

RESEARCH

Relationship Stability in Emerging Adulthood: The Predictions of Maternal Bonding and Need for Cognitive Closure

Beliren Yetişkinlikte İlişki İstikrarı: Anneye Bağlanma ve Bilişsel Tamamlanma İhtiyacının Yordayıcılığı

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Abstract

The main purpose of this study is to examine the predictive effects of maternal bonding and need for cognitive closure on relationship stability in the context of a model. In addition, it was examined whether the relationship stability and its subscales significantly differed according to some demographic variables. In the study in which the relational descriptive model was used, the research group consists of 403 individuals, 45% male (n = 180) and 55% (n = 223) female. "Relationship Stability Scale", "Parental Attachment Inventory-Mother Short Form" and "Need for Completion Scale-Short Form" were used as data collection tools in the study. Path model and t-Test are the basic statistics used in data analysis. As a result of the research, it was found that maternal bonding ($\beta = .16$, $p < .01$) and need for cognitive closure ($\beta = .21$, $p < .01$) has positive and low predictive power on relationship stability. It was found that maternal bonding ($\beta = .05$, $p < .01$) has a positive and low level of predictive power on the need for closure. As a result of the analysis, the mediation role of the need for closure is observed. It was found that maternal bonding ($\beta = .001$, $p < .01$) has a low and positive indirect effect on relationship stability through the need for closure. The total effect of maternal bonding ($\beta = .17$, $p < .01$) has a lower effect on stability of the relationship.

Keywords: Relationship stability, maternal bonding, need for cognitive closure, emerging adulthood

Öz

Bu çalışmanın temel amacı, anneye bağlanma ve bilişsel tamamlanma ihtiyacının ilişki istikrarı üzerindeki yordayıcı etkisini bir model bağlamında incelemektir. Ek olarak, ilişki istikrarı ve alt ölçeklerinin bazı demografik değişkenlere göre farklılaşp farklılaşmadığı incelenmiştir. İlişkisel tarama modelinin kullanıldığı çalışmada araştırma grubunu, 180'i erkek (%45), 223'ü (%55) kadın olmak üzere toplam 403 birey oluşturmaktadır. Araştırmada veri toplama aracı olarak "İlişki İstikrar Ölçeği", "Ebeveyn Bağlanma Envanteri-Anne Kısa Formu" ve "Tamamlanma İhtiyacı Ölçeği-Kısa Formu" kullanılmıştır. Path modeli ve t-testi verilerin analizinde yararlanılan temel istatistiklerdir. Araştırma sonucunda, anneye bağlanmanın ($\beta = .16$, $p < .01$), bilişsel tamamlanma ihtiyacının ($\beta = .21$, $p < .01$) ilişki istikrarı üzerinde pozitif ve düşük düzeyde yordayıcı gücünün olduğu ortaya çıkmıştır. Anneye bağlanmanın ($\beta = .05$, $p < .01$) tamamlanma ihtiyacı üzerinde pozitif ve düşük düzeyde yordayıcı gücünün olduğu ortaya çıkmıştır. Yapılan analiz sonucunda, tamamlanma ihtiyacının aracılık rolü gözlenmektedir. Anneye bağlanmanın ($\beta = .001$, $p < .01$) tamamlanma ihtiyacı üzerinden ilişki istikrarına dolaylı etkisinin düşük ve pozitif olduğu bulgusu elde edilmiştir. Anneye bağlanmanın ($\beta = .17$, $p < .01$) toplam etkisi ilişki istikrarı ile düşük düzeyde pozitif bulunmuştur.

Anahtar sözcükler: İlişki istikrarı, anneye bağlanma, bilişsel tamamlanma ihtiyacı, beliren yetişkinlik

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AS PART OF SOCIAL LIFE, every person interacts with different people in daily life. According to Thibaut and Kelley (1959), the essence of any interpersonal relationship is interaction. Interaction means that people radiate behaviour, create products for each other, or communicate with each other in each other's presence. When two people interact in repeated situations, they form a relationship.

A close relationship is one of strong, frequent, and varied interdependencies that persist over a significant period of time (Kelley et al. 1983). Close relationships that are in change and development throughout life; include parents, children, friendship, and love relationships and covers an important part of an individual's life (Reis et al. 2000). Love is used for expressing personal relationships, a special part of these relationships, and sometimes a feeling that an individual feels for another. Love is a concept that includes feelings of attachment, trust, closeness, affection, and respect (Atak and Taştan 2012). Love differs from other types of relationships due to the emotions it contains and the result of mutual interaction.

