

# Investigation of the Relationship Between Early Maladaptive Schemas and Multidimensional Jealousy

Erken Dönem Uyum Bozucu Şemalar ile Çok Boyutlu Kıskançlık Arasındaki İlişkinin İncelenmesi

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ABSTRACT

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The aim of this study is to examine the relationship between individuals' early maladaptive schemas and the level of multidimensional jealousy. The present study was carried out with a total of 344 people, 226 female (%66), and 118 male (%34) participants. In the current study, "Personal Information Form", "Multidimensional Jealousy Inventory" and "Young Schema Inventory" were used. The obtained data were analyzed in SPSS 25.0 package program. While examining the data, Pearson Correlation analysis, Multidimensional Jealousy Inventory t-Test with Independent Samples, and whether the Young Schema Inventory differed significantly according to demographic variables and its predictors were examined using Multiple Linear Regression Analysis to see the relationship between variables. According to the results of the study; a significant relationship was found between early maladaptive schemas and multidimensional jealousy. In addition, inclusion, suppression of emotions, social isolation, self-sacrifice independent variables from early maladaptive schema dimensions predicted emotional jealousy, emotional inhibition, defectiveness/shame, vulnerability to harm/illness, self-sacrifice, enmeshment/undeveloped self variables predicted behavioral jealousy, and social isolation, It was found that the variables of emotional inhibition, defectiveness/shame, self-sacrifice, vulnerability to harm/illness, and enmeshment/undeveloped self predict cognitive jealousy. The results reveal that early maladaptive schemas are associated with jealousy.

**Anahtar Kelimeler:** *early maladaptive schemas, jealousy, close relationship, romantic relationship*

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Bu araştırmanın amacı, bireylerin erken dönem uyum bozucu şemaları ile çok boyutlu kıskançlık düzeyi arasındaki ilişkiyi incelemektir. Mevcut çalışma 226 (%66) kadın ve 118 erkek (%34) gönüllü katılımcı olmak üzere toplam 344 katılımcıyla gerçekleştirilmiştir. Mevcut çalışmada, "Kişisel Bilgi Formu", "Çok Boyutlu Kıskançlık Envanteri" ve "Young Şema Envanteri" kullanılmıştır. Elde edilen veriler SPSS 25.0 paket programında analiz edilmiştir. Veriler incelenirken, değişkenler arası ilişkiyi görebilmek için Pearson Korelasyon analizi, Bağımsız Örneklemeler ile Çok Boyutlu Kıskançlık Envanteri T-Testi, Young Şema Envanteri'nin demografik değişkenlere göre anlamlı farklılık gösterip göstermediği ve yordayıcılığının Çoklu Doğrusal Regresyon Analizi kullanılarak incelenmiştir. Çalışmanın sonuçlarına göre; erken dönem uyumsuz şemalar ile çok boyutlu kıskançlık arasında anlamlı ilişki belirlenmiştir. Ayrıca, erken dönem uyum bozucu şema boyutlarından iç içe geçme, duyguları bastırma, sosyal izolasyon/güvensizlik, kendini feda bağımsız değişkenlerinin duygusal kıskançlığı yordadığı, duyguları bastırma, kusurluluk, tehditler karşısında dayanıksızlık, kendini feda, iç içe geçme değişkenlerinin davranışsal kıskançlığı yordadığı ve sosyal izolasyon, duyguları bastırma, kusurluluk, kendini feda, tehditler karşısında dayanıksızlık, iç içe geçme değişkenlerinin bilişsel kıskançlığı yordadığı bulunmuştur. Sonuçlar erken dönem uyumsuz şemaların kıskançlık duygusu ile ilişkili olduğunu ortaya koymaktadır.

**Keywords:** *erken dönem uyum bozucu şemalar, kıskançlık, yakın ilişki, romantik ilişki*

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## INTRODUCTION

Schemas are defined as detrimental emotional and cognitive processes that are repeated throughout individual's life and include one's ideas of oneself and relationships (Young, et al., 2003). Early maladaptive schemas are deep and general patterns of memories, emotions, cognitions, and physical sensations that typically occur in childhood or adolescence, persist throughout life, and are inefficient and dysfunctional in one's relationship with oneself and others, (Gheisari, 2016). Cognitive, affective and physical experiences of early period, and relationship patterns forms with significant others form the origin of rigid and stereotyped schemas (Usluca & Güler, 2021). Despite the fact that the individual is aware that the schemas will be upsetting, still continues to utilize them since they make him feel safe. Early maladaptive schemas are forcing people to feel a feeling of consistency and compatibility. Furthermore, schemas are said to influence future experiences and in terms of the range and intensity of mental activity (Young, 2007). Early maladaptive schemas are also said to be at the root of chronic psychiatric disorders in axis I and II (Gheisari, 2016). Early maladaptive schemas, on the other hand, persistent motifs that form the foundation of the self-concept and that they repeat themselves despite their problematic patterns (Young et al., 2003).

Young (1994) identified five schema domains: disconnection/rejection, impaired autonomy and performance, impaired limits, others-directedness, and over vigilance/inhibition, as well as 18 schemas that these schema domains encompassed. According to the theory, the disconnection/rejected schema domain (abandonment, mistrust/abuse, emotional deprivation, defectiveness/shame, social isolation schemas), the need for secure attachment to others, impaired autonomy, and performance schema domain (dependence/incompetence, vulnerability to harm/illness, enmeshment/undeveloped self, failure schemas), the need for assertiveness, the impaired limits schema domain (entitlement/grandiosity, insufficient self-discipline schemas), the need for over vigilance/inhibition schema domain (negativity/pessimism, emotional inhibition, unrelenting standards, punitiveness) are generated by spontaneity and inhibition or over-satisfaction of the demand for play (Young et al., 2003).

