

Projective Identification: The Study of Scale Development, Reliability and Validity

Mehmet KAYA¹

Eyüp ÇELİK²

Abstract

The aim of the research is to develop the projective identification scale and to examine the validity and reliability. Research was conducted on 674 adolescents. The results of the exploratory factor analysis demonstrated that the factor loads of 30 items within the 4 factors were above .60, and 58.36% of the total variance was explained. First-order confirmatory factor analysis showed that the model gave good values in terms of goodness to fit values ($\chi^2/df = 3.35$, RMSEA = .059, GFI = .96, AGFI = .95, CFI = .92, IFI = .93, NFI = .90, and RFI = .90). Second-order confirmatory factor analysis demonstrated that the model gave good values in terms of all goodness to fit criteria ($\chi^2/df = 1.99$, RMSEA = .039, GFI = .98, AGFI = .97, CFI = .97, IFI = .97, NFI = .93, and RFI = .93). The internal consistency coefficient was found to be $\alpha = .92$ for the entire scale. The internal consistency reliability coefficients related to the scale's sub-scales were found to be $\alpha = .81$ for dependence projective identification, $\alpha = .78$ for power projective identification, $\alpha = .95$ for sexuality projective identification, and $\alpha = .66$ for subservience projective identification. All results obtained from this study, in which the psychometric characteristics of the scale tried to be developed within the study were examined, indicate that the scale can be used as a reliable and valid tool to determine the projective identification characteristics of adolescents.

Keywords: Projective identification, scale development, validity, reliability, factor analysis

Introduction

Individuals may experience conflicts due to problems arising from their own internal dynamics and environmental factors in the life process. The development period that these conflicts are most intensely experienced can be thought to be the adolescence period. This is because biological, cognitive, social, and personality characteristics may

¹ Dr. Mehmet KAYA Sakarya University Faculty of Education Educational Sciences mehmetkaya@sakarya.edu.tr

² MA. Psychological Counselor, Eyüp ÇELİK, Ministry of National Education, eyupcpdr@hotmail.com

negatively affect the adolescent's mental health in the period of transition from childhood to adulthood and lead to conflicts. It has been reported that coping with these conflicts may be mainly possible through unconscious defense mechanisms that cannot be predesigned and spontaneously emerge (Geçtan, 2008; Güleç, 2009; Koroğlu, 2004; Plotnik, 2009). One of the defense mechanisms used by individuals in order to preserve the integrity of their own emotional worlds and overcome internal conflicts is projective identification.

Sandler (1989) indicates that projective identification is a condition consisting of an interactive mechanism that is created by intersubjective communication and intrapsychic (or fantasy) mechanisms and the analytical process provides the connection between the intrapsychic area and the intersubjective space. Ogden (1992) defines projective identification as re-identifying oneself unconsciously through those that an individual reflects upon others. Klein (1952) reports that in projective identification an individual at first reflects an internal part of themselves on others, then takes that part in to identify themselves with it and this act aims to dominate and control the person rather than getting rid of one's bad sides and harming the other person (cited in Göka et al., 2006). Similarly, Koroğlu (2004) defines projective identification as establishing identification with a certain person through reflecting the disturbing aspects of one's own personality through the personality of the other person, associating them with this person. Gordon (1965) specifies that projective identification is a condition that emerges with the relationship between the bad and good sides of a personality. In addition, Tekneci (2011) defines projective identification as creating a presence in an imaginary-non-existent world and emulating that presence.

According to Object Relations Approaches; projective identification may also be experienced in personality pathologies in which mental structuring is heavily damaged, in psychoanalysis processes, during "transference" or "counter-transference" or in any other interpersonal relations (Göka et al., 1993). Porder (1987) and Zinner & Shapiro (1972) indicate that projective identification is not a defense mechanism and it is the repetition of the interaction between a baby and their caretaker in human relations. Cashdan (1988) reports that projective identification has four types, namely "dependence", "power", "sexuality" and "subservience". When studies conducted in the fields of marriage and family counselling are analyzed, projective identification is also seen to be constantly experienced between married couples. The projective identification experienced between

spouses is stated to have a mutual intensifying and complementary characteristic (Scharff & Scharff, 1997; Zosky, 2003). Main (1975) specifies that some couples experience relations in which connected projection imaginations are dominant as if each of them is not married to the other person, but married to the reflected “undesired self” (cited in Göka et al., 2006). Kernberg (1987) asserts that people with no self boundaries also use projective identification defense mechanism in their close relations. Similarly, according to Porder (1987); in behaviours that emerge in normal relations as forcing the other person to show certain behaviours, projective identification is observed to “insert one’s own internal parts into the psychological system of the other person and try to dominate the other person as if they are one’s own part due to the inability to break with one’s own pieces”.

