



**THE MEDIATING ROLE OF BASIC PSYCHOLOGICAL  
NEED SATISFACTION AND NEED FRUSTRATION IN  
THE RELATIONSHIP OF HELICOPTER PARENTING  
AND AUTONOMY-SUPPORTIVE PARENTING WITH  
MARITAL ATTITUDES**

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Master's Thesis

Graduate School  
Izmir University of Economics  
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# ABSTRACT

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The main aim of the study was to investigate the relationship of helicopter and autonomy-supportive parenting with positive and anxious marital attitude by means of basic psychological need satisfaction and frustration. The sample consisted of 422 participants whose ages were between 18-29 years old ( $M_{age} = 23.02$  years,  $SD = 2.57$ ; 59.3% females). Demographic Information Form, Helicopter Parenting Behaviors Questionnaire, Basic Psychological Need Satisfaction and Frustration Scale, Inonu Marriage Attitude Scale, and Marriage Anxiety Scale were used. According to the results, need frustration played a significant mediating role in the relationship between helicopter parenting and anxious marital attitude and between autonomy-supportive parenting and anxious marital attitude. Moreover, need satisfaction played a significant mediating role in the relationship between autonomy-supportive parenting

and positive marital attitude. However, need satisfaction and need frustration did not play significant mediating roles in the relationship between helicopter parenting and positive marital attitude. Findings, limitations, strengths, and implications of the current study were discussed in light of the literature, and suggestions for future studies were presented.

Keywords: Helicopter parenting, autonomy-supportive parenting, need satisfaction, need frustration, self-determination theory, marital attitude



# ÖZET

## HELİKOPTER EBEVEYNLİK VE ÖZERKLİK DESTEKLEYİCİ EBEVEYNLİK İLE EVLİLİK TUTUMU ARASINDAKİ İLİŞKİDE TEMEL PSİKOLOJİK İHTİYAÇLARIN KARŞILANMASININ VE ENGELLENMESİNİN ARACI ROLÜ

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Bu çalışmanın temel amacı, helikopter ebeveynlik ve özerklik destekleyici ebeveynlik ile pozitif ve kaygılı evlilik tutumu arasındaki ilişkide temel psikolojik ihtiyaçların karşılanmasının ve engellenmesinin aracı rolünü incelemektir. Örneklem 18-29 yaş arası 442 katılımcıdan ( $Ortyaş = 23.02$ ,  $S = 2.57$ ; %59,3'ü kadın) oluşmuştur. Araştırmanın amacı doğrultusunda, Demografik Bilgi Formu, Helikopter Ebeveynlik Davranışları Ölçeği, Temel Psikolojik İhtiyaçların Tatmini ve Engellenmesi Ölçeği, İnönü Evlilik Tutum Ölçeği ve Evlilik Kaygısı Ölçeği kullanılmıştır. Araştırma sonuçlarına göre temel psikolojik ihtiyaçların engellenmesi, helikopter ebeveynlik ile kaygılı evlilik tutumu ve özerklik destekleyici ebeveynlik ile kaygılı evlilik tutumu arasındaki ilişkide anlamlı bir aracı rol oynamıştır. Ek olarak, temel psikolojik ihtiyaçların karşılanması, özerklik destekleyici ebeveynlik ile pozitif evlilik tutumu arasındaki ilişkide anlamlı bir aracı rol oynamıştır. Fakat, temel psikolojik ihtiyaçların

karşılanması ve engellenmesinin helikopter ebeveynlik ile pozitif evlilik tutumu arasındaki ilişkide anlamlı bir aracılık etkisi bulunamamıştır. Mevcut çalışmanın bulguları, sınırlılıkları, güçlü yönleri ve çıkarımları, ilgili literatür ışığında tartışılmış ve gelecek çalışmalar için öneriler sunulmuştur.

**Anahtar Kelimeler:** Helikopter ebeveynlik, özerklik destekleyici ebeveynlik, temel psikolojik ihtiyaçların karşılanması, temel psikolojik ihtiyaçların engellenmesi, öz-düzenleme kuramı, evlilik tutumu





To my lovely family

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## **CHAPTER 1: INTRODUCTION**

Marriage is seen by many young people as a transition from responsibility for self to care for others (Carroll et al., 2009). During this transition, emerging adults develop different attitudes toward marriage. Marital attitudes are described as the individual's beliefs and expectations about marriage in general and their future marriage (Willoughby, 2010). In the literature, these beliefs and expectations are generally assessed as the overall importance of marriage, desire to marry, unrealistic beliefs about marriage, readiness for marriage, positive marital attitude, and negative marital attitude namely anxious attitude (Willoughby, 2010). Positive and anxious marriage attitudes are those whose dimensions of marriage attitudes are overlooked. Therefore, we focus on these two dimensions along with their antecedents. For the antecedents related to marital attitudes, it can be assumed from the literature that parenting and individual dimensions may be related to anxious and positive marital attitudes. Since the relationship between parenting behaviors and marital attitudes has been little studied in the literature, further studies are needed to understand which parental behaviors are associated with which marital attitudes. Therefore, in this study, we focus on controlling and non-controlling parenting, which are helicopter parenting and autonomy-supportive parenting, respectively. As individual antecedents of marital attitudes, guided by self-determination theory, we focus on basic psychological needs. To understand darker and brighter paths in this relationship, we examine the need satisfaction and need frustration at the same time. Therefore, we highlighted the positive and negative sides of marital attitudes, parenting, and individual dimensions. Accordingly, we aimed to illuminate the darker and brighter paths.

In the following sections, firstly, the study variables which are marital attitudes (i.e., positive and anxious marital attitudes, respectively), parenting (i.e., helicopter and autonomy-supportive parenting, respectively), and basic psychological needs (i.e., need satisfaction and need frustration, respectively) will be described. Then, the relation between these variables will be explained. Lastly, the aim and the hypotheses of the current study will be stated.

### ***1.1. Marital Attitude***

Marital attitudes are described as the intrinsic benefits of marriage (Axinn, and Thornton, 1992), the general meaning of marriage (Willoughby et al., 2015a; Clarkberg, Stolzenberg, and Waite, 1995), the advantages and disadvantages of future

marriage (Dennison, and Koerner 2006), the will to marry (Mahay, and Lewin, 2007), what to expect from marriage (Steinberg, Davila, and Fincham, 2006), unrealistic beliefs about marriage (Fowers et al., 2001), the timing of marriage (Plotnick, 2007; Willoughby et al., 2015b), and readiness for marriage (Larson, and Lamont, 2005). This diversity is because of dissensus on which marital attitudes, expectations, and values symbolize each individual's most evident marital attitudes. This may also mean that marital attitude refers to a variety of constructs related to the cognitive implication ascribed to marriage as a social institution (Willoughby, 2010). In other words, marital attitudes are defined as a people's evaluation of marriage as an institution (Mosko, and Pistole, 2010). Moreover, Willoughby (2010) described marital attitudes as the individual's opinion and expectations regarding marriage in general and the marriage relationship that will happen in the future. According to Blagojevic (1989), marital attitudes are a part of consciousness and are sensitive to changes. Positive marital attitudes represent belief that marriage can be successful, emotionally satisfying, and happy (Braaten, and Rose'n, 1998; Bayoğlu, and Atlı, 2014), whereas negative marital attitudes reflect that marriage brings unhappiness and being worried about marriage (Çelik, and Erkilet, 2019). Anxious marital attitude can be defined as a state of intense arousal accompanied by negative thoughts and feelings such as uneasiness, anxiety, and unhappiness that cause individuals to worry and avoid thoughts about marriage when confronted with the idea of marriage or when issues related to marriage arise (Çelik, and Erkilet, 2019).

It is known that many factors have an effect on individuals' marital attitudes. For instance, the responsibilities associated with marriage (gender role expectations and economic responsibilities), marriage patterns observed in the environment and in the family of origin (divorce, high-conflict marriages, domestic violence, socioeconomic status), family control over marriage decisions, myths about marriage (soul mate, perfect mate, sexual myths), beliefs about limiting freedom, the lengthening of education and the attractiveness of related opportunities it brings, and the changes that work life along with marriage brings to an individual's life, may all influence an individual's marital attitudes (Jones, 2005; Ünal, and Avcı, 2019; Kefalas, et al., 2011; Özteke-Kozan et al., 2019; Larson, 1992). Although some studies have focused on the effect of parenting on individuals' attitudes towards marriage (Doğru, 2017), the impact of parenting on individuals' marital attitudes has been overlooked. Therefore,



in this study we focus on parenting as a possible antecedent of individuals' marital attitudes.

### ***1. 2. Parenting as a Possible Antecedent of Marital Attitudes***

Parents and their behaviors impact emerging adults' marital attitudes. According to Kapinus (2005), values and opinions about what the marriage dynamic should be are formed by observing parents' marital relationship and the family conditions by children. For example, emerging adults whose parents were divorced and having high parental conflicts reported negative attitudes toward marriage (Burgoyne, and Hames, 2002; Riggio, and Weiser, 2008; Gibardi, and Rose'n, 1991). If the parents' marriage ends in divorce which reveals that the marital agreement and commitment can be fragmented, which in turn impacts their children's perceptions of marriage and commitment (Amato, and DeBoer, 2000; Riggio, and Weiser, 2008). Likewise, another study indicated that adolescent girls who are exposed to more interparental conflict expect unhappiness in their own future marriages (Steinberg, Davila, and Fincham, 2006). Moreover, Akbaş et al. (2019) found that university students whose parents had an unhappy relationship had more negative attitudes toward marriage than students whose parents were happy. Muench, and Landrum (1994) stated that children whose parents are divorced are worried about the success of their future they generally have negative marital attitudes, and that emerging adult girls who consider their parents' marriage as an unhappy marriage have more negative marital attitudes. Furthermore, emerging adults' attitudes toward marriage are affected by parents' marital quality (Willoughby et al., 2012).

In addition, parental triangulation and family fusion are associated with more negative marital attitudes (Larson et al., 1998). In other words, emotionally bound or emotionally reactive family relationships as well as a child being the center of tension in the marital dyad, may have negative attitudes towards marriage in emerging adulthood. Individuals who experience fusion, triangulation, and control in their family are less prone to think and feel independent and cannot gain the skills needed to develop intimate relationships except in the family. Children who grow up in these unhealthy families are more likely to have negative marital attitudes (Larson et al., 1998). The most favorable family environments are characterized by average family cohesion levels consistent with the developmental needs of the family (Barnes, and Olson, 1985). From this point of view, helicopter parenting can be viewed as a

conflation of extreme cohesion to enmeshment and a failure to adjust to the ever-changing and declining needs of the growing child (Segrin et al., 2012). On the other hand, autonomy-supportive parents provide structure in a democratic way that respects their children so they can make their own decisions and develop autonomous personalities. Such autonomy support in the family context predicts children's success in interpersonal relationships (Doğru, 2017; Joussemet, Landry, and Koestner, 2008). Relatedly, Doğru (2017) found that there is a relationship between the students' perceived democratic parenting attitude scores and their marriage attitude scores. That is, emerging adults who grow up in a democratic family that is autonomy-supportive, warm, and noncoercive have positive marital attitudes. At this point, it is expected that the child exposed to helicopter parenting will have anxious marital attitudes whereas, it is expected that the child who grows up with autonomy-supportive parenting will have positive marital attitudes.

### ***1.2.1. Helicopter Parenting***

Helicopter parenting is described as extremely involved parents who hover over their children and rescue them whenever the child may be faced with a problem (Celine and Fay, 1990). According to Segrin et al. (2012), helicopter parenting is a form of over-parenting in which parents engaging parenting behaviors that are developmentally inappropriate for their children's age and prevent their children from exhibiting the appropriate level of autonomy for their age. Specifically, helicopter parents declare themselves decision makers, determine their children's present and future plans, do not allow their children to make mistakes, and intervene and remedy the difficulties children face (Kouros et al., 2017; Srivastav, and Mathur, 2020).

Whereas some parental protection is required for children, helicopter parenting happens in circumstances where parental involvement is not required (Kouros et al., 2017). For example, helicopter parenting may manifest, in making decisions about the child's friends and recreational activities instead of the child and helping disproportionately with homework and projects (Fingerman et al., 2012). Moreover, a helicopter parent may even decide with the college and department in which their child will study, communicate with their child's teacher to appeal their child's poor mark, or get in contact with a future boss to discuss their offspring's employment proposition and wage (Kouros et al., 2017; Schiffrin et al., 2014). Although these behaviors of helicopter parents reflect their good intentions and parenting behaviors, who invest

heavily in their offspring and are extremely worried about their children's well-being as mentioned above, they have many negative consequences on child development (Padilla-Walker, and Nelson 2012; LeMoyne, and Buchanan, 2011). In detail, helicopter parenting is related to more likely to have depressive symptoms and social anxiety in emerging adults (Kouros et al., 2017, Darlow, Norvilitis, and Schuetze, 2017), medication use for anxiety and depression (LeMoyne, and Buchanan, 2011), maladaptive perfectionism (Hayes, and Turner, 2021; Schiffrin, and Liss, 2017), problems with peers (van Ingen et al., 2015). Moreover, helicopter parenting has a negative relationship between family satisfaction (Segrin et al., 2012), coping skills (Odenweller, Booth-Butterfield, and Weber, 2014), adjustment (Rousseau, and Scharf, 2015), and self-efficacy (Bradley-Geist, and Olson-Buchanan, 2014). Furthermore, helicopter parenting is found to be related to decreased well-being (Hong, and Cui, 2020; Buchanan, and LeMoyne, 2020; Cui et al., 2019).

On the contrary, literature has some inconsistent results related to helicopter parenting. It is known that consequences of the helicopter parenting are not completely negative or positive. For example, helicopter parenting includes parental guidance and involvement, and emotional support but also a lack of parental autonomy support (Padilla-Walker, and Nelson 2012). Moreover, emerging adults who grow up with helicopter parents have more affectionate relationships with their parents, which in turn, is related to less depressive symptoms (Lee, and Kang, 2018). Kwon, Yoo, and Gagne (2017) revealed that children of helicopter parents accepted the positive sides of helicopter parenting on their academic and career preparation, and they experience parental support and love. Other findings suggested that helicopter parenting has no effect on children's achievements (Fingerman et al., 2012). As such, the inconsistent and contradictory results keep us unclarity about the character of helicopter parenting and its relationship to consequences in emerging adulthood. Nevertheless, helicopter parenting may not explain children's consequences alone, as the character of parenting may be versatile and its effects on children may vary (Hwang, and Jung, 2021). A number of studies have shown that helicopter parenting and autonomy-supportive parenting are different but associated with each other (Kömürcü-Akik, and Alsancak-Akbulut, 2021; Schiffrin et al., 2014). In detail, there is a positive relationship between helicopter parenting and autonomy-supportive parenting, demonstrating that they can

co-exist and confirming that these are two unique but related concepts (Kömürçü-Akik, and Alsancak-Akbulut, 2021; Schiffrin et al., 2014).

#### ***1.2.1.1 The Relationship between Helicopter Parenting and Marital Attitudes***

When the role of helicopter parenting was thought through the lens of romantic relationships, again there is an inconsistency in the literature. However, generally, it is stated that controlling type of parenting and ineffective parent-child relationships inhibit the development of the ability to form and keep satisfying romantic relationships (Jiao, and Segrin, 2021). Studies related to helicopter parenting support these findings. For instance, emerging adults exposed to helicopter parenting have low self-esteem and may internalize their low self-efficacy leading to difficulties in establishing and maintaining a romantic relationship (Jiao, and Segrin, 2021). Indeed, Cook (2020) suggested that young adults who experienced helicopter parenting had difficulty with balancing independence and closeness with dating partners, namely experiencing lower levels of dating competence.

When emerging adults do not invest in their personal growth and development, they also fail to experience and develop the skills needed for a successful marriage and adult social relationships (Padilla-Walker, and Nelson 2012). Jiao, and Segrin (2021) pointed out that helicopter parenting is related to young adults' insecure attachment with their romantic partners and less likely to be married. Specifically, emerging adults exposed to helicopter parenting indicated that they feared abandonment and needed a lot of assurance that their partners cared for them, while they avoided expressing difficulties and were anxious when their partners behaved too close. Willoughby et al. (2015b) also suggested that emerging adults who were exposed to more levels of helicopter parenting believed that being single is more beneficial than being married. They also expressed a desire to be single for a longer period of time.

Unfortunately, there is not much research examining the relationship between helicopter parenting and marital attitudes. Therefore, from the above findings, it can be assumed that helicopter parenting behaviors may lead emerging adults to delay the transition to marriage or have anxious attitudes about marriage.

#### ***1.2.2. Autonomy-supportive Parenting***

Autonomy-supportive parenting is developmentally appropriate parenting behavior in which parents promote age-appropriate independence in their children (Grolnick, and

Ryan, 1989). Autonomy-supportive parents encourage children to act volitionally (Grolnick, and Pomerantz, 2009; Soenens et al., 2007), and support self-acquaintance (Mabbe et al., 2018). Moreover, autonomy-supportive parenting is characterized by involvement and structure. Involvement implies warmth, caring, and accessibility of parents show towards their children. It also expresses how interested parents are in their children's lives, how much knowledge they have, and how active a role they play (Grolnick, and Ryan, 1989; Ryan, and Deci, 2017). Structure refers to setting clear and logical rules and guidelines for children to follow so that they can behave self-determined way (Grolnick, and Ryan, 1989). It also involves matching demands and responsibilities to a child's developing capacities and understanding (Grolnick, Deci, and Ryan, 1997; Ryan, and Deci, 2017). These parents enable the child's sense of being an initiator and provide rules, state their reasons for making these rules (Grolnick, 2003), and also, they provide autonomy to their children giving decisions, and instilling confidence in them to discover and find a solution their own problems (Soenens et al., 2007; Kouros et al., 2017; Grolnick, 2003). In addition, autonomy-supportive parents pay attention to their child's point of view, give their children the right to choose, to make mistakes, and allow them to face the consequences of those mistakes (Mabbe et al., 2018; Grolnick, 2003). In short, autonomy-supportive parenting minimizes the use of power and control, allows children to discover their true personal values and interests, and acts based on those values and interests (Grolnick, 2003). Also, it dignifies and applies techniques that use solving problems on a child's own, having preferences, and participating in decision-making (Grolnick, and Ryan, 1989).