Since the 1950s, researchers in the field of romantic relationships have focused their attention primarily on two broad areas of relationship satisfaction and relationship maintenance (Adams and Jones 1999). Thibaut and Kelley (1959) who describes interpersonal relationships as a process of interdependence, in which spouses influence each other, explain satisfaction and stability as a result of the individual's evaluation of the gains obtained from the relationship according to two criteria called comparison level and comparison level for options. When the individual gains higher than the comparison level, which is an average value that includes his/her expectations, he/she finds the relationship satisfactory. They suggested that if the individual provides higher gains than the comparison level for the options, which is a value created by considering the possible relationship options, the relationship will continue to be maintained. Addiction increases when the relationship is satisfying or when other relationship options are unattractive. The prerequisite for the continuation of the relationship is that the rewards of the spouses are also dependent on the behaviour of the spouses, that is, a condition of mutual dependence (Thibaut and Kelley 1959). According to Rusbult et al. (2006), attachment emerges as a result of increased dependency. When the literature is examined, it is seen that some theorists based on the views and concepts of interdependence theory have developed various attachment models on relationship stability (Goode 1959, Levinger 1965, Hinde 1979, Rusbult 1980, 1983, Johnson 1991). One of the most important of the engagement models is Rusbult (1980, 1983)'s investment model. Rusbult (1991) stated that the main condition affecting the decision about whether to continue the relationship is commitment. In line with Rusbult's view, Fehr (1988) asked the individuals participating in the study to indicate the word that best expresses the relationship commitment, and most of the individuals stated that the word that best expresses the commitment is the determination to maintain the relationship (Büyükkahin 2006). The investment dimension, which is the most important contribution of Rusbult's commitment model to the concepts of interdependence, expresses the resources attached to a relationship that will be depreciated or lost if the relationship is terminated. As these resources increase, commitment increases (Fehr 2003). It is seen that the relational commitment is in a structure shaped by the interaction of various dimensions. These dimensions are affected by past experiences, observed relationships, and a series of situations such as transferring resources thought to be valuable to the relationship (Agnew 2009).

The first close relationship develops between the baby and the mother. The mother takes care of her baby in need of care and meets its physical needs. These first needs are care, nutrition, sleep, love, and attention (Avcı 2003). The baby is completely dependent on the adult who will take care of it during this period. (Baran and Aral 2011). The concepts of dependency and attachment are used to indicate the relationship of the baby with its mother (Ainsworth 1969). Bowlby (1973) defines attachment as an emotionally strong bond that an individual develops towards people he or she considers important (Atak 2010). Although this first dependent relationship was a special one, dependence on the mother or mother substitute was seen as a determinant of subsequent interpersonal relationships.

According to Kruglanski and Webster (1996), need for cognitive closure is seen as a cognitive process that affects the responses people develop for their social environment. The need to reach clear information about a particular situation, rather than uncertainty and confusion, is defined as the desire to make a decision (Mayseless and Kruglanski 1987, Webster and Kruglanski 1994, 1998, Mannetti et al. 2002). Individuals with a high need for closure avoid uncertain and disorderly situations and prefer an orderly life. Another feature of these individuals is that they prefer solid and stable information that is highly predictable, reliable under all conditions, and is not affected by expectations. Individuals with a high need for closure want to reach decision-making very quickly because of their need to be decisive. At the same time, they describe situations where it is not possible to be completed as unpleasant and feel uncomfortable with uncertainty (Atak et al. 2016). In this context, it can be thought that the need for cognitive closure will contribute to the analysis of the permanence and satisfaction of the relationship.

Emerging adulthood is a period in which change and discovery are common for individuals aged 18-29 in industrialized societies, many different potential futures are possible, and personal freedom and exploration are higher than at other times when they reach more permanent choices in love, work and worldview by exploring life possibilities (Arnett 2000). Having romantic relationships in emerging adults is a developmental task in the process of identity discovery (Eryılmaz and Ercan 2010). Gomez et al. (2019), emerging adulthood is a stage in which romantic relationships play a key role in the development and can be the source of both well-being and negative outcomes. It can be said that the emerging adulthood period, which is a period in which the foundations of many choices are laid, has a critical importance for the romantic relationships, which are desired to be one of the permanent choices, to be built on healthy foundations.

When the literature was examined, no study was found that investigated whether the need for attachment to the mother and the need for cognitive closure had a significant effect on relationship stability. In addition, when the studies conducted in Turkey are examined, it is seen that there are few studies on the need for cognitive closure. In this context, the examination of attachment to the mother, the need for cognitive closure and relationship stability on individuals in emerging adulthood provides information about the direction and strength of the relationship of these three concepts it may also contribute to the studies of attachment to the mother, the need for cognitive closure, and relationship stability.

The main purpose of this study is to examine whether the need for attachment to the mother and cognitive closure predicts relationship stability. Another aim of the study is to examine whether relationship stability and sub-dimensions of relationship stability, relationship satisfaction, evaluation of the quality of options, investment, and

commitment differ according to gender, relationship quality, number of past relationships, age, and perception of reaching adulthood.

In line with these purposes: "Do the participants' relationship stability levels differ significantly according to gender, age, quality of the relationship, number of past relationships, and perception of reaching adulthood?", "Do the participants' relationship satisfaction, evaluation of the quality of options, relationship investment, and relationship commitment levels differ significantly according to gender, age, relationship quality, number of past relationships, and perception of reaching adulthood?", "Does the level of attachment of the participants to the mother predict the stability of the relationship?", "Do participants' cognitive need for closure predict relationship stability?", "Do the participants' levels of attachment to their mothers predict their cognitive closure needs?", "Does the need for cognitive closure have a mediating effect in the relationship between attachment to the mother and relationship stability?" questions will be answered.

Method

In this descriptive study, data obtained from individuals of different ages and a cross-sectional research design was used. The relational screening model was used to examine the relationship between the levels of attachment to the mother and cognitive closure needs of individuals and relationship stability in emerging adulthood between the ages of 18-29 in Turkey.