When the literature is examined, projective identification is seen to be examined in the context of the relations between the counselor and client in psychotherapy process (Diamond & Marrone, 2003; Göka et al., 1993; Hood, 2012), oedipal complex (Schore, 2012), the relations established between romantic partners (Scharff & Scharff, 1997; Zosky, 2003), self boundaries (Kernberg, 1987), interpersonal relations (Köroğlu, 2004; Ogden, 1992; Porder, 1987), self (Gordon, 1965), and fantasy (Tekneci, 2011; Young & Saver, 2001). These studies have involved theoretical explanations related to the definition of projective identification, how it develops and how it is experienced in interpersonal relations, and what kind of negative effects it has on individuals’ lives and mental states. In other words, there are no experimental studies on projective identification, but analysts are only limited with its theoretical definition. One of the significant reasons of this is the absence of measurement tools related to projective identification. As a consequence of the conducted analyses, no measurement tool with proved validity and reliability aiming to determine projective identification levels of individuals have been found in the national and international arena in the literature until today. Therefore, the purpose of this study is to develop a reliable and valid measurement tool that can evaluate individuals’ projective identification levels.

METHOD

Sample Group

The sample group of this study consisted of the students who received education at 8th, 9th, 10th, 11th, and 12th grades in the Sultangazi district of Istanbul and who agreed to participate in the study. While 381 of 674 students who participate in the study were

female (57%), 280 were male (42%), 161 were primary school eighth grade students (24%), 220 were ninth grade students (33%), 78 were tenth grade students (12%), 159 were eleventh grade students (23%), and 56 were twelfth grade students (8%).

Procedure

In scale-development studies, it is specified that in the phase of creating item pool, the number of items must be three times more of the item number of the aimed scale (Şeker & Gençdoğan, 2006). Therefore, the relevant literature was reviewed in the development of “Projective Identification Scale”, studies conducted on this subject in the national and international arena were examined, and in line with the impressions caught in the interviews held with experts and adolescents, an item pool consisting of a total of 94 items, which includes 23 items related to the dependence projective identification, 24 items related to power projective identification, 24 items related to sexuality projective identification and 23 items related to subservience projective identification was formed.

The items developed to determine the scale’s content validity (Büyüköztürk, 2010) were presented to the opinion of four experts in the field of Psychological Counselling and Guidance, and three Turkish teachers and four teachers of other branches working at high and primary schools. Related academicians studying on similar subjects assessed if the items reflected the projective identification behaviours of adolescents and in line with the criticism and recommendations of these experts, some items were changed in terms of language and content. Some items were removed and the scale’s 79-item test form was created. The scale’s test form was applied on 56 adolescent students. Face-to-face interviews were held in order to receive students’ detailed opinions on scale’s items. Opinions of students and academicians on the scale questions’ clarity, way of answering, qualities, instructions, practicality, what is understood from the questions, and its fitness for purpose were evaluated. In the light of these opinions, the scale’s preliminary test form was edited as required and it was finalized. The scale was applied on the sample group after these changes.

It is specified in scale development studies that construct validity and content validity can be used to determine validity of the scale. Expert opinions were received for the scale’s content validity, and principal components factor analysis and varimax rotated factor analysis were used for construct validity. Cronbach Alpha formula was used to determine

the scale's reliability and t-test was used for item analysis (Büyüköztürk, 2010; Çokluk, Şekercioglu, & Büyüköztürk, 2010; Sipahi, Yurtkoru, & Çinko, 2008). Şimşek (2007) also indicated that in order to understand at which points "theory" and "reality" separate from each other, factor constructs determined with exploratory factor analysis for construct validity may be evaluated through first and second level confirmatory factor analyses. In this framework, exploratory and confirmatory factor analyses were conducted for construct validity. SPSS 11.5 and LISREL 8.51 programs were used for reliability and validity analyses.

