

**Relationship among romantic jealousy, self-esteem, irritability, and
grit in married and unmarried couples**

A Thesis

submitted for partial fulfillment of the requirement for the award of a degree of



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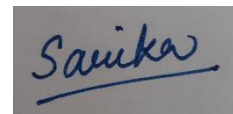
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CANDIDATE'S DECLARATION

I, hereby declare that the work being presented in the thesis entitled, "Relationship among romantic jealousy, self-esteem, irritability and grit in married and unmarried couples." in the partial fulfillment of the requirement for the award of the degree of Master of Arts in Clinical Psychology, Thapar School of Liberal Arts and Sciences, Thapar Institute of Engineering and Technology, Patiala, India. The content in this dissertation has not been submitted to any other university or institute for the award of any other degree.

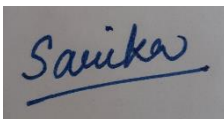


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ABSTRACT

Romantic jealousy is frequently seen as a way for us to show our fear of losing a significant human being that we own; as a result, jealousy is criticized for treating someone else like one's property. While there is some truth to both statements, jealousy is more nuanced. Even if most individuals don't think of their loved ones as their property, they nonetheless get envious when they are ready to lose them to someone else. The primary objective of the current research study was to find out the relationship among romantic jealousy, self-esteem, irritability, and grit in married and unmarried couples. For this, the data was collected from 75 married participants and 75 unmarried people in a relationship. The questionnaire used was the Multidimensional jealousy scale (MJS) by Susan M. Pfeffier to find Romantic Jealousy, for Self Esteem, Rosenberg Self-esteem Scale was used, for irritability, the Sheehan irritability scale was used and the Grit scale by Duckworth was used to measure Grit. Descriptive statistics, Pearson correlation, and stepwise regression were used for analyses of the data. The results revealed that Romantic jealousy was positively correlated with irritability in both married and unmarried people at $p < .01$ level. Romantic jealousy had a highly negative correlation of $-.78$ at $p < .01$ with self-esteem in unmarried people who are in a relationship. Romantic jealousy correlated with all the variables which are self-esteem, grit, and irritability.

Keywords – Romantic Jealousy, Self Esteem, Irritability, Grit

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CHAPTER-1

INTRODUCTION

1.1 Romantic Jealousy

According to White (1981), romantic jealousy is a "complex of thoughts, feelings, and behaviors that follow threats to the existence or quality of the relationship, when those threats are generated by perceptions of a real or potential attraction between one's partner and a (possibly imaginary) rival." A jealous individual clings tenaciously to their romantic partner to prevent others from acquiring what they currently have. When jealousy and envy become out of control, they can be extremely harmful.

Almost all of us have occasionally been jealous in relationships, especially romantic ones. Jealousy is a common human emotion. Sometimes these sentiments of resentment are momentary, but other times they can become overwhelming, and we may feel the need to let our partners know how we feel. According to White (1981), jealousy occurs when people have confused feelings, thoughts, threats, and behaviors that stem from their self-esteem and that they carry over and display when they are in love relationships.

According to Malakh-Pines (1998), the roots of jealousy may be traced back to Sigmund Freud, who felt that everyone was jealous as a result of negative childhood experiences and that no one could avoid this emotion of jealousy. Dotan and Nadler (1992) State romantic jealousy has been related to two separate threats: one to the current relationship and concerns of losing what they have, and the other to esteem by the partner choosing someone better in their stead, making them feel bad, miserable, and undesired. Giving them the feeling of jealousy in their current or future relationships. Some people may experience envy in their relationships even though there are no signs of danger. This is due to the person having low self-esteem and constantly feeling that they are not good enough for the person they are with.

It is the realization that we cannot have all we want, no matter how hard we try. It is the anguish and grief of losing something or someone they love, as well as the rage and envy of a rival who wins and obtains what that person wants.

Extreme or irrational jealousy is frequently an indication of a possibly harmful relationship. Eventually, those who are envious become so consumed by their feelings and insecurities that they start to control their partners. Between sanity and craziness, jealousy occupies a middle ground. Some envious reactions are so commonplace that a person who doesn't exhibit them

comes seen as "not normal." Others seem so extreme that it is obvious they are abnormal without needing to be an expert. An old-fashioned example is the man who is so suspicious of his devoted and faithful wife that he constantly watches over her, listens in on her phone calls, logs the mileage on her car for erroneous trips, and despite her repeatedly demonstrating her faithfulness, continues to be suspicious of her and tormented by intense jealousy.

