

Love and Jealousy in Woman-Man Communication

Rüçhan Gökdağ, Anadolu University, Turkey

Abstract

Jealousy is the emotion of being threatened by a rival in a romantic relationship or losing something of value to another person which happens to be yours already. Jealousy has been researched with its many different dimensions such as normal and abnormal states, how it changes from one culture to another, its effects on couples, and the ways of how to tackle it. There are different views about the reasons of jealousy. While some scientists explain the subject with instinctive reasons; others put forward the cultural values. And another group of scientist emphasize the ego-perception which develops with the relationships within the family.

The purpose of this study is to reveal the reasons of the love-jealousy that university students have been experienced, its indications, and effects and how to overcome it. This research conducted on 246 university students from three faculties of Anadolu University.

Keywords: Jealousy, Jaundice, jealousy approaches

Introduction

Love and jealousy has been one of the themes the most commonly depicted in stories, novels and tales. History is full of examples of self-devotion, bravery and altruism as well as tragedy drama and unpleasant experience resulted from love and jealousy. Jealousy has led to the events of killing, aggressiveness, depression, hatred, suicide and etc. In addition to these, it has also caused many domestic communication problems leading to domestic violence and conflicts. The strong effect of jealousy on the relationships among people has made it an issue of investigation for different disciplines.

Nowadays, jealousy is investigated in different dimensions ranging from its being normal and abnormal forms, how it changes from one culture to another culture, its effects and the skills used for overcoming its effects. Various factors have been suggested to cause jealousy. The fact that some people are more or less jealous than some others is explained in some studies referring some instinctive factors; on the other hand, it is also explained suggesting that the cultural values in which individuals live, are the major determinant on people's jealousy. There are some approaches defining jealousy as a communication problem among couples. The sense of self which develops depending on the quality of the communication built with families and the social environment, is determinant in exhibiting jealousy behaviors and controlling such behaviors. Freud relates jealousy to Oedipus and Electra chaos fatefully experienced by children in their childhood. Similarly, the experiences in childhood imbedded to their subconscious are very determinant on individuals' jealousy. This study is related to the romanticism and jealousy of some university students. In other words, the jealousy of university students which they live as consequences of a love affair is investigated in this study. The investigation of jealousy behaviors of university students is very significant as it reveals the quality of the relationship with their families, as it reveals how the culture in which they live treats love and jealousy. This study primarily explains what romanticism jealousy is. Then the claims of different studies which aim to explain what jealousy is.

Jealousy

Jealousy in this study is the one not in general term but because of love affair. If we define it clearly, "jealousy is a complex reaction given when a threat is perceived to a relationship and its nature" (Pines, 2003). Jealousy is a complex feeling with internal and external components. The internal components of jealousy include various feelings (bitter, anger,

hatred, jealousy, sadness, fear, abasement). Resentment, self-recrimination, self-comparing, feeling excite about personal social images are considered to be among the internal factors. In addition to that, blushing, hands' sweating, shivering, stomach cramps, feeling of faint and sleep disorders are considered under this category.

The external components of jealousy have the characteristics which can be observed to be the opposite of the internal components. For example, speaking about the feelings experienced, crying or dismissive behaviors, making fun, moreover resorting to violence are all among the external components of this feeling. Being aware of the internal and external components of jealousy is very significant to overcome it. Naturally, the control of internal reactions, especially on emotional and physical reactions, is limited; however, the control on the external factors is more successful.

Jealousy and Jaundice

The terms of jealousy and jaundice which are commonly encountered in daily life, are used for different situations. Jaundice happens between two people. The person who envies the other, wants what the other person has to be his or hers, or he does not want that person to have that. The object of the jaundice which is envied may be another people's wives, jobs, relationships or skills that that person possesses. Jealousy concerns three people.