Autonomy-supportive parenting which is an effective parenting style conducive optimal developmental outcomes for children (Grolnick, Deci, and Ryan, 1997; Soenens et al., 2007). In detail, most studies have shown that autonomy-supportive parenting is associated with higher well-being, self-esteem, and life satisfaction in adolescence (Kocayörük, Altıntaş, and İçbay, 2015; Lokes et al., 2010; Chirkov, and Ryan, 2001). Moreover, autonomy-supportive parenting is related to greater emphasis on intrinsic life goals lead to higher well-being in adolescents (Lokes et al., 2010). Moreover, emerging adults who grew with autonomy-supportive parents are prone to have high self-efficacy and better physical health (Reed et al., 2016). Additively, parental support is related to less depressive symptoms (Reed et al., 2016; Chirkov,

and Ryan, 2001). Similarly, Kouros et al., (2017) indicated that emerging adults raised by autonomy-supportive parents experience less social anxiety and exhibit fewer emotional and cognitive symptoms of depression (lower dysphoria).

#### ***1.2.2.1. The Relationship between Autonomy-supportive Parenting and Marital Attitudes***

When children are raised in a warm and supporting environment, with autonomy-supportive parenting, they develop appropriate competencies that help them succeed in their romantic relationships (Candel, 2022). Furthermore, parental acceptance, involvement, and favorable strictness were associated with more sharing of thoughts, feelings, and activities between couples and more relationship satisfaction in the adolescent girls' romantic relationships (Auslander et al., 2009). Consistent with this finding, Candel (2022) suggested that autonomy-supportive parenting is related to greater romantic relationship satisfaction and a lower risk for couple conflict. Moreover, adolescents who were raised using effective parenting practices are less likely to resort to violence in their romantic relationships and have better relationship problem-solving skills in later romantic relationships (Xia et al., 2018). According to Roth, and Assor (2012), autonomy-supportive parenting is related to the intimacy capacity and more functional emotion regulation. Specifically, autonomy-supportive parenting predicts the ability to understand the causes of one's negative emotions such as fear or sadness and believes that such exploration of the causes of negative emotions can contribute to self-understanding. In turn, these emotion regulation skills predicted an ability to share emotions with a spouse and to support a spouse who expresses challenges and negative emotions. Moreover, a family environment characterized by parental warmth, structure, and emotional availability which are actually characteristics of autonomy-supportive parenting may encourage in the adolescent a healthy, continuous capacity for intimacy and relatedness (Steinberg, Davila, and Fincham, 2006). Feldman, Gowen, and Fisher (1998) state that adolescents who grow up in a family with high emotional bonds and flexible control experience romantic intimacy. Moreover, children who grow up with a parenting style that is characterized by positive communication, expressions of love and responsiveness to their needs are expected to be warm and loving in their adult romantic relationships (Simons et al., 2014). Individuals who experience effective parenting (i.e., autonomy-supportive parenting) have no difficulty in trusting themselves and others, they are confident in

their interactions with others, and are better able to negotiate conflicts (Scharf, and Maysseless, 2001). In other words, these children develop competencies that will enable them to be successful in romantic relationships (Conger et al., 2000). These skills, in turn, may help to the development of positive marital attitudes. Autonomy-supportive parents ensure structure in a democratic way that respects their children so they can make their own decisions and develop autonomous characters. Such autonomy support in the family context leads to children's success in interpersonal relationships (Doğru, 2017; Joussemet, Landry, and Koestner, 2008). Emerging adults who grow up in this family context called democratic which is autonomy-supportive, warm, and noncoercive have positive marital attitudes (Doğru, 2017). As a result, it is expected that the child who grows up with autonomy-supportive parenting will have positive marital attitudes.

Although this extensive and ever-growing body of work focus on the relationship between autonomy-supportive parenting, its effects of child development, and romantic relationships, relationship between autonomy-supportive parenting and marital attitudes has not yet been directly examined. From the literature on close relationships and since parenting is known to affect emerging adults' attitudes toward future relationships, such as marriage (Willoughby et al., 2011; Willoughby et al., 2015b; De Valk, and Liefbroer, 2007), it can be assumed that autonomy-supportive parenting will be positively related to positive marriage attitudes. Besides, we assumed that satisfaction of basic psychological needs might mediate the relationship between helicopter parenting, autonomy-supportive parenting and positive and anxious marital attitude.

### ***1.3. Basic Psychological Needs as Possible Antecedents of Marital Attitudes***

Self-determination theory (Deci, and Ryan, 1985, 2000) is a social theory based on motivation and personality that has been developed over the past 30 years. Basic psychological needs theory, a sub-theory within SDT, (Deci, and Ryan, 2000) focuses on the satisfaction and frustration of basic psychological needs and argues that these needs have a major effect on individuals' psychological growth and well-being (Ryan, and Deci, 2000). The inspirations and foundations for basic psychological needs theory come from various psychological traditions and its theoretical roots extend to modern ego-psychology and object relations theory (Ryan, and Deci, 2017). For example, in ego psychology, White (1963) described competence as the accumulated outcomes of

one's interactions with the environment. In addition, in object relations theory, Winnicott (1965) stressed that the improvement and functioning of a "true self" and capacity for autonomy depend on a sensitive and responsive caring environment. Moreover, Bowlby (1969) stated that there is a fundamental human aspiration -actually a need- to develop and maintain a secure sense of belonging and connectedness with others. A sensitive and responsive caregiving environment is a key to the formation of secure attachments. Secure attachment includes sensitivity and responsiveness, which are both related to child's basic need satisfaction.

As stated in self-determination theory, there are three universal psychological needs that must be fulfilled for efficient development and mental health, including autonomy, competence, and relatedness (Ryan, and Deci 2000). These needs are described as nutrition, which are necessary to human survival, growth, integrity, and well-being, frustration of them is associated with underdevelopment, fragmentation, and ill-being (Vansteenkiste, and Ryan, 2013). The need for autonomy means to feel willingness and volition with respect to one's own behaviors (Deci, and Ryan, 2012). In other words, autonomy can be defined as the desire to self-organize experiences and behaviors, and engaging activities that are compatible with one's own integrated sense of self (Deci, and Ryan, 2000). According to SDT, the need for autonomy satisfaction means being integrated, feeling free and authentic, and is a fundamental characteristic of healthy human functioning. On the contrary, when the need for autonomy is frustrated, people feel pressured and become conflicted (Chen et al., 2015). Moreover, the need for competence means one's innate desire feeling effective in communicating with the environment (Deci, and Ryan, 2000; White, 1959). Competence satisfaction includes feeling effective and having ability to succeed desired consequences (Ryan, 1995), whereas competence frustration includes feelings of failure and suspicions about one's effectiveness (Chen et al., 2015). Lastly, the need for relatedness which refers to the desire to love and care for others and a feeling of being loved and cared for by others, leads to a sense of belonging and connectedness to others (Baumeister, and Leary, 1995; Deci, and Ryan, 2000). Relatedness satisfaction infers experiencing intimacy and authentic bonds with others (Ryan, 1995), whereas relatedness frustration encompasses experiencing social isolation and loneliness (Chen et al., 2015).



When these needs are being satisfied, individuals can act autonomously, feel competent, and attached in their surroundings. On the other hand, when their needs are not satisfied, individuals may feel pressure, inferior, and inefficient, solitude and social isolation (Bartholomew et al., 2011b). Specifically, while low need satisfaction is not mainly associated with need frustration, need frustration is associated with low need satisfaction. This distinction is crucial because unmet needs may not be as strongly associated with dysfunction as frustrated needs (Vansteenkiste, and Ryan, 2013). In addition, need satisfaction and need frustration may have different antecedents and are associated with distinct well-being and ill-being consequences (Bartholomew et al., 2011a). Therefore, need frustration should be distinguished from the lack of need fulfilment (Vansteenkiste, and Ryan, 2013).

Generally, environmental factors may contribute three basic psychological needs (need support), leading to need satisfaction, which in turn promotes better functioning or well-being. This process is conceptualized as the bright path to human growth. On the contrary, the environment may thwart the three needs (need thwarting), leading to need frustration and activating a dark path associated with malfunctioning or ill-being (Vansteenkiste, and Ryan, 2013).

Nevertheless, despite being less strong, cross-paths can also be observed. Although need-supportive environments serve primarily intended to contribute to growth through need satisfaction, they can also act as a buffer against the onset of dysfunction by aiding in the construction of internal resources that provide subsequent coping. Similarly, although need-frustrating environments lead to dysfunction primarily through the experience of need frustration, people who are constantly standing in a need-frustrating environment can be expected to develop fewer resources for growth (Vansteenkiste, and Ryan, 2013).

To conclude, basic psychological need satisfaction is found to be related to life satisfaction (Schiffirin et al., 2014), positive affect (Howell et al., 2009), self-esteem (Deci et al., 2001), and vitality (Gagné et al., 2003; Costa et al., 2016) whereas basic psychological need frustration is associated with negative affect (Reis et al., 2001), emotional exhaustion (Bartholomew et al., 2011a), and depression (Costa et al., 2016). Although the concepts of need satisfaction and need frustration have been explored area in terms of their effects on well-being and ill-being, their relevance to romantic

relationships, particularly marital attitudes, remains to be unexplored. Therefore, in this study, we focus on the relationship between basic psychological needs and marital attitudes.

### ***1.3.1. The Relationship between Basic Psychological Needs and Marital Attitudes***

Studies have mostly examined the positive consequences of satisfying basic psychological needs in romantic relationships. Specifically, satisfaction of basic psychological needs in romantic relationships predicts relationship quality, commitment to partner, and relationship satisfaction. In detail, need fulfillment allows people to express strong romantic feelings, improve their self-esteem, and derive more happiness and satisfaction from their romantic relationships (Leak, and Cooney, 2001; Patrick et al., 2007; La Guardia, 2007). Patrick et al. (2007) investigated how need satisfaction in a romantic relationship is associated with individual and relationship functioning, and well-being in study 1. They indicated that individuals whose basic psychological needs are met in their romantic relationships experience more individual well-being. Specifically, need satisfaction is related to self-esteem, positive affect, and vitality. In detail, individuals whose needs are met are more satisfied and happier in their relationships. Moreover, in terms of relationship functioning, need satisfaction in their romantic relationships is positively related to relationship satisfaction and commitment. In other words, the more their needs are satisfied in their romantic relationships, the higher their relationship satisfaction and commitment to the relationship. Lastly, La Guardia, and Patrick (2008) conducted a review study summarizing research on the satisfaction of basic psychological needs in romantic relationships. Their study indicated that individuals who experience need satisfaction in their romantic relations are more satisfied with their relationships and stay committed to their relationships. Patrick et al. (2007) examined how basic psychological need fulfillment of each partner in a relationship promote to relationship outcomes in study 2. Results showed that need satisfaction not only influences the satisfaction of one's own needs but is also related to satisfaction of one's partner's needs, well-being, and relationship functioning. Specifically, individuals who feel that their psychological needs are being satisfied in their relationship also perceive less conflict and are more likely to resolve conflict. In addition, individuals with higher levels of need satisfaction are more fulfilled and feel more connected to their partners after conflicts.

In addition to basic psychological need satisfaction in relationships, Eryılmaz, and Doğan (2013) studied the relationship between basic psychological need satisfaction in general, relationship quality with their romantic partners, and well-being. They found that need satisfaction has an intervening role between romantic relationship quality and well-being. In other words, emerging adults who have relationships with high social support, depth, and low conflict can fulfill their basic psychological needs, which in turn increases their well-being. However, fulfillment of basic psychological needs in romantic relationships is well-documented in previous research, to our knowledge, there is limited number of studies examining the relationship between basic psychological needs satisfaction and frustration in romantic relationships and marital attitudes.

Although many studies have investigated need satisfaction in romantic relationships (La Guardia, and Patrick, 2008), it is also crucial to examine the relationship between basic psychological needs and marital attitudes because it can be suggested that satisfaction of basic psychological needs does not only affect relationship satisfaction, relationship quality, and relationship commitment.

Schmahl, and Walper (2012) assumed that the fulfillment of relatedness and autonomy needs in romantic relationships affect commitment-based union formation events, such as marriage. Couples with low need fulfillment tend to show a lower chance of marriage, in the next year compared with couples with high relationship need satisfaction. In other words, lower levels of relatedness and autonomy satisfaction in a romantic relationship seems to damage willingness to enter into a long-term relationship commitment and positive marital attitudes (Schmahl, and Walper, 2012). In addition to the fulfillment of basic psychological needs in relationships, it is important to examine the influence of general basic psychological needs satisfaction and frustration on marital attitudes. Ercegovac, and Bubic (2016) investigated the role of basic psychological needs for autonomy and relatedness in explaining emerging adults' marital attitudes. Results showed that the need for relatedness predicts the goal of intimacy, which refers to people's tendency to form close relationships, show love, and support others. Also, they found that need for autonomy satisfaction predicts marital attitudes. Higher autonomy satisfaction with family relationships has more positive marital attitudes.

Satisfaction and frustration of basic psychological needs may be another underlying factor in emerging adults' marital attitudes. It is possible to expect that experiences growing up in a family affect the extent to which individuals can fulfill their basic psychological needs and consequently the formation of marriage (Ercegovac, and Bubic, 2016). Therefore, in this study, we assume that basic psychological needs satisfaction and needs frustration may have an effect on the marital attitudes of emerging adults.

#### ***1.4. The Relationship between Basic Psychological Needs and Parenting***

SDT differentiates social environments as need satisfying, need depriving, or need frustrating (Vansteenkiste, and Ryan, 2013). In other words, needs for autonomy, competence, and relatedness are satisfied or frustrated by the various contexts (e.g., family, school, workplace, etc.) in which individuals interact for motivation, harmony, and well-being (Deci, and Ryan, 2000; Ryan, and Deci 2002; Grolnick, 2003). Specifically, the family environment can lead to loss of motivation and ill-being by thwarting basic psychological needs, whereas the family environment can support well-being and healthy development of emerging adults by supporting these needs (Joussement, Landry, and Koestner, 2008; Soenens, and Vansteenkiste, 2010; Vansteenkiste, and Ryan, 2013; Grolnick, Deci, and Ryan, 1997). In this regard, SDT literature suggests that while family environments which includes more support (i.e., autonomy-supportive family environment) related to the satisfaction of basic psychological needs, family environments which includes more control (i.e., helicopter parenting) related to the frustration of basic psychological needs. However, even though there are a huge literature on the positive role of autonomy support on children's functioning and well-being such as low levels of depressive symptoms, anxiety, and higher levels of self-esteem (Kouros et al. 2017), these studies overlooked the role of helicopter parenting. Indeed, as stated above, there are controversial results in the literature on the roles of helicopter parenting on outcomes of emerging adults. Although there are such studies in the literature, the majority of the studies consider autonomy-supportive parenting as need-supportive, helicopter parenting as need-thwarting.

According to Joussement, Landry, and Koestner (2008) autonomy-supportive parenting and controlling parenting have important effects on children's experiences of need satisfaction and need frustration. Within self-determination theory, parenting

behaviors are viewed as an important origin of children's needs satisfaction, or frustration (Ahmad, Vansteenkiste, and Soenens, 2013). Autonomy-supportive parenting is a need-supporting parenting behaviors that satisfies children's needs for autonomy, competence, and relatedness (Joussemet, Landry, and Koestner, 2008), whereas helicopter parenting is a need-thwarting parenting behaviors that thwarts children's autonomy, competence, and relatedness needs (Schiffrrin et al., 2021). Therefore, autonomy-supportive parenting is considered as a need-supportive parenting, whereas helicopter parenting is considered as a need-frustrating parenting in the present study.

#### ***1.4.1. The Relationship between Helicopter Parenting and Basic Psychological Needs***

Most of the negative consequences of helicopter parenting are related to the frustration of basic psychological needs for autonomy, competence, and relatedness which are necessity for psychological development (Deci, and Ryan, 2000; Schiffrrin et al., 2021). When helicopter parents make decisions for their children and relieve them of difficulties, children may not learn to cope with difficulties and fail to form their basic psychological needs, such as a complete sense of freedom of choice, confidence in their own abilities, and the ability to create close relationships with other people. (Wang Pomerantz, and Chen, 2007). It would restrict the children's chances to apply the skills they need to succeed in emerging adulthood, to take on adult roles successfully, and become self-sufficient individuals as a whole. Specifically, helicopter parenting devastates children's fulfillment of children's basic psychological needs and hinders young adults from developing essential abilities to construct and strengthen their self-discipline, which in turn leads serious implications for emerging adults (Padilla-Walker, and Nelson 2012). For example, research have showed that helicopter parenting has negative relationship with needs satisfaction (Schiffrrin et al., 2014; Schiffrrin et al., 2019). In detail, Schiffrrin et al. (2014) revealed that helicopter parenting is related to lower levels of need satisfaction. Also, lower levels of competence and autonomy were associated with higher levels of depressive symptoms. Also, helicopter parenting behaviors with reduced competence and autonomy satisfaction leads depression and decreased life satisfaction. Similarly, Schiffrrin et al. (2021) suggested that helicopter parenting is associated with lower levels of fulfillment of basic psychological needs. Moreover, basic psychological needs can be used to

explain the effect of helicopter parenting on romantic relationship processes in emerging adulthood. For example, Cook (2020) suggested that emerging adults who exposed to high levels of helicopter parenting, in turn, experienced decreased fulfillment of basic psychological needs and less dating competence.

In the current study, we assumed that helicopter parenting, would be associated with anxious marital attitudes in emerging adults through its frustration of basic psychological needs.

