



Research Article

CHARACTERISTICS OF FORMATION OF JEALOUSY IN ADOLESCENTS

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ABSTRACT

The article describes the scientific views of foreign scientists on jealousy. In addition, the results of the research on the feeling of jealousy are presented. During the study, the results of S.T. Beskova's "Methodology for determining personal jealousy" were given. According to it, the respondents were divided into groups according to the criterion of envy-hostility and jealousy-sadness. During the research, it was found that among the respondents, the type of jealousy-hostility is more manifested than jealousy-frustration.

KEYWORDS

Jealousy, envy, emotional reactions, hostility, motivation, socialization, family, narcissism.

INTRODUCTION

Feeling jealous can also be related to age characteristics. Jealousy appears late in the ontogenetic development of a child as a result of

moral egocentrism from the failure of needs to be met in the game, competition. Jealousy often appears in relation to brothers and sisters. Small

children are jealous of the superiority of adults, and adults are jealous of the fact that parents pay more attention to children. To eliminate envy in children, it is necessary to increase their status in the social environment. It is necessary to show that his identity is important for those around him, to help him find his place in communication and play with children.

In modern foreign psychology, several studies have been conducted about the socio-psychological nature of jealousy. M. Silver, J. Sabini explain envy as a mechanism that controls our self-esteem [10]. D. Cooper tried to explain jealousy by connecting it with the social environment [2]. According to him, envy arises in the process of acquisition of social experience. The easier the person's adaptation process is, the weaker the appearance of jealousy. P. Tittellman [13] tries to explain jealousy in organic connection with jealousy. These two feelings lead to the disturbance of the emotional sphere in a person. He mentioned the idea that subjective unhappiness is the basis for the development of "perverse envy". A. Rosenblatt [9] states that a person needs "psychological autonomy" to be a healthy person. If a person cannot define a clear boundary with himself and the environment,

anxiety, jealousy, and suspicion are observed. P. Salovey, Dj. Rodin and P. Salovey, J. Rodin, A. Rothman were able to see the connection between jealousy and verbal aggression [12]. According to W. Parrott, hostility is one of the main components of jealousy [8]. K. Tai, J. Narayanan, D. McCallister distinguished positive and negative manifestations of jealousy [11]. According to R. Smith, W. Parrott, E. Diener, R. Doyle, S. Kim, jealousy begins with social comparison, which causes a painful experience of its inadequacy. As a result of futile comparisons, a feeling of dissatisfaction accompanies the feeling of envy in a person [8].

J. Hamman expresses a similar opinion. According to him, envy is a feeling of anger that arises when someone else takes something we want. In his works, envy is expressed in the context of happiness. That is, when we see the happiness of others, we begin to think about what we need for our personal happiness that we lack. As a result, envy arises by struggling with the painful memory of our own happiness [5].

Supporters of psychoanalysis H. Maijala, T. Munnukka, M. Nikkonen defined jealousy from the standpoint of Ego weakness: "Jealousy is a painful emotion resulting from Ego weakness.

This leads to high self-esteem and low self-esteem." In addition, jealousy is an integral part of the balanced Ego. In other words, envy must be present for the normal harmonious development of the individual. According to him, a person who is envious does not want to recognize his real limitations, he only has a strong desire to be "powerful" [7].

K. Jankowski, N. Takahashi studied the neural correlates of shame, guilt, envy, and introversion in their research. Scientists have distinguished the social feeling related to the affective state that arises in the process of social interaction, which is the result of the disproportion between the ideal "I" and the "Real Me". Such feelings can be divided into two types:

- 1) emotions related to obeying and violating social norms (shame, guilt, pride);
- 2) emotions resulting from social comparison (caused by the disparity between one's own and another's positions).

The last type of social emotion includes jealousy. Jealousy is seen as an emotion resulting from social comparison and associated with expressing dissatisfaction with another's position.

