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THE INTERMEDIATE ROLE OF EGO STATES IN THE RELATIONSHIP OF SELF-PERCEPTION AND MARRIAGE SATISFACTION

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ABSTRACT

The aim of this study is to test the model developed for the mediating role of ego states in the relationship between the self-perception of married individuals and their marital satisfaction. The research is a descriptive research and was designed in the relational survey model, which is one of the quantitative research methods. The study group of the research consists of 541 women and 511 men, a total of 1052 people who have been married for at least one year. Social Comparison Scale, Marriage Life Scale and Ego State Scales were used to collect data. The developed model was checked through the Structural Equation Model. SPSS-25 and Amos-25 programs were used in the analysis of the data. It has been determined that the coefficients of the structural model established regarding the mediating role of ego states in the relationship between self-perception and marital satisfaction are in good agreement and it has been found that ego states have a partial mediating role in the model. In Model 1, the relationship between self-perception and marital satisfaction was examined and the regression coefficient between the two variables was found to be $\beta = .49$ and significant. In Model 2, the effect of ego states as a mediator variable was examined, and it was seen that the regression coefficient between self-perception and marital satisfaction was $\beta = .58$, and although it was significant, the values of p-value and well-being fit indices decreased compared to Model 1. According to the data obtained, it is seen that the golden child scale, which is one of the ego states sub-dimensions, has a mediating effect between self-perception and marital satisfaction. According to the bootstrap confidence interval data, it can be mentioned that the golden child scale, one of the ego states subscales, has a partial mediation effect between self-perception and marital satisfaction. As a result of the research, it was determined that the golden child scale, which is one of the ego states subscales, has a partial mediator role in the relationship between the self-perceptions of married individuals and their marital satisfaction.

Keywords: Self Perception, marriage satisfaction, ego states, family counseling.

INTRODUCTION

Looking at the definition of marriage, it can be seen that men and women mean love, friendship, sexual satisfaction, and as a result, being happy by giving birth to a child as a common bond and fulfilling their needs together (Bakırcıoğlu, 2016). In addition, it was pointed out that the family, which emerged as a result of marriage, is based on blood ties of individuals and has a socio-economic structure (Budak, 2017). In the sociological and historical process, marriage and family have been understood in two different ways. It is seen that the effect of patriarchal culture and male-female roles is evident in one of these understandings. It is reported that men are the pillars of the house, which is evident in male-dominated societies, and women are considered relatively in the background (Nazlı, 2011). When we look at another understanding, it can be observed that concepts such as freedom and equality, in which a relatively modern understanding is dominant, are emphasized, and it can be observed that women and men are accepted as stakeholders in terms of rights and obligations (Özgüven, 2017). Positive traces of this form of interaction, which has started to be seen especially in today's family structures, can be observed in the family structure. Some of the positive aspects of the modern family style are that men get rid of the influence of the patriarchal culture and help their wives more in housework, childcare and kitchen work (Geçtan, 2018; Özgüven, 2017).

On the other hand, when the results of the sociological change of the concepts of family and marriage are examined, it can be observed that although it has positive aspects, it also has negative consequences because it causes a social break. It is seen that this situation is reflected in the marriage and divorce rates of many western countries, for example, 2 out of 5 marriages end in divorce (Dallos and Draper, 2016). In this context, the increase in the age of marriage, choosing not to marry, the emergence of family structures other than the known family structure can be experienced as different reflections of this change. In addition, the change in the roles of men and women also affects the expectations of the partners towards each other. Today, there is a rapid sociological change in which many things are changing compared to the past, and the family is also affected by this change. In this context, it can be observed that the dominant ideological and cultural perspective in every society has an inevitable effect on family and marriage phenomena. As one of the results of this effect, it is seen that the settled family structure started to change and new family structures emerged (Nazlı, 2011; Dallos & Draper, 2016; Özgüven, 2017).

The family structure, which is at the center of change and transformation, can be affected in different ways by this situation. In Turkey, the data of the Turkish Statistical Institute (TUIK) reveal the results of this situation; It is seen that the number of married couples in 2018 was 554 thousand 389, and the marriage rate in 2019 decreased by an average of 2.3% to 541 thousand 424. When we look at the divorce rates, the number of divorced couples in 2018 increased by 143 thousand 573, and the number of divorced couples in 2019 increased by 8.0% and became 155 thousand 47 (<https://www.ailevecalisma.gov.tr> Accessed on .22.12.2020). In addition to this negativity, the fact that the family institution continues to exist is due to its response to many humanitarian needs (Özgüven, 2017). From these needs, the establishment of sex life on a healthy basis, the

role of men and women and the division of labor and the regulation of economic life come to the forefront. This suggests that the purpose of marriage is to ensure that the psychological, biological and social needs of men and women reach saturation (Özgüven, 2017; Nazlı, 2011; Canel, 2012; Doğan, 1991).

Many problems that arise in the family institution have led today's countries to make some legal arrangements. For example, these regulations are found in Europe after the Second World War. In addition, in Turkey, Article 185 of the Civil Code states that "Marriage union is established between spouses through marriage. Spouses are obliged to ensure the happiness of this union together and to take care of the care, education and supervision of the children together. Spouses have to live together, be faithful and help each other." It is revealed by expressions (Gümüş, 2007).