Sample

This research consists of 403 participants between the ages of 18-29 who have experienced at least one romantic relationship in emerging adulthood in Turkey, reached through the online environment determined by the maximum diversity method from purposive sampling types. While determining the number of samples, parameters were entered into the G Power program. Data were collected from as many participants as the number of people suggested by the program. In addition, according to the measurement rule, data were collected from people 10 times the number of items. The individuals to whom the measurement tools will be applied were determined by taking into account the participation criterion "being individuals in the emerging adulthood between the ages of 18-29". The distribution of the individuals participating in the research according to various variables is presented in Table 1 with explanations.

Procedure

To collect data, Personal Information Form, Relationship Stability Scale, Parent Attachment Inventory-Mother Short Form and Need for Completion Scale-Short Form prepared on Google Forms were applied over the internet. The scales were applied individually to a total of 403 participants aged 18-29 across Turkey, between April 2021 and May 2021, through the online environment. Participants were reached through announcements made through social media tools, and no fees were paid. Before the scales were applied to the individuals, they were informed about the purpose of the study, that their personal information would not be requested, that their participation in the research was based on voluntariness and that the answers would be kept confidential. Identity information was not requested from the participants. The participants were

informed in writing about the preliminary information about the research and the application of the scales. Necessary adjustments were made on Google Forms to fill in the items completely. It took an average of 15-20 minutes to answer the scales by the participants.

Measures

Relationship Stability Scale

To measure relationship stability, the Relationship Stability Scale (RSS), consisting of 37 items and four sub-factors (relationship satisfaction, evaluating the quality of options, relationship investment, and commitment), developed by Rusbult et al. (1998) and adapted into Turkish by Büyükşahin et al. (2005) was used. An increase in the scores obtained from the relevant dimensions means that the dimension increases (Büyükşahin 2006). To test the criterion validity of the scale, the RSS subscales and the Attitudes towards Love Scale: The relationships between the Short Form (LAS) subscales were examined, and it was concluded that they took values ranging from 48 to 67 in the expected direction and in a significant way. The Cronbach's alpha internal consistency coefficient of the scale was .90 for relationship satisfaction .84 for assessing the quality of options and calculated .84 for relationship investment. The two-half reliability coefficients of the subscales were calculated and it was concluded that they were .84, .71 and .78, respectively (Büyükşahin 2006). In this study, Cronbach's alpha value was found as .78.

Parent Attachment Inventory-Mother Short Form

The Parent Attachment Inventory, which consists of 12 items and three factors (trust, communication, and alienation) to measure attachment to the mother, developed by Arnsden and Greenberg (1987), prepared a short form by Raja et al. (1992) and adapted by Günaydın et al. (2005) was used. As the positive attachment to the mother increases, higher scores are obtained from the scale. As a result of the reliability study, the Cronbach alpha coefficient calculated for internal consistency was determined as .88 for the mother form and .90 for the father form (Günaydın ve ark. 2005). In this study, the Cronbach alpha value for the mother form was found as .89.

Need for Cognitive Closure Scale-Short Form

Need for Cognitive Closure Scale (NFC-SV), developed by Roets and Van Hiel (2011) and adapted into Turkish by Atak et al. (2016), was used to measure the need for closure - short form (MNC-SF). The scale consists of 15 items and one dimension. An increase in the score obtained from the scale means that the level of need for cognitive closure is also high. As a result of the factor analysis conducted by Atak et al. (2016), it was concluded that 36.7% of the total variance of the scale was explained. According to the confirmatory factor analysis results obtained from 15 items, the factor structure of the scale was confirmed. The Cronbach alpha value calculated for the internal consistency of the scale was found to be .88. In the reliability study of the scale, the Cronbach alpha coefficient calculated for internal consistency was found to be .74. This finding means that the internal consistency of the scale is at acceptable values. It was concluded that MNC-SF showed a high level of test-retest reliability ($r=.92$) (Atak et al. 2016). In this study, Cronbach's alpha value was found as .87.

Table 1. Distribution of the research group according to demographic variables

Variable		N	%
Gender	Male	180	44,7
	Female	223	55,3
Age	18-25	187	46,4
	26-29	216	53,6
Perception of reaching Adulthood	Yes	185	45,9
	In Some Ways Yes In Some Ways No	218	54,1
Nature of the Relationship	Romantic Relationship (Lover Relationship)	218	54,1
	Married	185	45,9
Number of Past Relationships	1	83	20,6
	2 and above	320	79,4

Statistical analysis

Frequency and percentage analysis were used to analyze the demographic characteristics of the participants, and path model analysis was used to test the relationship stability-mother attachment-cognitive closure model. While performing the path analysis, the researcher built the model by taking into account the existing literature. Variables were selected considering both theoretical knowledge and empirical studies. Descriptive statistics were calculated for all variables. Data analysis was performed using SPSS 25.0 and LISREL package programs. To test whether the data differed according to demographic characteristics, a t-test was applied for unrelated samples. When analyzing the data, the confidence interval was taken as 95%. The scales were administered to 403 participants aged 18-29 across Turkey, individually and on a voluntary basis, via the online environment. Participants were given brief information about the purpose of the research, and scales lasting 15-20 minutes were administered to those who volunteered. The data were collected with the permission of Kırıkkale University Social and Human Sciences Research Ethics Committee, dated 18.03.2021 and numbered 3. Data were collected from the participants per the principle of voluntariness, and their consent was obtained.

