

EXAMINATION OF THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND SPOUSE PREFERENCES

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ABSTRACT

According to attachment theory, once an attachment style is determined as secure or insecure in early childhood, it shows little variation later in life. In this process, secure attachment is stated as a healthy communication. Insecure attachment style has been associated as a determinant of psychopathology in later life. Anxious/ambivalent attachment, which is one of the insecure attachment styles, has been associated with anxiety disorders. It has also been associated with avoidant attachment behaviour disorder, which is a form of insecure attachment, and other expressive pathologies. Between secure attachment and Romanticism and Spouse Attitude, between living together, idealization and full trust, significant positive, avoidant attachment and Romanticism and Spouse Selection Attitude, living together, love is sufficient, effort, idealization and opposite poles between meaningfully positive, anxious attachment and idealization A significant positive correlation was found between and opposite poles.

Keywords: Attachment styles, spouse attitudes

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INTRODUCTION

Firstly, the concept of attachment was first put forward in the 13th century, according to the information given by Goulet and friends. (1998), and it is the strong and instinctive emotional bond that an individual forms with those whom he or she considers to be important (Tonkuş and Muslu, 2021). Rousseau, a French writer and eighteenth-century philosopher, was the first to use the concept of the mother-infant relationship. Her writings on attachment are associated with maternal love. Attachment theory is one of the most important and influential theories in the history of psychology from past to present. Based on the theory, it covers the cognitive-affective process that people develop on love and trust for certain people. Like Freud, J. Bowlby (1907-1990) was psychoanalyst and brought forward that mental health and behavioural problems may arise from early childhood (Bowlby, 1980).

Bowlby created this process based on the bond established between the parents and the baby. With the studies carried out in the following processes, it has been determined that this bond established in the first years of life does not only belong to that period, but also continues in the later stages of life (adolescence, adulthood). Studies of attachment styles in the adult years have also been conducted. Studies on these attachment styles were initiated by Hazan and Shaver in the 1980s (Shaver and Hazan, 1987). While creating adult attachment styles, they realized attachment styles based on Ainsworth's triple attachment style. They divided these into three classes as secure attachment, avoidant attachment, and resisting. They argued that attachment occurs in line with these classifications. In the following processes, attachment style categorized into three classes was studied and expanded by other researchers. Those who have studied and expanded on the concept of attachment are

Bartholomew and Horowitz. In 1991, instead of triple attachment, they presented a four-category attachment model. They have made classifications based on positive (positive) and negative (negative) views of themselves and others in relationships. People who have a positive view of themselves and others are safe (İlaslan, 2009).

- **The securely attached person** thinks he or she is worthy of being loved. They don't see other people as a threat and think that they will be accepted and support themselves.

- **The obsessively attached person** judges him/herself with negative thoughts. But he has positive feelings towards other people. While he does not consider himself worthy of being loved, he finds other people worthy of being loved.

- **Indifferently attached person** is negative towards others while exhibiting positive attitudes towards himself. His model is in a positive state, but his attitude towards other individuals is negative. It attaches great importance to the autonomy of the indifferently attached individual.

- **The fearful attachment person** is negative in both models in this way of attachment. They have the opposite behaviour and thinking style of securely attached individuals. An individual with a fearful attachment style does not consider himself worthy of being loved. Sees other people as rejecting and untrustworthy.

The first explanations about the attachment developed by the child for the caregivers in the early childhood years and its effects on the adulthood were made by John Bowlby in 1958. Alongside Bowlby, Mary Ainsworth has also worked on this area. Ainsworth created a formula for Bowlby's theory.

