationship quality and psychological inflexibility. Particularly, it was expected participants reported more positive relationship quality with both parents would experience more need satisfaction and less need frustration, which would be related to lower levels of psychological inflexibility.

H_9: It was hypothesized that need satisfaction and need frustration would mediate the relationship between negative parent-emerging adult relationship quality and life satisfaction. In other words, individual who reported negative relationship quality with both parents would experience less need satisfaction and more need frustration, which in turn would be related to higher levels of psychological inflexibility.

H_{10}: It was hypothesized that need satisfaction and need frustration would mediate the relationship between negative parent-emerging adult relationship quality and psychological inflexibility. In other words, individual who reported negative relationship quality with both parents would experience less need satisfaction and more need frustration, which in turn would be related to higher levels of psychological inflexibility.

Secondary Hypothesis

H[11]: Positive mother-emerging adult and father-emerging adult relationship quality, negative mother-emerging adult and father-emerging adult relationship quality, need satisfaction and frustration, life satisfaction and psychological inflexibility would differ by gender.

H[12]: There would be significant relations among positive mother-child and father-child relationship quality, negative mother-child, and father-child relationship quality, need satisfaction and frustration, satisfaction with life, and psychological inflexibility.

CHAPTER 2: METHOD

This part of the study includes sample characteristics information, measurement tools used in the research and procedure, and statistical analyses.

2.1 Participants

At first, 468 individuals between 18-29 years old (M_{age} = 23.24 years, SD = 4.01) voluntarily participated in the study. The inclusion criteria for this study were only individuals who are experiencing or experienced university degrees and whose both parents are alive. A total of 44 participants who did not meet the criteria were excluded from the study. Four hundred twenty-two individuals whose age ranges from 18 to 29 years old (M_{age} = 22.97 years, SD = 2.94; females 246 (58.3 %), males 175 (41.5%), and one participant (0.2%) did not state gender) participants voluntarily to the study. Most of the participants' mothers and fathers were their biological parents; mothers (N = 420, 99.5%) and fathers (N = 417, 98.5%). Concerning sibling numbers, the number of participants who were only children was 46 (11%); the number of participants who had one sibling was 240 (57.5%); the number of participants who had two siblings was 90 (21.3.9%); the number of participants who had three or more siblings was 46 (10.5%). Regarding where they live, 193 of them stated that they live with their family (45.7%) and 229 of them other than family (54.3%). Moreover, regarding perceived socioeconomic status, 127 (30.1%) participants reported below middle-income level, 203 (48.1%) participants were in middle-income level, and 92 (21.8%) participants were above middle-income level.

The demographic information of the participants was presented in Table 1.

Table 1. Demographic Characteristics of Participants

Variables	Levels	N	(%)	M	SD
Age		422		22.97	2.94
Gender					
	Women	246	58.29		
	Men	175	41.46		
	Other	1	0.23		
Education level					
	Bachelor's degree	360	85.32		
	Master's degree	58	13.74		
	PhD	4	0.94		
Participants Living With					
	Family	193	45.7		
	Other than family	229	54.3		
Relationship Status					
	In a romantic relationship	175	39.6		
	Not in a romantic relationship	267	63.4		
Mother					
	Biological Mother	420	99.5		
	Stepmother	1	0.23		
	Foster mother	1	0.23		
Father					
	Biological Father	417	98.81		
	Stepfather	4	0.94		

Table 1. Demographic Characteristics of Participants (Continued)

	Foster Father	1	0.23
Family Status			
	Married and living together	360	85.3
	Married and living apart	15	3.55
	Divorced and emerging adult living with his/her mother	32	7.58
	Divorced and living with their father	2	0.47
	Divorced and living with their relatives	2	0.47
	Other	11	2.6
Number of Siblings			
	0	46	10.9
	1	240	56.87
	2	90	21.32
	3+	46	10.9
Birth Order			
	0	46	10.91
	1st	186	44.07
	2nd	138	32.7
	3rd+	52	12.32
Perceived Income Status			
	Below middle income	127	30.1
	Middle income	203	48.1
	Above income	92	21.8

Table 1. Demographic Characteristics of Participants (Continued)

Mother's Education Level			
	Illiterate	1	1.2
	Literate	2	.5
	Elementary	87	20.6
	Secondary	31	7.3
	High School	134	31.8
	University (2 years)	21	5
	University	125	29.6
	Master's Degree	9	2.1
	PhD	8	1.9
Father's Education Level			
	Illiterate	1	.23
	Literate	2	.47
	Elementary	45	10.66
	Secondary	42	9.95
	High School	125	29.6
	University (2 years)	34	8.05
	University	144	34.1
	Master's Degree	19	4.57
	PhD	10	2.37

2.2 Measures

This study used Demographic Information Form (see Appendix C) Quality of Parent-Adolescent Relationship Scale, (PARQ; see Appendix E) Basic Psychological Need satisfaction and Frustration Scale (BPNSFP; see Appendix F), Acceptance and Action Questionnaire-II (AAQ-II; see Appendix G), and Satisfaction with Life Scale (SWLS; see Appendix H) used.

2.2.1 Demographic Information Form

The Demographic Information Form includes questions about the birth year, gender, who they live with, relationship status, parental and family status, a number of siblings, birth order, perceived income status participants' parents' education level.

2.2.2 Quality of Parent- Adolescent Relationship Scale (QPARS)

Quality of Parent-Adolescent Relationship Scale includes 18 items with a 5-point Likert scale ranging from almost never or never true to almost always or always true. The scale developed by Wissink et al., (2006) to assess perceived relationship quality. Every item on the scale is evaluated for both parents (mother and father), and separate scores are calculated for both parents. The scale was translated and validated among Turkish primary and secondary school students (Duru, Ucanok, and Topcu, 2014). The scale yielded three factors: Positive relationship quality ("How happy are you with the way things are going between you and your mother/father?") negative relationship quality ("How much do you argue with your mother/father?"), and explanation. The validity and reliability study for university students made by Batigun, and Say (2015). They also obtained three-factor on the scale. The Cronbach's alpha reliability for mothers' changes from .88 to .92 and for fathers from .85 to .92. This study used positive and negative relationships to measure perceived relationship quality constructs. It was found that the Cronbach's alpha positive relationship quality was .88 for mothers and .91 for fathers. Moreover, for the negative relationship, quality values were .94 for both mothers and fathers.

2.2.3. Basic Psychological Need satisfaction and Frustration Scale (BPNSFP)

Basic Psychological Need Satisfaction and Frustration Scale used to evaluate the basic psychological need satisfaction and frustration of the individuals. Chen et al., (2015) developed the scale, and it is adapted to Turkish by Mouratidis et al., (2018). The total scale consisted of 24 items with 12 items for need frustration and 12 items for need satisfaction. The autonomy subscale items consisted of 4 items for autonomy satisfaction ("I feel that my decisions reflect what I really want"), and 4 item for autonomy frustration ("I feel pressure to do too much."). Relatedness subscale includes 4 items for satisfaction ("I feel connected to people I care about and who care about me.") and 4 items for frustration ("I have the impression that the people I spend time with don't like me."). Lastly, competence subscale includes 4 items for satisfaction ("I

feel that we can successfully complete difficult tasks.") and 4 items for frustration ("I feel insecure about my abilities."). The answers range from 1 for "Strongly disagree to 5 for "Strongly agree." In the original study, for the need frustration, Cronbach alpha levels alters from .64 to .86; need satisfaction changes from .69 to .71. In the Turkish adaptation of the scale, the internal consistency of the need frustration subscale was .79. More specifically, .82, .80, and .76 for autonomy, competence, and relatedness frustration, respectively. Further, it was found that .82 for need satisfaction subscale, and .76 for autonomy, .84 for competence, and .64 for relatedness satisfaction, respectively (Mouratidis et al., 2018). In the current study, the Cronbach's alpha value for need satisfaction .84: .81 for autonomy satisfaction, .73 for relatedness satisfaction, and .88 for competence satisfaction. Besides, the need frustration coefficient was .87: .80 for autonomy frustration, .93 for relatedness, and .86 for competence frustration.

2.2.4 Acceptance and Action Questionnaire (AAQ- II)

Acceptance and Action Questionnaire II was developed by Bond et al. (2011). It has seven items (" I worry about not being able to control my worries and feelings. ") with a 7-point Likert type scale (from 1"Never true" to 7"Always true") to assess psychological inflexibility. Higher scores indicate a higher-level of psychological inflexibility. The original study found the average Cronbach's alpha value as .84. The Turkish adaptation of the scale was handled by Yavuz et al. (2016). It was found that the scale consisted of one factor and the value of Cronbach's alpha value was .84. The test-retest reliability was .85. The current study found the Cronbach alpha value as .90.

2.2.5 Satisfaction with the Life Scale (SWLS)

Satisfaction with the Life Scale was developed by Diener et al., (1985) to assess individuals' cognitive evaluation of their life satisfaction. It consisted of 5 items ("So far, I have achieved the important things I want in life.") with a 7-point Likert type scale (from 1 "Strongly Disagree" to 7 "Strongly Agree"). The Cronbach's alpha value of the original study was .87 (Diener et al., 1985) and test-retest correlation was .82 (Paolini et al., 2006). Durak, Senol-Durak, and Gencoz made the Turkish-scale adaptation in 2010. They found a one-factor structure and Cronbach alpha level of .81. In this study, Cronbach's alpha coefficient was found as .84.

2.3. Procedure

Before the data collection period, ethical committee approval obtained from Izmir University of Economics for the current study (see Appendix A). After getting the approval, online questionnaires were prepared by using online survey website (Google Forms, 2022). The link of the online survey was shared on social media platforms such as Twitter, Instagram, Facebook, WhatsApp, and e-mail groups.

During the data collection period, firstly, participants were asked to affirm the informed consent, which includes the aim of the study, procedure of the study, statement about voluntary participation, or information about quitting at any time they want. Participants who confirmed the voluntary participation continued to answer the Demographic Information Form, Quality of the Parent-Adolescent Relationship Questionnaire, Basic Psychological Need satisfaction and Frustration Scale, Acceptance and Commitment Questionnaire II, Satisfaction with the life Scale. After the questionnaire set, participants were informed about the details of the study and the e-mail address of the researcher was shared for any future questions. The online survey was completed approximately within 15-20 minutes.

2.4. Statistical Analysis

The study aimed to investigate the mediating role of the basic psychological needs in relationship between perceived parent-emerging adult relationship quality (positive and negative) and emerging adults' functioning. The data was collected from 468 participants. In the data cleaning phase, inclusion criteria principle was applied. Only individuals (1) at the age of 18 to 29, (2) experiencing or experienced university or above degree, (3) whose mother and father were alive, were sampled. Forty-six participants who did not meet this criterion were excluded. Thus, the final analysis was conducted with 422 respondents.

The data was analyzed with IBM SPSS Statistics version 21 with the aid of PROCESS macro version 4.1 (Model 4). During the data analysis phase, firstly, descriptive statistics were computed, independent samples *t*-test was handled to see the gender differences in study variables. Second, the correlation analyses were conducted among the study variables to examine the associations between them and to be able to further test the mediating role of basic psychological needs in stated relations. Thirdly, the mediation analysis was made to understand whether basic psychological needs would

play a significant mediating role in the relation between perceived parent-child relationship quality and child's functioning.

CHAPTER 3: RESULTS

In this chapter, firstly descriptive statistics will be mentioned. Secondly, group differences and correlations among main variables will be shown. Lastly, the mediation analyses will be presented.