#### ***1.4.2. The Relationship between Autonomy-supportive Parenting and Basic Psychological Needs***

According to SDT, autonomy-supportive parenting has positive effects on children's growth because it promotes their basic psychological needs for autonomy, competence, and relatedness (Grolnick, Deci, and Ryan, 1997). Specifically, Costa et al. (2016) revealed that autonomy-supportive parenting is associated with satisfaction of autonomy, competence, and relatedness. Accordingly, autonomy-supportive parenting influences individuals' lives, creates a sense of volition, effectiveness, and safety while doing activities, and creates a sense of caring. In the long run, need satisfaction was associated positively to psychological health and well-being. Moreover, Koçak et al. (2020), in their diary studies, measured the mediating role of need satisfaction in relation of interparental conflict and perceived partner responsiveness to maternal autonomy support in a weekly basis. As a result of their study, they have found that there is a positive relation between need satisfaction and autonomy-supportive parenting. Costa et al. (2015) showed in their study of 121 female university students that parental autonomy support is positively related to satisfaction of basic psychological needs for autonomy, relatedness, and competence. Gagné (2003) found that there is a positive correlation between each of basic psychological needs and autonomy-supportive parenting. Furthermore, Liu et al. (2021) conducted a study with 146 undergraduate students which revealed that autonomy-supportive parenting is positively associated with to needs satisfaction. Kaap-Deeder et al. (2015) revealed that children who experience more autonomy-support from their mothers report more basic psychological needs satisfaction. As a result, autonomy-supportive parents help their children to experience ownership, feel effective, and develop sense of intimacy, for autonomy, competence, and relatedness, respectively (Mabbe et al., 2018). An autonomy-supportive parent may alleviate the

emerging adult's move of attachment bonds from a parent to a romantic partner by supporting their basic psychological needs (Jiao, and Segrin, 2021). It might be advantageous for emerging adults who raised by autonomy-supportive parents form and keep going healthy romantic relationships due to affirmative effects (Mabbe et al., 2018). In a word, these children have essential skills that come with needs satisfaction to form and keep high-quality relationships such as marriage.

In the current study, we assumed that autonomy-supportive parenting, would be associated with positive marital attitudes in emerging adults through its satisfaction of basic psychological needs.

### ***1.5. The Aim of the Present Study***

Although some studies examined the possible antecedents of marital attitudes, none of them examined the role of helicopter and autonomy-supportive parenting as well as the role of basic psychological needs on marital attitudes. Therefore, firstly, we deemed it important to measure the relation of helicopter parenting and autonomy-supportive parenting with positive and anxious marital attitudes. As a second step, we want to examine possible mediators in the relationship between helicopter parenting, autonomy-supportive parenting, and marital attitudes. Guided by the self-determination theory and the literature, we assumed that basic psychological needs might mediate these relations. Even though previous research showed significant relationships between helicopter parenting and need frustration (Schiffrin et al., 2021), autonomy-supportive parenting and need satisfaction (Greene et al., 2019), need satisfaction and positive marital attitude (Ercegovac, and Bubic, 2016), need frustration and unwillingness to enter union formation events such as marriage (Schmahl, and Walper, 2012), as our knowledge, there is no research examining all of them together in one mediation model. Therefore, the aim of this study is to investigate the relationship between helicopter and autonomy-supportive parenting with positive and anxious marital attitudes by considering the satisfaction and frustration of basic psychological needs as possible mediators of these relationships.

### ***1.6. Hypotheses of the Present Study***

The hypotheses of the present study are the followings:

H<sub>1</sub>: It was hypothesized that helicopter parenting would be negatively related to positive marital attitude and positively to anxious marital attitude. More specifically,

it was expected that individuals who reported higher levels of helicopter parenting would report less positive marital attitude and more anxious marital attitude.

H<sub>2</sub>: It was hypothesized that autonomy-supportive parenting would be positively related to positive marital attitude and negatively to anxious marital attitude. In other words, it was expected that participants who reported higher levels of autonomy-supportive parenting would report more positive marital attitude and less anxious marital attitude.

H<sub>3</sub>: It was hypothesized that helicopter parenting would be positively related to need frustration and negatively to need satisfaction. In other words, it was expected that participants who reported higher levels of helicopter parenting would report more need frustration and less need satisfaction.

H<sub>4</sub>: It was hypothesized that autonomy-supportive parenting would be positively related to need satisfaction and negatively to need frustration. Specifically, it was expected that individuals who reported higher levels of autonomy-supportive parenting would report less need frustration and more need satisfaction.

H<sub>5</sub>: It was hypothesized that need frustration would be negatively related to positive marital attitude and positively to anxious marital attitude. It was expected that participants who reported more need frustration would have less positive marital attitude and more anxious marital attitude.

H<sub>6</sub>: It was hypothesized that need satisfaction would be positively related to positive marital attitude and negatively to anxious marital attitude. It was expected that participants who reported more need satisfaction would have more positive marital attitude and less anxious marital attitude.

H<sub>7</sub>: It was expected that need satisfaction and need frustration would mediate the relationship between helicopter parenting and positive marital attitude. More specifically, it was expected that individuals who reported more helicopter parenting would experience more need frustration and less need satisfaction, which in turn would be related to less positive marital attitude.

H<sub>8</sub>: It was expected that need satisfaction and need frustration would mediate the relationship between helicopter parenting and anxious marital attitude. More specifically, it was expected that individuals who reported more helicopter parenting



would experience more need frustration and less need satisfaction, which in turn would be related to more anxious marital attitude.

H<sub>9</sub>: It was expected that need satisfaction and need frustration would mediate the relationship between autonomy-supportive parenting and positive marital attitude. More specifically, it was expected that individuals who reported more autonomy-supportive parenting would experience more need satisfaction and less need frustration, which in turn would be related to more positive marital attitude.

H<sub>10</sub>: It was expected that need satisfaction and need frustration would mediate the relationship between autonomy-supportive parenting and anxious marital attitude. More specifically, it was expected that individuals who reported more autonomy-supportive parenting would experience more need satisfaction and less need frustration, which in turn would be related to less anxious marital attitude.

Secondary hypothesis of the present study:

H<sub>11</sub>: Helicopter parenting, autonomy-supportive parenting, need satisfaction, need frustration, positive marital attitude, and anxious marital attitude would differ by gender and relationship status.

## **CHAPTER 2: METHOD**

This chapter includes demographic information of participants, measures used in this study, procedure, and statistical analyses.

### ***2.1. Participants***

Totally 522 university students aged between 18-29 years old ( $M_{age} = 23.48$  years,  $SD = 3.04$ ) voluntarily participated in the study. The inclusion criteria of the current study were only university students who were between the ages of 18 and 29, who were not married or engaged, whose mother and father were alive was sampled, a total of 80 people who did not meet these criteria were excluded from the study. The sample included in the analysis consisted of 442 individuals. Among these participants, 262 (59.3%) of them were women, 174 (39.4%) of them were men, and 6 participants (1.4%) did not declare their gender.

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

Table 1. Demographic Characteristics of Participants.

Variables	Levels	<i>N</i>	(%)	<i>M</i>	<i>SD</i>
Age		442		23.02	2.57
Gender					
	Women	262	59.3		
	Men	174	39.4		
Grades					
	Preparatory class	11	2.5		
	First grade	75	17		
	Second grade	74	16.7		
	Third grade	65	14.7		
	Fourth grade	101	22.9		
	Fifth grade	6	1.4		
	Sixth grade	12	2.7		
	Master's degree	88	19.9		
	PhD	10	2.3		
Participants Living With					
	Romantic Partner	19	4.3		
	Family Members	183	41.4		
	Friends	125	28.3		
	Alone	95	21.5		
	Other	20	4.5		
Relationship Status					
	Have a Relationship	175	39.6		
	Not Have a Relationship	267	60.4		
Mother					
	Biological Mother	441	99.8		
	Stepmother	1	0.2		

Table 1. (continued) Demographic Characteristics of Participants.

Father			
	Biological Father	438	99.1
	Stepfather	4	0.9
Family Status			
	Married and living together	392	88.7
	Married and living apart	11	2.5
	Divorced and living with their mother	29	6.6
	Divorced and living with their father	3	0.7
	Divorced and living with their relatives	1	0.2
	Other	6	1.4
Number of Siblings			
	0	50	11.3
	1	216	48.9
	2	108	24.4
	3+	68	15.4
Birth Order			
	0	50	11.3
	1st	170	38.5
	2nd	149	33.7
	3rd+	73	16.5
Level of Income			
	Low-income level	41	9.3
	Below the middle-income level	83	18.8
	Middle-income level	225	50.9
	Above the middle-income group	82	18.6

Table 1. (continued) Demographic Characteristics of Participants.			
	High-income level	11	2.5
<b>Mother's Education</b>			
	Level		
	Illiterate	7	1.6
	Literate	8	1.8
	Elementary	126	28.5
	Secondary	62	14
	High School	122	27.6
	University	19	4.3
	University (2 years)	92	20.8
	Master's Degree	4	0.9
	PhD	2	0.5
<b>Father's Education</b>			
	Level		
	Illiterate	1	0.2
	Literate	4	0.9
	Elementary	89	20.1
	Secondary	61	13.8
	High School	111	25.1
	University	32	7.2
	University (2 years)	115	26
	Master's Degree	22	5
	PhD	7	1.6

## 2.2 Measures

In this study, Informed Consent Form (see Appendix B), Demographic Information Form (see Appendix C), Helicopter Parenting Behaviors Questionnaire (HPBQ) (see Appendix D), Basic Psychological Need Satisfaction and Frustration Scale (BPNSFP) (see Appendix E), Inonu Marriage Attitude Scale (IMAS) (see Appendix F), Marriage Anxiety Scale (MAS) (see Appendix G), and Participant Information Form (see Appendix H) were used.

### ***2.2.1 Demographic Information Form***

The Demographic Information Form involved questions about participants' gender, date of birth, grade, who live with, relationship status, parental status, family status, number of siblings, birth order, perception of their socioeconomic level, and participant's parents' education level.

### ***2.2.2. Helicopter Parenting Behaviors Questionnaire (HPBQ)***

Helicopter Parenting Behaviors Questionnaire (HPBQ) was used to assess participants' perception of their parents' helicopter and autonomy-supportive parenting behaviors. The original questionnaire was developed by Schiffrin et al. (2014) to measure perceived helicopter parenting and autonomy-supportive behaviors of mothers. In the original questionnaire, 9 items measure helicopter parenting behaviors of mothers, and 6 items measure autonomy-supportive parenting behaviors of mothers. The Cronbach's alpha was .77 for helicopter parenting behaviors of mothers, and .71 for autonomy-supportive parenting behaviors of mothers (Schiffrin et al., 2014). HPBQ adapted to Turkish by Kömürcü-Akik, and Alsancak-Akbulut (2021). Turkish version of the scale measures both mothers and fathers' helicopter parenting as well as autonomy-supportive behaviors. Therefore, there are totally 9 items to assess mothers' helicopter parenting behaviors (e.g., "My mother monitors my exercise schedule.") and 9 items to assess fathers' helicopter parenting behaviors (e.g., "My father monitors my exercise schedule."). Moreover, there are 6 items to assess mothers' autonomy-supportive parenting behaviors (e.g., "My mother encourages me to discuss any academic problems I am having with my professor.") and 6 items to assess fathers' autonomy-supportive parenting behaviors (e.g., "My father encourages me to discuss any academic problems I am having with my professor."). The responses were taken over a six-point Likert type scale (1 for "Strongly Disagree" and 6 for "Strongly Agree"). In the Turkish adaptation of the Helicopter Parenting Behaviors Questionnaire, Cronbach's alpha was .78 for helicopter parenting behaviors of mothers, .80 for helicopter parenting behaviors of fathers, .80 for autonomy-supportive behaviors of mothers, and .84 for autonomy-supportive parenting behaviors of fathers (Kömürcü-Akik, and Alsancak-Akbulut, 2021). The present study's internal consistency was found as .78 for helicopter parenting behaviors of mothers, .85 for helicopter parenting behaviors of fathers, .85

for autonomy-supportive behaviors of mothers, and .89 for autonomy-supportive parenting behaviors of fathers.

### ***2.2.3. Basic Psychological Need Satisfaction and Frustration Scale (BPNSFP)***

Basic Psychological Need Satisfaction and Frustration Scale was used to measure the basic psychological need satisfaction and frustration of the participants. The scale was developed by Chen et al. (2015) and adapted to Turkish by Mouratidis et al. (2018). The scale consists of a total of 24 items: 12 items for need satisfaction subscale including autonomy satisfaction (4-item; “I feel that my decisions reflect what I really want.”), relatedness satisfaction (4-item; “I feel connected with people who care for me, and for whom I care.”), and competence satisfaction (4-item; “I feel capable at what I do.”) and 12 items for need frustration subscale including autonomy frustration (4-item; “I feel pressured to do too many things.”), relatedness frustration (4-item; “I feel the relationships I have are just superficial.”), and competence frustration (4-item; “I feel like a failure because of the mistakes I make.”). The answers were obtained with a five-point Likert type scale (1 for “Strongly Disagree” and 5 for “Strongly Agree”). In the U.S. sample, the Cronbach’s alpha was calculated as .81, .88 and .83 for autonomy, competence, and relatedness satisfaction, respectively. For the need frustration subscales, the Cronbach’s alpha scores found .71, .81, and .86, for autonomy, competence, and relatedness frustration, respectively (Chen et al., 2015). In the Turkish adaptation of the scale the Cronbach’s alpha was found as .82 for the subscale of need satisfaction. For the subscale of need frustration, the Cronbach’s alpha was .79. In detail, internal consistency was calculated as .76 for autonomy satisfaction, .84 for competence satisfaction, and .64, for relatedness satisfaction. Also, internal consistency was calculated as .82 for autonomy frustration, .80 for competence frustration, and .76 for relatedness frustration (Mouratidis et al., 2018).

In the current study, the Cronbach’s alphas were .86 for the need satisfaction, and .90 for the need frustration. Specifically, the internal consistency was calculated as .86, .68, and .91 for autonomy, relatedness, and competence satisfaction, respectively. Moreover, for autonomy, relatedness, and competence frustration, the Cronbach’s alpha was found as .83, .85, and .86, respectively.

#### **2.2.4. Inonu Marriage Attitude Scale (IMAS)**

Inonu Marriage Attitude Scale was used to measure participants' attitudes towards marriage. The scale was developed by Bayoğlu, and Atlı (2014). This scale consists of 21 items (e.g., "I think that marriage brings happiness to couples.") with a five-point Likert type scale (1 for "Strongly Disagree" and 5 for "Strongly Agree"). Higher scores indicate positive marital attitudes. The scale's Cronbach's alpha was found as .90, its test-retest reliability was .87 (Bayoğlu, and Atlı, 2014). Internal consistency of the current study was calculated as .94.

#### **2.2.5 Marriage Anxiety Scale (MAS)**

Marriage Anxiety Scale was used to assess the participants' anxiety-related marital attitudes. The scale was developed by Çelik, and Erkilet (2019). It includes 13 items (e.g., "Marriage brings me unhappiness.") which are rated over a four-point Likert type scale (0 for "Strongly Disagree" and 3 for "Strongly Agree"). Higher scores indicate higher anxiety-related marital attitudes. The scale's Cronbach's alpha was found as .93, its test-retest reliability was .79 (Çelik, and Erkilet, 2019). In the present study, internal consistency was found as .95.

### **2.3. Procedure**

Before the measures were applied, the approval was obtained from Ethical Committee of Izmir University of Economics (see Appendix A). Online questionnaires were prepared by using online survey website (forms.google.com) and shared via social media platforms such as Twitter, Instagram, Facebook, WhatsApp, and Telegram. Firstly, participants were asked to confirm the informed consent which includes the aim of the study, general procedure of it, statement about voluntary participation, and their right to quit whenever they want. Participants who accepted the voluntary participation continued to answer the Demographic Information Form, Helicopter Parenting Behaviors Questionnaire, Basic Psychological Need Satisfaction and Frustration Scale, Inonu Marriage Attitude Scale, and Marriage Anxiety 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 survey was completed in 10-15 minutes.



#### ***2.4. Statistical Analysis***

This study aims to test the relationship between helicopter parenting and autonomy-supportive parenting and marital attitudes (positive marital attitude and anxious marital attitude) by considering basic psychological needs as possible mediators. The data was collected from 522 participants. In the data cleaning phase, inclusion criteria of the study were considered. Given that only university students who were between the ages of 18 and 29, who were not married or engaged, whose mother and father were alive was sampled, a total of 80 people who did not meet these criteria were excluded from the study. Therefore, the final analysis was conducted with a total of 442 participants.

The data was analyzed with IBM SPSS Statistics version 20 with the aid of PROCESS macro (Model 4). Firstly, descriptive statistics were computed. Secondly, an independent samples t-test was conducted to test whether there were any gender and relationship status differences for study variables. Thirdly, Pearson Correlation Analysis was conducted to examine the relations between the study variables. Lastly, the mediation analysis was handled to test whether need satisfaction and need frustration would play a significant mediating role in relation between parenting behaviors (helicopter parenting and autonomy-supportive parenting) and positive marital attitude and anxious marital attitude.

## CHAPTER 3: RESULTS

First of all, descriptive statistics were computed. Secondly, an independent samples t-test was conducted to test whether there were any gender and relationship status differences for study variables. Thirdly, Pearson Correlation Analysis was conducted to examine the relations between the study variables. Lastly, the mediation analysis was handled to test whether need satisfaction and need frustration would play a significant mediating role in relation between parenting behaviors (helicopter parenting and autonomy-supportive parenting) and positive marital attitude and anxious marital attitude.