Chronic and Acute Jealousy

Chronic and acute jealousy changes from one to another depending on the reason for the jealousy reaction and its duration whereas the external signals look the same. Acute jealousy is observed on the people who do not consider that they are jealous, but who feel that when they are deceived by their lovers. They exhibit their reactions in an extreme or normal way. It is very similar to the case of how those feel after being physically or sexually harassed. Posttraumatic stress disorder is divided into three as unwanted repetition, abdicative and overexcitement. Acute jealousy is exhibited against a certain event, and it is short and temporary. Chronic jealousy tends to happen depending on the individuals' childhood experiences. If individual has weak self-confidence, s/he feels jealous even for the cases for which most people do not feel jealous.

In summary, the threat of losing a loved one who gave a meaning to that person's life is very

destructive. The people who give a life sustaining meaning to love, are more sensitive to the possibility of losing their loved ones. Many people have more or less unsolved contradictions from their childhood years. These contradictions are more severe for some people but less severe for some others, and they face with these contradictions in the forms of sensibility, fear, lacking of confidence. When they fall in love and when they are responded positively, these fears reduce. However, the danger for love, the fear and distrust which had been thought to have disappeared, emerge again.

The Approaches Explaining Jealousy

Five approaches explaining romanticism jealousy are briefly summed up under this heading. As can be seen in the further parts, each of these approaches handles with a different dimension of jealousy.

Psychodynamic Approach: According to the psychodynamic approach, jealousy is a universal feeling. The reason why it is universal is that jealousy is inevitable for people rather than the nature of human being. Freud who put forward psychodynamic approach suggests that the bitter experiences every person experience fatefully form a basis for jealousy. The universal traumas experienced in childhood years, are re-experienced depending on the events causing jealousy on adults.

Psychodynamic approach focuses on unconscious powers triggering the feeling of jealousy. Freud suggests that Oedipus and Electra chaos leave unconscious stimulation, desire, fear and traumatic memories which people are unaware about. Sons are in love with their mothers and daughter are in love with their fathers. However, both genders have inevitable competitors. Son has an eye on his mother; but he is afraid that his father will get angry once he learns about that. He tries to get rid of that fear by trying to be a man like his father (by identifying himself with his father). Similar feelings are experienced by daughters as sons do. The feelings of sadness, bitter and helplessness caused by the defeat of son against his father and of the girl against her mother, have effects on their psychologies and emerge again when they have similar feelings in their adulthoods (oneself, beloved one and competitor).

Freud explains the possible causes of jealousy as follows (Pines, 2003).

- The pain given by the thought of losing the loved one.

- The pain given by the fact that, no matter how much we desire for something and how much we deserve it, we cannot obtain all of them.
- The hostility feeling against a successful competitor.
- We should blame ourselves more or less for our loss.

According to Freud, jealousy is not entirely rational whereas we consider it to be “normal”. In other words, it is not related to real events, not proportional, and it is not under the control of our ego. “There are some irrational items we all experience in normal jealousy conditions. The reason for that is that jealousy is buried in the depths of unconsciousness and the events which affected us in our childhood help it reemerge” (Freud, 1922/1955).

People form their image of love at early ages depending on their childhood experiences which had effects on them. The positive and negative characteristics of those people who brought us up are the building stones of our love images. However, the negative characteristics of those who brought up us are more effective in the formation of these building stones. In other words, if the father of a girl had not been loyal to her mother in the past, “unfaithfulness” will be a significant item in the romanticism image of that girl in the future. Similarly, if the mother of a boy often grows jealous, that will have a great effect on her love image.

People look for the individuals who match with the images forming in their childhood in adulthood. When they meet with such a person, they reflect the images that they have interiorized on that person. That is the reason for the expressions such as “I feel that I have known you for a long time”. The person who matches with the love image of a person is the person who will offer the most help work that person on her/his childhood trauma. For example, whereas a daughter who had an unfaithful father looks for a loyal man seems to be rational, that is not what happens, that is not what takes place in real life. Such girls generally fall in love with those womanizers as their fathers were. The reason for that is that the girl expects to give him what she had not received from her father. The dilemma here is that; the girl gets married with such a man as he reminds her of her father; what she expects and what she wants is that he does not do what her father had done. What she wants him to do is to be loyal to her and to give her the trust she could not have in her childhood.

