

The Relationship Between Married Couples' Empathic Listening And Psychological Resilience And The Duration Of Marriage

Bahar ÖZALEMDAR¹ and Prof. Dr. Ercümen ERSANLI²

¹Ondokuz Mayıs University, Graduate School of Education,
pd.baharozalemdar@gmail.com

²Ondokuz Mayıs University, Health Sciences Faculty,
Social Work Department Samsun, Turkey
eersanli@omu.edu.tr

Corresponding author: Prof. Dr. Ercümen ERSANLI



Abstract - In this study, it is aimed to examine the level of relationship between psychological resilience and active empathic listening, considering some variables, and the differences in empathic listening and psychological resilience of married individuals according to the duration of marriage. In the study, the Personal Information Form prepared by the researcher and two scales were used as data collection instruments. The questions of The Personal Information Form includes marital status, age, gender, etc. The first scale is the 'Short Psychological Resilience Scale,' adapted into Turkish by Tayfun Doğan, consisting of 6 items and prepared in a 5-point Likert scale. The second one is the 'Active Empathic Listening Scale,' adapted into Turkish by Handan Özçınak, consisting of 11 items and prepared in a 7-point Likert scale. As a result of the findings, the psychological resilience levels of male participants were found to be higher compared to the female participants. Individuals who got married by mutual agreement were found to have higher scores in active empathic listening compared to individuals who married through arranged marriages. The response levels of individuals aged between 18 to 30 were found to be higher compared to individuals aged between 31 to 40 and over 40. The psychological resilience of individuals employed in the public and private sectors was found to be higher compared to those who are unemployed. The psychological resilience levels of individuals with low and high income levels were found to be higher compared to individuals with moderate income. The psychological resilience levels of individuals who have never received psychological assistance were found to be higher compared to individuals who have previously or currently received psychological assistance. Participants with three or more children were found to have higher levels of psychological resilience compared to those with two children. Lastly, in the study, no significant relationship was found between participants' education status, duration of marriage, and participation in listening training, and the levels of active empathic listening and psychological resilience. The article contains findings beneficial to experts and couples working in mental health.

Keywords - Active Empathic Listening; Psychological Resilience; Marriage.

I. INTRODUCTION

Marriage is a concept that has been going on since human beings have existed. The meanings attributed over time have changed from society to society and continue to change. Since its existence, human beings have multiplied in the union of marriage and passed on their traditions and customs from generation to generation in a family structure. Marriage has been at the center of the development and change of societies and has been the subject of various researches due to this importance. In general, marriage is formed by two people to establish a family, to increase the mutual welfare of individuals, to meet and support each other's needs; It is an emotional and special relationship in which spouses come together spiritually and physically [1]. The way in which this relationship is formed varies from culture to culture, and it is seen that different marriage methods have emerged. In traditional

countries such as Turkey, arranged marriages and consanguineous marriages occur in addition to consensual marriages [2]. Like any relationship, there are some points necessary for the marriage relationship to continue in a healthy and harmonious way. Undoubtedly, one of these points is the ability of couples to empathize and actively listen empathically. Empathy, also known as empathy and co-sensation, is the process of getting rid of one's own thoughts and putting oneself in someone else's shoes, understanding what he feels and thinking correctly, noticing not only what is visible but also the underlying reasons and conveying this to the other person. Rogers made a similar definition in the 70s and it has taken its place as a commonly accepted definition in the literature [3].

Empathy has an important position in strengthening the emotional belonging between couples and increasing intimacy in marriage. The fact that individuals have such skills allows couples to feel listened to, to understand emotional needs and to communicate in a healthier way, and to become stronger in solving the problems they experience. This skill helps couples to deal with emerging problems constructively and flexibly by communicating openly and honestly without criticizing each other. In empathetic listening, individuals connect with the feelings of the other person. This listening skill is done in a planned and carefully aware manner for a purpose and thus leads the person to success. Empathic listening is not a passive process, but a dynamic, active process that requires care and planning. Active-empathetic listening is possible by recognizing the dignity and value of the other individual as a human being, respecting the individual, and showing an empathetic approach to understand his point of view. Active-empathetic listening enables the individual to become aware of their own feelings and thoughts and to gain self-management skills [4]. It is a type of listening that will result in a higher form of empathy that is different from the traditional active listening procedure. Active empathic listening is a more advanced form of listening that differs from traditional active listening [4]. In active empathic listening, individuals listen with full attention. Individuals with this skill focus on the speech of the other person and try to understand what the person says and beyond these non-verbal meanings by minimizing other stimuli outside. In terms of nonverbal messages, active listening also includes situations such as sudden voice differences, physical distance, and eye contact [4], [5].