### *3.1. Descriptive Statistics among Study Variables*

First of all, means, standard deviations, minimum and maximum ranges were examined for helicopter parenting, autonomy-supportive parenting, need satisfaction, need frustration, marital attitude, and marriage anxiety (see Table 2). For the helicopter parenting, mean score was 2.59 ( $SD = .93$ ). For the autonomy-supportive parenting, mean score was 3.91 ( $SD = 1.23$ ). For the need satisfaction, mean score was 3.95 ( $SD = .68$ ). For the need frustration, mean score was 2.61 ( $SD = .91$ ). The mean score of positive marital attitude was 3.23 ( $SD = .94$ ). Lastly, the mean score of anxious marital attitude was 1.04 ( $SD = .88$ ).

Table 2. Descriptive Statistics for the Study Variables.

Variables	<i>N</i>	<i>M</i>	<i>SD</i>	<i>Min</i>	<i>Max</i>
Helicopter Parenting	442	2.59	0.93	1	5.78
Autonomy-supportive Parenting	442	3.91	1.23	1	6
Need Satisfaction	442	3.95	0.68	1.58	5
Need Frustration	442	2.61	0.91	1	5
Positive Marital Attitude	442	3.23	0.94	1	5
Anxious Marital Attitude	442	1.04	0.88	0	3

### **3.2. Gender Differences on All Variables**

An independent samples t-test was conducted to investigate whether helicopter parenting, autonomy-supportive parenting, need satisfaction, need frustration, positive marital attitude, and anxious marital attitude were significantly different in females and males.

According to Table 3, there was a significant difference between males and females in terms of need satisfaction,  $t(434) = -2.69, p = .008$ . Specifically, males ( $M = 4.06, SE = .05$ ) reported more need satisfaction compared to females ( $M = 3.89, SE = .04$ ). Moreover, there was a significant difference between males and females in terms of positive marital attitude,  $t(321.412) = -2.50, p = .013$ . Specifically, males ( $M = 3.38, SE = .08$ ) had more positive marital attitude compared to females ( $M = 3.15, SE = .05$ ). On the other hand, there was no significant difference on helicopter parenting, autonomy-supportive parenting, need frustration, and anxious marital attitude levels of participants according to their gender.

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

	Gender	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>t</i>	<i>p</i>	<i>d</i>
Helicopter Parenting	Women	262	2.61	0.88	0.50	.615	.05
	Men	174	2.56	1.02			
Autonomy-supportive Parenting	Women	262	3.99	1.17	1.59	.112	.15
	Men	174	3.79	1.31			
Need Satisfaction	Women	262	3.89	0.68	-2.69	.008**	.26
	Men	174	4.06	0.67			
Need Frustration	Women	262	2.64	0.90	0.84	.400	.08
	Men	174	2.57	0.92			
Positive Marital Attitude	Women	262	3.15	0.85	-2.50	.013*	.25
	Men	174	3.38	1.03			
Anxious Marital Attitude	Women	262	1.04	0.85	0.10	.929	.01
	Men	174	1.03	0.91			

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

### ***3.3. Differences between Relationship Status on All Variables***

An independent samples t-test was conducted to investigate whether there were any differences on helicopter parenting, autonomy-supportive parenting, need satisfaction, need frustration, positive marital attitude, and anxious marital attitude in terms of relationship status (having a relationship or not).

According to Table 4, there was a significant difference between participants who have not a relationship and participants who have a relationship in terms of need frustration,  $t(440) = -2.28, p = .023$ , specifically, participants who have not a relationship ( $M = 2.69, SE = .06$ ) reported more need frustration compared to participants who have a relationship ( $M = 2.49, SE = .06$ ). Moreover, there was a significant difference between participants who have a relationship and participants who have not a relationship in terms of positive marital attitude,  $t(440) = 2.47, p = .014$ , specifically, participants who have a relationship ( $M = 3.36, SE = .07$ ) had more positive marital attitude compared to participants who have not a relationship ( $M = 3.14, SE = .06$ ). Lastly, there was a significant difference between participants who have not a relationship and participants who have a relationship in terms of anxious marital attitude,  $t(440) = -4.51, p < .001$ , specifically, participants who have not a relationship experienced more anxious marital attitude ( $M = 1.19, SE = .05$ ), compared to participants who have a relationship ( $M = .82, SE = .06$ ). On the other hand, there was no significant difference on helicopter parenting, autonomy-supportive parenting, and need satisfaction levels of participants according to their relationship status.

Table 4. Independent Sample T-Test Comparing All Variables with Relationship Status.

	Group	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>t</i>	<i>p</i>	<i>d</i>
Helicopter Parenting	Have a relationship	175	2.55	0.90	-0.62	.535	.06
	Not have a relationship	267	2.61	0.95			
Autonomy-supportive Parenting	Have a relationship	175	4.04	1.16	1.79	.074	.18
	Not have a relationship	267	3.82	1.27			
Need Satisfaction	Have a relationship	175	4.02	0.63	1.71	.088	.17
	Not have a relationship	267	3.91	0.70			
Need Frustration	Have a relationship	175	2.49	0.82	-2.28	.023*	.23
	Not have a relationship	267	2.69	0.95			
Positive Marital Attitude	Have a relationship	175	3.36	0.86	2.47	.014*	.24
	Not have a relationship	267	3.14	0.98			
Anxious Marital Attitude	Have a relationship	175	0.82	0.80	-4.51	.000**	.44
	Not have a relationship	267	1.19	0.89			

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

### ***3.4. Correlation Analysis among Study Variables***

The Pearson Correlation Analysis was conducted to investigate the relations among study variables (e.g., helicopter parenting, autonomy-supportive parenting, need satisfaction, need frustration, positive marital attitude, and anxious marital attitude).

Results showed that helicopter parenting was positively correlated with autonomy-supportive parenting ( $r = .50, p < .001$ ), need frustration ( $r = .14, p = .004$ ), and positive marital attitude ( $r = .26, p < .001$ ). Autonomy-supportive parenting was positively correlated with need satisfaction ( $r = .30, p < .001$ ) and positive marital attitude ( $r = .26, p < .001$ ). Autonomy-supportive parenting was also negatively correlated with need frustration ( $r = -.19, p < .001$ ) and anxious marital attitude ( $r = -.16, p = .001$ ). Need satisfaction was negatively correlated with need frustration ( $r = -.57, p < .001$ ), marriage anxiety ( $r = -.32, p < .001$ ) and positively correlated with positive marital attitude ( $r = .28, p < .001$ ). Need frustration positively correlated with anxious marital attitude ( $r = .44, p < .001$ ). Positive marital attitude was negatively correlated with anxious marital attitude ( $r = -.46, p < .001$ ).

Table 5. Correlations among the Study Variables.

Variables	1	2	3	4	5	6
1. Helicopter Parenting	-					
2. Autonomy-supportive Parenting	.50***	-				
3. Need Satisfaction	-.01	.30***	-			
4. Need Frustration	.14*	-.19***	-.57***	-		
5. Positive Marital Attitude	.26***	.26***	.28***	-.09	-	
6. Anxious Marital Attitude	-.02	-.16**	-.32***	.44***	-.46***	-

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



### ***3.5. Mediation Analyses***

Mediation analysis was conducted to investigate the mediating roles of need satisfaction and need frustration in relation between autonomy-supportive parenting, helicopter parenting, positive marital attitude, and anxious marital attitude. In this analysis, autonomy-supportive parenting and helicopter parenting were the predictors, need satisfaction and need frustration were the mediators, and positive and anxious marital attitudes were the outcome variables. The mediation analyses were handled with model 4 of PROCESS version 4.0. Given that PROCESS allow to include predictors and outcome variables one by one, totally four analyses were conducted. Firstly, the mediating roles of need satisfaction and need frustration between helicopter parenting and positive marital attitude was examined (Model 1). Secondly, the mediating roles of need satisfaction and need frustration between helicopter parenting and anxious marital attitude was examined (Model 2). Thirdly, the mediating roles of need satisfaction and need frustration between the autonomy-supportive parenting and positive marital attitude was examined (Model 3). Lastly, the mediating roles of need satisfaction and need frustration between autonomy-supportive parenting and anxious marital attitude was examined (Model 4).

Significance tests of indirect effects are conducted using 95% bias-corrected confidence intervals (BC 95% CI) from 5000 bootstrap samples (Hayes, 2013). Accordingly, indirect effects are considered significant if the 95% confidence interval does not contain zero.

#### ***3.5.1. Model 1: Mediating Roles of Need Satisfaction and Need Frustration between Helicopter Parenting and Positive Marital Attitude***

The first mediation analysis was conducted to examine the mediating roles of need satisfaction and need frustration in the relationship between helicopter parenting and positive marital attitude.

Results showed that helicopter parenting did not significantly predict need satisfaction,  $B = -0.010$ ,  $SE = .035$ ,  $\beta = -.014$ , 95% CI  $[-0.078, 0.058]$ ,  $p = .766$ . However, helicopter parenting positively predicted need frustration,  $B = 0.135$ ,  $SE = .046$ ,  $\beta = .139$ , 95% CI  $[0.045, 0.226]$ ,  $p = .004$ . Need satisfaction positively predicted positive marital attitude,  $B = 0.434$ ,  $SE = .075$ ,  $\beta = .313$ , 95% CI  $[0.287, 0.582]$ ,  $p < .001$ . However, need frustration did not significantly predict positive marital attitude,  $B = 0.061$ ,  $SE =$

.056,  $\beta = .060$ , 95% CI [-0.500, 0.173],  $p = .276$ . Both direct effect of helicopter parenting on positive marital attitude,  $B = 0.255$ ,  $SE = .045$ ,  $\beta = .252$ , 95% CI [0.166, 0.344],  $p < .001$  and total effect of helicopter parenting on positive marital attitude,  $B = 0.259$ ,  $SE = .047$ ,  $\beta = .256$ , 95% CI [0.167, 0.350],  $p < .001$  were significant.

There was a nonsignificant indirect effect of helicopter parenting on positive marital attitude through need satisfaction,  $B = -0.004$ ,  $SE = .016$ ,  $\beta = -.004$ , 95% CI [-0.038, 0.026] and need frustration,  $B = .0008$ ,  $SE = .011$ ,  $\beta = .008$ , 95% CI [-0.010, 0.036]. These results indicated that both need satisfaction and need frustration did not mediate the relationship between helicopter parenting and positive marital attitude.

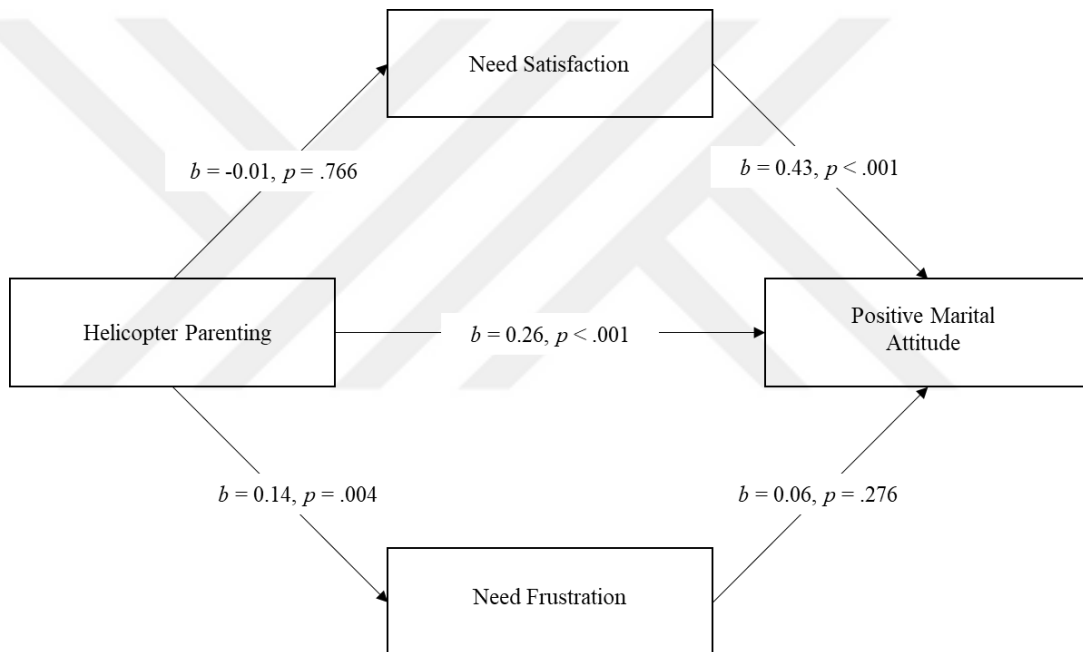


Figure 1. Model 1: The mediating roles of need satisfaction and need frustration between helicopter parenting and positive marital attitude.

### 3.5.2. Model 2: Mediating Roles of Need Satisfaction and Need Frustration between Helicopter Parenting and Anxious Marital Attitude

The second mediation analysis was conducted to examine the mediating roles of need satisfaction and need frustration in the relationship between helicopter parenting and anxious marital attitude.

Results showed that helicopter parenting did not significantly predict need satisfaction,  $B = -0.010$ ,  $SE = .034$ ,  $\beta = -.014$ , 95% CI [-0.079, 0.057],  $p = .766$ . However, helicopter parenting positively predicted need frustration,  $B = 0.135$ ,  $SE = .046$ ,  $\beta = .138$ , 95%

CI [0.045, 0.226],  $p = .004$ . Need satisfaction did not significantly predict anxious marital attitude,  $B = -0.115$ ,  $SE = .068$ ,  $\beta = -.089$ , 95% CI [-0.249, 0.174],  $p = .088$ . However, need frustration positively predicted anxious marital attitude,  $B = 0.384$ ,  $SE = .051$ ,  $\beta = .397$ , 95% CI [0.283, 0.484],  $p < .001$ . Both direct effect of helicopter parenting on anxious marital attitude,  $B = -0.718$ ,  $SE = .041$ ,  $\beta = -.076$ , 95% CI [-0.152, 0.008],  $p = .079$  and total effect of helicopter parenting on anxious marital attitude,  $B = -0.018$ ,  $SE = .045$ ,  $\beta = -.020$ , 95% CI [-0.107, 0.070],  $p = .677$  were not significant.

There was a significant indirect effect of helicopter parenting on anxious marital attitude through need frustration,  $B = 0.052$ ,  $SE = .021$ ,  $\beta = .055$ , 95% CI [0.013, 0.100]. However, indirect effect of helicopter parenting on anxious marital attitude through need satisfaction,  $B = 0.001$ ,  $SE = .005$ ,  $\beta = .001$ , 95% CI [-0.009, 0.012] was not significant. These results indicated that need frustration played a significant intervening role in relation between helicopter parenting and anxious marital attitude. However, need satisfaction did not mediate the relationship between helicopter parenting and anxious marital attitude.

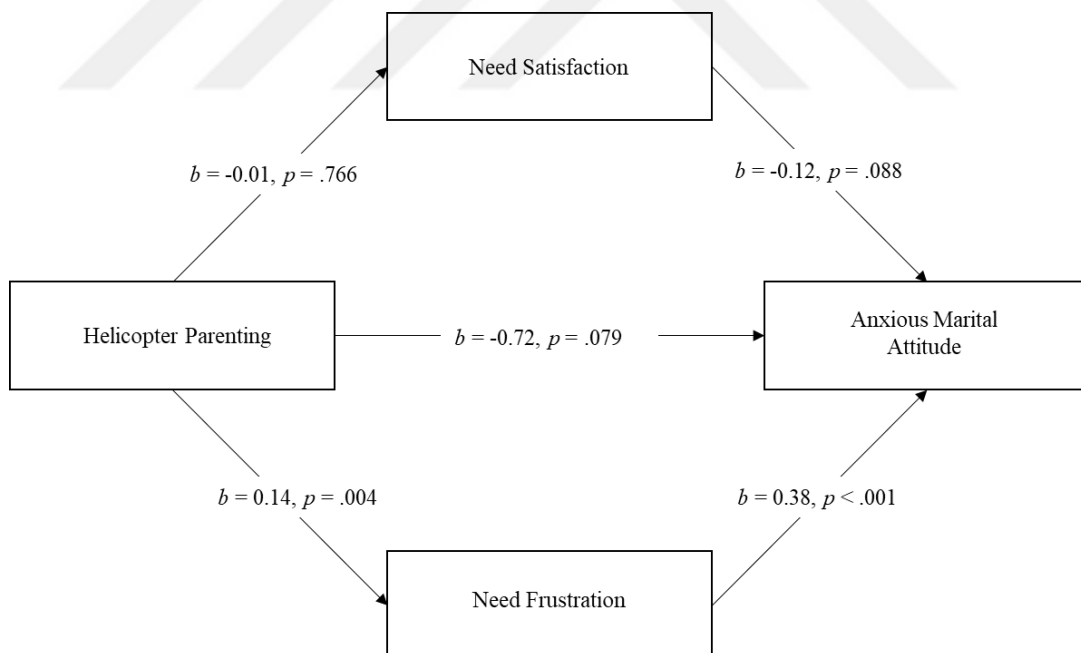


Figure 2. Model 2: The mediating roles of need satisfaction and need frustration between helicopter parenting and anxious marital attitude.

### ***3.5.3. Model 3: Mediating Roles of Need Satisfaction and Need Frustration between Autonomy-supportive Parenting and Positive Marital Attitude***

The third mediation analysis was conducted to examine the mediating roles of need satisfaction and need frustration in the relationship between autonomy-supportive parenting and positive marital attitude.