An individual who is by nature a social creature requires the establishment of relationships with others. This prerequisite is critical for the individual's socialization process. During the socialization process, an individual might form good social ties as well as display characteristics that prohibit him from forming meaningful relationships with others. In truth, interpersonal connections are deteriorating nowadays for a variety of reasons, and the number of individuals who are unable to form intimate relationships is rapidly increasing. Jealousy is one of the bad emotions that might make it difficult to form intimate connections. While jealousy is commonly thought to be a symptom of insecurity, an immature feeling, or a mental condition,

evolutionary psychologists have redefined it as a guardian of emotion and love acquired via the evolutionary process (Demirtaş, 2006). According to Pines (1998) jealousy is a complex response and deviant emotional state that is provided as a result of any threat that may lead to the loss or degradation of vital relationships. It takes the form of a multifaceted structure that comprises worry, despair, wrath, insecurity, and uncertainty associated with the fear of losing one's relationship with the person or one's standing (Salovey & Rodin, 1986). This multidimensional structure is described as situational and encompasses cognitive, emotional, and behavioral components (Mathes et al., 1985).

Relationships are an important part of our lives. While a healthy relationship can protect us from the damaging effects of stress and increase our life satisfaction and psychological well-being, the relationship that has become unhealthy due to extreme jealousy can turn into a source of great sadness and pain (Faraji & Güler, 2021). Therefore the aim of this study is to investigate the relationship between individuals' early maladaptive schemas and multidimensional jealousy. When the literature is examined, no study has been found that compares the levels of early maladaptive schemas and multidimensional jealousy. Because of that the closest studies to the current study are included. Tortamış (2014) investigated the association between early maladaptive schema domains and dysfunctional parenting and levels of romantic jealousy and infidelity. Men and women exhibit similar emotional, physical and cognitive reactions reactions in case of jealousy (Gökdağ, 2015). There was no difference in the amount of romantic jealousy between men and women in Tortamış's study (2014) too. Impaired autonomy schema domain, conditional success-oriented parenting style of mother and father, and romantic jealousy level in women are all factors that influence romantic jealousy. The amount of romantic jealousy in males is predicted by the mother's perceived conditional success-oriented parenting. In women, the impaired autonomy schema domain acts as a mediator between prescriptive parenting, overprotective/anxious parenting, punitive parenting, and jealousy levels. The association between overprotective/anxious parenting and the amount of romantic jealousy in women was shown to be mediated by the impaired limits schema domain.

Karakurt (2001) investigated the association between attachment patterns and jealousy in research. Attachment types, according to the research, predict behavioral jealousy. Individuals with a scared attachment type had a higher level of behavioral jealousy than those with a secure attachment style. Individuals who have obsessively connected experience higher levels of negativity and inadequacy than those who are securely attached. When coping with envy, those who are securely attached are more likely to continue relationships and are less likely to internalize and externalize their feelings. Individuals who are indifferently connected are less

likely to keep their relationships. Individuals with the most internalization are obsessive-attached, whereas those with the lowest self-esteem protection are fearful-attached.

Based on the limited theoretical findings above, these studies reveal a relationship between early maladaptive schemas and multidimensional jealousy. This research was planned to reveal a relationship between early maladaptive schemas and multidimensional jealousy. In conclusion, the hypothesis of this study is that there is a significant difference between early maladaptive schemas and multidimensional jealousy.

## METHOD

### Research Model

In order to describe the relationships between early maladaptive schemas and multidimensional jealousy, to determine the change between the variables that are the subject of the research and to determine the amount of this change, the relational screening model was used, and multiple linear regression analysis was used to determine the prediction between the variables (Karasar, 2005).

### Study Group

In current study 226 women and 118 men, totally 344 volunteers included. The age range of 344 participants was analyzed, with the youngest participant 18 years old and the oldest 45 years old ( $\bar{X}=30$ ,  $SD=6$ ). The majority of the participants who voluntarily participated in the survey were undergraduates (49.4%). 96 of the participants were high school graduates (27.9%), 47 associate degrees (13.7%), and 31 graduates (9.0%). The vast majority of participants in the study reported a medium (66.0%) income level, 94 (27.3%) reported a high-income, and 23 (6.7%) a low-income level. 142 participants reported that they were married (41.3%) and 202 participants reported that they were single (58.7%).

### Data Collection Tools

A total of three measurement tools were used as the data collection tool used within the scope of the research. These measuring tools; "*Sociodemographic Data Form*", "*Multidimensional Jealousy Inventory*", and "*Young Schema Inventory Short Form 3*".

***Sociodemographic Data Form.*** In this form , the age, gender, educational status, and income of the individual being questioned.

***Multidimensional Jealousy Inventory (MJI).*** The MJI, established by Pfeiffer and Wong (1989), was used to assess people's degrees of emotional, behavioral, and cognitive jealousy in

this study. To evaluate the emotional, behavioral, and cognitive symptoms of participants' jealousy, the MJI is a seven-point Likert-type scale with 23 items and three sub-dimensions, emotional jealousy, cognitive jealousy, and behavioral jealousy. The emotional jealousy scale has seven and 43 items, respectively, while the cognitive and behavioral jealousy scales have eight. The emotional jealousy component yields scores ranging from 7 to 49, whereas the cognitive jealousy and behavioral jealousy aspects provide values ranging from 8 to 56. The fact that the scores from each sub-dimension have increased suggests that the individual's jealousy level is high in that sub-dimension. Karakurt (2001) carried out the scale's Turkish adaptation, as well as validity and reliability tests it was observed that the Cronbach alpha internal consistency value is .81 for emotional jealousy, .80 for behavioral jealousy, and .84 for cognitive jealousy on the scale.