In addition to non-verbal messages, active listeners convey emotions to the other party through reflection, confirm whether they understand what is being said correctly, ask questions about what is being told, and thus attach importance to verbal communication with the other party [6]. These people identify with the emotional experiences of the person they communicate with, listen to the other person without criticizing or judging, show patience and focus on understanding and empathizing with the other person until the last word rather than waiting in line to say their own thoughts. The use of these skills by married couples creates a strong bond based on trust, enriches communication between spouses, plays a key role in resolving conflicts, develops a common understanding; It forms the basis of healthy, sustainable relationships, makes the relationship satisfying, supportive and positive, and opens the door to a solution-oriented approach to resolving conflicts as spouses understand each other correctly. Using this skill effectively will help strengthen the marital bond and build a more solid marriage. As Gottman (1999) points out, active listening; it builds empathy and understanding, increases mutual respect, and creates an emotional bond between partners [7]. With this bond, it will contribute to the continuation of marriages in a healthy way. Among the reasons for the problems experienced in bilateral relations and business life is the inability to use listening skills effectively [8].

The research conducted by Merve Evren revealed that those who have been married for 10 years or more have a higher empathic tendency than those who have been married for 3-5 years when the empathic tendencies of married people are examined according to the duration of marriage [9]. Based on this research, it is seen that empathic tendencies change according to the duration of marriage. From this point of view, the factors affecting the marriage process and duration should also be addressed. Although the duration of marriage and family commitment depends on natural conditions such as death, it is related to the fact that spouses think that their relationship does not work and terminate it. It is thought that the termination of the relationship of couples is affected by the level of education, employment status and income level. When considered in terms of education level, in the Social Exchange model, the higher education level of women and men will affect the attachment to marriage as it is perceived by earnings and status. Compared to women, the high level of education of the man will be perceived positively for the woman in terms of status and income, and will have a binding effect on marriage. In men, the high level of education of their spouse reduces this bond [10]. However, according to Becker (1981), women's entry into the business world and their sense of independence in

gaining their economic freedom will increase divorces [11]. The hypothesis in the Family Perception of Media Professionals and Media research conducted by the General Directorate of Family and Social Research (2007) that the divorce rate and speed increase as the education and economic level increases, has been confirmed by this research [12].

In addition to the level of education, income and employment status are also effective in the duration of marriage. According to the research conducted by TUIK in 2021, approximately 10% of marriages end due to the inability to provide economic support for the house [13]. Stress caused by economic reasons increases the economic conflicts experienced in the family and reduces the emotional bases that spouses provide to each other [10]. The decrease in this support causes ruptures in the marriage bond, divorces, and thus shortening the duration of marriage.

The continuation of healthy commitment within marriage and the increase in marital satisfaction of individuals are also related to the psychological resilience of couples. In the research conducted by Başak Erdoğan and Bahar Akoğlu, it was concluded that as the psychological resilience of married individuals increased, their marital satisfaction also increased. It can be said that the problems experienced by couples in marriage are related to their weak psychological resilience. In the research conducted by Batur and Demir (2009), it was seen that the psychological endurance of the spouses was effective in the emergence of the marital satisfaction of the spouses, and accordingly, it can be said that there is a relationship between the problems and differences of opinion within the marriage union [14], [15]. Psychological resilience is the ability to cope with situations of environmental disorder despite the challenging conditions that arise in life, to adapt and resist ongoing problems, and ultimately to be successful. It can be said that psychological resilience has an important place in the ability to overcome the problems that may occur in marriages. In addition, the high level of psychological resilience in a person is a personality trait that reduces the negative effects of stress on them. Having such a personality trait and capacity in solving problems will be effective in the healthy continuation of the marriage, which has many stress factors. In the studies conducted by Huber, Navarro, Womble and Mume, (2010), it has been observed that psychological resilience increases marital satisfaction [16]. Perrig – Chiello stated in their research that marital satisfaction and stability are associated with psychological resilience [15].

In order to understand a factor that is so effective on marriage, it is necessary to understand the risk factors and protective factors on psychological resilience. An increased likelihood of a negative and undesirable outcome can be defined as a risk. Psychological resilience can only be understood when a risk factor arises. The psychological resilience of individuals varies according to their reactions to positive events and problems in life [17]. The risk factors that are effective in the psychological resilience of individuals are low-level intelligence, low self-perception, anxious psychological structure, lack of self-confidence and inability to use coping mechanisms in a healthy way, while being in a broken family, sick family members, violence, neglect and abuse in the family, unhealthy communication patterns of parents constitute familial risk factors. In addition to these, low socioeconomic levels of the family and unemployment constitute social risk factors [18]. Factors that protect psychological resilience reduce the effect of these risk factors. In this way, it helps individuals to cope effectively with the problems they encounter in their lives, and it is one of the important factors that support them afterwards [19]. These factors are stated as different protective factors such as self-efficacy perception, positive feelings, extraversion, self-esteem and spirituality in the psychological resilience literature [18]. As the protective factors of psychological resilience increase, the ability to overcome problems in marriages and adapt to the situation after the problem will increase. In this case, the healthy continuation of the marriages of individuals and the healthy continuity of the family, which is one of the basic building blocks of society, will be ensured.