In addition to this effort put forth by countries at the universal level, research results show that marital satisfaction, which expresses the level of satisfaction with a relationship, continues to decrease (Oprisan & Cristea, 2012; Keskin, 2021). This phenomenon, which shows that marital satisfaction is determined by many variables that exceed legal regulations, has led us to consider the concept of "self-perception", which is thought to be formed from the moment the individual is born and forms the basis of his personality structure. It is stated that the self is the sum of the experiences of the individual as a result of the experiences experienced by the individual (Yavuzer, 2015; Kuzgun, 1983). As the individual's way of perceiving the self, which is built especially in infancy, receives positive feedback in interaction with the environment, as long as his needs are met in a timely manner, it is stated that as they feel loved, their positive self-perception will develop and their self-esteem will increase. As his self-esteem increases, it can be observed that he can communicate more constructively with his environment (Nazlı, 2011; Mominov, 2014; Kuzgun, 1983).

According to some authors, who divide the perception of the self into three as self-design, self-system and self-state, the core of the self emerges with the baby's realization of its own existence from the mother and as a separate entity, that is, with the trauma of separation of the baby from the mother. It is stated that in the next stage after this separation, as the baby socializes, he will discover in detail that he has an independent existence from the outside world, and he can perceive his self in two different ways as realistic and unrealistic. It can be observed that when a realistic self-perception is possessed, the individual will have a flexible personality structure, use their potential to the fullest, and have harmonious and positive interactions with their environment. Individuals who have an unrealistic self-perception may have a structure that is incompatible with their environment, it can be observed that they cannot have a positive communication and interaction with their environment, their personality structure cannot be flexible and they may experience problems in fulfilling their responsibilities (Bayat, 2003; Burger, 2006; Oprisan & Cristea, 2012; İnanç & Yerlikaya, 2012; James, 1890). When we think about this information, we can say that if the self-perception, which is formed as a result of the relationship we will establish with the other, develops in a positive way, the individual will have a self-confident personality structure, and this situation can positively affect marital satisfaction.

The basis of marital satisfaction, which expresses the state of being satisfied with the union of the spouses with each other, is the communication styles and personality structures of the spouses. When we look at the literature, another concept that we use in our research, Ego States, which explains communication and interaction between individuals, or Transactional Analysis Theory comes to the fore. This theory took its place in the literature in 1949 when Eric Berne expressed his studies on intuition as a “new approach to group therapy” (Solomon, 2003; Stewart and Joines 2019; Harris, 2020; Berne, 1998; Gültekin and Acar, 2004). According to Transactional Analysis, everything we express with our behaviors, words and body language can be read as a sign of our ego states. Leaders of the theory refer to Ego states as “parent”, classified them into three categories as “adult” and “child”. “Parental Ego State” refers to the behaviors and attitudes that we learn through our parents and other authorities in our lives by taking their example. The “Adult Ego State” is considered to be the constructive side of our personality, which is the voice of our conscience, helping to learn, think, make decisions and find solutions to problems. It is stated that the Child Ego State, on the other hand, includes our natural impulses that we show in childhood, the first experiences of our infancy, and all the mental records we have received about ourselves and other people, which begin to develop as soon as we are born. It is stated that if the spouses interact, one of the ego states (parent, adult and child) will be used (Berne, 2020; Kaya, 2010; Solomon, 2003; Stewart and Joines 2019; Harris 2020; Berne, 1998).

In the Transactional Analysis theory, our communication styles are divided into a triple classification as parallel, latent, and cross. In Parallel Communication, it is accepted that complementary communication takes place when we see a message, we send to the other person to communicate with an ego state, and the reaction we expect from a certain ego state of the other person. When we have Cross Communication, it is predicted that our communication will break and we will argue while interacting with the people in front of us. Since we initiate communication by predicting a certain type of reaction, it is predicted that if we do not get the reaction we predicted, we will become angry and often feel humiliated and not understood. When we establish a secret communication, it is thought that both we and the other person will respond with two of the three ego states, and that we will be in a form of communication in which both social and psychological messages will be included in the communication we will establish (Berne 2001; Kaya, 2010; Dökmen, 2005; Stewart and Joines 2019).

Finally, when we think about marriage and family, it can be observed that marital satisfaction is important for spouses in family life. When the absence of this importance in family life is felt, it seems pregnant to break up between spouses, unrest in the family and other negative aspects. When we think about the nature of man, it comes to mind that getting satisfaction from the relationship that the spouses will establish with each other is essentially a phenomenon that happens within the individual (Nazlı, 2011; Özgüven, 2017; Harris, 2020). This phenomenon also shows how important the self-perception variable is in our study. It can be observed that another determinant of the marital satisfaction of the spouses is the communication quality of the spouses. It shows how important the ego states are because they are a product of the ego states that we have discussed in our study in the quality of communication. It is seen that these two concepts are at a very important point in

our study, and the importance of the relationship established by each spouse with their own "I" comes to the fore at the center of the marital satisfaction of the partners. It seems likely that spouses who are at peace with themselves and have high self-esteem will also have high communication quality (Demircioğlu, 2000; Baykal, 1991). We think that this study will contribute positively to family life and marital satisfaction, as we think that each spouse's self-respect, awareness level and communication skills should be high or increased so that spouses can get satisfaction from their marital life.

The main purpose of this research is; The mediating role of ego states in the relationship between self-perception and marital satisfaction is investigated. There are the following hypotheses in the model created depending on the purpose of this study:

Hypothesis.1: Positive self-perception predicts marital satisfaction scores.

Hypothesis.2: Positive self-perception predicts adult, foster parent and golden child scale scores from ego states subscales.

Hypothesis.3: Adult, foster parent and golden child subscale, which is one of the ego state subscales, predicts marital satisfaction.

Hypothesis.4: Adult, foster parent and golden child ego states have a mediating role in the relationship between self-perception and marital satisfaction.

METHOD

Model of the Research

This study is a descriptive study and is suitable for the relational survey model. In this study, the mediating role of ego states between married individuals' self-perceptions and marital satisfaction was investigated using the relational screening model. The models examined in the study are given below.

