

Romantic Relationship and Jealousy among Young Adults

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ABSTRACT

Being involved in any romantic relationship is an emotional upheaval at any point in life but for young adults, their feelings are considered comparatively more difficult to manage due to hormonal and bodily changes triggered by the brain at this age. Romantic relationships might lead to unhealthy feelings like detaching themselves from work, people and daily life activities. It may also result in loneliness, insecurity etc. which may in turn lead to jealousy. The feeling of jealousy begins with passionate love which involves the cognitive, behavioral and emotional components. Jealousy may also lead an individual towards negative behavior moving towards psychopathology in future. **Aim:** The aim of the study was to see the correlation between love and jealousy among young adults. **Methodology:** In the present study, data was collected from 80 young adults (40 males and 40 females) using the Socio Demographic Data Sheet, Passionate Love Scale and Self-Report Jealousy Scale. **Statistical Analysis:** Data was analyzed through SPSS 16.0. **Results:** The results weak correlation between passionate love and jealousy in females and moderate correlation in passionate love and jealousy for males.

Keywords: Romantic relationship, Jealousy, Young Adults

Love is a psychological state during three decades has been considered by psychologists (Farahbakhsh & Shafieabadi, 2007). According to Solomon (1988), romantic love has been conceptualized as a “dynamic structure of experience that must be continually reanimated” to continue. Dietch (1973, quoted by Farahbakhsh & Shafieabadi, 2007) knows mature love as one of the basic psychological needs that its absence leads to psychological deficit.

Passionate Love has been defined as a state of intense longing for union with another. A complex functional whole including appraisals or appreciations, subjective feelings, expressions, patterned physiological processes, action tendencies, and instrumental behaviors. Reciprocated love (union with the other) is associated with fulfillment and ecstasy; unrequited love (separation) is associated with emptiness, anxiety, or despair (Hatfield & Sprecher, 2010).

Scientists have given many names to this kind of love, but these constructs collectively are known as “passionate love.” tend to use the terms “passionate love” and “sexual desire”

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almost interchangeably. This is not surprising given that passionate love is defined as a “longing for union,” while sexual desire can be defined as a “longing for sexual union.”

In relation to Passionate Love, we are looking into romantic jealousy, which is defined as a set of thoughts, feelings and actions that follow a threat to the existence or quality of a relationship, generated by the perception of a potential romantic attraction between the partner and a real or imaginary rival (Salovey, 1991; White, 1981).

Ben-Ze'ev (2013) describes them as a cluster of emotions whose adaptive value is to counteract the breakdown of existing social ties. (Panksepp, 2013) a sociocultural phenomenon presents in varying degrees in all societies (Schmitt, 1988) However, when control is lost, intense and constant jealousy can become pathological (Mathes, 1992).

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5; American Psychiatric Association, 2013) classifies jealousy in two diagnostic categories: (a) other obsessive-compulsive disorders and specified related disorders (Obsessive Jealousy) and (b) delusional disorder (Jealous Type).

Romantic jealousy at the pathological level generates high levels of violence (López-Ossorio, González Álvarez, Buquerín-Pascual, García-Rodríguez, & Buela-Casal, 2017; Rodríguez, DiBello, Overup, & Neighbors, 2015; Ureña, Romera, Casas, Viejo, & Ortega-Ruiz, 2015) which may be present since as early into the relationship as the courtship stage (Pazos, Oliva, & Gómez, 2014; Penado-Abilleira & Rodicio-García, 2017).

According to the National Institute of Legal Medicine and Forensic Sciences, there were 47,248 cases of intimate partner violence in Colombia during the year 2015. This trend has been stable since 2005, and indicated that 34.89% of the aforesaid cases were triggered by "jealousy, distrust and infidelity" (Forensis, 2016). In other countries, jealousy has also been the cause of intimate partner violence (Belus et al, 2014; Harris, 2003). Jealousy is also associated with various psychopathologies, including possible comorbidity with suicidal behavior, substance abuse, psychosis and emotional disorders (Costa, Sophia, Sanches, Tavares, & Zilberman, 2015).