Purpose and Importance of the Research

With marriage, the family, which is one of the most basic building blocks of society, is formed and society and family mutually affect each other. To be able to understand the factors affecting the marriage union, since the family, which has a significant impact on society, is formed by the marriage bond; supporting family unity is very important in terms of supporting studies that will contribute to the development and well-being of society. In addition, considering that divorce rates are increasing in Turkey, it is clear that there is a need to investigate various factors that affect the duration of marriage of individuals. The presence of conflicts and divorces in marriages draws attention to the examination of factors that can reduce this or other protective factors. From this point of view, the aim of this study is to examine whether the empathetic listening and psychological resilience of married

individuals differ according to the duration of marriage. In addition to this, in this study, it is aimed to investigate whether there is a significant difference between gender, age, educational status, employment status, income status, marriage method, number of children, whether or not to receive listening skill training and psychological help, psychological resilience and active empathic listening levels. Although there are studies on the psychological resilience of married individuals, there is no study that examines empathic listening levels, psychological resilience, demographic variables and marriage durations together. It is thought that it will benefit the field of marriage and family counseling and psychological counseling by contributing to the literature in Turkey and preventive studies to support marriages due to the limited studies on psychological resilience in Turkey and the lack of consistency of the studies in the literature [20].

II. METHOD

For the research, ethics committee approval was obtained with the decision of the Ondokuz Mayıs University Social Sciences and Humanities Research Ethics Committee dated 24.11.2023 and numbered 2023-970.

Research Model

In this study, which aims to examine the relationship between the psychological resilience and empathic listening levels of married individuals and the duration of marriage, the relational survey model, which is generally used to understand the current situation about a subject or population, was used. Survey models can be used to get a general idea of the current situation before conducting a more thorough research on a topic [21].

Research Group

The population of the study consists of married individuals, and the sample consists of 173 people who were selected by random sampling method and voluntarily agreed to participate in the research. There are different practical rules in the literature for sample size. One of them is that in scale studies, the sample size should be at least 5 times the size of each scale item was taken into consideration [22].

Data Collection Tools

In the study, the Personal Information Form prepared by the researcher and two scales were used as data collection tools. Personal Information form questions consist of marital status, age, gender, educational status, monthly income status, number of children, employment status, status of receiving psychological assistance, duration of marriage. The first of the scales is the "Short Psychological Resilience Scale" developed by Smith et al. and adapted to Turkish by Tayfun Doğan, consisting of 6 items and prepared in 5-point Likert type, and the second is the "Active-Empathic Listening Scale" developed by Graham D. Bodie and adapted to Turkish by Handan Özçılınak, consisting of 11 items and prepared in 7-point Likert type [23], [24]. The "Brief Psychological Resilience Scale" is a scale used to examine psychological resilience levels. The scale consists of 6 items and one dimension. 2, 4 and 6. Items are reverse-coded items, and high scores after the scores are translated indicate a high level of psychological resilience. The "Active Empathic Listening Scale" is used to examine the active empathic listening skill levels of individuals. The scale consists of 11 items and 3 sub-dimensions: perception, processing and response. There are no items that are scored inversely on the scale. High scores from the scale indicate that the participant's skill towards the specified dimension is high.

Data Collection

Before the married individuals who make up the research group were asked about the scale items, the research purpose was explained by the researcher, the factors to be considered and the necessary information were given. The research scales were applied to married individuals between 01/12/2023 and 01/03/2024 on the basis of voluntary participation in the survey method via Google forms.

Data Analysis

It was calculated to check the internal consistency of the answers given by the participants to the scale items (Cronbach Alpha). (Table 1).

TABLE 1. INTERNAL CONSISTENCY COEFFICIENTS OF THE PARTICIPANTS' ANSWERS TO THE SCALE ITEMS

Scale	Internal Consistency Coefficient	Assessment
Active Empathic Listening Total	.845	Highly Reliable
Perception	.688	Moderately Reliable
Process	.579	Low Reliability
Responsiveness	.838	Highly Reliable
Psychological Resilience Total	.802	Highly Reliable

In the study, active empathic listening and psychological resilience levels, the internal consistency of the answers given to the total items of the scale and the sub-dimension items (except for the processing sub-dimension) were found to be moderate and highly reliable.

In the statistical evaluation of the data, firstly, the normality assumption was examined with the Kolmogorov-Smirnov and Shapiro-Wilk tests ($P > .05$). In the study, whether the total scores of the scale differed according to gender, duration of marriage, listening training, education status, employment status, number of children and whether or not they received psychological help were determined by the student t test, income level, age, One-Way Analysis of Variance and the differences between the groups were determined by Tukey multiple comparison test. SPSS 22.0 V. statistical package program was used in all statistical calculations. The findings of the study were given as frequency (%), mean, standard deviation values, and the findings were considered significant at the level of $P < .05$.

III. RESULTS

The distribution of individuals who voluntarily participated in the research through the Google form according to their demographic characteristics is given in Table 2.