RESULTS

Construct Validity

Exploratory Factor Analysis. In order for the data to be suitable for exploratory factor analysis used in the scale's construct validity, their KMO value should be higher than .60 and Bartlett test results should be significant (Büyüköztürk, 2010). According to the result of the analysis conducted for this purpose, their KMO sample concordance coefficient was found to be .93 and Bartlett Sphericity test χ^2 value was found to be 11475.05 ($p < .001$), and scale items were found to be subjected to the factor analysis. In the first analysis, 15 factors with factor eigenvalue higher than 1 that explains 59.85% of the total variance were found. It was stated that researchers may exclude the questions with low factor weight from the analysis in order to explain a structure with less factor (Büyüköztürk, 2010; Spahi et al., 2008). In this framework, in the last analysis after removing the factors that had low factor loads, were present in more than one factor, could not be associated with any factors and consisted of a single item, 35 items explaining 56.45% of the total variance were found to be collected in 4 factors.

In order to test the accuracy of the factor structures determined with exploratory factor analysis, confirmatory factor analysis was applied on 35 items (Şimşek, 2007) and 5 items which were found to decrease the model's goodness to fit were removed from the scale and exploratory factor analysis was re-applied on the remaining 30 items. In the last analysis, the 30 items constituting the 4-factor scale were concluded to explain 58.36% of the total variance. Considering these results, it was decided to accept the scale with 30 items and 4 factors as it would also be significant in terms of naming the factors after receiving the expert opinions. When the factor loading of items were examined, it was seen that the scale's first factor "Dependence Projective Identification" explained 10.78% of the

total variance and its factor loads varied between .58 and .80, the second factor “Power Projective Identification” explained 9.52% of the total variance and its factor loads varied between .63 and .77, the third factor “Sexuality Projective Identification” explained 31.49% of the total variance and its factor loads varied between .72 and .84, and the fourth factor “Subservience Projective Identification” explained 6.56% of the total variance and its factor loads varied between .62 and .70. Table 1 illustrates item factor loads of each factor.

Table 1.

The Result of Exploratory Factor Analysis

Item No	Factors			
	Dependence Projective Identification	Power Projective Identification	Sexuality Projective Identification	Subservience Projective Identification
1	.60			
2	.76			
3	.58			
4	.80			
5	.68			
6	.75			
7		.67		
8		.74		
9		.77		
10		.65		
11		.63		
12			.77	
13			.80	
14			.82	
15			.78	
16			.77	
17			.77	
18			.84	
19			.79	
20			.72	
21			.77	
22			.79	
23			.73	
24			.78	
25			.80	
26			.79	
27				.62
28				.70
29				.66

30					.63
Eigenvalue	4,07	1,78	10,34	1,30	
Variance (%)	10,78	9,52	31,49	6,56	
Internal Consistency	.81	.78	.95	.66	
Coefficient (Alpha)					

First-Order Confirmatory Factor Analysis. First-order confirmatory factor analysis related to the sub-scales of the Projective Identification scale was conducted with Lisrel 8.51 program in order to test the factor structures determined with exploratory factor analysis, understand at which points theory and reality separate from each other and identify the problems existed in the measurement tool. When the output file given in Figure 1 providing the results obtained from the model created with relation to the first-order confirmatory factor analysis was examined, it was observed that the model gave good values in terms of goodness to fit values ($\chi^2/df = 3.35$, RMSEA = .059, GFI = .96, AGFI = .95, CFI = .92, IFI = .93, NFI = .90, and RFI = .90) and the model could be easily accepted as it was.

