EVENT-BASED CULTURAL LIFE SCRIPTS AND THE EFFECT OF PERSONAL EXPERIENCES

BÜŞRA NUR GÜLLÜ

BOĞAZİÇİ UNİVERSITY

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DECLARATION OF ORIGINALITY

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ABSTRACT

Event-Based Cultural Life Scripts and the Effect of Personal Experiences

The cultural life script theory states that there are shared expectations among the members of the same culture regarding the important events in a prototypical life course, and timing and order of them. These events were defined by the theory as extended events with episodes nested in them. To understand if these episodes/subevents are also shared within the same culture that forms event-based life scripts, the present study investigated the expectations regarding a typical university, marriage, and retirement life for Turkish culture. Participants' personal experience regarding these expectations were also collected. The results revealed scripts for all three events that were generally in line with the cultural life script theory. The temporal distribution of reported subevents showed a bump for certain age-periods. These bumps were examined for their resemblance to the reminiscence bump. Additionally, the effect of personal experience on the scripts were examined both in event and subevent levels when sample size was enough. The majority of these comparisons did not yield any significant difference between participants who had experience and participant who did not have. Still, several differences that hinted on the effect of personal experiences existed. The results were discussed in terms of considering event-based scripts as semantic knowledge.

ÖZET

Olay Bazında Kültürel Yaşam Seyri Beklentileri ve Deneyimlerin Etkisi

Kültürel yaşam seyri teorisi, aynı kültürün üyeleri arasında tipik bir yaşam seyrindeki önemli olaylar ile bu olayların zamanlaması ve sırasına ilişkin ortak beklentiler olduğunu belirtir. Teori bu olayları alt olaylara bölünebilen geniş olaylar olarak nitelendirmiştir. Bu alt olaylara ilişkin de aynı kültür için ortak bir beklenti olup olmadığı ve yaşam seyri olaylarının kendi içinde daha detaylı bir seyir beklentisi oluşturup oluşturmadığını anlamak için bu çalışma Türk kültüründeki tipik üniversite, evlilik ve emeklilik hayatına ilişkin beklentileri araştırmıştır. Katılımcıların bu beklentilerle ilgili kişisel deneyimleri de sorulmuştur. Sonuçlar, çoğunlukla kültürel yaşam seyri teorisiyle uyumlu olay bazında yaşam seyirlerinin varlığına işaret etmiştir. Üniversite, evlilik ve emeklilik hayatı seyirlerinde belli bir yaş aralığında yaşanması öngörülen olay sayısının diğer dönemlere nazaran daha fazla olduğu ve bu dönemlerdeki olay sayısındaki artışın grafik üzerinde bir tümsek oluşturduğu gözlenmiştir. Bu tümseklerin anı tümseği ile benzerliği ele alınmıştır. Ek olarak, kişisel deneyimin bu seyirler üzerindeki etkisi hem olay hem de alt olay düzeyinde örneklem sayısı yeterli gruplar için incelenmiştir. Olay/alt olayları deneyimlemiş ve deneyimlememiş gruplar arasında bazı farklar gözlenmiş olmakla birlikte karşılaştırmaların büyük çoğunluğu önemli bir farka işaret etmemiştir. Bu bulguların olay bazında yaşam seyri beklentilerinin semantik bir bilgi olarak tanımlayabilmek açısından uyumlu olup olmadığı değerlendirilmiştir.

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INTRODUCTION

Middle aged and older adults recall relatively higher number of autobiographical memories from adolescence and young adulthood periods. This is referred as the reminiscence bump (Rubin, Wetzler, & Nebes, 1986). As a distinctive and well-established feature of autobiographical memory, the reminiscence bump is shown through a plethora of studies (for a review, see Munawar, Kuhn, & Haque, 2018). In these studies, the reminiscence bump was evident in the lifespan distribution of important (Haque & Hasking, 2010), vivid (Fitzgerald, 1988), positive (Berntsen, Rubin & Siegler, 2011), and word-cued autobiographical memories (Rubin & Schulkind, 1997). Even recalled memories of favorite books, movies, and records (Janssen, Chessa, & Murre, 2007), an autobiographical novel (Copeland, Radvansky, & Goodwin, 2009), high-impact public events (Tekcan, Boduroglu, Mutlutürk, & Aktan Erciyes, 2017) and content of dreams (Cappeliez, 2008) may produce the reminiscence bump. Other than different methods, cues, and procedures, the existence of the reminiscence bump was also apparent in studies conducted on samples differing in terms of gender, age, culture, and various other aspects (e.g., Scherman, 2013). On the other hand, one well-established exception to this effect is emotionally negative important memories as their distribution did not show a bump (Rubin & Berntsen, 2003).

While the presence of the bump is generally expected, the age range of the bump may shift depending on the memory activation method used. For instance, an earlier age interval was observed when memories were evoked via word cues compared to asking subjects to retrieve their important memories (Koppel &

Berntsen, 2015). The bump location was even earlier with odor cues (Rubin, 2015). When participants were asked what memory they would maintain after death, if given the opportunity, the bump was apparent at a later period, around 30 to 39 years old age (Cyr & Hirst, 2019). Memories for highest successes also showed a later bump around 40-49 years old (Haque & Hasking, 2010). This cue-sensitivity of the peak implies that the reminiscence bump cannot be accurately interpreted by solely focusing on memory encoding without taking memory retrieval into account (Koppel & Berntsen, 2015). Additionally, constructive and schematic factors at retrieval influence the bump as implied by marked similarities between the temporal distribution of imagined and actual memories (Koppel & Berntsen, 2016). By proposing a schematic structure for the retrieval processes in its explanation for the reminiscence bump, the cultural life script theory offers a well-supported explanation for the phenomenon, especially for the important and positive memories (for a detailed analysis on the contribution of different accounts see; Wolf & Zimprich, 2020).

The cultural life script theory argues that people within the same culture share expectations concerning the typical life of an ordinary individual (Berntsen & Rubin, 2004). These expectations include important events in a typical life (e.g., marriage, beginning to work, having children) as well as the order and timing of them. Such expectations form a script for an idealized life story that mainly consists of positive and culturally transitional events. In addition to emotionally positive memories, life scripts also include a higher number of expected events from young adulthood period compared to the other periods in life. Therefore, they display a similar pattern with the reminiscence phenomenon and are used to explain the bump both in terms of memories' lifespan distribution and preponderance of positive memories. According

to the theory, life scripts provide us a schema that guides the recall of our autobiographical memories and by doing so, eventually bring forth the reminiscence bump (Berntsen & Rubin, 2004). A finding supporting this claim is the disappearance of the reminiscence bump in autobiographical memory distribution when participants were instructed to exclude typical life events (Ece & Gülgöz, 2014).

1.1 Key Characteristics of Life Scripts

According to the cultural life script theory defined by Berntsen and Rubin (2004), several characteristics define life scripts, and these are highly influenced by and in line with *script* notion of Schank and Abelson (1975). First, life scripts are used to process life stories in the same manner that scripts are used for processing stories. It appears that life scripts help to separate life into chapters, and it is more likely for life story memories that start and end a given life chapter to be prominent life script events (Thomsen & Berntsen, 2008). Second, life scripts represent an idealized, not an average life in a given culture. Negative events like a divorce or a serious accident —albeit being common and personally important— are usually disregarded from life scripts. Hence, life scripts deviate from actual lives of people by favoring positive events over negatives, and events from the periods of adolescence and young adulthood periods over others. Third, life scripts can be defined in terms of slots to be filled with culturally transitional events which are expected to happen in a culturally accepted timing and order. Rather than biological events, these scripts are majorly concerned with culturally transitional ones. Fourth, the events mentioned in life scripts are temporally ordered. Fifth, not only are life scripts ordered chronologically, but they are also arranged in a hierarchical manner. Culturally

transitional extended events (e.g., marriage) form a higher order that includes subordinate episodes and actions (Berntsen & Rubin, 2004). Sixth, life scripts are not categorized as a form of episodic memory but are described as semantic knowledge regarding cultural expectations. This knowledge of a normative life is passed on by tradition and is not derived from personal actions in recurrent contexts (Berntsen & Rubin, 2004, p. 429). Addition to these characteristics, later studies pointed out different aspects of life scripts. For instance, life scripts act as a cognitive schema that structures memory and its phenomenological features not only for autobiographical memories but also for fictional ones (Koppel & Berntsen, 2014b). Even for imagining future memories life scripts appears to be useful (Berntsen & Bohn, 2010; Berntsen & Jacobsen, 2008) and influence young adults' life satisfaction trajectories (Shanahan & Busseri, 2016).

Many past studies that examined these characteristics of life scripts supported the theory (e.g., Scherman, 2013). The presence of life scripts was repeatedly shown in different cultures such as Malaysian (Haque & Hasking, 2010), Qatari (Ottsen & Berntsen, 2014), Japanese (Janssen, Uemiya, & Naka, 2014; Kawasaki & Uehara, 2020), American (Rubin, Berntsen, & Hutson, 2009) and in unique cultures such as Chezch and Slovak which used to exist within the same country (Štěpánková, Kadlčíková, & Zaragoza Scherman, 2020) and a completely non-WEIRD (Western, educated, industrialized, rich and democratic) culture of indigenous Australians (Bohn & Bundgaard-Nielsen, 2021). Furthermore, the studies indicate that regardless of participants' gender, age, religion, or social/ethnic/racial backgrounds, life scripts are visible (e.g., Coleman, 2014; Tungjitcharoen & Berntsen, 2020; Wilkinson & Dunlop, 2020). Several comparisons between different samples and studies also demonstrate that commonly reported life script events such as marriage and having

children are universally shared. For instance, in one of these studies, researchers examined life scripts and life stories from four countries (Mexico, Greenland, China, and Denmark) and their common findings were in line with characteristics of life scripts (Zaragoza Scherman, Salgado, Shao, & Berntsen, 2017). They found that reported life scripts within the same culture overlapped to a high degree. These cultures' life scripts support the idea that life scripts guide the recall processes as the majority of the content of participants' most important memories matched the life script events. Reported events' order of mention correlated highly with the estimated age of that event, forming a temporal structure for the life scripts. These also contained more positive events than negative ones, and people agreed to a higher degree on the estimated ages of the former. They included more culturally important transitional events than biological ones. Finally, the bump in the second and third decades of life was evident for each culture's life script only for positive events. (Zaragoza Scherman et al., 2017).

A study from Turkey showed that Turkish life script also embodies these characteristics as out of the most frequently mentioned ten life script events, seven were emotionally positive such as "marriage", "first job" and "falling in love". Similarly, this script also showed a bump around young adulthood and, the participants' age-at-event estimations were closer for the positive events. The strong positive correlation between events' order of mention and estimated age-at-event showed that Turkish participants listed events in a chronological manner (Erdoğan, Baran, Avlar, Taş, & Tekcan, 2008). Other studies also showed the existence of a life script for Turkish culture (Aytaç, 2019; Hatiboğlu & Habermas, 2016; Tekcan, Kaya-Kızılöz, & Odaman, 2012).

Similar to these previous studies, the present study will refer to most of these characteristics of life scripts in some ways, however, it focuses two of these properties in particular: hierarchical structure of life scripts, and consideration of life scripts as cultural semantic knowledge.

1.1.1 Hierarchical Arrangement of Life Scripts

Schank and Abelson's (1975) notion of script is a causal chain that links events rather than being a simple list of events. The events link to a higher-order event which creates a hierarchical arrangement. For instance, the restaurant script includes many subevents such as "ordering". The "ordering" event is also made of several episodes like "receiving menu" and "ordering to the waiter". (Schank & Abelson, 1975).

In a similar theoretical framework of Schank and Abelson's (1975), Barsalou (1988) mentions *extended-event time lines* for autobiographical memory organization. In this theory, extended events are specific events that last longer than a day; and are commonly long, significant, and interrupted events such as 'a course in a school' or 'a trip to England'. Extended events that are organized in chronological sequence are reported as the most dominant protocol that people use in their free autobiographical memory recall processes (Barsalou, 1988). This theory claims that autobiographical memories are primarily organized by extended-event time lines made up of hierarchically and chronologically organized extended events. For instance, for "school" event, extended-event time line may comprise events such as "kindergarten", "high school" and "college". In "college" event, "freshman year" and "sophomore year" events are nested. Then "sophomore year" may also decompose into extended events like "fall term" and "summer term". These extended events at

one point break down into the specific events that happen in less than a day. Since extended-event time line concentrates many experiences under a single event, it is an efficient organizer to summarize all information in a person's life history.

In line with Schank and Abelson's (1975) script notion and Barsalou's (1988) extended-event time line structure, according to the cultural life script theory, script events can be considered as extended events since many episodes are nested in each transitional event. For instance, "marriage" event includes many episodes or subevents such as "engagement", "meeting with families", "wedding", and so on (Berntsen & Rubin, 2004).

According to sociological literature, transitions take part in culturally defined role contexts and knowledge of these contexts may help to organize life scripts (as cited in Berntsen & Rubin, 2004). The reason for this assumption is that cultural life scripts are concerned with role transitions and these transitions take part in culturally defined role contexts. Therefore, it may be possible to find defined role contexts such as work or family to have their own timelines and life scripts to include and integrate these timelines (Berntsen & Rubin, 2004). Their study and findings of Souza, Felinto, Ávila-Souza, and Gauer (2018) support this idea as in both studies majority of reported events were associated with the role context of education, work, and family.

Settersten and Hagestad's previous studies (1996a; 1996b) signal that observing specific role context timelines is a plausible assumption. In their study, they examined whether cultural life spheres such as family, education, or work are structured by age. They asked if participants perceive an age deadline for specific transitions related to these contexts. Transitions were events such as "settle on a career/job", "full-time schooling", and "entering grandparenthood". Results showed

that the majority of participants perceive an age deadline for the times these transitions occur (although reported age ranges were not always narrow). In addition to perceiving age constraints, people share expectations about the content of specific events. For example, Rose and Frieze revealed that young adults share expectations regarding how a typical first date unfolds (1989), and parallel to this study, homosexual individuals' script for same-sex dating was denoted (Klinkenberg & Rose, 1994). In a study with undergraduates, shared scripts for typical rape and typical seduction were revealed (Ryan, 1988). Another study showed people have scripts for typical crimes (Holst & Pezdek, 1992).

Neugarten, Moore and Lowe (1965) hinted at the possibility of observing more detailed scripts with age norms for a typical person's life events. They asked the appropriate age periods for occupational career-related, family cycle-related, and recreation/appearance and consumption behavior-related events. For instance, participants (adults from varying age groups above 20) choose whether 55, 30 or 20 years of age are appropriate ages for a couple who likes to do the "Twist". In general, participants placed more age constraints on the events when they answered how they believe most people would respond compared to what their personal opinions on these events are. At least about 80 percent of participants made discriminations for the events' age appropriateness. The events presented in this study are not extended events such as "moving" or "beginning to work". Instead, they were specific events like "a man who's willing to move his family from one town to another to get ahead in his company". Still, the participants reported more age constraints when they think how most people would evaluate these specific events. It signals that shared expectations on the content and age of a typical life might extent to specific events. As another example, in an international comparative data (European Social Survey

Round 3 Data, 2006), participants are asked when it is ideal, too early, and/or too late for a person to experience events such as “leaving the parental home” or “childbearing”. In one of the studies that used this data, majority of participants perceived social age deadlines for childbearing age even though they differed between and within countries (Billari et al., 2011).

In a more related and recent study, love life script of American culture that aligns with the structure of general life scripts was shown (Dunlop, Hanley, McCoy, & Harake, 2017). They used a similar method with cultural life script studies and asked participants to list the seven most important events a typical person will experience in his/her love life. The participants also rated these events in the dimensions mentioned in Rubin and Berntsen’s study (2004) (e.g., emotional valence of the events). Results showed that love life script included not only frequently mentioned life script events such as “getting married” and “having a child”, but context-related events as well like “first date”, “losing virginity” and “meeting “the one””. Consistent with life script studies, the love life script was mostly (86%) formed of events estimated to occur at the second and third decade of life (bump era) and 82 percent of reported events were positive (Dunlop et al., 2017). Shared expectations for a specific context were mentioned recently as well in the study that examined typical professional life script for American culture (Martin, Zepeda, Lindstadt, Love, & Butler, 2020). These studies imply the existence of detailed scripts that are based on extended-events (event-based scripts). However, either these events covered only scripts of few extended events from only one culture, or only content and age norms of different events instead of scripts. Therefore, it is still not clear if such detailed event-based scripts are available for different events and for Turkish culture. The current study aimed to address this question.

1.1.2 Life Script as Cultural Semantic Knowledge

As being a fundamental aspect of the cultural life script theory, rather than being a collection of autobiographical memories, a life script takes part in structuring autobiographical memory (Janssen & Rubin, 2011). The theory considers life scripts as semantic knowledge and suggests that the life scripts of people within the same culture differ little (Berntsen & Rubin, 2004). The supporting evidence includes a study from Netherlands (Janssen & Rubin, 2011) which compared young, middle-aged, and older adults' life scripts. They showed that the proportion of mentioned events did not vary. A study from Denmark (Bohn, 2010) also implies that life scripts are similar across different age and gender groups. Also, a study from Turkey that compared the life scripts of teenagers, young adults, and older adults showed a high overlap on the reported events between groups (Tekcan et al., 2012). Other researchers showed that temporal distribution and content of young adults' life scripts did not differ from middle-aged adults' even though young adults did not or only partly experience script events while middle-aged adults experienced a majority of the events (Janssen et al., 2014). Grysman and Dimakis (2018) revealed that people who had already passed their reminiscence bump period (aged between 38-76) shared a script about the important events a typical person who is of same age will encounter in the rest of his/her life. These participants had to consider the typical life for a period that they did not live through yet. Hence, the possible effect of personal experiences on life scripts was eliminated to a great extent. Their findings suggest that people share expectations regarding the important events in middle age and older adulthood periods that are in line with cultural life scripts theory and the future is similarly scripted across ages.