Systematic Approach: This approach investigates the jealousy which emerges from the dynamics of a certain relationship. This approach presupposes that what increases or decreases the jealousy tendencies of couples are the repeated behaviors of the couples. Differently from the psychodynamic approach which points out how determinant the events that individuals experienced in their childhoods are, systematic approach is not interested in individuals' past lives as jealousy is handled. What is important is the structure which the individual is in. This structure is primarily related to the couple; however, the jealousy triangle includes the parents of the couples as well as the culture and the society which they live in.

According to the systematic approach, upper systems (a couple, for example) take hold of sub-systems (the feelings, behaviors and thoughts of a jealous individual, for example) and they are also under their influence. This mutual interaction causes negative feedback which sustains the problem of jealousy and positive feedback which causes the change. Such behaviors transform into either rules to be stick to or permanent behaviors which are hard to change by time, and the relationships of couples function depending on this principle.

The therapists who internalize systematic approach asks “what” questions rather than directing “why” question (why does that person feel jealous?). What causes the problem of jealousy? More importantly, what can be done to remove the feeling of jealousy? The treatment related attempts focus on the behaviors of both couples which sustain jealousy. When couples consider their relationships and partners in a more positive and realistic way, they start to feel much better.

Cognitive-Behavioral Approach: This approach considers jealousy as a learned behavior. Hyde (1993) suggests in his study investigating psychological differences between men and women that the differences in the understanding on sex is the most significant one compared to the others. According to that, women relate sex to compassion and intimacy. Besides, they suggest that the value that women give themselves is based on affiliation. Men relate sex to success, excitement, control and pure physical relief.

Another study carried out by (DeSteno and Salovey, 1996.) suggests how affiliation is effective on women's jealousy. According to the data obtained through that study, women

feel jealous for the opponents who have the characteristics that their partners/lovers look for. On the other hand, men feel jealous for men who are more powerful in some shared fields of life considering them as opponents. Human bear romantic feelings and go with them most because of the characteristics and behaviors they find to be attractive. They feel jealous for the same characteristics. White (1980) suggested five stimulations leading jealousy.

These are arising attention, measuring the strength of the affair, taking revenge of a deception, increasing self-confidence and punishing partner. The most popular method of arising jealousy is mentioning how attractive somebody else is on purpose and exaggerating how attractive s/he is, flirting, fabricating opponents and mentioning about exlovers. White suggests that women feel jealous in male-dominated societies as they are weaker in such societies compared to men.

Cultural Approach: This is the approach suggesting that the way of expressing and exercising jealousy is determined by culture. It is also suggested in that approach that the customs that individuals were born in shape individuals' experiences and behaviors. When such individuals start speaking, they become already transformed into little creatures of their culture.

According to Hupka (1981), culture affects jealousy reaction in two ways. The first of them is that culture describes if a certain event is a treat or not. What makes us jealous, the situations preparing us for jealousy and when a certain situation will be perceived as a treat, are all described by the culture in which we live. The second of them is that it offers choices for the situations which we perceive as treat and for which we show reactions. With this regard, the events which may be treats for a marriage will change from one culture to another.

There are interesting examples for how determinant a culture is on people's jealousy (Pinesi 2003). For example, there are some cultures in which a man feels jealous when another man asks his wife for a glass of water, considering that that man has an eye on his wife. However, an Inuit man does not consider not presenting his wife to a guest as meanness and hospitality switching of the lamps. Many cultures nowadays never accept partners' having sexual relationship with another person. A Zuni woman does not consider her husband's fornicating as a problem unless it starts tongues wagging in the village they live in. In polygamist societies, for a husband to have another wife means for the first wife having an assistant in

housework, for the husband, it means prestige in the society. Similar cases are true for the societies where women can be polygamous. All these examples reveal that nothing is perceived as a treat for marriages by members of a society unless it is suggested to be a treat by the culture in which they live.

