

Summary

Aim: In the word literature highlights the importance of jealousy in the romantic relationships context. Already developed many theories, definitions and specified different correlates and predictors of jealousy. Meanwhile polish literature concerning the jealousy is very poor, not carried out any studies on the structure of jealousy as emotions and its determinants. There is a lack of instrument to measure the jealousy as emotion. The paper takes the issues of jealousy as a complex of connected emotions, beliefs and behaviors that are the result of threats to self-esteem and/or quality or the existence of a relationship. This is the result of the emergence of an actual rival. The aim of the dissertation was to identify the structure of the emotion of romantic jealousy on the polish field. Additionally, the purpose was to identify the variables that determine the experience of jealousy and each of its components. Because a questionnaire to measure the emotion of jealousy have not been developed so far in Poland, the aim of the dissertation was to create such a tool, which will reflect the structure of the emotion of romantic jealousy on the polish field.

Method: The study was conducted in several stages. The initial stage of the study was to determine the emotions, thoughts and behaviors that are part of the romantic jealousy on the polish basis. Has been tested 111 people (72 females, 39 males). Asked them the question about what they feel, think and do when their partner has an interest in another person of the opposite sex. Answers were used to create 64 items of the questionnaire. Another study was conducted on a group of 192 people (113 females, 79 males) and was used to identify the factor structure of the created questionnaire. In the course of exploratory factor analysis was obtained 4 factors. The appropriate correlative study was conducted on a group of 503 people (277 females, 226 males) at age 18 to 40. On this group was also performed exploratory factor analysis and the 4-factor structure of the questionnaire was confirmed. The final version consisted of 49 items. For questionnaire also was calculated the indicators of reliability (Cronbach's alpha) and the validity was estimated. In order to assess the validity, the correlation analysis was conducted between the constructed questionnaire and Multidimensional Jealousy Scale in the polish translation of Jastrzębski (study on 96 people, including 56 females and 40 males) and compares the results of the pilot study (N = 192) to a group of people in sexually open and polyamory relationships (N =

30). A high level of reliability was achieved in each of the studied groups. It was confirmed the correlations with Multidimensional Jealousy Scale. In the open and polyamory relationships achieved significantly lower results of jealousy. That confirms the reliability and validity of the designed questionnaire. Then the correlation analyses were conducted with other research tools that measured the variables explaining jealousy: Kuczyńska's Gender Inventory, Plopa's Attachment Styles Questionnaire, The Rosenberg's Self-Esteem Scale, State – Trait Anxiety Inventory (STAI), Formal Characteristics of Behavior – Temperament Questionnaire of Zawadzki and Strelau and IPIP-BFM-20 and a survey of its own.

Results: Structure of the emotion of romantic jealousy consisted of 4 components that were named: emotional devastation and concentration on the betrayal, actions to protect the relationship, reduced self-esteem and the feeling of guilt, vengeful aggression. Emotions of jealousy were largely similar to those identified on the basis of the foreign: anger, sadness, fear, being betrayal, grief, humiliation, threat. However, on the polish field also emerged different feelings like a sense of disappointment, being void, being cheated, discomfort, feeling of low self-esteem. The main predictors of jealousy proved to be temperamental traits: emotional reactivity and perseveration as well as attachment styles: anxious-ambivalent and secure. A high level of emotional excitability, high anxious-ambivalent and secure attachment styles can predict higher level of jealousy and its components. In addition, for factor reduced self-esteem and the feeling of guilt predictors were: low global self-esteem, low evaluating yourself as a partner, higher femininity and higher discrepancy between the rating of partner's physical attractiveness and rating of their own physical attractiveness. In turn, agreeableness was a negative predictor of vengeful aggression and positive predictor of actions to protect the relationship. Women were experiencing higher jealousy than men. Lower jealousy was experienced by single people and those that not plan to have offspring with the current partner.

Conclusions: The emotion of romantic jealousy on the polish field has complex nature. Emotions in jealousy associate with concentrating on the violation by the partner and the end of a relationship and then appears mostly anger and sadness. Those emotion in jealousy also associate with comparisons with a rival and feeling guilty for betrayal, then appears fear, loneliness, helplessness. The actions carried out in jealousy can go in the direction of maintaining the relationships and belief partner again to each other or towards the aggression to partner and rival.

For accurate estimation of jealousy is necessary to use multidimensional methods. For experiencing and expression of jealousy is the most important temperamental emotionality, high closeness with partner and uncertainty about the durability of the relationship and the involvement of a partner in the relationship. This uncertainty about the durability results not only from anxious-ambivalent attachment style, but also low self-esteem and partner's high physical attractiveness. The emotion of jealousy is often a strong emotion, especially heavily experienced are emotions associated with concentrating on betrayal.

Keywords: romantic jealousy, jealousy structure, romantic relationship, jealousy measurement, jealousy determinants

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