

The Development and Assessment of Psychometric Properties of Near East Marital Adjustment Scale

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ABSTRACT The goal of this study is to develop a comprehensive scale for marital adjustment and to determine its psychometric properties. The Near East Marital Adjustment Scale (NEMAS), a Likert-type scale with 51 items, was formed based on the definition of factors related with marital adjustment and related literature. The NEMAS, Marital Satisfaction Scale (MSS), Dyadic Relations Scale (DRS), Revised Dyadic Adjustment Scale (RDAS) and Interpersonal Reactivity Index (IRI) were applied to 279 married people working at various workplaces in North Cyprus. Two items of the scale had low item-total correlations, two other had low factor load values and the other five items had factor loads on more than one factor; therefore, a total of nine items were excluded from the scale and the final form of the scale was formed from 42 items. In terms of the reliability, the NEMAS Cronbach's alpha coefficient was .94, item-total correlations were between .290 and .733, item analysis (t-test) t-values were significant ($p < 0.001$) and there was a strong correlation between the first half and final half of the scale ($r = .893$). Expert opinions were taken for content validity of the scale and, for criterion validity, highly significant relations were found between the scores of the participants from NEMAS and MSS, DRS, RDAS, MPSS, IRI. For construct validity, factor analysis by applying varimax orthogonal rotation showed four factors explaining 48.36 percent of total variance. When the content of the items at each factor was taken into consideration, the first factor was named 'marital satisfaction', the second 'marital communication', the third 'empathy in marriage' and the fourth was 'relations with the families'. NEMAS has four factors, where each factor can be given separately and can also be used as one factor. It is shown that NEMAS is a reliable and valid instrument for married individuals. The scale can be used for evaluating marital adjustment of married individuals, to determine problem areas in the marriage, in studies about marital adjustment and for marital counselling services. Besides these, it meets a need in the field by evaluating communication and empathy in marriage.

INTRODUCTION

Changes in gender equality and attitudes towards marriage have made today's marriages more problematic and sensitive than those in the early 20th century. According to the data from European Commission Eurostat [ECE], the rate of marriage in European Union countries has declined twofold and rates of cohabitation and divorce have doubled in the 40-year period from 1970 to 2010 (ECE 2012). Although there is no data regarding the rate of cohabitation in Turkey and the Turkish Republic of Northern Cyprus (TRNC), according to the 2014 Marriage and Divorce Statistics of Turkish Statistics Institution (TÜİK),

the marriage rate in Turkey in 2014 decreased by 0.1 percent compared to the previous year; furthermore, the number of divorced couples increased by 4.5 percent compared to the previous year and the average age of marriage increased by 0.5 years in both genders from 2010 to 2014 (TÜİK 2015a).

According to the data from the TRNC State Planning Organization (SPO), although approximately 1,200 couples have married each year between 2002 and 2014, the marriage age for men increased from 28 to 31 and for women from 24 to 27 in the 15-year period from 1999 to 2014. This can be interpreted as a decreased interest in marriage and the divorce rate increased from

1.83 percent (average of 470 couples per year) between 2002 and 2007 to 2.86 percent (average of 733 couples per year) between 2008 and 2014 (SPO 2006, 2015). This implies that problems in marriages have increased, which could be a result of changes in social norms. Based on this data, the increase in the rates of adults living alone or living together rates, the average marriage age and rate of divorce, indicates that the interest in marriage is gradually decreasing. On the contrary, it is found that more than ninety-five of adults in the United States have married at least once, and seventy-five have re-married up to 3 years after divorce (Gladding 2011).