Theory of Evolution and Socio-biological Approach: This approach considers jealousy as a consequence of evolution which inherently makes difference between men and women. An organism which can sustain its life and reproduces is more superior for evolutionists. It means that that organism could obtain the female which is the strongest, the most aggressive and the most intelligent and could transfer its genetic characteristics to the following generations. Because of similar reasons, the survival rate of the offspring of the mother feeding and bringing up is the highest and the female's characteristics can pass on the following generations. Darwin relates jealousy to an evolutionary reason, and considers jealousy as an instinct saving the couples' attachments. The emotions and behaviours related to jealousy contribute to couples' remaining together, bringing up their offspring and reproduction of their genes. The fact that the case also true for some animals is suggested to be the proof for that jealousy is an innate characteristic. Modern socio-biologists consider that such genetic jealousy is significant for sustaining genetic life.

In a word, the differences between women and men feeling jealous result from asymmetry of the trust related to women and men's gene conditions as suggested by biological point of view. Women cannot deny their offspring easily, but men can feel secure if they are the only sexual partners of their women. The risk of a man's deception means to waste sources for women, but for men, the risk of a woman's deception means to have a sperm of a foreigner.

Those who criticize evolutionary point of view and the social psychologists explains the fact that men and women differ from one another with regards to exhibiting jealousy behaviours suggesting that it is because of the social powers and the social conditions. The condition for jealousy is the difference in power between men and women. Power is a function of mutual dependency between couples. The partner who is less dependent is more powerful than the other partner. Dependency may be emotional, financial and social. Either woman or man who is more powerful in a relationship may react in a more masculine way to the events causing jealousy (burst of anger, abandoning and etc.). The weak ones typically behave in a feminine way. Crying, pulling a face, trying to look attractive, making his/her partner jealous and etc.

The parties who give less value to their partners and who have more alternative partners have more power in a relationship. The reason why most women behave in a feminine way when they feel jealous is not because they are women, but they are less powerful in the relationship.

The general purpose of this study to find out the views of university students related to the causes of the jealousy they feel, symptoms of jealousy, its effects and solutions to it. Love and jealousy are investigated to reach that general purpose considering the dimensions below:

- How do they evaluate the relationship which they are in or the relationship which they have recently lived?
- What are their attitudes and emotions about jealousy?
- How do they define themselves with regards to jealousy?
- What type of jealousy reactions do they exhibit?
- What are their coping skills with jealousy?
- What are the effects of jealousy?

Significant amount of violence in Turkey which generally aims at women is generally a consequence of jealousy related to love. The findings which will be presented through this study can give basic knowledge about the causes of violence. Periodically the same study will offer knowledge about if the case has changed, if it has changed, is it for negative or positive.

Method

This study is a descriptive one. It was the purpose of the study to reveal the general views of the university students about jealousy, how they evaluate themselves with regards to jealousy, their views about the effects of jealousy and how they cope with jealousy.

The study was carried out on 246 participants. They are students at Education Faculty, Chemistry Faculty, Faculty of Communication Sciences and Physical Education and Sport Faculty at Anadolu University. The researcher collected the data in the study through the questionnaire “Romantic Jealousy questions” attached to the book translated into Turkish as “Aşk ve kıskançlık” by Pines (2003). The researcher briefed the students that were taught by the researcher at schools about the content of the research and those who volunteered to participate in the study were submitted the relevant questionnaire. The students returned the filled questionnaire in the following two weeks.

There are more than 80 questions in the questionnaire of “Romantic Jealousy questions” under 11 headings. In this study, 6 of the 11 headings in the questionnaire were chosen. Besides, some of the questions under these headings were also chosen. These questions were about childhood and puberty. The questions were designed in fill in the blank types, multiple choice and likert type. In the evaluation of the responses, arithmetic means were used for some of them, and numbers and percentages were used for some other. In this study, in-depth interviews were also conducted for the chosen 6 headings. In line with this purpose, 18 females and 12 males were determined and individual interviews were conducted by an expert psychologist within the frame of these 6 headings. The findings of these interviews were used in the evaluation of the responses given to items in the questionnaire.