TABLE 2. FREQUENCY AND PERCENTAGE DISTRIBUTIONS OF DEMOGRAPHIC CHARACTERISTICS OF PARTICIPANTS

Gender		
Gender	n	%
Female	125	72.3%
Male	48	27.7%
Total	173	100%
Marriage Method		
Marriage Method	n	%
Mutual Consent	135	78.0%
Arranged	38	22.0%
Total	173	100%
Age (Years)		

Age Group	n	%
18-21	32	18.5%
22-25	37	21.4%
26 and above	104	60.1%
Total	173	100%

Income Level

Income Level	n	%
Low (Income < Expenses)	35	20.2%
Medium (Income = Expenses)	85	49.1%
High (Income > Expenses)	53	30.6%
Total	173	100%

Education Level

Education Level	n	%
Primary School	15	8.7%
High School	12	6.9%
University	127	73.4%
Postgraduate	19	11.0%
Total	173	100%

Number of Children

Number of Children	n	%
None	27	15.6%
1	51	29.5%
2	68	39.3%
3 or more	27	15.6%
Total	173	100%

Marriage Duration

Marriage Duration (Years)	n	%
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Marriage Duration (Years)	n	%
1-10	55	31.8%
11-20	57	32.9%
21 and above	61	35.3%
Total	173	100%

Psychological Support Received		
Psychological Support	n	%
Never Received	134	77.5%
Previously Received	28	16.2%
Currently Receiving	11	6.4%
Total	173	100%

Listening Skills Training		
Listening Skills Training	n	%
Yes	42	24.3%
No	131	75.7%
Total	173	100%

TABLE 3. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF PARTICIPANTS BY GENDER

Scale and Subdimensions	Gender	n	Mean	SD	P-value
Active Empathic Listening Total	Female	125	56.45	8.42	.759
	Male	48	55.98	10.46	
Perception	Female	125	20.11	3.56	.586
	Male	48	19.75	4.70	
Processing	Female	125	13.92	3.33	.602
	Male	48	14.21	3.03	
Response	Female	125	22.47	3.46	.475
	Male	48	22.02	4.18	
Psychological Resilience Total	Female	125	19.06	4.13	p < .001
	Male	48	21.58	4.22	

In the study, there was no statistically significant difference between the total and sub-dimension total scores of the active empathic listening scale of married individuals according to gender. A statistically significant difference was found in the total size of the psychological resilience scale (Table 3; $p < .001$). As a result of the findings, the psychological resilience levels of the male participants were found to be higher than the female participants.

TABLE 4. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF THE PARTICIPANTS ACCORDING TO THE MARRIAGE PROCEDURE

Scale and Subdimensions	Marriage Method	n	Mean	SD	P-value
Active Empathic Listening Total	Mutual Consent	135	57.38	8.40	.003
	Arranged Marriage	38	52.58	10.13	
Perception	Mutual Consent	135	20.34	3.72	.036
	Arranged Marriage	38	18.84	4.33	
Processing	Mutual Consent	135	14.35	3.07	.007
	Arranged Marriage	38	12.76	3.59	
Response	Mutual Consent	135	22.73	3.44	.009
	Arranged Marriage	38	20.97	4.16	
Psychological Resilience Total	Mutual Consent	135	20.08	4.27	.061
	Arranged Marriage	38	18.61	4.24	

In the study, a statistically significant difference was found between the total and sub-dimension total scores of the active empathic listening scale of married individuals according to the marriage procedure (Table 4; $p < .05$). There was no statistically significant difference in the total size of the psychological resilience scale. As a result of the findings, the total scores of the active empathic listening scale and the total scores of the perception, processing and response sub-dimensions were found to be higher than the individuals who had arranged marriages.

TABLE 5. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF THE PARTICIPANTS ACCORDING TO WHETHER THEY RECEIVED LISTENING TRAINING OR NOT

Scale and Subdimensions	Listening Training	n	Mean	SD	P-value
Active Empathic Listening Total	Yes	42	56.80	11.10	.694
	No	131	56.17	8.28	
Perception	Yes	42	20.31	4.07	.571
	No	131	19.92	3.86	
Processing	Yes	42	14.50	3.39	.252
	No	131	13.84	3.19	
Response	Yes	42	22.12	4.50	.660
	No	131	22.41	3.39	

Scale and Subdimensions	Listening Training	n	Mean	SD	P-value
Psychological Resilience Total	Yes	42	20.83	3.94	.062
	No	131	19.41	4.36	

In the study, there was no statistically significant difference between the total and sub-dimension total scores of active empathic listening and psychological resilience levels according to whether the participants received listening training or not (Table 5; $p < .05$).