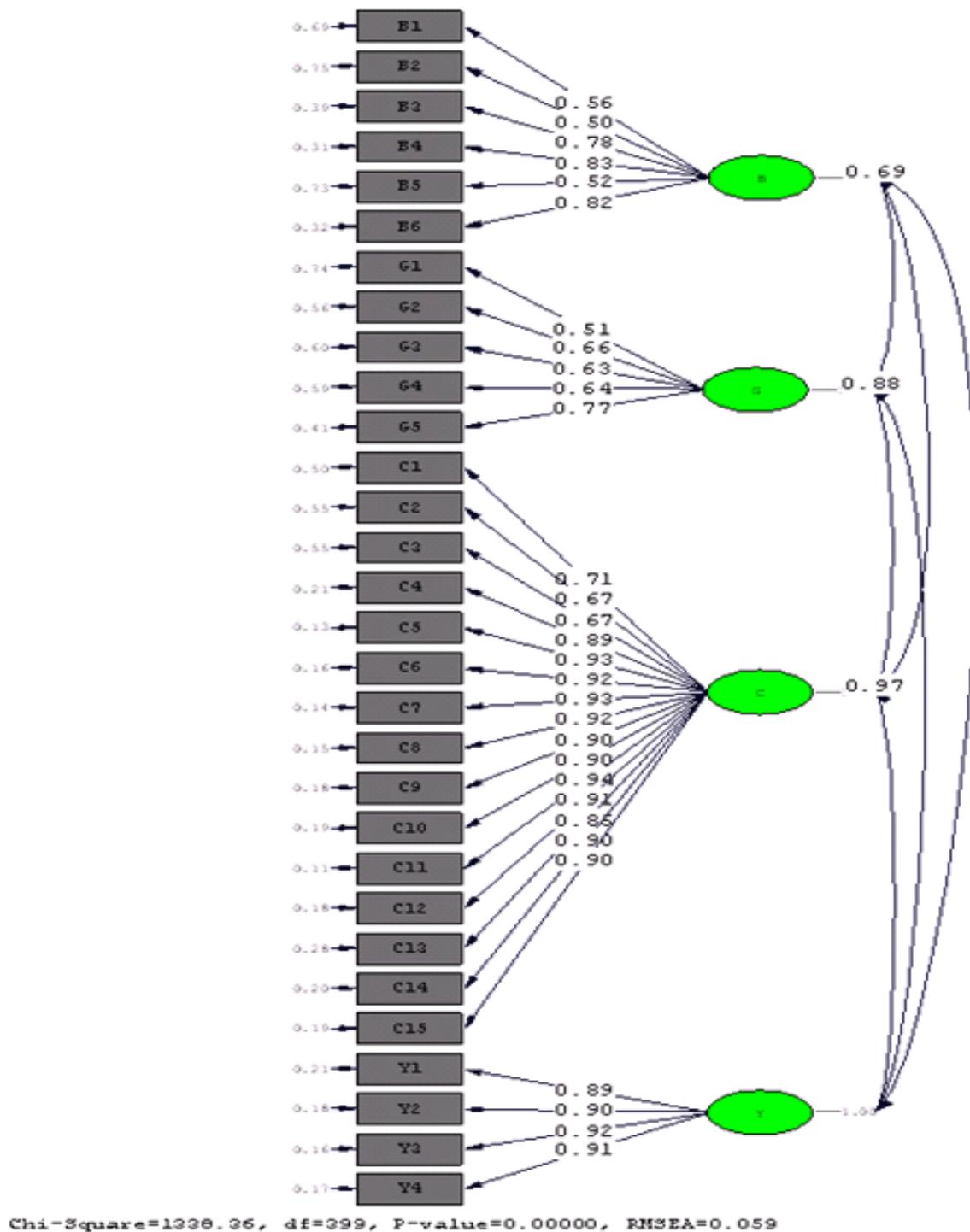
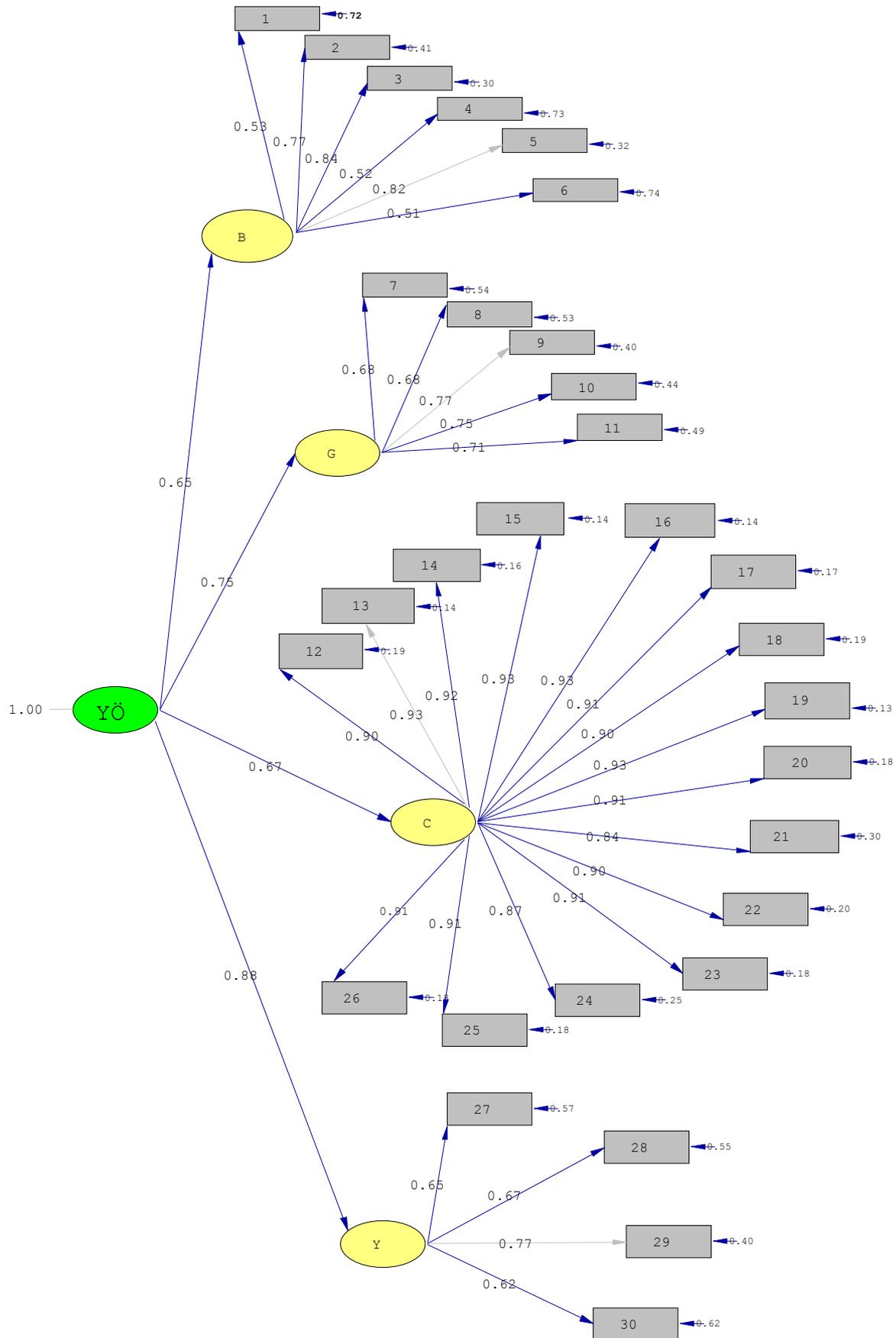