Results

To test whether the relationship stability and subscale levels of the participants differed significantly according to demographic variables, t-Test was used for independent groups. As seen in Table 2, it was found that the level of relationship stability showed a significant difference according to gender ($t(401) = 2.74, p < .05$). The mean of males (mean = 6.56) was found to be significantly higher than females (mean = 6.31). Looking at other data; Male and female participants' evaluation of the quality of options ($t(401) = 2.45, p < .05$) and relation investment ($t(156) = 2.25, p < .05$) subscales showed a significant difference by gender. The mean of men (mean = 4.71) was found to be significantly higher than women (mean = 4.20) at the levels of evaluating the quality of options, and the mean of men (mean = 5.73) at the level of relationship investment was found to be significantly higher than women (mean = 5.02). In the analysis, it was found

that the participants' relationship satisfaction ($t(401) = .61, p > .05$) and attachment ($t(401) = -.95, p > .05$) levels did not differ according to gender.

Table 2. T-test results in terms of gender-based groups of relationship stability and subscales

	Gender	N	Mean	SS	sd	t	P
Relationship Stability	Male	180	6.56	.90	401	2.74	.006
	Female	223	6.31	.91			
Relationship Satisfaction	Male	180	7.63	1.59	401	.61	.540
	Female	223	7.53	1.57			
Evaluating the Quality of Options	Male	180	4.71	2.16	401	2.45	.015
	Female	223	4.20	2.00			
Relationship Investment	Male	180	5.73	1.89	401	3.65	.000
	Female	223	5.02	1.95			
Attachment	Male	180	7.72	1.54	401	-.95	.344
	Female	223	7.87	1.62			

Table 3. T-test results of relationship stability and subscales in terms of age groups

	Age	N	Mean	SS	Sd	T	p
Relationship Stability	18-25	187	6.34	.99	401	-1.80	.073
	26-29	216	6.50	.85			
Relationship Satisfaction	18-25	187	7.46	1.62	401	-1.31	.190
	26-29	216	7.67	1.55			
Evaluating the Quality of Options	18-25	187	4.41	2.16	401	-.18	.854
	26-29	216	4.45	2.03			
Relationship Investment	18-25	187	5.42	2.12	401	.76	.447
	26-29	216	5.27	1.80			
Attachment	18-25	187	7.56	1.69	401	-2.85	.005
	26-29	216	8.01	1.46			

As seen in Table 3, it was found that the relationship stability levels of the participants did not show a significant difference according to age ($t(401) = -1.80, p > .05$). When we look at the data about the subscales, it was found that the level of commitment of the participants ($t(401) = -2.85, p < .05$) differed significantly according to age, relationship satisfaction ($t(401) = -1.31, p > .05$), evaluating the quality of the options ($t(401) = -.18, p > .05$) and relationship investment ($t(401) = .76, p > .05$) levels did not show a significant difference according to age. When the participants' levels of attachment by age were compared, the mean of the 26-29 age group (mean = 8.01) was found to be significantly higher than the 18-25 age group (mean = 7.56).

As seen in Table 4, it was found that the level of relationship stability of the participants did not show a significant difference according to their perceptions of reaching adulthood ($t(401) = .34, p > .05$). Looking at the other data, it was found that the participants' evaluation levels of the quality of options ($t(401) = -2.46, p < .05$) differed significantly according to their perceptions of reaching adulthood, relationship satisfaction ($t(401) = 1.44, p > .05$), relationship investment ($t(401) = .59, p > .05$) and relational relevance ($t(401) = 1.37, p > .05$) levels did not show a significant difference. When the participants' evaluation levels of the quality of options were compared, the average of those who thought they had reached adulthood (mean = 2.08) was found to

be significantly higher than those who thought they had reached adulthood in some aspects and not in others (mean = 2.07).

Table 4. T-test results in terms of groups formed according to the perception of relationship stability and its subscales reaching adulthood

	Perception of reaching Adulthood	N	mean	SS	Sd	T	p
Relationship Stability	Yes	185	6.44	.87	401	.34	.733
	In Some Ways Yes In Some Ways No	218	6.41	.95			
Relationship Satisfaction	Yes	185	7.70	1.50	401	1.44	.150
	In Some Ways Yes In Some Ways No	218	7.47	1.64			
Evaluating the Quality of Options	Yes	185	4.16	2.08	401	-2.46	.014
	In Some Ways Yes In Some Ways No	218	4.67	2.07			
Relationship Investment	Yes	185	5.40	2.05	401	.59	.554
	In Some Ways Yes In Some Ways No	218	5.28	1.87			
Attachment	Yes	185	7.92	1.51	401	1.37	.171
	In Some Ways Yes In Some Ways No	218	7.70	1.64			

Table 5. T-test results in terms of groups formed according to the number of past relationships of relationship stability and subscales

	Number of Relationships	N	mean	SS	Sd	T	p
Relationship Stability	1	83	6.52	.86	401	1.09	.276
	2 and above	320	6.40	.93			
Relationship Satisfaction	1	83	7.85	1.35	401	1.77	.077
	2 and above	320	7.50	1.62			
Evaluating the Quality of Options	1	83	3.68	2.07	401	-3.74	.000
	2 and above	320	4.63	2.05			
Relationship Investment	1	83	5.74	2.06	401	2.12	.035
	2 and above	320	5.23	1.91			
Attachment	1	83	8.16	1.30	401	2.35	.019
	2 and above	320	7.71	1.64			

