

Understanding the Relationship between Envy, Emotional Regulation and Self – Efficacy among Young Adults

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ABSTRACT

The Study aims to Understand the relationship between envy, emotional regulation and self-efficacy among young adults. Totally 150 individuals participated in this study. The scales used in this study to measure envy, emotional regulation and self-efficacy is The Benign and Malicious Envy Scale (BeMaS), Emotional Regulation Questionnaire (ERQ), and The New General Efficacy Scale. Data were analyzed using Skewness and kurtosis test to analyze the normality, Pearson Correlation test to analyze the relationship among variables and independent t-test is to analyze the difference. Results indicated that young adults reported moderate to high levels of envy, emotional regulation and self-efficacy. Benign envy was positively associated with emotional regulation and self-efficacy, while malicious envy showed weak and no significant associations. Emotional regulation and self-efficacy were strongly interrelated. No significant gender differences were observed however, urban participants reported higher envy than rural participants. These findings highlight the adaptive role of benign envy and the important link between emotional regulation and self-efficacy.

Keywords: *Envy, Emotional Regulation, Self-Efficacy, Young Adults*

Envoy is an unusual emotion in that it exists not on its own, but arises when we compare ourselves to others similar to ourselves – and perceive that the other has something (an attribute, a job, a relationship) we want but do not have might never achieve. Envy is disagreeable feeling that arises when you think someone else is better than you in some way. Usually, the unpleasant emotion arises because it makes you feel unequal, flawed, or feeling lesser. Emotions might include despair, worry, pride, and delight. Additionally, they seem different in the severity, with various persons reacting differently to the same circumstance. Consider a ride on a roller coaster. The ups and downs may cause thrill-seekers to feel happy and excited, but they may also cause panic and anxiety in people who are afraid of heights. Furthermore, according to the situation, even the same person may feel different emotions. For example, riding the roller coaster with your buddies on a bright day may make you feel excited, while riding it by yourself during a rainstorm may make you feel anxious or uneasy. Self-efficacy generally referred to as having a overall belief in their capability to achieve something in their fields like sports, academics and others.

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REVIEW OF LITERATURE

Liu, J.L., et al., (2024) has carried out research to determine Lower class competence stereotypes of the upper class increase class conflict mediation by intergroup envy and moderation by upward social mobility belief. Intergroup envy plays a mediating role in the relationship of competence stereotype held by the lower class about upper class and class conflict. The population involved in this study is N=284 lower-class students. The data collected through self-report questionnaire. The result of the study is intergroup envy acted as a mediating factor in the substantial positive link between class conflict and competence stereotypes that lower-class college students had about the higher class.

Huai, P., et al., (2025) explored the relationship between interpersonal emotional regulation and psychological resilience in nursing undergraduates a cross-sectional study and network analysis. The purpose of the study is to analyze the nursing students who are prone to mental health problems and the interaction between emotional regulation and psychological resilience among them. The population included in this study is N=1948. The scales utilized in this study are Interpersonal Regulation Questionnaire and The Connor-Davidson Resilience Scale (CD-RISC). According to the findings, nursing educators ought to concentrate on the emotional states, interpersonal interactions, and self-efficacy of their students. First and foremost, schools should provide psychological professionals like counselors to the students to upgrade their emotional stability and mental health.

Baiocco, R., et al., (2024) examined the influence of positivity and self-efficacy beliefs on family functioning among young adults in Italy and Colombia. The present study explored the positive perspectives of self-beliefs and individual characteristics among family. The population involved in this study is N=3022. The scales used in the study is Positivity (POS; Caprara et al.,2012), Self-efficacy Beliefs (Bandura et al.,2003) and Family Functioning (Olson,2000). The results of the study is the impact of positivity on family functioning was mediated by self-efficacy, which was stronger in males and Columbian participants that in women and Italian participants. For all genders and nations, the relationships between positivity and family functioning were mediated by self-efficacy.

METHODOLOGY

Hypotheses

- **H1:** There will be a significant relationship between envy and emotional regulation among young adults.
- **H2:** There will be a significant relationship between emotional regulation and self-efficacy among young adults
- **H3:** There will be a significant relationship between self - efficacy and envy among young adults.
- **H4:** There will be a significant difference in envy, emotional regulation and self-efficacy based on gender among young adults.
- **H5:** There will be a significant difference in envy, emotion regulation and self-efficacy based on domicile among young Adults

Objectives

1. To explore the relationship between Eny, Emotional Regulation and Self Efficacy among young Adults.
2. To identity the gender difference in Support Seeking Behaviour, Perceived Anomie and Coping Strategies among young Adults.