Findings and Discussion

The findings obtained in the study were regulated in a way to respond to the questions given under the heading of the purposes of the study. 61.8% of 246 participants were female, 38.2% of them were male. All of the participants are undergraduate students and their ages vary between 18 and 24. 131 participants (55%) responded “yes” to the question of “are you in an affair now?”. Those who are not in a close relationship (45%) are either those who do not have any relationship or whose relationships are not long-lasting and who often switch their partners. In the relevant literature, the ages between 18 and 24 are known to be the puberty ages. At these ages, relationships among males and females have not settled down yet. The concerns of graduating from university, finding a job and getting on well in marriages, make young people anxious and depressive. Depending on that, socio-economic concerns hinder regular relationships. The responses received for the questions of “how long have you been together with your partner?” are given in Table 1. According to the Table 1, more than 2/3 suggested that they have been dating for 6 months or more.

Table 1. How long have you been together with your partner?

	Number	%	Cumulative Percentage
3 months and less	48	36,6	36,6
4-6 months	46	35,1	71,7

7-9 months	23	17,6	89,3
10 months and more	4	3,1	92,4
10 +	10	7,6	100,0
TOTAL	131	100	100,0

Table 2 indicates the responses given by the participants to the question of how they evaluate their relationship with their partners. The average score for this group of questions is 4. The mean score suggests that students evaluate their relationship with their partner as “normal”(average=4.33, standard deviation=1,371). They find their partners quite attractive (average=5.57, standard deviation=1.461). They suggest that they will not leave their partners for another one (average=3,09, standard deviation=2,216).

Table 2. Descriptive Statistics related to the close relations

		N	Mean score	Standard deviation
1	How long do /did you think this affair will/would last? 1=short 4= a few years 7= forever	204	4,53	2,127
2	How do you describe your affair? 1= venomous 4= normal/excellent 7= jumbled	206	4,33	1,371
3	Who is/was dominant in your relationship? 1= my partner 4= balanced 7= my	213	4,60	1,469
4	How secure do you feel in your affair? 1= unsecure 4= middle 7= high	211	5,27	1,580
5	How do you generally feel about your lover? 1= not satisfied 4= middle 7= very satisfied	210	5,16	1,407
6	How much physical attraction do/did you feel about your partner? 1= non 4= middle 7= very much	214	5,18	1,537

7	How much emotional attraction did/do you feel about your lover? 1= non much 4= middle 7= very	214	5,57	1,461
8	How do/did you describe your partner' sexual charm? 1= non much 4= middle 7= very	205	4,99	1,625
9	Will you abandon your partner for someone else? 1= definitely no 4= maybe 7= definitely yes	210	3,09	2,216

When we look at the Table 2, we see that finding their partners fascinating and not abandoning their partners for someone else reflect the young people’s value related to love, compassion and culture in Turkey. Loyalty and intense feelings in a relationship is one of the criteria given importance by those aged between 18 and 24. In the study carried out by Pines and Aronson (1983), the mean of emotional closeness (6,2%) was found to be higher when compared with the mean of this study carried out by the researcher. The mean of the responses related to the duration of the relations (5,3) was found to be higher than the value that we found in this study (4,5). In other words, they trust their relationship less. On the other hand, young people in Turkey are more loyal to their partners.

The State of Jealousy and Jealousy Reactions

64% of the participants describe themselves as “jealous” whereas 36% of them suggest they are not. The responses received to the question of what physical, emotional and cognitive reactions they gave to the most intense jealousy circumstances that they remember they felt are indicated in Table 3, 4 and 5. In the questionnaire, 20 options are provided under the heading of “physical reactions”. Table 3 displays the highest and lowest physical reactions.

Table 3. The highest and the lowest physical reactions given when intense jealousy is felt.

Highest physical reactions		N	%
1	Tachycardia	122	49,5
2	Heat	111	45,1

3	Blushing	103	41,8
4	Headache	98	39,8
Lowest physical reactions			
1	Fainting	39	15,8
2	sexual drive	46	18,6
3	Nightmare	55	22,3

According to Table 3, almost half of the participants experienced tachycardia as physical reaction. Then heat, blushing and headache come in turn. The lowest physical reaction is fainting (15.8%). Then “sexual drive” and “nightmare” come.