TABLE 6. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF PARTICIPANTS BY AGE

Scale and Subdimensions	Age Group	n	Mean	SD	P-value
Active Empathic Listening Total	18-30	32	58.63	7.25	.207
	31-40	37	56.78	7.64	
	41 and above	104	55.45	9.82	
Perception	18-30	32	20.44	3.90	.150
	31-40	37	20.92	3.63	
	41 and above	104	19.56	3.96	
Processing	18-30	32	14.41	2.76	.737
	31-40	37	13.89	2.92	
	41 and above	104	13.91	3.50	
Response	18-30	32	23.78	2.60	.047
	31-40	37	22.11	2.94	
	41 and above	104	21.98	4.07	
Psychological Resilience Total	18-30	32	19.63	4.21	.946
	31-40	37	19.62	4.27	
	41 and above	104	19.85	4.36	

In the study, there was no statistically significant difference between the active empathic listening and psychological resilience levels of the participants according to age (except for the response sub-dimension) (Table 6; $p < .05$). As a result of the findings, the total scores of the response sub-dimension of individuals between the ages of 18-30 were found to be higher than those of individuals aged 31-40 and over 40.

TABLE 7. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF THE PARTICIPANTS ACCORDING TO THE STUDY STATUS

Scale and Subdimensions	Employment Status	n	Mean	SD	P-value
Active Empathic Listening Total	Public Sector	90	56.81	9.94	.480
	Private Sector	31	57.03	8.30	
	Unemployed	52	55.06	7.65	
Perception	Public Sector	90	19.93	4.16	.787
	Private Sector	31	19.74	3.76	
	Unemployed	52	20.31	3.56	
Processing	Public Sector	90	14.29	3.32	.054
	Private Sector	31	14.65	2.79	
	Unemployed	52	13.12	3.25	
Response	Public Sector	90	22.65	3.95	.251
	Private Sector	31	22.65	3.14	
	Unemployed	52	21.63	3.42	
Psychological Resilience Total	Public Sector	90	20.33	3.99	.004
	Private Sector	31	20.81	3.70	
	Unemployed	52	18.13	4.74	

In the study, there was no statistically significant difference between the total and sub-dimension total scores of the active empathic listening scale according to the working status of the participants. A statistically significant difference was found in the total score of the psychological resilience scale. According to the findings, the total scores of the psychological resilience scale of individuals working in the public and private sectors were found to be higher than those of non-working individuals (Table 7; $p < .05$).

TABLE 8. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF PARTICIPANTS BY INCOME STATUS

Scale and Subdimensions	Income Level	n	Mean	SD	P-value
Active Empathic Listening Total	Low (Income < Expenses)	35	57.06	9.16	.762
	Medium (Income = Expenses)	85	56.44	8.85	
	High (Income > Expenses)	53	55.63	9.28	
Perception	Low (Income < Expenses)	35	20.51	4.24	.542
	Medium (Income = Expenses)	85	20.07	3.62	
	High (Income > Expenses)	53	19.58	4.13	
Processing	Low (Income < Expenses)	35	13.54	3.32	.607

Scale and Subdimensions	Income Level	n	Mean	SD	P-value
Response	Medium (Income = Expenses)	85	14.04	3.28	.408
	High (Income > Expenses)	53	14.25	3.17	
	Low (Income < Expenses)	35	23.00	3.48	
	Medium (Income = Expenses)	85	22.33	3.73	
	High (Income > Expenses)	53	21.92	3.70	
	Low (Income < Expenses)	35	20.20	4.85	
Psychological Resilience Total	Medium (Income = Expenses)	85	18.94	4.19	.040
	High (Income > Expenses)	53	20.77	3.87	
	Low (Income < Expenses)	35	20.20	4.85	

In the study, there was no statistically significant difference between the total and sub-dimension total scores of the active empathic listening scale according to the income status of the participants. A statistically significant difference was found in the total score of the psychological resilience scale. According to the findings, the total scores of the psychological resilience scale of individuals with low and high income levels were found to be higher than those of middle-income individuals (Table 8; $p < .05$).

TABLE 9. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF THE PARTICIPANTS ACCORDING TO THE DURATION OF MARRIAGE

Scale and Subdimensions	Marriage Duration	n	Mean	SD	P-value
Active Empathic Listening Total	1-10 years	55	57.26	7.72	.459
	11-20 years	57	56.61	7.91	
	21+ years	61	55.21	10.86	
Perception	1-10 years	55	20.31	3.99	.754
	11-20 years	57	19.75	3.22	
	21+ years	61	19.98	4.41	
Processing	1-10 years	55	14.07	2.91	.392
	11-20 years	57	14.39	2.88	
	21+ years	61	13.57	3.81	
Response	1-10 years	55	22.98	2.95	.146
	11-20 years	57	22.47	3.74	
	21+ years	61	21.66	4.10	
Psychological Resilience Total	1-10 years	55	20.00	4.04	.839
	11-20 years	57	19.77	4.19	
	21+ years	61	19.52	4.65	

In the study, there was no statistically significant difference between the total and sub-dimension total scores of the active empathic listening and psychological resilience levels of the participants according to the duration of marriage (Table 9; $p > .05$).