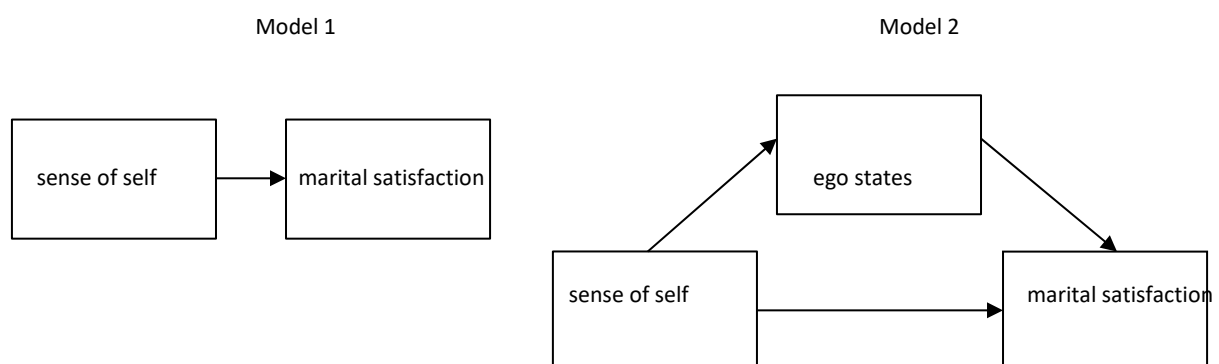


Figure 1. Models of Research

The model, which was designed using the relational screening model to determine the direct and indirect effects between the three variable ego states, self-perception and marital satisfaction determined in this study,

was controlled through SEM (structural equation model). SEM is one of the methods used to solve the problems faced by researchers in order to formulate the theoretical structures created in line with scientific research (Cokluk et al. 2014).

Limitations

The research has some limitations; a) The questionnaires were filled online. b) Participants consist of people who are married as of 2020. c) The research is limited to measuring the characteristics tested by Married Life Scale, Social Comparison Scale and Ego Status Scales in married individuals. d) The period of collecting the research data is limited to April, May and June. e) In this research, since data could not be collected face-to-face due to the Covid 19 pandemic, online data collection was used.

Study group

The study group of this research consists of married individuals. The sample of the study consists of randomly selected married individuals who volunteered to contribute to the research and were sent an online scale easily. A total of 1052 people (541 women and 511 men) participated in this study.

Table 1. Demographic Variables

		n	%
Gender	Famale	541	51.4
	Male	511	48.6
Age	20-30	341	36.2
	31-40	344	32.7
	41-50	204	19.4
	51 and Above	123	11.7
Educational status	Primary education	99	9.4
	High school	106	10.1
	Associate Degree	112	10.6
	Licence	499	47.4
	Graduate	236	22,4
Economical situation	Low	72	6.8
	Middle	894	85.0
	High school	86	8.2
How many years have you been married?	1-5	459	43.6
	6-10	178	16.9
	11 and Above	415	39.4
How to meet	Arbitrary Procedure	439	41.7
	Flirt	613	58.3
Number of children	No	219	20.8
	one	288	27.4
	2	274	26.0
	3	156	14.8
	4 and Above	115	10.9

Data collection tools

To collect data in this study; Social Comparison Scale, Marriage Life Scale, Ego State Scale and Personal Information Form were applied.

Personal Information Form; It includes questions asked to obtain information about the age, gender, education level, years of marriage, number of children, income levels and ways of meeting the participants in the research.

Marriage Life Scale: It emerged with the studies of Tezer (1996) and was used to measure the marital satisfaction of the participants. The scale, which includes 10 likert items, is answered. It includes options such as "strongly disagree", "disagree", "undecided", "agree", "strongly agree" and it is seen that it has a 5-point Likert type category. The maximum score of the scale is 50, and the minimum score is 10. It is seen that the scale (2, 4 and 5th items) contains 3 reverse items. High scores of the participants from the scale indicate high marital satisfaction, and low scores indicate low marital satisfaction. Participants were stated to be divorced or married. It is seen that the difference in the mean scores between the participant groups is significant. The coefficient of difference was found to be ($t=6.23$, $p<0.01$) and it seems to prove that the scale is valid according to an external criterion. The Cronbach's Alpha of the scale was found to be (α)= 0.88 for males and (α)= 0.91 for females (Tezer, 1996). However, when we look at the results of the reliability analysis in our study, the Cronbach Alpha coefficient was determined as .924**. According to Confirmatory Factor Analysis (CFA), with Chi-square ($\chi^2= 117.11$, $sd = 32$, $\chi^2/sd = 3.66$, $p = .00$) and fit indices, RMSEA= .05, RMR= .03, SRMR= .06 , GFI= .97, AGFI= .96, CFI= .97, NFI= .98 and NNFI= .95.