Even though the interest in marriage has gradually decreased, many studies have found that marriage is a necessary institution in children's and adults' lives. A happy marriage life positively influences adults' and children's lives, and unhappy marriages or divorce can have a negative influence (Santrock 2012). Conducted studies have also shown that individuals with happy marriages live longer than those who have unhappy marriages or go through divorce (Wilson and Smallwood 2008). According to the results from TUIK's 2016 Life Satisfaction Survey, 64.7 percent of married individuals stated that they are happy, while 53.5 percent of single individuals stated that they are happy (TUIK 2017). Based on this, it can be said that married individuals are happier than single individuals. It is seen that children from divorced families show weaker adjustment compared to their peers, along with more academic, internalised and externalised problems (Santrock 2012). All these findings emphasize that marriage is positively related to adults' physical and mental health along with the significance of marriage for children.

It is thought that studies towards maintaining marriage as an institution, understanding problematic areas and suggesting effective solutions are particularly important for adult, individuals and children, and consequently the community. One of the most commonly studied concepts regarding marriage is marital adjustment. A search of graduate and PhD theses' abstracts registered in the Higher Education Council (HEC) National Thesis Centre in 2016 using the "marital adjustment" key term revealed that 20 out of 32 theses used the Marital Adjustment Scale (Locke and Wallace 1959), 7 of them used the Dyadic Adjustment Scale (Spanier 1976), and the remaining theses used other scales rather than the mar-

ital adjustment scale. As most commonly used scales are outdated and only some of them have been adapted to Turkish, there is only one scale that is appropriate for Turkish Cypriot culture that is, Canel's (2013) Marital Satisfaction Scale. Furthermore, the lack of a scale that measures marital communication and marital empathy concepts is considered as a gap in the field. Therefore, the aim of this study is to develop a scale measuring marital adjustment in order to meet these needs.

Studies conducted on marital adjustment, defined as the quality of a marital relationship or, in other words, the success and functionality of partners in the marriage (Ersanli and Kalkan 2008) determined that communication and empathy in marriage are significant precursors of marital adjustment (Ebenuwa-Okoh 2008; Tutarel-Kislak and Çabukça 2002). Thus, items containing marital communication and marital empathy were developed for the item pool of the developed scale. In addition to this, in the meta-analysis study conducted by Davis et al. (2012), it was determined that communication and empathy are common factors dealt with in couple therapies. Furthermore, most of the studies towards improving marital relationship have focused on communication and empathy skills (Canel 2013; Ersanli and Kalkan 2008). Busby et al. (1995), who revised the Dyadic Adjustment Scale (DAS), stated that the RDAS did not include communication items and this was a significant deficiency. The MSS developed by Canel (2013) does not have communication items under a separate dimension, despite having empathy items (for example, item 25 "my spouse often complains that I do not understand him/her"; item 27 "my spouse does not understand my perspective on events"). The developed scale will therefore need to include the communication and empathy dimensions. In other words, it can be said that the concept of marital adjustment involves the marital communication and marital empathy concepts.

When the available literature is reviewed, a scale measuring marital communication and empathy dimensions was not found, and it was seen that other scales measuring these variables through interpersonal empathy (Dökmen 1989: Empathic Inclination Scale; Engeler and Yargıç 2007: Interpersonal Reactivity Index), communication between family members (Bulut 1990: Family Evaluation Scale Communication sub-

scale) or between romantic relations (Haskan Avci 2014; Dyadic Relations Scale Communication sub-scale) were used. It is concluded that, as marital relationships have differences as well as similarities with interpersonal relations, the scales measuring the communication and empathy dimensions should include items specific to marriage. Additionally, it is inevitable that a different scale than the one measuring interpersonal relations should be used as, while responding to such scales, individuals usually think of someone other than their spouse. Thus, researchers who conducted studies on precursors of marital adjustment found results that were not similar to the literature and interpreted that this was due to the lack of marital specific scales (Hacı 2011; Soylu and Kagnici 2015). In order to resolve these problems, items regarding marital communication (such as "I share my problems with my spouse") and marital empathy (such as "I understand the perspective of my spouse on events") were included in the scale to be developed.