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3. To identify the domicile difference in Support Seeking Behaviour, Perceived Anomie and Coping Strategies among young Adults.

Sample

The study included 150 young adult participants. Sociodemographic information was collected, including gender and area of residence. All participants were young adults recruited from various regions to ensure diversity in the sample. Data were obtained using a structured Google Form, which enabled convenient and uniform online administration of the questionnaire.

Research design

Quantitative research sampling method and Simple random sampling was used to conduct the study

Statistical analysis

The data obtained was tabulated and analyzed using SPSS 27 (IBM) to assess the finding of the study.

Variables

- **Independent Variables**
 1. Envy
- **Dependent Variables**
 1. Emotion Regulation
 2. Self Efficacy

Instruments

Three measures were used in this study,

1. **SBENIGN AND MALICIOUS ENVY SCALE (BeMaS)** - developed by Lange, J., & Crusius, J. is a measure of dispositional envy designed to assess the personality differences in people's tendency to react with benign or malicious envy towards superior comparison standards. A 10- item scale where participants answer on a 6-point likert scale from 1=strongly disagree, 6=strongly agree.
2. **EMOTIONAL REGULATION QUESTIONNAIRE (ERQ)** - developed by Gross, J.J., & John, O.P. (2003). A 10-item scale designed to measure respondents' tendency to regulate their emotions in two ways: (1) Cognitive Reappraisal and (2) Expressive Suppression. Respondents answer each item on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree).
3. **NEW GENERAL SELF-EFFICACY SCALE** - developed by Chen, G., Gully, S.M., & Eden, D. (2001) measures the self-efficacy levels among individuals. A 8-item likert scale ranging from 1=strongly disagree, 5= strongly agree.

Procedure

In this study, informed consent will first be obtained from all participants to ensure their willingness to take part. After consent, the assessment tools will be administered through Google Forms to measure envy, emotional regulation, and self-efficacy, along with basic demographic information. Once the responses are collected, the data will be organized, coded, and prepared for analysis. The statistical procedures will then be applied to compare the levels of envy, emotional regulation, and self-efficacy, as well as to explore the

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relationship among these variables. Finally, the collected data will be proceeding for data analysis.

Data Collection

Participants were recruited online through mental health forums, university emails, and social media platforms.

RESULTS

Table No. 1 Socio-demographic details of the samples (N= 150)

Demographics		N	Percent (%)
Gender	Male	72	48
	Female	78	52
Area	Urban	114	76
	Rural	36	24

Percentages are rounded off

Table 1 Table 1 presents the socio-demographic details of the participants in terms of gender and area of residence. The total sample consisted of 150 individuals, with 72 males (48%) and 78 females (52%). This shows a fairly balanced gender distribution, with females slightly out numbering the males. In terms of residential background, the majority of participants belonged to urban areas (76%), while smaller proportion from rural areas (24%). This indicates that the sample is largely urban-oriented, with limited representations from rural participants.

Table No. 2 Skewness and Kurtosis for Envy (N=150)

Variable	Skewness	Standard Error	Kurtosis	Standard Error
Envy	-0.24	0.19	0.48	0.39
Benign Envy	-0.27	0.19	-0.23	0.39
Malicious Envy	0.20	0.19	-0.30	0.39

Table 2 presents the skewness and kurtosis values for envy and its two dimensions (benign envy and malicious envy) among 150 participants. The results show that overall envy has a skewness value of -0.24 with a standard error of 0.19, indicating a slight negative skew, meaning the distribution is nearly symmetric. Its kurtosis value of 0.48 with a standard error of 0.39 suggests a relatively normal distribution with no extreme peakedness. Benign envy shows a skewness of -0.27 also reflecting a near-normal distribution with a slight negative skew, while its kurtosis value of -0.23 suggests a somewhat flatter distribution compared to normal. On the other hand, malicious envy has a skewness value of 0.20 indicating a small positive skew, and a kurtosis of -0.30 pointing to a slightly flatter than normal distribution. Overall, the skewness and kurtosis values for all variables fall within acceptable ranges, suggesting that the data distributions are approximately normal.