He made applications with this formula and researches, and it was also beneficial for the expansion of the theory. It allowed the theory to expand. In this way, Ainsworth revealed the alien situation in 1989 using an experimental method (Girgin, 2021). Studies on attachment have taken the form of theory as a result of projects. One of these ways is the "Strange/Stranger Situation Experiment" developed by Mary Ainsworth, also known as the "Stranger Room Experiment". With this experiment, the attachment style of the child to the mother can be determined easily according to the behaviours exhibited by the child. Studies continued in the following years and attachment theory was developed. Attachment theory, developed by theorists such as Mary Ainsworth, Mary Main, Cindy Hazan, and Philip Shaver, is a theory that aims to explain the close relationships, attachment patterns and related situations that a person has from infancy to adulthood; It offers different perspectives on explaining human development and behaviour (Öztürk, Türel and Oğur, 2020).

1. ATTACHMENT STYLES

MODEL OF SELF (Dependence)			
		Positive (Low)	Negative (High)
MODEL OF OTHER (Avoidance)	<i>Positive (Low)</i>	SECURE Comfortable with intimacy and autonomy	PREOCCUPIED Preoccupied with relationships
	<i>Negative (High)</i>	DISMISSING Dismissing of intimacy Counter-dependent	FEARFUL Fearful of intimacy Socially avoidant

Quadruple attachment model Note: Adapted from Bartholomew and Horowitz (1991).

In studies on attachment, Bartholomew and Horowitz evaluated attachment styles as the intersection of positive and negative poles. With this system they made, four basic attachment styles emerged. Above is this table. The model known as the quadruple attachment theory was created in 1991. As seen in the figure, secure attachment style includes a combination of positive self and others models. In this sense, secure people combine a positive sense of self and a sense of self-love with positive expectations that others are reliable, supportive, available, and well-intentioned. With these features, secure people can easily establish closeness with others and manage to remain autonomous. The preoccupied attachment style is defined as the combination of the negative self-model and the positive others model. Preoccupied attachment reflects feelings of worthlessness or unlovedness, and positive evaluations of others. For this reason, people with obsessive attachment tend to affirm or prove themselves in close relationships. These people are constantly obsessed with their relationships and have unrealistic expectations from their relationship. Theoretically, secure and preoccupied attachment styles correspond to Hazan and Shaver's secure and anxious/ambivalent styles. Unlike Hazan and Shaver's model, DBM proposes two types of avoidant attachment styles: Fearful and dismissing styles. Fearful attachment style is defined by negative self and others models, while dismissive attachment style is defined by positive self but negative others models. Thus, the fearful style is exactly the opposite of the secure attachment style and reflects individual feelings of worthlessness and expectations that others are untrustworthy and rejecting.

The indifferent style is characterized by a mixture of self-worth (high self-esteem) and a negative attitude towards others. People with a dismissive style place an excessive emphasis on autonomy and defensively reject the need for others and the necessity of close relationships. According to Bartholomew, indifferent people have a sense of autonomy and high self-esteem at the expense of a sense of intimacy. Studies comparing Hazan and Shaver's triple attachment approach and Bartholomew's DBM generally show that the validity of two different avoidant (fearful and dismissive) attachment styles. It is expected that there will be differences in the dimensions of 'avoidance' as well. On the horizontal axis, which indicates the level of dependency in relationships, high dependency expresses a self-worth based on the approval and appreciation of others. Low dependency corresponds to the self-worth that is internalized and defined as relatively independent of the approval of others. The closeness avoidance dimension on the vertical axis reflects the level of willingness to engage in close relationships and the quality of expectations for others. While people with apathetic and fearful styles resemble each other in terms of avoidance, they differ from each other in terms of need (dependence) on others to maintain positive self-worth. Similarly, people with obsessive and fearful styles are similar in need of others for positive self-worth but differ in desire for intimacy. While people with obsessive attachment constantly strive to reach others to meet their commitment needs, those with fearful attachment avoid intimacy to avoid disappointment (Sümer and Güngör, 1999).

2. BOWLBY'S ATTACHMENT PATTERNS

2.1. ATTACHMENT STYLES

As stated in the study by Büyükşahin; Based on the attachment theory developed by Bowlby, Ainsworth, Bleher, Waters, and Wall (1978) examined the attitudes of 12-18-month-old babies and their caregivers in psychology laboratories with a method called "Stranger Environment". The aim of this research is to monitor the attitudes of babies when they are separated from their caregivers and when they are reunited, and to determine whether the baby-mother bond is diverse. In the study, the caregiver stays in the room with the baby for a short time, then the baby is left alone with a stranger in a room with many toys and his mother enters the room within a few minutes.