**Young Schema Inventory Short Form 3 (YSI-SF3).** The short form of the Young Schema Questionnaire is developed by Young and Brown (2003) to evaluate early maladaptive schemas. The third edition of the Young Schema Scale's 90-item short form (YS-SF3), which was modified into Turkish by Soygüt et al. (2009), was utilized to identify early maladaptive schemas in the study. The subscales are abandonment, mistrust/abuse, emotional deprivation, defectiveness/shame, social isolation, dependence/incompetence, vulnerability to harm/illness, enmeshment/undeveloped self, failure, entitlement/grandiosity, insufficient self-discipline, negativity/pessimism, emotional inhibition, unrelenting standards, and punitiveness. The scale covers 18 early maladaptive schemas organized into 5 schema categories, totaling 18 schema dimensions. Participants score each item on a 6-point Likert scale (1=completely untrue for me, 6=perfectly reflects me) on the 90-item measure. Each subscale has five items in the original version of the scale, therefore the scores derived from the subscales can range from 5 to 30. Individuals with high scores on the items covering each schema of the scale exhibit qualities associated with that schema. The internal consistency coefficient of the scale is; it has been determined that factors vary between  $\alpha=.63 - .80$  and schema areas vary between  $\alpha=.53 - .81$ .

### **Data Collection Process**

The data used in the research were collected through Google Forms obtained with the data of individuals living in Turkey in 2021. The study was conducted as an online questionnaire, with each participant completing the questionnaire on their own computer or phone. There are no monetary or other incentives for volunteers to engage in the study, and it is purely voluntary. Before the study started, all participants were given the essential information, and they all gave their agreement for their data to be shared. Participants were instructed how to conduct the study from the start, and they were all asked to sign a declaration confirming that they had agreed to participate in the research, had been informed and that their data may be used. There was a screen that explained how the study was carried out.

### Analysis of Data

The data acquired on the internet was transferred to the 25th version of SPSS (SPSS, 2017) before the analyses, and then the analyses began. One of the initial tasks in the investigation was to examine the assumption of normal distribution. The kurtosis and skewness values of the scale and subscales were evaluated throughout this phase. Using George and Mallery's (2010) study as a guide, these values fall within the -2 to +2 reference range, resulting in a normal distribution. When the values are controlled, it appears that the present study's variables give the reference range for kurtosis and skewness. Pearson Correlation analysis was used to determine whether the Multidimensional Jealousy Inventory and Young Schema Inventory were related to each other, the Multidimensional Jealousy Inventory using Independent Samples T-Test, whether the Young Schema Inventory showed significant differences according to demographic variables, and the predictiveness was examined using Multiple Linear Regression Analysis. The p-value to be referenced is 0.05 and the confidence interval value is 95%.

### Ethical Approval

The research was carried out with the approval of Istanbul Aydın University Scientific Research and Ethics Committee (With the verdict dated 27.10.2021 and numbered 2021/11). All scientific and ethical rules were followed during data collection.

## RESULTS

Main hypothesis of the study is that, there is a significant difference between early maladaptive schemas and multidimensional jealousy levels. According to the research findings; There is a weak and positive correlation between the Multidimensional Jealousy Scale and Emotional Deprivation ( $r=.116, p<0.05$ ) (See Table 1). There is a weak and positive correlation between the Multidimensional Jealousy Scale and Social Isolation ( $r=.262, p<0.01$ ) (See Table 1). There is a weak and positive correlation between the Multidimensional Jealousy Scale and Defectiveness/Shame ( $r=.291, p<0.01$ ) (See Table 1). There is a weak and negative relationship between the Multidimensional Jealousy Scale and the Emotional Inhibition ( $r=-.284, p<0.01$ ) (See Table 1). There is a weak and positive correlation between the Multidimensional Jealousy Scale and Dependence/Incompetence ( $r=.221, p<0.01$ ) (See Table 1). There is a weak and positive correlation between the Multidimensional Jealousy Scale and Abandonment ( $r=.178, p<0.01$ ) (See Table 1). There is a weak and positive correlation between the Multidimensional Jealousy Scale and the Vulnerability to Harm/Illness ( $r=.268, p<0.01$ ) (See Table 1). There is a weak and positive correlation between the Multidimensional Jealousy Scale and Failure ( $r=.131, p<0.05$ ) (See Table 1). There is a weak and positive correlation between the Multidimensional Jealousy Scale and

Negativity/Pessimism ( $r=.196, p<0.01$ ) (See Table 1). There is a weak and negative relationship between the Multidimensional Jealousy Scale and Self Sacrifice ( $r=-.143, p<0.01$ ) (See Table 1).

There is a weak and positive relationship between Emotional Jealousy and Emotional Deprivation ( $r=.133, p<0.05$ ) (See Table 1). There is a weak and positive relationship between Emotional Jealousy and Social Isolation ( $r=.203, p<0.01$ ) (See Table 1). There is a weak and positive relationship between Emotional Jealousy and Defectiveness/Shame ( $r=.215, p<0.01$ ) (See Table 1). There is a weak and negative relationship between Emotional Jealousy and Emotional Inhibition ( $r=-.111, p<0.05$ ) (See Table 1). There is a weak and positive relationship between Emotional Jealousy and Dependence/Incompetence ( $r=.236, p<0.01$ ) (See Table 1). There is a weak and positive relationship between Emotional Jealousy and Abandonment ( $r=.190, p<0.01$ ) (See Table 1). There is a weak and positive relationship between Emotional Jealousy and Vulnerability to Harm/Illness ( $r=.188, p<0.01$ ) (See Table 1). There is a weak and positive relationship between Emotional Jealousy and Failure ( $r=.208, p<0.01$ ) (See Table 1). There is a weak and positive relationship between Emotional Jealousy and Negativity/Pessimism ( $r=.110, p<0.05$ ) (See Table 1).