It's critical to distinguish between "normal" and "delusional" jealousy. Delusional jealousy persists despite the absence of any genuine or even likely threat to the relationship, whereas normal jealousy is motivated by a real threat to the partnership.

Jealousy stems from sentiments of insecurity. Low self-esteem and a lack of contentment with your own life and relationships make it very easy to get envious of others who appear to have it all. While different varieties of jealousy appear in different ways, they all stem from the same core sentiments of inadequacy. According to White (1981), jealousy occurs when people have confused feelings, thoughts, threats, and behaviors that stem from their self-esteem and that they carry over and display when they are in love relationships. In a study, younger women indicated that they would be more anxious and upset if their spouse fell in love with someone else and formed an emotional relationship with someone other than them, making them feel bad. The older women indicated that if their spouse or husband had sexual encounters with someone of the opposing sex, they would be angrier. According to Shackelford et al (2004), these discrepancies may be attributed to younger women having a lot more obligations than older women; older women have raised their children and do not have younger children who rely on their every move.

Clinical illnesses such as anxiety, borderline personality disorder, depression, obsessive-compulsive disorder (OCD), and even schizophrenia can be blamed for a person's jealousy. These mental health concerns can skew your thinking in a bad way, escalating jealous tendencies into a distinct pathology in its own right (morbid jealousy).

Pathological jealousy can damage or even ruin close relationships with loved ones.

Jealousy is a deadly emotion that may take over your thoughts, ruin your relationships, destroy your family, and, in severe situations, even lead to murder. It instills wrath, causing untold damage to a relationship and fueling everything from passive aggression to stalking, domestic violence, and a chilling fixation with control. Tragically, the green-eyed monster might be the one thing that pushes away the person one craves.

"Jealousy, like grief, is an affective state that can be described as normal." If anybody looks to be missing it, the conclusion is that it has been severely suppressed and hence plays a far larger role in his unconscious mental activity. The cases of extremely high envy encountered during

analytic work reveal themselves to be three layers thick. Competitive or natural jealousy, projected jealousy, and deluded jealousy are the three layers or grades of jealousy."

The good news is that we can effectively learn to live with it by altering our behavior if we can identify the symptoms of romantic jealousy, understand what emotions are normal and abnormal, and look at the causes of our jealous sentiments. Contrary to popular belief, envy can, like other challenging emotional experiences, serve as a catalyst for change, heightened self-awareness, and improved comprehension of your spouse and your relationship.

Jealousy is a response to an imagined or real danger to the worth of a relationship or to the relationship's quality. One-third of all couples seeking marital counseling report having a jealousy issue, according to a national poll of marriage counselors. This explains why we find tales about the bizarre things some people are motivated to accomplish so fascinatingly.

It is described as "a complex of thoughts, feelings, and actions that follow threats to one's self-esteem and/or threats to the existence or quality of the relationship when those threats are generated by the perception of a real or potential romantic attraction between one's partner and a (perhaps imaginary) rival." Romantic jealousy differs from sexual jealousy in that it is motivated by dangers to oneself and one's relationship rather than by a desire for another person sexually. Relationship jealousy is positively connected with factors including sexual exclusivity, feeling inadequate as a partner, and having put substantially more effort into the relationship in both sexes.

Anxiety, dissatisfaction, and inferiority are all symptoms of low self-esteem. Most people with poor self-esteem believe they don't live up to the standards some people do, and as a result, they act jealously because they believe they are unworthy of the person they are with. Because they are convinced that their spouse will find someone better than them, they are constantly jealous of everyone who even appears to be interested in them.

In many relationships, jealousy is a common occurrence, and some study has indicated that the majority of these incidents are brought on by the jealous person's poor self-esteem. A partner who feels threatened by a rival for their lover's affection and attention will experience jealousy, which is defined as feelings, thoughts, and behaviors that can damage and strain a romantic relationship. People with poor self-esteem are more prone to imagine that their partner is in a relationship with someone else, which is a sign that they are unhappy with who they are. They think their lover will find someone better than them since they are not satisfied with them sufficiently.