Figure 1. The Result of First-Order Confirmatory Factor Analysis (B: Dependence Projective Identification, G: Power Projective Identification, C: Sexuality Projective Identification, Y: Subservience Projective Identification)



Chi-Square=801.20, DF=401, P-value=0.00000, RMSEA=0.039

Figure 2. The Result of the Second-Order Confirmatory Factor Analysis (YÖ: Projective Identification, B: Dependence Projective Identification, G: Power Projective Identification, C: Sexuality Projective Identification, Y: Subservience Projective Identification)

Second-Order Confirmatory Factor Analysis. It is indicated in literature that projective identification consists of four components (B: Dependence, G: Power, C: Sexuality, Y: Subservience). It is specified that such theoretical structures can be tested with second-order confirmatory factor analysis (Şimşek, 2007). In this context, the model that was developed by researcher for the first time to confirm the structure which was theoretically accepted in terms of accuracy was tested with second level confirmatory factor analysis. When the output file which provides the results obtained from the model created in relation to the second-order confirmatory factor analysis was examined, it was observed that the model gave good values in terms of all goodness to fit criteria ($\chi^2/df = 1.99$, RMSEA = .039, GFI = .98, AGFI = .97, CFI = .97, IFI = .97, NFI = .93, and RFI = .93) and the model can be easily accepted as it was.