There is a weak and positive relationship between Behavioral Jealousy and Social Isolation ( $r=.225, p<0.01$ ) (See Table 1). There is a weak and positive correlation between Behavioral Jealousy and Defectiveness/Shame ( $r=.274, p<0.01$ ) (See Table 1). There is a weak and negative relationship between Behavioral Jealousy and Emotional Inhibition ( $r=-.287, p<0.01$ ) (See Table 1). There is a weak and positive relationship between Behavioral Jealousy and Dependence/Incompetence ( $r=.178, p<0.01$ ) (See Table 1). There is a weak and positive relationship between Behavioral Jealousy and Abandonment ( $r=.148, p<0.01$ ) (See Table 1). There is a weak and positive correlation between Behavioral Jealousy and Vulnerability to Harm/Illness ( $r=.263, p<0.01$ ) (See Table 1). There is a weak and positive correlation between Behavioral Jealousy and Negativity/Pessimism ( $r=.195, p<0.01$ ) (See Table 1). There is a weak and negative relationship between Behavioral Jealousy and Self Sacrifice ( $r=-.127, p<0.05$ ) (See Table 1).

There is a weak and positive relationship between Cognitive Jealousy and Emotional Deprivation ( $r=.175, p<0.05$ ) (See Table 1). There is a moderate and positive correlation between Cognitive Jealousy and Social Isolation ( $r=.324, p<0.01$ ) (See Table 1). There is a weak and positive correlation between Cognitive Jealousy and Defectiveness/Shame ( $r=.295, p<0.01$ ) (See Table 1). There is a weak and negative relationship between Cognitive Jealousy and Emotional Inhibition ( $r=-.266, p<0.01$ ) (See Table 1). There is a weak and positive relationship between Cognitive Jealousy and Dependence/Incompetence ( $r=.183, p<0.01$ ) (See Table 1). There is a weak and positive correlation between Cognitive Jealousy and Abandonment ( $r=.130, p<0.05$ ) (See Table 1).

There is a weak and positive relationship between Cognitive Jealousy and Vulnerability to Harm/Illness ( $r=.282, p<0.01$ ) (See Table 1). There is a weak and positive correlation between Cognitive Jealousy and Negativity/Pessimism ( $r=.259, p<0.01$ ) (See Table 1). There is a weak and negative relationship between Cognitive Jealousy and Self Sacrifice ( $r=-.151, p<0.01$ ) (See Table 1).

**Table 1**

*Relationship Between Young Schema Scale and Multidimensional Jealousy Scale*

	Multidimensional Scale of Jealousy	Emotional Jealousy	Behavioral Jealousy	Cognitive Jealousy
<b>Emotional Deprivation</b>	.116*	.133*	0.057	.175**
<b>Social Isolation</b>	.262**	.203**	.225**	.324**
<b>Defectiveness/Shame</b>	.291**	.215**	.274**	.295**
<b>Emotional Inhibition</b>	-.284**	-.111*	-.287**	-.266**
<b>Enmeshment/Undeveloped Self</b>	.221**	.236**	.178**	.183**
<b>Abandonment</b>	.178**	.190**	.148**	.130*
<b>Vulnerability to Harm/Illness</b>	.268**	.188**	.263**	.282**
<b>Failure</b>	.131*	.208**	0.082	0.068
<b>Negativity/Pessimism</b>	.196**	.110*	.195**	.259**
<b>Insufficient Self-Discipline</b>	-0.056	-0.042	-0.055	-0.010
<b>Self Sacrifice</b>	-.143**	-0.054	-.127*	-.151**
<b>Punitiveness</b>	0.040	0.002	0.072	0.075
<b>High Standards</b>	-0.019	0.038	-0.037	-0.062
<b>Approval Seeking</b>	0.022	0.089	0.010	-0.025

\*\* $p<0.01$  \* $p<0.05$  Test used: Pearson Correlation Test

It was that the independent variables of enmeshment/undeveloped self, emotional inhibition, social isolation, and self-sacrifice predicted emotional jealousy ( $R=.36, R^2=.12, p<0.05$ ) (See Table 2). Ranking according to beta value; enmeshment/undeveloped self is in the form of dependence/incompetence ( $\beta=.28$ ), emotional inhibition ( $\beta=-.22$ ), social isolation ( $\beta=.17$ ), self-sacrifice ( $\beta=-.13$ ) (See Table 2).

**Table 2***Emotional jealousy prediction by early maladaptive schemas*

	<b>B</b>	<b>SH</b>	<b><math>\beta</math></b>	<b>t</b>	<b>p</b>
<b>(Constant)</b>	27.27	3.54		7.70	0.000*
<b>Enmeshment/Undeveloped Self</b>	0.64	0.14	0.28	4.70	0.000*
<b>Emotional Inhibition</b>	-0.68	0.17	-0.22	-3.96	0.000*
<b>Social Isolation</b>	0.48	0.16	0.17	2.96	0.003*
<b>Self Sacrifice</b>	-0.43	0.18	-0.13	-2.44	0.015*
<b><math>R=.36</math> <math>R^2=.12</math></b>					
<b><math>F=12.77</math> <math>p=0.000</math></b>					

\* $p < 0.05$  Test used: Multiple Linear Regression Analysis ; Stepwise Method

Emotional inhibition, defectiveness/shame, vulnerability to harm/illness, self-sacrifice, enmeshment/undeveloped self variables predicted behavioral jealousy ( $R=.55$ ,  $R^2=.29$ ,  $p < 0.05$ ) (See Table 3). Ranking according to beta value; emotional inhibition ( $\beta = -.42$ ), defectiveness/shame ( $\beta = .21$ ), vulnerability to harm/illness ( $\beta = .28$ ), self-sacrifice ( $\beta = -.17$ ), enmeshment/undeveloped self ( $\beta = .14$ ) (See Table 3).