Researchers examining infants' reactions to their mothers' return to the room claim that one of three different attachment styles occurs between infants and mothers (Rogers, 1992; Shamay, 2011).

2.2. SECURE ATTACHMENT

Babies cry less in this style. Babies who see and use them as a safe base when they are with their mothers tend to explore their surroundings. The secure attachment established between the baby and the mother is very important for the baby's psychological development and is related to the mother's warm, sensitive, always ready to meet the baby's needs and being connected (Shamay, 2011).

Insecurely attached babies are those who continue to cry even when their mothers hug them and are less inclined to explore their surroundings. Those who have not yet established a bond with their mother treat their mothers as they treat other individuals.

It can be said that babies who can only have a "secure attachment" style do not completely lose their sense of security even in stressful situations and their developmental behaviours are better. Ainsworth reports that in order to establish a secure attachment between the mother and the baby, the baby should have a caregiver with uninterrupted, consistent behaviours, sensitive and accessible whenever needed (Rogers, 1992).

Thanks to secure attachment, babies may be better at communicating with others in the future. Studies show that such babies can form friendships with a higher level of mutual satisfaction compared to others, they are more popular with their peers, they are more socially developed, and they can have characteristics that can fight difficulties more easily.

2.3. ANXIOUS ATTACHMENT

In this most rare attachment style (anxious/ambivalent), babies become seriously worried, tense and restless when separated from their caregivers, refuse to have relationships with strangers, and begin to exhibit ambivalence behaviours when they see their mothers. These babies are not interested in exploring their surroundings, they try to be with their mothers by clinging to them, and they may show angry and vicious behaviours towards their mothers. These babies spend a significant amount of their attention on maintaining attachment. Caregivers not showing consistent

behaviours, being distant from them, not being with the baby when needed, etc. factors cause attachment style to be anxious. The prevalence of this style in the West is around 15%.

In the avoidant attachment style, babies do not seem to be affected much when they are separated from their mothers, and when they come together, they do not make an effort to establish a physical or emotional bond with their mothers, and they are generally interested in the toys around them. It is thought that it is this attachment style that causes the development of narcissistic personalities. Babies act as if they are saying "I don't need you, I'll do my job myself". Their caregivers are often people who advocate a free family environment where babies can meet their own needs. The rate of encountering this style in the West is 25% on average (Öztürk, 2010; Oral, 2006).

According to Oral, In the studies conducted by Ainsworth and his friends (1978) in order to understand the bond between mother and baby, mothers were also observed. The results showed that while mothers of securely attached mothers were more sensitive, approached the demands of their babies more positively and wanted to have a close relationship with their babies; Those who are anxious/indecisive are mothers who behave inconsistently/contradictory, make their babies wait most of the time, and interfere with everything unnecessarily (Oral, 2006).

When mothers of avoidant infants are observed, it has been observed that mothers often reject their infants' wishes, criticize their mistakes, and act coldly and avoid sensual contact (Öztürk, 2010).

3. MARRIAGE, FAMILY AND MATE SELECTION

The culturally diverse structure of family and marriage institutions has also affected mate selection approaches. In endogamy (in-group marriage), the spouse candidate is selected from the group to which the person to be married is a member. The element that makes up the group is based on relations such as religion, nation, social class, sect, kinship. With this form of marriage, it is aimed to preserve the order of the group and to strengthen the bonds between the members. It is not possible to talk about a state of complete freedom in the individual's decision to choose a spouse (Gökçe, 1991).