Past studies signal that regardless of personal experience people within the same culture have a similar cognitive structure about a typical person's life course. When people were asked the important events of a typical person's life who is of the same or opposite gender with them, results showed respondents' or typical person's gender did not cause a difference on reported life scripts (Erdoğan et al., 2008). Even though people cannot exactly experience the life of a person of the opposite gender, they still have expectations that are similar to respondents who are of the same gender as the target person. Similarly, oral deaf individuals from a hearing community (Wolsey, Clark, van der Mark, & Suggs, 2017) reported life scripts that were more similar to those coming from a hearing community than were those of deaf people from the Deaf community (Clark & Daggett, 2015) even though one might have guessed that their experiences would be more similar to the Deaf community rather than the hearing community. These findings signal the importance of culturally shared schemata rather than personal experiences. Most recently, it was as well reported that the acquisition of life scripts is not primarily dependent on personal experiences (Saraiva, Silva, Habermas, & Henriques, 2021).

There are studies that showed the content and the features of life scripts may slightly vary between different groups in terms of aspects such as age, gender, social background, and location. A past study revealed that older adults' scripts are more typical and show a more prominent bump around young adulthood era compared to younger participants (Tekcan et al., 2012). Young people reported more idealized expectations in their life scripts compared to older adults whose life scripts included more realistic expectations (Bohn, 2010). Children and adolescents' scripts were less consistent with the life script reported by Berntsen and Rubin (as cited in Kawasaki & Uehara, 2020). African-Americans reported higher number of infrequently

mentioned events compared to earlier life script studies (Coleman, 2014) and cognitive processing of life scripts of people with depression and trauma differs slightly (Anne & Janssen, 2020). Yet even though these findings indicate that scripts of different group may differ slightly, both groups still share expectations about a typical life regardless.

Prior research indicates that life scripts exist without related personal experiences and experience is not determinant of events' inclusion in scripts (e.g., Tekcan et al., 2012). As recently shown, experience did not affect older and younger adults' event ratings and both groups rated extreme/standard life script events (e.g., "having children" and "leaving home") as more impactful across different qualities of life experiences compared to non-script events (e.g., playing a sport) (Umanath & Berntsen, 2020). On the other hand, as noted before, some minor variabilities between life scripts are apparent and how much of these differences lie on personal experiences is not known since these studies did not compare events in detail in terms of personal experiences regarding mentioned events. It may be possible that personal experiences about these events influence characteristics and content of the scripts in some ways. People claimed that their own experiences are one of the major information sources they used in their life script construction (Janssen & Haque, 2018). If participants are using their lives as an information source on coming up with expectations regarding a typical person's life, such slight differences due to experience may be possible to observe.

1.2 The Present Study

The present study had two main goals. First, the study aimed to investigate if the characteristics associated with life scripts for a typical individual's life are also valid

for scripts of specific lifetime periods (event-based scripts). The study aimed to analyze temporal distributions of these component events of larger scripts for their resemblance to the reminiscence bump. It was examined through three different lifetime periods: marriage life, retirement life, and university life. In line with previous findings (Dunlop et al., 2017; Martin et al., 2020) it was expected important events in a typical university, marriage and retirement life to be shared within Turkish culture.

Event-based scripts were expected to carry most of the defining characteristics of life scripts mentioned before. Therefore, it was predicted event-based scripts to be mostly formed of positive events and mentioned events in these scripts (subevents) to be reported in a chronological manner. To evaluate event-based scripts' resemblance to the reminiscence bump, temporal distributions of subevents were examined to see if there is a disproportionate increase in number of subevents that is expected to happen in earlier periods of events' span that leads to a shape similar to the reminiscence bump. If a bump similar to the reminiscence bump existed, the disproportionate increase in number of events on earlier period was expected to be seen only for positive events. Observing a shared script for all three events would strengthen the idea that shared expectations are not exclusive to specific extended events but more generalizable feature across life script events and different cultures. Also, even though Turkish life script was established previously (Erdoğan et al., 2008; Hatiboğlu & Habermas, 2016; Tekcan et al., 2012) the present study aimed to understand Turkish adults' typically important marital, retirement and university life expectations and their timing and order in detail.

The second aim of the study was to understand whether personal experiences regarding the events and the subevents affect aspects of life scripts (content,

characteristics, and temporal distributions) As referred before, life scripts can be constructed for periods that people did not experience yet which signals that life scripts are semantic knowledge. But in any of these studies event-based scripts were not compared in terms of personal experience in a controlled manner and at the subevent level. Through this study, the plan was to examine how personal experiences which were found to be main information source for life script along with relatives and friends (Janssen & Haque, 2018), affect the scripts in detail. To see if an overall experience of these extended events would lead to any change, different groups were compared for each script. Students and graduates were compared for university life; bachelors who were not currently in a relationship and married participants were compared for marriage life; and participants who were currently working were compared to participants with no work experience for retirement life. In subevent level, participants were compared in terms of their personal experiences on the subevents. Through all these analyses on personal experience, the study aimed to clarify possible effect of personal experience by providing a proper comparison both at the event and the subevent level.

To investigate these aspects, event-based life scripts of Turkish adults were examined. Two groups were reached out: Turkish adults who are graduated from university and have work experience and Turkish university students who are continuing their studies and not employed yet. Participants were asked to report the five most important events for a typical person from their culture (of the same gender as themselves) will experience in his/her university life, retirement life and marriage life as well as their personal experience regarding these events. These events were chosen for the study because they are some of the frequently reported life script events cross-culturally and are cultural transition events themselves. These events are

part of three main contexts: family, work and education. In a research about rites of passage by McCarthy, Souza and Jafaar (as cited in Souza, Felinto, Ávila-Souza, & Gauer, 2018), these contexts appeared as defining contexts for many events that lead to life transitions. Therefore, these events appeared as good starting points for investigating event-based scripts. University life is used especially because it is the only event that included personal experiences for all participants in this study.

To sum up, it was expected to find shared script for all three events that carries defining characteristics of cultural life script account. In terms of distribution, it was investigated if a bump that resembles the reminiscence bump in event-based scripts exists with more subevents coming from earlier parts of the events' span. The main idea was that if the study shows such earlier bumps, it might be possible to speculate about a recall process that favors earlier stages of recalled period instead of a process favoring specifically the second and third decades of life. There were no specific expectations regarding the comparisons between groups (student/graduate; married/bachelor; currently working/no working experience; experienced/not experienced subevents). Since most of the prior studies mentioned above promoted the idea that life scripts are semantic knowledge and since it was expected to find event-based scripts compatible with theory, it was predicted to find shared event-based scripts regardless of experiences. Yet, there has not been enough research to assess the existence of event-based life scripts for Turkish culture and previous research showed few differences on context and features of life scripts. Therefore, it was predicted that personal experiences might affect the characteristics of the script events at least slightly. Finally, there were no clear predictions regarding the content, order, and timing of subevents since no prior research is found to take as a reference for Turkish culture.

CHAPTER 2

METHOD

2.1 Participants

Two hundred and sixty-eight (173 female, 94 male, 1 did not want to report) participants (M_{age} = 30.37, *SD* = 12.97, Range = 19-68) completed the survey. Forty-eight of these participants were removed due to different reasons. Fourteen participants were removed from the analyses because their survey completion time appeared to be either too quick or too slow compared to the rest of the sample which is examined through *Z* scores and relative completion time analyses. The smallest *Z* score for slow participants was 3.14 and for quick participants, they completed at least 2.11 times faster than the sample average. Thirty-two participants were excluded from the analyses because they failed to provide events and/or estimated ages according to the instructions. One participant was excluded because he/she only reported three events out of 15, and another one was removed as she commented she did not answer questions honestly at the end of the survey. Some participants showed more than one of these errors. After removing 48 outliers, final data is comprised of 220 (148 female, 72 male) participants (M_{age} = 29.65, *SD* = 12.70, Range = 19-68).

For analyzing personal experiences only participants aged between 18 and 40 were considered (83% of the sample). The data is divided into several groups in terms of experience. For university life participants were divided into groups as graduates and current students; for marriage life division was between married and bachelors who are not in a current relationship; and for retirement life participants were divided as currently working and no working experience (Table 1).

Table 1. Participants' Statistics for Different Groups

	Age		Gender					
			Male		Female		Total	
	M	*SD*	Count	Row %	Count	Row %	Count	Column %
Education Status								
Current student	22.31	3.09	33	25%	98	75%	131	73%
Graduate	29.71	4.14	13	27%	35	73%	48	27%
Marital Status								
Bachelor (No relationship)	22.43	2.93	14	25%	42	75%	56	62%
Married	31.17	3.67	9	26%	26	74%	35	38%
Work Experience								
No work experience	21.23	1.91	16	20%	65	80%	81	54%
Currently working	27.80	4.68	24	34%	46	66%	70	46%

Note: Participants are aged between 18 and 40 years old.

Overall, participants' education level was high as 8% had a graduate degree, 10% were current graduate students, 27% had bachelor's degree, 3% had an associate degree (graduates from undergraduate degree lasting two to three years), 51% were current undergraduate students and the rest (1%) was other. Nearly half of the sample reported their economic status as medium-income (49.5%), 20.5% as medium-low income, 24% as medium-high, 2% percent as high income and 4% percent as low income. The participants were studying/had studied in different universities (more than 15 different universities). Boğaziçi University was the most frequently mentioned one for both graduated and currently studied university, but especially dominant in the sample of currently studying students (46%) (6% in graduated university). Most of the undergraduate students were freshmen (73%).

Participants' current/past majors were diverse and included majors such as engineering, psychology, economy, education, and so on. Similarly, participants with

work experience differed in their occupation and sector they are working at. However, almost all of the participants in this sample can be considered white-collar workers. The most frequent occupation group was teachers, teaching experts, and academicians (19.5%) followed by office workers (15.5%) and engineers (5%). Accordingly, the most common sectors were education (21.4%) and finance (8.6%).

University students were recruited mostly from Boğaziçi University students who received extra credit for an introductory psychology course in return for their participation. The rest of the participants were reached through the snowball sampling method. These participants were given a chance to win a gift card worth 250 TL from an online shopping website in return for their participation.

2.2 Materials

2.2.1 Event-Based Life Script Questionnaires

The Turkish version (Tekcan et al., 2012) of Rubin and Berntsen's questionnaire (2004) was used with few modifications to adapt it to collect subevents. In the original version, participants were asked to imagine a typical newborn who is of the same gender and from their culture and write down the most important seven events that he/she will encounter throughout the life. In the present study, participants were asked to imagine a typical person who is of the same gender and from their culture and list the most important events this typical person will encounter in his/her marriage life, retirement life, and university life, separately. Participants were required to report the five rather than seven most important events for each of the three lifetime periods. Asking fewer important events was preferred for this study as it may not be easily available for participants to report a high number of subevents and additionally, given the within-subjects nature of the study, shortening the time to

complete the survey is preferred to reduce fatigue caused by the similar flow of the survey. Evidence shows that asking for fewer than the typical seven events does not change the life-span retrieval pattern of the events listed (Bohn, Koppel, & Harris, 2017).

Once the participants list subevents, they also answered six questions for each subevent. The first 4 questions were the same with original life script format and two additional questions were added in this study:

- How many out of 100 would experience this event at least once during their lives? (Prevalence)
- How important are these events? (1 - *not important at all*,7 - *highly important*, on a 7-point Likert scale) (Importance)
- At what age would this person experience these events? (Estimated age)
- Are these events emotionally positive or negative? (-3 - *highly negative*, 3 - *highly positive*, on a 7-point scale) (Valence)
- Did they experience these events? (Experience)
- If they experienced the event, at what age did they experience it? (Experience age)

Finally, participants answered in general whether marriage, retirement and university life are emotionally positive or negative.

In the original version, which was generally collected via paper-pencil method, participants answered the questions for each event in event order. So, they firstly answered prevalence, importance, age, and valence questions for the first event, and they continued with the second events' questions. This version is, however, not optimal for online survey method since it requires participants to scroll back to see their written events for each events' questionnaire. Therefore, in the

present study, the online survey was arranged in a way that participants first report the subevents, and on the next page, each characteristics question is answered for all five subevents at the same time. For instance, participants rated the importance of five subevents at the same time and continued with the emotional valence question. A pilot study on 93 undergraduate students showed no apparent differences between original and current formats. Therefore, to ease the process, shorten the time, and reduce fatigue this updated version was used (Appendix A).

2.2.2 Questions about the influence of close relationships

To better understand possible influence of the external (environmental) influences on the mentioned events, for each event-based script, participants were first asked if they were influenced by experiences of their own or people close to them in their choice of subevents. For each script, if they answered yes to this question, they were asked whose experiences they referenced. Five choices were given: themselves, a family member, a relative, a friend or others. A blank space for the "other" choice was given for participants to write details. Participants were permitted to choose more than one option.

2.2.3 Questions about the influence of the current economy

As another possible influence of the external (environmental) influences, participants were asked to indicate for each mentioned subevent if the current Turkish economy affected their choice of that subevent or their assessment of its features (e.g., valence). The question was a simple yes/no format.

2.2.4 Demographic information form

This form included the year of birth, gender, marital status, relationship status or total year of marriage, socioeconomic status, and education level. Additionally, current/graduated university and major and class, prior internship and work experience, length of employment, whether they are currently working, and current/longest occupation and sector were asked. It was also asked when they will be entitled to a pension (Appendix B).

2.3 Procedure

After ethical approval from the Ethics Committee for Master and PhD Theses in Social Sciences and Humanities of Boğaziçi University (Appendix C) was taken, the study was carried out via Qualtrics, an online survey tool. After receiving informed consent, participants were firstly directed to a page about the information needed to give course credit/gift card draw chance. Then, participants were directed to the main survey. The survey started with either retirement life or marriage life script first (order was randomized) and then continued with university life script. University life script always came at the end since it was the only event that all participants at least partially experienced. All participants completed three script questionnaires. In each questionnaire, the five most important subevents and related six questions about each subevent were asked. After scripts, participants answered questions about the influence of close relationships and the current economy. Finally, they were presented with demographic questions form. Participants then were thanked for their contribution and the survey was completed.

2.4 Coding

For coding of the subevents, previous Turkish life scripts were consulted whenever possible. However, since no prior research on Turkish event-based life scripts related to marriage, retirement, and university life exist, additional categorization was needed. That is why I created the coding manual for all three scripts after reviewing the subevents. For each of three scripts, second and third coders who were blind to the study's hypotheses classified at least 10% of the sample using these coding manuals. Both coding discrepancies between coders and the subevents that coders were not sure of were discussed. For an event to be classified in a category, it was required for at least two of the three coders to agree on the same code. After these discussions, the coding manual was updated. The final manual consisted of around 50 subevents for each script (56, 49, 48 for university, marriage, and retirement life scripts respectively). I coded rest of the data with these finalized coding lists. Subevents comprised of at least 5% of total events was counted as script events.

CHAPTER 3

RESULTS

Before starting to analyze the data, some of the mentioned subevents were coded as "unfitting" and removed from analyses as they did not match the referred definition of an event. These were events like "transportation", "self-confidence" and "cafeteria". In total there were 25, 13, 20 subevents in this way for university, marriage, and retirement life scripts respectively. The "other events" category included all subevents that mentioned less than 5% of the sample. This category was only included in Spearman rank order analyses that were conducted to understand if participants reported subevents in chronological order. For any other analysis or in figures, "other events" were excluded. During the data collection, for some participants' survey format, "own life" was not included as a specific choice in the influence of close relationships questions. Therefore, when reporting the influence of participants own life, percentages were calculated after excluding these participants.

The results were presented in three categories for each script: nature of the scripts, the temporal distribution of the scripts, and the effect of personal experiences.

1. The nature of event-based scripts was presented in tables. For each event, common shared expected subevents and their characteristics were listed. For examining their accord to general life script studies, the number of subevents mentioned more than 5% (at least 11 times), the ratio of positive subevents, and the correlation between the order of mention and estimated ages for subevents were reported. Further, the influence of the current economy on their decisions about subevents were mentioned.

2. For each script, the temporal distribution of subevents was presented in figures to see if any bump that is similar to the reminiscence bump appeared. Estimated ages of subevents were divided into 2-year bins for university and 5-year bins for marriage and retirement life scripts. Chi-square tests were conducted to understand whether the number of subevents included in age groups differed from each other.
3. To examine the effect of personal experiences, subevents were compared at both event and subevent levels. The characteristics of subevents (prevalence, estimated age, importance, and valence) were examined through independent-sample t-test analyses whenever the number of subevents were sufficient. Temporal distribution figures were also included for comparisons. Finally, the influence of their own life and close relationships on their decisions about subevents were mentioned.

3.1 University Life Script

3.1.1 Nature and characteristics of the script

For the university life script, 27 subevents were commonly shared between 220 participants as they passed the 5% threshold. The content, frequency, and characteristics of these subevents were presented in Appendix D, Table D1.