3.1. Descriptive Statistics for the Study Variables

Before the primary analysis, the data were checked to see whether they had missing values and violations of normal distribution and homogeneity assumptions. The skewness and kurtosis values would be between -1.5 and 1.5 o confirm the normality assumption (Tabachnick, and Fidell, 2013). This study's findings showed that skewness and kurtosis of the data lie between -1.5 and 1.5 for every measuring tool. The result indicated that the data is normally distributed. First, means, standard deviations, and minimum and maximum values were computed for positive mother relationship quality, positive father relationship quality, negative mother relationship quality, negative father relationship quality, need satisfaction, need frustration, life satisfaction, and psychological inflexibility (see Table 2). Specifically, the positive mother-emerging adult relationship quality mean score was 3.46 (SD = 1.00) and positive father-emerging adult relationship quality mean score was 2.76 $(SD$ = 1.01). Moreover, negative mother-emerging adult relationship quality mean score was 2.48 $(SD$ = 1.05) and negative father-emerging adult relationship quality mean score was 2.26 $(SD$ = 1.06). Additionally, the need satisfaction mean score was 3.89 (SD = 0.62) and the need frustration mean score was 2.53 $(SD$ = .79). Lastly, the life satisfaction mean score was 3.86 $(SD$ = 1.39) and psychological inflexibility mean score was 3.61 $(SD$ = 1.5)

Table 2. Descriptive Statistics for the Study Variables

Variables	*N*	*M*	*SD*	*Min.*	*Max.*
Positive mother emerging adult relationship quality	422	3.46	1	1	5
Positive father emerging adult relationship quality	422	2.76	1.01	1	5
Negative mother emerging adult relationship quality	422	2.48	1.05	1	5

Table 2. Descriptive Statistics for the Study Variables (Continued)

Negative father emerging adult relationship quality	422	2.26	1.06	1	5
Need satisfaction	422	3.89	.62	1.83	5
Need frustration	422	2.53	0.79	1	5
Life satisfaction	422	3.86	1.39	1	7
Psychological inflexibility	422	3.61	1.5	1	7

3.2 Group Differences

3.2.1 Gender differences on study variables

An independent samples t-test was conducted to examine whether positive mother emerging adult emerging adult relationship quality, positive father relationship quality, negative mother relationship quality, negative mother relationship quality, need satisfaction, need frustration, life satisfaction, and psychological inflexibility differ in females and males. Table 3 shows that, there is a significant difference between females and males in terms of life satisfaction, $t(419) = 5.41$ $p < .001$ CI [.460, .983]. The life satisfaction scores of females ($M = 4.17$, $SD = 1.32$) was higher than men ($M = 3.45$ $SD = 1.32$). Nonetheless, there was no significant difference between positive-mother relationship quality, positive-father relationship quality, negative mother relationship quality, negative mother relationship quality, need satisfaction, need frustration, and psychological inflexibility in terms of gender (all ps > .05).

Table 3. Independent Sample *t*-Test Comparing Study Variables according to Gender

	Group	N	M	SD	t	p	d
Positive mother emerging adult relationship quality	Women	246	3.50	1.06	1.073	.284	.05
	Men	175	3.40	0.92			
Positive father-emerging adult relationship quality	Women	246	2.74	1.02	-.673	501	.15
	Men	176	2.80	0.98			
Negative mother-emerging adult emerging adult relationship quality	Women	246	2.55	1.05	.789	.104	.26
	Men	175	2.38	1.03			
Negative father-emerging adult relationship quality	Women	246	2.24	1.08	-.461	.645	.08
	Men	175	2.29	1.03			
Need satisfaction	Women	246	3.91	0.61	.853	.394	.25
	Men	175	3.86	0.64			
Need frustration	Women	246	2.49	0.80	-1.163	.246	.01
	Men	175	2.59	0.79			
Life satisfaction	Women	246	4.17	1.35	5.418	.000**	.53
	Men	175	3.45	1.32			
Psychological inflexibility	Women	246	3.59	1.47	-.429	.668	.-04
	Men	175	3.65	1.55			

Note. * *p* < .05. ** *p* < .01.

3.3 Correlation Analyses among Study Variables

The Pearson correlation analyses conducted to test the relations among study variables. The results exhibited that need satisfaction was correlated positively with life satisfaction ($r = .49$, $p < .001$), positive mother-emerging adult relationship quality ($r = .35$ $p < .001$), and positive father-emerging adult relationship quality ($r = .22$ $p < .001$) and negatively with psychological inflexibility ($r = -.47$, $p < .001$), need frustration ($r = -.60$ $p < .001$), and negative mother-emerging adult relationship quality ($r = -.16$, $p = .001$)

Moreover, the need frustration was positively correlated with psychological inflexibility ($r = .71$ $p < .001$), negative mother-emerging adult ($r = .30$ $p < .001$), and negative father-emerging adult ($r = .23$ $p < .001$) negatively correlated to life satisfaction. ($r = -40$ $p < .001$). Further, need frustration negatively correlated to positive mother-emerging adult relationship quality ($r = -.24$ $p < .001$) and positive father-emerging adult relationship quality ($r = -.24$ $p < .001$)

Results showed that psychological inflexibility positively correlated to negative mother-emerging adult relationship quality ($r = .30$ $p < .001$) and negative father-emerging adult relationship quality ($r = .21$ $p < .001$) relationship quality. It is negatively correlated with positive mother- emerging adult ($r = -.23$ $p < .001$) and positive father-emerging adult ($r = -.23$ $p < .001$) relationship quality; life satisfaction ($r = -.41$ $p < .001$). Life satisfaction positively correlated with positive mother-emerging adult ($r = .33$ $p < .001$) and positive father-emerging adult ($r = .25$ $p < .001$) relationship quality; also negatively correlated to negative mother-emerging adult relationship quality ($r = -.11$ $p < .05$).

The positive mother-emerging adult relationship quality positively related to positive father-emerging adult relationship quality ($r = .37$ $p < .001$); The positive father-emerging adult relationship quality negatively correlated negative father-emerging adult relationship quality ($r = -.28$ $p < .001$); and negative mother-emerging adult relationship quality ($r = -.40$ $p < .001$). The negative mother-emerging adult relationship quality and the negative father emerging adult relationship quality was positively correlated ($r = .24$ $p < .001$) Lastly, participant's age positively correlated with positive mother-emerging adult relationship quality ($r = .12$ $p < .05$) and positive father relationship ($r = .13$ $p < .01$) and negatively correlated with psychological inflexibility ($r = -11$ $p < .05$)

Table 4. Correlations among the Study Variables

Variables	1	2	3	4	5	6	7	8
1. Positive mother emerging adult relationship quality	-							
2.Positive father emerging adult relationship quality	.37***	-						
3.Negative mother emerging adult relationship quality	-.39***	-.09	-					
4. Negative father emerging adult relationship quality	.02	-.27***	.24***	-				
5. Need satisfaction	.35***	.22***	.-16***	-.03	-			
6. Need frustration	-.24***	-.24***	.30***	.23***	-.60***	-		
7. Life satisfaction	.33***	.25***	.-10*	-.08	.49***	-.40***	-	
8. Psychological inflexibility	-.23***	-.23***	.28***	.21***	-.47***	.71***	-.41***	-
9. Age	.12*	.13**	-.03	.05	.07	-.05	.03	-.11*

Note. * $p < .05$. ** $p < .01$. *** $p < .001$.

3. 4. *Mediation Analyses*

Mediation analyses was performed to examine the mediating role of basic psychological need satisfaction and need frustration in relation between positive parent-emerging adult relationship quality, negative parent-emerging adult relationship quality, life satisfaction, and psychological inflexibility for each parent separately. The positive and negative parent-emerging adult relationship quality were the predictors, need satisfaction and need frustration were the mediators, and the life satisfaction and psychological inflexibility were the outcome variables. The PROCESS version 3.5 was used in this study. Analysis were handled as predictors and outcome variables one by one, totally eight analyses were conducted. In the first model, the mediating role of need satisfaction and need frustration in relation between positive mother-emerging adult relationship quality and life satisfaction was examined. In the second model, the mediating role of need satisfaction and need frustration in relation between positive mother-emerging adult relationship quality and psychological inflexibility was examined. In the third model, the mediating role of need satisfaction and need frustration in relation between positive father-emerging adult relationship quality and life satisfaction was examined. In the fourth model, the mediating role of need satisfaction and need frustration in relation between positive father-emerging adult relationship quality and psychological inflexibility was examined. In the fifth model, the mediating role of need satisfaction and need frustration in relation between negative mother-emerging adult relationship quality and life satisfaction examined. In the sixth model the mediating role of need satisfaction and need frustration between negative mother-emerging adult relationship quality and psychological inflexibility assessed.; The seventh model examined to the mediating role of need satisfaction and need frustration between negative father-emerging adult relationship quality and life satisfaction. Lastly, the mediating role of need satisfaction and need frustration between negative father-emerging adult - emerging adult relationship quality and psychological inflexibility was examined in the eighth model. Significance tests of indirect effects were conducted using 95% bias-corrected confidence intervals (BC 95% CI) from 5000 bootstrap samples (Hayes, 2013).

3.4.1 Model 1: Mediating role of need satisfaction and need frustration in relation between positive mother-emerging adult relationship quality and life satisfaction

The first mediational analysis was conducted to test the mediating roles of need satisfaction and need frustration in the relationship between positive mother-emerging adult relationship quality and life satisfaction. Findings demonstrated that positive mother-emerging adult relationship quality positively predicted need satisfaction, $b =$ .218, $SE =$ .028, $\beta =$ .351, $t =$ 7.683, $p <$ .001, %95CI [0.163, 0.274] and negatively predicted need frustration $b =$ -.19, $SE =$ .037, $\beta =$ -.241, $t =$ -5.096, $p <$ .001, %95[0.163, 0.274]. Moreover, while need satisfaction positively predicted life satisfaction $b =$ .744 $SE = \beta =$.335 $t =$ 6.256 $p<$ .001, need frustration negatively predicted life satisfaction $b =$ -.272 $SE=$ .090 $\beta =$ -.156 t = -3.023 $p =$ .002. The direct effect of positive mother-emerging adult relationship quality on life satisfaction $b =$ .240 $SE =$ .061 $\beta =$ .117 $t =$ 4.018 $p <$ .001 95%CI [0.125, 0.365] and total effect of positive mother-emerging adult relationship quality to life satisfaction $b =$ .450 $SE =$ .063 $\beta =$ .332 $t =$ 7.23 $p <$ .001 95%CI [0.334, 0.584] were significant. The indirect effect of positive mother-emerging adult relationship quality on life satisfaction through need satisfaction was significant $b=$.162 SE=.036 $\beta =$ .117 95%CI [0.094, 0.240]. The indirect of the positive mother-emerging adult relationship quality on life satisfaction through need frustration was also significant. $b =$ .052 $SE =$ .022 $\beta =$ .037 95%CI [0.015, 0.101]. These results displayed that both need satisfaction and need frustration played significant mediating roles in the relationship between positive mother-emerging adult relationship quality and life satisfaction.

Figure 1. Model 1: The mediating role of the need satisfaction and need frustration in relation between positive mother-emerging adult relationship quality and life satisfaction

3.4.2 Model 2: Mediating roles of need satisfaction and need frustration between positive mother-emerging adult relationship quality and psychological inflexibility

The mediation analysis was conducted to investigate the mediating roles of need satisfaction and need frustration in the relationship between positive mother-emerging adult relationship quality and psychological inflexibility.

The results showed that positive mother-emerging adult relationship quality predicted positively need satisfaction, $b = .218$ $SE = .028$ $\beta = .351$ $t = 7.683$ $p < .001$ %95CI [0.162, 0.274], and negatively need frustration $b = -.190$ $SE = .037$ $\beta = -.241$ $t = -5.096$ $p < .001$. Need satisfaction did not predict psychological inflexibility $b = -.119$ $SE = .105$ $\beta = -.049$ $t = -1.132$ $p = .258$ %95CI[-0.326, 0.688]. Nonetheless, need frustration positively predicted psychological inflexibility $b = 1.267$ $SE = .080$ $t = 15.850$ $p < .001$ $\beta = .673$ 95% CI [1.110, 1.425]. Although total effect of mother-emerging adult relationship quality to psychological inflexibility is significant, $b = -.348$ $SE = .070$ $\beta = -.233$ $t = -4.929$ $p < .001$ 95% CI [-0.487, -0.209]; the direct effect of positive mother-emerging adult relationship quality on psychological inflexibility was not significant $b = -.080$ $SE = .054$ $t = -1.487$ $\beta = -.054$ $p = .137$ %95 CI [-0.186, 0.025]. The direct effect of positive mother-emerging adult relationship quality on psychological inflexibility through need satisfaction was not significant $b = -.26$ $SE = .024$ $\beta = -.017$ 95% CI [-.0.073, 0.023]. However, the indirect effect of positive mother-emerging adult relationship quality through need frustration was significant $b = -.242$ $SE = .042$ $\beta = -.162$ 95% CI [-0.338, -0.150]. These results exhibited that need frustration mediated the relationship between positive mother-emerging adult relationship quality and psychological inflexibility significantly. Yet, need satisfaction did not mediate the relationship between positive mother emerging adult relationship quality and psychological inflexibility.
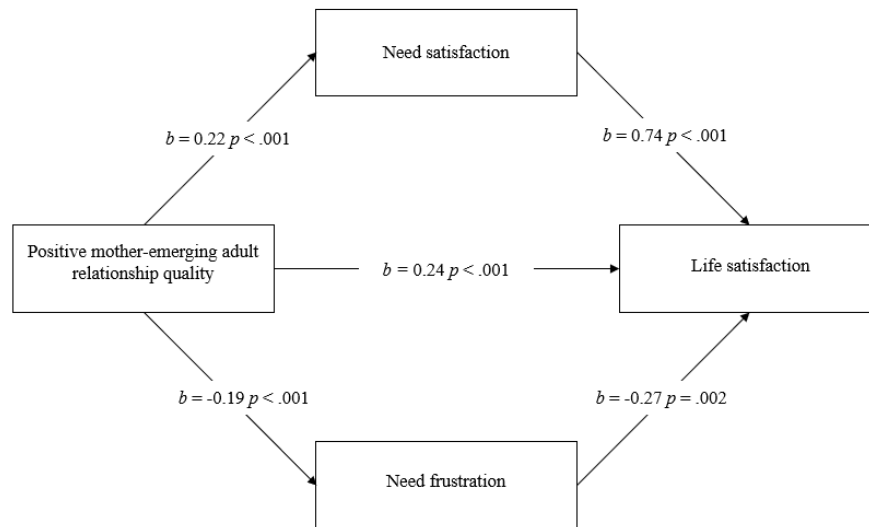
Figure 2. Model 2: The mediating role of the need satisfaction and need frustration in relation between positive mother-emerging adult relationship quality and psychological inflexibility

3.4.3 Model 3: Mediating roles of need satisfaction and need frustration between positive father-emerging adult relationship quality and life satisfaction

The mediation analysis was conducted to investigate the mediating roles of need satisfaction and need frustration in the relationship between positive father-emerging adult relationship quality and life satisfaction.