TABLE 10. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF THE PARTICIPANTS ACCORDING TO THE STATUS OF RECEIVING PSYCHOLOGICAL HELP

<i>Scale and Subdimensions</i>	<i>Psychological Support</i>	<i>n</i>	<i>Mean</i>	<i>SD</i>	<i>P-value</i>
Active Empathic Listening Total	<i>Never Received</i>	134	56.78	9.15	.428
	<i>Previously Received</i>	28	55.11	8.59	
	<i>Currently Receiving</i>	11	53.82	8.23	
Perception	<i>Never Received</i>	134	20.05	4.05	.772
	<i>Previously Received</i>	28	19.61	3.74	
	<i>Currently Receiving</i>	11	20.55	2.34	
Processing	<i>Never Received</i>	134	14.32	3.09	.014
	<i>Previously Received</i>	28	13.43	2.56	
	<i>Currently Receiving</i>	11	11.55	5.26	
Response	<i>Never Received</i>	134	22.45	3.63	.751
	<i>Previously Received</i>	28	22.07	4.09	
	<i>Currently Receiving</i>	11	21.73	3.26	
Psychological Resilience Total	<i>Never Received</i>	134	20.46	4.00	$p < .000$
	<i>Previously Received</i>	28	17.25	4.54	
	<i>Currently Receiving</i>	11	17.64	4.39	

In the study, there was no statistically significant difference between the total and sub-dimension total scores of the active empathic listening scale (except for the processing sub-dimension) according to the psychological help status of the participants. A statistically significant difference was found in the total score of the psychological resilience scale. According to the findings, the total score of the processing scale sub-dimension and the total scores of the psychological resilience scale of the individuals who did not receive any psychological help were found to be higher than the individuals who received previous and current psychological help (Table 10; $p < .05$).

TABLE 11. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF THE PARTICIPANTS BY NUMBER OF CHILDREN

<i>Scale and Subdimensions</i>	<i>Number of Children</i>	<i>n</i>	<i>Mean</i>	<i>SD</i>	<i>P-value</i>
Active Empathic Listening Total	None	27	58.30	7.64	.278
	1	51	57.52	8.80	
	2	68	55.10	8.09	
	3 or more	27	55.19	12.18	

Scale and Subdimensions	Number of Children	n	Mean	SD	P-value
Perception	None	27	20.81	3.73	.333
	1	51	20.31	3.66	
	2	68	19.37	3.74	
	3 or more	27	20.26	4.79	
Processing	None	27	14.19	2.90	.383
	1	51	14.57	3.28	
	2	68	13.75	3.07	
	3 or more	27	13.37	3.88	
Response	None	27	23.30	2.67	.232
	1	51	22.74	3.79	
	2	68	21.99	3.37	
	3 or more	27	21.56	4.77	
Psychological Resilience Total	None	27	20.59	3.90	.028
	1	51	20.10	4.19	
	2	68	18.62	4.47	
	3 or more	27	21.15	3.89	

In the study, there was no statistically significant difference between the total and sub-dimension total scores of the active empathic listening scale according to the number of children of the participants. A statistically significant difference was found in the total score of the psychological resilience scale. As a result of the findings, the total score of the psychological resilience scale was found to be higher in the participants who had 3 or more children than the individuals who had 2 children (Table 11; $p < .05$).

TABLE 12. ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE LEVELS OF THE PARTICIPANTS ACCORDING TO EDUCATIONAL STATUS

Scale and Subdimensions	Education Level	n	Mean	SD	P-value
Active Empathic Listening Total	Primary School	15	53.40	9.67	.583
	High School	12	55.42	5.48	
	University	127	56.73	9.07	
	Postgraduate	19	56.47	9.97	
Perception	Primary School	15	19.47	4.45	.764
	High School	12	20.42	2.75	
	University	127	20.14	3.79	
	Postgraduate	19	19.32	4.88	

Scale and Subdimensions	Education Level	n	Mean	SD	P-value
Processing	Primary School	15	12.80	3.76	.302
	High School	12	13.17	3.86	
	University	127	14.13	3.15	
	Postgraduate	19	14.58	2.97	
Response	Primary School	15	21.13	3.72	.541
	High School	12	21.83	3.24	
	University	127	22.50	3.66	
	Postgraduate	19	22.58	3.99	
Psychological Resilience Total	Primary School	15	18.40	5.45	.648
	High School	12	19.75	3.91	
	University	127	19.91	4.34	
	Postgraduate	19	19.79	3.22	

In the study, there was no statistically significant difference between the total and sub-dimension total scores of active empathic listening and psychological resilience levels according to the educational status of the participants (Table 12; $p > .05$).