Ego States Scale: The scale was created by Varan (2007) as 120 questions, and then Şengül (2008) shortened the scale to 30 questions. For the validity and reliability analysis of the abbreviated scale to measure ego states, the revised scale by Invention (2016) was applied. The questions of the scale were prepared in a Likert-type 5-point form, and they were evaluated as completely true (4), somewhat untrue (3), partially untrue (2), mostly untrue (1) and not at all true (0). The subscales consist of 5 items and the scoring of the scale was evaluated between 0 and 20. As the scores of the subscales increase, the power of the relevant ego state increases. In the study of Şengül (2008), the cronbach alpha value of the items was found to be 0.79. In the new study conducted by Invention and Atan (2016), the Cronbach Alpha value of the scale was determined as 0.85 for subscale items. For the six sub-dimensions of the scale, these values were found to be 0.78 for the rebellious child, 0.70 for the natural child, 0.78 for the golden child, 0.86 for the adult, 0.66 for the foster parent, and 0.66 for the critical parent. When we look at the reliability analysis results we have done together with these, it is seen that the scale has six sub-dimensions. Cronbach Alpha was found to be .755* for unruly child, .874** for adult, .777* for natural child, .806** for foster parent, .800** for golden child, and .728* for critical parent. According to the CFA results of the analyzes we conducted in this study, the Adult subscale, Chi-square value ($\chi^2= 3.72$, $sd = 3$, $\chi^2/sd = 1.24$, $p = .00$) and fit indices, RMSEA= .01, RMR= .00, SRMR= .06, GFI= .99, AGFI= .99, CFI= .93, NFI= .99, and NNFI= .90. According to the CFA result based on the data of this study, the Foster parent subscale, Chi-square value ($\chi^2= 11.23$, $sd = 3$, $\chi^2/sd = 3.74$, $p = .01$) and fit indices, RMSEA= .05, RMR= .01, SRMR= .06, GFI= .99, AGFI= .97, CFI= .99, NFI= .90, and NNFI= .90. According to the CFA result based on the data of this study, the Golden Child subscale was Chi-square. value ($\chi^2= 3.56$, $sd = 3$, $\chi^2/sd = 1.18$, $p = .00$)

Social Comparison Scale: It is a scale used to evaluate how the individual perceives himself as a result of comparing himself with other people. This scale, developed by Gilbert and Trent, consists of 5 items. It is seen that Şahin and Şahin (1992) added other items later and warned them in Turkish. The scale consists of 18 bidirectional items. It is seen that these items are evaluated on a 6-level line. As the score obtained from the scale increases, it is understood that the participant's self-perception is high (positive), and as the score obtained from the scale decreases, it is understood that the participant's self-perception is low (negative). According to the results of the analysis, the Cronbach Alpha coefficient of the scale was determined as 0.79 (Şahin & Şahin, 1992). However, according to the reliability analysis results in our study, The Cronbach Alpha coefficient was determined as .910**. According to the CFA analysis of the analyzes we performed in this study, the Chi-square value of the scale ($\chi^2 = 1194.3$, $sd = 110$, $\chi^2/sd = 9.1$, $p = .00$) and fit indices RMSEA= .08, RMR= .08, SRMR= .06, GFI= .88, AGFI= .84, CFI= .88, NFI= .86 and NNFI= .90.

Procedure

The scales used to collect data were first translated into online format via Google Forms. Then, a personal information form and a voluntary participant consent form were created by the researchers. Research data were collected from online platforms in April, May and June in 2020. First, the Cronbach alpha internal consistency coefficients of the measurement tools were calculated, and the skewness and kurtosis values were analyzed to examine whether the data were normally distributed. Then, the correlation analyzes between the variables subject to the model were examined and the model designed to explain the mediating role of ego states in the relationship between the self-perception of married individuals and marital satisfaction was tested through the Structural Equation Model.

Baron and Kenny (1986) method was followed in the analysis to see the mediating role of adult, foster parent and golden child subscales, which are ego state subscales. According to this method, it is thought that the predictor variable (self-concept) should have a significant effect on the predicted variable (marriage satisfaction). Then, the predictor variable should have a significant effect on the mediating variable (adult, foster parent, and golden child from ego states subscales). According to another condition, the mediating variable should have a significant effect on the predicted variable, and finally, both the predictor and mediator variable should have an impact on the predicted variable. Finally, when the effect of the predictor variable on the predicted variable decreases, "partial",

SPSS 25 and SPSS Amos 25 programs were used in data analysis for this study. Structural equation Modeling (SEM) was used to measure the two models determined within the scope of the research. In the structural equation model, the Maximum Likelihood method was used as the estimation technique. Within the scope of the research, the level of significance for statistical operations was set as .05. A two-stage approach was used to test the structural model. For this, the measurement model and structural models of the model are tested separately (Şimşek, 2007). When the models of the study were tested, chi-square, CFI (Comparative Fit Index),

GFI (Goodness of Fit Index), RMSEA (RootMeanSquareError of Approximation) and NFI (Normed Fit Index) are considered. Goodness of fit indices and acceptability limits used in this study are given in Table 2.

To carry out the research, permission was obtained from Gaziantep University Human Research Ethics Committee with the letter dated 10.07.2020 and numbered 873. Married individuals in the study group of the research participated in the study on a voluntary basis. Participants were given information about the purpose and scope of the research. No information that could reveal the identities of the participants in the study group was included in the scales used in the study. In addition, the participants were informed that the demographic information on the scales would be kept confidential and would not be shared with any person or institution.