1.2 Self Esteem

It is the assessment of a person's self as a worthy, capable human being deserving of respect and consideration. With a high level of self-acceptance and self-esteem, positive feelings of self-worth are frequently linked. Self-esteem is how we regard and see ourselves. It is based on our self-perceptions and beliefs, which can be difficult to change. This is also known as self-assurance. Your self-esteem might influence whether you like and regard yourself as a person. Self-esteem is characterized as a worldwide barometer of self-evaluation involving cognitive evaluations about general self-worth and affective experiences of the self that are linked to these global appraisals (Murphy, Stosny, & Morrel, 2005). Similarly, Wang and Ollendick (2001) claimed that self-esteem entails a judgment of oneself followed by an emotional reaction to oneself. All existing definitions and theories of self-esteem include evaluative and emotional features. Key elements of self-esteem include:

- Self-confidence
- Feelings of security
- Identity
- Sense of belonging
- Feeling of competence

Other terms often used interchangeably with self-esteem include self-worth, self-regard, and self-respect. Self-esteem tends to be lowest in childhood and increases during adolescence, as well as adulthood, eventually reaching a fairly stable and enduring level. This makes self-esteem similar to the stability of personality traits over time. Self-esteem influences your decision-making, relationships, emotional health, and general well-being. It also has an impact on motivation since people who have a healthy, positive self-image recognize their potential and may be inspired to take on new challenges.

The following are four fundamental aspects of healthy self-esteem:

1. A clear awareness of one's abilities;
2. The ability to sustain healthy connections with others as a result of one's abilities;

3. Maintaining a positive relationship with oneself

4. Personal expectations that are realistic and acceptable

Understanding one's own needs and being able to convey those demands

People who have poor self-esteem may struggle with relationships and communicating their needs. They may also have low self-esteem and feel unlovable and unworthy. People with excessive self-esteem may overestimate their abilities and believe they are entitled to success even if they lack the necessary qualifications. Because they are preoccupied with perceiving themselves as ideal, they may struggle with relationship troubles and avoid self-improvement. People who have poor self-esteem are less confident in their talents and may question their decision-making process.

In a study on University students, Undergraduate students from Metro Manila had a moderate level of self-esteem and a high level of romantic jealousy. The researchers discovered that undergraduate university students' athletic competence is lower than other aspects of their self-esteem. Meanwhile, the levels of romantic jealousy in both areas were very high. A statistically significant inverse correlation was discovered between their level of self-esteem and romantic jealousy, indicating that the higher their level of self-esteem, the lower the level of romantic jealousy, implying that romantic jealousy has no place if one is confident in one's romantic relationship. According to Elphinston et al. (2013), jealousy in romantic relationships has a direct impact on an individual's relationship dissatisfaction. In terms of romantic jealousy, self-esteem appears to have a significant impact. According to studies, the lower an individual's self-esteem, the greater their level of romantic jealousy.

White (1981) in his findings also revealed gender disparities in envy, self-esteem, and inadequacy. Males with low self-esteem are more likely to be jealous when their partner finds someone more attractive and sexually better than them; they fear being perceived as sexually powerless because their partner chose someone more attractive than them; this gives them a sense of defeat and affects their self-esteem.

1.3 Irritability

Irritability is a state characterized by feelings of rage or annoyance, as well as being impatient and easily irritated, especially over minor issues. Irritability causes people to become enraged at the slightest provocation. They have a quick temper and may snap at others. Irritability can result in a variety of behaviors and emotions. Some of the most prevalent indications of irritation are:

- Anger, frustration, and annoyance
- Confusion and inability to concentrate
- Making accommodations or modifying plans is difficult.
- Sweating excessively
- Fatigue
- increased rate of breathing
- A fast heartbeat
- Oversensitivity
- Short fuse
- Tension

Irritable people may not experience all of these symptoms or feel them all of the time. They may appear to be alright one moment, yet a minor aggravation may send them off. The resulting emotion may appear out of proportion to the circumstances. This frequently leads to further tension, making the individual even more sensitive and vulnerable to stress. Irritability is frequently referred to be a personality attribute. It is a personality trait characterized by an urge to become furious and respond to minor provocation and disagreement (Caprara et al., 1985). Anger is an emotive state, whereas reactive aggressiveness is a behavior. Irritability is characterized as an increased proclivity towards anger and can be a symptom of anxiety. When people are nervous or fearful, they produce more stress hormones (such as cortisol). These hormones induce a "fight or flight" response in the body, causing anger or irritation.

Irritability can be an indication of depression. According to studies, people with clinically diagnosed depression have higher levels of stress hormones than those who do not have depression. These stress chemicals can make people more irritable, furious, and worried. Medical experts can utilize this observed increase in irritation as a sign of someone suffering from depression.