Reliability

Cronbach alpha internal consistency coefficient of the study was used to determine reliability of the scale. The internal consistency coefficient was found to be $\alpha = .92$ for the entire scale. The internal consistency reliability coefficients related to the scale's sub-scales were found to be $\alpha = .81$ for dependence projective identification, $\alpha = .78$ for power projective identification, $\alpha = .95$ for sexuality projective identification, and $\alpha = .66$ for subservience projective identification. When it is considered that the reliability level predicted for measurement tools to be used in the studies is .60 (Büyüköztürk, 2010), it can be asserted that the reliability level concerning both the entire scale and its sub-scales is sufficient. When Alpha coefficients results were examined, it was observed that the scale was in an acceptable level in terms of reliability ($p < .001$).

Item Analysis

T-test for independent samples was used in order to examine the differences between item mean scores of the lowest 27% and highest 27% groups formed according to the test's total scores for the scale's item analysis. When Table 2 was examined, it was observed that the t-test was significant for all items in the scale ($p < .0001$). According to the results of the item analysis, the items of the scale separated students in terms of projective identification. Table 2 illustrates results regarding t-test.

Table 4.

T-test results regarding the comparison of item scores of Projective Identification Scale lowest 27% and highest 27% groups

Item No	<i>t</i> (Lowest 27%- Highest 27%) ²	Item No	<i>t</i> (Lowest 27%- Highest 27%) ²
1	9.04***	16	15.97***
2	11.68***	17	15.77***
3	7.92***	18	18.61***
4	10.87***	19	19.34***
5	9.24***	20	14.78***
6	11.02***	21	20.95***
7	9.35***	22	18.16***
8	11.76***	23	14.85***
9	10.79***	24	16.11***
10	12.03***	25	17.13***
11	9.97***	26	17.97***
12	19.90***	27	15.43***
13	17.21***	28	15.25***
14	19.19***	29	5.90***
15	21.17***	30	15.92***

¹n=674 ²n1 = n2 =182 ***p<.001

DISCUSSION

The scale developed in the study consists of 4 factors in both nameable and collectible aspects. Reliability and validity results indicate that the scale is ready to use. Construct validity was analyzed in the scale's validity study. Exploratory and confirmatory factor analyses were conducted to determine construct validity. Büyüköztürk (2010) indicated that factor loads of items exceeding .32 in scale development studies are sufficient to consider a scale valid. When the results obtained from the exploratory factor analysis conducted within the study were analyzed within this framework, it was observed that the factor loads of 30 items within the 4 factors of the study were above .58 and

58.36% of the total variance was explained. Consequently, Projective Identification Scale's factor loads and explained variance percentage were found to be sufficient in terms of the construct validity of scale development studies.

Scale's chi-square value was found significant and its fit index was found sufficient in the first and second-order confirmatory factor analysis, another factor analysis, for which construct validity was applied. When it was considered that the fit index limits for the first and second-order confirmatory factor analyses were .90 for GFI, AGFI, and NFI; .95 for CFI; <.08 for RMSEA; and AIC and CAIC values related to the model were lower than AIC and CAIC values of the independence model and the saturated model (Schermelehen-Engel, Moosbrugger, & Müller, 2003; Şimşek, 2007), the model can be said to adjust on an acceptable level. In addition, when it is considered that the internal consistency coefficient (.92) is also another construct validity indicator (Anastasi & Urbina, 1997; Büyüköztürk, 2010; Dağ, 2005), it was observed that the second model established in the second-order confirmatory factor analysis for the construct validity showed higher goodness to fit indexes than the first model. Therefore, the projective identification implicit variance can be asserted to predict all four sub-scales of the scale that is being developed.