The greatest interest in research on romantic jealousy was done back in the mid-1990s (Hart & Legerstee, 2013), although specific symposia have been held via a panel presentation at the Convention of the American Psychological Association since 1977 (Salovey, 1991). Most of the studies have focused on corroborating the evolutionary hypothesis of sex differences in emotional vs. sexual jealousy (Buss, Larsen, Westen, & Semmelroth, 1992; Fernández, Vera-Villaruel, Sierra, & Zubeidat, 2007; Sagarin et al., 2012). The characteristics of the rival that incites jealousy, have also been studied (Buunk & Dijkstra, 2015), type of attachment (Miller, Denes, Díaz, & Buck, 2014), satisfaction and commitment to the relationship (Dandurand & Lafontaine, 2014), self-esteem (DiBello, Rodríguez, Hadden, & Neighbors, 2015), its association with alcohol abuse problems (Rodríguez, DiBello, & Neighbors, 2015) and the use of social networks in the increase of jealousy (Utz, Muscanell, & Khalid, 2015). Which emotion??

According to Barelds and Dijkstra (2006), “Jealousy has a negative connotation in Western culture and is often looked upon as a socially undesirable emotion” (p. 184). Most empirical studies also have found that tend to define jealousy in mostly negative terms. For example, a prototype analysis, Sharpsteen (1993) found that when individuals were asked to identify

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features of jealousy, virtually all of the features were negative (e.g., hurt, threatened, bad thoughts about other man/woman).

Most conceptual approaches to jealousy emphasize its negative side (Bevan, 2008; Harris & Darby, 2010). C. Hendrick and Hendrick (1983) noted that some people contend that “jealousy is unhealthy and a sign of deficit” (p. 121). Buunk and Bringle (1987) argued that jealousy is a potentially destructive emotion in intimate relationships. White and Mullen (1989) suggested that jealousy is most closely associated with the love style of “mania,” which is characterized by uncertainty about the partner’s love and by extreme emotional reactions often in an obsessive fashion.

Research shows that jealousy is associated with a variety of individual difference factors usually considered as negative or “bad.” Jealousy has been associated with low self-esteem, low self-confidence, low generalized trust, low empathy for others, loneliness, a need for approval, neuroticism, depression, and generalized hostility (Bringle, 1981; Buunk, 1997; Buunk & Dijkstra, 2000; Radecki-Bush, Farrell, & Bush, 1993; Rotenberg, Shewchuk, & Kimberley, 2001; Salovey & Rodin, 1985, 1989; Stieger, Preyss, & Voracek, 2012; Tarrier, Beckett, Harwood, & Ahmed, 1989; Thomas, Miller, & Warner, 1988). Evidences have also linked jealousy with differences in adult romantic attachment style, such that insecurely attached individuals (particularly the anxious insecure type) are more prone to experience jealousy than those with a secure attachment style (Guerrero, 1998; Harris, 2009; Sharpsteen & Kirkpatrick, 1997; White & Mullen, 1989).

Jealousy has also been linked to several aspects of relationship weakness. Jealousy is associated with being emotionally dependent on one’s partner (Buunk, 1995; White, 1981; White & Mullen, 1989). Jealousy is found more often among those who are in relationships characterized by low commitment and sexual non-exclusivity (Hansen, 1983; Pines & Aronson, 1983; Salovey & Rodin, 1985). A study done by Green and Sabini(2006) found that emotional infidelity which lead to jealousy was more upsetting to both genders, though it had a larger effect on the female population. Jealousy is associated with greater dissatisfaction with the relationship in general (Anderson, Eloy, Guerrero, & Spitzberg, 1995; Guerrero & Eloy, 1992) and with sexual aspects of the relationship in particular (Hansen, 1983; Pines & Aronson, 1983).

METHODOLOGY

Aim:

The aim of the study was to see the correlation between love and jealousy among young adults.

Hypothesis:

H0: There will be no correlation between love and jealousy among young adults.

Sample Characteristics:

The sample size consisted of 80 participants using simple random sampling, under which 40 were males and 40 were females. Their age group ranged from 18 to 25 years, all being students.

Inclusion Criteria:

- Age range 18-25 Years.
- Subjects who will give informed consent.

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- Minimum eight years of formal education.

Exclusion Criteria:

Subjects with any intellectual disability.

TABLE 1: Showing the sample characteristics of socio demographic data of young adults (n/ frequency)

Variables		N (%)
Sex	MALE	40 (50.0)
	FEMALE	40 (50.0)
Marital Status	UNMARRIED	77 (96.2)
	MARRIED	3 (3.8)
Religion	HINDU	68 (85.0)
	OTHERS	12 (15.0)
Education	10	1 (1.2)
	12	68 (85.0)
	15	10 (12.5)
	16	1 (1.2)
Occupation	EMPLOYED	8 (10.0)
	UNEMPLOYED	64 (80.0)
	SELF EMPLOYED	8 (10.0)
Socio-Demographic Data	UPPER	3 (3.8)
	MIDDLE	73 (91.2)
	LOWER	4 (5.0)
Habitat	RURAL	11 (13.8)
	URBAN	69 (86.2)
Family Type	NUCLEAR	44 (55.9)
	JOINT	36 (45.0)