Another concept suggested to be included in the new scale is the family relations of the married couples. As stated in Heider's balance theory (Kagitçibasi 2004), if one of the spouses has an imbalance in their perception of the triangle between one of the families and the other spouse, it naturally results in an imbalance in the marital relations. In other words, it leads to marital dissonance. Bowen (1965 as cited in Gladding 2011) investigated the triangles while working with couples and described triangulation as "the relationship between two people and the third person other than these two people". Bowen stated that the triangle can be healthy or unhealthy; in the unhealthy triangles, the tension between two poles will be reflected on the third one. In addition to the concept of triangulation, Bowen's other approach regarding relations with families describes the relations of married couples with their own families through the concepts of "differentiation of self" and "mother-patient dependence" (Bowen 1965 as cited in Gladding 2011). According to these two concepts that Bowen emphasized, it can be interpreted that spouses that have adjusted relations with their families and have relations with their spouses that are differentiated from their families would have a healthy relationship.

According to the 2011 data from the Ministry of Family and Social Policies' Family Structure Survey in Turkey, fourteen percent of divorces

were caused by spouses being disrespectful to the families and the spouse's family interfering with in-family relations. It is observed that the relations of married couples with their families are more concentrated and their reflections on marriages are more problematic, as the TRNC is geographically smaller compared to Turkey and couples often live close or even in the same building with their families. Bayraktaroglu and Çakici (2013), in their study investigating the factors predicting marital adjustment on a North Cyprus sample, determined that a spouse having good relations with their partners' families is a significant precursor of marital adjustment. The Marital Satisfaction Scale developed by Canel (2013), who studied the relations with families in Turkish Cypriot culture, where such relations are more significant compared to the Western culture, includes the 'communication with the spouse's family' sub-scale. It was assessed that, due to the above mentioned reasons, it would be beneficial to measure the importance of relations with families with items suitable for the family life in North Cyprus through the scale that will be developed to measure the concept of marital adjustment. In summary, considering that marital satisfaction, as an outcome of the interaction between marital communication, marital empathy and relations with families and defined as pleasantness perceived from marriage (Ersanlı and Kalkan 2008), can be a dimension of marital adjustment, items describing this concept were also included in the new scale.

Within this context, the aim of this study is to develop a psychometrically sound instrument to assess the problems between couples related to marital adjustment. The identification of the problems by such instrument during the marriage counselling may be helpful to plan the counselling process. The instrument can also be used to assess the effectivity of the education and intervention programs which are designed to improve marital relationships.

METHODOLOGY

Sample

When the sample was formed, the convenient sampling method was used to provide easy access to married individuals and to implement the tools (Balci 2001). The sample consisted of a total of 279 married individuals (217 females, 62

males) working in various workplaces in Nicotia. Their ages ranged between 24 and 68, with an average of 40 (Median: 40.69, Mode: 35, Standard Deviation: 8.85). The duration of marriage for those who were still married was between 1 and 37 years, with an average duration of 15 years (Median: 4:00, Mode: 5, Standard Deviation: 9.31).

Data Collection Tools

Near East Marital Adjustment Scale

The Near East Marital Adjustment Scale (NE-MAS) is a scale consisting of a total of 42 Likert-type items (1=never, 2=sometimes, 3=often, 4=always) under the marital satisfaction, marital communication, marital empathy and relations with families sub dimensions. The overall scale can be used to measure marital adjustment in general but also has psychometric properties that enable each of its sub-dimensions to be used separately. Items 7, 10, 14, 18, 20, 24, 26, 29, 32, 38, 40 in the scale are coded reversely. The minimum score that can be gathered from the scale is 24, while the maximum is 168. A high score from the scale represent a high level of marital adjustment (Bayraktaroglu 2015).

Marital Satisfaction Scale

The Marital Satisfaction Scale (MSS) developed by Canel (2013), consists of 101 two-choice (Yes-No) items in five sub-dimension. The total Cronbach's alpha coefficient scores of the MSS with for total score and the five sub-dimensions of marital adjustment, rage, communication with spouse's family, financial understanding and parental understanding are .97, .97, 85, .84, .73 and .86, respectively. The correlation of MSS with the Problem-Solving Inventory used for criterion-related validity is .106 ($p < 0.01$) in the negative direction and the correlation with the Ways to Deal with Stress Scale was calculated as .357 ($p < 0.01$) in the negative direction (Canel 2013). The Cronbach's alpha coefficient of the Communication with Spouse's Family sub scale of MSS in this research was calculated as .84.