K. Jankowski, H. Takahashi stated that envy can be a personality trait, it is called dispositional envy, which is more related to the feeling of incompleteness, and episodic envy is related to the understanding of the meaninglessness of comparison [4].

J. Lange, J. Crusius defended the opinion that jealousy is a reaction to the comparison of positions and distinguished two types of this reaction: dispositional and episodic jealousy. Here, two types of episodic jealousy were shown:

Safe envy is associated with upward mobility motivation, including hope and luck. In this case, the envious person's attention will be focused on improving his results. This type of envy can also be called lust.

Dangerous envy is the superiority of others associated with fear of failure. In this case, the jealous person's attention is focused on recalling the memories of competing with others.

According to the authors, it consists in researching the envious person's attention to a specific stimulus caused by envy [3].

Envy also has a positive effect on a person's professional areas. Psychotherapist I. Hirsch in

his work entitled "Narcissism, mania and analysts are jealous of clients" has given clear manifestations of this effect. He noted that psychoanalysts feel jealous of their clients' financial status and social status in the course of their work. It is this feeling that causes the client to hang or write down various pathologies. Personal therapy, discussing one's experience with other psychologists, writing books and articles can help reduce this tendency. The author states that the psychotherapist thinks that the client has the same qualities, which corresponds to the projection defense mechanism [6].

Adolescence is one of the most difficult periods, and it is the most sensitive period for learning social norms. In addition, the problem of choosing a profession that teenagers face makes them face many difficulties in making independent decisions. It is during this period that teenagers show jealousy. If they develop a sense of respect for universal values and a sense of personal dignity in harmony, they will correctly assess their capabilities and mobilize their personal willpower to protect the interests of others. Therefore, moral qualities are formed in adolescents from a young age through education in the family, neighborhood, kindergarten, and

school. In order to form these qualities in a child, it is necessary to first determine to what extent they are formed. It is our research task to study the manifestation of envy and jealousy in different adolescence and to research the socio-psychological characteristics of the factors affecting it.

Students of Tashkent College of Finance and Economics, Tashkent State Pedagogical University and Samarkand State University were involved in our research.

Methods. During the research, we selected several methods that serve to diagnose the phenomenon of lust and jealousy. These methods help to determine the level of respondents' tendency to envy and jealousy and the factors affecting its manifestation. One of such methods is S.T. Beskova's "Methodology for determining personal jealousy", the advantage of which is that it allows to determine jealousy and envy among respondents at the same time. This methodology consists of two scales: jealousy-hostility and jealousy-frustration. In the process of developing this methodology, its reliability, validity, and standardization were implemented. Therefore, this methodology provides an opportunity to use both in scientific and practical research. The

methodology consists of 47 questions. Respondents define the presented conclusions not only for the present, but also depending on whether they match or not in the long term. In the process of determining the methodology, the respondents answer the questions within the framework of a five-point system: 0-completely dissatisfied; 1- I am dissatisfied; 2nd half agree; 3- I agree; 4-I completely agree. Our scientific research was carried out individually under standard conditions. Separate forms were distributed to each of the respondents. Respondents were briefed about the purpose of the study and the guidelines and regulations. We have observed the "Methodology of identifying

personal jealousy" of S.T. Beskova, which was selected for our research, in the work of other researchers. With the help of these methods, it was possible to identify jealousy between soldiers, women and men, and students. The comments given above allow us to see how important the methodology chosen for research is.

RESULTS

Also, in the research, we conducted S.T. Beskova's "Methodology for identifying jealousy in a person", the results are presented below.

Table 1

The results of S.T. Beskova's "Methodology for determining personal jealousy".