Individual and societal factors affecting the choice of mate will be included in the person's decision-making process. Differences in the structure of the family; rural and urban separation, large and nuclear family structure are also related to mate selection approaches. The strong position of the head of the family and the elderly members in the family in rural areas does not allow young people to have a say in choosing a spouse. Persons deemed appropriate by the family are determined as spouse candidates. The continuation of the influence of the traditional family structure can also be a determinant in the behaviour and attitudes of the man and woman who will make the choice of spouse, being affected by the social rules and cultural structure (Yılmazçoban, 2011).

The change in the economic functions of the family in the urbanization process has caused changes in the family structure. The weakening influence of traditional culture (Nuredin, A; & Nuredin M., 2023) contributed to the development of individuality. The prominence of individuality in the process of mate selection has affected mate selection approaches.

3.1. SPOUSE SELECTION APPROACHES IN OUR COUNTRY

Although family authority maintains its effectiveness in rural areas, it tends to lose its effectiveness in big cities. In particular, the continuity of the extended family type has led to the dominance of traditions, customs and religious values. Decisions to marry and choose a spouse depend on family decisions, rather than personal preferences, for men as well as for women. The extended family form restricted the freedom to choose a spouse. Families regulate who and when their children will marry according to certain procedures (Gökçe, 1991). This method, called the "arranged" method, takes place through acquaintances and relatives. In the arranged procedure, the girl's ingenuity, cleanliness, respect, purity, family background, socioeconomic characteristics are taken into account (Özgüven, 2014).

The period between 1945-1950 in our country is the period when the change in the social structure began. Mechanization in agriculture, intensive migration from rural areas to cities, women's entry into working life, the spread of family planning policies, the increase in individualistic behaviours of family members as a result of the transformation from extended family type to nuclear family type, the loss of the value of the status of the elderly in the society, are the developments that affect the change of the family.

The transformation in the society has also affected the mate selection decisions. The arranged method has lost its former prevalence, and the approach of getting to know each other and getting married by flirting has become widespread. Thanks to this approach, the preferences of individuals came to the fore. Although getting married by acquaintance

eliminated the problems brought by the authoritarian attitude of the arranged procedure, new drawbacks have emerged. The intense romantic attraction between the couples during the mate selection process may cause the evaluation phase to move away from the logical criteria. Couples try to hide their negative attitudes to look nice to each other. In order for the decision to choose a spouse to be healthy, couples should evaluate each other with a rational and realistic attitude (Özgüven, 2014).

3.2. THE FACTORS THAT AFFECT PARTNER CHOICES

3.2.1. AGE

Being ready for a marital relationship requires a certain maturity physically, mentally and socio-emotionally. It is necessary to focus on the concept of maturation in order to live with the spouse, reach sexual maturity, raise children and overcome all the responsibilities that marriage can bring. But the age to reach maturity is not the same for everyone. Marriage, which is a social institution, has age criteria determined by the society. Social changes have led to the change of age criteria, which are considered suitable for marriage, over time. While marriage at an early age is considered reasonable in agricultural societies, the age at marriage has increased in industrial societies. Today, the same distinction exists in rural and urban settlements (Nazlı, 2014).

There are serious problems in marriages made at an early age before the limit set by the law. The person should know himself well and evaluate the existence of these characteristics in the person whom he will consider marrying (Yavuzer, 2010). Early marriages are considered quite risky from this point of view. Age is also effective in determining the characteristics sought in the person to be married.

3.2.2. GENDER

The concept of gender has been decisive in the process of choosing a spouse. Because men and women are affected by different physical and psychological characteristics. The results in the sources on the subject support the evolutionary and social role theories. Women attach importance to the social and economic power of their spouses, while men attach importance to the physical attractiveness of women (Buss, 1999). In addition, according to the research findings of Yıldırım (2004) on university students, it was observed that girls act more selectively and carefully than boys in the criteria of mate selection. The 2006 data of the Turkish Statistical Institute confirms the mate selection literature. Women, spouse candidate; They preferred the criteria of having better education, having a higher income, having a similar family structure and having a job at a higher rate than men. The averages of both sexes are close to each other in preferences such as potential spouse falling in love, getting married for the first time, and less working hours. The feature that men stand out proportionally is the expectation that their partner will be beautiful.