Since sufficient levels of goodness to fit results were obtained in both factor structure and reliability coefficients, and the first and second-order confirmatory factor analysis of the Projective Identification Scale, it can be asserted that the scale can be used as valid in Turkish culture. When it is considered alongside with its high reliability coefficient, it can be seen as a reliable tool. Therefore, the scale that is developed within this study which has simply-determined dimensions, is easy to reply and suitable for students in adolescence period is considered to provide a significant contribution to the literature. In this framework, this study can be asserted to have reached its initial purpose.

All results obtained from this study, in which the psychometric characteristics of the scale tried to be developed within the study were examined, indicate that the scale can be used as a reliable and valid tool to determine the projective identification characteristics of adolescents. On the other hand, advanced studies that would contribute to the development of the scale can be conducted. In order to determine the scale's adaptation validity, the correlations between the scale that was developed within this study and the valid and reliable scales which measure various structures that may be related to projective

identification can be examined.

REFERENCES

- Anastasi, A., & Urbina, S. (1997). *Psychological testing*. NJ: Prentice-Hall.
- Büyüköztürk, Ş. (2010). *Sosyal bilimler için veri analizi el kitabı*. Ankara: PegemA Akademi Yayınevi.
- Cashdan, S. (1988). *Object relations therapy: Using the relationship*. New York: WWNorton & Company.
- Diamond, N., & Marrone, M. (2003). *Attachment and intersubjectivity*. London: John Wiley and Sons.
- Çokluk, Ö., Şekercioğlu, G., & Büyüköztürk, Ş. (2010). *Sosyal bilimler için çok değişkenli istatistik SPSS ve LISREL uygulamaları*. Ankara: PegemA Akademi Yayınevi.
- Dağ, İ. (2005). Psikolojik Test ve ölçeklerde geçerlik ve güvenilirlik. *Psikiyatri Psikoloji Psikofarmakoloji Dergisi*, 13(4), 17-23.
- Geçtan, E. (2008). *Psikanaliz ve sonrası*. İstanbul: Metis Yayıncılık.
- Gordon, R. (1965). The concept of projective identification. *Journal of Analytical Psychology*, 10(2), 127-149.
- Göka, E., Yüksel, F. V., & Göröl, F. S. (2006). İnsan ilişkilerinde yansıtımlı özdeşim. *Türk Psikiyatri Dergisi*, 17(1), 46-54.
- Göka, E., Demirergi, N., & Özbay, H. (1993). Sheldon Cashdan ve nesne ilişkileri terapisi. *Türk Psikiyatri Dergisi*, 4(3), 224- 228.
- Güleç, C. (2009). *Psikiyatri'nin ABC'si*. İstanbul: Say Yayıncılık.
- Hood, B. (2012). *The self illusion: Why there is no 'you' inside your head*. London: Constable.
- Kernberg, O. (1987). Projection and projective identification: Developmental and clinical aspects. *Journal of the American Psychoanalytic Association*, 35, 795-819.
- Kulaksızoğlu, A. (2001). *Ergenlik psikolojisi*. İstanbul: Remzi Kitabevi.
- Köroğlu, E. (2004). *Psikonozoloji tanımlayıcı klinik psikiyatri*. Ankara: HYB Yayıncılık.
- Ogden, T. H. (1992). *Projective identification and psychotherapeutic technique*. London: H. Karnac (Books) Ltd.
- Plotnik, R. (2009). *Psikoloji'ye giriş*. İstanbul: Kaknüs Yayınları.
- Porder, M. S. (1987). Projective identification: An alternative hypothesis. *Psychoanal Q*, 56, 431-451.