TABLE 13. THE RELATIONSHIP BETWEEN ACTIVE EMPATHIC LISTENING AND PSYCHOLOGICAL RESILIENCE SCALES

Correlation					
		Perception	Processing	Reply	Psychological Resilience Total
Active Empathic Total	r- value	.811**	.824**	.864**	.102
	p- value	.000	.000	.000	.184
	n	173	173	173	173
Perception	r- value		.462**	.519**	.057
	p- value		.000	.000	.453
	n		173	173	173
Processing	r- value			.643**	.159*
	p- value			.000	.036
	n			173	173
Reply	r- value				.060
	p- value				.436
	n				173

There was no significant relationship between the active empathic listening scale and the psychological resilience scales. (Table 13; $p > .05$)

IV. CONCLUSION AND RECOMMENDATIONS

Results on Active Empathic Listening and Psychological Resilience Levels of Participants by Gender Status

In this study, it is aimed to examine the relationship between active empathic listening and psychological resilience of married individuals by considering some variables such as the duration of marriage. In the study, there was no relationship between the total dimensions and sub-dimensions of active empathic listening of married individuals according to gender. As a result of the literature review, when the researches on similar topics were examined, the results were found in parallel with the findings of the current research Yıldız (2015); Uğur (2019) did not find a relationship between gender variable and empathic listening in his research [25], [26]. In the current study, a significant relationship was found between the gender variable and psychological resilience, and it was concluded that the psychological resilience levels of male participants were higher than women. In the meta-analysis study conducted by Gök and Koğar, as a result of the examination of a total of 30 thesis and article-type studies, it was revealed that gender had a significant effect on psychological resilience and the results revealed that men had higher psychological resilience [27]. It is thought that this situation is due to the fact that society has different role expectations on men and women, men are strong in the eyes of society, combative and take on the responsibility of keeping the family alive economically, and thus have more experience in solving the problems they face. At this point, it is thought that women's psychological resilience is lower because the role expectations that they should only take care of their family by the society cause them to take a back seat in gaining experience.

Results Regarding Active Empathic Listening and Psychological Resilience Levels of Participants According to the Marriage Procedure

In the study, it was determined that there was a significant relationship between active empathic listening of married individuals according to the marriage procedure. The total scores of the active empathic listening scale and the total scores of the perception, processing and response sub-dimensions of the individuals who made arranged marriages were found to be higher than the individuals who had arranged marriages. As a result of the literature review, when the studies containing similar topics were examined, it was seen that the empathic tendencies of the participants who got married by agreement in the research conducted by Akbıyık scored higher than those who got married through arranged marriages [28]. In the study, no significant relationship was found between the psychological resilience of married individuals according to the marriage procedure. Similar results were found in the literature review. In a study conducted by Firat, it was concluded that there was no significant difference between the mean psychological resilience scores of the group participating in the study and the method of marriage [29]. It is thought that significant differences may occur when this situation is examined together with different variables such as traumatic life events, problem-solving skills, and realistic thinking skills instead of negative automatic thoughts of married individuals participating in the research.

Results Regarding Active Empathic Listening and Psychological Resilience Levels of the Participants According to Whether They Received Listening Training or Not

In the study, there was no significant relationship between active empathic listening and psychological resilience levels according to whether the participants received listening training or not. In the study put forward by Yılmaz in the literature review, it was stated that listening training will help the individual to listen to the other person without judging them, to understand their feelings and thoughts, and thus to develop empathy skills [30]. There are no research results revealing a significant or meaningless relationship between listening training and empathic listening skills. Doğan cited by: In the study conducted by Türkel, a significant difference was found between the students who received listening training as a result of the listening training applied to the students compared to the students who did not [23], [31]. In the study conducted by Şahin and Akbaba, it was stated that empathic listening skills developed with different techniques such as role-playing other than listening training [32]. The reason for the lack of significant difference in the current research is the content and achievements of the listening training received by the individuals participating in the research; it is thought that many different variables such as the living conditions of the married individuals participating in the research, positive and negative life events can affect.

Results on Active Empathic Listening and Psychological Resilience Levels of Participants by Age

In the study, there was no significant difference between the active empathic listening and psychological resilience levels of the participants according to age, the total scores of the scale and the sub-dimension (except for the response sub-dimension). In the literature review, similar results were found. In the study conducted by Ulukan, it was concluded that there was no significant difference between the mean scores of the psychological resilience levels of the teachers participating in the study according to age. In parallel with the research, Koç and Akyıldırım concluded that there was no significant difference between age groups and empathic tendency levels. The findings of the current research are in line with these studies [33], [34], [35].

Results on Active Empathic Listening and Psychological Resilience Levels of the Participants According to the Study Status

While there was no significant difference between the active empathic listening levels of the married individuals participating in the study and their working status, it was concluded that the psychological resilience of individuals working in the public and private sectors was higher than those who did not work. When the literature review was examined, a significant relationship was found between working status and psychological resilience in the research conducted by Karacık, and it was concluded that working people had higher psychological resilience compared to non-working people [36]. In addition to these studies, a significant difference was found between working status and psychological resilience in the study conducted by Artan, Atak, Karaman and Cebeci, and the results obtained support the current research [37]. In the current study, there was no significant difference between active empathic listening according to the working status of married people, and in the study conducted by Kılıç and Seymen, there was no difference between the working status and the level of empathy, so it is seen that the researches are in parallel with the current study [38]. This situation can be explained by the fact that working people have the power to meet their needs economically and have more social circles and more social support networks.