Dyadic Relations Scale

The Dyadic Relations Scale developed by Haskan Avci (2014) includes 78 Likert-type items in four sub-dimensions. High scores represent a

positive dyadic relation. The Cronbach's alpha coefficients for the six sub-dimensioned DRS for total score, communication, romanticism-sexuality, resolving conflict, social support and differences sub-dimensions are .79, .77, .88, .85, .91, and .79, respectively. The correlation between the Pre-Marital Relation Evaluation Scale used for criterion-related validity of DRS is found as .824 ($p < 0.001$) in the positive direction (Haskan Avci 2014). The Cronbach's alpha coefficient of the Communication sub-scale in this study was calculated as .73.

Revised Dyadic Adjustment Scale

The Revised Dyadic Adjustment Scale (RDAS) was originally developed as a 32-item Dyadic Relations Scale by Spanier and was later revised by Busby et al. (1995); it was adapted into Turkish as a 14-item scale by Gündoğdu (2007). The scale was developed in order to evaluate the relation quality of couples in marriage or similar relations. The Cronbach's alpha coefficient of the RDAS scale for total score, satisfaction, compromise, agreement sub dimensions are .87, .80, .80, and .74, respectively. The correlation between the Marital Adjustment Scale used for the RDAS's criterion-related validity was found as .680 ($p < 0.01$) in the positive direction (Busby et al. 1995). The Cronbach's alpha coefficient of total score in the Revised Dyadic Adjustment Scale implemented to 279 couples was calculated as .87, whereas the coefficients of the satisfaction, compromise and agreement sub-factors are .79, .73, .69, respectively.

Interpersonal Reactivity Index

The Interpersonal Reactivity Index (IRI) was originally developed by Davis (1980) and adapted to Turkish by Engeler and Yargiç (2007). The IRI consists of a total of 28 Likert-type items in four sub-scales, each of which contains 7 items on perspective, empathetic thinking, personal discomfort and fantasy. The Cronbach alpha coefficient of the scale's original study was between .71 and .77 (Davis 1980) and, in the Turkish adapted version, it was between .60 and .76 (Engeler and Yargiç 2007). The Cronbach's alpha coefficient for the IRI Empathetic Thinking sub-scale was calculated as .84. Prior to the onset of the study, the consents of the instruments that are used in the study were provided from

the authors of the instruments. In addition, an ethical approval was vided from the Ethics Board of Near East University. In the first step of the study, an item pool consisted of 93 items was formed by considering the definitions of the concepts involved in marital adjustment, the examination of the relevant literature and the items in similar scales. The initial form consisted of 93 items was sent to a group of eight experts including those specializing in adapting or developing scales on marital adjustment or various concepts in marital relations (Canel 2013: Marital Satisfaction Scale; Cihan Güngör 2008: Marital Competence Scale; Çelik 2013: Marital Dissatisfaction Scale) to obtain their feedback in order to ensure concept validity. After reviewing the expert's opinions, items considered inappropriate by at least two experts were omitted, each item requested for revision was revised and, after omitting 42 items, the scale was finalized with 51 items.

In order to evaluate the clarity of the items for the married group, a pre-pilot study was conducted with 12 participants through face-to-face interviews (Erkus 2014). By considering the feedback taken from the participants, the 51-item form was revised in order to provide comprehensibility of the items.

In order to examine the psychometric properties of Near East Marital Adjustment Scale validity and reliability analysis were performed. For the purpose of assessing the validity of the scale, content validity and criterion-related validity studies were conducted. Furthermore, the construct validity was examined by performing exploratory factor analysis. In order to assess the reliability, item-total analysis was performed. In addition, split halves correlation coefficients and Cronbach's alpha coefficients were computed. The analyses were conducted by using Social Sciences Statistical Package Software (SPSS) version 20.0.