Confirmatory factor analysis

Table 2. Goodness of Fit Indices and Admissibility Limits

Fit Measure	Breakpoints for Admission	Source
χ^2/sd	≤ 3 = ideal fit ≤ 5 = moderate compliance	(Kline, 2005; Sümer, 2000) (Sümer, 2000)
GFI / AGFI	≥ 0.90 = acceptable ≥ 0.95 = ideal fit	(Schumacker & Lomax, 1996; Hooper, Coughlan & Mullen, 2008; Kelloway, 1989; Sümer, 2000). (Hooper, Coughlan & Mullen, 2008; Sümer, 2000).
RMSEA	≤ 0.05 = ideal fit ≤ 0.06 = Acceptable ≤ 0.07 = Acceptable ≤ 0.08 = Acceptable ≤ 0.10 = poor fit	(Brown, 2006; Jöreskog and Sörbom, 1993; Raykov and Marcoulides, 2008; Schumacker and Lomax, 1996; Sümer, 2000). (Hu and Bentler, 1999; Thompson, 2004). (Steiger, 2007) (Hooper, Coughlan and Mullen, 2008; Jöreskog and Sörbom, 1993; Sümer, 2000). (Kelloway, 1989; Tabachnick and Fidell, 2001)
RMR / SRMR	≤ 0.05 = ideal fit ≤ 0.08 = Acceptable ≤ 0.10 = moderate compliance	(Brown, 2006; Bryne, 1994) (Brown, 2006; Hu and Bentler, 1999) (Kline, 2005).
CFI	≥ 0.90 = acceptable ≥ 0.95 = ideal fit	(Hu and Bentler, 1999; Sümer, 2000; Tabachnick and Fidell, 2001). (Hu and Bentler, 1999; Sümer, 2000; Thompson, 2004).
NFI/NNFI	≥ 0.90 = acceptable ≥ 0.95 = ideal fit	(Kelloway, 1989; Schumacker and Lomax, 1996; Sümer, 2000; Tabachnick and Fidell, 2001; Thompson, 2004). (Hu and Bentler, 1999; Sümer, 2000)

Table 3. Confirmatory Factor Analysis Results of the Scales

Scale/Model	χ^2/sd	GFI	CFI	NFI	RMSEA
Self Perception	9.10	.88	.88	.86	.08
MarriageSatisfaction	3.66	.97	.97	.98	.05
Adult	3.72	.99	.93	.99	.01
Foster Parent	3.74	.99	.99	.90	.05
Golden Boy	1.18	.99	.93	.90	.01
<i>Ideal fit indicator criteria</i>	≤ 3	$\geq .95$	$\geq .95$	$\geq .95$	$\leq .05$
<i>Acceptable indicators of fit</i>	$3 < \chi^2/sd \leq 5$	$.90 \leq GFI < .95$	$.90 \leq CFI < .95$	$.90 \leq NFI < .95$	$.05 < RMSEA \leq .08$

Note 1. Kline, 2011; Wang and Wang, 2012. Baumgartner and Homburg, 1996; Marsh et al., 2006. Browne and Cudeck, 1993; Schumacker and Lomax, 2010; Schermelleh-Engel et al., 2003.

As a result of the confirmatory factor analysis, it was seen that the fit values of the scales applied for the research were within acceptable limits. In the light of these values, it can be said that the structure of the measurement tools is a good fit for this research.

Analysis of data

In the analysis phase of the research data, firstly, the missing and extreme values were determined. Any value outside the range of Z value ± 3 was not found. Mahalanobis distance value was checked to determine multi-directional outliers, and no data was extracted from the analysis at this stage. In order to test the normality assumption of the scales used in the research, the kurtosis and skewness values of each scale were examined and it was seen that these values were in the range of -1.5 and +1.5. Tabachnick and Fidell (2013) state that the kurtosis and skewness values between -1.5 and +1.5 meet the normality assumption. According to these values, it can be said that the distribution of the scales used in the research is normal. Within the scope of the research, 5000 bootstraps were made to determine the bootstrap coefficient and confidence intervals.

FINDINGS

In this section, the results of the statistical analysis on the data set are given and the table of the correlation matrix showing the relationships between the variables is included. The values of the relationships between self-perception, marital satisfaction and ego states are presented in the table below. In addition, the kurtosis and skewness values of the scales were calculated.

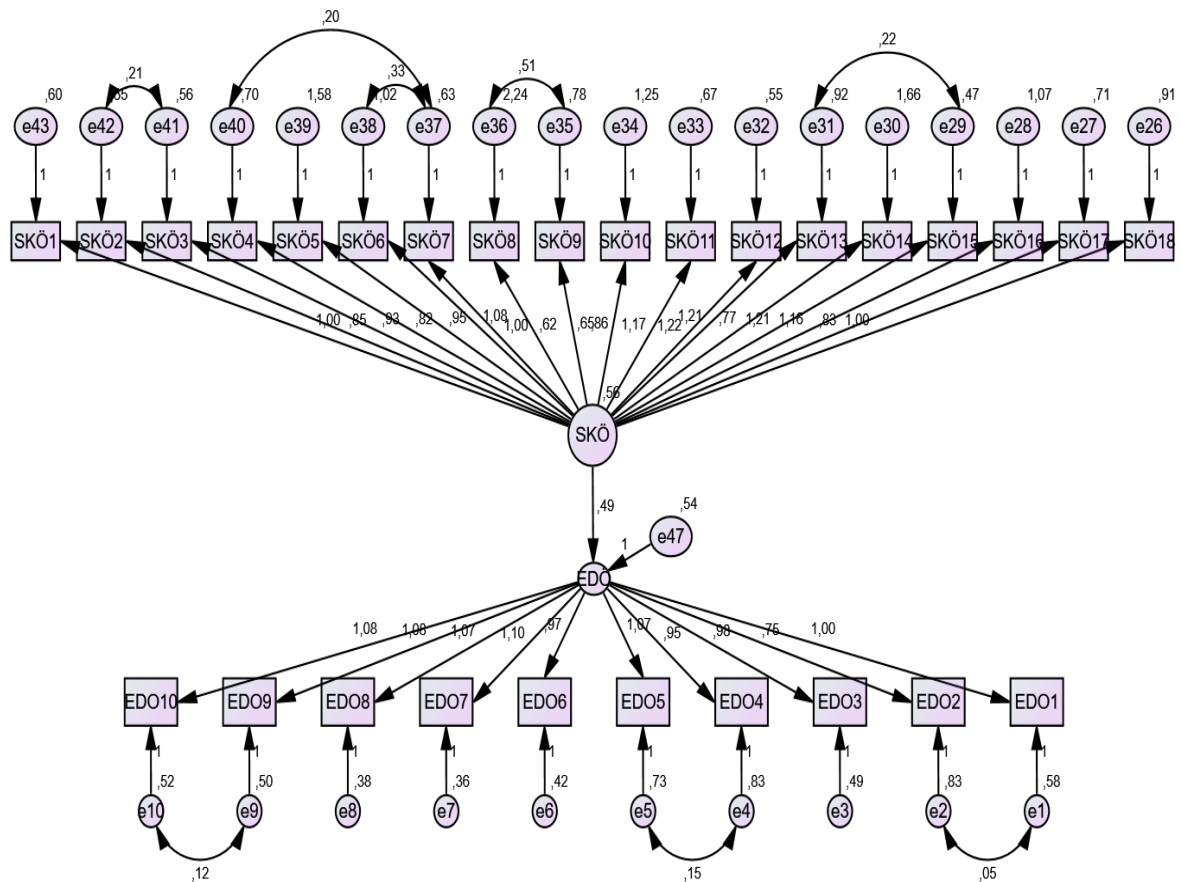
Table 4. Correlation Matrix Showing the Relationships Between Variables