The results indicated that positive father-emerging adult relationship quality significantly predicted need satisfaction, $b = .140$ $SE = .029$ $\beta = .226$ $t = 4.757$ $p = <$ .001 %95CI [0.082, 0.198] and negatively predicted need frustration $b = -.187$ $SE = .037$ $\beta = -.237$ $t = -5.013$ $p = <.001.$ %95CI [0.261, -0.114] Need satisfaction positively predicted life satisfaction $b = .833$ $SE = .116$ $\beta = .335$ $t = 6.045$ $p < .001.$ 95%CI[0.604, 0.061] Need frustration negatively predicted life satisfaction $b = -.251$ $SE = .091$ $\beta = -.143$ $t = -2.740$ $p = .006$ 95%CI[-0.431, -0.671] The direct effect of positive father-emerging adult relationship quality on life satisfaction $b = .181$ $SE = .059$ $\beta = .131$ $t = 3.043$ and $p = .002$ 95%CI [0.064, 0.298] and total effect of positive father-emerging adult relationship quality to life satisfaction $b = .345$ $SE = .065$ $\beta = .250$ $t = 5.298$ $p < .001$ 95%CI [0.217, .0.473] were significant. The indirect effect of positive father-emerging adult relationship quality on life satisfaction through need satisfaction was significant. $b = .117$ $SE = .033$ $\beta = .084$ 95%CI [0.058, 0.188]. Also, the indirect of the positive father-emerging adult relationship quality on life satisfaction through need frustration was significant. $b = .0471$ $SE = .0221$ $\beta = .0342$ 95%CI [0.011, 0.097] These results displayed that both need satisfaction and need frustration mediates the relationship between positive father-emerging adult relationship quality and life satisfaction.
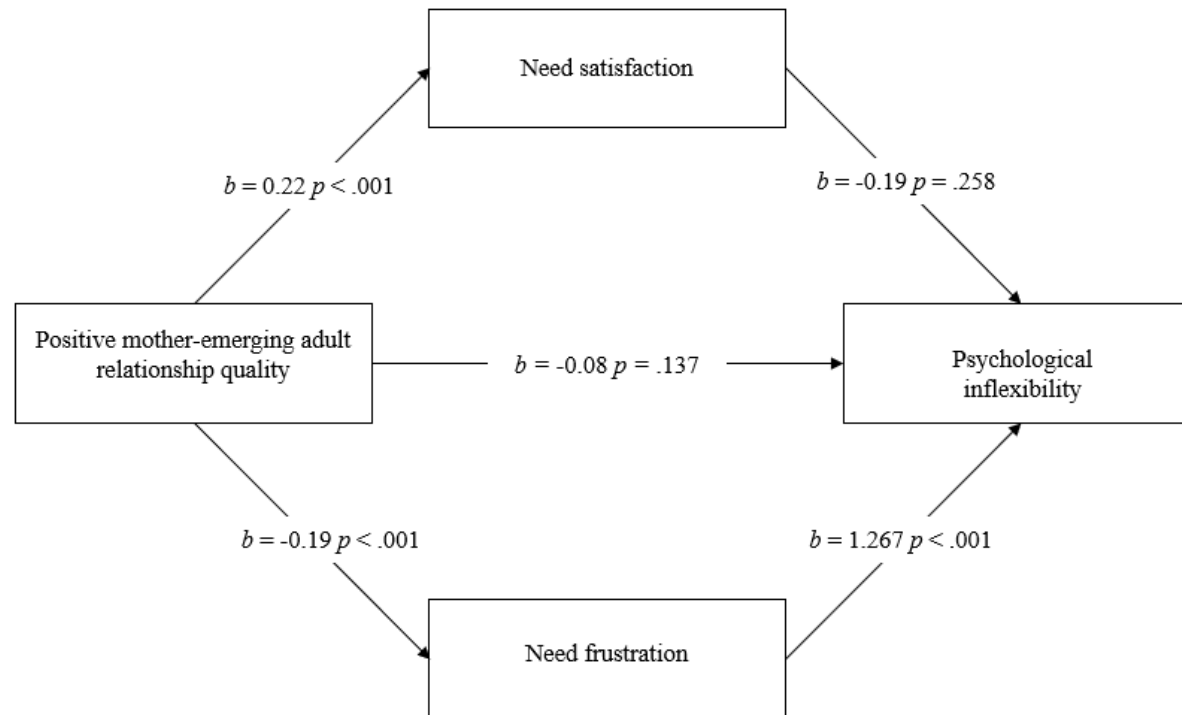
Figure 3. Model 3: The mediating role of the need satisfaction and need frustration in relation between positive father-emerging adult relationship quality and life satisfaction

3.4.4 Model 4: Mediating roles of need satisfaction and need frustration between positive father-emerging adult relationship quality and psychological inflexibility

The mediation analysis was conducted to investigate the mediating roles of need satisfaction and need frustration in the relationship between positive father-emerging adult relationship quality and psychological inflexibility.

The results indicated that positive father-emerging adult relationship quality significantly predicted need satisfaction, $b = .140$ $SE = .029$ $\beta = .226$ $t = 4.757$ $p = <$ .001 %95CI [0.082, 0.019] and negatively predicted need frustration $b = -.187$ $SE = .037$ $\beta = -.237$ $t = -5.013$ $p = < .001$. %95[-0.261, -0.114] Need satisfaction did not predict psychological inflexibility $b = -.140$ $SE = 0.102$ $\beta = .-058$ $t = -1.376$ $p = .169$ 95%CI [-0.341, 0.060] Need frustration positively predicted psychological inflexibility $b = 1.253$ $SE = .080$ $\beta = .665$ $t = 15.568$ $p < .001$ 95%CI [1.095, 1.411] The direct effect of positive father-emerging adult relationship quality on psychological inflexibility $b = -.097$ $SE = .052$ $\beta = -.065$ $t = -1.857$ and $p = .063$ 95%CI [-0.199, .005] was not significant. However, the total effect of positive father-emerging adult relationship quality to psychological inflexibility $b = -.352$ $SE = .07$ $\beta = . -171$ $t = 4.989$ $p < .001$ 95%CI [-4.906 -.2133] was the significant.

The indirect of positive father-emerging adult relationship quality on psychological inflexibility through need satisfaction was not significant $b = -.013$ $SE = .010$ $\beta = -.013$ 95%CI [-.0.374, 0.065]. On the contrary, the indirect of the positive father-emerging adult relationship quality on psychological inflexibility through need frustration was significant. $b = -.235$ $SE = .050$ $\beta = -.158$ 95%CI [-.0.339, -.0.140] These results displayed that while the mediating role of need frustration in relation between positive father-emerging adult relationship quality and psychological inflexibility was performed; there was no mediating role of need satisfaction in relation between positive father-emerging adult relationship quality and psychological inflexibility.
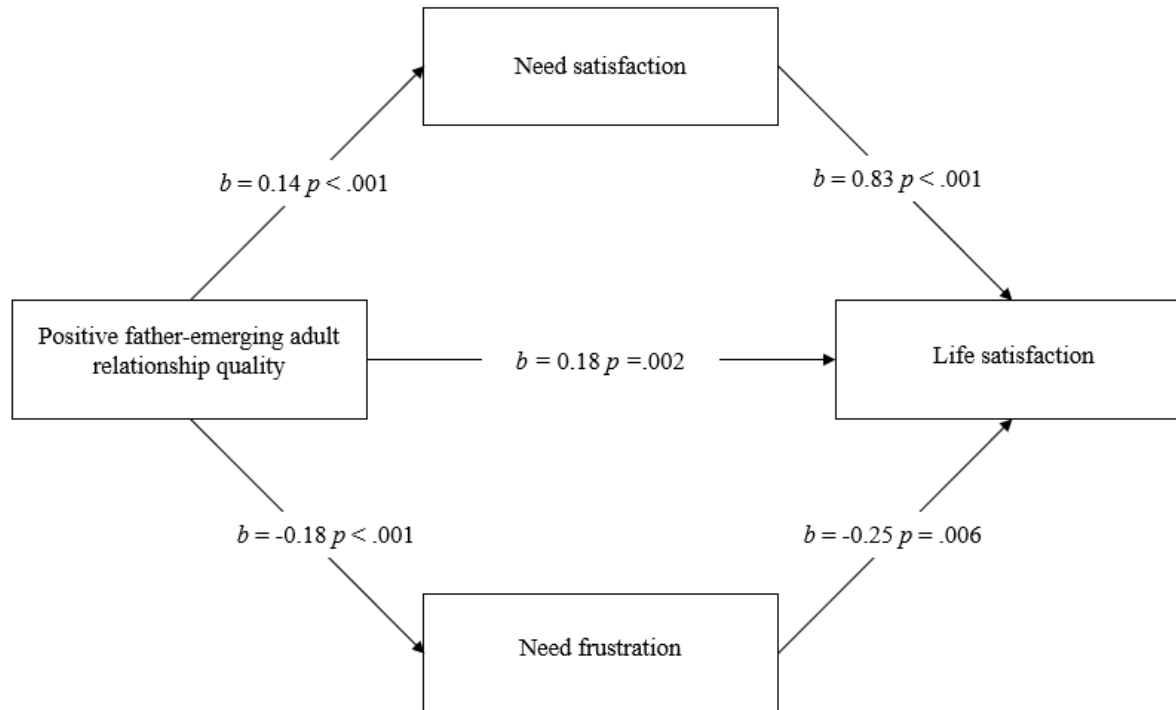
Figure 4. Model 4: The mediating role of the need satisfaction and need frustration in relation between positive father-emerging adult relationship quality and psychological inflexibility

3.4.5 Model 5: Mediating roles of need satisfaction and need frustration between negative mother-emerging adult relationship quality and life satisfaction

The mediation analysis was conducted to investigate the mediating roles of need satisfaction and need frustration in the relationship between negative mother-emerging adult relationship quality and life satisfaction.

The results indicated that negative mother-emerging adult relationship quality negatively predicted need satisfaction, $b = -.097$ $SE= .028$ $\beta= -.163$ $t = -3.387$ $p = <$ .001 %95CI [-0.015, -0.040] and positively predicted need frustration $b = .226$ $SE= .035$ $\beta = .298$ $t= 6.411$ $p = < .001$. %95CI[0.157, 0.296] Need satisfaction positively predicted life satisfaction $b= .870$ $SE = .116$ $\beta =.392$ $t = 7.450$ $p < .001$ 95%CI [0.641, 1.100] Need frustration negatively predicted life satisfaction $b = -.290$ $SE = .095$ $\beta = .392$ $t = -3.054$ $p < .001$ 95%CI [-0.476, -0.103] The direct effect of negative mother-emerging adult relationship quality on life satisfaction $b = .005$ $SE = .058$ $\beta = .004$ $t = .0998$ and $p = .920$ 95%CI [-0.109, 0.120] was not significant. However, the total effect of negative mother-emerging adult relationship quality to life satisfaction $b = -.144$ $SE = .064$ $\beta = -.109$ $t = -2.250$ $p = .025$ 95%CI [-0.271 -.0.183] was the significant.