3.2.3. CULTURAL FACTORS

Qualifications sought in the selection of spouses differ from country to country. Research by Buss et al. (1999); It was held with the participation of 9474 adults from 37 countries and 5 islands in 6 continents. Participants differed in the emphasis placed on virginity and sexual experience before marriage. Virginity is the most important factor in mate selection in China, India, Indonesia, Iran, Taiwan and the Middle East. Adults in Sweden, Finland, Norway, the Netherlands and Germany stated that virginity was not important in choosing a partner. Likewise,

while house skills are considered to be a very important factor in South America, all Western European countries, except the USA, Canada and Spain, did not consider house skills among the characteristics sought in a spouse (Buss, 1999). Religious influences are also effective in marriage criteria. In Islam, the honour of the man and the chastity of the woman are important in choosing a wife. The age of marriage also shows significant differences between countries. In Sweden, women do not marry until the age of 31, and men until the age of 33, on average. Despite the danger of population decline in Europe, policies to encourage marriage and childbearing are implemented (Santrock, Mondloch and Mackenzie-Thompson, 2014).

4. PARTNER CHOOSING HYPOTHESIS

4.1. EVOLUTION THEORY

It is based on Darwin's theory of evolution of species. Darwin explains the adaptation of species with two main functions. These functions are natural selection for survival and sexual selection for reproductive advantage (Miller, et al., 2010).

The surviving species are those that are subject to natural selection and have the ability to adapt to the environment. The evolutionary approach has based mate selection strategies on the concept of "sexual selection". The indicators of productivity are different in men and women. Males choose physical characteristics that are indicators of fertility for the continuation of the lineage. Symons (1979) counts flawless and smooth skin, white teeth, shiny hair, full lips and clear eyes, a lively gait and a lively body in the clues he obtained (Yıldırım, 2007).

Women evaluated men's reproductive capacity with their socioeconomic advantages. For this reason, they have adopted the strategy of choosing men as wives who will provide care for the child and themselves and will not leave them (Yıldırım, 2007).

4.2. SOCIAL ROLE THEORY

The differences in the mate selection strategies of the sexes are explained by gender roles. The fact that women, who constitute an important part of employment, work in less powerful and low-status jobs than men, and that they have more difficulty in accessing high-status jobs, made successful and high-status men attractive in the eyes of women. The focus of feminine roles is physical beauty and attractiveness (Smith, et al., 2008).

Women and men learn feminine and masculine roles during the socialization process (Wood and Eagly, 1999). Gender-based division of labour in society, differences in the way girls and boys grow up have reinforced gender roles. In the choice of spouse, which is shaped by gender roles; in women, physical attractiveness and family upbringing; In men, high earning capacity, physical strength and self-confidence are the features sought (Yıldırım, 2007).

4.3. COMPLEMENTARY THEORY OF NEEDS

It is the theory that draws attention to meeting individual needs in the selection of a spouse. Spouses complement each other's needs and complementary qualities are preferred in the selection of spouses. In order for the mutual needs of the spouses to be satisfied, they must have similar and complementary characteristics. Some requirements are more

important for women, others more important for men. Similar and complementary needs cause people to like each other (Özgül, 2014).

4.4. SIMILARITY-ATTRACTION THEORY

According to this theory, people tend to choose people who are similar to themselves in terms of ethnicity, physical attractiveness, education, race, religion, personality, family structure, social preferences, and intelligence (Yavuzer, 2010).

Warren (1999) stated that spouses will spend the necessary energy to improve their relationships while struggling with each other's differences, therefore, the similarities of the spouses are important for a good marriage (Yavuzer, 2010). The fact that the spouses have similarities in areas such as socioeconomic level, religion, education will prevent conflicts in the first years of marriage. This situation will positively affect the harmony in marriage (Kasapkara, 2014).