RESULTS AND DISCUSSION

In order to examine the validity of NEMAS, the validity of the scale was examined. However according to Erkus (2014), the item-total scale correlations and signs along with the first-time internal consistency of the scale must be considered before starting factor analysis. Hence, initially the Cronbach's alpha coefficient calculated to measure the internal validity of NEMAS

after apply it to the sample was found as .94. As it is stated, in order to ensure the reliability of the scale, the items with less than .20 item-total score correlation can be omitted and items with correlation between .20-.30 can be tested if they are compulsory (Büyükoztürk 2017); thus, items 16 and 17 were omitted from the scale as their item-total correlation values were less than .20. The construct validity analysis for NEMAS was conducted with the remaining 49 items.

The Construct Validity of Near East Marital Adjustment Scale

Following the omission of 2 items out of 51 as a result of item-total score correlation, in order to test the 51-item scale's suitability for factor analysis, the Kaiser-Meyer-Olkin (KMO) Test, which measures the relation between variables, gave a result of .918; and the result for Bartlett's Sphericity Test, which shows whether the relations in the Correlation Matrix are significant, was calculated as $p = .000$. If the result of the KMO test is above .7 and the Bartlett Test's p value is below 0.05, this shows that the items cover a concept and this means that factor analysis can be conducted (Can 2014).

"Firstly, exploratory factor analytical techniques should be implemented in the process of developing scales followed by affirmative analytical techniques with the same sample and data team" (Erkus 2014: 94). In this regard, exploratory factor analysis was conducted for the construct validity of NEMAS. When the factors with a value above 1 were reviewed, it was found that the scale could be four-factored and Varimax rotation analysis was conducted accordingly. It is generally necessary to have an item factor value of at least 0.45, although accepted up to 0.30 can be accepted for some items. Hence, items with a factor value below 0.30 were omitted. The factor value difference of the same item in multiple factors should be least 0.1; in other words, the items should not overlap. Consequently, a total of seven items including items 5 and 48 with factor value below 0.30 and items 3, 9, 31, 40 and 42 with less than 0.1 overlapping difference were omitted from the scale. The final factor analysis results conducted with the remaining 42 items are presented in Table 1.

The total explained variance rate of the 42-item scale collected in four factors is 48.36 percent. The minimum limit for the total explained variance of factor values in factor analysis studies is accepted as forty percent. Among the fac-

Table 1: Factor analysis

<i>Factor Loading after Varimax</i>						
<i>Item num.</i>	<i>Fac.-1</i>	<i>Item num.</i>	<i>Fac.-2</i>	<i>Fac.-3</i>	<i>Item num.</i>	<i>Fac.-4 num.</i>
26	.696	21	.734		14	.734
27	.694	1	.733		11	.687
24	.655	17	.620		20	.683
15	.617	33	.599		4	.679
19	.609	12	.596		32	.590
36	.601	8	.547		7	.499
34	.591	9	.520		38	.493
35	.583	2	.496			
39	.582	5	.469			
16	.527	13		.649		
31	.521	42		.633		
18	.518	22		.615		
37	.501	30		.608		
25	.482	23		.583		
40	.472	3		.549		
29	.430	41		.517		
		28		.460		
		10		.452		
		6		.383		

Explained Variance Total: 48.36% Factor-1: 32.5%
Factor-2: 6.57% Factor-3: 5.17% Factor-4: 4.08%

tors considered as significant, the first one explains 32.52 percent, the second explains 6.57 percent, the third one explains 5.17 percent and the fourth one explains 4.08 percent of the scale-related variance. Considering the content of the items, the names of the factors are as follows: the first factor is “marital satisfaction”, the second factor is “marital communication”, the third factor is “marital empathy” and the fourth factor is “relations with families”.