In line with past cultural life script studies (e.g., Zaragoza Scherman et al., 2017), in the present study positive subevents were dominant in the script as 18 of 27 subevents were positive. For all subevents, positive events accounted for more than half of the events (58.2%) while 31.2% of it was negative. The general valence (-3 to 3 from *highly negative* to *highly positive*, 7-point likert scale) for university life in this study was positive (M = 1.55, SD = 1.28) as the valence score for “university”

event of Turkish life script reported previously (M = 2.30, .91) (Erdoğan et al., 2008) although the current mean score was smaller.

The university life script contained general life script events such as “falling in love” and “graduation”. There were also context-specific subevents like “academic failures” and “student club activities”. The number of subevents coming from second and third decades of life were not used as a comparison for this script’s compatibility with general life scripts. Because the period corresponding to university life is highly institutionalized, so that the event was already estimated to happen at the bump period. Indeed, all of the mentioned subevents were estimated to occur at 30 years of age latest by the participants. The order of mention and estimated ages of the subevents had positive correlation which showed that participants reported the events in chronological order for all events, $r_s = .215$, $p < .001$, $N = 1072$, positive events, $r_s = .238$, $p < .001$, $N = 611$, and negative events, $r_s = .215$, $p < .001$, $N = 342$.

The current economy in Turkey appeared to influence the inclusion and/or evaluation of 42% of all subevents. Especially, 96% of “financial problems”, 93% of “working/earning money”, 92% of “concern for the future”, and 92% of “Erasmus/exchange” subevents were reported to be influenced by the current economy.

3.1.2 Temporal distribution of the script

The majority of university life subevents were expected to occur at the age of 20 or earlier (%71.2). Figure 1 shows the temporal distribution of the estimated age of the positive (scores higher than 0 in -3 to 3, 7-point Likert scale), negative (scores lower than as 0 in -3 to 3, 7-point Likert scale), and neutral (scores as 0 in -3 to 3, 7-point

Likert scale) subevents. Distribution showed a bump for 18-19 years of age which corresponds to the earlier period of university life, especially for positive subevents.

Multiple chi-square tests were conducted with adjacent age periods. Analyses showed that number of positive subevents at the ages of 18 and 19 is higher than positive subevents estimated to happen before 18, $\chi^2(1, N = 218) = 202.294$, $p < .001$ and also higher than positive subevents at the ages of 20-21, $\chi^2(1, N = 344) = 20.512$, $p < .001$. For negative subevents, 18-19 years included higher number of subevents than subevents before these years, $\chi^2(1, N = 116) = 112.034$, $p < .001$ and subevents at the years of 20-21, $\chi^2(1, N = 202) = 3.881$, $p = .049$. For neutral events, 18-19 age group included more subevents than period before these years, $\chi^2(1, N = 50) = 38.720$, $p < .001$, but it did not differ from 20-21 years of age, $\chi^2(1, N = 77) = 3.753$, $p = .053$).

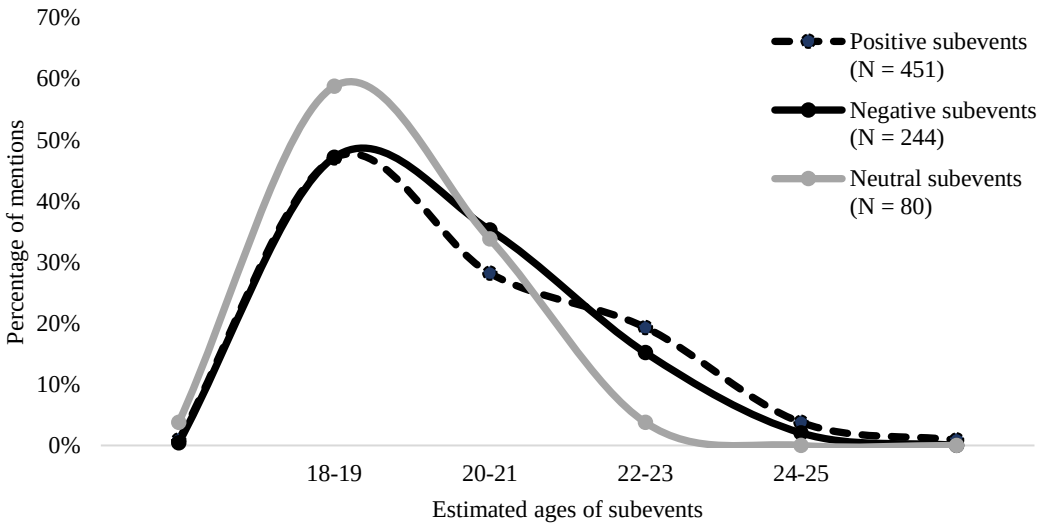

Fig. 1 Temporal distribution of positive, negative, and neutral university life subevents

Since most of the students were freshmen, one assumption was if this factor affected this distribution as these participants only experienced first years of

university life yet. However, as it was shown in Figure 2, the ages of 18 and 19 includes more events compared other years for all of the student participants regardless of their classes.

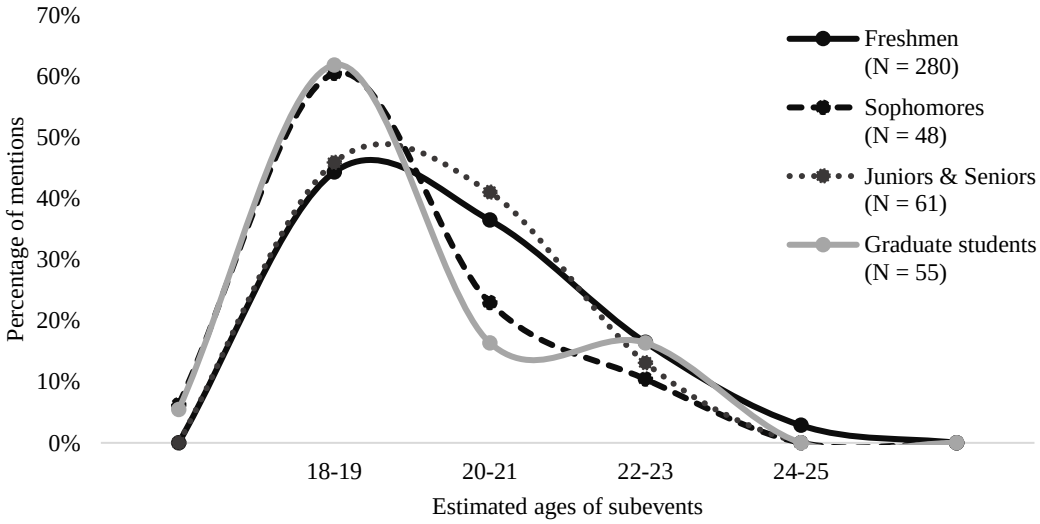

Fig. 2 Temporal distribution of university life subevents for students from different classes

3.1.3 The effect of personal experiences on the script

The possible effect of personal experiences was first examined at the event level by comparing students with graduated participants. For these analyses, only participants aged between 18-40 were included. Participants who had chosen "associate graduate" and "other" options for their education level were not included in these analyses. There were 131 students and 48 graduated participants.

The independent samples t-tests between students and graduates yielded only few significant results on the subevents' characteristics. "Internship/part-time working" was seen as more prevalent by students (M = 68.35, SD = 15.66) compared to graduated participants (M = 49.22, SD = 21.36), $t(30) = 2.802$, $p = .009$. Students also reported "working/earning money" as more important (M = 6.36, SD = .63)

compared to the other group (M = 5.43, SD = .53), $t(19) = 3.322$, $p = .004$. Finally, "socializing/meeting with new people, ideas and/or environments" were estimated to occur earlier by students (M = 18.05, SD = 2.15) compared to graduates (M = 20.17, SD = 1.94), $t(23) = -2.146$, $p = .043$. There were not any other significant differences (ps > .05). Detailed table of subevents' frequency and characteristics of students and graduates can be seen in Appendix E, Table E1 and the graphs that compare temporal distributions were in Appendix F, Figure F1. Comparisons of general valence scores of university life showed that valence scores of graduated participants (M = 1.88, SD = 1.16) did not differ from current students (M = 1.53, SD = 1.20), $p = .092$.

Secondly, the subevents were investigated to see whether their characteristics differed between participants who experienced them and who did not. Independent-sample t-tests were conducted and again, only several comparisons yielded significant results. Participants who experienced "graduation" reported its estimated age earlier (M = 22.71, SD = .73) than participants who did not (M = 23.42, SD = .79), $t(24) = -2.357$, $p = .027$. Participants who experienced "financial difficulties" assumed it to be more prevalent (M = 82.21, SD = 10.73) than others (M = 69.00, SD = 13.39), $t(32) = 3.041$, $p = .005$, They also expected "financial problems" to happen at an earlier age (M = 18.92, SD = 1.32) compared to inexperienced ones (M = 20.00, SD = 1.05), $t(32) = -2.306$, $p = .028$. "Working/earning money" was mentioned more positively by inexperienced participants (M = 2.25, SD = .97) compared to participants who experienced it (M = 1.20, SD = 1.32),$t(20) = -2.157$, $p = .043$. Finally, "academic failures" estimated as more prevalent by experienced participants (M = 73.48, SD = 19.14) than inexperienced participants (M = 60.52, SD = 25.27), $t(52.18) = 2.202$, $p = .032$.

Detailed table of subevents' frequency and characteristics reported by experienced and not experienced participants is present in Appendix E, Table E2.

Participants reported that they were influenced by their life or people close to them for 88% of the subevents. More specifically, 79% of the subevents were influenced by their own life, %56 by a friend, 14% by a family member, 10% by a relative, and %9 by other people.

3.2 Marriage Life Script

3.2.1 Nature and characteristics of the script

Twenty-four events were mentioned at least 11 times or more (5%). The content, frequency, and characteristics of these subevents are presented in Appendix D, Table D2. Fifteen out of 24 script subevents were positive. For all mentioned subevents, 46% were positive, similarly, 47% of the events were negative, and the rest (7%) were neutral.

General valence (-3 to 3 from *highly negative* to *highly positive*, 7-point Likert scale) for marriage life was slightly positive (M = .47, SD = 1.74). This is smaller than the valence score for "marriage" event in the previous general life script of Turkish people (M = 1.99, SD = 0.82) (Erdoğan et al., 2008). Some of the script subevents were general life script events such as "having children", "acquiring property", and "moving". The script also contained unique subevents such as "problems with spouse" and "cheating". Three subevents were related to children ("having children", "work distribution problems between housework/childcare and work life", and "childcare") and "social pressures" event is mostly comprised of mentions about pressures to have children. These children related events together made up 25% of all script subevents.

The order of mention and estimated ages of subevents had positive correlation for all subevents, $r_s = .284$, $p < .001$, $N = 1082$, positive events $r_s = .268$, $p < .001$, $N = 491$, and negative events, $r_s = .262$, $p < .001$, $N = 500$ which indicates that participants tend to report in chronological order. Majority of the subevents (61%) were estimated to occur at the ages of 20 to 30 which is in line with the prior life script studies that showed higher number of events from the bump period (e.g., Zaragoza Scherman et al., 2017).

The current economy in Turkey appeared to be an influence on subevents' inclusion and/or their evaluation. The participants reported that it influenced their decision for 54.5% of all subevents. Especially for all 43 "financial problems" mentions, the current economy is reported as an influence. Eighty-five percent of "acquiring property", 81% of "setting up a home/house-related works", and 80% of "vacation/travel" events were also affected by the current economy in some ways as reported by participants.

3.2.2 Temporal distribution of the script

The majority of marriage life subevents were expected to occur at the age of 30 or earlier (62%). The temporal distribution of the estimated age of positive, negative and neutral subevents is presented in Figure 3. The distribution showed a bump that is especially evident for positive subevents.

Multiple chi-square analyses were conducted to understand if these bumps correspond to a significant difference between age groups. These analyses revealed that number of positive subevents did not differ between 24-29 and 30-34 age periods, $\chi^2(1, N = 257) = 1.716$, $p = .190$ while these two periods included more events than other periods, $\chi^2(1)$ ps $< .05$. Similarly, the number of negative subevents

at the ages of 25 to 29 did not differ from the number of subevents at 30 to 34 years of age, $\chi^2(1, N = 207) = .237$, $p = .627$. However, the events from these age groups were significantly higher than any other age groups $\chi^2(1)$ *p*s < .05. For neutral events, a similar pattern was observed. Again, 25–29 age period and 30-34 age period did not differ $\chi^2(1, N = 36) = 1.778$, $p = .182$, but they included significantly higher number of subevents than other periods $\chi^2(1)$ *p*s < .05.

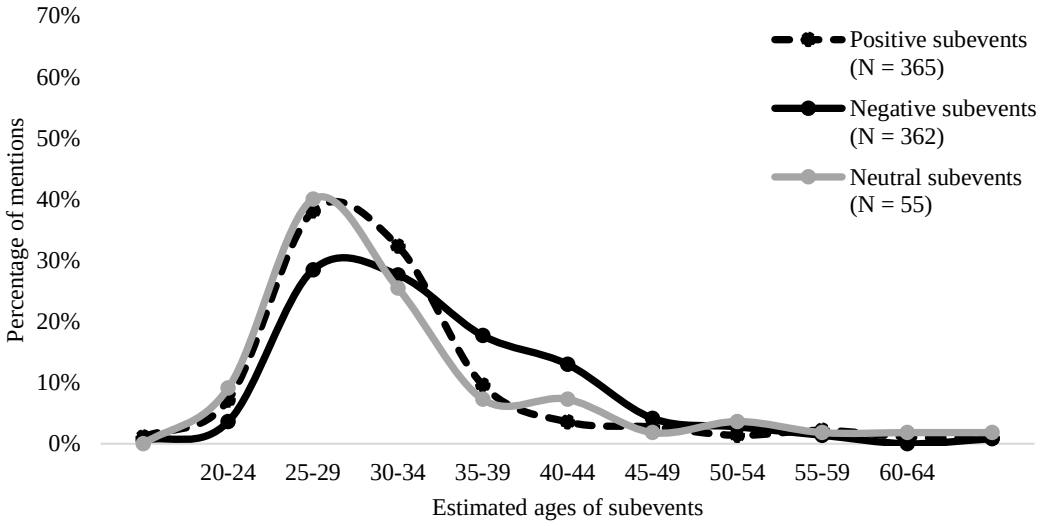

Fig. 3 Temporal distribution of positive, negative, and neutral marriage life subevents

3.2.3 The effect of personal experiences on the script

For investigating the effect of experience on the event level, participants were examined according to their marital status. Participants aged between 18-40 were divided into two groups as married and bachelors. Here, bachelors were participants who reported that they did not have a relationship at the moment. The reason for this was to avoid the possible effect of long-term relationships that might have evoked marriage related thoughts. The sample included 34 married and 56 bachelor participants. The frequency and characteristics of the subevents for these two groups

can be seen in Table E2. Figure F2 shows the temporal distribution of positive and negative events for these groups. Neutral events are not presented in the figures as the number of subevents that were reported as neutral was low.

For most of the subevents, there was not enough data available in the groups for significance testing after the data was split into each subevent. For the subevents that had enough data, independent sample t-test comparisons between married and bachelor participants yielded no significant results for the most (*p*s > .05). Only "having children" reported by married participants as more important (M = 6.37, SD = 1.13) than bachelors (M = 5.17, SD = 1.95), $t(67.50) = 3.291$, $p = .002$. Married (M = .97, SD = 1.60) and bachelors' (M = .34, SD = 1.64) general valence scores for marriage life did not differ, $p = .075$.

The effect of experience was examined at subevent level by comparing participants who experienced the subevent and who did not. Again, independent samples t-tests were used to investigate any possible differences between groups whenever the sample size for each group was enough. Only a few tests yielded significant results for these analyses. "Having children" reported as more important by the participants who experienced it (M = 6.78, SD = .54) compared to others (M = 5.38, SD = 1.84), $t(86.29) = 6.664$, $p < .001$. Participants that experienced "acquiring property" estimated it as more prevalent (M = 73.08, SD = 16.71) compared to unexperienced participants, (M = 55.23, SD = 18.21), $t(50) = 3.033$, $p = .004$. Finally, "moving" was seen as more prevalent by participants who experienced it (M = 79.55, SD = 14.96) compared to who did not (M = 57.54, SD = 25.69), $t(22) = 2.500$, $p = .020$.

Seventy percent of the subevents were influenced by participants' life or people close to them. Specifically, a family member (40%) was the most frequent

influence on the subevents followed by participants' own life (35%), a relative (31%), a friend (27%), and other people (10%).

3.3 Retirement Life Script

3.3.1 Nature and characteristics of the script

Twenty-eight subevents passed the 5% threshold (Appendix D, Table D3). Similar to previous studies and the university life script in this study, retirement life script was dominantly positive (17 out of the 28 subevents). More than half of the reported retirement life script subevents were positive (55%), 39% of the subevents were negative, and the rest (6%) were neutral.

General valence for the retirement life in this study (M = .40, SD = 1.56) was positive like the valence score for "retirement" event of Turkish life script reported previously (M = .70, SD = 1.49) (Erdoğan et al., 2008), but it was smaller in the present study. Similar to university and marriage scripts, there were general life script events among the subevents such as "death of someone close" and "health problems" as well as context-specific ones such as "getting/spending retirement grant" and "moving to calm/small place". Grandchildren appeared to be an important aspect of retirement life as the script included three frequent subevents related to grandchildren: "having a grandchild", "taking care of grandchildren", and "spending time with grandchildren" that forms 14% of all script subevents. The most frequently mentioned two events were negative ("health problems" and "financial problems") and corresponded to 18% of all script subevents. Retirement life is expected to start at a later age than the young adulthood period as requirements for entitlement to pension takes many years. Therefore, the retirement life subevents did not come from the bump period. The majority of the subevents (43%) were estimated to occur after

the age of 60, 25% estimated to happen when the typical person is 60 years old, and the rest was estimated to happen before 60 (32%). The order of mention and the estimated ages of subevents had positive correlation for all subevents, $r_s = .085$, $p = .005$, $N = 1076$, and negative subevents, $r_s = .186$, $p < .001$, $N = 421$, but not for positive subevents, $r_s = .032$, $p > .05$, $N = 580$.