Statistical indicators	Groups of test takers							
	Jealousy-disappointment		Jealousy-hostility		Jealousy-disappointment		Jealousy-hostility	
	Илк ўспирин (n=177)	ўспирин (n=177)	Илк ўспирин (n=81)	ўспирин (n=177)	Илк етуклик (n =22)	ўспирин (n=177)	Илк етуклик (n =177)	ўспирин (n=177)
M	14,8	20,3	7,8	12,4	17,1	20,3	10,8	12,4

T	-3,36	-3,70	1,89	0,77
P	0,001	0,001	0,05	-

In the table above, it can be seen that the arithmetic mean value of college students on the jealousy-hostility scale is 7.8. In students, this indicator is equal to 12.4. For students of special part-time department, it is equal to 10.8 ($t = -3.70$ ($p < 0.001$)). The students of the special part-time department were more jealous of the undergraduate students. The criterion of inevitability is $t = 0.77$ (p -non-significant).

On the depression scale, it appears that college students have an arithmetic mean of 14.8. In students, this indicator is equal to 20.3 ($t = -3.36$; $p < 0.001$). It is equal to 17.1 ($t = 1.89$; $p < 0.05$) among those in the period of early maturity.

Thus, it is known from the results of this methodology that the tendency to envy is strong during adolescence. This is explained by the fact that they are jealous of famous people who are introduced through various media, people who have achieved great success in their profession, married couples living a happy family life, entrepreneurs who got rich due to big business

plans, their favorite teachers, and mature scientists.

Envy-hostility scale means the following. The subject feels anger, resentment, bitterness towards those who have achieved more results. This is manifested in jealousy, invisibility, suspiciousness, and hostility towards others.

It is typical for such a person to strive for superiority over others in any way. The desire for an unattainable advantage alternates with the desire to harm the object of envy (at least in thoughts and fantasies). Envy - enmity manifests itself in doing evil to a more fortunate person, at the same time it can manifest itself in the form of slander, spreading rumors about him, unjustified criticism. The subject of envy-hostility may be completely satisfied with the main areas of his life, but there will be emotional discomfort associated with the realization that someone has more than him. An envious person is convinced that the success of others will devalue his personal achievements.

The jealousy-frustration scale means the following. The subject experiencing it experiences the following emotions: sadness, sadness, depression, etc. He does not believe in himself, he is sad, depressed, he feels powerless to change something. Jealousy is a feeling of inadequacy that triggers the frustration mechanism. The subject uses all his capabilities to achieve the desired goal, mobilizes all his strength, but luck (material wealth, recognition, etc.) does not smile on him. As a result of unfulfilled needs due to an imagined injustice, he thinks that those who are not active, determined and hardworking are also envious because of the possession of things that he desperately wants to achieve, which he does not have. The subject avoids overt actions towards those who show active envy, envy manifests itself differently. Envy - the subject of depression often keeps silent, rejects the achievements of a rival as non-existent, or deliberately praises the achievements of a less deserving person. In addition, he often reduces the number of objects of envy, inventing other parameters for comparison. Jealousy is typical for the subjects of disappointment, not recognizing the opponent ("poor, but honest, rich, but cunning) or not recognizing the desired object, grapes but unripe, green).

Jealousy is a universal human category, only someone openly admits it, someone tries to hide it. In ancient times, jealousy was defined as one of the seven deadly sins. In religious sources, including the Qur'an and hadiths, in the works of Eastern and Western thinkers, envy is condemned as a negative vice, and envy is recognized as a force that drives personal activity.

Thus, envy can be considered as a phenomenon that manifests itself at three levels: at the level of consciousness - awareness of one's lower status, at the level of emotional experience, anger and pain from such a situation, at the level of real behavior, it is manifested in the loss and destruction of the object of envy.

Conclusions and recommendations. Jealousy is a vice that has existed since the dawn of mankind. A person who has not felt the feeling of jealousy once in his life is a burden. That is why scientists have always been interested in studying this problem. We observed the formation of jealousy in the national environment with the help of research. In fact, we have received different results in the studies of foreign scientists. In our research, we found out that jealousy-frustration was more developed than envy-hostility among our respondents. We came to the conclusion that

it depends on mental characteristics and education.

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