The indirect of negative mother-emerging adult relationship quality on life satisfaction through need satisfaction was significant $b = -.063$ $SE= .030$ $\beta= -.063$ 95%CI [-0.147, -0.028]. Also, negative mother-emerging adult relationship quality on life satisfaction through need frustration was significant. $b= -.065$ $SE=.019$ $\beta= -.049$ 95%CI [-0.091, -0.130] These results showed that both need satisfaction and need frustration had important mediating role in negative mother-emerging adult relationship quality and life satisfaction.

Figure 5. Model 5: The mediating role of the need satisfaction and need frustration in relation between negative mother-emerging adult relationship quality and life satisfaction

3.4.6 Model 6: Mediating roles of need satisfaction and need frustration between negative mother-emerging adult relationship quality and psychological inflexibility

The mediation analysis was conducted to investigate the mediating roles of need satisfaction and need frustration in the relationship between negative mother-emerging adult relationship quality and psychological inflexibility.

The results demonstrated that negative mother-emerging adult relationship quality negatively predicted need satisfaction, $b = -.097$ $SE = .028$ $\beta = -.163$ $t = -3.387$ $p = <$ .001 %95CI [-0. 153, -0.040] and positively predicted need frustration $b = .226$ $SE = .035$ $\beta = .298$ $t = 6.411$ $p = < .001$. %95CI [0.157, 0.296]. Need satisfaction did not predict psychological inflexibility $b = -.165$ $SE = .101$ $\beta = -.069$ $t = -1.632$ $p = .103$ 95%CI [-.3648, .0337]. Nonetheless, need frustration positively predicted psychological inflexibility $b = 1.227$ $SE = .082$ $t = 14.895$ $p < .001$ %95CI [-.0.153, -0.040] The direct effect of negative mother-emerging adult relationship quality on psychological inflexibility was significant $b = .110$ $SE = .050$ $\beta = .077$ $t = 2.176$ and $p = .030$ 95%CI [0.010, 0.210] was significant. Moreover, the total effect of negative mother-emerging adult relationship quality to life satisfaction $b = .405$ $SE = .067$ $\beta = .283$ $t = 6.046$ $p < .001$ 95%CI [0.273, 0.536] was the significant.

The indirect of negative mother-emerging adult relationship quality on psychological flexibility through need satisfaction was not significant $b = .016$ $SE = .012$ $\beta = .011$ 95%CI [-0.005, 0.042]. Further, negative mother-emerging adult relationship quality on psychological inflexibility through need frustration was significant. $b = .278$ $SE = .048$ $\beta = .194$ 95%CI [0.185, 0.377] These results displayed while need frustration played a significant intervening role in relation to negative mother-emerging adult relationship quality and psychological inflexibility; however, the need satisfaction did not mediate the relationship between negative-mother emerging adult relationship quality and psychological inflexibility.
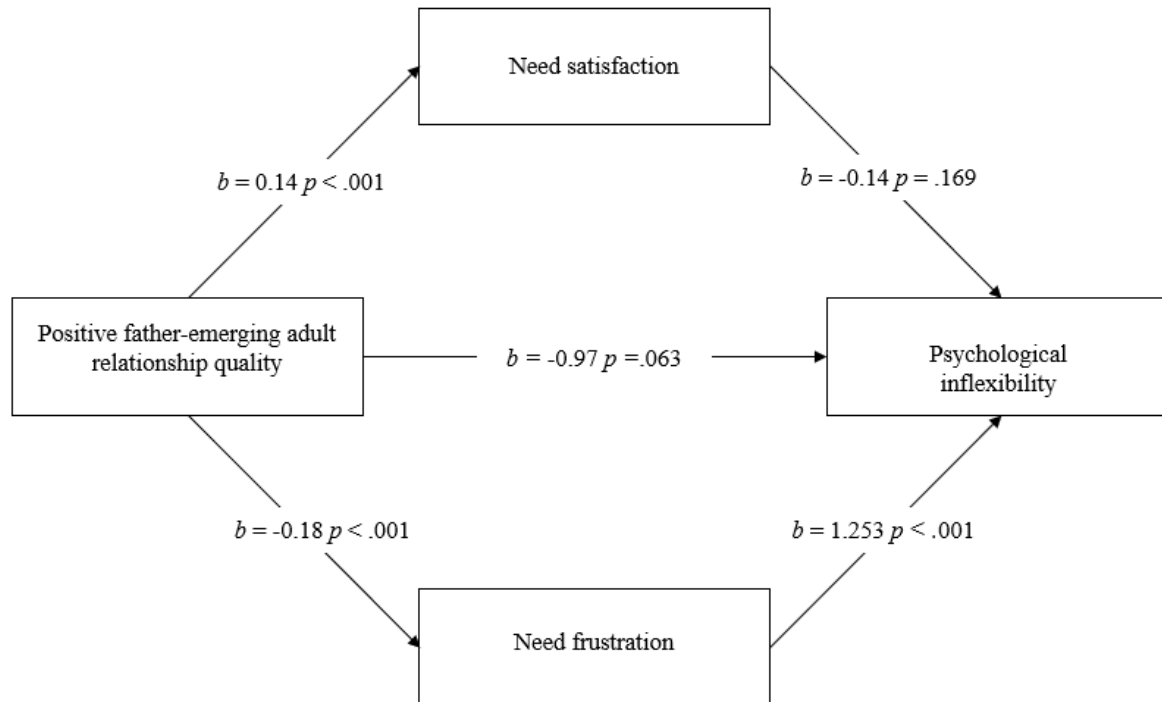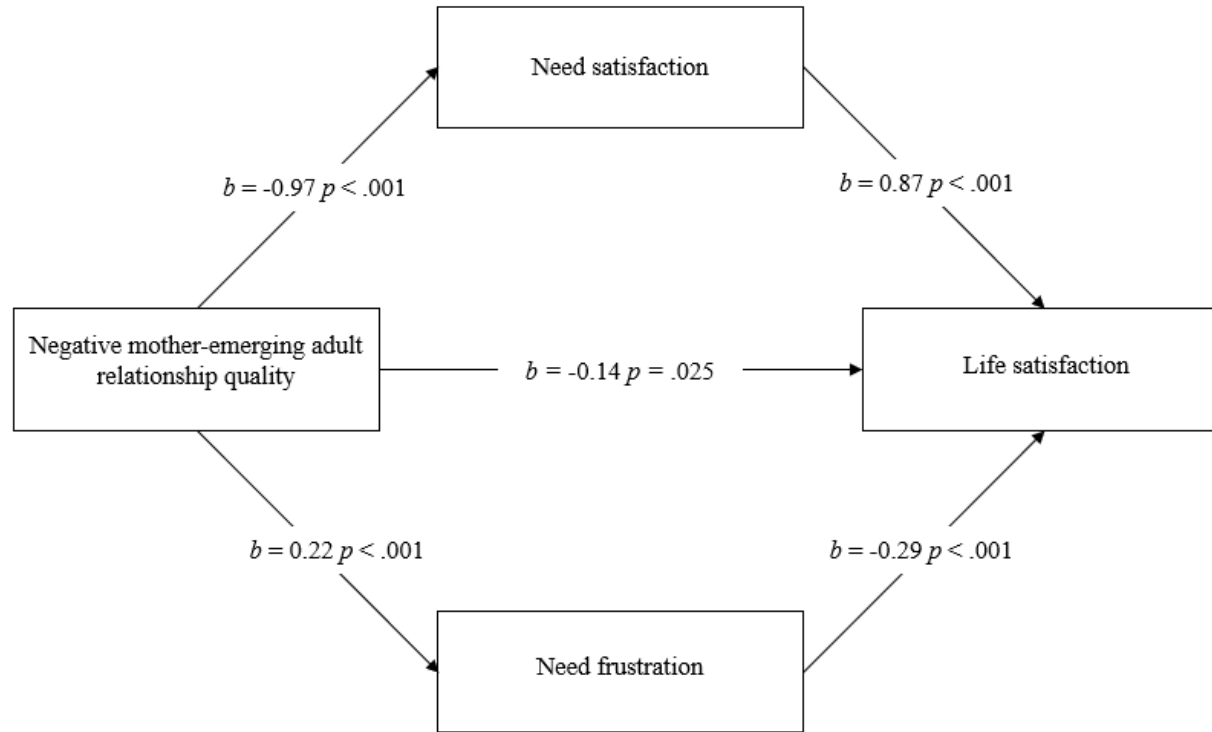
Figure 6. Model 6: The mediating role of the need satisfaction and need frustration in relation between negative mother-emerging adult relationship quality and psychological inflexibility

3.4.7 Model 7: Mediating roles of need satisfaction and need frustration between negative father-emerging adult relationship quality and life satisfaction

The mediation analysis was conducted to investigate the mediating roles of need satisfaction and need frustration in the relationship between negative father-emerging adult relationship quality and life satisfaction.

The results indicated that negative father-emerging adult relationship quality did not predict need satisfaction, $b = -.019$ $SE = .028$ $\beta = -.033$ $t = -.0689$ $p = .490$ %95CI [-0.076, 0.036] but positively predicted need frustration $b = .175$ $SE = .035$ $\beta = .234$ $t = 4.944$ $p = < .001$ %95CI [0.105, 0.245]. Need satisfaction positively predicted life satisfaction $b = .883$ $SE = .117$ $\beta = .397$ $t = 7.494$ $p < .001$ 95%CI [0.651, 1.115] Need frustration negatively predicted life satisfaction $b = -.268$ $SE = .095$ $\beta = -.153$ $t = -2.813$ $p = .005$ 95%CI [-0.455, -0.080]. The direct effect of negative father-emerging adult relationship quality on life satisfaction $b = -.644$ $SE = .057$ $\beta = -.033$ $t = -.7683$ and $p = .442$ 95%CI [-0.156, 0.068], and total effect of negative father-emerging adult relationship quality to life satisfaction $b = -.208$ $SE = .063$ $\beta = -.049$ $t = -1.706$ p = .088 95%CI [-0.233, 0.016] were not significant. The indirect effect of negative father-emerging adult relationship quality on life satisfaction through need satisfaction was not significant $b = -.017$ $SE = .026$ $\beta = -.013$ 95%CI [-0.071, 0.034]. Nonetheless, the indirect of the negative father-emerging adult relationship quality on life satisfaction through need frustration was significant $b = -.047$ $SE = .021$ $\beta = .036$ 95%CI [-0.093, -0.011]. These results displayed that need satisfaction has no mediator role in relation between negative father relationship quality and life satisfaction; however, need frustration mediates the relationship between negative father-emerging adult relationship quality and life satisfaction.

Figure 7. Model 7: The mediating role of the need satisfaction and need frustration in relation between negative father-emerging adult relationship quality and life satisfaction

3.4.8 Model 8: Mediating roles of need satisfaction and need frustration between negative father-emerging adult relationship quality and psychological flexibility

The mediation analysis was conducted to investigate the mediating roles of need satisfaction and need frustration in the relationship between negative father-emerging adult relationship quality and psychological inflexibility.

The results indicated that negative father-child relationship quality did not predict need satisfaction $b = -.019$ $SE = .028$ $\beta = -.033$ $t = -.0689$ $p = .490$ %95CI [-0.076, 0.036] but positively predicted need frustration $b = .175$ $SE = .035$ $\beta = .234$ $t = 4.944$ $p = <.001$. %95[0.105, 0.245]. Need satisfaction did not predict psychological inflexibility $b = -.185$ $SE = .102$ $\beta = -.077$ $t = -1.806$ $p = .0716$ 95%CI [-0.386, 0.016] Need frustration positively predicted psychological inflexibility. $b = 1.234$ $SE = .825$ $\beta = .655$ $t = 14.896$ $p = < .001$ 95%CI [1.071, 1.397] Total effect of negative father -child relationship quality to psychological inflexibility $b = .306$ $SE = .067$ $\beta = .156$ $t = 4.554$ p <.001 95%CI [.1742, .4387] were significant.