Criterion-related Validity of Near East Marital Satisfaction Scale

In order to test the criterion-related validity of the 42-item Near East Marital Adjustment

Scale, which was collected in four factors as a result of the factor analysis, it was implemented simultaneously with marital adjustment and other scales (Revised Dyadic Adjustment Scale, Interpersonal Reactivity Index Empathetic Thinking sub scale, Dyadic Relations Scale Communication sub-scale, Marital Satisfaction Scale Communication with Spouse’s Family sub-scale) related to the sub-dimensions (Bayraktaroglu and Çakici 2013). The Spearman Rank correlation coefficients between the total score of NEMAS and the total scores of other simultaneously used scales as well as between the total scores of the NEMAS sub-scales, were calculated. The results are presented in Table 2.

As a result of the correlation analysis conducted to determine the criterion-related validity of the scale, an advanced positive relation ($p < 0.001$) was found at the following rates: .760 between the Near East Marital Adjustment Scale and the RDAS; .592 with the DRS Communication sub-scale; .178 with the Interpersonal Reactivity Index Empathetic Thinking sub-scale; and .449 with the Marital Satisfaction Scale Communication with Spouse’s Family sub-scale. Additionally, as medium and advanced significant relations were found between the NEMAS total score and the sub-dimensions of the scale, it can be said that the scale measures a general construct, which proves its validity. The significant relations between the correlation results of the sub-dimensions of NEMAS and the sub-dimensions of the convergent scales can be interpreted as evidence indicating the validity of the scale.

Reliability of Near East Marital Adjustment Scale

The Cronbach’s alpha coefficients, which were calculated preliminarily before factor analysis (Erkus 2014), were calculated again with the

Table 2: Correlations between near east marital adjustment scale scores and criterion-referenced scale scores

<i>Scale</i>	<i>RDAS</i>	<i>DRCS</i>	<i>MSS</i>	<i>IRI</i>	<i>NEMAS-MSS</i>	<i>NEMAS-MC</i>	<i>NEMAS-ME</i>	<i>NEMAS-FR</i>
NEMAS	.760**	.592**	.449**	.178**	.925**	.838**	.804**	.529**
NEMAS-MS	.675**	-	-	-	-	-	-	-
NEMAS-MC	-	.417**	-	-	-	-	-	-
NEMAS-ME	-	-	-	.258**	-	-	-	-
NEMAS-FR	-	-	.748**	-	-	-	-	-

** $p < 0.01$

MA: Marital Satisfaction, MC: Marital Communication, ME: Marital Empathy, FR: Relationships with Families

remaining 42 items of the scale. The Cronbach's alpha internal consistency results of NEMAS total, marital satisfaction, marital communication, marital empathy, relations with families sub-scales are .95, .93, .86, .81 and .79, respectively. The internal consistency results of the overall total of the scale and the marital satisfaction sub-scale were found to be highly reliable ($.90 \leq \alpha < 1.00$), and the other three sub-scales were found to be very reliable ($0.60 \leq \alpha < 0.90$) (Can 2014).

When an unrelated t-test was implemented to the differences in the average item scores of the bottom twenty-seven percent and top twenty-seven percent groups formed based on the total scores of NEMAS, it was seen that the item-total correlations varied between .34 and .87 for all items in the scale and that the t-test values were significant ($p < 0.001$). This finding shows that the items can differentiate married individuals based on their marital adjustment.

After separating the test items as first and second half (split-half), the correlation was calculated as .893 by using the Spearman Brown formula. This finding shows an advanced relation between the first 21 and last 21 items of the scale.

Although, there are scales available in the literature measuring marital adjustment, (Locke and Wallace 1959; Spanier 1976), only one scale (Canel 2013) has been developed that is suitable for Turkish within the last ten years. In addition to this, as the items on marital communication and marital empathy concepts in the scales that are adapted to Turkish or are developed in Turkish are not grouped under one factor, studies on marriages benefit from interpersonal communication or empathy scales. Hence, NEMAS was developed to meet such needs and to evaluate the adjustment of married or partnering couples under one dimension collectively and separately under four sub-dimensions.