Results showed that autonomy-supportive parenting significantly predicted need satisfaction,  $B = 0.165$ ,  $SE = .025$ ,  $\beta = .301$ , 95% CI [0.116, 0.214],  $p < .001$  and negatively predicted need frustration,  $B = -0.141$ ,  $SE = .034$ ,  $\beta = -.191$ , 95% CI [-0.2087, -0.732],  $p < .001$ . Need satisfaction,  $B = 0.391$ ,  $SE = .0784$ ,  $\beta = .281$ , 95% CI [0.237, 0.545],  $p < .001$  and need frustration,  $B = 0.118$ ,  $SE = .057$ ,  $\beta = .114$ , 95% CI [0.006, 0.230],  $p = .038$  positively predicted positive marital attitude. Both direct effect of autonomy-supportive parenting on positive marital attitude,  $B = 0.149$ ,  $SE = .040$ ,  $\beta = .196$ , 95% CI [0.078, 0.220],  $p < .001$  and total effect of autonomy-supportive parenting on positive marital attitude,  $B = 0.197$ ,  $SE = .035$ ,  $\beta = .258$ , 95% CI [0.128, 0.266],  $p < .001$  were significant.

The indirect effect of autonomy-supportive parenting on positive marital attitude through need satisfaction was significant,  $B = 0.064$ ,  $SE = .020$ ,  $\beta = .084$ , 95% CI [0.030, 0.107]. However, the indirect effect of autonomy-supportive parenting on positive marital attitude through need frustration was not significant,  $B = -0.017$ ,  $SE = .011$ ,  $\beta = -.218$ , 95% CI [-0.040, 0.003]. These results indicated that need satisfaction played a significant intervening role in relation between autonomy-supportive parenting and positive marital attitude. However, need frustration did not mediate the relationship between autonomy-supportive parenting and positive marital attitude.

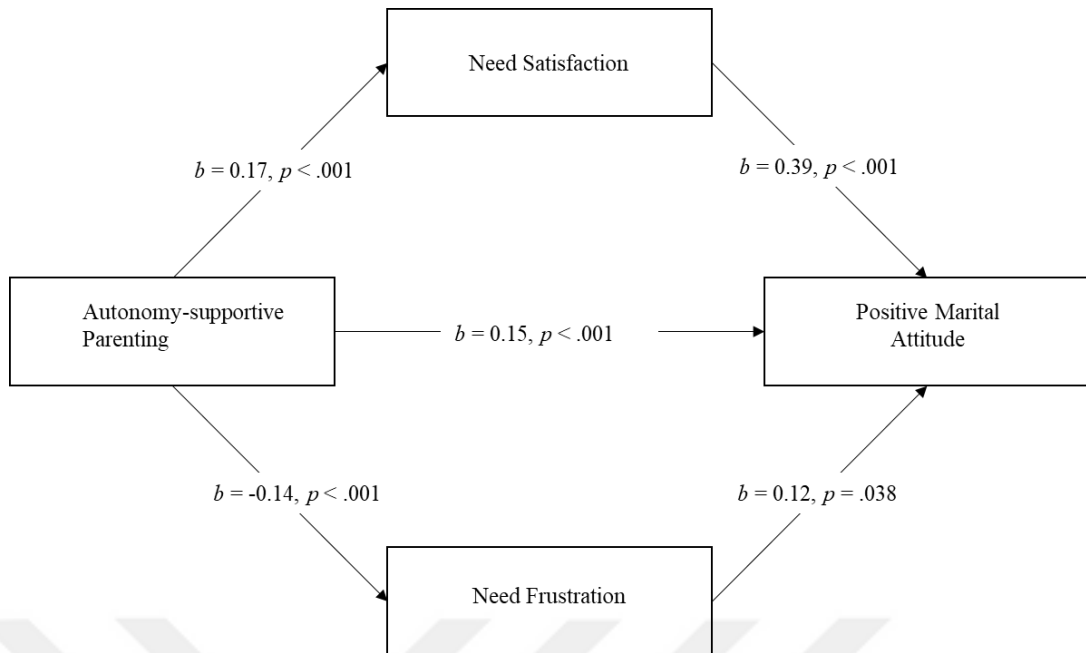


Figure 3. Model 3: The mediating roles of need satisfaction and need frustration between autonomy-supportive parenting and positive marital attitude.

#### ***3.5.4. Model 4: Mediating Roles of Need Satisfaction and Need Frustration between Autonomy-supportive Parenting and Anxious Marital Attitude***

The fourth mediation analysis was conducted to examine the mediating roles of need satisfaction and need frustration in the relationship between autonomy-supportive parenting and anxious marital attitude.

Results showed that autonomy-supportive parenting negatively predicted need frustration,  $B = -0.141$ ,  $SE = .034$ ,  $\beta = -.191$ , 95% CI [-0.2087, -0.732],  $p < .001$  and positively predicted need satisfaction,  $B = 0.165$ ,  $SE = .025$ ,  $\beta = .301$ , 95% CI [0.116, 0.214],  $p < .001$ . Need frustration positively predicted anxious marital attitude,  $B = 0.368$ ,  $SE = .0505$ ,  $\beta = .380$ , 95% CI [0.268, 0.467],  $p < .001$ . However, need satisfaction did not significantly predicted anxious marital attitude,  $B = -0.102$ ,  $SE = .070$ ,  $\beta = -.079$ , 95% CI [-0.240, 0.343],  $p = .141$ . Direct effect of autonomy-supportive parenting on anxious marital attitude,  $B = -0.044$ ,  $SE = .032$ ,  $\beta = -.062$ , 95% CI [-0.107, -0.188],  $p = .179$  was not significant. Total effect of autonomy-supportive parenting on anxious marital attitude,  $B = -0.113$ ,  $SE = .033$ ,  $\beta = -.158$ , 95% CI [-0.179, -0.047],  $p = .001$  was significant.

The indirect effect of autonomy-supportive parenting on anxious marital attitude through need frustration was significant,  $B = -0.052$ ,  $SE = .016$ ,  $\beta = -.072$ , 95% CI [-0.086, -0.022]. However, the indirect effect of autonomy-supportive parenting on

anxious marital attitude through need satisfaction was not significant,  $B = -0.017$ ,  $SE = .012$ ,  $\beta = -.023$ , 95% CI [-0.045, 0.005]. These results indicated that need frustration played a significant intervening role in relation between autonomy-supportive parenting and anxious marital attitude. However, need satisfaction did not mediate the relationship between autonomy-supportive parenting and anxious marital attitude.

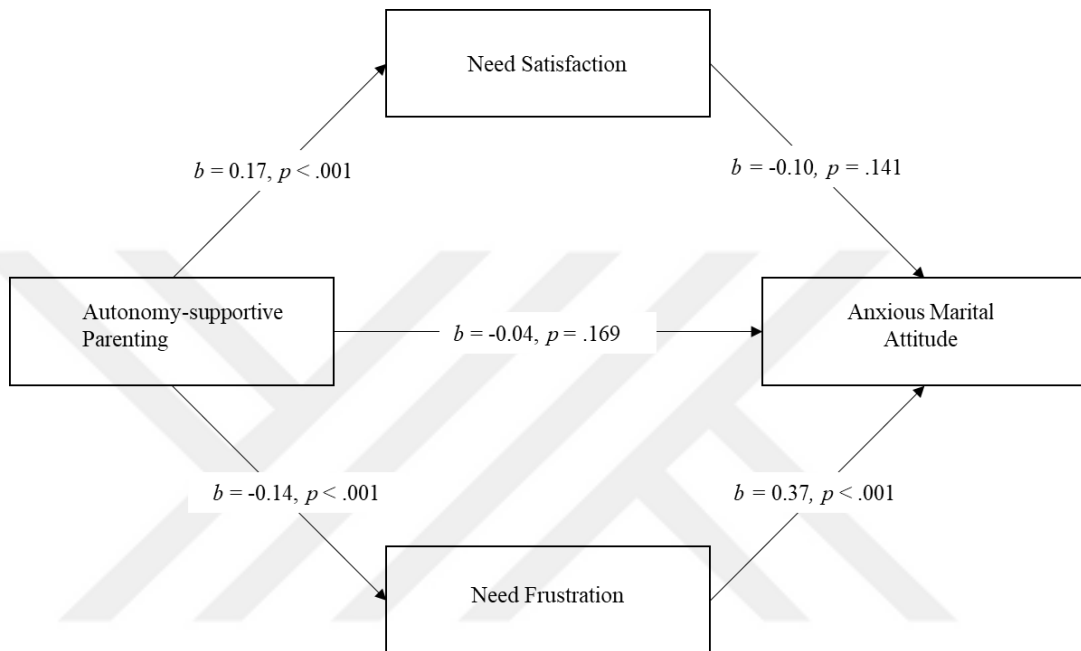


Figure 4. Model 4: The mediating roles of need satisfaction and need frustration between autonomy-supportive parenting and anxious marital attitude.

## CHAPTER 4: DISCUSSION

In the current study, the aim was to examine the relationship between helicopter parenting and autonomy-supportive parenting with positive and anxious marital attitude by means of basic psychological need satisfaction and frustration. Four mediation models were examined. Specifically, firstly, the mediating roles of need satisfaction and need frustration between helicopter parenting and positive marital attitude was examined. Secondly, the mediating roles of need satisfaction and need frustration between helicopter parenting and anxious marital attitude was examined. Thirdly, the mediating roles of need satisfaction and need frustration between the autonomy-supportive parenting and positive marital attitude was examined. Lastly, the mediating roles of need satisfaction and need frustration between autonomy-supportive parenting and anxious marital attitude was examined. In the following sections, (1) gender and relationship status differences will be evaluated, (2) direct relationships among study variables will be discussed, (3) mediating roles of basic psychological need satisfaction and frustration will be evaluated, and (4) the limitations of the current study and directions for future research will be stated.

### *4.1. Evaluation of the Gender Differences on Study Variables*

In the current study, it was found that need satisfaction and positive marital attitude significantly differed according to gender. That is, male participants reported higher need satisfaction compared to female participants. Consistent to this finding, Gómez-Baya, Lucia-Casademunt, and Salinas-Pérez (2018) found that men had higher need satisfaction scores than women. However, there are also some inconsistent findings in the literature showing that there was no significant difference among males and females in terms of their reports of need satisfaction (Yağcı, 2020; Cihangir-Çankaya, 2009). Given that needs are considered as universal and satisfaction of it is related to well-being for both genders (Vansteenkiste, and Ryan, 2013), more research is needed to precisely talk about the specific gender differences on need satisfaction.

In addition to need satisfaction, it was found that male participants had higher positive marital attitudes compared to female participants. Given that previous studies which sampled either Western or non-Western participants, mostly stated that women have more positive marital attitudes compared to men (Akbaş et al., 2019; Willoughby, and Carroll, 2010), this finding is a bit surprising. However, in the literature there are also some studies conducted mostly in non-Western societies, showing significant gender

differences and stating that males have more positive marital attitudes compared to females (Huang, and Lin, 2014; Kim, and Jung, 2015; Fallahchai, and Fallahi, 2019). From the traditional point of view of collectivist cultures (Kağıtçıbaşı, 1997), it is expected that women should hold more positive attitudes towards marriage. Moreover, according to adult attachment styles, it is well known that while females demand closer relationships as a result of their anxious attachment styles, males try to create more distant, avoidant bonds with their romantic partners in their romantic relationships (Hazan, and Shaver, 1994). Therefore, while women tend to hold more positive attitudes towards being together, men tend to hold the opposite. In addition to that, this finding may be because the women in today's world participate more in economic life and tend to postpone marriage (Blossfeld, and Huinink, 1991). Maybe because of that they hold less positive marital attitudes compared to males. Given that these are just speculations, more research is needed to talk about the unique gender differences in terms of marital attitudes.

On the other hand, helicopter parenting, autonomy-supportive parenting, need frustration, and anxious marital attitude did not differ significantly by gender. Actually, these nonsignificant gender differences findings are consistent with the previous studies. One of these studies showing that emerging adults' reports about their parents' helicopter parenting behaviors do not differ in terms of gender (Schiffirin et al., 2019). Similarly, Kouros et al. (2017) found that there is no significant difference between emerging adult men and women in terms of their reports about their parents' autonomy-supportive parenting behaviors. Moreover, consistent with the universality argument of the basic psychological needs and the previous studies (Ebersold, Rahm, and Heise, 2019), emerging adults did not differ in terms of their reports on need frustration according to their gender. Lastly, in a recent study, Güler (2021) suggested that there were no significant gender differences in the level of marital anxiety. However, in another study, Sezer (2019) found that women have higher scores on marital anxiety compared to men. These contradictory results may be due to the different demographic characteristics of the study participants. Therefore, in the future studies, the role of unique demographic characteristics such as family status and socioeconomical status should be considered.



#### ***4.2. Evaluation of the Relationship Status Differences on Study Variables***

In the current study, it was found that positive marital attitude as well as anxious marital attitude significantly differed according to relationship status of the participants. First, the results of the current study showed that participants with a relationship have a more positive marital attitude compared to participants without a relationship. This result is expected and consistent with the previous research showing that university students who are in a romantic relationship have a more positive view of marriage compared to university students who are not in a romantic relationship (Karabacak, and Çiftçi, 2016). Moreover, in a study examining the predictors of university students' marriage, Keldal, and Atlı (2020) found that university students who had a relationship had more positive marital attitudes than those who did not. Moreover, Willoughby, and Carroll (2010) found in their study conducted with college students who had a relationship viewed marriage as an important goal to attain in their life. Therefore, college students' romantic relationships can be seen as a step forward to the marriage, it is not surprising to expect to find a significant difference in terms of the relationship status of the participants on their positive marital attitudes. In addition to significant relationship status differences on positive marital attitude, the findings of the current study indicated that participants who are not in a relationship had more anxious marital attitude than participants who are in a relationship. These findings are not surprising and consistent with previous research as well. For instance, Kestir (2021) found in her study conducted with people between the ages of 18-40 who were not in a romantic relationship had more anxious marital attitude compared to participants who were in a romantic relationship. Moreover, the stated significant difference between individuals who are not in a relationship with someone and individuals who are not in a relationship with someone has been shown in many studies conducted in Western and non-Western cultures (Willoughby, and Carroll, 2010; Güler, 2021; Payat, 2021; Sezer, 2019). Consequently, all these findings consistently show that not having a relationship may make people to feel more anxious about the idea of marriage.

In addition, the current study showed that participants who are not in a relationship experience more need frustration than participants who are in a relationship. Since it is known that basic psychological needs are also fulfilled through romantic relationships (Patrick et al., 2007), they may experience need frustration when they do

not have a need-supportive relationship and environment to meet their basic psychological needs. On the other hand, we did not find significant results related to need satisfaction and relationship status. However, there are some studies that examine the relationship between need satisfaction in romantic relationships. For example, Patrick et al. (2007) investigated how need satisfaction in a romantic relationship is related to individual well-being, and the result of their study showed that individuals whose basic psychological needs are satisfied in their romantic relationships experience more individual well-being. Based on this result, we can say that people's romantic relationships affect their level of need satisfaction. The insignificant result in our study may be due to the different demographic characteristics of the participants. Future studies may consider variables such as the duration of the romantic relationship or the types of relationships participants have. Given that these are only speculations, further research is needed to talk about the relationship status differences in terms of basic psychological needs.

On the other hand, helicopter parenting and autonomy-supportive parenting did not significantly differ by relationship status. This may be because of the developmental period that the participants are in. Given that during the emerging adulthood individuals' own romantic relationships become more important compared to their relationship with their parents, this may lead us to find a nonsignificant difference on parenting dimension in terms of relationship status of the emerging adults. Moreover, in the previous literature, since the relationship status measure was generally taken as the relationship status of the parents (Guzzo, and Lee, 2008; Nomaguchi, Brown, and Leyman, 2017) not their children (as we did so), future research should consider the parents' relationship status as well to be able to talk about the exact difference.

### ***4.3 Findings related to Relationships between Study Variables***

#### ***4.3.1. The Relationship of Helicopter Parenting with Positive Marital Attitude and Anxious Marital Attitude***

Before discussing the significant as well as surprising findings related to the relationship of helicopter parenting with positive marital attitude and anxious marital attitude, it is important to talk about the positive relation between parenting dimensions namely helicopter parenting and autonomy-supportive parenting. Although the majority of studies show negative consequences of helicopter parenting, it is known that there are mixed results positive or negative consequences and its relationship with

the autonomy-supportive parenting (Reed et al., 2016; Kömürcü-Akik, and Alsancak-Akbulut, 2021; Schiffrin et al., 2014; Odenweller et al., 2014; Lee, and Kang, 2018). More specifically, Kömürcü-Akik, and Alsancak-Akbulut (2021) found that there is a positive correlation between helicopter parenting and autonomy-supportive parenting. In line with this surprising finding, we also found a strong positive correlation between helicopter parenting and autonomy-supportive parenting. The authors explained the positive relationship between helicopter parenting and autonomy-supportive parenting in several ways. First of all, Soenens, and Vansteenkiste (2010) indicated that there may be an orthogonal relationship between helicopter parenting and autonomy-supportive parenting. Thence, the absence of helicopter parenting behaviors does not necessarily indicate the presence of autonomy-supportive parenting behavior (Kömürcü-Akik, and Alsancak-Akbulut, 2021). Furthermore, raising children and parenthood practices have different effects on children from culture to culture (Segrin, and Flora, 2019). Some studies indicated that helicopter parenting may not have completely negative consequences in Asian cultures (e.g., Padilla-Walker, and Nelson, 2012). For example, helicopter parents have affectionate relationships with their Korean children and make positive contributions their children's academic and career preparation in Korean American families (Lee, and Kang, 2018; Kwon, Yoo, and Gagne, 2017).

Moreover, the meaning of parental control is explained to some extent by culture, both for the parent and for the child (Kağıtçıbaşı, 2017). It is known that in sociocultural contexts where parental control is widespread and accepted, children perceive parental control as normal and not as parental hostility or rejection (Kağıtçıbaşı 1970). For example, Kağıtçıbaşı (1970) conducted a study with Turkish and American adolescents to assess how much parental control and affection they experienced while growing up. The results of this study indicated that although perceived parental affection was similar in both groups, the perceived parental control of Turkish adolescents was found to be higher than that perceived by American adolescents. That is, strict parental control was not interpreted as a lack of affection by Turkish adolescents. At this point, we can say that it is important whether parental warmth accompanies strict parental control (Kağıtçıbaşı, 2017). Where the psychological control accepted as normal and perceived as an expression of care such as in collectivistic cultures, over-control may not lead to maladaptive consequences

(Deater-Deckard, and Dodge, 1997; Kağıtçıbaşı, 2017; Dost-Gözkan, 2022). In short, over-controlling parental behaviors are seen together with parental warmth and responsiveness in Turkish culture (Dost-Gözkan, 2022). The controlling, restrictive and punishing parenting behaviors that Turkish parents show to their children together with parental warmth can be interpreted as a sign of love by their children (Sen, Yavuz-Muren, and Yagmurlu, 2014). Therefore, in this study, participants with helicopter parents may evaluate their parents parenting behaviors together with warmth and controlling.