Results on Active Empathic Listening and Psychological Resilience Levels of Participants by Income Status

In the study, there was no significant difference between the total and sub-dimension total scores of the active empathic listening scale according to the income status of the participants. In the study conducted by Şahin, Özgen, Özdemir and Uysal, who have similar issues in the literature review, it was observed that there was no relationship between family income status and empathy level [39].

In the study, it was observed that the psychological resilience of middle-income married individuals was lower than that of low- and high-income individuals. When the studies in the literature were examined, it was stated in the research conducted by Eroğlu that working women with low income are thought to have higher psychological resilience [40]. In the study conducted by Hoşoğlu et al. on pre-service teachers, it was observed that the psychological resilience levels of pre-service teachers with low family income were lower than the participants in middle and high-income families [41]. Soysal did not find any relationship between psychological resilience and income status in her research [42]. There are inconsistencies in the literature on this subject. It is thought that these inconsistencies may differ depending on whether it is easy to access psychological help, working conditions, working hours, and the level of contribution to the social and emotional development of the income level of the individual.

Results Regarding Active Empathic Listening and Psychological Resilience Levels of Participants According to the Duration of Marriage

In the study, there was no significant difference between the active empathic listening and psychological resilience levels, total and sub-dimension total scores of the participants according to the duration of marriage. In the study conducted by Kindiroğlu, it was concluded that the duration of marriage did not differ significantly from psychological resilience [43]. In the study conducted by Güney and Demirli in the literature, it was stated that there was no relationship between empathic tendency and the duration of marriage, and it was in parallel with the study [44]. It is thought that one of the reasons for the lack of significant difference is that the marriage time intervals are kept wide. In the study, more detailed information will be obtained from the participants by creating the marriage periods that are required to be specified in the personal information form as 1-10, 11-21 and over 21 years as 1-3, 4-7, 10-13, 14-17, 18-21, 21 years and above. It is thought that meaningful results will be achieved if the marriage duration intervals are created within narrower intervals as mentioned above.

Results Regarding Active Empathic Listening and Psychological Resilience Levels of Participants According to the Status of Receiving Psychological Help

In the study, there was no significant difference between the total and sub-dimension total scores of the active empathic listening scale (excluding the processing sub-dimension) according to the psychological help status of the participants. A significant difference was found in the total score of the psychological resilience scale. According to the findings, the total score of the processing scale sub-dimension and the total scores of the psychological resilience scale of the individuals who did not receive any psychological help were found to be higher than the individuals who received previous and current psychological help. It is thought that the reason for this differentiation is that individuals who do not receive psychological counseling help have gained effective problem-solving skills against difficult living conditions and have personal characteristics such as high self-esteem and positive outlook on the future, which are effective in psychological resilience. No study on this variable has been found in the literature.

Results on Active Empathic Listening and Psychological Resilience Levels of the Participants According to the Number of Children

In the study, there was no significant difference between active empathic listening according to the number of children of the participants. A significant difference was found in the total score of the psychological resilience scale. As a result of the findings, it was determined that the psychological resilience of the participants who had 3 or more children was higher than the individuals who had 2 children. It has been stated that psychological resilience will increase with the increase in the number of children, but the current study has revealed that it differs in terms of those with 2 and 3 children, and the psychological resilience of parents with 3 children is higher than those with 2 children. The reasons why families with 2 and 3 children are different are thought to be different due to factors such as the age difference between the children, social support networks, problem-solving skills, and family structure.

Results on Active Empathic Listening and Psychological Resilience Levels of the Participants According to Educational Status

In the study, no significant relationship was found between active empathic listening and psychological resilience levels according to the educational status of the participants. In his study, Uçar did not find any relationship between the education levels and psychological resilience of 202 (142 female, 60 male) special education teachers working in Istanbul [45]. The findings are in line with the current study. In addition, in the present study, no significant relationship was found between the active empathic listening scale and the psychological resilience scales.

Suggestions

1. In this study, there was no significant relationship between the psychological resilience and active empathic listening levels of individuals and the duration of marriage. It is thought that the next researchers who will conduct research on this subject will reveal significant differences if the intervals of marriage periods are narrower.
2. In this study, there was no significant relationship between active empathic listening and listening training. It is thought that creating a standard training program and making an evaluation in terms of active empathic listening levels before and after the implementation of the training will support the achievement of meaningful results.
3. In this study, a significant relationship was found between gender and psychological resilience, and it is recommended that researchers who will work on this subject should work with social, psychological and other variables that are thought to be effective on gender.
4. Due to the fact that the married individuals who make up the universe of the research are a large mass, the fact that the number of people who make up the sample of this research is more than the number of people will be effective in reaching results that will cover the universe more.
5. Since there are few studies in the literature on the sample of married individuals and psychological resilience, conducting new studies in terms of different variables will support these and other studies and help to reach more general results.

6. In this study, a significant relationship was found between the working status and income levels of married individuals and psychological resilience. It may be recommended to comprehensively investigate the social, economic and personal effects of individuals' employment status and income level on psychological resilience.

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