The current economy in Turkey appeared to influence the inclusion and/or evaluation of more than half of the subevents (52.5%). Similar to university and marriage life, "financial problems" subevent was affected by the current economy since all 72 mentions was reported to be influenced by it. "Moving" (81.8%), "getting a new job" (94.4%), "getting/spending retirement grant" (85%), "pilgrimage" (90.9%), and "acquiring property" (95%) subevents' inclusion and evaluation by participants also mentioned by the majority as to be influenced by the current economy.

3.3.2 Temporal distribution of the script

The temporal distribution of the estimated age of positive, negative, and neutral events is given in Figure 4. The majority of retirement life subevents were expected to occur at the age of 60 or earlier (57.1%). It showed an increased number of mentions for 60-64 years of age in the mentioned subevents, especially for positive ones. Multiple chi-square tests showed that number of positive subevents estimated to occur at the ages of 60 to 64 is higher than 55-59 period, $\chi^2(1, N = 285) = 9.126$, $p = .003$ and later period (65-69), $\chi^2(1, N = 278) = 12.101$, $p = .001$. The years of 60-64 also includes higher number of events than 55-59 for negative events, $\chi^2(1, N = 122) = 5.541$, $p = .019$, however 60-64 and 65-69 age periods did not differ, $\chi^2(1)$ $p > .05$. For neutral events, there was no difference between age groups, $\chi^2(1)$

$p > .05$. For the retirement life script, the bump appeared to differ from the first two event-based scripts as this one shows a bump closer to the center of the event's life span especially for negative and neutral subevents.

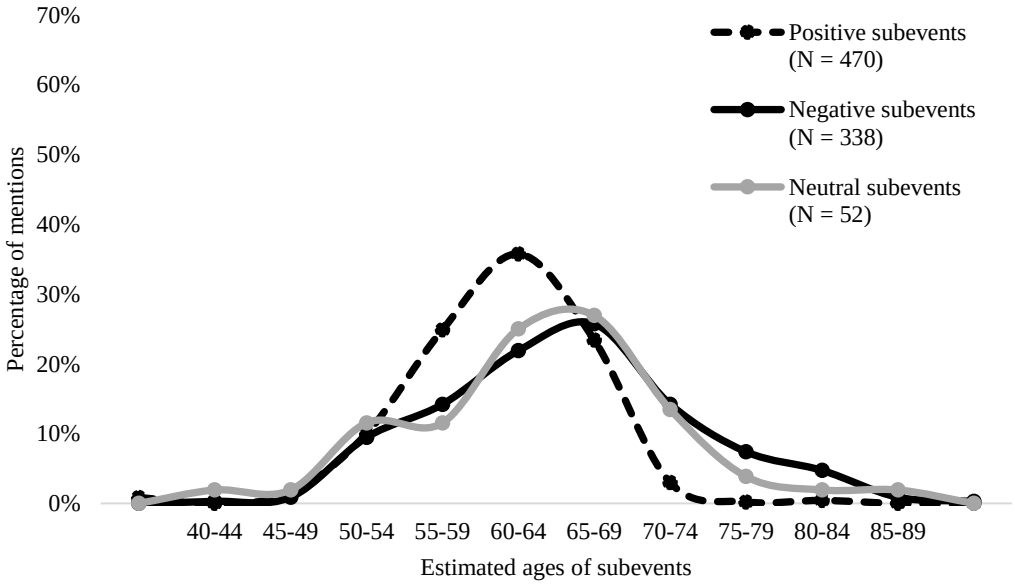

Fig. 4 Temporal distribution of positive, negative, and neutral retirement life subevents

3.3.3 The effect of personal experiences on the script

For investigating the effect of experience on the event level, participants aged between 18-40 years old were divided into two groups according to work experience. One group included participants who are currently working (70 participants), and the other group consisted of participants who are not currently working and have any work experience (81 participants). The frequency and the characteristics of subevents for each group were presented in Appendix E, Table E3. Graphs that show both groups' temporal distribution of positive and negative subevents were presented in Appendix F, Figure F3. Similar to marriage life script, neutral events' comparisons

were not presented in the graphs since only a small number of subevents were mentioned as neutral for these groups.

The comparisons between these two groups through independent samples t-tests yielded no significant results (*p*s > .05) except for few subevents. Participants who are currently working estimated "acquiring property" event to be more prevalent (*M* = 53.60, *SD* = 27.48) compared to participants who do not have work experience (*M* = 36.57, *SD* = 17.06), *t*(31.65) = 2.225, *p* = .033. For currently working participants, "health problems" appeared to be significantly less important (*M* = 6.17, *SD* = .83) than the other group (*M* = 6.66, *SD* = .63), *t*(37.05) = -2.402, *p* = .021. General valence scores comparisons for retirement life revealed that valence scores of currently working participants (*M* = .54, *SD* = 1.38) did not differ from participants with no work experience (*M* = .32, *SD* = 1.54), *p* = .356.

The effect of experience was also examined at subevent-level. Again, independent samples t-tests were used to investigate any possible differences between groups for each subevent that is suitable for the tests. Only one analysis available on this data yielded significant result. Currently working participants estimated "financial difficulties" to happen at an earlier age (*M* = 56.13, *SD* = 5.73) compared to inexperienced participants (*M* = 61.45, *SD* = 6.72), *t*(53) = -2.714, *p* = .009.

For 56% of the subevents, participants were influenced by either their own life or a closed one's. Own experiences were the least frequently mentioned influence (12%) compared to the other two scripts, possibly because the majority of participants did not retire yet. A relative was an influence on 36% of the subevents, followed by a family member (28%), a friend (9%) and other people (9%).

3.4. Comparisons of the temporal distributions of the scripts

To present all three event-based scripts' temporal distribution in the same graph, starting point of each event is determined based on the data and previous Turkish life script studies (e.g., Hatiboğlu & Habermas, 2016). For university age of 18, for marriage 25, and for retirement 55 were chosen as starting points and were recoded as 0. In Appendix G, graphs were shown for positive (Figure G1), negative (Figure G2), and neutral events (Figure G3) in 5-year age bins according to subevents' distance from the start. As it is apparent in the graphs, more events came within the first 10 years of the starting point of these events, especially for university and marriage life.

CHAPTER 4

DISCUSSION

The present study investigated the nature of event-based life scripts and their accord to the reminiscence bump phenomenon in terms of their temporal distribution pattern via three extended events related to education, family, and work contexts: university life, marriage life, and retirement life. Additionally, the study examined the effect of personal experiences on the expectations to understand if they are semantic knowledge.

4.1. Nature of the event-based scripts

As predicted, shared expectations regarding the important events in a typical university, marriage, and retirement life in Turkish culture were observed as their characteristics were mostly in line with the features defined in cultural life script theory (Berntsen & Rubin, 2004). First, university and marriage life scripts included the majority of subevents from adolescence and young adulthood period (18-30 years of age). For the retirement life script, inevitably almost all subevents were estimated to happen in the late adulthood period since the requirements to retire for most of the occupations include age constraints and year of work experiences that shift earliest retirement date to a later period. Second, the correlation between the order of mention and the estimated age of subevents were positive for all event-based scripts. Similar to ascending chronological order of past life script studies (e.g., Zaragoza Sherman et al., 2017), here, participants also generally reported events in the order of their estimated age of occurrence as shown through significant Spearman rank order correlations. This is apparent through Spearman rank correlations per subject as well.

Only a minority of these correlations were negative (23%, 27%, and 36% of all participants for marriage, university, and retirement life scripts respectively). Third, similar to cultural life script studies (e.g., Tekcan et al., 2012), in this study, the majority of events were also positive. More specifically, for university and retirement life scripts more than half of the events were positive (58% and %55 of all subevents respectively). Marriage life script, on the other hand, included around a similar number of positive (46%) and negative subevents (47%).

Despite the accordance of event-based scripts to these aspects of cultural life script theory, there are few issues that needs additional explanation. Firstly, even though the majority of the events were positive, the event-based scripts included generally more negative events compared to some past Turkish life scripts. For instance, in Tekcan and colleagues' study (2012), 65% of all events reported by young adults were positive while the highest percentage of positive events in the scripts presented here was 58%. Erdoğan and colleagues (2008) argued that the crucial aspect is not the positive events' dominance in general but their dominance for highly frequent events. The majority of negative events in their study were not highly frequent ones, and researchers did not observe a bump for negative events. However, the scripts in this study did not carry these characteristics either. Negative events in two of the present study's scripts were distributed more equally across the table as five out of nine negative university subevents and five out of eleven negative retirement subevents were in the upper 50% of the frequency list (Appendix D, Table D1 and Table D3). Especially, for retirement life, two most frequently mentioned events were negative. For the marriage life script, 8 out of 9 negative events were in the first half of the script (Appendix D, Table D2). Additionally, negative subevents also showed a bump in this study.

Secondly, when I considered the content of these negative subevents, they contradict to the notion that life scripts represent an idealized life. For instance, one of the frequently mentioned events of the marriage life script was divorce. This event was as an example presented by Berntsen and Rubin (2004) as an event that is not included in the script despite being a common event since it is not a part of an idealized life. Therefore, even though shared expectations regarding a typical university, marriage, and retirement life exist, they may not be idealized scenarios. However, it is also possible for the current events such as covid-19 pandemic and/or current economy to cause/contribute to the increase in the number of negative subevents. For instance, 65% of "divorce/separation" mentions in marriage life scripts were reported as being influenced by the current economy in their inclusion/evaluation. Especially for "financial problems" which appeared as a frequent subevent for all three scripts, almost all mentions were reported to be affected by the current economy. Therefore, the current situation might partially be the reason why there was not a higher number of positive events for the marriage life script and why less idealized typical lives were pictured by the participants.

Overall, the findings were compatible with past event-based life script studies that showed shared expectations for a typical love and career life in American culture (Dunlop et al., 2017; Martin et al., 2020). When I looked at most frequent 10 events in these scripts and in three scripts in this study, only few events were common. Love life script included "having children", "having serious relationship" and "first boyfriend/girlfriend". The marriage life script included "having children" and university life script included "having a relationship". In common with career life script, university life script in this study included "graduation" and "internship". The rest were context specific for each script and/or culture. Dunlop and colleagues

(2017) reported 22 events for the love life script that were mentioned by at least 4% of the participants. For typical American career life script, threshold was 10% of the sample, and the script included 13 events (Martin et al., 2020). In these studies, researchers asked participants to report the seven most important events while in the present study participants reported five. Even though the number was smaller in the present one, still a more conservative cutoff (5% of the sample) was chosen since it was the first time to examine scripts for extended events in Turkish culture. The thought was that 5% cutoff would both help to avoid including rare subevents and excluding commonly shared ones. Although the cutoff was stricter than Dunlop and colleagues' study (2017) more subevents passed the cutoff for each script (27, 24, and 28 subevents for university, marriage, and retirement life respectively). Moreover, some of these subevents consisted of subcategories that were also mentioned at least by 5% of the subjects (Appendix H, Table H1, Table H2, and Table H3). Some of the most frequent events in these scripts were general life script events such as "having children", "health problems", and "having a relationship". However, the majority of the subevents were context-specific events that did not appear in general life scripts.

Even though general valence scores for these extended events were all emotionally positive similar to past Turkish life script studies (Erdoğan et al., 2008; Tekcan et al., 2012), the scores in this study were always lower than the scores reported in past scripts. This decrease may represent a more pessimistic view about how a typical life unfolds in recent years compared to the past. In line with this, in a report from Turkish Statistical Institute in 2020 it was shown that participants who expected following year to be worse than the current one increased from 8.7% in 2015 to 21.1% in 2020. Further, in the same report it was shown that the percentage

of participants that reported themselves to be happy continuously dropped from 68.3% in 2016 to 48.2 in 2020 (2020). As another explanation, the format of the survey might have contributed to this finding. The general valence question was always presented at the end of script questionnaires. Participants needed to consider specific important events for these extended events, and this might remind them the negative aspects of these extended events. Therefore, participants might have considered the extended events more negatively as negative subevents became salient. As another note, Erdoğan and colleagues (2008) reported that they considered events coded higher than 0 (from -3 to 3, on a 7-point Likert scale) as positive. Similarly, in this study scores were grouped in this way. However, it is important to mention that coding only 0 as neutral caused number of events categorized as neutral to be smaller. As presented in the tables, mean score sometimes closer to 0 than 1 or -1.

The study was conducted by using extended events that belong to important contexts in life that Berntsen and Rubin (2004) presumed for them to have their own timelines. Since the study showed that these events had their timelines, generic contexts like education and family most probably have their own scripts too. However, it is not clear if these scripts would carry all characteristics of life scripts defined by the cultural life script theory.

4.2. Event-based scripts and the reminiscence bump

The temporal distribution of all three scripts showed a higher number of mentions for certain age periods (18-19 years for university, 20-30 for marriage, and 60-69 for retirement). Here, I examined whether the bumps in the event-based scripts correspond to the earlier period of the events' estimated life span that would create a

pattern similar to the reminiscence bump. For university and marriage life scripts these periods corresponded to the first 10 years from events' approximate start (Appendix G). It is easier to observe this in Figures 1 and 2, the bumps were located at the earlier periods as both graphs were positively skewed. As expected, for university life script 80% of the subevents estimated to happen within the first 4 years period (ages between 18 and 21). Still, participants mentioned a higher number of events from the first half of these four years, 18 and 19 years of age (%60). This hold true even when I exclude participants who are in their freshmen years. When only students who are sophomore or above were examined, 59% of all subevents were still coming from 18 and 19 years of age. As the whole event happens in the years of adolescence and young adulthood period, this bump cannot be explained completely with the cultural life script theory.

Koppel and Berntsen (2014a) showed that the tendency to refer most important events to young adulthood period is a broader concept, named as *youth bias.* They showed not only the most important events in a typical life, but also the most important public events in a typical person's life shows a bump around young adulthood period. Researchers assumed that estimated ages for important public events' occurrence in a typical person's life course logically should not show a bump and distribute randomly. Still, they found a bump for young adulthood period. Therefore, they defined this broad tendency to report events from young adulthood as a cognitive bias. For the current study, the results can also be explained with a potential cognitive bias. But rather than being biased toward young adulthood period, the results signal a tendency to report the most important typical events that are expected to occur in the earlier periods of events' lifespan. In line with this, it was shown previously that alumnae participants reported higher number of freshmen year

memories from the beginning of college, in September compared to other months when they were asked to report first four memories came to their mind (Pillemer, Goldsmith, Panter, & White, 1988).

If the retirement life script showed an earlier bump, it would strengthen this assumption. However, the retirement life script's temporal distribution showed a bump more at the center if I consider the starting point at the age of 55 (Figure 4). In the present study 55 was one of the most frequently estimated age for the events. In related findings of past Turkish life script studies (Ece & Gülgöz, 2014; Erdoğan et al, 2008; Hatiboğlu & Habermas, 2016; Tekcan et al., 2012), mean estimated age for retirement changed between 55.2 and 58.33. With 55 as the starting point, the majority of the subevents expected to occur around 5-15 years after retirement life started approximately (Appendix G). More than half of the events came from 60 and earlier (57.1%).

This result could be justified by concluding the pattern for recalling important events of a typical retirement life differs from the other two events. Another explanation could be the Turkish legislation changes in the past decades. Revisions in Turkish legislation regarding retirement requirements especially in 2008 caused the minimum age of retirement to increase (Sosyal Sigortalar Kanunu, 2006). The period that marks the starting point of retirement for some participants might have been perceived around the age of 55 while especially for younger participants it might be perceived around 65 years of age. If the expected age for starting point differed between participants in this study, it is possible for the retirement life script to include events from earlier periods of the event's span similar to the other two events' scripts. It would mean all bumps for event-based script to exist in the earlier

periods. Unfortunately, participants did not report when they think these extended events would start, therefore I could not examine this assumption.

As the figures and chi-square analyses showed, not only positive subevents but also negative ones showed a bump even though the negative bump was always flatter. Age intervals of positive and negative bumps were similar. This contradicts the findings of previous studies that showed a bump for positive events but not for negative ones (e.g., Berntsen & Rubin, 2003). Neutral subevents' patterns were more similar to positive ones for marriage life while for retirement and university life, the pattern resembled the temporal distribution of negative subevents. The number of neutral subevents for age periods that showed a bump for university and marriage life scripts were significantly higher than other age periods but for retirement life, differences were not significant. Observing bumps for negative and neutral events contradicts the assumptions of the cultural life script theory. However, if these scripts are representing a cognitive bias as considered above, then it is not unexpected to see a bump not only for positive but also for negative and neutral events.