Table 4. The highest and the lowest emotional reactions given when intense jealousy is felt

Highest emotional reactions		N	%
1	Indignation	155	63,0
2	Anger	135	54,8
3	frustration	119	48,3
4	confusion	100	40,6
Lowest emotional reactions			
1	understanding	45	18,2
2	Passion	50	20,3
3	aggression	51	20,7

The highest reaction given when intense jealousy is felt is “indignation” and “anger”; the lowest reaction is “understanding” and “passion” in turn

Table 5. The highest and the lowest cognitive reactions given when intense jealousy is felt.

Highest cognitive reactions	N	%
------------------------------------	----------	----------

1	"How can s/he do that to me?"	152	61,7
2	"You cannot love me as you are doing that to me"	122	49,6
3	"You told me lie"	118	47,9
4	" This is the end of this relationship"	114	46,3
5	"Where did I do wrong"	108	43,9
Lowest cognitive reactions			
1	"I wish I could be as sexy and charming as she was"	48	19,5
2	" I die if you abandon me"	48	19,5
3	"I wish I had been death"	52	21,1

The most intense reaction given by the participants when they felt intense jealousy is “how can s/he do that to me?” the lowest cognitive reaction is “ I wish I could be as sexy and charming as she was” and “ I die if you abandon me”

The fact that university students in Turkey are jealous matches with Turkish cultural. Male-dominated cultural values in Turkey teach female and male to be jealous. The fact that dominated cultural values consider women in the background and as male’s property and that men’s relationship with women are considered normal is one of the most basic values of jealousy. In the in-depth interviews conducted in this study, it was found that men and women are similar to one another with regards to the emotional, physical and cognitive reactions given as a consequence of jealousy. However, both sides in the relationships try to save their relationships and suffer from depression as a consequence of jealousy. These findings match with those of (Gary and Hansen, 1985; McIntosh, 1989; White 1981a and Mullen, 1989). They have also found out that men and women exhibit similar reaction in case of jealousy.

Coping with Jealousy

There are 17 options under the question of “how did you cope with jealousy?” The responses with the highest scores out of the “the least used one”, “moderately used” and always used” are given in Table 6.

Table 6. How did they cope with jealousy?

Always used	N	%
through rational discussions	42	17,0
abandoning my partner	41	16,6
Ironizing	34	13,8
Moderately used		
through rational discussions	84	34,1
Ironizing	73	29,6
Shouting	65	26,4
Never Used		
through physical reactions	109	44,3
Denying	103	41,8
Ironizing	96	39,0

According to Table 6, the choices always used in coping with jealousy vary. The highest score out of these is “through rational discussions” by 17%. Then “abandoning my partner” and “ironizing” come. The highest score out of the ones moderately used is “through rational discussions” by 34.1%. According to that, more than half of the participants prefer the choice of “through rational discussion” in coping with jealousy. According to Table 6, 44.3% of the participants chose the choice of “through physical reaction”, 41.8% of them chose denying and 39% of them chose the choice of “ironizing”. According to the Table 6, the behaviour which is “always” or “moderately” exhibited when jealousy is felt, is “through rational discussion”. In the face-to-face interviews conducted in the study, it was found that “rational discussions” are generally demanded and started by women. Their purpose here is to let the opposite party understand and know how much they have hurt them. On the other hand, shouting at partners and abandoning their partner are the behaviours which are most frequently exhibited by women. Men tend to exhibit the following behaviours such as ironizing, verbal aggression and abandoning more than women. The finding that men tend to

be more aggressive than women seem to be in parallel with those of States and Pirog-Good's (1987) and Bunk's(1984).

The Effects of Jealousy

Almost 1/3 of the participants responded to the question if jealousy was a problem for them or not as “never” by 30.6%. More than half of them (51.5%) replied as “some”, 17% of them replied as “a lot”. On the other hand, whereas more than half of the participants (52.8) replied the question “are you happy with being jealous” as “some”, 26.4 of them replied that it is not a problem. More than half of them (51.5%) suggested as “some”, and 17.9% of them suggested as “ a lot”. The responses given to the other questions related to the effects of jealousy are given in Table 7.