As seen in Table 5, it was found that the relationship stability levels of the participants did not show a significant difference compared to the number of past relationships ($t(401) = 1.09, p > .05$). Looking at other data, participants' assessment of the quality of options based on the number of past relationships ($t(401) = -2.85, p < .05$), relationship investment ($t(401) = -2.85, p < .05$) and attachment ($t(401) = -2.85, p < .05$) levels differed significantly, and the level of relationship satisfaction ($t(401) = -1.31, p > .05$) levels did not show a significant difference. When the evaluation levels of the quality of options of the participants are compared, the average of the group stating that they have two or more relationships (mean = 4.63) is compared to the group that states they have 1 relationship (mean = 3.68), and the group that states that they have 1 relationship when their relationship investment levels are compared (mean = 5.74) when the attachment levels were compared (mean = 5.23), the mean of the group stating that they had 1 relationship (mean = 8.16) was found to be significantly higher than the group stating that they had two or more relationships (mean = 7.71).

As seen in Table 6, it was found that the relationship stability levels of the participants differed significantly according to the nature of the relationship ($t(401) = -$

6.91, $p < .05$). The mean of the group stating that they were married ($= 6.75$) was found to be significantly higher than the group stating that they were romantically involved ($= 6.15$). Considering the data related to the subscales, the relationship satisfaction of the participants according to the nature of the relationship ($t(401) = -5.96$, $p < .05$), the evaluation of the quality of the options ($t(401) = 5.21$, $p < .05$), relationship investment ($t(401) = -6.54$, $p < .05$) and attachment ($t(401) = -7.57$, $p < .05$) levels were found to differ significantly. When the relationship satisfaction levels of the participants are compared, the average of the group stating that they are married (mean = 8.06) is compared to the group stating that they are in a romantic relationship (mean = 7.16), the average of the group stating that they are in a romantic relationship (mean = 4.91) when evaluating the quality of the options is compared to the married group (mean = 3.86), the average of the married group (mean = 5.99) when the levels of relationship investment were compared, the average of the group that was romantically involved (mean = 4.78), the average of the group that was married (mean = 8.41) when the levels of attachment were compared (mean = 7.29) was found to be significantly higher.

Table 6. T-test results in terms of the groups formed according to the relationship stability and its subscales

	Nature of the Relationship	N	mean	SS	Sd	T	P
Relationship Stability	Romantic Relationship (Lover Relationship)	218	6.15	.97	401	-6.91	.000
	Married	185	6.75	.73			
Relationship Satisfaction	Romantic Relationship (Lover Relationship)	218	7.16	1.68	401	-5.96	.000
	Married	185	8.06	1.29			
Evaluating the Quality of Options	Romantic Relationship (Lover Relationship)	218	4.91	1.97	401	5.21	.000
	Married	185	3.86	2.08			
Relationship Investment	Romantic Relationship (Lover Relationship)	218	4.78	1.94	401	-6.54	.000
	Married	185	5.99	1.75			
Attachment	Romantic Relationship (Lover Relationship)	218	7.29	1.70	401	-7.57	.000
	Married	185	8.41	1.19			

Table 7. Correlation values between variables

Variables	Relationship Stability	Attachment to Mother	Need for Cognitive Closure
Relationship Stability	1	.17**	.21**
Attachment to Mother		1	.05
Need for Cognitive Closure			1

** $p < .01$, * $p < .05$

In the study, the correlation between the mean scores of the research group's relationship stability, attachment to the mother, and need for cognitive closure were examined and the results are given in Table 7. According to the results of the correlation analysis, there is a positive and low-level significant relationship between relationship stability and attachment to the mother ($r = .17$; $p < .01$) and the need for cognitive closure ($r = .21$; $p < .01$). According to another result of the correlation analysis, no significant relationship was found between the need for attachment to the mother and the need for

cognitive closure ($r = .05$; $p > .05$). According to these results, it was seen that the level of relationship stability of individuals predicted the need for cognitive closure and attachment to the mother and was positively related. According to this result, it is possible to say that the necessary correlation adequacy for the model test has been achieved. After this process, the conceptual model was tested. Using the correlation analysis in Table 7, the analysis of the conceptual model (standardized coefficients) was performed. The results are shown in Figure 1.

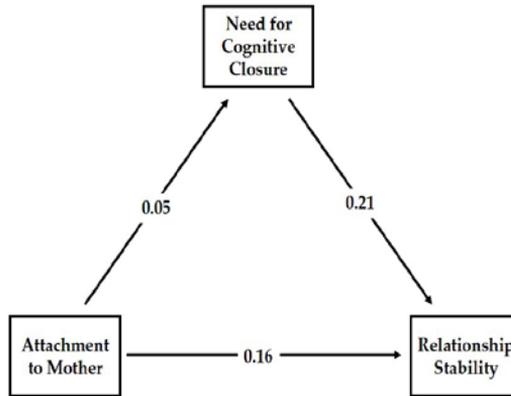


Figure 1. Model analysis (standardized coefficients)