4.3. The effect of personal experiences

The subevents were investigated in terms of personal experience both at event and subevent levels. For all analyses, only participants aged between 18 and 40 were included to minimize the possible effect of age on the subevents. For event level: students vs. graduates, married vs. bachelors with no current relationship, and participants who are currently working vs. who do not have any work experience were compared for university, marriage, and retirement life scripts, respectively. For the subevent level, participants who have experienced the subevents were compared to those who did not. The majority of independent samples t-tests for event level and

subevent level comparisons on the characteristics of the subevents did not yield any significant results. The tables that show the comparisons on event level also support this (Appendix E). It is possible to see that even though there were few possible differences, expectations were still mostly in the same direction. For example, students mentioned "working/earning money" as more important (M = 6.36) than graduates (M = 5.43), but still both groups reported the event as important. Finally, in line with these, figures in Appendix F show that the bumps were at similar age periods for different groups, and for almost all temporal distributions, the patterns were similar.

It is important to note that for most of the subevents, significance testing comparisons were unavailable because the number of events that fall into each group was either too small or too different from each other. As it was not possible to predict which events will come up and how these mentions will be divided between groups, I was only able to examine the ones that were available, and the comparisons were limited. There may be more differences caused by experience on these subevents that the present study was unable to reveal due to sample sizes. For now, these results support the idea that event-based scripts are semantic knowledge. However, still few minor differences in terms of experience were noted. These are in line with previous findings. For instance, Tekcan and colleagues (2012) also did not report substantial differences between age groups, but they showed that older adults' scripts were more typical and showed a more prominent bump in young adulthood periods for positive events than adolescents and young adults' scripts.

Finally, in line with Janssen and Haque's (2018) study on the major information sources for cultural life scripts, in this study participants also mentioned their own experiences or people close them as an influence for a high number of

subevents. This emphasizes the importance of experiences or environment on the expectations regarding a typical life.

4.4. Limitations

There are some limitations to the present study. First, the sample in this study was highly educated, and it is estimated for the majority of participants to be located in the urban areas of the country as they were reached through snowball method. Hatiboğlu and Habermas (2016) showed that urban areas had less normative life scripts compared to rural areas. Therefore, it may be possible for some of these subevents to differ in terms of their inclusion in the script or their characteristics within different areas of Turkey. Second, when the study was conducted, the current pandemic was still ongoing and related regulations limited normal daily life, which might have caused general negativity in participants' view of life. Again, the current economy appeared to be a factor that influences subevents. Therefore, maybe some events might not have appeared if not for this era. Finally, the order was not counterbalanced for all script questionnaires and university life always came at last. The reason for this decision was to keep the event that everybody experienced at last. However, it might have caused participants to not mention some subevents in university life if they have already mentioned it in previous scripts.

4.5. Conclusion

The present study aimed to understand the cultural life scripts' hierarchical arrangement, life scripts' relation to the reminiscence bump, and finally, the effect of personal experiences on the expectations that people have for typical life events better. The commonly shared expectations of a typical university, marriage, and

retirement life and the characteristics of these expectations were reported for Turkish culture. These three events are culturally transitional events and part of the general life script. The existence of detailed scripts for these general life script events supports the cultural life script theory's assumption that scripts are arranged hierarchically and the assumption that different role contexts might have different timelines (Berntsen & Rubin, 2004). It revealed that more elaborated expectations for a typical life are available between the members of the same culture. The bumps were observed for each script's temporal distribution. For university and marriage life the bump was in the earlier periods. The results of this study also showed that personal experience did not cause a major difference in the inclusion or the characteristics of the subevents. The results supported the notion that life scripts are semantic knowledge (Berntsen & Rubin, 2004) as the personal experience did not cause a major difference in most subevents. Yet, still for some subevents personal experience showed a not-to-be-ignored influence.

The present study helps us to understand the depth of cultural life scripts better. However, more studies are needed to see if retirement life script (or maybe any other event that happen outside of the bump period) really differs from the bump period events such as marriage and university life. Further studies are also required to check if a cognitive bias favors earlier periods of a span when considering the typical important events exists. Another area of research could be about how close relationships affect scripts and if closeness level of the person that participant influenced cause a difference in the scripts.

APPENDIX A

CULTURAL LIFE SCRIPT QUESTIONNAIRE

Imagine a quite ordinary person (choose gender according to your gender). It cannot be a person you know. Rather, imagine a typical person in our culture with a quite ordinary life course ahead. We ask you to write down the five most important events this typical person most likely will experience in his/her marriage life. Write the events in the same order as they came to your mind. For each event, write a short title that is suitable for the event.
In this study, what we mean by "event" is a specific situation with a recognizable start and end. General states are not suitable for the "event" definition.
(*Oldukça sıradan ve normal bir kişi düşünün (cinsiyeti sizin cinsiyetinizle aynı olsun). Bu tanıdığınız bildiğiniz bir kişi olmasın. Daha ziyade önünde oldukça sıradan ve normal bir yaşam seyri uzanan, bizim kültürümüzden tipik bir kişiyi düşünün. Sizden rica ettiğimiz bu tipik kişinin evlilik hayatında yaşaması muhtemel en önemli beş olayı yazmanız. Olayları aklınıza ilk geldiği sırayla yazınız. Her olay için, o olaya uygun kısa bir başlık yazınız.*
Bu araştırmada "olay" ile kastettiğimiz ortaya çıkışı, başı ve sonu fark edilebilen, belirli bir durumdur. Geniş kapsamlı durumlar "olay" tanımına dahil değildir.)

1. Event (*1. Olay)* _____
2. Event (*2. Olay)* _____
3. Event (*3. Olay)* _____
4. Event (*4. Olay)* _____
5. Event (*5. Olay)* _____

Please answer the questions below individually for each event you have written.
(Lütfen belirttiğiniz her olay için aşağıdaki soruları teker teker cevaplayınız.)
Events you have written automatically will appear on the screen.
(Yazmış olduğunuz olaylar aşağıda otomatik olarak görünecektir.)

a. How common are these events? How many out of 100 would experience this event at least once during their lives?
(*Sizce bu olaylar ne kadar yaygındır? 100 insan arasından kaçı bu olayları hayatında en az bir kere yaşar?)*

Number of People (*Kişi Sayısı)*

	0 10 20 30 40 50 60 70 80 90 100
1.Event written by the participant appears here. *(Yazılan 1.Olay görünmektedir.)*	
2.Event written by the participant appears here.	
3.Event written by the participant appears here.	
4.Event written by the participant appears here.	
5.Event written by the participant appears here.	

b. How important are these events? *(Sizce bunlar ne kadar önemli olaylardır?)*
(1- Not important at all (*Hiç önemli değil)*, 7- Very important *(Çok önemli)*)

	1	2	3	4	5	6	7
1.Event written by the participant appears here. *(Yazılan 1.Olay görünmektedir.)*	○	○	○	○	○	○	○
2.Event written by the participant appears here.	○	○	○	○	○	○	○
3.Event written by the participant appears here.	○	○	○	○	○	○	○
4.Event written by the participant appears here.	○	○	○	○	○	○	○
5.Event written by the participant appears here.	○	○	○	○	○	○	○

c. At what age this person would experience these events? (Please write one specific age for each event, do not write an age range).
(Sizce bu kişi belirttiğiniz olayları kaç yaşına geldiğinde yaşar? (Lütfen her olay için tek bir yaş belirtiniz, yaş aralığı vermeyiniz.))

1.Event written by the participant appears here. _____
(Yazılan 1.Olay görünmektedir.)
2.Event written by the participant appears here. _____
3.Event written by the participant appears here. _____
4.Event written by the participant appears here. _____
5.Event written by the participant appears here. _____

d. Are these events emotionally positive or negative?
(Bu olayların içerdiği duygu olumlu mudur, olumsuz mudur?)
-3 – Very negative *(Çok olumsuz)*,
0 – Neither positive not negative *(Ne olumlu ne olumsuz)*,
3 – Very positive *(Çok olumlu)*

	-3	-2	-1	0	1	2	3
1.Event written by the participant appears here. *(Yazılan 1. Olay görünecektir.)*	○	○	○	○	○	○	○
2.Event written by the participant appears here.	○	○	○	○	○	○	○
3.Event written by the participant appears here.	○	○	○	○	○	○	○
4.Event written by the participant appears here.	○	○	○	○	○	○	○
5.Event written by the participant appears here.	○	○	○	○	○	○	○

e. Did you experience these events? *(Siz bu olayları yaşadınız mı?)*

	Yes *(Evet)*	No *(Hayır)*
1.Event written by the participant appears here. *(Yazılan 1. Olay görünecektir.)*	○	○
2.Event written by the participant appears here.	○	○
3.Event written by the participant appears here.	○	○
4.Event written by the participant appears here.	○	○
5.Event written by the participant appears here.	○	○

f. Please write down the age you experienced these events.
(*Lütfen bu olaylar başınıza geldiğinde kaç yaşında olduğunuzu belirtin.)*

1.Event written by the participant appears here. _____
(Yazılan 1.Olay görünmektedir.)
2.Event written by the participant appears here. _____
3.Event written by the participant appears here. _____
4.Event written by the participant appears here. _____
5.Event written by the participant appears here. _____

For this typical person, is marriage life emotionally positive or negative?
(*Bu tipik kişi için evlilik hayatının içerdiği duygu olumlu mudur, olumsuz mudur?)*

Very negative *(Çok olumsuz)*			Neither positive nor negative *(Ne olumlu ne olumsuz)*			Very positive *(Çok olumlu)*
-3	-2	-1	0	1	2	3
O	O	O	O	O	O	O

APPENDIX B

DEMOGRAPHIC INFORMATION QUESTIONNAIRE

Year of Birth (*Doğum yılınız)*_____

Gender *(Cinsiyetiniz)*:

Male *(Erkek)* __ Female *(Kadın)* __ Other *(Diğer)* __

Do not want to indicate *(Belirtmek istemiyorum)* __

Marital Status *(Medeni Durumunuz)*:

Single *(Bekar)* __ Married *(Evli)* __ Divorced *(Boşanmış)* __

Widower *(Eşi ölmüş (dul)*) __ Other *(Diğer)* _____

The question below is visible only for married, divorced, and widower participants:

Please indicate how many years of of marriage experience you have in total. *(Lütfen toplamda kaç yıllık bir evlilik hayatınız olduğunu belirtiniz.)* _____

The question below is visible only for single participants:

If you are not married, please indicate your current relationship status.
(Evli değil iseniz lütfen şu anki ilişki durumunuzu belirtiniz.)
_____

Education Level *(Eğitim Durumunuz)*

__Undergraduate student *(Lisans öğrencisi)*
__Graduate student *(Lisansüstü öğrencisi)*
__Associate degree *(Ön lisans öğrencisi)*
__Bachelor's degree *(Lisans mezunu)*
__Master's degree *(Yüksek lisans mezunu)*
__PhD *(Doktora mezunu)*
__Other (Diğer) _____

The question below is visible only for current students:

Please answer the questions below. *(Lütfen aşağıdaki sorulara yanıt veriniz.)*

Currently studied university *(Okuduğunuz üniversite)*_____
Currently studied major *(Okuduğunuz bölüm)* _____
Currently studied class *(Sınıfınız)* _____

The question below is visible only for participants who have at least an associate degree:

Please answer the questions below. *(Lütfen aşağıdaki sorulara yanıt veriniz.)*

Last graduated university *(En son mezun olduğunuz üniversite)*

_____

Last graduated major *(En son mezun olduğunuz bölüm)*

_____

Do you have any work experience? If you have, please indicate total amount of time of your all working experiences to the space provided below. *(Herhangi bir iş deneyiminiz var mı? Var ise iş deneyimlerinizdeki toplam çalışma sürenizi seçeneğin altındaki boş alanda belirtiniz.)*

O I have *(Var)*:

_____

O I do not have *(Yok)*

Are you currently working in any job? *(Şu an herhangi bir işte çalışıyor musunuz?)*

O Yes *(Evet)* O No *(Hayır)*

The question below is visible only for participants who are currently working:

Please answer the questions below regarding your current job. (If you have any other job that you spend more time than your current job, answer the questions thinking about that job.). *(Lütfen şu anki işinize ilişkin aşağıdaki sorulara yanıt veriniz. (Şu anki işinizden daha uzun süre çalıştığınız bir işiniz oldu ise ilk iki soruya en uzun süre çalıştığınız işi düşünerek düşünerek cevap veriniz.)).*

Occupation *(Mesleğiniz)* _____

Sector *(Çalıştığınız sektör)* _____

How many years did you work in total *(Toplam kaç yıl çalıştınız?)*

_____

Question below is visible only visible on for participants who have reported having work experience but are not currently working:

Please answer the questions below by thinking your experience regarding the job you had longest experience. *(Lütfen aşağıdaki sorulara en uzun süre çalıştığınız işi düşünerek yanıt veriniz.)*

Occupation *(Mesleğiniz)* _____

Sector *(Çalıştığınız sektör)* _____

How many years did you work in total *(Toplam kaç yıl çalıştınız?)*

_____

After how many years you will be entitled to pension? *(Kaç yıl sonra emeklilik hakkı kazanacaksınız?)*

- O Years left *(Kalan yıl)*:_____
- O I do not know. *(Bilgim yok).*
- O I do not think I will retire. *(Emekli olacağımı düşünmüyorum).*

When you considered your life standards in Turkey, how would you state your economic status? *(Yaşam standartlarınızı Türkiye genelinde değerlendirdiğinizde ekonomik durumunuzu nerede görüyorsunuz?)*

- O Low income *(Düşük gelir düzeyi)*
- O Medium-low income *(Düşük-orta gelir düzeyi)*
- O Medium income *(Orta gelir düzeyi)*
- O Medium-high income *(Orta-üst gelir düzeyi)*
- O High income *(Üst gelir düzeyi)*

APPENDIX C

ETHICS COMMITTEE APPROVAL FORM

Evrak Tarih ve Sayısı: 29.03.2021-9880

T.C.
BOĞAZİÇİ ÜNİVERSİTESİ
SOSYAL VE BEŞERİ BİLİMLER YÜKSEK LİSANS VE DOKTORA TEZLERİ ETİK İNCELEME KOMİSYONU
TOPLANTI TUTANAĞI

Toplantı Sayısı	:	14
Toplantı Tarihi	:	25.03.2021
Toplantı Saati	:	13:00
Toplantı Yeri	:	Zoom Sanal Toplantı
Bulunanlar	:	Dr. Öğr. Üyesi Yasemin Sohtorik İlkmen, Prof. Dr. Ebru Kaya, Prof. Dr. Fatma Nevra Seggie
Bulunmayanlar	:	

Büşra Nur Güllü
Psikoloji

Sayın Araştırmacı,

"Kültürel Yaşam Seyri Beklentileri ve Kişisel Deneyimlerin Bu Beklentilere Olan Etkisi" başlıklı projeniz ile ilgili olarak yaptığınız SBB-EAK 2020/44 sayılı başvuru komisyonumuz tarafından 25 Mart 2021 tarihli toplantıda incelenmiş ve uygun bulunmuştur.

Bu karar tüm üyelerin toplantıya çevrimiçi olarak katılımı ve oybirliği ile alınmıştır. COVID-19 önlemleri kapsamında kurul üyelerinden ıslak imza alınamadığı için bu onam mektubu üye ve raportör olarak Ebru Kaya tarafından bütün üyeler adına e-imzalanmıştır.

Saygılarımızla, bilgilerinizi rica ederiz.

Prof. Dr. Ebru KAYA
ÜYE

e-imzalıdır
Prof. Dr.Ebru KAYA
Raportör

SOBETİK 14 25.03.2021

Bu belge 5070 sayılı Elektronik İmza Kanununun 5. Maddesi gereğince güvenli elektronik imza ile imzalanmıştır.