- Sandler, J. (1989). *Projection, identification, projective identification*. London: Karnac Boks.
- Scharff, J. S., & Scharff, D. E. (1997). Object relations couple therapy. *American Journal of Psychotherapy*, 51, 141-173.
- Schermelleh-Engel, K., Moosbrugger, H., & Müller, H. (2003). Evaluating the fit of structural equation models: Tests of significance and descriptive goodness-of-fit measures. *Methods of Psychological Research Online*, 8, 23-74.
- Schore, A. (2012). *Attachment theory and the future of therapy*. Webinar broadcast on 16 November 2012 by Psychotherapy Networker.
- Spahi, B. Yurtkoru, E. S., & Çinko, M. (2008). *Sosyal bilimlerde SPSS'le veri analizi*. İstanbul: Beta Basım Yayım Dağıtım.
- Şeker, H., & Gençdoğan, B. (2006). *Psikolojide ve eğitimde ölçme aracı geliştirme*. Ankara: Nobel Yayın Dağıtım.
- Şimşek, Ö. F. (2007). *Yapısal eşitlik modellemesine giriş temel ilkeler ve LISREL uygulamaları*. Ankara: Ekinoks.
- Tekneci, M. (2011). *Yansıtımlı özdeşim*. <http://www.hipnoz.info/index.php/savunma-mekanizmalar/yanstmal-oezdeim.html> adresinden 24 Haziran 2011 tarihinde edinilmiştir.
- Young, K., & Saver, J. L. (2001). The neurology of narrative. *Substance*, 94-95, 30(1 & 2), 72-84.
- Young, R. M. (1992). "Benign and virulent projective identification in groups and institutions", *European conference of the Rowantree Foundation*. <http://human-nature.com/rmyoung/papers/paper3h.html> İnternet erişim tarihi: 11/03/2011.
- Zinner, J., & Shapiro, R. (1972). Projective identification as a mode of perception and behaviour in families of adolescents, *International Journal of Psychoanalysis*, 53, 523-530.
- Zosky, D. L. (2003). Projective identification as a contributor to domestic violence. *Clinical Social Work Journal*, 31, 419-431.

Appendix A: Items of the Projective Identification Scale

1	Birlikte olabileceğim birileri olmazsa ruhsal çöküntüler yaşarım.
2	Dostlarımla beni terk etmesinden çok endişeleniyorum.
3	Yapmak istediğim işlerde yakınlarımla desteği olmazsa asla başarılı olamam.
4	Dostlarımla beni bırakmasından ve yalnız kalmaktan çok korkuyorum.
5	Başkaları tarafından onaylanmadığım zamanlarda mutsuz olurum.
6	Arkadaşlarımla sevgisi, ilgisi olmasa çok mutsuz olurum.
7	Birlikte olduğum kişilerin ben olmadan yaşayamayacaklarına inanıyorum.
8	Arkadaşlarımla benim her istediğimi yapması için çabalarım.
9	Benim istediğim gibi yapmazlarsa arkadaşlarımla başarısız olacaklarına inanırım.
10	Arkadaşlarımla yönlendirerek onları kontrol altında tutmaya çalışırım.
11	Arkadaşlarımla benden daha aşağı ve zayıf olarak algılıyorum.
12	Birlikte olacağım kişinin duygularını paylaşmasından çok cinsel konuları paylaşması beni daha çok etkiler.
13	İlişkilerdeki en önemli amacım cinsel ihtiyaçlarımla karşılanmasıdır.
14	Karşı cinste en fazla dikkat ettiğim cinsel çekiciliktir.
15	Cinsel çekicilik romantik duygularımla tetikler.
16	Cinsel şakalar yapmaktan hoşlanırım.
17	Cinsel yönden yaklaşılabilir olduklarını gösterircesine şakalar yapan kişilerden hoşlanırım.
18	Evleneceğim kişiyi seçerken göz önünde bulunduracağım temel şey cinsel arzularımdır.
19	Evleneceğim kişi ile cinsel uyumumuz benim için her şeyden önemlidir.
20	Eşimin cinsel açıdan çekiciliği kalmadığı zaman ayrılmayı tercih ederim.
21	Eşimin beni ne kadar sevdiğini benimle kurduğu cinsel ilişkiden anlarım.
22	Cinsellik hakkında konuşmak başlı başına heyecan vericidir.
23	Aşkın tamamen cinsellikle ilgili olduğuna inanıyorum.
24	Evleneceğim kişiyle cinsellik hakkında konuşmak isterim.
25	Duygusal ilişkilerimde cinsellikten bahsetmek benim için çok önemli.
26	Evleneceğim kişinin cinsel fantezileri beni duygularından daha çok etkiler.
27	Önemsediğim kişilerin olmamı istedikleri gibi olduğum zaman kendimi huzurlu hissedirim.
28	Sürekli başkalarını memnun etmeye çabalarım.
29	Fedakar bir kişiliğe sahibim.
30	Arkadaşlarımla iyi geçinebilmek için onları sürekli överim.