Table 8. Path analysis results of the model

Fit Indices	Fit Values
Chi-Square/Degree of Freedom	0
RMSEA	0.000
CFI	1.00
IFI	1.00
NFI	1.00
TLI	1.00
GFI	1.00
AGFI	1.00

The fit values of the model after the analysis are given in Table 8. Considering the fit coefficients obtained from the tested model, it is seen that CFI= 1.00, IFI= 1.00, NFI= 1.00, TLI= 1.00, GFI= 1.00 and AGFI= 1.00. Chi-Square/Degree of Freedom (χ^2 / df) 0; RMSEA values were found to be .000 (Table 8). According to the results of the analysis, it is seen that the Chi-Square and RMSEA values are lower than .05. The facts that the Chi-Square and RMSEA values are lower than .05 and the CFI, IFI, NFI, TLI values are higher than .95 indicate that the tested model is a "saturated model" (Şimşek 2007). Therefore, there was no need to examine the improvement indices.

Table 9. The effect values of the predictor variables on the predicted variables

	Relationship Stability			Attachment to Mother	Need for Cognitive Closure
	1	2	3	1	1
Attachment to Mother	.16	.011	.17		.05
Need for Cognitive Closure	.21				

1: Direct Effect; 2: Indirect Effect; 3: Total Effect

Looking at the “direct effects” in the model, attachment to the mother ($\beta=.16$, $p<.01$), and need for closure ($\beta=.21$, $p <.01$) were found to be positively and lowly correlated with relationship stability. Attachment to the mother ($\beta=.05$, $p <.01$) was found to be positively and lowly correlated with the need for cognitive closure. Examining the indirect effects between the variables will contribute to the understanding of the mediating role of the need for closure. (See. Table 9).

In the hypothetical model, the mediator role of the need for closure was defined between attachment to the mother and relationship stability. As a result of the analysis, the mediating role of the need for completion is observed. In other words, attachment to the mother affects the need for completion, which in turn affects the stability of the relationship.

When the indirect effects between the variables are examined, it is seen that the indirect effect of attachment to the mother ($\beta=.011$, $p <.01$) and the need for cognitive closure on relationship stability is low and positive. Looking at the findings in general, it is seen that the need for closure has a mediating role in the model, and this finding confirmed the hypothesis that "the need for closure has a mediating role between attachment to the mother and relationship stability" (Table 9).

“Total effect”, refers to the sum of all direct and indirect effects between one variable and another variable. When the total effects were examined, the total effect of attachment to the mother ($\beta=.17$; $p < .01$) was found to be slightly positively correlated with relationship stability. In general, it can be stated that the overall effect of attachment to the mother on relationship stability is significant.

When the model is examined in general, it can be stated that the effect of both attachments to the mother and the need for closure on relationship stability is significant, and the effect of attachment to the mother on relationship stability through the need for completion is also significant. In more detail, it can be said that the need for attachment and closure to the mother has a positive effect on relationship stability.

Discussion

Looking at the findings in general, it was found that relationship stability differed significantly according to gender and the nature of the relationship, and there was no significant difference according to age, perception of reaching adulthood, and the number of relationships. It was found that relationship satisfaction, which is one of the sub-dimensions of relationship stability, differed significantly according to the nature of the relationship, and there was no significant difference according to gender, age, perception of reaching adulthood, and the number of past relationships. It was concluded that the sub-dimension of evaluating the quality of the options differed significantly according to gender, perception of reaching adulthood, the number of relationships, and the quality of the relationship, and there was no significant difference according to age. On the other hand, it was observed that the relationship investment sub-dimension differed significantly according to gender, the number of relationships, and the quality of the relationship, and there was no significant difference according to age and perception of reaching adulthood. It was concluded that attachment, which was added to the relationship stability scale and was the last sub-dimension, differed significantly according to age, the number of relationships, and the quality of the relationship, and there was no significant difference according to gender and perception

of reaching adulthood. The need for attachment to the mother and cognitive closure was found to be slightly positively correlated with relationship stability. A positive and low correlation was found between attachment to the mother and the need for cognitive closure.

When the literature is examined, it is seen that there are few studies in which the total score of relationship stability and demographic variables are evaluated together. Çelik-Zeren (2020) concluded that gender has a significant effect on relationship stability and that the average of men is higher than that of women. This study is consistent with the finding of our research. It can be said that culturally determined social roles according to gender are effective in the significant differentiation of men's average in relationship stability. It was concluded that the variable of the quality of the relationship also had a significant effect on the stability of the relationship and that the level of relationship stability of the married participants was higher than those who had a romantic relationship. This finding meets the expectation that married individuals will be determined to continue their relationship. This finding contradicts the finding of Çelik-Zeren (2020)'s research. This may be because married individuals are likely to complete the scale with their partners. In this study, it was concluded that relationship stability did not show a significant difference according to age, perception of reaching adulthood, and the number of past relationships. When the literature was examined, no findings related to the relationship of these variables were found. It can be said that a contribution to the literature has been made in terms of examining these demographic variables.