APPENDIX D

EVENT-BASED SCRIPTS AND THEIR CHARACTERISTICS

Table D1. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of University Life Script Subevents

	Frequency		Prevalence		Estimated Age		Importance		Valence	
Subevents	*N*	%	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*
Leaving home/Moving out	113	51.4%	69.17	19.40	19.03	1.29	5.50	1.60	0.70	1.73
Academic failures	64	29.1%	66.16	22.89	19.86	1.26	5.11	1.62	-1.97	1.07
Having a relationship	54	24.5%	69.85	20.98	17.98	16.28	5.04	1.69	1.65	1.25
Financial problems	47	21.4%	76.96	11.92	19.34	1.45	6.19	1.08	-2.23	1.13
Making new friends	42	19.1%	86.88	14.16	18.69	1.26	5.79	1.24	2.21	0.78
Graduation	35	15.9%	88.49	9.53	23.14	1.12	6.23	1.24	2.29	1.05
Internship/Part-time working	33	15.0%	61.67	20.31	21.00	0.97	5.27	1.63	1.67	1.31
Independence/Freedom/Being self-sufficient	31	14.1%	78.58	15.49	19.19	1.42	6.48	0.89	1.97	1.49
Socializing/meeting with new people, ideas and/or environments	31	14.1%	75.13	18.80	19.00	2.35	5.71	1.19	2.06	0.96
Studies for academy	30	13.6%	80.77	14.10	18.70	2.44	4.57	1.68	-0.07	1.48
Working/Earning money	27	12.3%	57.93	16.53	21.59	2.42	6.04	0.85	1.85	1.20
Falling in love	26	11.8%	71.96	24.04	14.77	23.24	5.69	1.16	2.19	1.02
Festivals and parties/Having fun	25	11.4%	76.24	17.73	19.24	1.27	4.68	1.75	2.16	1.07
Academy related problems	24	10.9%	77.29	20.28	19.75	1.73	5.29	1.49	-1.83	1.24

	Frequency		Prevalence		Estimated Age		Importance		Valence	
Subevents	*N*	%	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*
Concern for the future	24	10.9%	88.63	10.52	21.83	1.79	6.54	0.66	-2.54	0.93
Student club activities	20	9.1%	59.95	21.14	18.90	1.21	5.10	1.55	2.30	0.66
Adaptation to a new environment/life style	18	8.2%	81.44	17.27	18.94	1.06	6.00	1.28	1.22	1.73
Friendship	17	7.7%	86.65	14.34	19.65	1.66	6.00	1.00	2.00	1.46
Spending time with friends	17	7.7%	75.12	24.14	19.53	1.74	4.94	2.05	2.41	0.87
Academic success	15	6.8%	61.93	25.38	21.67	2.64	6.07	1.22	2.40	0.63
Problems with peers/friends	15	6.8%	66.67	25.64	20.07	2.19	5.33	1.80	-2.00	1.00
Vacation/Travel	15	6.8%	75.93	23.08	19.73	2.02	5.20	1.74	2.27	0.88
Adaptation problems	14	6.4%	63.86	18.90	10.21	31.44	5.50	1.51	-1.50	1.40
Psychological problems	14	6.4%	67.07	28.29	20.50	1.29	6.07	1.49	-2.29	1.14
Erasmus/Exchange	13	5.9%	39.92	17.65	20.62	0.96	5.77	0.83	2.46	0.66
Loneliness	12	5.5%	63.50	20.50	19.92	1.38	5.33	1.78	-1.92	1.16
Starting to university (Registration, first days/classes etc.)	12	5.5%	86.25	17.13	18.83	1.53	5.33	1.92	1.50	1.17
Other events	287	130.5%	64.76	25.46	20.01	2.00	5.56	1.57	0.53	2.13

Table D2. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of Marriage Life Script Subevents

	Frequency		Prevalence		Estimated Age		Importance		Valence	
Subevents	*N*	%	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*
Having children	162	73.6%	81.87	14.48	29.12	3.05	5.64	1.73	2.26	1.01
Problems with spouse	123	55.9%	77.37	21.31	31.68	7.75	5.28	1.57	-2.09	0.91
Acquiring property	60	27.3%	58.85	22.19	35.80	8.57	4.68	1.81	2.22	0.94
Divorce/Separation	46	20.9%	48.59	17.23	39.20	5.41	6.43	1.05	-2.13	1.07
Financial problems	43	19.5%	72.74	20.03	32.44	5.87	5.51	1.64	-2.00	1.23
Problems with families and relatives	43	19.5%	77.07	18.16	28.53	4.44	5.35	1.65	-2.26	0.90
Cheating	36	16.4%	56.78	17.93	37.56	5.40	6.64	0.80	-2.78	0.64
Vacation/Travel	30	13.6%	54.67	24.88	29.48	7.16	5.03	1.33	2.47	0.57
Moving	24	10.9%	67.63	23.81	32.92	9.45	4.04	1.63	0.33	0.96
Honeymoon	22	10.0%	71.23	19.40	27.23	3.01	3.73	1.98	2.27	0.88
Work distribution problems between housework/childcare and work life	20	9.1%	81.00	14.85	30.00	5.61	6.40	0.94	-2.20	0.70
Social pressures	20	9.1%	73.40	21.58	27.50	6.93	5.20	2.02	-2.25	0.79
Physical violence/abuse	18	8.2%	69.06	16.86	29.78	5.49	6.89	0.47	-3.00	0.00
Setting up a home/house-related works (Buying furniture, repair etc.)	16	7.3%	92.56	11.52	30.31	9.36	4.69	1.66	1.31	1.45
Getting used to/getting to know the partner/new life style	16	7.3%	75.69	15.22	29.19	6.75	5.31	1.58	1.00	1.15
Supporting each other	14	6.4%	74.43	20.04	31.21	12.04	6.21	1.12	1.93	1.33
Wedding/Marriage	13	5.9%	87.77	10.53	26.92	3.04	5.00	2.48	1.69	1.49
Being happy/Happiness	13	5.9%	70.85	19.45	25.00	3.67	6.69	0.63	2.85	0.38

	Frequency		Prevalence		Estimated Age		Importance		Valence	
Subevents	*N*	%	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*
Increase in responsibilities	13	5.9%	85.15	16.65	26.77	4.17	6.08	0.95	0.23	1.74
Childcare	13	5.9%	82.85	15.25	32.31	5.30	5.62	1.66	0.08	1.98
Visitings	12	5.5%	87.08	20.09	24.83	5.72	3.75	1.96	1.25	0.97
Having a grandchild	12	5.5%	70.42	21.29	57.92	4.50	4.50	2.11	2.08	0.90
Spending time together with partner, doing activities	11	5.0%	60.09	25.82	30.10	6.31	5.45	2.02	2.36	0.81
Death of an acquaintance	11	5.0%	77.91	17.97	51.18	14.37	5.91	1.14	-2.82	0.40
Other events	295	134.1%	70.12	24.02	34.32	11.62	5.53	1.55	0.03	2.28

Table D3. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of Retirement Life Script Subevents

	Frequency		Prevalence		Estimated Age		Importance		Valence	
Subevents	*N*	%	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*
Health problems	86	39.1%	80.10	18.29	63.98	8.16	6.42	0.83	-2.55	0.86
Financial problems	72	32.7%	75.38	18.03	59.63	6.49	6.14	1.09	-2.43	0.85
Having a grandchild	69	31.4%	78.45	15.17	60.58	4.33	5.28	1.85	2.58	0.77
Vacation/Travel	62	28.2%	54.08	27.00	56.55	9.05	4.77	1.59	2.56	0.59
Getting/spending time with hobbies	57	25.9%	55.54	21.04	57.89	5.80	5.35	1.33	2.25	0.83
Moving to calm/small place	53	24.1%	51.96	20.79	62.31	4.60	4.55	1.65	1.98	0.99
Boredom/Feeling empty	42	19.1%	75.79	16.51	61.29	6.67	5.48	1.44	-1.93	1.02
Acquiring property	40	18.2%	45.95	23.33	57.78	5.92	4.40	1.65	2.35	0.80
Death of someone close	34	15.5%	84.79	19.34	66.09	8.31	6.50	0.93	-2.94	0.24
Taking care of grandchildren	30	13.6%	75.57	15.65	58.97	3.99	4.70	1.73	1.77	1.19
Death of spouse	29	13.2%	73.83	19.70	72.36	6.56	6.83	0.47	-2.76	1.12
Child's marriage	28	12.7%	80.50	12.92	57.32	5.28	4.96	1.95	2.21	1.07
Daily home activities	28	12.7%	72.07	24.26	57.68	7.57	3.29	1.65	0.75	1.69
Agricultural/gardening activities	23	10.5%	53.83	19.03	60.00	6.17	4.26	1.63	2.13	0.92
Loneliness	20	9.1%	73.60	11.96	65.90	8.93	5.70	1.49	-2.10	1.17
Spending time with family/loved ones	20	9.1%	74.60	20.52	61.50	7.36	5.15	1.87	2.30	0.73
Getting/using retirement grant	20	9.1%	78.25	22.22	61.21	4.52	5.15	1.57	2.35	1.04
Spending time with grandchildren	20	9.1%	75.80	11.79	59.65	6.64	5.10	1.89	2.40	0.99
Getting a new job	18	8.2%	58.06	23.59	60.28	5.61	4.78	1.48	-0.28	1.87
Psychological problems	16	7.3%	63.13	20.39	60.25	6.96	5.69	0.95	-2.38	0.72

	Frequency		Prevalence		Estimated Age		Importance		Valence	
Subevents	*N*	%	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*
Social activities	14	6.4%	49.07	31.22	58.21	6.67	3.21	2.19	0.64	1.69
Laziness/Lethargy/Stagnancy	13	5.9%	78.08	20.91	64.38	9.55	5.23	1.59	-1.46	1.66
Own death	13	5.9%	92.69	20.16	74.69	6.97	5.77	2.28	-2.00	1.41
Peaceful/calm/comfortable life	12	5.5%	65.08	26.09	63.00	7.85	6.00	1.21	2.33	0.98
Problems in family	11	5.0%	76.09	22.14	59.55	11.50	5.73	1.42	-2.36	0.67
Pilgrimage	11	5.0%	50.91	19.32	64.18	5.04	4.91	2.39	2.45	0.93
Increase in spirituality/Doing prayers	11	5.0%	66.09	21.10	61.64	6.59	5.00	1.90	1.45	1.04
Moving	11	5.0%	48.82	20.47	62.18	3.28	4.18	1.40	1.00	0.63
Other events	217	98.6%	67.79	24.97	62.45	9.14	4.92	1.67	0.39	2.19

APPENDIX E

TABLES FOR COMPARISONS REGARDING PERSONAL EXPERIENCE

Table E1. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of University Life Script Subevents for Students and Graduates

$N_{Graduate}$: 48 $N_{Student}$: 130	Frequency				Prevalence		Estimated Age		Importance		Valence	
	Graduate		Student		Graduate	Student	Graduate	Student	Graduate	Student	Graduate	Student
Subevents	Count	Column %	Count	Column %	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Leaving home/Moving out	18	37.5%	70	53.8%	74.72	66.66	19.00	19.00	5.22	5.51	0.56	1.17
Academic failures	17	35.4%	41	31.5%	60.29	69.78	19.71	20.05	4.47	5.24	-1.76	-2.05
Having a relationship	11	22.9%	32	24.6%	66.55	75.00	20.64	19.84	4.82	5.25	1.73	1.84
Making new friends	9	18.8%	27	20.8%	89.22	88.19	18.33	18.70	6.00	5.63	2.44	2.07
Financial problems	9	18.8%	24	18.5%	77.33	78.42	19.11	19.29	6.33	6.13	-2.78	-2.25
Internship/Part-time working	9	18.8%	23	17.7%	49.22	68.35	20.89	21.09	4.89	5.52	1.67	1.74
Studies for academy	4	8.3%	24	18.5%	89.75	79.67	19.25	18.58	4.50	4.54	0.75	-0.29
Socializing/meeting with new people, ideas and/or environments	6	12.5%	19	14.6%	84.67	72.42	20.17	18.05	6.17	5.89	1.83	2.16
Graduation	8	16.7%	18	13.8%	89.38	87.17	22.75	23.17	6.25	5.94	2.75	2.00
Festivals and parties/Having fun	7	14.6%	18	13.8%	85.00	72.83	19.29	19.22	3.86	5.00	1.71	2.33
Independence/Freedom/Being self-sufficient	11	22.9%	13	10.0%	74.64	80.15	19.09	19.15	6.55	6.38	2.18	2.15
Working/Earning money	7	14.6%	14	10.8%	57.00	56.71	21.29	20.64	5.43	6.36	1.57	1.93

$N_{Graduate}$: 48 $N_{Student}$: 130	Frequency				Prevalence		Estimated Age		Importance		Valence	
	Graduate		Student		Graduate	Student	Graduate	Student	Graduate	Student	Graduate	Student
Subevents	Count	Column %	Count	Column %	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Falling in love	6	12.5%	16	12.3%	76.33	67.44	19.67	19.31	5.33	5.75	1.67	2.31
Academy related problems	3	6.3%	17	13.1%	82.67	77.94	20.33	19.41	3.67	5.82	-1.33	-2.00
Student club activities	1	2.1%	19	14.6%	45.00	60.74	18.00	18.95	7.00	5.00	3.00	2.26
Spending time with friends	7	14.6%	10	7.7%	77.29	73.60	19.71	19.40	5.00	4.90	2.00	2.70
Concern for the future	3	6.3%	14	10.8%	91.33	88.71	23.00	21.07	6.33	6.43	-2.33	-2.36
Problems with peers/friends	4	8.3%	9	6.9%	59.25	75.89	19.50	20.78	6.00	5.56	-2.50	-2.00
Erasmus/Exchange	2	4.2%	11	8.5%	52.50	37.64	20.00	20.73	5.00	5.91	2.50	2.45
Vacation/Travel	8	16.7%	5	3.8%	87.00	61.60	19.13	19.80	5.88	4.60	2.25	2.40
Psychological problems	0	0.0%	11	8.5%		68.55		20.36		6.27		-2.64
Adaptation to a new environment/life style	3	6.3%	9	6.9%	83.67	90.11	18.33	18.56	4.67	6.56	1.00	1.67
Adaptation problems	4	8.3%	7	5.4%	69.50	62.57	18.25	18.67	6.50	5.14	-2.50	-1.29
Academic success	5	10.4%	6	4.6%	66.60	50.00	20.40	21.50	5.80	5.83	2.60	2.17
Friendship	5	10.4%	2	1.5%	78.80	85.00	20.00	18.50	5.80	7.00	2.20	3.00
Loneliness	4	8.3%	5	3.8%	60.25	61.80	20.75	19.00	5.50	4.80	-2.00	-1.80
Starting to university (Registration, first days/classes etc.)	1	2.1%	7	5.4%	60.00	86.43	18.00	18.14	2.00	5.14	1.00	1.14
Other events	66	137.5%	179	137.7%	64.32	62.85	20.30	19.66	4.97	5.74	1.02	0.22

Note: Participants were aged between 18 and 40.

Table E2. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of University Life Script Subevents for Experienced and Not Experienced Participants

	Frequency		Prevalence		Estimated Age		Importance		Valence	
	Experienced	Not experienced	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.
Subevents	Count	Count	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Leaving home/Moving out	69	21	69.99	62.95	18.90	19.52	5.46	5.24	0.94	1.33
Academic failures	29	29	73.48	60.52	19.72	20.17	4.66	5.38	-1.90	-2.03
Having a relationship	24	19	75.38	69.63	19.79	20.37	4.79	5.58	1.71	1.95
Making new friends	34	2	89.21	75.50	18.56	19.50	5.71	6.00	2.15	2.50
Financial problems	24	10	82.21	69.00	18.92	20.00	6.33	5.90	-2.33	-2.60
Internship/Part-time working	13	19	60.23	64.84	21.00	21.05	5.85	5.00	1.77	1.68
Studies for academy	26	2	83.31	52.50	18.65	19.00	4.50	5.00	-0.27	1.50
Socializing/meeting with new people, ideas and/or environments	23	4	76.65	70.25	18.57	20.75	5.91	5.75	2.00	2.25
Graduation	14	12	87.00	88.83	22.71	23.42	6.29	5.75	2.43	2.00
Festivals and parties/Having fun	19	6	80.05	64.17	19.16	19.50	4.89	4.00	2.21	2.00
Independence/Freedom/Being self-sufficient	22	2	76.45	90.50	19.00	20.50	6.45	6.50	2.18	2.00
Working/Earning money	10	12	57.10	57.25	20.90	21.08	5.80	6.17	1.20	2.25
Falling in love	17	5	78.00	42.20	19.41	19.40	5.71	5.40	1.94	2.80
Academy related problems	19	1	78.79	76.00	19.63	18.00	5.42	7.00	-2.00	0.00
Student club activities	17	3	59.00	65.33	18.88	19.00	5.41	3.33	2.35	2.00
Spending time with friends	17	0	75.12		19.53		4.94		2.41	
Concern for the future	13	4	90.31	85.50	21.38	21.50	6.62	5.75	-2.46	-2.00
Problems with peers/friends	8	5	79.88	56.20	20.00	21.00	5.75	5.60	-2.00	-2.40

	Frequency		Prevalence		Estimated Age		Importance		Valence	
	Experienced	Not experienced	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.
Subevents	Count	Count	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Erasmus/Exchange	4	9	38.00	40.78	20.00	20.89	5.50	5.89	2.50	2.44
Vacation/Travel	13	0	77.23		19.38		5.38		2.31	
Psychological problems	9	3	77.56	52.00	20.56	20.00	6.56	5.33	-2.44	-2.33
Adaptation to a new environment/life style	12	0	88.50		18.50		6.08		1.50	
Adaptation problems	6	5	74.67	53.60	18.40	18.60	6.33	4.80	-2.33	-1.00
Academic success	9	2	63.44	31.00	20.56	23.00	5.89	5.50	2.44	2.00
Friendship	9	0	81.56		19.89		5.78		2.22	
Loneliness	8	1	63.75	40.00	19.63	21.00	5.25	4.00	-2.00	-1.00
Starting to university (Registration, first days/classes etc.)	8	0	83.13		18.13		4.75		1.13	
Other events	167	84	69.48	52.00	19.63	20.46	5.49	5.64	0.73	-0.10
Total	643	260								

Note: Participants were aged between 18 and 40.