The direct effect of negative father-child relationship quality on psychological inflexibility b = .085 $SE = .049$ $\beta = .060$ $t = 1.721$ and $p = .086$ 95%CI [-.0122, .1835] was not significant. The indirect effect of negative father-child relationship quality on psychological inflexibility through need satisfaction was not significant. $b = .003$ $SE = .064$ $\beta = .002$ 95%CI [-.0086, .0185]. Nonetheless, the indirect of the negative father-child relationship quality on psychological inflexibility satisfaction through need frustration was significant $b = .217$ $SE = .049$ $\beta = .153$ 95%CI [0.125, 0.318] These results showed while need frustration mediating role in relation to mother-child relationship quality was achieved; the need satisfaction has no mediator role in relation between negative mother relationship quality and psychological inflexibility.
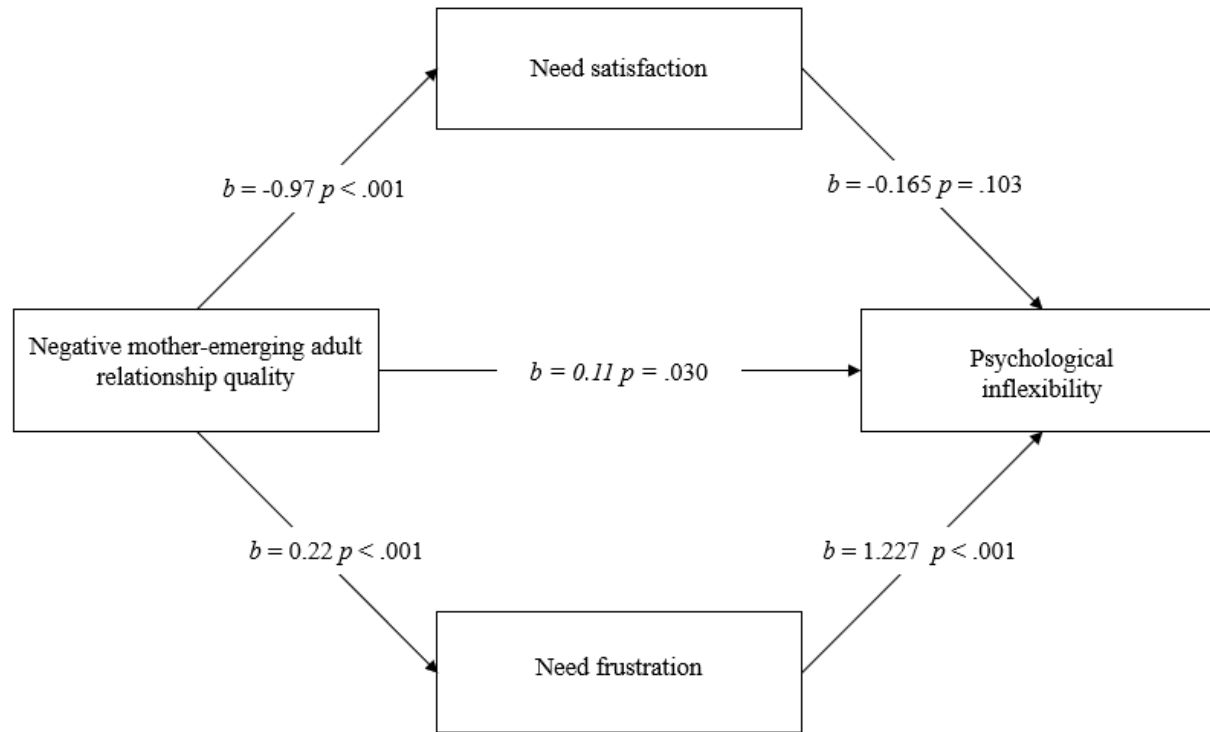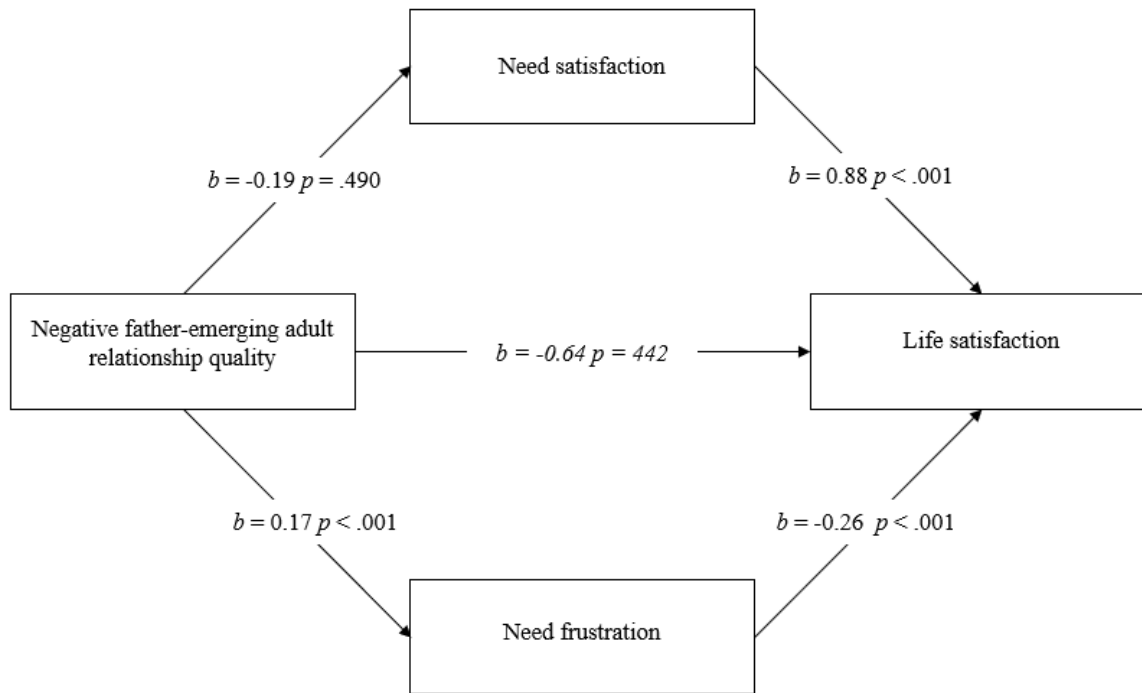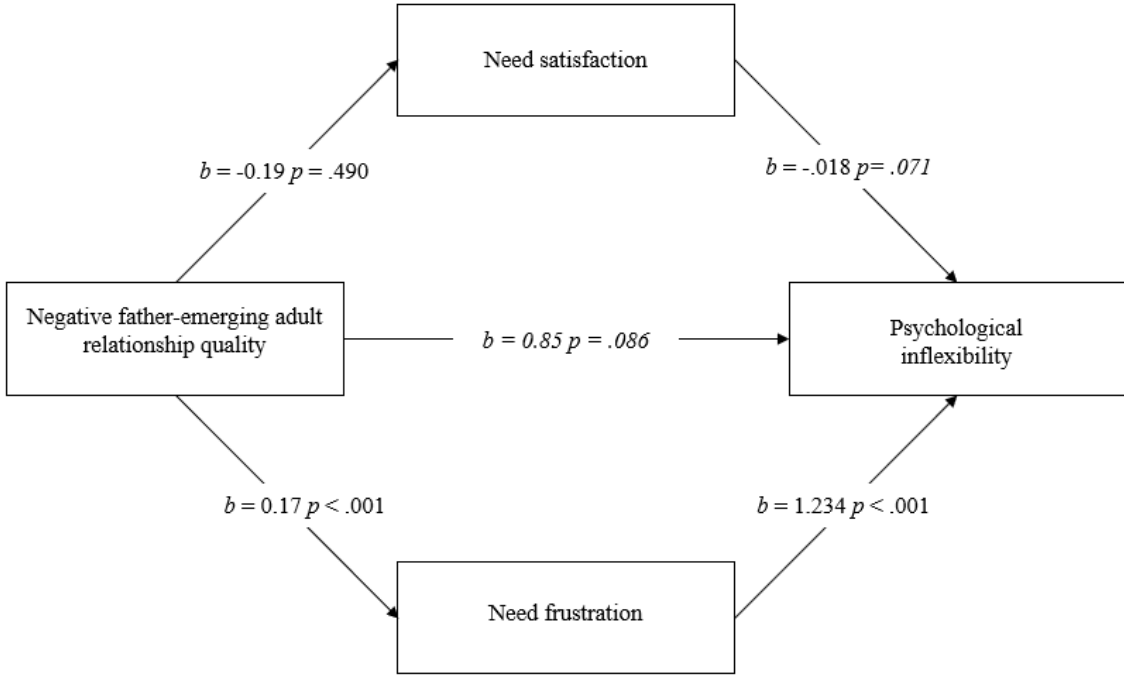
Figure 8. Model 8: The mediating role of the need satisfaction and need frustration in relation between negative father-emerging adult relationship quality and psychological inflexibility

CHAPTER 4: DISCUSSION

The current study aimed to investigate the mediating roles of basic psychological need satisfaction and frustration in relation between perceived parent-emerging adult relationship quality and emerging adult's functioning. The data was obtained from Turkish emerging adults aged 18-29 whose parents were alive. The relationship quality was evaluated regarding positive and negative elements of the perceived parent-emerging adult relationship. Psychological inflexibility and life satisfaction were assessed as determinants of emerging adults' ill-being and well-being as part of functioning respectively. Eight mediation analyses were conducted separately for the mediating roles of need satisfaction and need frustration in relation between positive mother-emerging adult relationship quality and life satisfaction, positive father-emerging adult relationship quality and life satisfaction; positive mother-emerging adult relationship quality and psychological inflexibility, positive father-emerging adult relationship quality and psychological inflexibility; negative mother-emerging adult relationship quality and life satisfaction, negative father-emerging adult relationship quality and life satisfaction; negative mother-emerging adult relationship quality and psychological inflexibility and lastly negative father-emerging adult relationship quality and psychological inflexibility. This chapter discusses the results in terms of existing literature, the limitations, and further suggestions for the future studies.

4.1 Findings related to group differences
4.1.1 Evaluation of the gender differences in study variables
It was hypothesized that there would be a difference among the study variables in terms of gender. According to the study's results, there were several differences according to the gender. Firstly, it was found that there was a significant difference among males and females in terms of participants' life satisfaction scores. Specifically, it was found that females reported more life satisfaction compared to males. This finding was parallel to Inglehart's study (2002), which used data from sixty nations and uncovered those younger females had higher life satisfaction scores than younger males. In addition, a study conducted with over 20.000 individuals from U.S and U.K found that women declared higher life satisfaction scores than men. Furthermore, there was no significant gender difference in the life satisfaction between Spanish males and

females aged 18-29; however, they found that females had slightly higher scores, similar to the current study (Matud et al., 2021). However, these findings had a diminutive effect size (Blanchflower and Oswald, 2004) and yielded contradictory results (Batz, and Tay, 2018; Ingelhart, Foa, and Peterson, 2008) future research is required to embody robust findings.

4.2 Findings related to relationships between Study Variables

In the first hypothesis, it was hypothesized that positive mother- and father-emerging adult relationship quality would be positively related to life satisfaction. More specifically, it was expected that emerging adults who perceived more positive relationship quality with their mother and father separately would report higher life satisfaction scores. The current study confirmed the first hypothesis. It was found that a more positive mother-emerging adult relationship quality and father-emerging adult relationship quality were related to advances in life satisfaction. These results were consistent with the previous literature. Previous research found that emotional closeness and intimacy with the parents increased emerging adults' adjustment and well-being (Fingerman et al., 2013). Moreover, parental support, which is defined by high relationship quality, has been found to be strongly associated with wellness (Scwarz et al., 2005). However, there were not many studies that both tackle relationships between mother-emerging adult and father- emerging adult. From that point, the current study findings underpin and extend the literature on the unique contribution of each parent.

Furthermore, in the first hypothesis again, it was assumed that a positive relationship with both parents would be negatively related to the psychological inflexibility. The findings of the current study were consistent with what was expected. In other words, participants who had more positive mother- emerging adult and father- emerging adult relationship quality had lower scores on psychological inflexibility. Previous research conclusions were in congruence with the current study's findings. Further, previous research indicated that positive parent-child relationships might buffer the effect of internalizing and externalizing problems (Steele, and McKinney, 2018). Moreover, in another study, Levine et al., (2014) stated that positive experiences in relationship quality with both parents and inflexibility were reversely associated with current and lifetime depressive and anxiety disorders. Therefore, the current study might be

enhanced previous findings, and might contribute to expand this association by focusing both parents to specific age group like emerging adulthood.

Secondly, it was hypothesized that negative mother-emerging adult and father-emerging adult relationship quality would be related negatively to life satisfaction and positively to psychological inflexibility. More specifically, it was assumed that individuals with higher levels of negative relationship quality with both of the parents would report less life satisfaction and more psychological inflexibility. This study's findings affirmed the second hypothesis. It was found that negative mother-emerging adult and father-emerging adult relationship quality were positively associated with psychological inflexibility and lower scores on life satisfaction. Those findings were compatible with the literature. According to the literature, psychological inflexibility was defined as avoidance and disconnection from an individual's experiences, which are proposed to donate to developing and maintaining substance misuse (Serowik, and Orsillo, 2019). Less qualified relationships with the parents might not provide any guidance or monitoring (Padilla Walke, and Nelson, 2008), which might influence emerging adults' ill-being, that is their psychological inflexibility and life dissatisfaction. Moreover, there is a limited number of studies have reported associations and specific domains between parenting and emerging adults' ill-being (Schwartz, 2009). Therefore, by addressing how negative relationships with each parent influence emerging adults' ill-being and well-being, the current study extends the literature with negative relationship quality parameters such as parent-child conflict and parent-child hostility.