**Table 3***The prediction of behavioral jealousy by early maladaptive schemas*

	<b>B</b>	<b>SH</b>	<b><math>\beta</math></b>	<b>t</b>	<b>p</b>
<b>(Constant)</b>	15.67	2.81		5.57	0.000*
<b>Emotional Inhibition</b>	-1.09	0.13	-0.42	-8.55	0.000*
<b>Defectiveness/Shame</b>	0.93	0.26	0.21	3.60	0.000*
<b>Vulnerability to Harm/Illness</b>	0.80	0.15	0.28	5.19	0.000*
<b>Self Sacrifice</b>	-0.46	0.14	-0.17	-3.36	0.001*
<b>Enmeshment/Undeveloped Self</b>	0.26	0.11	0.14	2.26	0.024*
<b><math>R=.55</math> <math>R^2=.29</math></b>					
<b><math>F=28.85</math> <math>p=0.000*</math></b>					

\* $p < 0.05$  Test used: Multiple Linear Regression Analysis ; Stepwise Method

Social isolation, emotional inhibition, defectiveness/shame, self-sacrifice, vulnerability to harm/illness, dependency variables predicted cognitive jealousy ( $R=.58$ ,  $R^2=.33$ ,  $p < 0.05$ ) (See Table 4). Ranking according to beta value; social isolation ( $\beta = .23$ ), emotional inhibition ( $\beta = -.40$ ), defectiveness/shame ( $\beta = .16$ ), self-sacrifice ( $\beta = -.22$ ), vulnerability to harm/illness ( $\beta = .20$ ), enmeshment/undeveloped self ( $\beta = .12$ ). (See Table 4).

**Table 4***Prediction of cognitive jealousy by early maladaptive schemas*

	<b>B</b>	<b>SH</b>	<b><math>\beta</math></b>	<b>t</b>	<b>p</b>
<b>(Constant)</b>	10.71	2.96		3.62	0.000*
<b>Social Isolation</b>	0.56	0.15	0.23	3.81	0.000*
<b>Emotional Inhibition</b>	-1.11	0.13	-0.40	-8.40	0.000*
<b>Defectiveness/Shame</b>	0.76	0.28	0.16	2.70	0.007*
<b>Self Sacrifice</b>	-0.64	0.14	-0.22	-4.50	0.000*
<b>Vulnerability to Harm/Illness</b>	0.63	0.18	0.20	3.53	0.000*
<b>Enmeshment/Undeveloped Self</b>	0.23	0.12	0.12	1.97	0.050*
<i>R=.58 R<sup>2</sup>=.33</i>					
<i>F=29.04 p=0.000*</i>					

\*p&lt;0.05 Test used: Multiple Linear Regression Analysis; Stepwise Method

## CONCLUSION, DISCUSSION AND RECOMMENDATIONS

In this study, the relationship between individuals' early maladaptive schemas and multidimensional jealousy was tried to be explained. Schemas at the basis of self-understanding (Young and Klosko, 2013) serve objectives such as making a child's experiences meaningful and reducing suffering, their rigidity and resistance to change may cause them to become dysfunctional over time (Martin and Young, 2010). By being triggered by events experienced in adulthood, the schemas whose foundations are laid in childhood and adolescence play an important role in people's thoughts, feelings, behaviors, relationships with others, self-perceptions, and moods, and paradoxically, they recreate the conditions that hurt them the most in their childhood. resulting in their development (Young et al., 2003). It can lead to problems such as abandonment schema, enmeshment/undeveloped self schema, emotional inhibition schema, jealousy in close relationships. The number of people seeking expert advice for the resolution of problems in their relationships is growing, and the schema therapy method is becoming increasingly widely employed in the treatment of close relationship issues. The findings of research attempting to conceptualize close relationship difficulties within the schema therapy framework appear to support the notion that schema therapy is a useful method to comprehending these issues (Göral et al., 2010).

Jealousy, which is thought to be related to the existence of early maladaptive schemas and is one of the main problems of relationships, is an emotion that is learned later and affects many people. While securely attached people have a higher threshold to perceive someone else as a rival insecure attached people have tendency to see other people as rival and feel more jealousy (Harris and Darby, 2010). It has been suggested that individuals who experience jealousy are those who have been abandoned by their mothers, fathers or both throughout their childhood. Jealousy may occur due to reasons such as one or both parents leaving the family during childhood, committing

suicide, dying or not being able to feel emotionally present. In this context, it was seen that young people need to cope with the feelings of fear, loneliness and abandonment and they become more dependent on their loved ones as they grow up (Pines, 2003). Likewise In Kellet and Stockton's (2019) study before jealousy comes through, individual reported a profound fear of abandonment and chronic fears/suspicious regarding infidelity. Anxiety and fear, two of the most basic components of jealousy, are clear indications that the individual cannot cope with feelings of fear, loneliness and abandonment. In addition, jealousy is an emotion that combines anxiety about maintaining a relationship with worries about the end of the relationship. This complex emotion, which includes the anxiety and horror in the jealousy, is experienced as a result of loss or harm that may occur as a result of the physical or imaginary presence of a third person who is perceived as a rival in bilateral relations (Faraji & Boran, 2021). In monogamous relationships because of importance of partner is higher worries about ending of relationship decreases so individuals who are in a monogamous relationship shows higher feelings of jealousy than singles (Valentova et al., 2020). Researchers also noted that when these people are afraid of losing their mate, jealousy might occur as a result of childhood trauma. Jealousy can be viewed as an adaptive and helpful emotion since it can aid in the maintenance of relationships, but it can also lead to psychopathological behaviors such as aggressiveness or rumination (Lennarz et al., 2017).