Tools Used:

- **Socio-Demographic Data Sheet:** This sheet consists of the basic socio-demographic details that the participant is required to submit (Name, Age, Sex etc.) and consists of a consent form where in the subject gives informed consent to participate in the study and his/her confidentiality is committed to be maintained.
- **Passionate-Love Scale (Version A):** Designed to assess the cognitive, physiological, and behavioral indicants of passionate love (the scale comes in two parallel versions – a 15-item and a 30-item scale). For information on the scale's reliability and validity, see Fehr (1994), Graham and Christiansen (2009) and Hatfield and Sprecher (2010). [See The Most Popular Scales for more details.] (For a critique of this measure, see Fehr, 1994, Hendrick & Hendrick, 1989; Landis & O'Shea, 2000.)

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- **Self-Report Jealousy Scale:** Designed to measure the tendency of an individual to get jealous in a variety of situations. It doesn't measure romantic jealousy exclusively. Ten of the items relate to non-romantic jealousy. The scale was developed by Bringle, Roach, Andle and Evenbeck (1979). Helps determine one's level of jealousy and provide suggestions for the best course of action.

Procedure

80 participants fulfilling the inclusion criteria were chosen for the study out of which 40 were males and 40 were females. An informed consent of participation was taken from each participant prior to the study and the necessary socio-demographic details were collected using the structured socio-demographic data sheet.

After taking the necessary details, the participant, their the cognitive, emotional and behavioural components of love were administered by Passionate-Love Scale (Version A) and then their tendencies to get jealous in a variety of situations were measured by Self-Report Jealousy Scale.

The scores from each scale were calculated and statistically analysed using IBM-SPSS version 16.00 and the results were formulated.

RESULT AND DISCUSSION

Table 2: Showing Relationship between PLS & SRJS among the female participants (pearson – r = 40)

VARIABLE	SRJS
PLS	0.57**

***Correlation is significant at the 0.01 level.*

The above table indicates that there is a moderate significant positive correlation found between passionate love and the tendency of a female to get jealous in a variety of situations. Which means that an average female who scores higher on the components of passionate love scale will moderately have high tendency of jealousy.

Table 3: Showing Relationship between PLS & SRJS among the male participants (pearson – r = 40)

VARIABLE	SRJS
PLS	0.40**

***Correlation is significant at the 0.01 level.*

The above table indicates that there is a weak significant positive correlation found between passionate love and the tendency of a male to get jealous in a variety of situations. Which means that an average male who scores higher on the components of passionate love scale might have high tendency of jealousy.

Jealousy is influenced not just by psychological and interpersonal issues, but also by more complicated social elements. Like- gender difference. In this sense, both the evolutionary theory (Buss et al., 1992) and the cognitive social theory (Harris, 2003) have gained adequate empirical support. **As found in the review of literature as well, our results correlate with the results found in previous studies like** Green and Sabini (2006) which suggest that though

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both the genders involved have tendencies of jealousy, however, females showcase a higher correlation on the scale.

CONCLUSION

Being involved in any romantic relationship is an emotional upheaval at any point in life but for young adults, their feelings are considered comparatively more difficult to manage due to hormonal and bodily changes triggered by the brain at this age. Romantic relationships might lead to unhealthy feelings like detaching themselves from work, people, and daily life activities. It may also result in loneliness, insecurity, etc. which may in turn lead to jealousy. The feeling of jealousy begins with passionate love which involves the cognitive, behavioral, and emotional components. Jealousy may also lead an individual towards negative behavior moving towards psychopathology in the future.

Jealousy can eventually develop into bitterness and defensiveness. It also erodes trust in a relationship and leads to additional squabbles, particularly if the envious person makes demands and continuously questions the other person. Physical symptoms might also arise as a result of intense emotional events. Extremely Jealous Individuals may have physical symptoms like shaking, dizziness, melancholy, and difficulty sleeping.

Cases of relationship conflicts and partner troubles have increased, particularly after Covid. Research indicates that jealousy was deemed to be the primary or a substantial presenting problem in around one-third of all clients seeking psychotherapy, particularly those under the age of 45. The present study also indicates that out of the individuals involved deeply in passionate love, passionate love and jealousy shows a higher correlation in females as compared to males making them more prone to the ill-effects of jealousy. As a result, this study is significant and may be improved in the future to catch hold of this problem at the root age of young adults and comprehend more about it.

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Conflict of Interest

The author(s) declared no conflict of interest.

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