About the relationship of helicopter parenting with positive marital attitude and anxious marital attitude, it was hypothesized that helicopter parenting would be negatively related to positive marital attitude and positively to anxious marital attitude. More specifically, it was expected that individuals who reported higher levels of helicopter parenting would report less positive marital attitude and more anxious marital attitude. According to the results, the first hypothesis was not confirmed. The results showed that participants who exposed to helicopter parenting showed positive attitudes towards marriage and there was no relationship between helicopter parenting and anxious marital attitude. Therefore, in terms of the significant role of helicopter parenting on positive marital attitude, the results were a bit surprising. According to the parenting literature, helicopter parenting has been described as more controlling parenting and is mostly found to be related to less positive outcomes (Padilla-Walker, and Nelson, 2012; LeMoyne, and Buchanan 2011). In addition to that, studies conducted in Turkey have also confirmed the negative role of helicopter parenting on individuals. For example, Okray (2016) suggested that emerging adult children who exposed to helicopter parenting are more prone to the depression and become more dependent on their families. Moreover, Okant-Yaşın (2018) found that individuals raised with helicopter parents have difficulties in setting goals for self-realization and in their general and business lives and they think that they cannot be successful on their own. Furthermore, Yurdakul (2021) indicated that college students with helicopter parents have high irrational belief and negative attitudes towards seeking psychological help.

According to the previous literature findings, we assumed to find that emerging adults may hold less positive and more anxious attitude towards marriage because of their parents' controlling behaviors which may lead them to feel less free to explore new

activities such as marriage. However, our results proved the opposite. That is, when individuals report that their parents use more helicopter parenting style, they showed more positive attitudes towards marriage. One explanation for this finding may be the excessive use of controlling practices of the parents that motivates the individuals to leave home by marrying. When emerging adults perceive their parents as overly controlling, they may view marriage as an escape and thus they may hold maladaptive positive attitude toward marriage (Doğru, 2017) or they may not perceive it as detrimental or excessive as described. That is, a parent who follows his or her child's social life may be perceived by emerging adults as inquisitive or emotionally supportive. However, when this behavior involves direct interference in the child's social life or friendships, the parent's behavior may be perceived as intrusive (Luebbe et al., 2018). In addition to that, emerging adults who see their parents as emotionally supportive or guiding are likely to have more positive outcomes. In the current study, the positive relationship between helicopter parenting and positive marriage attitude may be due to the fact that emerging adults perceive over-involvement as caring or supporting (Kwon et al., 2017). In other words, helicopter parenting may have been perceived by emerging adults as emotionally supportive rather than controlling in our study.

Moreover, the negative impacts of helicopter parenting on children have been found to occur in the absence of parental warmth (Nelson, Padilla-Walker, and Nielson, 2015). Thus, it is likely that the parents from the current sample also practiced "warm helicopter parenting" thus buffering the more negative effects of their controlling behavior. Lastly, items of our helicopter parenting scale include less controlling but more autonomy supportive wording. For example, the items "My mother/father monitors my exercise schedule" and "My mother/father monitors who I spend time with" may not be measuring emerging adults' perceptions of controlling helicopter parenting instead items may be perceived as more supportive parenting. Therefore, future research is needed by using different helicopter parenting scales to check whether this pattern is consistent or not. Taken together, helicopter parenting is a complex phenomenon that requires more research and in-depth examination through various cultural effects (Kwon, Yoo, and Gagne, 2017). In the future, studies can be conducted by considering both the effect of culture, parental warmth and its relationship with autonomy support.

Moreover, in terms of the nonsignificant role of helicopter parenting on anxious marital attitude, the results were a bit surprising too. Related to the literature given above, it was assumed to be found that there would be a positive relationship between helicopter parenting and anxious marital attitude. That is, when individuals report more parental helicopter parenting, they would report more anxious feelings towards marriage. However, the results showed the opposite. Again, this may be because of the nature of the items asked through helicopter parenting scale that measure mainly the monitoring behaviors of the parents. Therefore, this confusion may prevent us to reach significant results. In the literature, there has been limited research examining this relationship. In one relatively recent study conducted with 779 single university students, Willoughby et al. (2015b) examined the relationship between helicopter parenting and marital attitude. Marital attitude was measured as the overall importance of marriage (e.g., "Marriage is a lifetime relationship and should only be ended in extreme circumstances."). Results showed that helicopter parenting was not related to the overall importance of marriage. Relatedly, our scale measuring marital anxiety consisted of questions such as "I worry that I will not be able to maintain my marital relationship" and "I will marry only if I have to". These items seem to belong to the concept of marriage in general not the expectations about marriage, and the content of marriage. Anxious marital attitude may be measured in a more detailed way as expectations about marriage, and the content of marriage as an institution, rather than measuring the idea of marriage in general. Given that there is no study examining the relationship between helicopter parenting and anxious marital attitude, future comprehensive research is needed using different measures.

#### ***4.3.2. The Relationship of Autonomy-supportive Parenting with Positive Marital Attitude and Anxious Marital Attitude***

Secondly, it was hypothesized that autonomy-supportive parenting would be positively related to positive marital attitude and negatively to anxious marital attitude. In other words, it was expected that participants who reported higher levels of autonomy-supportive parenting would report more positive marital attitude and less anxious marital attitude. Our hypothesis was partially supported. In the current study, it was found that individuals whose parents are autonomy-supportive reported more positive attitude towards marriage whereas there was no relationship between autonomy-supportive parenting and anxious marital attitude. Although, there was no

study that investigated the relationship between autonomy-supportive parenting and marital attitudes directly, there are some studies which examined perceived parenting style and marital attitudes (Doğru, 2017), autonomy-supportive parenting and romantic relationship satisfaction (Candel, 2022), intimacy capacity in romantic relationships (Roth, and Assor, 2012). Specifically, previous studies have found that individuals with autonomy-supportive parents experience higher relationship satisfaction in their romantic relationships (Candel, 2022; Auslander et al., 2009), have better problem-solving skills in their romantic relationships (Xia et al., 2018), have a continuous and healthy capacity for romantic intimacy (Steinberg, Davila, and Fincham, 2006), and experience more romantic intimacy (Feldman, Gowen, and Fisher, 1998). Therefore, it would come as no surprise that people who have such positive experiences in their romantic relationships may have positive marital attitude.

Moreover, it was found that individuals whose parents are characterized as democratic that is, autonomy-granting, warm, and noncoercive have positive marital attitude (Doğru, 2017). Also, parental warmth ensures that adults can connect with the social world and not fear being excluded from the social environment (Costa et al., 2019). In this way, individuals can socialize and become close to others, laying the foundation for a secure and stable relationship such as marriage in the future. Moreover, favorable parental supervision enables individuals to be accepted by others and to form real bonds with others through the development of good social and affective skills (Costa et al., 2019). Furthermore, a structured family environment (nonchaotic, no parental conflict) may become a positive role model to the emerging adults for their future romantic relationships such as marriage (Riggio, and Weiser, 2008). Given the above findings and the warmth, structure, and autonomy-granting nature of autonomy-supportive parents, it is not surprising that people raised in such a family environment have positive attitudes toward marriage.

Moreover, in terms of the nonsignificant role of autonomy-supportive parenting on anxious marital attitude, we assume that there would be a negative relationship between autonomy-supportive parenting and anxious marital attitude. That is, when individuals report more autonomy-supportive parenting, they would report less anxious feelings towards marriage. However, the results did not prove the stated assumption. Again, this may be because of the nature of the items asked through Marriage Anxiety Scale that measure mainly the idea of marriage in general, rather

than measuring the concept of marriage in a more detailed way. Therefore, using more detailed measures of anxious marital attitude in further studies will provide more comprehensive results.

#### ***4.3.3. The Relationship of Helicopter Parenting with Need Frustration and Need Satisfaction***

Thirdly, it was hypothesized that helicopter parenting would be positively related to need frustration and negatively to need satisfaction. In other words, it was expected that participants who reported higher levels of helicopter parenting would report more need frustration and less need satisfaction. Our hypothesis was partially supported. Results showed that helicopter parenting was related to more frustration of basic psychological needs, whereas no relation was found between helicopter parenting and need satisfaction. Although there is no research examining the relationship between helicopter parenting with need satisfaction and frustration together before, there are some studies examining the role psychologically controlling parenting which is found to be correlated with helicopter parenting (Luebbe et al., 2018; Padilla-Walker, and Nelson, 2012). From this point of view, in a recent research, Wei et al. (2022) examined the relationship between psychologically controlling parenting, need satisfaction, and need frustration. They found that participants who had psychologically controlling parents reported lower levels of psychological need satisfaction and higher levels of need frustration. Moreover, given that there is still a debate about whether helicopter parenting differ from psychologically controlling parenting in terms of the level of control applied by the parents, the more research is needed to talk about the unique role of helicopter parenting on basic psychological needs.

Furthermore, helicopter parents are known to impose themselves as decision makers in their offspring's lives (Kouros et al., 2017) and exert control that is developmentally inappropriate control for their children's age (Segrin et al., 2012). Therefore, children who are forced to think and act in ways dictated by their parents and who are not treated in accordance with the characteristics of their age experience autonomy frustration. Moreover, children are not allowed to make mistakes, and when they encounter difficulties, they cannot solve these difficulties in their own way (Srivastav, and Mathur, 2020), so helicopter parents restrict individuals' self-efficacy (Bradley-Geist, and Olson-Buchanan, 2014), in the long run, these children eventually



experience insecurity and uncertainty in their own abilities, in a word, their need for competence is frustrated. Furthermore, helicopter parenting frustrates relatedness need through inadequate interpersonal communication (Odenweller, Booth-Butterfield, and Weber, 2014) family dissatisfaction (Segrin et al., 2012), and insufficient social skills (Darlow, Norvilitis, and Schuetze, 2017). Therefore, the need for autonomy, competence, and relatedness are thwarted by means of need dissatisfying family environment including helicopter parenting.

On the other hand, there was no relationship between helicopter parenting and basic psychological need satisfaction in the current study. Given that need frustration and satisfaction are seen as the opposite ends of the same continuum, we expected to observe the opposite pattern. However, we could not find any significant role of helicopter parenting on need satisfaction. However, past research has indicated that helicopter parenting related to reduced satisfaction of basic psychological needs (Cook, 2020; Wang et al., 2021). Specifically, Cook (2020) found in a study of college students aged between 18 and 25 living in the United States that students exposed to helicopter parenting experienced low basic psychological need satisfaction, which led them to show low dating competence. Similarly, Wang et al. (2021), in their study with Chinese university students aged 17-28 investigated the relationship between helicopter parenting and students' depression levels by considering the mediator role of basic psychological needs. Results showed that helicopter parenting directly undermined the satisfaction of young adults' basic psychological needs and made them to become more prone to develop depression. Moreover, the stated negative difference between helicopter parenting and satisfaction of basic psychological needs has been shown in some studies conducted in Western and non-Western cultures (Wang, 2021; Cook, 2020). However, there is no study conducted with Turkish emerging adults to examine the relationship between helicopter parenting and basic psychological need satisfaction. Therefore, present study will contribute the literature by shedding some light on the under researched relationships.

#### ***4.3.4. The Relationship of Autonomy-supportive Parenting with Need Satisfaction and Need Frustration***

Fourthly, it was hypothesized that autonomy-supportive parenting would be positively related to need satisfaction and negatively to need frustration. Specifically, it was expected that individuals who reported higher levels of autonomy-supportive

parenting would report less need frustration and more need satisfaction. In the current study, consistent with our hypothesis, it was found that participants who perceived their parents as autonomy-supportive experienced higher levels of need satisfaction and lower levels of need frustration. The results of the current study are consistent with previous studies, which indicated that participants who experienced autonomy-supportive parenting were more likely to experience higher levels of need satisfaction and lower levels of need frustration (Costa, 2015). Wei et al. (2022) conducted a study with 287 college students from China, which indicated that students raised by autonomy-supportive parents satisfied their basic psychological needs more compared to students not raised in such parental environments. Similarly, Liu et al. (2021) sampled research with Chinese university students between the age of 16-26, and the result of their study showed that participants who reported autonomy-supportive parenting experience more satisfaction of basic psychological needs. Costa et al. (2015), in a study with female Italian college students that found there is positive relation between autonomy-supportive parenting and need satisfaction. Moreover, Gagné (2003) found that individuals whose parents engaged in autonomy-supportive parenting behaviors experience higher levels of basic psychological needs satisfaction. Moreover, Costa et al. (2019) conducted a study with 342 adolescents and the result of their research indicated that individuals who perceived parental autonomy support experienced more need satisfaction and less need frustration. Lastly, Barberis et al. (2022) sampled 205 emerging adults between the age of 18 and 30 and showed that autonomy-supportive parenting was related to higher levels of need satisfaction, and lower levels of need frustration. Taken together, autonomy-supportive parenting plays significant role on children's basic psychological needs in both Western and non-Western cultures.

Specifically, autonomy-supportive parents fulfill the need for autonomy of the growing adult by allowing them to shape their actions according to their own goals and values, paying attention to the child's point of view, establishing rules, and stating the reasons for those rules (Grolnick, 2003; Mabbe et al., 2018). Moreover, autonomy-supportive parents allow their children to solve their own problems, make mistakes, and allow them to face the consequences of their mistakes. So, children feel more effective and competent in their own lives, which is closely associated with satisfaction of the need for competence (Mabbe et al., 2018; Soenens et al., 2007). Finally,

autonomy-supportive parents help emerging adults to satisfy their need for relatedness by creating conditions in which these adults can establish a genuine relationship of mutual interest and trust (Costa, 2016). Therefore, autonomy-supportive parenting may create more need satisfying family environment for emerging adults and they easily satisfy their basic three needs (or when it is not or less autonomy supportive, they may easily frustrate these needs).

#### ***4.3.5. The Relationship of Need Frustration with Positive Marital Attitude and Anxious Marital Attitude***

Fifth, it was hypothesized that need frustration would be negatively related to positive marital attitude and positively to anxious marital attitude. It was expected that participants who reported more need frustration would have less positive marital attitude and more anxious marital attitude. Our hypothesis was partially confirmed. Results showed that in our main models (Model 4 which is examining the relationship between autonomy-supportive parenting and anxious marital attitude by means of need frustration and Model 2 which is testing the relationship between helicopter parenting and anxious marital attitude by means of need frustration), there was a consistent positive relationship between need frustration and anxious marital attitude. That is, need frustration positively predicted anxious marital attitude. Consistent with self-determination theory, need frustration manifests the feelings of controlled and directed, insufficiency and failure, isolation, and social estrangement (Chen et al., 2015). Therefore, it can be assumed that individuals who frustrate their basic needs may become unsuccessful or anxious about their future romantic relationships such as marriage. Because of the frustration, they may not feel ready for marriage and feel anxious about taking a step closer to the marriage. Given that there is no research examining the role of basic psychological needs on marital attitudes, these arguments stay as speculations. Therefore, future and more comprehensive research is needed to talk about the facts.

However, in terms of the relationship of autonomy-supportive parenting and helicopter parenting with positive marital attitude by means of need frustration, we found that need frustration either positively predicted positive marital attitude (Model 3 which is testing the relationship between autonomy-supportive parenting and positive marital attitude by means of need frustration) or did not significantly predict positive marital attitude (Model 1 which is examining the relationship between helicopter parenting

and positive marital attitude by means of need frustration). For the relationship between need frustration and positive marital attitude, the stated positive relation may be because of the fact that individuals' need frustration may lead them into a maladaptive positive marital attitude. In other words, they may believe that their social life can expand with marriage and that they can solve the problems encountered in life together with their spouse. That is, they may see marriage as an escape from the need-thwarting context. The latter case may be because of the consistent nonsignificant pattern that we observed in nearly half of the helicopter parenting paths in all models. Moreover, since the models were tested with Process macro which did not allow us to examine all the paths together in one model, future analysis should be handled with more advanced statistical programs to be able to test one model by considering all the relationships at one time in one model. By this way, more comprehensive and precise inferences can be made.

#### ***4.3.6. The Relationship of Need Satisfaction with Positive Marital Attitude and Anxious Marital Attitude***

Sixth, it was hypothesized that need satisfaction would be positively related to positive marital attitude and negatively to anxious marital attitude. Specifically, it was expected that participants who reported more need satisfaction would have more positive marital attitude and less anxious marital attitude. Our hypothesis was partially supported. Results showed that in our main models (Model 1 which is examining the relationship between helicopter parenting and positive marital attitude by means of need satisfaction and Model 3 which is testing the relationship between autonomy-supportive parenting and positive marital attitude by means of need satisfaction), there was a consistent positive relationship between need satisfaction and positive marital attitude. That is, need satisfaction positively predicted positive marital attitude. In terms of the relationship of need satisfaction and anxious marital attitude, we found that need satisfaction did not significantly predict anxious marital attitude (Model 2 which is testing the relationship between helicopter parenting and anxious marital attitude by means of need satisfaction and Model 4 which is autonomy-supportive parenting and anxious marital attitude by means of need satisfaction). In other words, need satisfaction did not play any significant role on anxious marital attitude. This finding is consistent with the self-determination theory literature showing that satisfaction of the basic needs is consistently related to well-functioning (Deci, and

Ryan, 2000), in this study more or full positive attitudes towards marriage and less or no anxious attitudes towards marriage. However, even though previous research examined the relationship between need satisfaction in romantic relationships and relationship quality as well as relationship satisfaction, the relationship between need satisfaction and marital attitudes (either positive or anxious) has not been studied yet.