Thirdly, the current study expected that positive mother-emerging adult and father-emerging adult relationship quality would be related positively to need satisfaction and negatively to need frustration. Participants who briefed higher levels of positive relationship with their both of the parents would report more need satisfaction and lower levels of need frustration. According to the literature, Self Determination Theory argued that social contexts play an essential role in fulfilling the basic psychological need satisfaction. Further, positive parent-child relationships include parental warmth and closeness and providing autonomy and giving care is positively related to psychological need satisfaction (Niemiec et al., 2006). More specifically, having close, caring, and satisfying relationships with parents may lead emerging adults to feel more

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autonomous, adaptive psychosocial functioning; perceived competence (Vasquez et al., 2015); felt more efficient and high levels of self-esteem when their competence need satisfied (Chirkov, and Ryan 2001); lastly consolidated of self-positive processes of connected that are crucial for well-being (Arnett 2001), when their satisfaction of relatedness need fulfilled (Lamborn, and Groh 2009). On the other hand, the stated positive family environment may lead emerging adults to feel less depressed in the context of autonomy frustration; lower level of self-criticism and loneliness when experienced with relatedness frustration (Inguglia et al., 2015) Therefore, we can say that current study's findings are in a similar vein to the theoretical background, which emphasizes that increased positive mother-emerging adult and father-emerging adult relationship quality might be related to heightened need satisfaction and decreased need frustration (Vansteenkiste, Ryan, and Soenens, 2021).

Fourthly, the present study hypothesized that negative mother-child and father-child relationship quality would be related positively to need frustration and negatively to need satisfaction. In other words, individuals who reported high levels of conflictual and hostile relationships with their every parent would report more need frustration and less need satisfaction. This study partly confirmed this hypothesis. It is found that negative mother-child relationship quality is negatively related to need satisfaction and positively related to need frustration. On the other hand, the negative father-child relationship quality only related positively to need frustration. This result might be related to need frustration, which might denote the absence of need satisfaction (Vansteenkiste, and Ryan, 2013). The reason of including need frustration different construct might related to argument of need frustration involves active threat rather than mere absence of need satisfaction (Vansteenkiste, Ryan, and Soenens, 2021).

Furthermore, previous literature assumed that there might be parents' gender differences in controlling and discipline strategies (Endendijk et al., 2016). Also, the culture might play a part in this result. The study done with late Turkish adolescents demonstrated their mothers' and fathers' representation; both boys and girls mentioned fathers as authoritarian and emotionally distant (Sefer, 2007). This result may also be a factor that influences emerging adults' perception of their relationship quality with fathers to be more need thwarting and negative. More specifically, having hostile and conflictual relationships with parents may lead emerging adults to feel less

psychologically functioned (Haerens et al., 2015), less adequacy (Chen et al., 2015) and less had positive affect (Chen, Li, and Liu, 2020)

For the fifth hypothesis, it was expected that need satisfaction would be related positively to life satisfaction and negatively to psychological inflexibility. In other words, participants who indicated more need satisfaction would have higher levels of life satisfaction and lower levels of psychological inflexibility. The current study found results in a similar vein to the previous literature. The association between need satisfaction and life satisfaction has been observable in between and within levels; Previous research consistently showed that individuals who reported higher need satisfaction showed increased life satisfaction, higher subjective vitality, and higher self-esteem (Chen et al., 2015; Kasser and Ryan, 1999; Ryan et al., 2010). More specifically, emerging adults who feel autonomous had a sense of choice during identity exploration (Ingluglia et al., 2014), who feel competent experienced mastery (Van den Broeck et al., 2010) who feel related associated to congruent self-development (Kopala-Sibney et al., 2016). Literature suggested a parallel relationship between positive components and need satisfaction; additionally, this study's findings support this argument with new empirical data.

The sixth hypothesis was that the need frustration is related positively to psychological inflexibility and negatively to life satisfaction. The current study showed that participants who reported higher levels of need frustration would brief higher levels of psychological inflexibility and lower levels of life satisfaction. Since this direct relationship between psychological inflexibility and need frustration has not been investigated before, the results of the current thesis were discussed grounded on previous studies examining the relationship between psychological inflexibility and life satisfaction is the part of functioning conceptualized as well-being. To illustrate, the research conducted with 144 psychology students examined the relationship between psychological flexibility and life satisfaction. That research found that psychological inflexibility negatively influenced functioning (Marshall, and Blackman, 2016). Besides, lower scores on life satisfaction in 137 muscle patients are associated with higher scores in psychological inflexibility (Graham et al., 2016). More specifically, in the context of emerging adulthood, it was found that emerging adults who did not feel autonomous displayed more aggressive behaviors than others who felt more autonomous.

Further, those who did not feel competent and experienced more social exclusion and negative affect stated less satisfaction with life and more psychological inflexibility (Schmidt et al., 2020). Therefore, previous research might show that when individuals' needs are thwarted, they might lean to evolve more depressed and less satisfied with their life. Consequently, the previous literature might underpin the relationship between psychological inflexibility and the need frustration; however, it required more research to enhance this argument.

4.3 Findings related to Mediating Roles of Need Satisfaction and Need Frustration

4.3.1 Findings related to Mediating Roles of Need Satisfaction and Need Frustration in relation between positive parent-emerging adult relationship quality and life satisfaction

Two mediation analyses were separately run to examine the mediating roles of need satisfaction and need frustration in the relationship between positive mother -emerging adult relationship quality and life satisfaction and positive father-emerging adult relationship and life satisfaction. Fundamentally, it was hypothesized that need satisfaction and frustration would significantly mediate the relationship between positive parent-emerging relationship quality and life satisfaction. More particularly, it was expected that individuals who briefed more positive relationship quality with both mother and father would experience more need satisfaction and less need frustration, which would be related to higher levels of life satisfaction. For both parents, the hypothesis was confirmed. Both positive mother-emerging adult and positive father-emerging adult relationship and their impact on emerging adult's life satisfaction was significant; mediated by need frustration and need satisfaction. All these results were compatible with the Self-Determination Theory, which presumed that social contexts are closely associated with an individual's need satisfaction and need frustration (Deci, and Ryan, 2002). Moreover, the positive parent-child relationships accepted as need supporting elements allow for higher well-being levels (Ryan, and Kasser, 1999). Amato (1994) remarked that positive relationship with both mother and father individually related to happiness and life satisfaction. The point of interest in this result might be that need satisfaction and frustration were oppositely associated with each other. Thus, need satisfaction and need frustration might be in the unified continuum (Ryan, and Deci 2000a; Ryan, and Dec 2000b).

4.3.2 Findings related to Mediating Roles of Need Satisfaction and Need Frustration in relation between positive parent-emerging adult relationship quality and psychological inflexibility

Two mediation analyses were separately run to examine the mediating roles of need satisfaction and need frustration in the relationship between positive mother-emerging adult relationship quality and psychological inflexibility and positive father-emerging adult relationship and psychological inflexibility. Initially, it was hypothesized that need satisfaction and frustration would significantly mediate the relationship between positive parent-emerging adult relationship quality and psychological inflexibility. In other words, it was expected participants who reported more positive relationship quality with both parents would experience more need satisfaction and less need frustration, which would be related to lower levels of psychological inflexibility. For both parents, the hypothesis was confirmed partly. Both positive mother-emerging adult and positive father-emerging adult relationship and their impact on emerging adult's psychological inflexibility were significant; mediated by need frustration but need satisfaction did not play mediating role in the relation between positive parent-emerging adult relationship quality and psychological inflexibility.

Findings were compatible with the Self-determination perspective, which proposed how social contexts provide a path for an individual's well or ill-being. Positive parent-emerging adult relationships might be accepted in the need supportive category, positively related to need satisfaction, and cultivate an individual's well-being (Gao et al., 2022). According to this lens, the lower levels of need satisfaction might be related to ill-being. As a result, need satisfaction did not predict psychological inflexibility; it has made to think the cost of ill-being (Vansteenkiste, Ryan, and Soenens, 2020). Thus, when needs are actively threatened, it might be expected to be frustrating and lead to ill-being. Compared to need satisfaction, need frustration was better for predicting adverse outcomes. In that context, need frustration might be independent of decreased need satisfaction; it might be seen as more meaningful to explore beyond more measures of need satisfaction might provide (Bartholomew et al., 2011). Therefore, in the current study, participants' frustration with needs predicted psychological inflexibility. yet it is required for future studies to underline more robust and specific mechanisms to explore the need frustration and need satisfaction relationship.

According to different scholars of the SDT need satisfaction and need frustration were conceptualized as unified or distinct constructs (Vansteenkiste, and Ryan 2013; Vansteenkiste, Soenens, and Ryan, 2020). results of the current study showed that need satisfaction and need frustration might be unified to predict life satisfaction. However, the need for satisfaction and need frustration might be distinct construct to predict psychological inflexibility.

4.3.3 Findings related to Mediating Roles of Need Satisfaction and Need Frustration in relation between negative parent-emerging adult relationship quality and life satisfaction

Two mediation analyses were separately conducted to examine the mediating roles of need satisfaction and need frustration in the relationship between negative mother-emerging adult relationship quality and life satisfaction and negative father-emerging adult relationship and life satisfaction. More specifically, it was hypothesized that need satisfaction and frustration would significantly mediate the relationship between negative parent-emerging relationship quality and life satisfaction. It was expected that individuals who mentioned more negative relationship quality with both parents would experience less need satisfaction and more need frustration, which would be related to lowers levels of life satisfaction. The results differed according to parents' gender. In negative mother-emerging adult relationship quality confirmed what is expected. Nonetheless, in the negative father-emerging adult relationship quality the first sequence of the hypothesis was confirmed; results proposed that the need frustration played an influential part in this association. Remarkably, participants who declared more negative father-emerging adult relationship quality had higher need frustration which in turn lower life satisfaction; yet need satisfaction did not take part in a significant mediating role in the negative parent-emerging adult relationship quality.

Based on Self-Determination Theory, the current study's results were not unpredictable in terms of individuals who encounter conflictual and hostile environments with their parents, including active threats for the frustration of basic psychological needs (Costa et al., 2015). Although several studies indicated that negative parent-emerging adult relationships might be positively associated with low psychological need satisfaction among college students (Gao et al., 2022; Shao et al.,

hiz2019) and increased the risk of externalizing behaviors and depressive symptoms (Shao et al., 2019; Vandenkerckhove et al., 2021) the current study did not find the relationship between negative father-emerging adult relationship quality and need satisfaction. The previous studies did not show significant differences in need satisfaction and gender (Mabbe et al., 2018). Again, the studies focused on the gender of the parent and its effect on well-being from a Self-Determination perspective are very limited, so it is required to do more research for generalized outcomes.

4.3.4 Findings related to Mediating Roles of Need Satisfaction and Need Frustration in relation between negative parent-emerging adult relationship quality and psychological inflexibility

Two mediation analyses were separately conducted to examine the mediating roles of need satisfaction and need frustration in the relationship between negative mother-emerging adult relationship quality and psychological inflexibility and negative father-emerging adult relationship and psychological inflexibility. In other words, emerging adults who reported negative relationship quality with their mother and with their father would experience less need satisfaction and more need frustration which in turn would be related to higher levels of psychological inflexibility. The results altered in terms of parents' gender.