According to the other result of the present study, as the level of emotional deprivation schema sub-dimension, social isolation schema sub-dimension, defectiveness/shame schema sub-dimension, enmeshment/undeveloped self-schema sub-dimension, abandonment schema sub-dimension, vulnerability to harm/illness schema sub-dimension, failure schema sub-dimension, negativity/pessimism schema sub-dimension, self-sacrifice schema sub-dimension increases in individuals, the level of multidimensional jealousy will also increase. People in the enmeshment/undeveloped self-schema dimension, regard their own individuation and normal social development as secondary, form excessive emotional attachment and intimacy with one another and believe that they cannot live or be happy. People in the enmeshment/undeveloped self-schema dimension have a weak self-perception (Young et al., 2003). In the current study's result it has been determined that as the level of emotional inhibition schema sub-dimension increases in individuals, the level of multidimensional jealousy will decrease. Individuals who have the schema of suppressing emotions find it absurd to show spontaneous emotions and try to devalue their emotions and not show their emotions to those around them. People with strong emotional expressiveness are said to place a higher value on connecting with their close relationships and to have a higher positive affect (Burgin et al., 2012). On the other hand, jealousy is a very tiring and compelling emotion. High levels of jealousy, distrust of the other party, fear of sharing what they have, lack of self-confidence or feeling of inadequacy, fear of abandonment or

loss, past experiences, and low self-esteem of the person indicate (Karakurt, 2001; Demirtaş, 2006; İmamoğlu ve Çelik, 2009; Blevis, 2010).

According to another result of the current study, it is seen that the independent variables of enmeshment/undeveloped emotional inhibition, social isolation, and self-sacrifice, which are sub-dimensions of early maladaptive schema, predict emotional jealousy. It has been determined that enmeshment/undeveloped self, social isolation have a positive effect, and emotional inhibition and self-sacrifice have a negative effect. It was determined that the variable that explains emotional jealousy the most is enmeshment/undeveloped self. Besides, it has been determined that the level of emotional jealousy will increase as the level of emotional deprivation schema sub-dimensions, social isolation schema sub-dimensions, defectiveness/shame schema sub-dimensions, dependence/incompetence schema sub-dimensions, abandonment schema sub-dimensions, vulnerability to harm/illness schema sub-dimensions, failure schema sub-dimensions, negativity/pessimism schema sub-dimensions increase in individuals. Individuals with narcissistic personality disorder exhibit emotional deprivation, defectiveness/shame, and entitlement schemas, according to schema theory. According to Young, because narcissistic individuals use excessive compensatory and avoidance mechanisms, they experience acute emotional deprivation in their youth, which explains their feelings of emptiness, alienation, and loneliness (Young et al., 2003). Narcissistic persons are unaware that their emotional needs are not being addressed; they believe that strong people do not have emotional needs. For narcissistic persons, relying on others to meet emotional needs is a show of weakness. Narcissistic people who don't get their basic emotional needs addressed in early childhood tend to compensate for it later in life. The narcissistic person, who craves a lot of attention, care, appreciation, and adulation, tries to compensate for his emotional deprivation by being insistent and forceful in his demands. When the narcissistic individual feels he has the right to have all of his wants addressed, he becomes excessively demanding and hostile (Young and Klosko, 1994). Branson and March (2021) highlights that people who are more narcissistic are more hostile and jealous. Extremely demanding and angry feelings usually lie in the early maladaptive beliefs of being jealous of others or that others are jealous of them (Köroğlu, 2013). Therefore, jealousy in the narcissistic person stems from a sense of worthiness. The narcissistic person is jealous of someone else's achievements and cannot bear the thought that someone else is more valuable, as it may create doubts about his own superiority (Akthar, 1989).

According to another result of the current research, It is seen that the variables of emotional inhibition, defectiveness/shame, enmeshment/undeveloped self, and self-sacrifice predict behavioral jealousy. It has been determined that emotional inhibition, self-sacrifice have a negative effect, defectiveness/shame, instability enmeshment/undeveloped self,

dependence/incompetence have a positive effect. According to the findings, it was determined that the variable that most explains behavioral jealousy is emotional inhibition and it has been determined that behavioral jealousy will decrease as individuals' self-sacrifice schema sub-dimension levels increase. Besides, it has been determined that the level of behavioral jealousy will increase as the social isolation schema sub-dimensions, defectiveness/shame schema sub-dimensions, enmeshment/undeveloped self-schema sub-dimensions, dependence/incompetence schema sub-dimensions, abandonment schema sub-dimensions, vulnerability to harm/illness schema sub-dimensions, negativity/pessimism schema sub-dimensions increase in individuals. It has been reported that schemas of abandonment, emotional deprivation, enmeshment/undeveloped self, vulnerability to harm/illness, failure, insufficient self-discipline, negativity/pessimism, emotional inhibition, and defectiveness/shame are prominent in neuroticism (Daffern et al., 2016). Individuals with abandonment schema sub-dimension; feeling that the relationships they have established will not continue, they believe that they will be abandoned by their partner and they constantly worry. It is considered that in neuroticism, when the abandonment schema sub-dimension is prominent, the fear of losing is dominating in their relationships, and that they are jealous and put pressure on their partners because of this worry. Therefore, individuals with abandonment schema are insecure, jealous and restrictive towards their relationships, have unrealistic views, and constantly seek attention and skepticism due to a lack of self-confidence (Lester et al., 1988; Woll, 1989; Middleton, 1993; Wan et al., 2000; Fehr et al., 2001; Schmitz, 2004; Sternberg, 2014).