	Distortion	Kurtosis	\bar{x}	sd	Marriage Life Scale	Social Comparison Scale	Foster Parent	Adult	Golden Boy
Marriage Life Scale	-.783	.252	37.01	8.61	one	.410**	.105**	.258**	-.158**
Social Comparison Scale	-.769	1.058	84.41	13.77		one	.392**	.656**	-.114**
Foster Parent	-.852	.852	16.37	3.07			one	.481**	.208**
Adult	-1.007	1.285	15.84	3.54				one	-.047
Golden Boy	-.076	-.434	10.92	4.64					one

**p<.01

Table 4. When the significance coefficients and correlation values of the scale scores are examined; Social Comparison Scale of Marriage Life Scale ($r=.410$, $p<.01$), Foster parent subscale ($r=.105$, $p<.01$) and Adult subscale ($r=.258$, $p<.01$) It has been determined that there is a positive and significant relationship with In addition, a negative and significant relationship was found between the Marital Life Scale score and the Golden child subscale ($r=-.158$, $p<.01$) score. A positive and significant relationship was found between the score of the Social Comparison Scale and the Foster parent subscale ($r=.392$, $p<.01$) and the Adult subscale ($r=.656$, $p<.01$).

Finally, the Social Comparison Scale scores and the Golden Child subscale ($r=-.114, p<.01$).



Note 3. SSQ: Social Comparison Scale; EDS: Marriage Satisfaction Scale

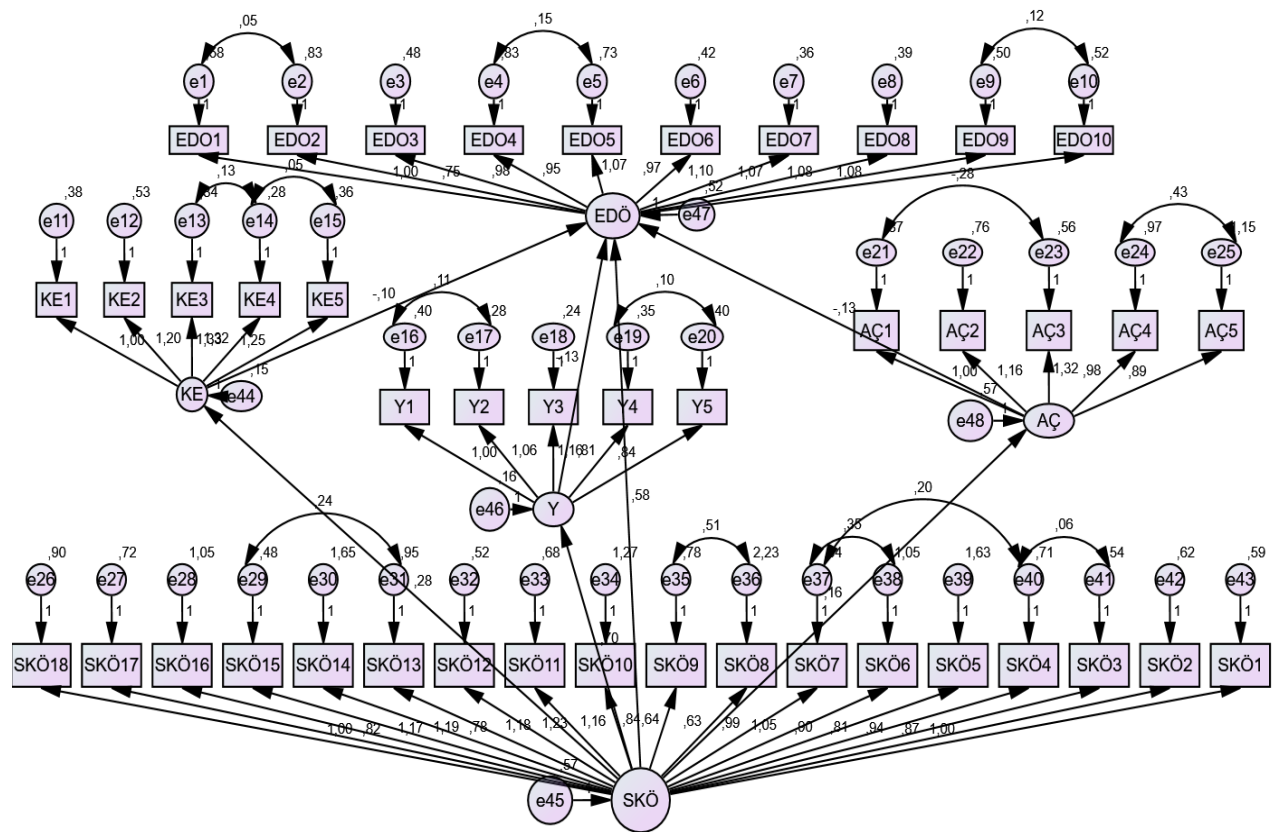
Figure 2. Model 1

As seen in the table, it was determined that the fit values of the model were within the acceptable limits [$\chi^2/sd=4.8; p<.01; GFI=.90; CFI=.91; NFI=.90; RMSEA=.06$].