Emerging adults who experience more negative parent-child relationships, which emphasized felt more control, pressure, and less autonomy satisfaction; feel a weakened sense of warmth and less relatedness satisfaction, contribute to reducing need satisfaction (Tam et al., 2018). This finding might parallel negative mother-emerging adult relationship quality and negatively related to need satisfaction in the current study. Even though it was expected that the low level of need satisfaction was related to psychological inflexibility, the current study's result did not find that. This finding might contradict the previous study by Ahmad et al. (2013). Those researchers found that low need satisfaction mediated the relationship between psychological control and adolescents' adjustment to school. When all those findings are considered together, individuals with a hostile and conflicted relationship with their parents tend to experience less autonomy satisfaction (Cao et al., 2020; Brassell et al., 2016). Several studies investigated the relation between adverse outcomes and need satisfaction and found significant indirect effects to support this idea (Hodge,

Lonsdale, and Ng, 2008); however, those studies' low need satisfaction associated with ill-being did not always replicate (Gagné et al., 2003; Quested and Duda, 2010) as in the same line with the current study. The mediating role of need satisfaction in relation to negative father relationship quality and psychological inflexibility was insignificant. According to the results, there was no significant relationship between negative parent-emerging adult relationships and need satisfaction. This finding was surprising, according to the literature. Studies with adolescents demonstrated that adolescents who had hostile relationships with their parents might lack emotional support and warmth; thus, this may deflate the satisfaction of their psychological needs (Sun et al., 2020; Lin and Tsai, 2016). The difference might be associated with the developmental significance of friendship behaviors. In emerging adulthood, best friends might be perceived as more supportive of basic psychological needs fullfillment (Dost and Ercelik, 2020). With all known these, emerging adults might shift their need supportive environment importance from family to friendship in this period. On the other hand, need frustration plays a significant mediating role for both negative mother-emerging adult and negative father-emerging adult relationship quality and psychological inflexibility. It is proposed that need thwarting experiences and need frustration might be better predictors of ill-being (Bartholomew et al., 2011); the individuals who encountered need frustration felt precluded from satisfying needs, which is closely related to the current study's finding.

4.4 Limitations and Future Study Suggestions

The present study has some limitations. First, the data were collected from a cross-sectional sample at one point at a time, so it does not provide any causality. The current study focused on a specific period and measuring only once the relationship might be insufficient to detect temporal relations between variables. This method might be problematic for robust and generalizable outcomes. For a more comprehensive and reliable understanding of the association between variables, future studies might use a longitudinal design to detect better how daily variations influence relationship quality and life satisfaction. Thus, it might provide a good sense of between and within-person differences. Societal and economic factors such as national income are essential to take into account when measuring an individual's life satisfaction (Diener, Oishi, and Tay, 2018). Although the current study consisted of a representative sample in terms of perceived income, the fluctuations in the economic conditions should be considered

more precisely, especially in emerging adulthood, since emerging adults' economic conditions vary highly and are unstable. Future studies should take this situation into account more in detail.

Second, the current study conceptualized relationship quality as a perceived point from emerging adults. There is no information about the parental side; for exhaustive knowledge of relationship qualities and their impact, future studies might use the actor interdependence model, which focuses on dyadic relationships and their effect on actor and partner effects on the present relations (Brenning et al., 2017).

Third, the emerging adulthood definition requires specific economic, demographic, and cultural factors for industrialized societies. However, the conceptualization of emerging adulthood in Turkey with alterations in demographic structure is controversial (Atak, and Taştan, 2012). Although there are tendencies for emerging adulthood characteristics, there is no consensus about which specific qualities emerging adults have in Turkey. Being not married is accepted as an emerging adult trait. The current study asked participants about their relationship status; it was not asked if they were married. Thus, it requires more specific questions to ask for future studies. Also, the present study concentrated on the relationship between parents and emerging adults but did not focus on siblings' role in this context. For future studies, sibling relationships might be examined for a more detailed interpretation of family relationships and their mark on emerging adults' functioning.

Lastly, the current research focused on the total score of basic psychological needs and frustration. It should have been regarding the impact of each need can be examined separately to emerging adults' functioning

CHAPTER 5: CONCLUSION

The present study aimed to test the mediating roles of need satisfaction and need frustration in relation to positive and negative mother-emerging adult relationship quality and positive and negative father-emerging adult relationship quality to emerging adults' functioning. In general, the results showed that both the need satisfaction and need frustration mediated the relation between parent-emerging adult relationship quality and emerging adults' wellness. Both need satisfaction and need frustration mediated the relationship between a positive mother and a positive father-emerging adult's life satisfaction. In other words, a more positive relationship with mothers and fathers increases the likelihood of higher life satisfaction through need satisfaction. Also, the need frustration plays a mediating role between the positive mother-emerging adult relationship quality and emerging adults' psychological inflexibility negatively. The same result was found to be valid for the positive relationship quality with the fathers. Negative mother and father-emerging adult relationship quality predicted life satisfaction through need frustration. As expected, participants who reported negative relationship quality with their parents experienced need frustration which, in turn, less need satisfaction. Notably, negative mother-emerging adult relationship quality and negative father-emerging adult relationship quality predicted psychological inflexibility through need frustration. In other words, individuals who reported negative relationship quality with both parents would encounter more need frustration, which is related to higher levels of psychological inflexibility. This chapter encloses the contributions and possible clinical implications of the present study.

5.1 Contributions of the Current Study

The importance of close relationships to the individual's physical and psychological area is undeniable at all developmental stages, and the parent-child relationship is one of these relationships. The general trend of parent-child relationships clustered in childhood and adolescence; the later periods have remained in the background. Emerging adulthood is a subject that needs more research to get more valid and reliable understanding of this period. Emerging adults are neither adolescents nor adults; the transition-focused period brings a new status quo for emerging adults and their parents. In this context, the current research is vital in examining how a new form of

relationships with parents influences emerging adults' functioning via a Self-Determination lens. The study has a noteworthy contribution to the literature by investigating both need satisfaction and frustration and their relationship between well-being and ill-being. Rather than examine the general terms of a parent, it centered on the mother and father separately to see the unique contributions of each parent. Moreover, there is limited research with Turkish samples for emerging adulthood period focalized parent-child dyads; this study might strengthen current knowledge with the findings.

5.2 Clinical Implications

The current study has contributed to how relationships with mothers and fathers separately influence their emerging adult's functioning.

Individual and family therapists, university counselors, and other professionals working with an emerging adult group can benefit from this research's outcomes. This study can draw a more comprehensive and meaningful roadmap for mental health professionals by focusing on how positive and negative relationships with families and their effect on basic psychological needs. Professionals might create new interventions for families by focusing on the negative elements and outcomes of a parent-emerging adult relationship. Also, the positive elements and outcomes take into consideration for prevention and positive development program by practitioners for universities and families.

Although it might not be possible to modify parent–emerging adult relationships, focusing on satisfying the basic psychological needs may be a leverage point for fostering emerging adult mental health.

Another significant contribution of the current research is demonstrating the relationship between need frustration and psychological inflexibility. It has known that psychological inflexibility is associated with current and lifetime depressive and anxiety disorders, eating disorders, and substance use disorders (Levine et al., 2014). It might be said that the need frustration denotes transdiagnostic vulnerability to maladjustment. It might be useful for clinicians to explain and understand their clients more by concentrating on how emerging adults experience a negative relationship with parents and their effect on emerging adults' functioning. It is critical to comprehend

the relationship between need frustration and diminished functioning for better apprehension to risk for pathology.

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APPENDICES

Appendix A- Ethics Committee Approval

SAYI : B.30.2.İEÜ.0.05.05-020-*219*   26.05.2022

KONU : Etik Kurul Kararı hk.

Sayın Doç. Dr. Aylin Koçak ve Esra Yavuz,

"THE MEDIATING ROLE OF BASIC PSYCHOLOGICAL NEEDS IN RELATION TO PARENT EMERGING ADULT RELATIONSHIP QUALITY AND EMERGING ADULT'S FUNCTIONING" başlıklı projenizin etik uygunluğu konusundaki başvurunuz sonuçlanmıştır.

Etik Kurulumuz 26.05.2022 tarihinde sizin başvurunuzun da içinde bulunduğu bir gündemle toplanmış ve Etik Kurul üyeleri projeleri incelemiştir.

Sonuçta 26.05.2022 tarihinde "THE MEDIATING ROLE OF BASIC PSYCHOLOGICAL NEEDS IN RELATION TO PARENT EMERGING ADULT RELATIONSHIP QUALITY AND EMERGING ADULT'S FUNCTIONING" konulu projenizin etik açıdan uygun olduğuna oy birliğiyle karar verilmiştir.

Not: Etik Kurul, sosyal medya aracılığı ile duyurulan anketlerde doğru örnekleme ulaşılamama riskinin geleneksel yöntemlere göre (yüz yüze anket veya iletişim bilgileri gözden geçirilmiş bir grupla yapılan anket) daha yüksek olması nedeniyle gerekli önlemleri almanızı önermektedir.

Gereği için bilgilerinize sunarım.

Saygılarımla,

Prof. Dr. Murat Bengisu
Etik Kurul Başkanı

Appendix B- Participant Information Form

Katılımcı Bilgilendirme Formu

Araştırmaya katılımınız için teşekkür ederiz.

Bu araştırmanın amacı 18-29 yaş arası insanların ebeveynleri ile olan ilişkilerinin niteliği, psikolojik katılık ve öznel iyi oluş arasındaki ilişkide temel psikolojik ihtiyaçların aracı rolünü incelemektir.

Bu doğrultuda size ebeveyninizle olan ilişki niteliğiniz, temel psikolojik ihtiyaçlarınız psikolojik katılık ve öznel iyi oluş hakkında sorular yöneltilmiştir.

Çalışma sonuçlarıyla ilgili daha fazla bilgi almak isterseniz Esra Yavuz ile iletişime geçebilirsiniz.

Bu çalışmaya katılımınız ve katkınız için teşekkür ederiz.

Katılımcı Onam Formu

Bu çalışma, İzmir Ekonomi Üniversitesi bünyesinde, Klinik Psikoloji Yüksek Lisans programı kapsamında, Dr. Öğr. Üyesi Aylin Koçak danışmanlığında Esra Yavuz tarafından yürütülmektedir. Bu form sizi çalışma koşulları hakkında bilgilendirmek için hazırlanmıştır.

Çalışmanın Amacı Nedir?

Bu araştırmanın amacı beliren yetişkinlik dönemindeki bireylerin ebeveynleriyle olan ilişkilerinin niteliği ile psikolojik katılık ve öznel iyi oluş halleri arasındaki ilişkiye bakmak ve bu ilişkideki temel psikolojik ihtiyaçlarının aracı rolünü incelemektir.

Bu doğrultuda size ebeveyninizle olan ilişkiniz, temel ihtiyaçlarınız ve psikolojik katılık ve iyi oluş ile ilgili sorular yöneltilecektir.

Bize nasıl yardımcı olursunuz?

Araştırmaya katılmayı kabul ederseniz, bu aşamada sizden yaklaşık 10-15 dakikanızı alacak anketimizi doldurmanız istenecektir. Soruların doğru ya da yanlış cevapları yoktur. Bundan dolayı soruları kendiniz yanıtlamanız ve size en doğru gelen yanıtları tercih etmeniz araştırmanın doğruluğu ve güvenilirliği açısından önemlidir.

Sizden topladığımız bilgileri nasıl kullanacağız?

Araştırmada sizden kimlik bilgilerinizi ortaya çıkaracak bilgiler istenmeyecektir. Verdiğiniz yanıtlar tamamen gizli tutulacak, bu bilgilere sadece araştırmacılar ulaşabilecektir. Katılımcılardan elde edilecek bilgiler toplu halde değerlendirilecek, bilimsel yayınlar ve akademik amaçlar için kullanılabilecektir.

Katılımınız ile ilgili bilmeniz gerekenler:

Araştırmaya katılım tamamen gönüllülük esasına dayanmaktadır. Çalışma, genel olarak kişisel rahatsızlık verecek sorular içermemektedir. Ancak, katılım sırasında sorulardan ya da herhangi başka bir nedenden ötürü kendinizi rahatsız hissederseniz çalışmaya katılmayı reddedebilir veya cevaplama işini yarıda bırakabilirsiniz.

Çalışmaya katılımınız için şimdiden teşekkür ederiz. Çalışma hakkında daha fazla bilgi almak isterseniz

Esra Yavuz   ile iletişime geçebilirsiniz. Bu çalışmaya tamamen gönüllü olarak katılmayı kabul ediyor ve istediğim zaman yarıda kesip çıkabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayımlarda kullanılmasını kabul ediyorum. **Evet** ☐ **Hayır** ☐

Demografik Bilgi Formu

1. Cinsiyetiniz:

• Kadın ☐

• Erkek ☐

• Belirtmek istemiyorum. ☐

2. Doğum yılınız: (Örn: 1999) _____

3. Eğitim durumunuz:

- İlkokul ☐
- Ortaokul ☐
- Lise ☐
- Lisans ☐
- Yüksek lisans ☐
- Doktora ☐

4. Kiminle yaşıyorsunuz?

- Romantik partner ☐
- Aile üyeleri ☐
- Arkadaşlar ☐
- Yalnız ☐
- Diğer ☐

5. İlişki durumunuz?