Previous studies have indicated that higher need satisfaction in romantic relationships leads to greater relationship satisfaction and commitment (Patrick et al., 2007; La Guardia, and Patrick, 2008), less conflict and more adaptive behaviors to conflict (Patrick et al., 2007). Based on these results, it may easily assume that people with need satisfaction will have more positive marital attitude. Similarly, Schmahl, and Walper (2012) focused on the relationship between fulfillment of relatedness and autonomy needs in romantic relationships and commitment-based union formation events, such as marriage. They indicated that lower levels of need satisfaction appear to damage the willingness to get married.

Furthermore, people who live in a life context where they experience needs for autonomy, competence, and relatedness are more likely to function better in their relationships (Costa, Ntoumanis, and Bartholomew, 2015). For instance, people who experience high levels of basic psychological need satisfaction also exhibit high levels of interpersonal competence because they can form interactions and rely on their decision-making abilities (autonomy). They are skilled at communicating with others and have certain interpersonal skills (competence) that help them succeed in romantic relationships (Candel, 2022), and they might be able to deal with the problems and take on the responsibilities that come with marriage. They can offer emotional support and establish close and real relationships with others (relatedness) (Costa, Ntoumanis, and Bartholomew, 2014). These skills can make it easier for them to adapt to the changes that marriage brings, so they may hold more positive marital attitude. Although previous findings support our assumption about the significant relation between need satisfaction and marital attitude (positive or anxious), since there has been no study conducted on this topic, future research is needed.

#### ***4.4. Findings related to Mediation Analyses***

Since the analyses were handles with PROCESS macro (Model 4) which allowed us to test the role of all predictors on outcome variables by means of mediators with

separate models, we examined four mediation models. In the first mediation model, we examined the mediating roles of need satisfaction and need frustration between helicopter parenting and positive marital attitude (Model 1). Moreover, in the second one, we examined the mediating roles of need satisfaction and need frustration between helicopter parenting and anxious marital attitude (Model 2). In the third one, we examined the mediating roles of need satisfaction and need frustration between the autonomy-supportive parenting and positive marital attitude (Model 3). Lastly, in the fourth mediation model, we examined the mediating roles of need satisfaction and need frustration between autonomy-supportive parenting and anxious marital attitude (Model 4).

#### ***4.4.1 Findings related to Mediating Roles of Need Satisfaction and Need Frustration in the relation between Helicopter Parenting and Positive Marital Attitude***

In the seventh hypothesis, it was expected that need satisfaction and need frustration would mediate the relationship between helicopter parenting and positive marital attitude. More specifically, it was expected that individuals who reported more helicopter parenting would experience more need frustration and less need satisfaction, which in turn would be related to less positive marital attitude. Our hypothesis was rejected. Results of the present study showed that need satisfaction and need frustration did not play significant mediating roles in the relationship between helicopter parenting and positive marital attitude.

Since there is a controversy in the literature about the unique role of helicopter parenting on individual outcomes that whether it is detrimental (Buchanan, and LeMoynes, 2020) or beneficial (Lee, and Kang, 2018), it is hard to comment on this finding. However, we know that children of helicopter parents see their parents' high levels of guidance, involvement, and emotionally supportive, but they also acknowledged the lack of autonomy afforded to them by their parents. Nelson, Padilla-Walker, and Nielson (2015) revealed that helicopter parenting when it occurs in the absence of parental warmth leads to low self-worth and high-risk behaviors in young adults. Average levels of helicopter parenting characterized by above-average levels of warmth are related to positive inputs in emerging adult children (Padilla-Walker, Son, and Nelson, 2021). Therefore, parental warmth may be an important additional variable to better explain the relationship between helicopter parenting and positive marital attitude. In addition to that, Willoughby et al. (2015b) revealed that emerging

adults with high parental warmth give higher importance to marriage. Therefore, future research may also consider examining the role of parental warmth in together with helicopter parenting on positive marital attitude to see the unique role of helicopter parenting.

#### ***4.4.2 Findings related to Mediating Roles of Need Satisfaction and Need Frustration in the relation between Helicopter Parenting and Anxious Marital Attitude***

In the eighth hypothesis, it was expected that need satisfaction and need frustration would mediate the relationship between helicopter parenting and anxious marital attitude. More specifically, it was expected that individuals who reported more helicopter parenting would experience more need frustration and less need satisfaction, which in turn would be related to more anxious marital attitude. The first sequence of the hypothesis was confirmed, and the results suggested that need frustration played a significant mediating role in this relation. Specifically, emerging adults who reported more parental helicopter parenting reported higher need frustration which in turn related to more anxious attitude towards marriage. However, need satisfaction did not play a significant mediating role in this relation.

From the self-determination theory literature, it is not surprising that individuals who live in a need thwarting environment which includes more control may readily frustrate their basic psychological needs for autonomy, competence, and relatedness (Bartholomew et al., 2011a) that eventually lead them to ill-function in their individual life (Costa, Ntoumanis, and Bartholomew, 2014). More specifically, helicopter parenting prevents emerging adults from developing the skills necessary to build and strengthen their self-control by frustrating their basic psychological needs. As a result, emerging adults cannot see themselves as capable of assuming adult responsibilities (Cullaty, 2011). Relatedly, emerging adults define adulthood and marriage as separate steps. That is, they define adulthood as the acceptance of the consequences of one's actions, the ability to make autonomous decisions, and the transition from the care of parents to the care of oneself, while they define marriage as the transition from taking responsibility for oneself to taking responsibility for others (Cheah, and Nelson, 2004; Carroll et al., 2009). At the same time, marriage also signifies a system in which various responsibilities and emotional needs are shared. Due to frustration of basic psychological needs, uncertainty about the responsibilities that will come with marriage and the ability not to take responsibility, fear of the inability to sustain the

commitment, and limited ability to solve the problems that may arise in marriage (Kestir, 2021) may lead adults exposed to helicopter parenting may affect experiencing anxious marital attitude. In addition, when they do not invest in their personal growth and development, they also fail to experience and develop the skills necessary for success in marriage (Padilla-Walker, and Nelson, 2012), and they may have an anxious marital attitude.

Furthermore, previous research also shows that emerging adults who experience helicopter parenting are afraid of abandonment and need a lot of reassurance about their partner's love (Jiao, and Segrin, 2021). Therefore, this may be one of the possible mechanisms, which has a role on their marital attitudes. At the same time, their desire to remain single for a longer period of time, their belief that being single is more advantageous than being married (Willoughby et al., 2015b), their belief that marriage will bring unhappiness to them, and their worry about what will happen to them if they marry may also be related to their anxious marital attitude.

The mediating role of need satisfaction was not significant in the relationship between helicopter parenting and anxious marital attitude. From the statistical point of view, since there was no significant relationship between helicopter parenting and need satisfaction, the significant mediating role of need satisfaction in relation between helicopter parenting and anxious marital attitude was not found. Given that there is no research examining the role of helicopter parenting on anxious marital attitude through need satisfaction, future research is needed.

#### ***4.4.3. Findings related to Mediating Roles of Need Satisfaction and Need Frustration in the relation between Autonomy-supportive Parenting and Positive Marital Attitude***

In the ninth hypothesis, it was expected that need satisfaction and need frustration would mediate the relationship between autonomy-supportive parenting and positive marital attitude. More specifically, it was expected that individuals who reported more autonomy-supportive parenting would experience more need satisfaction and less need frustration, which in turn would be related to more positive marital attitude. The first sequence of the hypothesis was confirmed, and the results suggested that need satisfaction played a significant mediating role in the relationship between autonomy-supportive parenting and positive marital attitude. In other words, participants who



reported higher levels of autonomy-supportive parenting experienced more satisfaction of basic psychological needs, which in turn, related to more positive attitude towards marriage.

Although no studies examining the relationship between autonomy-supportive parenting and marital attitudes can be found in the literature, there are studies which investigate the relationship between autonomy-supportive parenting and romantic relationships. Parents who support autonomy may actually help their children to establish secure bonds (Jiao, and Segrin, 2021) in their romantic relationships by satisfying their basic psychological needs. They can do this in many different ways. For example, by empowering their children to make their own decisions and solve their own problems, they support the development of children's problem-solving and responsibility-taking skills (Grolnick, 2003). It has been found that these children do not have problems trusting themselves and others and are better able to resolve conflicts better (Scharf, and Mayseless, 2001). These are important for success and sustainability in a romantic relationship as well as in marriage.

Because of positive effects that come with the satisfaction of basic psychological needs autonomy-supportive parenting may benefit adults in developing and maintaining healthy romantic relationships (Mabbe et al., 2018). These children have the basic skills that come with meeting needs to establish and maintain high-quality relationships. They develop competencies that enable them to succeed in romantic relationships (Conger et al., 2000), which can lay the foundation for secure and stable relationships in the future such as marriage. It is expected that thanks to the satisfaction of basic psychological needs individuals with these skills (children of autonomy-supportive parents) will be able to share roles and responsibilities in marriage, resolve conflicts using their problem-solving skills, and have the capacity to show empathy toward their spouses in potential discussions. Therefore, having these skills and knowing that they can use them in their marriage life in the future may affect them to have a more positive marital attitude.

Although the significant mediating role of need frustration was also expected, since need frustration and satisfaction is strongly and negatively correlated to each other (Vansteenkiste, Ryan, and Soenens, 2020), we could not find it. One possible explanation for this finding may be given from the point of view of Vansteenkiste, and

Ryan (2013). They suggest that while need satisfaction is related to well- functioning (brighter path), frustration of the needs is related to ill-functioning (darker path). Given that autonomy support and positive marital attitude can be count as the determinants of the brighter path, measuring the mediating role of need frustration as a determinant of the darker path may lead to non-significance of the results. Since there are some studies showing significant relationship of need frustration with bright antecedents or outcomes, the stated explanation states as a speculation so further research is needed.

#### ***4.4.4. Findings related to Mediating Roles of Need Satisfaction and Need Frustration in the relation between Autonomy-supportive Parenting and Anxious Marital Attitude***

In the tenth hypothesis, it was expected that need satisfaction and need frustration would mediate the relationship between autonomy-supportive parenting and anxious marital attitude. More specifically, it was expected that individuals who reported more autonomy-supportive parenting would experience more need satisfaction and less need frustration, which in turn would be related to less anxious marital attitude. Our hypothesis was partially supported. While need frustration significantly mediated the relationship between autonomy-supportive parenting and anxious marital attitude, need satisfaction did not. Findings of the present study showed that individuals who report higher levels of autonomy-supportive parenting experience less need frustration, and therefore experience less anxious marital attitude. According to self-determination theory, this finding comes as no surprise. That is, autonomy-supportive parenting as a need satisfying family environment may lead individuals to feel less frustration of the basic needs (Costa et al., 2016) which in turn diminish the negative or anxious feelings towards getting a new start such as marriage. Therefore, we can say that the use of autonomy-supportive parenting style on emerging adults had a buffering effect on the anxious marital attitude through need frustration. Although need-satisfying environments are primarily designed to contribute to growth by satisfying needs, they can also serve as a buffer against the onset of dysfunction by supporting the buildup of internal resources that contribute to subsequent coping (Vansteenkiste, and Ryan, 2013). Individuals with parents who are autonomy-supportive may cope with anxiety related to marriage via their problem-solving skills (satisfaction of the competence need), empathy and open to the new experiences

(satisfaction of the autonomy need), and intimacy skills (satisfaction of the relatedness need) that may help them maintain their romantic relationships.

Although the significant mediating role of need satisfaction was also expected, since as mentioned in the above result there is a negative correlation between need frustration and satisfaction (Vansteenkiste, Ryan, and Soenens, 2020), we could not find it. Vansteenkiste, and Ryan (2013) suggest that need-supportive environments boost need satisfaction, which then protects individuals at the face of malfunctioning. Although there are some studies indicating a significant relationship between need satisfaction and malfunctioning, this study measuring the mediating role of need satisfaction as a determinant of the malfunctioning ended up with insignificance results. This may be explained through the darker and brighter path assumptions of Vansteenkiste, and Ryan (2013). They suggest that while need satisfaction is generally related to positive outcomes, need frustration is related to mostly the negative ones. Given that need satisfaction mostly can be counted as the determinant of the brighter path, measuring the mediating role of need satisfaction as a determinant of the darker path may lead to the non-significance of the results. Given that there is no research examining the role of autonomy-supportive parenting on anxious marital attitude through need satisfaction, future research is needed.

#### ***4.5. Limitations of the Present Study and Suggestions for Future Studies***

This study has a number of limitations that can be addressed in future studies. Since there is limited research in the literature examining the roles of parenting behaviors and basic psychological needs on individuals' marital attitudes, future research is needed to discuss consistent and universal patterns among these variables beyond the speculations.

Secondly, the current study used cross-sectional data, which does not permit to draw causal conclusions. To be able to talk about cause and effect relationships among study variables and to observe the dynamic nature of these relations longitudinal or diary studies can be handled in the future.

Thirdly, the current study used participants' self-reports on measures of parenting, basic psychological needs, and marital attitudes. Although self-report is widely used in samples of emerging adults, using various reporters or observing parent-child relationships will advance our knowledge. Therefore, future research should also

consider to take the reports of mothers, fathers, or siblings and to collect data in an observational setting.

Fourth, different measures can be used to provide a more valid test of the current model. There were some controversial results related to Helicopter Parenting Behaviors Questionnaire. For example, items of Helicopter Parenting Behaviors Questionnaire such as the items "My mother/father monitors my exercise schedule" and "My mother/father monitors who I spend time with" may not be measuring emerging adults' pure perceptions of controlling helicopter parenting. Given that these items nearly similar to autonomy-supportive parenting scale items (e.g., "My mother/father encourages me to discuss any academic problems I am having with my professor."), thus participants may fill out these two measures nearly same. As a result of this, we found a positive correlation between helicopter parenting and autonomy-supportive parenting measures. Therefore, future research may use different instruments to assess pure helicopter parenting.

Fifth, in the current study, we did not differentiate parents' gender on the effect on marital attitudes. Given that some studies have shown significant differences in the relations between parenting and child consequences for mothers and fathers (McKinney, and Renk 2008), future research should also consider including the reports for mothers and fathers separately.

Sixth, we tested models with Process macro which did not allow us to examine all the paths together in one model, future analysis should be conducted with more advance statistical programs to be able to test one model by considering all the relationships at one time.

Lastly, it should not be forgotten that basic psychological needs are also affected by different contexts (i.e., school, work settings, romantic relationships) other than the family (Vansteenkiste, and Ryan, 2013). Future studies should consider the effects of other contexts as well.

## **CHAPTER 5: CONCLUSION**

The aim was to investigate the relationship between helicopter parenting and autonomy-supportive parenting with positive and anxious marital attitude by means of basic psychological need satisfaction and frustration. In general, the results suggested that need satisfaction and need frustration did not play significant mediating roles in the relationship between helicopter parenting and positive marital attitude. However, the results suggested that need frustration played a significant mediating role in the relationship between helicopter parenting and anxious marital attitude. Specifically, when emerging adults experienced more helicopter parenting, their needs were frustrated, which increased their anxious marital attitudes. Moreover, need satisfaction played a significant mediating role in the relationship between autonomy-supportive parenting and positive marital attitude. In other words, participants who reported higher levels of autonomy-supportive parenting experienced more satisfaction of basic psychological needs, which in turn, related to more positive attitude towards marriage. Furthermore, need frustration significantly mediated the relationship between autonomy-supportive parenting and anxious marital attitude. In other words, individuals who report higher levels of autonomy-supportive parenting experience less need frustration, and therefore report less anxious marital attitude.

The role of parenting behaviors and basic psychological needs on individuals' marital attitudes is an area that has been overlooked in the literature. This study contributes to the enlightenment of this overlooked area by investigating the roles of satisfaction and frustration of basic psychological needs, helicopter parenting, and autonomy-supportive parenting on individuals' anxious and positive attitudes towards marriage. Therefore, the current study highlights that the satisfaction or frustration of individuals' basic psychological needs, along with their parents' parenting behaviors, play significant roles as possible antecedents of positive and anxious marital attitudes.

### ***5.1. Clinical Implications***

The current study focused on the mediating role of emerging adults' basic needs satisfaction and frustration in the relation between helicopter parenting, autonomy-supportive parenting, and marital attitudes. Given that this intervening mechanism has not been previously examined, the results of this study contribute to scientific knowledge.

Moreover, the present study contributes to a more detailed understanding of emerging adulthood, parenting, basic psychological needs, and marital attitudes. The study informs parents about how their parenting behaviors affect their children's basic psychological needs and how emerging adults' marital attitudes can alter according to the satisfaction of their basic psychological needs. Furthermore, the present study identifies individual and parental factors that affect emerging adult's attitudes toward marriage and may shed light on intervention programs that address premarital attitudes among emerging adults.

Couple therapists or individual therapists may benefit from the present study to understand their clients' premarital attitudes in light of the demonstrated relationship of need satisfaction on positive marital attitude and need frustration on anxious marital attitude. Individual therapists can work on their clients unmet needs. In detail, therapists can identify these unmet needs. Then, within therapy, they can develop a variety of techniques and interventions to meet these unmet needs. They can focus on what resources they can use to meet these needs and incorporate these resources into the therapy process. For example, if clients have some issues related to their need for relatedness and they do not perceive any warmth and do not feel being loved and cared for by their partners, this may lead to a lack of sense of belongingness and connectedness to their partners. Therefore, the partner and the client may be informed about this need and be organized some activities related to satisfy this need in the couple therapy sessions.