Table 4. Goodness of Fit Values

	Model	Perfect fit indicator criteria	Good fit criteria
$\chi^2//sd$	4.8	≤ 3	$3 < \chi^2//sd \leq 5$
RMSEA	.06	$\leq .05$	$.05 \leq RMSEA \leq .08$
GFI	.90	$\geq .95$	$.90 \leq GFI < .95$
CFI	.91	$\geq .95$	$.90 \leq CFI < .95$
NFI	.90	$\geq .95$	$.90 \leq NFI < .95$

Fit for Model 1 When the indexes data are examined; it is seen that the values are within acceptable limits [$\chi^2/sd=4.8; p<.01; GFI=.90; CFI=.91; NFI=.90; RMSEA=.06$]. According to this validated model, it is seen that self-perception predicts marital satisfaction positively at the level of .49.



Note 4. SSQ: Social Comparison Scale; EDS: Marriage Satisfaction Scale; KE: Foster Parent; Y: Adult; AC: Golden Boy

Figure 3. Model 2

Table 5. The Results of Adjustment Values of the Self-Perception-Ego-States-Marriage Satisfaction Model

	Model	Indicator of Perfection	Good fit criteria
χ^2/sd	4.24	≤ 3	$3 < \chi^2/sd \leq 5$
RMSEA	.05	$\leq .05$	$.05 < RMSEA \leq .08$
GFI	.85	$\geq .95$	$.90 \leq GFI < .95$
CFI	.90	$\geq .95$	$.90 \leq CFI < .95$
NFI	.85	$\geq .95$	$.90 \leq NFI < .95$

As seen in the table fit values of the model are within acceptable limits [$\chi^2/sd=4.24$; $p<.01$; $GFI=.85$; $CFI=.90$; $NFI=.85$; $RMSEA=.05$].

When the data for Model 2 are examined, it is seen that the goodness fit indexes are at an acceptable level [$\chi^2/sd=4.24$; $p<.01$; $GFI=.85$; $CFI=.90$; $NFI=.85$; $RMSEA=.05$]. According to the validated model 2, self-perception predicted the golden child sub-dimension of ego states negatively at the level of $-.16$ ($p<.001$), and marital satisfaction at the level of $.58$ positively. The golden child sub-dimension of ego states negatively predicted marital satisfaction at the level of $-.13$. Finally, it was seen that the data obtained from the ego states subscales, the foster parent and adult scales, were not statistically significant ($p>.001$).

Table 6. Regression and Variance Values of the Models

Regression Values	Standard				Bias 95%	
	β	B	SE	CR	Lower Limit	Top Limit
EGODAC ← SKO	-.164	1.568	.036	-4.789		
EDM ← EGODAC	-.129	-.143	.035	-3.872		
EDM ← SKO (Direct Impact)	.490	.238				
EDM ← SCO (Total Impact)	.580	.902				
EDM ← EGODAC ← SKO (Indirect Effect)	-.09	-.446			-.202	.150
Explained Variance Value	R2					
EGODAC	.027					
SKO	.201					

Note 5. * $p < .001$, ** $p < .005$, SDI: Social Comparison Scale; EGODAÇ: Ego State Scale Golden Child; EDS: Marriage Satisfaction Scale

The mediation effect of ego states in the relationship between self-perception and marital satisfaction was examined with the structural equation model. In Model 1, the relationship between problem self-perception and marital satisfaction was examined and the regression coefficient between the two variables was determined as $\beta = .49$, ($p < .001$). In Model 2, the effect of ego states as a mediator variable was examined, and it was observed that the regression coefficient between self-perception and marital satisfaction was $\beta = .58$, and although it was significant, the values of p-value and well-being fit indices decreased compared to Model 1. According to the data obtained, the self-perception of the golden child sub-dimension of ego states it is seen that there is a mediating effect between marriage and marital satisfaction. According to the bootstrap confidence interval data, it can be mentioned that there is a partial mediation effect between ego states, the golden child's self-perception and marital satisfaction (Burmaoğlu et al., 2013; Byrne, 2001; Cheung & Lau, 2008; Howell, 2010; MacKinnon, 2008; MacKinnon et al., 2007).

CONCLUSION AND DISCUSSION

In this study, the mediating role of ego states in the relationship between participants' self-perceptions and marital satisfaction was examined. For this purpose, the existing relations between the variables were examined and it was determined that the predictor variable, self-perception, had a statistically significant and positive effect on the predicted variable, marital satisfaction. As a result of the findings, as individuals' self-perceptions increase negatively, the satisfaction they will receive from marriage will be negatively affected. As a matter of fact, it is seen that the way of self-perception of the individual affects almost all his behaviors like an undercurrent. These findings, which are consistent with both the explanations in the literature and the results of many studies, suggest that a possible conclusion has been reached (Hamamcı, 2005; Erişti, 2010; Duman, 2012; Koyuncu, 2019; Tavakol, Nasrabadi, Moghadam, Salehiniya, and Rezaei, 2017; Keskin, 2021). In this context, it can be predicted that individuals with a negative self-perception may have problems with their spouses frequently because they are not at peace with themselves, and their marital satisfaction will be low because they cannot establish a healthy relationship. It is seen that there are many research findings indicating that there is a direct relationship between marital satisfaction, which is defined as the degree of satisfaction

with one's marriage, and personality structure and communication skills, which are the expression of self-perception (Fahimdanesh, Nofereesti, & Tavakol, 2020; Abbasi, Azadfallah, Fathi-Ashtiani, & Farahani, 2021; Zeytinoğlu, 2013; Tıraşoğlu, 2018; Yıldırım, 2019; Keskin, 2021). As a result of the research, it was seen that the level of using positive self-perception of married individuals was a predictor of their marital satisfaction. Accordingly, it was observed that as the level of positive self-perception of married individuals increased, their marital satisfaction increased. Studies on self-perception also reveal the positive effects of positive self-perception on marital satisfaction (Çetin, 2019; Keskin, 2021). This information and findings seem to confirm the hypothesis that self-perception predicts marital satisfaction.