Table 7. The effects of jealousy for the participants

	1		2		3	
	N	%	N	%	N	%
Are you happy with being jealous? 1=Never 2= Some 3= A lot	61	26,4	144	58,5	26	11,3
Do you want to completely get rid of your jealousy problem 1=Definitely no 2= Not sure 3= Definitely yes	67	27,2	131	53,2	35	14,3
Do you want your partner to be jealous? 1=Definitely yes 2= Not sure 3= Definitely no	48	19,5	137	55,6	53	21,5
Do you think that jealousy is normal under some conditions? 1=Definitely yes 2= Some 3= Definitely no	16	6,5	117	48,5	102	41,5
Do you think that jealousy is an appropriate reaction under some conditions? 1=Definitely no 2= Not sure 3= Definitely yes	31	12,6	124	44,3	73	29,7
Would you believe that someone told you that s/he was not jealous even in some extreme conditions?						

1=Definitely no	2= Not sure	3= Definitely yes	80	32,6	133	54,0	22	8,9
-----------------	-------------	-------------------	----	------	-----	------	----	-----

Almost 70% of the participants responding these questions are happy with being jealous to some degree, or completely happy. Thus, the percentage of those who wants to get rid of this feeling is 14.3%. On the other hand, 21.5 of the participants do not want their partners to be jealous. However, 41% of them suggested that jealousy reactions are normal under some conditions.

Table 7. The effects of jealousy for the participants (continuing)

	1		2		3	
	N	%	N	%	N	%
Do you find jealousy as a desired characteristic? 1= cannot be 2= Complex 3= Desired	50	20,3	153	62,2	32	13,0
Can you stop your jealousy? 1=Definitely no 2= To some extend 3= Definitely yes	28	11,4	167	68,0	40	16,3
Have you ever become a target of another people's jealousy? 1= Never 2= A few times 3= Continuously	23	9,3	147	59,8	47	19,1
Did you like it? 1= Never liked 2= Some 3= Liked it a lot	94	38,2	110	44,7	11	4,4
How jealous do you think you are when you consider your own jealousy description? 1= Never 2= average 3= extremely	29	11,8	144	58,6	50	20,3

Almost 2/3 of the participants responding the delivered questions (62.2%) suggest that jealousy is a complex feeling, and 79.4% of them suggest that they can stop their jealousy feeling to some degree, or they cannot stop it at all. Actually, 78.9% of the participants were found to be jealous at moderate level or they are extremely jealous.

References

- DeSteno, D. A., & Salovey, P. (1996). Genes, jealousy and the replication on of misspecified models. *Psychological Science*, 7 (6), 376-377.
- Freud, S. (1922/1955). *Certain Neurotic Mechanisms in Jealousy*. Collected and organized by Otto Fenichel (349-62), and Hanna Fenichel and David Rapaport. New York: W.W Norton.
- Hupka, R. B. (1981). Cultural determinant of jealousy. *Alternative Lifestyles*, 4, 310-356.
- Hyde, J. S. (1993). Sex, love and psychology. Paper presented at the annual convention of the American Psychology Association, Toronto, Canada.
- McIntosh, E. G. (1989). An investigation of romantic jealousy among black undergraduate. *Social Behavior and Personality*, 17, 135-141.
- Mullen. (1989). *Jealousy: Theory, research and clinical strategies*. New York: Guilford Press.
- Pines, A.M. (2003). *Aşk ve Kıskançlık –kıskançlığın nedenleri, belirtileri ve çözümleri*. Çeviren: Yonsel, C. İstanbul: Okyan Us Yayın.
- Pines, A. M. & Aronson, E. (1983). The antecedents, correlates and consequences of sexual jealousy. *Journal of Personality*, 51, 108-136.
- Stetes, J. E. & Piror-Good, M. A. (1987). Violence in dating relationship. *Social Psychology Quarterly*, 50, 237-246.
- White, G. L. (1980). Inducing jealousy: A power perspective. *Personality and Social Psychology Bulletin*, 6, 222-227.
- White, G. L., & Mullen. (1989). Coping with romantic Jealousy: Comparison to rival, perceived motives, and alternative assessment. Paper presented at the American Psychological Association convention, Los Angeles.