Table E3. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of Marriage Life Script Subevents for Married and Bachelor Participants

$N_{Bachelor}$: 56 $N_{Married}$: 34	Frequency				Prevalence		Estimated Age		Importance		Valence	
	Bachelor		Married		Bachelor	Married	Bachelor	Married	Bachelor	Married	Bachelor	Married
Subevents	Count	Column %	Count	Column %	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Having children	42	75.0%	30	88.2%	81.05	81.60	29.12	28.20	5.17	6.37	2.12	2.53
Problems with spouse	29	51.8%	13	38.2%	75.14	84.38	31.14	27.77	5.24	5.38	-2.21	-2.31
Acquiring property	16	28.6%	11	32.4%	53.56	64.73	37.94	35.55	4.56	4.55	2.25	2.09
Divorce/Separation	13	23.2%	6	17.6%	50.08	52.83	38.92	39.17	6.38	6.50	-1.92	-1.50
Cheating	13	23.2%	4	11.8%	61.23	53.25	35.92	37.50	6.38	7.00	-2.69	-3.00
Financial problems	10	17.9%	8	23.5%	76.00	70.00	32.70	29.88	5.70	6.13	-2.10	-2.50
Problems with families and relatives	3	5.4%	9	26.5%	80.00	78.78	26.33	29.33	6.00	5.33	-2.33	-2.44
Vacation/Travel	6	10.7%	8	23.5%	51.67	62.75	31.00	25.25	4.83	5.00	2.17	2.50
Moving	3	5.4%	6	17.6%	62.33	73.00	24.67	33.67	3.00	3.50	0.33	0.33
Honeymoon	6	10.7%	1	2.9%	68.33	80.00	25.33	26.00	3.33	5.00	2.00	3.00
Work distribution problems between housework/childcare and work life	12	21.4%	3	8.8%	79.92	85.67	28.92	27.67	6.00	7.00	-1.83	-3.00
Social pressures	11	19.6%	2	5.9%	73.91	86.00	28.64	14.50	6.18	7.00	-2.45	-2.50
Physical violence/abuse	6	10.7%	1	2.9%	73.00	61.00	29.83	25.00	7.00	7.00	-3.00	-3.00
Supporting each other	3	5.4%	2	5.9%	79.00	62.50	27.67	40.00	6.33	7.00	1.67	0.50
Getting used to/getting to know the partner/new life style	5	8.9%	0	0.0%	83.20		27.60		5.60		0.80	
Visitings	3	5.4%	3	8.8%	64.33	99.00	21.67	28.00	4.33	4.67	0.67	1.67

$N_{Bachelor}$: 56 $N_{Married}$: 34	Frequency				Prevalence		Estimated Age		Importance		Valence	
	Bachelor		Married		Bachelor	Married	Bachelor	Married	Bachelor	Married	Bachelor	Married
Subevents	Count	Column %	Count	Column %	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Setting up a home/house-related works (Buying furniture, repair etc.)	4	7.1%	1	2.9%	91.75	65.00	26.00	45.00	4.50	5.00	1.50	2.00
Childcare	1	1.8%	1	2.9%	77.00	100.00	40.00	35.00	5.00	6.00	1.00	0.00
Spending time together with partner, doing activities	1	1.8%	1	2.9%	29.00	85.00	40.00	40.00	7.00	5.00	3.00	2.00
Increase in responsibilities	6	10.7%	1	2.9%	80.00	100.00	24.17	25.00	6.00	6.00	0.83	1.00
Having a grandchild	2	3.6%	2	5.9%	92.00	45.00	60.00	57.50	5.00	4.50	2.00	2.50
Wedding/Marriage	2	3.6%	1	2.9%	83.00	90.00	29.00	25.00	4.00	5.00	2.50	-1.00
Death of an acquaintance	1	1.8%	4	11.8%	100.00	82.00	55.00	45.25	4.00	6.25	-3.00	-2.75
Being happy/Happiness	0	0.0%	5	14.7%		74.40		25.20		6.80		2.80
Other events	82	146.4%	46	135.3%	70.16	71.83	34.62	34.48	5.46	5.91	-0.34	0.17

Note: Participants were aged between 18 and 40.

Table E4. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of Marriage Life Script Subevents for Experienced and Not Experienced Participants

	Frequency		Prevalence		Estimated Age		Importance		Valence	
	Experienced	Not experienced	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.
Subevents	Count	Count	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Having children	18	124	84.89	81.44	28.39	29.44	6.78	5.38	2.67	2.13
Problems with spouse	27	71	86.48	78.20	29.07	31.28	5.78	5.14	-2.33	-2.04
Acquiring property	12	40	73.08	55.23	32.92	37.05	5.08	4.35	2.33	2.10
Divorce/Separation	1	39	70.00	49.31	40.00	38.92	7.00	6.46	-3.00	-2.08
Cheating	5	28	44.40	57.46	37.80	37.07	6.00	6.79	-2.80	-2.75
Financial problems	10	20	73.90	75.25	30.10	31.85	5.90	5.20	-2.40	-2.05
Problems with families and relatives	5	25	82.00	73.56	28.20	28.40	5.60	5.12	-2.60	-2.12
Vacation/Travel	14	14	59.29	50.36	28.50	28.54	5.29	4.93	2.50	2.43
Moving	11	13	79.55	57.54	33.55	32.38	3.55	4.46	0.09	0.54
Honeymoon	1	21	80.00	70.81	26.00	27.29	5.00	3.67	3.00	2.24
Work distribution problems between housework/childcare and worklife	5	15	79.80	81.40	28.00	30.67	6.20	6.47	-2.40	-2.13
Social pressures	2	17	85.50	75.35	14.50	29.18	7.00	5.18	-2.50	-2.29
Physical violence/abuse	2	14	90.50	68.00	30.00	30.07	7.00	6.86	-3.00	-3.00
Supporting each other	1	12	90.00	73.08	27.00	32.50	7.00	6.17	2.00	1.92
Getting used to/getting to know the partner/new life style	1	12	100.00	75.08	32.00	27.50	7.00	4.92	2.00	0.83
Visitings	5	7	95.60	81.00	26.80	23.43	4.60	3.14	1.60	1.00
Setting up a home/house-related works (Buying furniture, repair etc.)	6	6	88.67	98.00	31.50	28.50	3.50	5.50	0.50	2.33

	Frequency		Prevalence		Estimated Age		Importance		Valence	
	Experienced	Not experienced	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.
Subevents	Count	Count	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Childcare	2	10	88.50	81.00	37.50	31.40	5.50	5.50	0.50	0.10
Spending time together with partner, doing activities	4	7	55.25	62.86	31.75	29.00	6.25	5.00	2.75	2.14
Increase in responsibilities	7	4	83.29	82.25	25.29	26.25	6.00	6.00	-0.14	0.50
Having a grandchild	0	9		69.22		57.78		4.00		1.89
Wedding/Marriage	1	7	90.00	83.00	25.00	28.57	5.00	3.57	-1.00	2.43
Death of an acquaintance	1	7	95.00	81.86	40.00	49.00	6.00	6.29	-3.00	-2.71
Being happy/Happiness	5	1	74.40	100.00	25.20	30.00	6.80	6.00	2.80	3.00
Other events	55	178	73.93	68.57	30.35	35.47	6.04	5.31	0.29	-0.23
Total	201	701								

Note: Participants were aged between 18 and 40.

Table E5. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of Retirement Life Script Subevents for Participants Who Are Currently Working and Participants with No Working Experience

$N_{working}$: 70 $N_{notworking}$: 81	Frequency				Prevalence		Estimated Age		Importance		Valence	
	No work experience		Currently working		No work	C. work	No work	C. work	No work	C. work	No work	C. work
Subevents	Count	Column %	Count	Column %	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Health problems	38	46.9%	23	32.9%	79.39	82.09	63.82	62.26	6.66	6.17	-2.68	-2.43
Having a grandchild	26	32.1%	29	41.4%	78.50	77.00	60.46	60.31	4.81	5.66	2.65	2.55
Financial problems	36	44.4%	13	18.6%	76.81	68.85	60.17	58.08	6.28	6.38	-2.44	-2.62
Vacation/Travel	13	16.0%	25	35.7%	56.62	49.12	53.31	55.44	4.62	4.80	2.38	2.60
Moving to calm/small place	25	30.9%	16	22.9%	56.04	46.38	61.64	61.73	4.72	4.50	2.12	1.88
Getting/spending time with hobbies	17	21.0%	25	35.7%	50.35	56.68	58.94	57.36	5.59	4.88	2.24	2.16
Acquiring property	14	17.3%	20	28.6%	36.57	53.60	58.64	57.00	4.86	4.20	2.29	2.35
Death of someone close	17	21.0%	11	15.7%	82.35	85.00	66.29	63.64	6.41	6.73	-2.94	-3.00
Boredom/Feeling empty	14	17.3%	10	14.3%	75.64	73.50	61.71	61.50	4.64	5.20	-1.86	-1.60
Daily home activities	10	12.3%	5	7.1%	80.30	73.20	59.90	53.40	2.70	4.20	0.40	2.00
Death of spouse	11	13.6%	10	14.3%	79.27	73.00	73.27	73.00	6.91	6.90	-2.45	-3.00
Taking care of grandchildren	6	7.4%	12	17.1%	77.67	77.08	60.33	58.00	4.67	4.58	1.33	1.58
Child's marriage	7	8.6%	14	20.0%	77.43	79.00	57.43	57.36	3.57	5.43	1.71	2.29
Agricultural/gardening activities	10	12.3%	7	10.0%	56.60	53.14	60.90	59.71	3.50	4.14	1.80	1.86
Spending time with grandchildren	7	8.6%	6	8.6%	72.43	78.17	62.14	57.50	4.57	5.67	2.71	2.83
Spending time with family/loved ones	9	11.1%	4	5.7%	75.89	59.50	64.67	59.50	4.67	5.75	2.33	2.50
Loneliness	7	8.6%	6	8.6%	68.43	77.17	65.29	66.83	5.86	5.50	-1.71	-2.67

$N_{working}$: 70 $N_{notworking}$: 81	Frequency				Prevalence		Estimated Age		Importance		Valence	
	No work experience		Currently working		No work	C. work	No work	C. work	No work	C. work	No work	C. work
Subevents	Count	Column %	Count	Column %	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Getting a new job	5	6.2%	6	8.6%	42.80	66.83	58.20	63.00	4.80	4.33	-1.00	-0.33
Getting/spending retirement grant	3	3.7%	6	8.6%	68.00	70.00	61.33	63.80	4.33	4.33	2.33	2.33
Laziness/Lethargy/Stagnancy	3	3.7%	7	10.0%	68.67	88.43	61.67	69.29	5.00	5.29	-2.00	-1.29
Social activities	3	3.7%	4	5.7%	49.33	62.50	62.67	57.00	3.33	1.50	0.67	-1.25
Own death	5	6.2%	4	5.7%	85.40	97.00	78.60	73.75	5.20	6.75	-2.20	-1.50
Psychological problems	3	3.7%	4	5.7%	69.00	53.25	61.67	64.25	5.67	5.50	-2.67	-2.50
Moving	5	6.2%	4	5.7%	41.40	52.00	61.60	63.75	4.80	4.25	1.00	1.00
Pilgrimage	5	6.2%	4	5.7%	42.40	46.50	66.20	62.50	4.20	5.25	2.40	2.25
Problems in family	4	4.9%	3	4.3%	81.50	73.00	61.25	56.67	6.25	6.00	-2.00	-2.67
Peaceful/calm/comfortable life	5	6.2%	1	1.4%	59.20	100.00	60.00	66.00	6.40	7.00	2.20	3.00
Increase in spirituality/Doing prayers	3	3.7%	2	2.9%	66.00	68.00	61.67	57.50	5.00	6.00	2.00	1.00
Other events	93	114.8%	66	94.3%	67.31	65.30	62.12	62.18	4.83	5.14	0.19	0.61

Note: Participants were aged between 18 and 40.

Table E6. Frequency of Mentions, Prevalence, Estimated Age, Importance and Valence Scores of Retirement Life Script Subevents for Experienced and Not Experienced Participants

	Frequency		Prevalence		Estimated Age		Importance		Valence	
	Experienced	Not experienced	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.
Subevents	Count	Count	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Health problems	13	58	87.69	79.41	62.54	64.21	6.15	6.48	-2.31	-2.62
Having a grandchild	0	62		78.26		60.52		5.23		2.55
Financial problems	15	40	81.13	73.15	56.13	61.45	6.33	6.30	-2.20	-2.63
Vacation/Travel	27	25	55.96	46.56	54.81	58.68	4.56	4.64	2.59	2.52
Moving to calm/small place	2	48	64.50	52.19	52.50	62.77	4.50	4.65	2.00	2.04
Getting/spending time with hobbies	27	21	55.96	53.24	58.04	58.14	5.11	5.48	2.19	2.38
Acquiring property	1	38	91.00	44.45	55.00	57.79	1.00	4.47	1.00	2.37
Death of someone close	6	26	90.00	83.19	65.67	66.08	6.17	6.54	-3.00	-2.96
Boredom/Feeling empty	11	18	77.36	74.17	62.09	61.50	5.73	4.89	-2.00	-1.83
Daily home activities	14	13	74.57	69.31	56.07	60.00	3.64	2.92	1.21	0.46
Death of spouse	0	26		75.00		72.73		6.88		-2.77
Taking care of grandchildren	0	25		77.56		58.76		4.60		1.68
Child's marriage	0	23		79.70		58.04		4.78		2.09
Agricultural/gardening activities	5	14	54.40	56.50	56.00	62.50	4.80	3.79	2.20	1.86
Spending time with grandchildren	0	17		75.41		59.59		4.76		2.29
Spending time with family/loved ones	5	11	68.20	72.18	63.00	62.73	4.60	4.91	1.80	2.36
Loneliness	4	11	70.00	73.09	61.75	67.82	5.75	5.82	-2.00	-2.36
Getting a new job	3	11	54.00	55.55	62.67	60.91	4.00	5.00	0.33	-0.73

	Frequency		Prevalence		Estimated Age		Importance		Valence	
	Experienced	Not experienced	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.	Exp.	Not exp.
Subevents	Count	Count	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean
Getting/spending retirement grant	0	14		72.57		62.54		5.00		2.43
Laziness/Lethargy/Stagnancy	4	7	83.75	84.29	64.00	67.14	5.75	5.14	-1.25	-1.71
Social activities	3	8	65.00	50.25	57.67	60.25	4.67	2.75	2.00	0.00
Own death	0	11		92.27		76.00		5.55		-2.09
Psychological problems	8	2	65.38	68.50	61.50	65.00	6.13	5.00	-2.75	-2.50
Moving	4	6	59.25	40.67	64.00	61.33	3.50	4.83	0.75	1.17
Pilgrimage	0	9		44.22		64.56		4.67		2.33
Problems in family	0	8		71.13		58.13		6.25		-2.38
Peaceful/calm/comfortable life	1	7	65.00	60.86	65.00	60.86	4.00	6.14	3.00	2.29
Increase in spirituality/Doing prayers	3	4	62.67	71.00	62.67	61.25	5.33	4.00	2.00	0.75
Other events	45	139	72.76	65.71	58.86	64.04	4.73	4.93	0.78	0.32
Total	201	702								

Note: Participants were aged between 18 and 40.

APPENDIX F

TEMPORAL DISTRIBUTION OF THE SCRIPTS IN TERMS OF EXPERIENCE

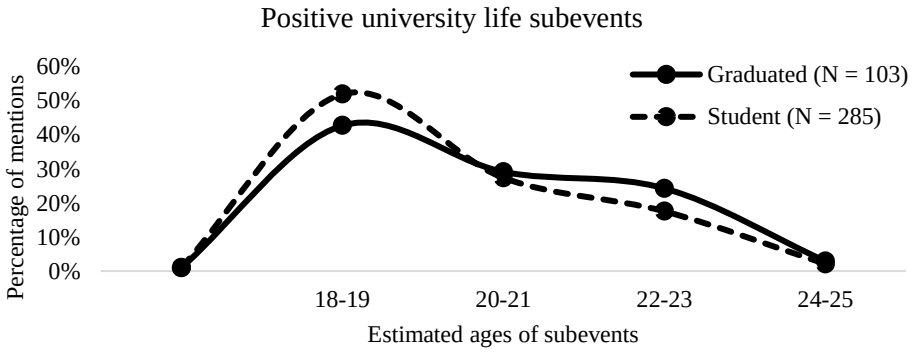

Fig. F1 The temporal distribution of positive university life subevents of graduated and student participants (aged between 18-40)

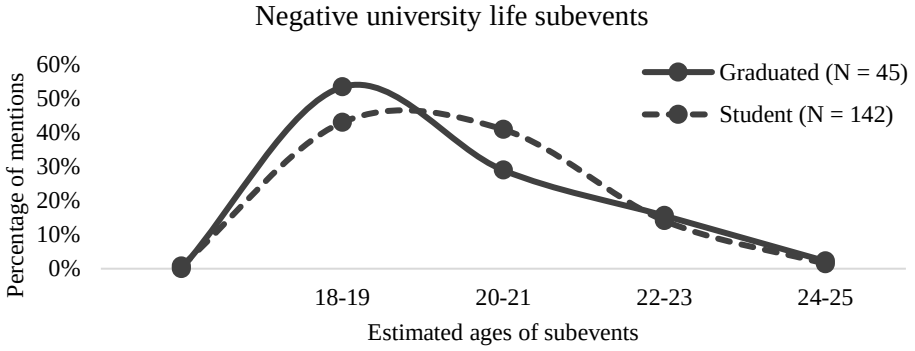

Fig. F2 The temporal distribution of negative university life subevents of graduated and student participants (aged between 18-40)

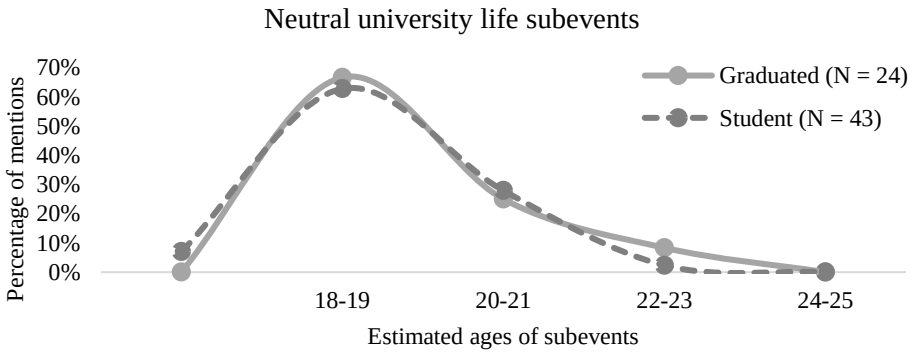

Fig. F3 The temporal distribution of neutral university life subevents of graduated and student participants (aged between 18-40)