The relationship between having similar attitudes, values and lifestyles and attractiveness is explained by the term self-affirmation. According to this, When the attitudes and behaviours of others are similar to ours, we support and approve our own attitudes and behaviours (Santrock, Mondloch and Mackenzie-Thompson, 2014).

4.5. STIMULUS-VALUE-ROLE THEORY

According to **Murstein (1982)**, the development of the relationship occurs with stimulus-value and role exchange. In the first stage, it is the physical appearance, social and mental characteristics of the people that stimulate people. If positive stimulus change occurs at this stage, the

second stage takes place. In the second stage, people compare their values. Individuals mutually meet their attitudes, interests, beliefs and needs.

Harmony in the values stage provides the transition to the role stage. In the role stage, spouses evaluate whether their expectations have been met. Meeting expectations depends on the roles played are "complementary" and "suitable for each other" (Özgüven, 2014).

4.6. PSYCHOANALYTIC APPROACH TO SPOUSE SELECTION

Freud's psychoanalytic approach looks for the roots of our present behavior in our past lives. Accordingly, fixations in psychosexual developmental periods are effective in mate selection preferences. The fact that girls or boys show excessive devotion to their parents and not choosing a spouse are indicators of obsessions in the phallic period (Kaya, 2002). The fact that the man's oedipal complex is unresolved in the phallic period is effective in choosing women who are similar to his mother, older than him, or the opposite of his mother when choosing a wife. Freud associates the fact that girls choose people who look like their fathers and boys like their mothers, with admiration and closeness to parents (Özgüven, 2014).

4.7. FILTER THEORY

According to this theory, the spouse candidate is evaluated by using certain filters at different stages of the relationship. The continuation of the relationship depends on the spouse candidate passing through these three filters. At first, attractiveness is important. The person filters the candidate's social characteristics first, values secondly, and finally the level of meeting their needs (Nazlı, 2014).

4.8. SEXUAL STRATEGIES THEORY

The theory put forward by Buss and Schmitt includes sexual strategies developed by human beings to solve reproductive problems, which differ in their search for short-term and long-term relationships (Buss and Schmitt, 1993). Reproductive opportunities and limitations differ for both sexes. The problem of men to reach fertile women has created four problem areas in their search for short-term relationships.

- a. The problem of the number of spouses
- b. The problem of determining the woman he can reach sexually.
- c. The problem of determining which woman is fertile.
- d. Minimal dependency and investment problems

Sexual strategies in long-term relationships, men encountered four problem areas. These are;

- a. Determining the woman suitable for reproduction.
- b. The problem of paternity
- c. The problem of finding a woman skilled in family and domestic affairs.
- d. The problem of finding the woman who is willing to be committed to a long-term relationship.

Women's sexual strategies are based on having the resources to secure themselves and their children and identifying the man with the qualified genes. Women in the short-term relationship strategy.

- a. The problem of estimating the resources in a short time.
- b. They faced the problem of evaluating the spouse candidate for a long-term relationship.

Problems they face in long-term relationships.

- a. The problem of identifying the man who has the resources to support himself and his children.
- b. The problem of determining the man who is willing to take care of women and their children in the long term.
- c. The problem of identifying the male with good fathering skills.
- d. The problem of determining which man is more likely and willing to have a long-term relationship.
- e. It is the problem of identifying the male willing to protect himself and his children from others and external dangers.

Sexual strategies have developed out of the consciousness and awareness of the person in order to solve the reproductive limitations and problems (Buss and Schmitt, 1993).

4.9. ATTITUDES TOWARDS SPOUSE SELECTION

University age is a period in which the criteria for choosing a spouse and attitudes towards marriage are developed. Existing relationship experiences make mate choice preferences clear. The choice of spouse is shaped by the idealization of the features they look for in the people they will marry and the clarification of the features they do not want. Personal experiences and existing relationships are effective in the formation of attitudes towards mate selection. Attitude is a disposition for reaction.

Allport (1935) explained three characteristics of attitude as follows.