Table No. 3 Skewness and Kurtosis for Emotional Regulation (N =150)

Variable	Skewness	Standard Error	Kurtosis	Standard Error
Emotional Regulation	-0.61	0.19	0.58	0.39
Cognitive Reappraisal facet	-0.81	0.19	0.56	0.36
Expression Suppression facet	-0.28	0.19	-0.34	0.39

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Table 3 presents the skewness and kurtosis values along with their respective standard errors for the variable of Emotional Regulation and its two dimensions Cognitive Reappraisal facet and Expression Suppression facet. The results indicate that Emotional Regulation skewness value is -0.61 and Cognitive Reappraisal skewness value is -0.81 are negatively skewed, suggesting a slight tendency of the scores to cluster toward higher values, whereas Expression Suppression skewness value is -0.28 shows a mild negative skewness, indicating a more balanced distribution. Regarding kurtosis, Emotional Regulation shows a slightly higher positive value 0.58 and Cognitive Reappraisal also shows positive kurtosis 0.565, reflecting distributions that are somewhat more peaked than normal. In Contrast, Expression Suppression displays a negative kurtosis -0.34, suggesting a relatively flatter distribution. The associated standard errors for skewness 0.19 and kurtosis 0.39 indicate the precision of these estimates across all variables.

Table No. 4 Skewness and Kurtosis for Self efficacy (N =150)

Variable	Skewness	Standard Error	Kurtosis	Standard Error
Self - efficacy	-0.76	0.19	0.23	0.39

Table 4 presents the skewness and kurtosis values for the variable Self-efficacy along with their corresponding standard errors. The skewness value is -0.76 with a standard error of 0.19, indicating that the distribution of self-efficacy scores is moderately negatively skewed, meaning that the scores are slightly clustered toward the higher end of the scale. The kurtosis value is 1.23 with a standard error of 0.39, suggesting that the distribution is somewhat more peaked than a normal distribution (leptokurtic), showing a higher concentration of values around than mean. Overall, the distribution of self-efficacy scores deviates slightly from normality, but the values remain within an acceptable range for statistical analysis.

Table No. 5 Correlation between Envy and Emotional Regulation among young Adults (N=150)

	Envy	Benign Envy	Malicious Envy	Emotional Regulation	Cognitive Reappraisal facet	Expressive Suppression facet
Envy	1	0.90**	0.56**	0.37**	0.36**	0.29**
Malicious Envy	0.56**	0.28**	1	0.07 N.S	0.01 N.S	0.15 N.S
Emotional Regulation	0.37**	0.38**	0.07 N.S	1	0.94**	0.85**
Cognitive Reappraisal facet	0.36**	0.39**	0.01 N.S	0.94**	1	0.61**
Expression Suppression facet	0.29**	0.28**	0.15 N.S	0.85**	0.61**	1

***Correlation is significant at the 0.01 level (2-tailed). N.S- Not Significant*

Table 5 Envy shows strong positive correlations with both benign and malicious forms, indicating it includes adaptive and maladaptive aspects. Benign envy is significantly related to emotional regulation, especially cognitive reappraisal, suggesting more constructive regulation. Malicious envy shows no significant association with emotional regulation strategies. Emotional regulation strongly correlates with both reappraisal and suppression,

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implying both contribute to regulation capacity. Thus, Hypothesis 1 is only slightly accepted, as only benign not malicious envy relates to emotional regulation in young adults.

Table No. 6 Correlation between Emotional Regulation and Self Efficacy among young Adults (N=150)

Emotional Regulation		Cognitive Reappraisal facet	Expressive Suppression facet	Self-Efficacy
Emotional Regulation	1	0.94**	0.85**	0.68**
Cognitive Reappraisal facet	0.94**	1	0.61**	0.68**
Expressive Suppression facet	0.85**	0.61**	1	0.52**
Self-Efficacy	0.68**	0.68**	0.52**	1

**Correlation is significant at the 0.01 level (2-tailed).

Table 6 shows that emotional regulation is strongly linked with both cognitive reappraisal and expressive suppression, indicating they are core parts of how young adults manage emotions. Cognitive reappraisal and suppression also correlate with each other, suggesting these different strategies can operate together. Self-efficacy is positively related to emotional regulation and both of its components. This means young adults who use emotion regulation strategies especially reappraisal tend to feel more capable in handling challenges. Therefore, Hypothesis 2 is supported, as emotional regulation shows a significant association with self-efficacy.