According to another result of the study, social isolation, emotional inhibition, defectiveness/shame, self-sacrifice, vulnerability to harm/illness, enmeshment/undeveloped self seem to predict cognitive jealousy. It has been determined that emotional inhibition and self-sacrifice have a negative effect, while social isolation, defectiveness/shame, vulnerability to harm/illness, enmeshment/undeveloped self have a positive effect. According to the findings, it was determined that the variable that most explains cognitive jealousy is the emotional inhibition and it was observed that if the level of suppression of emotions and self-sacrifice schema sub-dimensions increased, the level of cognitive jealousy would decrease. Besides, it has been determined that the level of cognitive jealousy will increase as the level of social isolation schema sub-dimensions, emotional deprivation schema sub-dimensions, defectiveness/shame schema sub-dimensions, dependence/incompetence schema sub-dimensions, abandonment schema sub-dimensions, vulnerability to harm/illness schema sub-dimensions, negativity/pessimism schema sub-dimensions increase in individuals. In addition, as the level of social isolation schema sub-dimension increases in individuals, the level of cognitive jealousy will also increase. According to findings similar to the present study, it has been determined that as the schema levels of abandonment, defectiveness/shame, enmeshment/undeveloped self, and vulnerability to

harm/illness increase, jealousy will increase (Dobrenski, 2001). Likewise Balzen et al. (2021) indicates that as individuals vulnerability level gets higher jealousy level gets higher too.

It is thought that the relationship and prediction of early maladaptive schemas and multidimensional jealousy level may contribute to the literature. In addition, it is thought that this study will provide scientific support to schema therapists for the issues about envy occur in close relationships especially for who do family and couple psychotherapy.

In the present study, there are several limitations. First of all, there is not enough study in the literature between early maladaptive schemas and multidimensional jealousy. Secondly, it is difficult to compare international literature and research data, as there are changes in the Turkish version of the scales used in this study. The age frequency of the participants was different from each other and the percentages were different, and unequal age may affect the result.

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## GENİŞLETİLMİŞ ÖZET

### Giriş

Şemalar, kişinin yaşamı boyunca tekrarlanan ve kişinin kendisi ve ilişkileri hakkındaki fikirlerini içeren zararlı duygusal ve bilişsel süreçler olarak tanımlanmaktadır (Young, Klosko ve Weishaar, 2003). Erken dönem uyumsuz şemalar, tipik olarak çocuklukta veya ergenlikte ortaya çıkan, yaşam boyunca devam eden ve tanıma göre kişinin kendisiyle ve başkalarıyla ilişkilerinde verimsiz ve işlevsiz olan derin ve genel hatıralar, duygular, bilişler ve fiziksel duyumlardır (Gheisari, 2016). Young (1994) şema modelinde erken dönem uyumsuz şemalar beş genel başlıkta gruplandırılmıştır ve bu başlıkların altında on sekiz şema alanı yer almaktadır. Kopukluk ve Reddedilmişlik (Terk Edilme/ İstikrarsızlık, Güvensizlik/Suistimal Edilme, Duygusal Yoksunluk, Kusurluluk/Utanc, Sosyal İzolasyon/Yabancılaşma şema boyutları), Zedelenmiş Özerklik (Bağımlılık/Yetersizlik, Hastalıklar ve Zarar Görme Karşısında Dayanıksızlık, Başarısızlık şema boyutları), Zedelenmiş Sınırlar (Hak Görme/Büyüklenmecilik, Yetersiz Özdenetim/Özdisiplin şema boyutları), Başkalarına Yönelimlilik (Boyun Eğicilik, Kendini Feda, Onay Arayıcılık/Tanınma Arayıcılık şema boyutları), Yüksek Standartlar ve Bastırılmışlık (Olumsuzluk/Karamsarlık, Duygusal Baskılama/Ketleme, Yüksek Standartlar/Aşırı Eleştiricilik, Cezalandırıcılık/Acımasızlık şema boyutları). Kıskançlık, yakın ilişkiler kurmayı zorlaştırabilecek kötü duygulardan biridir. Kıskançlığın genellikle güvensizliğin, olgunlaşmamış bir duygunun veya zihinsel bir durumun belirtisi olduğu düşünülürken, evrimsel psikologlar onu, evrimsel süreç yoluyla kazanılan duygu ve sevginin koruyucusu olarak yeniden tanımladılar (Demirtaş, 2006). Bu araştırma erken dönem uyumsuz şemalar ile çok boyutlu kıskançlık arasındaki ilişkiyi ortaya çıkarmak amacıyla planlanmıştır.

### Yöntem

Bu çalışmanın amacı, bireylerin erken dönem uyumsuz şemaları ile çok boyutlu kıskançlık arasındaki ilişkiyi incelemektir. Çalışmaya katılan 344 kişiden 226'sı kadın ve 118'i erkek gönüllüydü. En genç katılımcı 18 yaşında ve en yaşlı 45 yaşında olmak üzere 344 katılımcının yaş

aralığı analiz edildi. Çalışma, her katılımcının kendi bilgisayarında veya telefonunda anketi doldurmasıyla çevrimiçi bir anket olarak yürütülmüştür. Gönüllülerin çalışmaya katılması için herhangi bir parasal veya başka teşvik yoktur ve bu tamamen gönüllüdür. Çalışmadan önce, tüm katılımcılara gerekli bilgiler verildi ve hepsi, verilerinin paylaşılması için onay verdiler. Katılımcılara çalışmayı en baştan nasıl yapacakları söylendi ve hepsinden araştırmaya katılmayı kabul ettiklerini, bilgilendirildiğini ve verilerinin kullanılabilceğini teyit eden bir beyan imzalamaları istendi. İnternet ortamından elde edilen veriler analizlerden önce SPSS'nin 25. versiyonuna (SPSS, 2017) aktarılmış ve ardından analizlere başlanmıştır. Analizdeki ilk görevlerden biri normal dağılım varsayımını incelemektir. Çok Boyutlu Kıskançlık Envanteri ile Genç Şema Envanteri'nin birbiriyle ilişkili olup olmadığını belirlemek için Pearson Korelasyon analizi, Bağımsız Örneklemeler ile Çok Boyutlu Kıskançlık Envanteri T-Testi, Genç Şema Envanteri'nin demografik değişkenlere göre anlamlı farklılık gösterip göstermediği ve yordayıcılığının Çoklu Doğrusal Regresyon Analizi kullanılarak incelenmiştir. Referans alınacak p değeri 0,05 ve güven aralığı değeri %95'tir.