- a. Ability to organize with experience
- b. Acting in the presence of all situations and figures influenced by the attitude
- c. He stated it as readiness for negative or positive reactions (Köklü, 1995).

Attitudes, as well as their adaptive functions, are latent variables that direct the behaviour of individuals. Examination of attitudes provides important data in terms of predicting the tendencies of the individual. Attitudes have three components.

1. Affective element; It is based on positive and negative feelings towards an object or event.
2. Cognitive element; based on beliefs and knowledge
3. Behavioural element; it is based on verbal or verbal expression (Baysal, 1981).

The information or beliefs that make up our attitudes may not always be rational. Irrational beliefs can turn into rigid and exaggerated expectations about the "ideal partner", which can also be effective in the process of choosing a spouse. Our marriage-limiting beliefs stem from the wrong conclusions we draw from our experiences. In defining the concept of myth, Larson (1988); Although there is no evidence proving its authenticity, it expresses it as a belief that is thought to be widespread (Güngör, 2011).

Since mate choice myths can negatively affect an individual's mate choice preferences, they are characterized as limiting beliefs about mate choice. Although there is no scientific evidence to support these myths, most people believe them. Myths such as “cohabitation is ready for marriage”, “love is enough” and “I should not get married until I meet the perfect person to marry” cause the individual to make a wrong choice in getting married because they do not question themselves, their spouse or their decisions about marriage much. may cause. The limited experiences of an individual from his life, his family relationships and friendship experiences, and the information he obtains from communication tools seem to be related to the formation of myths (Güngör, 2011).

Studies show that unrealistic marriage beliefs are effective in reducing satisfaction in close relationships. Larson (1992) mentions 9 basic limiting beliefs about mate choice. Accordingly, these beliefs; one and only one ideal wife, perfect partner, perfect relationship, perfect me, more effort, love enough, cohabitation, opposite complement each other and choice should be easy. These beliefs are the beliefs that prevent and limit the person's healthy decision to choose a spouse (Güngör, 2011).

Larson (1992) identified the limiting beliefs that affect mate choice before marriage and identified alternative thoughts towards them. Accordingly, he defined 9 basic limiting beliefs (Özteke, 2015).

1. There is only one ideal mate: Having the belief that there is only one "one and only" true person in the world for oneself. This belief negatively affects a person's choice of mate. If there is only one right person, how can one determine that they have found that person? Waiting for that person causes the person to become more passive in the mate selection process.

2. Perfect Partner Belief: The limiting belief associated with one's entering into “short-term and graded” relationships. The search for the perfect partner causes the person not to take the time to get to know the other person, and therefore makes short-term and rated evaluations. Rational thinking: No one is perfect.
3. Perfect Self Belief: The person believes that he/she should be perfect for his/her partner before getting married. Since the person will never find himself sufficient, he may experience long-term loneliness.
4. Realistic belief: One should feel competent to be a partner, but most people have concerns about their own competence.
5. Perfect relationship belief: People with this belief should be sure that their relationship will work before they get married. Therefore, they can flirt for a long time. They can create environments that will test their relationships.
6. Realistic thinking: There is no need to prove that a premarital relationship will work. Marriage is different. Couples need to believe that they can solve their problems after marriage if their communication and problem-solving skills are good.
7. Belief in more effort: The person believes that if he does not try hard enough, he will not be happy with anyone he chooses to marry. This idea feeds the opposite, that if I try harder, I can be happy with the person I choose to marry.

SUMMARY

In summary, starting from Bowlby's studies, secure attachment has been associated with healthy relationships, and insecure attachment style has been explained as the determinant of psychopathology in later life. It has also been determined that insecure attachment in terms of protective mental health is associated with the development of many psychopathologies. The role of the parent-caregiver is very important in the development of secure attachment. The foundation of the attachment process is laid with the parent and the world begins to be recognized in this way. In the process where the individual gains the sense of trust; The negative attitudes of the parents towards the individual cause this individual to reveal different attachment styles. As a result, multiple factors are effective in the individual's choice of mate. One of them is the attachment style of the individual.

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