Table No. 7 Correlation between Emotional Regulation and Support Envy among young Adults (N=150)

	Self-Efficacy	Envy	Benign Envy	Malicious Envy
Self-Efficacy	1	0.37**	0.41**	0.56 N.S
Envy	0.37**	1	0.90**	0.56**
Benign Envy	0.41**	0.90**	1	0.28**
Malicious Envy	0.56 N.S	0.56**	0.28**	1

** Correlation is significant at the 0.01 level (2-tailed). N.S - Not Significant

Table 7 shows that self-efficacy is positively linked with overall envy and especially with benign envy, suggesting a connection with the more adaptive side of envy. In contrast, self-efficacy does not relate to malicious envy, indicating this maladaptive form operates separately. Overall envy is strongly tied to benign envy and moderately to malicious envy, showing both contribute but in different ways. Benign and malicious envy are related, though only weakly, reflecting partly distinct experiences. Thus, Hypothesis 3 is only partly supported, as the link with self-efficacy applies mainly to benign envy.

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Table No. 8 Level of Significance among Psychological variables based on Gender (N=150)

		N	Mean	Standard Deviation	t	df	Sig(2-tailed)	Std. Error difference
Envy	Male	72	14.50	24.07	0.218	148	0.874	4.01
	Female	78	14.41	25.03	N.S			
Emotional Regulation	Male	72	91.76	16.81	-1.10	148	0.27	2.74
	Female	78	94.78	16.77	N.S			
Self-Efficacy	Male	72	57.49	9.63	-0.38	148	0.69	1.19
	Female	78	58.79	9.44	N.S			

N.S-Not Significant

The table 8 the independent samples t-test showed no meaningful gender differences in envy, with men and women reporting almost identical scores. Emotional regulation levels were also similar across genders, despite females showing a slightly higher mean. Self-efficacy scores followed the same pattern, with only minimal differences that were not statistically significant. These results indicate that young adult males and females show comparable levels of envy, emotional regulation, and self-belief. Overall, gender did not play a significant role in any of the measured psychological variables in this sample.

Table No. 9 Level of Significance among Psychological variables based on Area (N=150)

		N	Mean	Standard Deviation	t	df	Sig. (2-tailed)	Std. Error Difference
Envy	Rural	36	13.60	22.80	-	148	0.017	-11.1
	Urban	114	147.3	24.48	2.42N.S			
Emotional Regulation	Rural	36	92.19	16.55	-	148	0.64	3.22
	Urban	114	93.69	16.93	0.46N.S			
Self - efficacy	Rural	36	59.00	10.68	0.60N.S	148	0.54	1.82
	Urban	114	57.90	9.16				

N.S - Not Significant

Table 9 shows independent samples t-test showed a significant domicile difference in envy, with urban young adults reporting higher levels than those from rural areas. This may reflect greater competition and social comparison typical of urban environments. However, emotional regulation did not differ by residence, as both groups reported comparable scores. Self-efficacy levels were also similar across rural and urban participants. Overall, domicile influenced envy but showed no impact on emotional regulation or self-efficacy.

DISCUSSION

This study showed nearly equal gender representation, though more urban participants took part, suggesting that the findings may reflect predominantly urban perspectives. Normality checks indicated that envy, emotional regulation, and self-efficacy all fell within acceptable limits of skewness and kurtosis, supporting the use of parametric tests. Benign envy demonstrated meaningful links with emotional regulation especially cognitive reappraisal pointing to more adaptive emotional responses, whereas malicious envy showed weak and

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no significant associations with regulation strategies. Emotional regulation was also strongly related to self-efficacy, indicating that young adults who manage their emotions effectively tend to feel more confident in handling challenges. Self-efficacy further showed positive associations with overall and benign envy, but not with malicious envy, suggesting that adaptive envy aligns with greater confidence, while maladaptive envy functions more independently. No gender differences emerged in envy, emotional regulation, or self-efficacy, implying similar experiences across males and females. Finally, urban participants reported higher envy than rural participants, possibly due to increased competition and social comparison in urban settings, while emotional regulation and self-efficacy remained consistent regardless of domicile.

CONCLUSION

The findings suggest that adaptive forms of envy and strong emotion regulation skills are linked with greater self-efficacy in young adults. These patterns appear largely consistent across gender and residence, except that urban youth report slightly higher envy.

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Conflict of Interest

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