Irritability is a common but unpleasant reaction that most people will encounter at some point in their lives. It can be caused by a variety of daily annoyances, such as a bad night's sleep, getting caught in traffic, or an argument with a loved one. Chronic irritability can also be a sign of an underlying medical or psychological problem. Whatever the source, chronically heightened irritability and/or frequent episodes of irritation have the potential to cause interpersonal conflict, degrade marital relationships, and diminish the overall quality of life for the individual and others around them. Irritability is characterized in psychology as a condition of heightened sensitivity, impatience, and quickly aroused rage or displeasure. It is a negative emotional state marked by increased response to stimuli or situations seen as irritating, provocative, or disturbing. Irritability can emerge in a variety of ways, such as vocal outbursts, impulsive behavior, emotional instability, and a low tolerance for frustration.

Some aspects of irritability are :

- Irritability frequently involves an overblown emotional response to perceived triggers or stressors. Irritable individuals may express great wrath, impatience, or dissatisfaction in response to little or routine occurrences.
- Irritability can be triggered by a variety of causes, including interpersonal disputes, environmental noise, time constraints, physical discomfort, or personal grievances. These triggers can differ from person to person and can be cumulative or situational.
- Irritability can be caused by a variety of underlying reasons, such as chronic stress, anxiety, or mood disorders (e.g., depression), as well as physiological variables such as sleep deprivation, hormonal imbalances, or certain medical illnesses.
- Impact on well-being: Chronic irritation can harm an individual's well-being and functioning. It can strain personal relationships, impede efficient communication, reduce productivity, and contribute to a bad mood. Chronic irritation can also contribute to the development or worsening of mental health problems.
- Irritability is a typical symptom of several mental health problems, including major depressive disorder, generalized anxiety disorder, bipolar disorder, and disruptive mood dysregulation disorder. However, temporary irritability must be distinguished from

clinically significant symptoms associated with specific illnesses.

- Treatment and management: Addressing the underlying reasons for irritation is generally necessary for effective therapy. Psychotherapy, stress management techniques, lifestyle modifications (e.g., improved sleep patterns, regular exercise), and, in some situations, medicines to address underlying psychological or physiological causes are also treatment choices.

It is crucial to highlight that irritability can be a normal emotional response to specific situations and is not inherently unhealthy. However, if irritability is continuous, severe, or significantly hinders everyday functioning, it may be good to seek professional help from a mental health expert to identify and address the underlying reasons contributing to the irritation. Romantic jealousy can have a big impact on irritability in a relationship. Jealousy in a romantic situation frequently leads to increased emotional reactivity and can cause irritation for numerous reasons: Romantic jealousy elicits intense feelings such as wrath, irritation, and insecurity. These powerful emotions can emerge as irritability, causing people to become easily irritated, irritable, and prone to furious outbursts or irritability. Jealousy frequently arises from feelings of insecurity, fear of desertion, or a perceived threat to one's self-worth. When people feel a threat to their self-esteem, they become more sensitive, defensive, and irritable to safeguard their emotional well-being. Romantic jealousy can have a big impact on irritability in a relationship. Jealousy in a romantic situation frequently leads to increased emotional reactivity and can cause irritation for numerous reasons: Romantic jealousy elicits intense feelings such as wrath, irritation, and insecurity. These powerful emotions can emerge as irritability, causing people to become easily irritated, irritable, and prone to furious outbursts or irritability. Jealousy frequently arises from feelings of insecurity, fear of desertion, or a perceived threat to one's self-worth. When people feel a threat to their self-esteem, they become more sensitive, defensive, and irritable in order to safeguard their emotional well-being.

The ensuing irritability might set off a chain reaction of unfavorable interactions inside the partnership. When one partner becomes irritable in response to envy, the other partner may respond with defensive answers or counter-accusations. This vicious circle of bad contacts can exacerbate irritability and lead to recurring disagreements and strained communication.

Irritability can occur in both married and single couples, although the specific dynamics and reasons causing irritability may differ. There is increased exposure in married couples. Married

couples frequently spend more time together and are constantly exposed to each other's behaviors and routines. Because of the frequency of contact and shared living arrangements, this increased proximity may result in more instances of discomfort.

Stressors that have built up over time: Financial responsibilities, parental issues, and domestic activities can all be sources of stress for married couples. As individuals navigate their roles and obligations within the marriage, these tensions might contribute to irritation. Longer-term commitment: The long-term commitment connected with marriage may also influence how irritation is perceived and controlled. Individuals in a marriage may feel more committed to preserving the relationship and may be more motivated to confront and manage irritation to keep the commitment they have made.