Since, helicopter and autonomy-supportive parenting behaviors are known to influence individuals' marital attitudes, couple therapists or individual therapists may also benefit from this study by considering this significant parental effect. With regard to marital anxiety, therapists can focus on the parenting styles their clients had while growing up and the effects of this parenting attitude on their marital anxiety. They can provide psychoeducation to their clients in the light of this scientific study. In addition, they can focus on the myths and thinking errors that their clients have about marriage and work on these with appropriate therapy techniques. Moreover, if possible and applicable, they may also include extended family (i.e., caregiver of the client) to the therapy session to understand the family system and dynamic relation between them to be able to solve the client's problem.

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## APPENDICES

### *Appendix A. Ethics Committee Approval*

**SAYI** : B.30.2.İEÜ.0.05.05-020-199

31.03.2022

**KONU** : Etik Kurul Kararı hk.

**Sayın Dr. Öğr. Üyesi Aylin Koçak ve Edasu Tabanoğlu,**

**“The Link between Parenting, Basic Psychological Needs and Marital Attitude”** başlıklı projenizin etik uygunluğu konusundaki başvurunuz sonuçlanmıştır.

Etik Kurulumuz 31.03.2022 tarihinde sizin başvurunuzun da içinde bulunduğu bir gündemle toplanmış ve Etik Kurul üyeleri projeleri incelemiştir. Değerlendirmede, başvuru formunda 2.4 bölümünde yer alan verilerin tarihlerinin düzeltilmesi gerektiği belirtilmiştir.

Sonuçta 31.03.2022 tarihinde **“The Link between Parenting, Basic Psychological Needs and Marital Attitude”** konulu projenizin etik açıdan uygun olduğuna oy birliğiyle karar verilmiştir.

Gereği için bilgilerinize sunarım.  
Saygılarımla,

**Prof. Dr. Murat Bengisu**  
Etik Kurul Başkanı



## ***Appendix B. Informed Consent Form***

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

Çalışmanın Amacı Nedir?

Bu araştırmanın amacı, 18-29 yaş arası üniversite öğrencilerinin ebeveynlerinin ebeveynlik davranışları ile ilgili algıları ile evlilik tutumları arasındaki ilişkide temel psikolojik ihtiyaçlarının aracı rolünü incelemektir.

Bu doğrultuda size ebeveynlerinizin ebeveynlik davranışları, temel ihtiyaçlarınız ve evliliğe yönelik tutumlarımız 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 kullanılabilir.

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

Edasu Tabanoğlu

ile iletişime geçebilirsiniz.

Bu alıřmaya tamamen gnll olarak katılmayı kabul ediyor ve istediđim zaman yarıda kesip ıkabileceđimi biliyorum. Verdiđim bilgilerin bilimsel amalı yayımlarda kullanılmasını kabul ediyorum.

Evet  Hayır



### ***Appendix C. Demographic Information Form***

1. Cinsiyetiniz:

- Kadın
- Erkek
- Belirtmek istemiyorum.

2. Doğum yılınız: (Örn: 1999) \_\_\_\_\_

3. Sınıfınız:

- Hazırlık
- 1.Sınıf
- 2.Sınıf
- 3.Sınıf
- 4.Sınıf
- 5. Sınıf
- 6. Sınıf
- 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
- Nişanlıyım
- Evliyim

6. Anne:

- Öz anne
- Üvey anne
- Anne hayatta değil

7. Baba:

- Öz baba
- Üvey 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
- Annem - babam boşandı, ben bir akrabamla yaşıyorum
- Diğer (belirtiniz): \_\_\_\_\_

9. Kaç kardeşiniz var? (Sizden büyük ve/veya küçük kardeşlerinizin toplam sayısını yazınız.) Kardeşiniz yoksa “0” seçeneğini işaretleyiniz.

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- +10

10. Siz kaçınıcı çocuksunuz? Kardeşiniz yoksa “0” seçeneğini işaretleyiniz.

- 0□
- 1□
- 2□
- 3□
- 4□
- 5□
- 6□
- 7□
- 8□
- 9□
- 10□

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

- Yksekokul Mezunu (2 yıllık)
- niversite Mezunu
- Yksek Lisans Mezunu
- Doktora Mezunu



**Appendix D. Helicopter Parenting Behaviors Questionnaire**

Lütfen aşağıdaki maddeleri <b><u>annenizi</u></b> <b><u>düşünerek</u></b>	Kesinlikle katılmıyorum					Kesinlikle katılıyorum
1 (kesinlikle katılmıyorum) ile 6 (kesinlikle katılıyorum) arasında işaretleyiniz.						
1. Annem hangi bölümü seçtiğim/seçeceğim konusunda söz hakkına sahipti/sahip olacaktır.	1	2	3	4	5	6
2. Annem yaşadığım herhangi bir akademik sorunu hocamla konuşmam için beni teşvik eder.	1	2	3	4	5	6
3. Annem benim çalışma programımı takip eder.	1	2	3	4	5	6
4. Annemle aynı evdeyken, her akşam eve en geç saat kaçta geleceğim bellidir.	1	2	3	4	5	6
5. Annem market alışverişini ekonomik bir şekilde nasıl yapacağım konusunda bana ipuçları verir.	1	2	3	4	5	6
6. Annem beni kendi kararlarımı almam ve yaptığım seçimlerin sorumluluğunu üstlenmem konusunda cesaretlendirir.	1	2	3	4	5	6
7. Annem nerede olduğumu bilmek için düzenli olarak onu aramamı ya da ona mesaj atmamı ister.	1	2	3	4	5	6
8. Annem birlikte yaşadığım arkadaşlarım ya da diğer arkadaşlarımla olan her türlü kişiler	1	2	3	4	5	6



arası sorunun üstesinden kendi başıma gelmem için beni teşvik eder.						
9. Eğer adil olmadığını düşündüğüm düşük bir not alsaydım, annem hocayı arardı.	1	2	3	4	5	6
10. Annem beslenme düzenimi takip eder.	1	2	3	4	5	6
11. Annem kiminle vakit geçirdiğimi takip eder.	1	2	3	4	5	6
12. Annem kendi hesabımı tutmam ve ekonomimi yönetmem konusunda beni teşvik eder.	1	2	3	4	5	6
13. Annem okul performansımı takip etmek için beni arar (örn., okulda nasılım, notlarım nasıl vb.)	1	2	3	4	5	6
14. Eğer oda/ev arkadaşımınla bir sorun yaşasaydım, annem müdahale etmeye çalışırdı.	1	2	3	4	5	6
15. Annem derslerimi kendim seçmem konusunda beni cesaretlendirir.	1	2	3	4	5	6

Lütfen aşağıdaki maddeleri <b><u>babanızı</u></b> <b><u>düşünerek</u></b> 1 (kesinlikle katılmıyorum) ile 6 (kesinlikle katılıyorum) arasında işaretleyiniz.	Kesinlikle katılmıyorum					Kesinlikle katılıyorum
1. Babam hangi bölümü seçtiğim/seçeceğim konusunda söz hakkına sahipti/sahip olacaktır.	1	2	3	4	5	6
2. Babam yaşadığım herhangi bir akademik sorunu hocamla konuşmam için beni teşvik eder.	1	2	3	4	5	6
3. Babam benim çalışma programımı takip eder.	1	2	3	4	5	6
4. Babamla aynı evdeyken, her akşam eve en geç saat kaçta geleceğim bellidir.	1	2	3	4	5	6
5. Babam market alışverişini ekonomik bir şekilde nasıl yapacağım konusunda bana ipuçları verir.	1	2	3	4	5	6
6. Babam beni kendi kararlarımı almam ve yaptığım seçimlerin sorumluluğunu üstlenmem konusunda cesaretlendirir.	1	2	3	4	5	6
7. Babam nerede olduğumu bilmek için düzenli olarak onu aramamı ya da ona mesaj atmamı ister.	1	2	3	4	5	6
8. Babam birlikte yaşadığım arkadaşlarım ya da diğer arkadaşlarımla olan her türlü kişiler	1	2	3	4	5	6

arası sorunun üstesinden kendi başıma gelmem için beni teşvik eder.						
9. Eğer adil olmadığını düşündüğüm düşük bir not alsaydım, babam hocayı arardı.	1	2	3	4	5	6
10. Babam beslenme düzenimi takip eder.	1	2	3	4	5	6
11. Babam kiminle vakit geçirdiğimi takip eder.	1	2	3	4	5	6
12. Babam kendi hesabımı tutmam ve ekonomimi yönetmem konusunda beni teşvik eder.	1	2	3	4	5	6
13. Babam okul performansımı takip etmek için beni arar (örn., okulda nasılım, notlarım nasıl vb.)	1	2	3	4	5	6
14. Eğer oda/ev arkadaşımınla bir sorun yaşasaydım, babam müdahale etmeye çalışırdı.	1	2	3	4	5	6
15. Babam derslerimi kendim seçmem konusunda beni cesaretlendirir.	1	2	3	4	5	6

**Appendix. E. Basic Psychological Need Satisfaction and Frustration Scale**

Lütfen her cümleyi dikkatle okuyup size uygun olanını işaretleyiniz.

(Her satırda sadece bir seçeneği işaretleyiniz.)

1	2	3	4	5
Kesinlikle katılmıyorum				Tamamen katılıyorum

1	Üstlendiğim şeyleri özgürce seçebildiğimi hissedirim.	1	2	3	4	5
2	Kararlarımın gerçekten ne istediğimi yansıttığını hissedirim.	1	2	3	4	5
3	Tercih ettiğim şeyler gerçekten kim olduğumu gösterir.	1	2	3	4	5
4	Gerçekten ilgimi çeken şeyleri yaptığımı hissedirim.	1	2	3	4	5
5	Yaptığım şeylerin çoğunu "yapmak zorundaymışım" gibi hissedirim.	1	2	3	4	5
6	Yapmak istemeyeceğim pek çok şeyi yapmak zorundaymışım gibi hissedirim.	1	2	3	4	5
7	Çok fazla şey yapma konusunda baskı hissedirim.	1	2	3	4	5
8	Gündelik işlerim art arda gelen zorunluluklarmış gibi hissettiriyor.	1	2	3	4	5
9	Önemsediğim insanların da beni önemseddiğini hissedirim.	1	2	3	4	5
10	Önemsediğim ve beni önemseyen insanlara bağlı olduğumu hissedirim.	1	2	3	4	5
11	Benim için önemli olan diğer insanlara yakın ve bağlı hissedirim.	1	2	3	4	5
12	Birlikte zaman geçirdiğim insanlarla samimi duygular içindeyim.	1	2	3	4	5
13	İçinde olmak istediğim gruptan dışlandığımı hissedirim.	1	2	3	4	5

14	Benim için önemli olan insanların bana karşı soğuk ve mesafeli olduğunu hissedirim.	1	2	3	4	5
15	Zaman geçirdiğim insanların beni sevmedikleri izlenimine sahibim.	1	2	3	4	5
16	Kurduğum ilişkilerin yüzeysel olduğunu hissedirim.	1	2	3	4	5
17	Bir şeyleri iyi yapabileceğim konusunda kendime güvenirim.	1	2	3	4	5
18	Yaptığım şeylerde kendimi yeterli hissedirim.	1	2	3	4	5
19	Hedeflerime ulaşmak için yeterli olduğumu hissedirim.	1	2	3	4	5
20	Zor görevleri başarıyla tamamlayabileceğimi hissedirim.	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 hissedirim.	1	2	3	4	5
23	Yeteneklerim konusunda güvensizlik hissedirim.	1	2	3	4	5
24	Yaptığım hatalar yüzünden kendimi başarısız biri gibi hissedirim.	1	2	3	4	5

**Appendix. F. Inonu Marriage Attitude Scale**

Aşağıda evliliğe ilişkin ifadeler yer almaktadır. Hiçbir sorunun doğru veya yanlış cevabı yoktur. Sadece sizin nasıl düşündüğünüz önemlidir. Sizin görüş ve düşüncelerinize karşılık gelen seçeneği 1'den (hiç katılmıyorum), 5'e (kesinlikle katılıyorum) kadar derecelendirilmiş ölçek üzerinde (X) işareti ile belirtiniz. Lütfen ölçekte bulunan tüm ifadeleri değerlendiriniz. Katılımınız için teşekkür ederiz.

Madde No		Hiç katılmıyorum	Nadiren katılıyorum	Biraz katılıyorum	Katılıyorum	Kesinlikle katılıyorum
1	Evlilik, hayatta karşılaşılan sorunları birlikte çözmeyi sağlar.	(1)	(2)	(3)	(4)	(5)
2	Evliliğin, çiftler arasındaki sevgiyi artırdığını düşünürüm.	(1)	(2)	(3)	(4)	(5)
3	Evlilik, duygularımı paylaşacak birinin olmasını sağlar.	(1)	(2)	(3)	(4)	(5)
4	Evliliğin, çiftler arasındaki güveni artırdığını düşünürüm.	(1)	(2)	(3)	(4)	(5)
5	Evlilik, duygusal açıdan doyurucu bir yaşam sunar.	(1)	(2)	(3)	(4)	(5)
6	Evliliğin, çiftlere mutluluk getirdiğini düşünürüm.	(1)	(2)	(3)	(4)	(5)
7	Evlilik, iki kişi arasında bağlılığın bir göstergesi olarak önemlidir.	(1)	(2)	(3)	(4)	(5)

<b>8</b>	Evlilik, düzenli bir cinsel yaşam sağlar.	(1)	(2)	(3)	(4)	(5)
<b>9</b>	Evliliğin, bana huzur getireceğine inanırım.	(1)	(2)	(3)	(4)	(5)
<b>10</b>	Evliliğin, neslin devamı için önemli olduğunu düşünürüm.	(1)	(2)	(3)	(4)	(5)
<b>11</b>	Evlilikle birlikte, kişinin sosyal çevresi genişler.	(1)	(2)	(3)	(4)	(5)
<b>12</b>	Evliliğin, bireyin toplum içerisindeki saygınlığını artırdığını düşünürüm.	(1)	(2)	(3)	(4)	(5)
<b>13</b>	Evlilik, düzenli bir hayat sağlar.	(1)	(2)	(3)	(4)	(5)
<b>14</b>	Evlilik, gereksiz harcamalar yapmayı engeller.	(1)	(2)	(3)	(4)	(5)
<b>15</b>	Evlilik, sağlıklı bir cinsel yaşam sağlar.	(1)	(2)	(3)	(4)	(5)
<b>16</b>	Evlilik, toplum içinde kendimi güvende hissetmemi sağlar.	(1)	(2)	(3)	(4)	(5)
<b>17</b>	Evlilik olmadan tamamlanacak bir hayatın eksik olacağını düşünürüm.	(1)	(2)	(3)	(4)	(5)
<b>18</b>	Evlilik, gelirin planlı kullanılmasını sağlar.	(1)	(2)	(3)	(4)	(5)
<b>19</b>	Evliliğin, rahat bir hayat sağlayacağını düşünürüm.	(1)	(2)	(3)	(4)	(5)

<b>20</b>	Evliliğin her insanın yaşaması gereken bir deneyim olduğuna inanırım.	(1)	(2)	(3)	(4)	(5)
<b>21</b>	Evliliğin, insanı olgunlaştırdığını düşünürüm.	(1)	(2)	(3)	(4)	(5)





### Appendix G. Marriage Anxiety Scale

Bu ölçek bireylerin evlilik kaygısını belirlemek için hazırlanmıştır. Değerlendirme ile ilgili ifadeye 0 kesinlikle katılmadığımı, 3 ise kesinlikle katıldığımı göstermektedir. Lütfen maddeleri dikkatlice okuyarak size en yakın gelen seçeneği işaretleyiniz.

	0	1	2	3
	Kesinlikle katılmıyorum	Katılmıyorum	Katılıyorum	Kesinlikle katılıyorum
1. Evlilik konuşulurken huzursuz olurum.	0	1	2	3
2. Evliyken kendimi güvende hissetmeyeceğimi hissediyorum.	0	1	2	3
3. Evlilikle ilgili konular keyfimi kaçırır.	0	1	2	3
4. Evlilikten dolayı başıma geleceklerden endişe ederim.	0	1	2	3
5. Evlenirsem keyfim kaçır.	0	1	2	3
6. Evlilik bana mutsuzluk getirir.	0	1	2	3
7. Evlilikle ilgili olur olmaz düşünceler beni rahatsız eder.	0	1	2	3
8. Evlilik ilişkiyi sürdüremeyeceğimden endişelenirim.	0	1	2	3

9. Evlilikle ilgili konuşmaktan kaçınıyorum.	0	1	2	3
10. Evliliğin hayatımı sınırlandıracağını düşündüğüm için evlilikten kaçınıyorum.	0	1	2	3
11. Mecbur kalmadıkça evlenmem.	0	1	2	3
12. Bulduğum ortamda evlilikle ilgili bir konu açıldığında oradan uzaklaşıyorum.	0	1	2	3
13. Hiçbir zaman evliliğe tam olarak hazır olduğumu hissedemem.	0	1	2	3

### ***Appendix H. Participant Information Form***

Arařtırmaya vakit ayırdığınız için teřekkür ederiz.

Bu arařtırmanın amacı, 18-29 yař arası bekar üniversite öđrencilerinin ebeveynlerinin helikopter ebeveynlik davranıřları ve özerklik destekleyici ebeveynlik davranıřları ile ilgili algıları ile evlilik tutumları arasındaki iliřkide temel psikolojik ihtiyaçlarının aracı rolünü incelemektir. Bu dođrultuda size ebeveynlerinizin helikopter ebeveynlik davranıřları ve özerklik destekleyici ebeveynlik davranıřları, temel psikolojik ihtiyaçlarınız ve evliliđe yönelik olumlu ve olumsuz tutumlarınız ilgili sorular yöneltiimiřtir.

Çalıřma sonuçlarıyla ilgili daha fazla bilgi almak isterseniz Edasu Tabanođlu ile iletiřime geçebilirsiniz.

Bu çalıřmaya katılımınız ve katkılarınız için teřekkür ederiz.