- Devam eden bir ilişkim var ☐
- Devam eden bir ilişkim yok ☐

6. Anne:
- Öz anne ☐
- Üvey anne ☐
- Koruyucu anne ☐

- Evlat edinen anne ☐
- Anne hayatta değil ☐

7. Baba:
   - Öz baba ☐
   - Üvey baba ☐
   - Koruyucu baba ☐
   - Evlat edinen baba ☐
   - Baba hayatta değil ☐

8. Aile durumunuz:
   - Annem- babam evli, birlikte yaşıyorlar ☐
   - Annem- babam evli, ayrı yaşıyorlar. ☐
   - Annem-babam boşandı, ben annemle yaşıyorum ☐
   - Annem- babam boşandı, ben babamla yaşıyorum ☐
   - Anne babam boşandı, ben bir akrabamla yaşıyorum ☐
   - Diğer (belirtiniz): _____

9. Kaç kardeşiniz var? (Sizden büyük ve/veya küçük kardeşlerinizin toplam sayısını yazınız.) Kardeşiniz yoksa "0" yazabilirsiniz. : _____

10. Siz kaçıncı çocuksunuz?: _____

11. Kendinizi hangi gelir grubuna ait görüyorsunuz?

• Alt gelir grubunda ☐

• Ortanın altı gelir grubunda ☐

• Orta gelir grubunda ☐

• Ortanın üstü gelir grubunda ☐

• Üst gelir grubunda ☐

12. Annenizin eğitim düzeyi:

   • Okur yazar değil ☐

   • Okur yazar ☐

   • İlkokul Mezunu ☐

   • Ortaokul Mezunu ☐

• Lise Mezunu ☐

• Yüksekokul Mezunu (2 yıllık) ☐

• Üniversite Mezunu ☐

• Yüksek Lisans Mezunu ☐

•Doktora mezunu ☐

13. Babanızın eğitim düzeyi:

• Okur yazar değil ☐

• Okur yazar ☐

• İlkokul Mezunu ☐

• Ortaokul Mezunu ☐

• Lise Mezunu ☐

• Yüksekokul Mezunu (2 yıllık) ☐

• Üniversite Mezunu ☐

• Yüksek Lisans Mezunu ☐

• Doktora Mezunu ☐

14. Fiziksel/Kronik bir sağlık sorununuz var mı?:
• Evet ☐

• Hayır ☐

15. Daha önce psikolojik bir yardım aldınız mı?:

• Evet ☐

• Hayır ☐
16. Herhangi bir öğrenme güçlüğünüz var mı?

• Evet ☐

• Hayır ☐

Appendix E- Quality Of Parent-Adolescent Relationship Scale

Ergen- Ebeveyn İlişki Niteliği Ölçeği (Anne Formu)

1 = Hiç ya da çok az

2 = Biraz

3 = Çok

4 = Oldukça çok

5 = En çok

Lütfen her cümleyi dikkatle okuyup size uygun olanını işaretleyiniz.

(Her satırda sadece bir seçeneği işaretleyiniz.)

1) Annenize............. arkadaşlarınızın kimler olduğundan ne kadar bahsedersiniz?

1	2	3	4	5

2) Annenize............ paranızı nasıl harcadığınızdan ne kadar bahsedersiniz?

1	2	3	4	5

3) Annenize............ okuldan sonra nerede olduğunuzdan ne kadar bahsedersiniz?

1	2	3	4	5

4) Annenize............ kapıdan çıktığınızda nereye gittiğinizden ne kadar bahsedersiniz?

1	2	3	4	5

5) Annenize............ boş zamanlarınızda neler yaptığınızdan ne kadar bahsedersiniz?

1	2	3	4	5

6) Annenize......................okulda aldığınız notlardan ne kadar bahsedersiniz?

1	2	3	4	5

7) Annenizle.......... olan ilişkinizden ne kadar memnunsunuz?

1	2	3	4	5

8) Annenizle........... olan ilişkiniz ne kadar iyi?

1	2	3	4	5

9) Annenizle........... aranızda işlerin gidiş biçiminden ne kadar mutlusunuz?

1	2	3	4	5

10) Annenizle......... her şey hakkında ne kadar konuşursunuz?

1	2	3	4	5

11) Annenizle......... sırlarınızı ve özel duygularınızı ne kadar paylaşırsınız?

1	2	3	4	5

12) Annenizle......... diğer insanların bilmesini istemediğiniz şeyler hakkında ne kadar konuşursunuz?

1	2	3	4	5

13) Annenizle......... birbirinize ne kadar sinirlenir ya da kızarsınız?

1	2	3	4	5

14) Annenizle......... ne kadar anlaşmazlığa düşer ve kavga edersiniz?

1	2	3	4	5

15) Annenizle......... ne kadar tartışırsınız?

1	2	3	4	5

16) Annenizle......... birbirinize ne kadar sinir olursunuz?

1	2	3	4	5

17) Anneniz............ ve siz birbirinizin davranışlarınızdan ne kadar rahatsız olursunuz?

1	2	3	4	5

18) Anneniz.......................ve siz ne kadar birbirinizi azarlar ya da birbirinize dırdır edersiniz?

1	2	3	4	5

Ergen- Ebeveyn İlişki Niteliği Ölçeği (Baba Formu)

1 = Hiç ya da çok az

2 = Biraz

3 = Çok

4 = Oldukça çok

5 = En çok

Lütfen her cümleyi dikkatle okuyup size uygun olanını işaretleyiniz.

(Her satırda sadece bir seçeneği işaretleyiniz.)

1) Babanıza...........arkadaşlarınızın kimler olduğundan ne kadar bahsedersiniz?

1	2	3	4	5

2) Babanıza...........paranızı nasıl harcadığınızdan ne kadar bahsedersiniz?

1	2	3	4	5

3) Babanıza...........okuldan sonra nerede olduğunuzdan ne kadar bahsedersiniz?

1	2	3	4	5

4) Babanıza...........kapıdan çıktığınızda nereye gittiğinizden ne kadar bahsedersiniz?

1	2	3	4	5

5) Babanıza...........boş zamanlarınızda neler yaptığınızdan ne kadar bahsedersiniz?

1	2	3	4	5

6) Babanıza...........okulda aldığınız notlardan ne kadar bahsedersiniz?

1	2	3	4	5

7) Babanızla...........olan ilişkinizden ne kadar memnunsunuz?

1	2	3	4	5

8) Babanızla...........olan ilişkiniz ne kadar iyi?

1	2	3	4	5

9) Babanızla...........aranızda işlerin gidiş biçiminden ne kadar mutlusunuz?

1	2	3	4	5

10)Babanızla...........her şey hakkında ne kadar konuşursunuz?

1	2	3	4	5

11) Babanızla...........sırlarınızı ve özel duygularınızı ne kadar paylaşırsınız?

1	2	3	4	5

12) Babanızla...........diğer insanların bilmesini istemediğiniz şeyler hakkında ne kadar konuşursunuz?

1	2	3	4	5

13)Babanızla...........birbirinize ne kadar sinirlenir ya da kızarsınız?

1	2	3	4	5

14) Babanızla...........ne kadar anlaşmazlığa düşer ve kavga edersiniz?

1	2	3	4	5

15) Babanızla...........ne kadar tartışırsınız?

1	2	3	4	5

16) Babanızla...........birbirinize ne kadar sinir olursunuz?

1	2	3	4	5

17) Babanız.............ve siz birbirinizin davranışlarınızdan ne kadar rahatsız olursunuz?

1	2	3	4	5

18) Babanız.............ve siz ne kadar birbirinizi azarlar ya da birbirinize dırdır edersiniz?

1	2	3	4	5

Temel Psikolojik İhtiyaç Doyumu Ölçeği

Lütfen her cümleyi dikkatle okuyup size uygun olanını işaretleyiniz.

(Her satırda sadece bir seçeneği işaretleyiniz.)

1- Hiç Katılmıyorum
5- Tamamen katılıyorum

1. Üstlendiğim şeyleri özgürce seçebildiğimi hissederim.

1	2	3	4	5

2. Kararlarımın gerçekten ne istediğimi yansıttığını hissederim.

1	2	3	4	5

3. Tercih ettiğim şeyler gerçekten kim olduğumu gösterir.

1	2	3	4	5

4. Gerçekten ilgimi çeken şeyleri yaptığımı hissederim.

1	2	3	4	5

5. Yaptığım şeylerin çoğunu "yapmak zorundaymışım" gibi hissederim.

1	2	3	4	5

6. Yapmak istemeyeceğim pek çok şeyi yapmak zorundaymışım gibi hissederim.

1	2	3	4	5

7. Çok fazla şey yapma konusunda baskı hissederim.

1	2	3	4	5

8. Gündelik işlerim art arda gelen zorunluluklarmış gibi hissettiriyor.

1	2	3	4	5

9. Önemsediğim insanların da beni önemsediğini hissederim.

1	2	3	4	5

10. Önemsediğim ve beni önemseyen insanlara bağlı olduğumu hissederim.

1	2	3	4	5

11. Benim için önemli olan diğer insanlara yakın ve bağlı hissederim.

1	2	3	4	5

12. Birlikte zaman geçirdiğim insanlarla samimi duygular içindeyim.

1	2	3	4	5

13. İçinde olmak istediğim gruptan dışlandığımı hissederim.

1	2	3	4	5

14. Benim için önemli olan insanların bana karşı soğuk ve mesafeli olduğunu hissederim.

1	2	3	4	5

15. Zaman geçirdiğim insanların beni sevmedikleri izlenimine sahibim.

1	2	3	4	5

16. Kurduğum ilişkilerin yüzeysel olduğunu hissederim.

1	2	3	4	5

17. Bir şeyleri iyi yapabileceğim konusunda kendime güvenirim.

1	2	3	4	5

18. Yaptığım şeylerde kendimi yeterli hissederim.

1	2	3	4	5

19. Hedeflerime ulaşmak için yeterli olduğumu hissederim.

1	2	3	4	5

20. Zor görevleri başarıyla tamamlayabileceğimi hissederim.

1	2	3	4	5

21. Bir şeyleri iyi yapıp yapamayacağım konusunda ciddi kuşkularım var.

1	2	3	4	5

22. Yaptığım şeylerin çoğunda hayal kırıklığına uğradığımı hissederim.

1	2	3	4	5

23. Yeteneklerim konusunda güvensizlik hissederim.

1	2	3	4	5

24. Yaptığım hatalar yüzünden kendimi başarısız biri gibi hissederim.

1	2	3	4	5

Appendix G- Acceptance and Action Questionnaire-2

Kabul ve Eylem Formu-2

Aşağıda bir dizi ifade bulunmaktadır Lütfen her cümleyi dikkatle okuyup size uygun olanını işaretleyiniz.

1	2	3	4	5	6	7
Hiçbir zaman doğru değil	Çok nadiren doğru	Nadiren doğru	Bazen doğru	Sıklıkla doğru	Neredeyse her zaman doğru	Daima doğru

1. Geçmişte olan acı veren yaşantılarım ve hatıralarım, değer verdiğim bir hayatı yaşamayı zorlaştırıyor.

1	2	3	4	5	6	7

2. Hislerimden korkarım.

1	2	3	4	5	6	7

3. Kaygılarım ve hislerimi kontrol edememekten endişelenirim.

1	2	3	4	5	6	7

4. Acı hatıralarım dolu dolu bir hayat yaşamamı engelliyor.

1	2	3	4	5	6	7

5. Duygular hayatımda sorunlara yol açar.

1	2	3	4	5	6	7

6. İnsanların çoğu hayatlarını benden daha iyi idare eder gibi görünüyor.

1	2	3	4	5	6	7

7. Endişelerim başarılı olmamı engelliyor.

1	2	3	4	5	6	7

Appendix H-Satisfaction with Life Scale

Yaşam Doyumu Ölçeği

Aşağıda kendinizle ilgili bazı ifadeler yer almaktadır. Lütfen bu ifadeleri dikkatlice okuyup sizin için en uygun olan ifadeyi işaretleyiniz.

Hiç katılmıyorum (1)	Katılmıyorum (2)	Biraz katılmıyorum (3)	Ne katılıyorum ne de katılmıyorum (4)	Çok az katılıyorum (5)	Katılıyorum (6)	Kesinlikle katılıyorum (7)

1.Pek çok açıdan ideallere yakın bir yaşamım var.

1	2	3	4	5	6	7

2.Yaşam koşullarım mükemmeldir.

1	2	3	4	5	6	7

3.Yaşamım beni tatmin ediyor.

1	2	3	4	5	6	7

4. Şimdiye kadar yaşamdan istediğim önemli şeyleri elde ettim.

1	2	3	4	5	6	7

5. Hayatımı bir daha yaşama şansım olsaydı, hemen hemen hiçbir şeyi değiştirmezdim.

1	2	3	4	5	6	7