In this study, it was concluded that gender did not have a significant effect on relationship satisfaction. This result is consistent with the studies of Uzun (2017), Şahin (2015), Akarsu (2018), Çaykuş (2020) and Çelik-Zeren (2020). In this study, as a result of the comparison of relationship satisfaction levels with age, it was concluded that age does not have a significant effect on relationship satisfaction, this finding is consistent with the studies of Şahin (2015), Mamati (2018), and Çaykuş (2020), and Tai et al. It was found that while it is high in young women, it decreases with age, contradicting Uzun's (2017) findings that satisfaction decreases with age. It can be said that socio-economic and cultural diversity causes the findings in the literature to differ. It was concluded that the perception of reaching adulthood did not have a significant effect on satisfaction. When the literature is examined, it can be said that this variable has not been examined before, and in this respect, it is one of the original findings of our research. In this study, it was found that the number of past relationships did not have a significant effect on satisfaction, and this finding was consistent with Şahin's (2015) research. It was concluded that the quality of the relationship had a significant effect on relationship satisfaction and the average of married participants was significantly higher than those who stated that they had a romantic relationship or a loving relationship. This finding was found to be consistent with the findings of Şahin (2015) and Büyükşahin (2006). This may be because, as in the study of Tai et al. (2014), those who intend to marry may be more satisfied with the relationship than those who do not. As the level of planning for the future increases, relationship satisfaction increases (Büyükşahin 2006).

In this study, it was concluded that gender has a significant effect on the level of evaluation of the quality of options and that men get higher scores than women. When the literature is examined, there are studies consistent with the findings of this research

(Sacher and Fine 1996, Rusbult et al. 1998, Fitzpatrick and Sollie 1999, Büyükşahin 2006, Halat 2009, Buğa 2009, Akarsu 2018, Çaykuş 2020, Çelik-Zeren 2020) as well as conflicting studies (Le and Zeren 2020). Agnew 2003, Şahin 2015, Uzun, 2017, Aktaş-Akbayrak 2019). It can be thought that the finding obtained in our research stems from the cultural differences in the roles attributed to men and women. The conclusion that the age obtained in our study does not have a significant effect on the evaluation level of the quality of the options is consistent with the findings of Mamati (2018) and Şahin (2015) but contradicts the findings of Buğa (2009) and Çaykuş (2020). It can be thought that the finding obtained in our study was affected by the closeness of the age groups. It has been concluded that the perception of reaching adulthood has a significant effect on evaluating the quality of options, and the average of those who think that they have reached adulthood is higher than those who think that they have reached adulthood in some ways and not in others. It has been observed in the literature that the relationship of this variable has not been examined before. It was concluded that the number of past relationships had a significant effect on evaluating the quality of the options, and the mean of the group stating that they had two or more relationships was higher than the group that stated that they had 1 relationship. This finding seems to contradict the finding of Şahin (2015). The findings obtained in the research coincide with the expression of evaluating the current relationship according to the past relationships and the relationships seen in the environment, which is included in the definition of evaluating the quality of the options. It was found that the quality of the relationship had a significant effect on the evaluation of the quality of the options, and the mean of the group who stated that they had a romantic or lover relationship was higher than the married group. It is seen that this finding is consistent with the findings of Mamati (2018) and Büyükşahin (2006), which contradicts the findings of Şahin (2015). The reason for this may be that married individuals focus on maintaining the relationship according to social norms and unmarried individuals question whether they are in an ideal relationship.

In this study, it was concluded that gender had a significant effect on relationship investment, with men having a higher level of investment than women. This finding is consistent with the finding of Çelik-Zeren (2020). When the literature is examined, it is seen that there is a significant difference between gender, but contrary to our research findings, the findings regarding that women have higher investment levels than men (Rusbult et al. 1998, Fitzpatrick and Sollie 1999, O'Sullivan et al. 2006, Taluy 2013). There are also studies showing that gender does not have a significant effect on relationship investment (Le and Agnew 2003, Şahin 2015, Uzun 2017, Akarsu 2018, Aktaş-Akbayrak 2019, Çaykuş 2020). It is seen that the finding obtained in our research contradicts the literature. This may be due to cultural differences. Culturally, men may have described themselves as more altruistic in a relationship because they are freer. It was concluded that age did not have a significant effect on relationship investment. While this result is consistent with the finding of Uzun (2017), Mamati (2018), and Şahin (2015), it contradicts the finding in Çaykuş (2020)'s study that adult individuals have a higher level of investment than emerging adults. This may be due to the inability to evaluate the investment with objective criteria. It was seen that the perception of reaching adulthood did not have a significant effect on relationship investment, and when the literature was examined, there was no study related to this variable. It can be said that this finding is an original finding of our study. It was found that the number of

past relationships had a significant effect on relationship investment, and the average of the group stating that they had 1 relationship was higher than the group that stated that they had two or more relationships. This result seems to contradict the finding of Şahin (2015). This finding may be due to the more destructive evaluations of individuals with a single relationship about the loss they will experience after the relationship ends. It was found that the quality of the relationship had a significant effect on the relationship investment, and the average of married individuals was higher than the individuals who had a romantic relationship or a loving relationship. While this finding contradicts the finding of Mamati (2018) that marital status does not affect investment, it is consistent with the finding of Şahin (2015) and Büyükşahin (2006). It can be said that the finding in our research is influenced by the cultural perception that the partners, who are two separate individuals in a dating relationship, should intertwine with their marriage bond.