### **Bulgular**

Mevcut araştırmanın sonuçlarına göre, erken dönem uyumsuz şemalar ile çok boyutlu kıskançlık ile anlamlı ilişki belirlenmiştir. Ayrıca, erken dönem uyumsuz şema boyutlarından iç içe geçme, duyguları bastırma, sosyal izolasyon/güvensizlik, kendini feda bağımsız değişkenlerinin duygusal kıskançlığı yordadığı, duyguları bastırma, kusurluluk, tehditler karşısında dayanıksızlık, kendini feda, iç içe geçme değişkenlerinin davranışsal kıskançlığı yordadığı ve sosyal izolasyon, duyguları bastırma, kusurluluk, kendini feda, tehditler karşısında dayanıksızlık, iç içe geçme değişkenlerinin bilişsel kıskançlığı yordadığı bulunmuştur.

### **Tartışma ve Sonuç**

Bu çalışmada bireylerin erken dönem uyumsuz şemaları ile çok boyutlu kıskançlık arasındaki ilişki açıklanmaya çalışılmıştır. Bu kapsamda Türkiye'de yaşayan bireylerle çevrimiçi bir çalışma yapılmıştır. Bu çalışmanın temel nedeni, şema terapistlerin hastalarındaki erken

dönem uyumsuz şemalar ile kıskançlık düzeyleri arasındaki ilişkiyi anlamaları ve onların farkında olmalarıdır. Bu nedenle özellikle aile ve çift terapisi yapan terapistlere katkı sağlayacağı düşünülmektedir. Şema terapi çerçevesinde yakın ilişki zorluklarını kavramsallaştırmaya çalışan araştırmaların bulguları, şema terapinin bu konuları anlamak için yararlı bir yöntem olduğu fikrini destekler görünmektedir (Göral ve ark., 2010). Erken dönem uyumsuz şemaların varlığı ile ilişkili olduğu düşünülen ve ilişkilerin temel sorunlarından biri olan kıskançlık, sonradan öğrenilen ve birçok insanı etkileyen bir duygudur. Kıskançlık yaşayan bireylerin çocuklukları boyunca anneleri, babaları veya her ikisi tarafından terk edilmiş kişiler olduğu ileri sürülmüştür. Kıskançlık, ebeveynlerden birinin veya her ikisinin çocukluk döneminde aileyi terk etmesi, intihar etmesi, ölmesi veya duygusal olarak yanında olamama gibi nedenlerle ortaya çıkabilir. Bu bağlamda gençlerin korku, yalnızlık ve terk edilmişlik duygularıyla baş etmeleri gerektiği ve büyüdükçe sevdiklerine daha bağımlı hale geldikleri görülmüştür (Pines, 2003). Mevcut araştırmanın sonucuna göre duygusal yoksunluk şeması alt boyutu, sosyal izolasyon şeması alt boyutu, kusurluluk/utanç şeması alt boyutu, iç içe geçmiş/gelişmemiş kendilik şeması alt boyutu, terk şeması alt boyutu olarak boyut, zarar görme/hastalık şeması alt boyutu, başarısızlık şeması alt boyutu, olumsuzluk/karamsarlık şeması alt boyutu, kendini feda etme şeması alt boyutu bireylerde arttıkça çok boyutlu kıskançlık düzeyi de artacaktır. İç içe geçmiş/gelişmemiş benlik şeması boyutunda yer alan kişiler, kendi bireyselleşmelerini ve normal sosyal gelişimlerini ikincil olarak görmekte, birbirleriyle aşırı duygusal bağlılık ve yakınlık kurmakta, yaşayamayacaklarına ve mutlu olamayacaklarına inanmaktadırlar. İç içe geçme/gelişmemiş benlik şeması boyutundaki insanlar zayıf bir benlik algısına sahiptir (Young ve diğerleri, 2003). Bu araştırma sonucunda bireylerde duygusal ketleme şema alt boyutu düzeyi arttıkça çok boyutlu kıskançlık düzeyinin azalacağı belirlenmiştir. Mevcut araştırmanın bir diğer sonucuna göre, erken dönem uyumsuz şemanın alt boyutları olan iç içe geçme/gelişmemiş duygusal ketlenme, sosyal izolasyon ve kendini feda etme bağımsız değişkenlerinin duygusal kıskançlığı yordadığı görülmektedir. Mevcut araştırmanın bir diğer sonucuna göre, duygusal ketlenme, kusurluluk/utanç, iç içe geçmiş/gelişmemiş benlik ve kendini feda etme değişkenlerinin davranışsal kıskançlığı yordadığı

görülmektedir. Mevcut araştırmanın bir başka sonucuna göre, sosyal izolasyon, duygusal ketlenme, kusurluluk/utanç, kendini feda etme, zarara/hastalığa karşı savunmasızlık, iç içe geçme/gelişmemiş benlik bilişsel kıskançlığı yordadığı belirlenmiştir.