With the exploratory factor analysis implemented to NEMAS, it was stated that the scale consists of a four-factor construct, namely: "marital satisfaction", "marital communication", "marital empathy" and "relations with families". Finding a significant and advanced relation between the sub-dimensions of the scale and the overall total score from the scale shows that the scale measures a general construct and this proves the validity of the scale. Moreover, the existence of medium and advanced significant relations found between the sub-dimensions of

NEMAS and the RDAS, DRS and MSS sub-dimensions is another finding supporting the validity.

The analysis conducted regarding the reliability of the scale showed that the internal consistency is highly reliable (Cronbach's alpha = .95). Based on this result, NEMAS can not only be considered for studies but also in clinical practices as it reached the required .95 reliability (Büyükoztürk 2017). This study made use of another reliability measure as item analysis (t-test) and Split-half reliability. The significant t-test values ($p < 0.001$) gathered from the item analysis represent high reliability and show that the individuals can be distinguished based on their marital adjustment. Another measure for the reliability of the scale is the advanced positive relation ($r = .893$) between the correlation coefficients of the first and last halves of the scale as a result of the split-half test. All the analyses conducted for reliability provide significant evidence for the reliability of the scale.

Marital adjustment and marital satisfaction concepts are frequently used interchangeably due to the high correlation among themselves (Erbek et al. 2005; Ersanli and Kalkan 2008). The advanced correlation calculation between the total NEMAS score and the marital satisfaction sub-dimension ($r = .925$) and the medium correlation calculation between the RDAS satisfaction sub-scale ($r = .675$) show parallelism with the available literature.

The advanced correlation between NEMAS and the marital communication and marital empathy sub-scales ($r = .838$ and $r = .804$), the medium relation with the DRS Communication sub-scale used for criterion-related validity, and the weak relation between the IRI Empathetic Thinking sub-scale are also consistent with the literature. Tutarel-Kislak and Çabukça (2002) found empathy and Ebebuwa-Okoh (2008) found communication to be the precursors of marital adjustment. The weak correlation between the IRI Empathetic Thinking sub-scale and NEMAS can be said to be because IRI is a scale not directed towards marriage but towards inter-personal relations. Hacı (2011) interpreted the fact that his study findings indicated that communication was found to be a precursor of marriage while empathy did not function in a similar manner was because it was not directed towards married couples. It can be said that as the sub-dimensions of NEMAS are directed towards marital communication and

marital empathy, and this will resolve these problems.

A medium level relation was discovered between the "Relations with Families" sub-scale, which measures the relations with a spouse's families within the scope of the main scale, and NEMAS. This finding can be interpreted as proof that the sub-scale is a sub-dimension of the scale. Also, the advanced relation between the NEMAS Relations with Families sub-scale and the MSS Communication with Spouse's Family sub-scale proves that the sub-scale measures the desired construct. The importance of family relations in marriages was highlighted in the findings of the 2011 Family Structures in Turkey survey conducted by the Republic of Turkey Ministry of Family and Social Policies. Similar to Turkey, Bayraktaroglu and Çakici (2013), in their study conducted in North Cyprus, found that relations with families are important precursors of marital adjustment. The results of studies conducted in Turkey and North Cyprus with married individuals show parallelism with the findings of the current study.

CONCLUSION

In conclusion, the Near East Marital Adjustment Scale was constructed under four sub-scales, each of which can also be used separately: "Marital Satisfaction, Marital Communication, Marital Empathy and Relations with Families". The high rate of primary factor value of the items before rotation and primary factor solely explaining the high variance are considered as signs of the scale having a general factor. In this regard, it is possible to use each of the four factors of NEMAS separately as well as using it as a whole.

RECOMMENDATIONS

The psychometric properties of the scale show that NEMAS is a psychometrically sound instrument and it can be used in scientific researches as well as in marriage or couple counselling, aiming to measure the adjustment of individuals in marriage or similar dyadic relations and to determine the problems they face in their relationship.

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