"Self-perception predicts Adult, Protective parent and Golden child subscale scores from ego states subscales. It is seen that the second hypothesis of the research, which was established in the form of, is also confirmed by the findings. In this context, it is seen that there are studies that support the research results. There are studies in the literature that draw attention to the relationship between self-perception and ego state subscales (Arı, 1989; Alisinanoğlu, 1995). It is seen that the healthy use of ego states that develop depending on positive self-perception has a decisive role in human life, especially in the quality of communication. It can be observed that the quality of communication is one of the most important factors affecting marital satisfaction. In addition, when we think backwards, when negative self-perception increases, individuals are not at peace with themselves and their spouses because they cannot use their ego states in a healthy way.

"Scores from the ego state subscales Adult, Protective parent and Golden child predict marital satisfaction." It is seen that the 3rd Hypothesis of the research, which was established in the form of, is partially confirmed by the findings obtained. When the findings were examined, the data of the adult and foster parent scales, which are ego state subscales, were not found statistically significant. It is thought that there may be different reasons for this situation, and it comes to mind that it may have arisen especially from the study group and analysis method. In addition, the findings of the golden child scale, which is one of the ego state subscales, are statistically significant and it is observed that it predicts marital satisfaction negatively. Considering the personality traits of the golden child ego state, especially saying yes to everything, constantly taking it from the bottom, it can be observed that the features that generally adapt and hide and ignore their own wishes and desires, although they seem positive, are pregnant with many problems in the long run. In this context, expressing their wishes and desires openly and honestly to each other in bilateral relations will keep the relationship alive and increase the intimacy between the spouses. For these reasons, the result of the analysis is an expected situation. In conclusion that the level of using the golden child personality trait, which is one of the ego states of married individuals, is effective on marital satisfaction, in other words, the golden boy personality trait of the ego states is a significant predictor of marital satisfaction. In this negative relationship, it was observed that as the level of using the golden child personality trait of married individuals increased, their marital satisfaction decreased, and on the contrary, as the use of the golden child personality trait decreased, the marital satisfaction increased.

Finally, "Ego states have a mediating role between self-perception and marital satisfaction." It is seen that the 4th hypothesis of the research, which was established in the form of, is also confirmed by the findings, and it shows that the golden child scale, one of the ego states subscales, has a mediating role between self-perception and marital satisfaction. According to the developed model, it is seen that the significant effect of self-perception on marital satisfaction decreases when ego states are included in the model. According to this finding, it is seen that ego states play a "partial" mediator role and ego state is an important predictor of marital satisfaction. In this study, the mediating role of ego states in the relationship between self-perception and marital satisfaction was examined, and in the light of the data obtained, it was concluded that ego states had a partial mediating role between positive self-perception and marital satisfaction. According to this result, ego states can explain some of the relationship between self-perception and marital satisfaction.

RECOMMENDATIONS

According to the results of the research, it can be said that married individuals who use the golden child personality traits from their ego states are in the disadvantaged group in terms of both their self-perceptions and their marital satisfaction levels. In the light of the study, it is seen that both variables affect marital satisfaction. Since it is not possible to directly interfere with the variables that determine the personality structures of individuals in marital life, it is thought that it is necessary to provide additional support to increase the positive self-perception and marital satisfaction of spouses who use the golden child personality trait prominently. It is considered necessary to provide psycho-social support in addition to academic counseling to reduce the negative effects of these factors, which prevent spouses from fully using their positive personality traits and are in constant interaction with each other. Considering the finding that ego states have a mediating role between self-perception and marital satisfaction, we can list some suggestions as follows: It is thought that Clinical Psychologists and Psychological Counselors should focus on the spouses' self-perceptions while conducting interviews about marital satisfaction. As it is understood from the results of the research, whether the self-perception is positive or negative directly affects the communication quality. However, in the studies they will carry out with married couples, they can pay attention to the use of the adult and foster parent dimensions of ego states more actively, the Golden child dimension to be used less, and concentrate on psycho-educational studies to increase marital satisfaction. It comes to mind that psychological counselors working in schools should focus on their clients' self-perceptions and ego states while interviewing students, parents and teachers. It is thought that it would be beneficial for clients to construct interviews that will positively affect their self-perceptions, especially in order to increase their ability to cope with problems. In addition, it comes to mind that in order to increase the communication quality of the clients, it would be beneficial to structure individual and group interviews, which will strengthen the adult and foster parent dimensions of their ego states and enable them to use the golden child dimension of their ego states less. Finally, it is thought that it would be beneficial to consider the subject together with different variables in studies to be conducted in the literature.

ETHICAL TEXT

In this article, journal writing rules, publication principles, research and publication ethics rules, journal ethics rules were followed. Permission for the study was obtained from Gaziantep University Human Research Ethics Committee with the letter dated 10.07.2020 and numbered 873. Responsibility for all kinds of violations related to the article belongs to the authors.

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