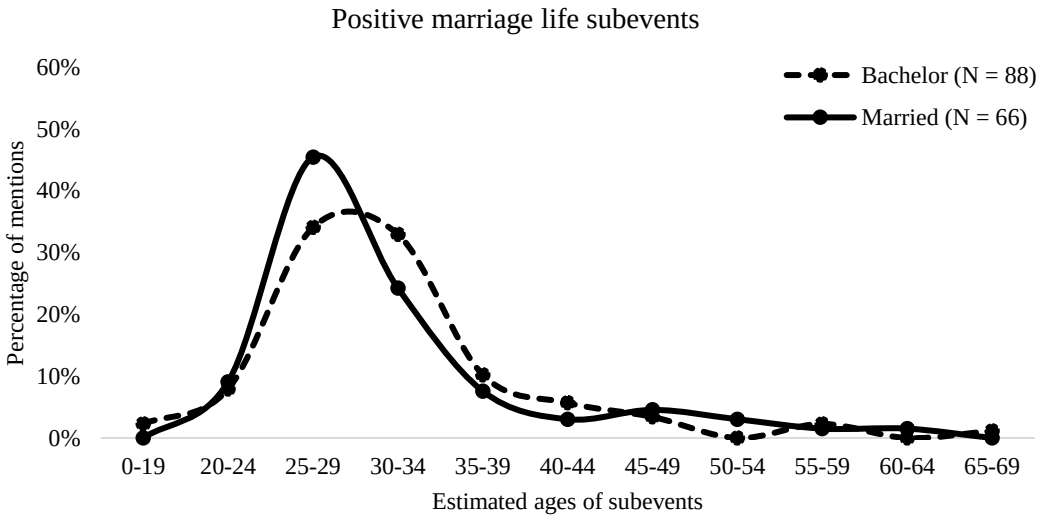

Fig. F4 The temporal distribution of positive marriage life subevents of married and bachelor participants (aged between 18-40)

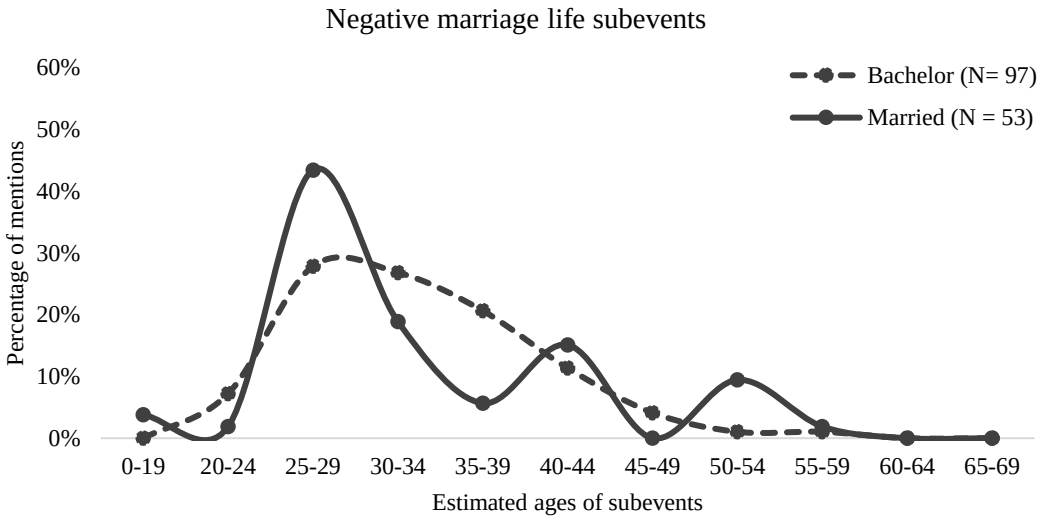

Fig. F5 The temporal distribution of negative marriage life subevents of married and bachelor participants (aged between 18-40)

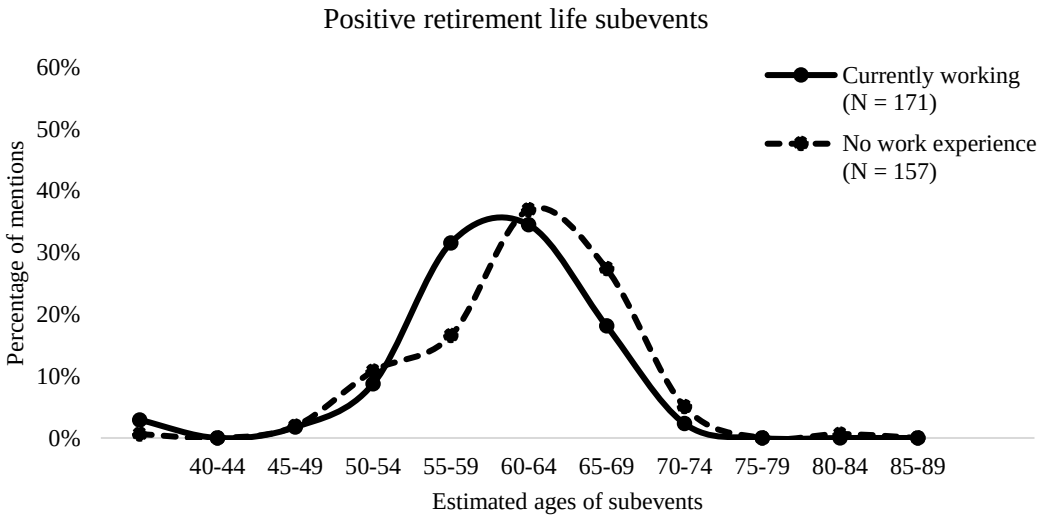

Fig. F6 The temporal distribution of positive retirement life subevents of participants who are currently working and participants with no working experience (aged between 18-40)

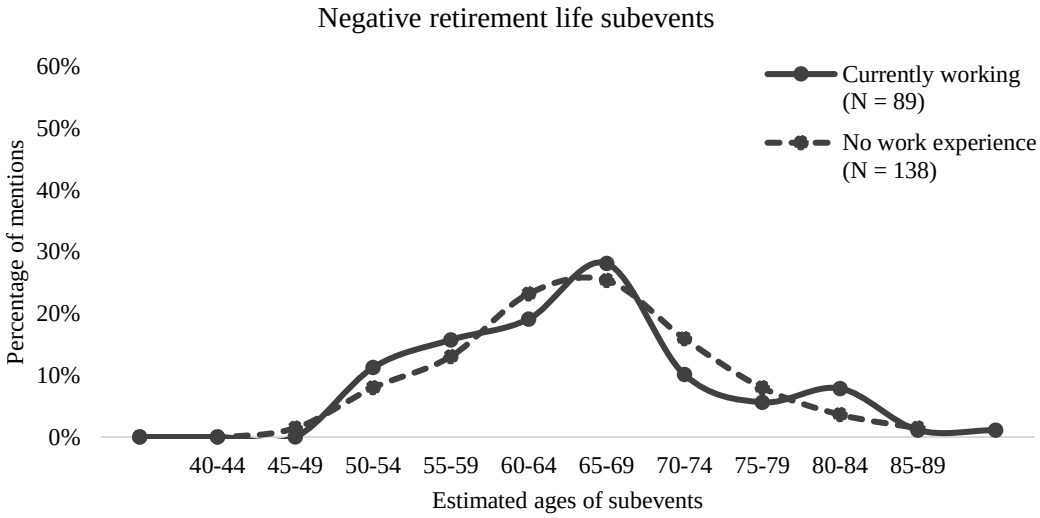

Fig. F7 The temporal distribution of negative retirement life subevents of participants who are currently working and participants with no working experience (aged between 18-40)

APPENDIX G

COMPARISONS OF TEMPORAL DISTRIBUTIONS OF THE SCRIPTS

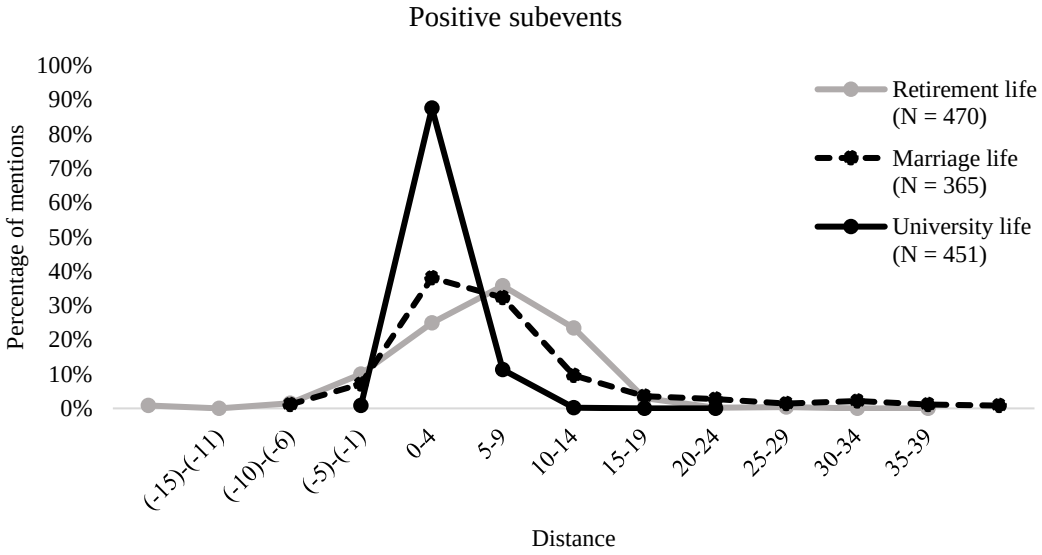

Fig. G1 The temporal distribution of positive subevents of event-based scripts in terms of distance from the starting point (0)

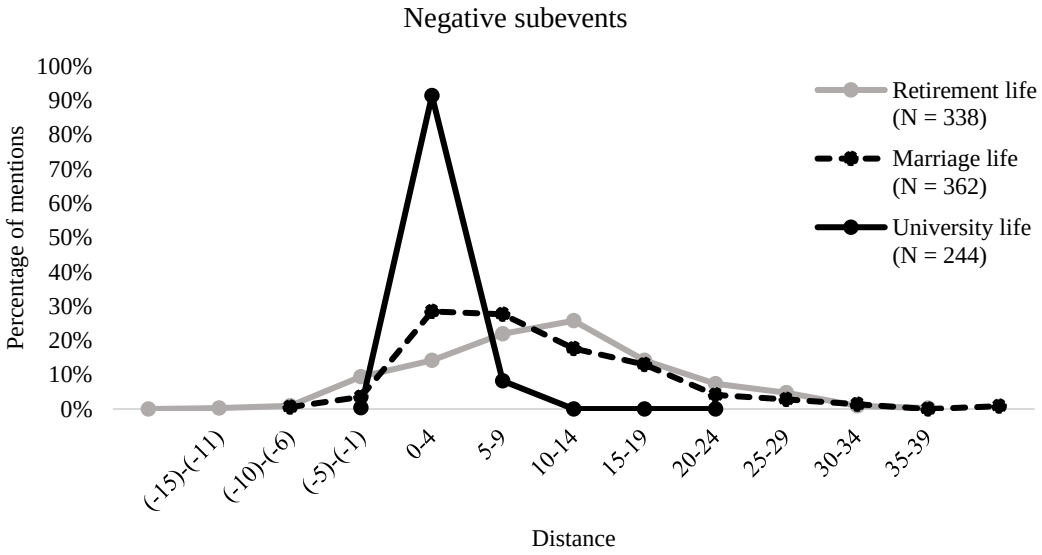

Fig. G2 The temporal distribution of negative subevents of event-based scripts in terms of distance from the starting point (0)

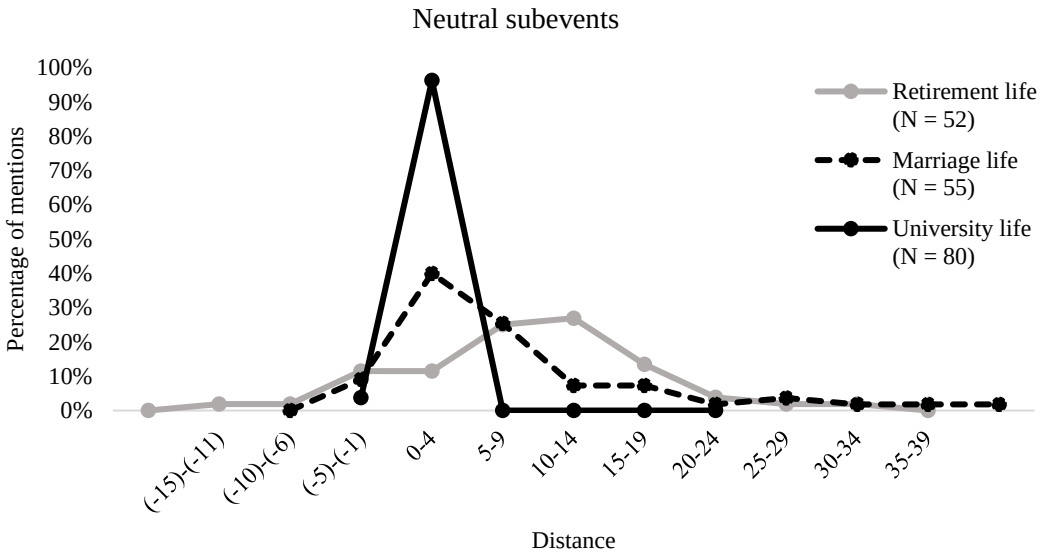

Fig. G3 The temporal distribution of neutral subevents of event-based scripts in terms of distance from the starting point (0)

APPENDIX H

SUBCODES OF THE SCRIPTS AND THEIR COUNTS

Table H1. Subcodes of University Life Script and Their Counts

Code	Subcode	Count
Leaving home (Moving out)	Moving to a house	33
	Leaving from family	33
	Moving to a dormitory	16
	Moving to a house or a dormitory	8
	Housing issues/problems	8
Academic failures	Failing a course	36
	Failing a class	13
	Academic failures	13
Having a relationship	Having a relationship/flirt	39
	Marriage/Engagement/Finding the person to marry	10
	Having a serious relationship	5
Financial problems	Financial problems	38
	Taking a loan	5
	Specific financial problems such as being unable to pay rent	4
Graduation	To graduate	20
	Graduation	15
Internship/Part-time job	Internships	23
	Part-time jobs	10
Socializing/meeting with new people, ideas and/or environments	Socializing	18
	Meeting with new people, ideas and/or environments	13
Independence/Freedom /Being self-sufficient	Independence/Freedom	16
	Being self-sufficient	15
Academy related studies	Studying for courses/exams	15
	Be up all night/working in the library	8
	Academy related studies	4
	Being unable to sleep during the exam period	3
Festivals and parties/Having fun	Going to parties/Having fun	17
	Going to festivals	8
Student club activities	Student club activities	14
	Social responsibility projects	6
Spending time with friends	Traveling with friends	7
	Activities such as going to cafes	7
	Spending time with friends	3
Psychological problems	Depression	8
	Specific problems	6

Table H2. Subcodes of Marriage Life Script and Their Counts

Code	Subcode	Count
Having children	Having children	127
	Give birth to a child	13
	First child	8
	Second child/other children	8
	The decision to have/not have children	6
Problems with spouse	Relationship problems (conflict, incompatibility, etc.)	48
	Fight/argue	39
	Specific arguments/problems	28
	Severe conflicts	8
Acquiring property	Buying a house	32
	Buying a vehicle	18
	Buying a house/vehicle	9
	Acquiring property	1
Divorce/separation	Divorce	40
	Separation	4
	Thinking about/wanting to divorce	2
Problems with families/relatives	Problems with families/relatives	34
	Problems with mother-in-law	9
Cheating	Being cheated	19
	Cheating	7
	Noticing being cheated	6
	Cheating/Being cheated	4
Social pressures	Social pressure about having a child	13
	Social pressures	7
Death of someone close	Death of spouse	4
	Death of a family member	4
	Death of someone close	3

Table H3. Subcodes of Retirement Life Script and Their Counts

Code	Subcode	Count
Health problems	Health problems/Illness	64
	A serious illness	17
	Specific health problems	5
Financial problems	Financial problems	58
	Specific financial problems such as being unable to pay rent	10
	Taking a loan	4
Vacation/travel	Vacation/travel	50
	Travelling abroad	6
	Travel for a long time/travel more frequently	6
Moving to a calm/small place	Moving to a coastal town/summer house	23
	Moving from city to village	16
	Moving to a calm/small place	10
	Moving to hometown	4
Acquiring property	Buying a summer house	21
	Buying a house	8
	Buying a garden house	5
	Acquiring property	4
	Buying a vehicle	2
Death of someone close	Death of someone close	13
	Death of a family member	11
	Death of a friend	10
Daily home activities	Knitting/Handcraft	7
	Reading newspapers/books	6
	Other daily activities	6
	Watching television	5
	Doing crossword	4
Spending more time with family/loved ones	Spending more time with family /loved ones	14
	Special day-Bairam meetings	6
Psychological problems	Specific psychological problems	10
	Depression	5
	Psychological problems	1
Social activities	Spending time in places like coffee houses	6
	Being a member of an association/party	5
	Socializing	3

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