In this study, it was concluded that gender did not have a significant effect on commitment. While this result is consistent with the finding of Çelik-Zeren (2020), it seems to contradict the finding of Fitzpatrick and Sollie (1999), Le and Agnew (2003), Taluy (2013), and Çaykuş (2020) that women develop more attachment than men. The reason why the findings obtained in our research conflict with the literature may be that the spouses filled in the scales sent over the internet together and influenced each other. It was concluded that age had a significant effect on attachment, and the average of the 26-29 age group was higher than the 18-25 age group. This result is consistent with the finding of Fitzpatrick and Sollie (1999), Buğa (2009), and Çaykuş (2020). It has been observed that the perception of reaching adulthood does not have a significant effect on commitment, and this variable has not been studied in the literature. It can be said that this finding is original. It was concluded that the number of past relationships had a significant effect on commitment, and the mean of the group that had 1 relationship was higher than the group that had two or more relationships. When the literature is examined, it is seen that the attachment subscale is used in very few studies and this demographic variable has not been studied before. It was concluded that the quality of the relationship had a significant effect on commitment, and the average of married individuals was higher than the group that stated that they had a romantic or lover relationship. This result is consistent with the finding of Mamati (2018). This may be due to the fact that married individuals are more possessive of their existing relationships than individuals who are in a romantic relationship.

In this section, the findings obtained as a result of examining the relationship between relationship stability, mother attachment, and the need for closure in the hypothesized model are discussed.

The relationships between the variables of relationship stability need for attachment to the mother and need for closure of the participants in the research group was examined by Path model analysis. According to the results of the Path analysis, it was found that both attachments to the mother and the need for closure were low predictors of relationship stability. In the model analysis, the need for attachment to the mother and the need for cognitive closure were found to be positively related to relationship stability at a low level.

As a result of the analysis, it is observed that the need for cognitive closure has a mediating role between attachment to the mother and relationship stability. Attachment to the mother affects the need for closure, which in turn affects the stability of the relationship. When the findings are examined under the heading of total effects, it is

seen that attachment to the mother has a low level of positive effect on relationship stability.

When academic studies in Turkey are examined, it has been determined that cognitive completion is associated with childhood mental traumas and various variables such as emotional and binge eating (Dobur 2019), compulsive shopping behaviour (Çarıkcı 2019), online game addiction (Deliktaş 2020) and risky behaviours (Yazgan 2020). Although there are studies, it is seen that the only study examining the relationship between attachment to the mother and the need for cognitive closure was conducted by Aksu (2019). Aksu (2019), in his study with individuals aged 18-26, concluded that there is a low level of positive correlation between attachment to the mother and the need for cognitive closure. This result supports the finding we obtained in our study.

When the literature is examined, it is seen that there are studies in which attachment to the mother and romantic relationships are investigated together. In one of these studies, Akbay (2015) concluded that individuals who perceive their mothers as related tend to avoid romantic relationships less and experience less anxiety in their relationships, considering the first sixteen years of their lives. Akdağ (2017) concluded that young adults' maternal attachment pattern was a significant predictor of attachment avoidance in romantic relationships, and Sığircı (2010) found that avoidant attachment style significantly predicted marital satisfaction. In his research, Ercan (2016) concluded that individuals with a high level of attachment to their mothers got high scores on passionate love and friendly love scales. Büyükşahin et al. (2005) found a significant and positive relationship between relationship satisfaction and the subscales of friendly love, passionate love, altruistic love, and possessive love when they considered the relationship between the SRS and LAS subscales separately. Considering the general characteristics of these love styles, it can be argued that they are related to the relationship satisfaction subscale. When the findings of the study of Büyükşahin et al. (2005) and Ercan (2016) are correlated, it can be said that relationship satisfaction, which is one of the subscales of attachment to the mother and relationship stability, gave significant results in the common denominator of love styles in both studies. When the literature was examined, no study was found about whether attachment to the mother significantly predicted relationship stability in Turkey.

Conclusion

Within the scope of the research, the forms were applied to a certain number of participants over the internet. Many factors could not be observed, such as the attention of the participants, whether they filled out the form individually or not. Conducting future studies with more participants and face-to-face may contribute to the field. This research was carried out on the total scores of attachment to the mother. As a result, findings related to subscale scores were not analyzed. It may contribute to the field of researchers who want to work on issues similar to this study examine the findings obtained from the mother attachment subscale scores. In addition, it is thought that they can contribute to the field by studying parental attachment styles and adult attachment styles, which are thought to be related to relationship stability. In this context, it is recommended that researchers consider this issue when planning new studies.

Emerging adulthood is a life period in which spouse, work, and worldview are shaped. It is seen that the most important reason for individuals in this period to apply to mental health units is the problems they experience in their romantic relationships. Couple therapy with individuals in romantic relationships has recently become a prominent counselling service. In the light of the findings of this study, it is recommended that field workers analyze the relationship between attachment to the mother and relationship stability, and make use of these findings when shaping prevention and intervention studies. It is thought that the finding that the need for cognitive closure has a significant effect on relationship stability will benefit the use of psychological counsellors, other field workers, and experts who will intervene in relationship stability with a cognitive-behavioural approach. In this context, it is recommended that field workers evaluate the Need for Cognitive Closure factors in the prevention and intervention studies to be planned. Although there is a study in Turkey examining the relationship between attachment to the mother and the need for cognitive closure, it seems that there is no study revealing the relationship between the variables of attachment to the mother, needs for cognitive closure, and relationship stability. In this context, it can be thought that the results of the research will contribute to future academic studies.

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