Unmarried couples, on the other hand, have greater autonomy and freedom than married couples. This flexibility can have an impact on how irritability is expressed and managed in the relationship. Individuals in unmarried relationships may have more freedom to take pauses or create distance when irritation occurs.

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Unmarried couples, on the other hand, have greater autonomy and freedom than married couples. This flexibility can have an impact on how irritability is expressed and managed in the relationship. Individuals in unmarried relationships may have more freedom to take pauses or create distance when irritation occurs. Unmarried couples may see the impacts of irritation differently than married couples. The lack of legal or formal commitments may make it easier for individuals to depart the relationship or take pauses to control irritation without the same level of entanglement as in a marriage. Unmarried couples may have more decision-making flexibility when it comes to shared obligations, financial problems, and plans. This adaptability can influence the sources and degree of irritability, as well as the potential for dialogue and compromise.

1.4 Grit

Grit is a psychological attribute that describes a person's perseverance and enthusiasm for long-term goals. It is the ability to retain effort and enthusiasm in achieving goals despite obstacles,

setbacks, or failures. Angela Duckworth, a psychologist, popularised the notion of grit, which she defined as the combination of passion and tenacity in attaining one's goals.

Grit's key traits include:

1. **Perseverance:** Determined people display a great dedication to their goals and are willing to put in long-term work. When faced with challenges or disappointments, they do not give up lightly.

2. **Gritty people** have a strong feeling of purpose and interest in their chosen fields. They are motivated by internal motivation and find meaning in their goals, which fuels their perseverance and tenacity.

3. **Resilience:** Gritty people can recover from failures or disappointments. They see setbacks as learning opportunities and keep an optimistic attitude, viewing hurdles as stepping stones toward their ultimate goals.

4. **Gritty people** demonstrate constancy in their acts and behaviors. Even when development is sluggish or incremental, they maintain concentration and work methodically towards their goals.

Grit can be acquired and grown over time by focused practice, goal planning, and cultivating a growth mentality. Individuals can improve their capacity to overcome problems, stay motivated, and achieve long-term success in a variety of areas by cultivating grit.

The relationship between romantic jealousy and grit can be complicated and multifaceted. On the one hand, experiencing romantic jealousy may potentially diminish an individual's degree of grit; on the other hand, grit may influence how individuals deal with and control their feelings of jealousy inside a relationship. Here are some of the possible interactions between romantic jealousy and grit:

Intense feelings of envy can devour an individual's mental and emotional energy, making it difficult to keep focused on long-term objectives and dreams. Jealousy can cause distraction, preoccupation, and decreased motivation, which can impair an individual's capacity to continue and sustain their love for their goals.

Individuals with higher levels of grit may be more suited to manage and cope with feelings of

jealousy in a romantic relationship. Their tenacity, determination, and ability to persevere in the face of adversity might help them stay focused on their goals and avoid jealousy from derailing their progress.

Grit as a component in dealing with jealousy: Gritty people are more inclined to approach relationship issues, such as jealousy, with a growth perspective. They may see envy as a chance for personal development and enlightenment. Grit can help people confront and address the underlying anxieties or difficulties that contribute to envy, resulting in improved communication, trust, and emotional resilience in their relationships.

Jealousy as a grit motivator: Jealousy can catalyze for people to enhance their drive and perseverance in some instances. It may elicit a desire to better oneself, strengthen one's relationship, or work towards personal goals to alleviate feelings of insecurity or inadequacy. Jealousy can inspire motivation to overcome hurdles and become a better partner or accomplish personal progress. It's worth noting that the relationship between romantic jealousy and grit might vary depending on individual variations, the specific setting of the relationship, and the underlying causes and dynamics of the jealousy experienced.

Although the dynamics and ramifications may differ to some extent, the concept of grit can be significant and powerful in both married and single marriages. Here are some things to think about when it comes to grit in different interpersonal contexts:

Long-term commitment: Married couples have typically made a legal and formal commitment to their relationship, but unmarried couples may have varied levels of commitment ranging from casual dating to cohabitation without legal ties. The level of commitment can have an impact on the mindset and approach to long-term goals, with married couples perhaps having a stronger sense of shared aspirations and involvement in the partnership.

Perseverance in marital difficulties: Married couples frequently confront a variety of difficulties, such as financial obligations, parenting responsibilities, and disagreements. Grit can be quite helpful in managing these difficulties and staying committed to the partnership. Gritty couples are more inclined to persevere in overcoming obstacles, pursuing solutions, and adapting to changing circumstances.

Flexibility and adaptability: Unmarried couples may have more freedom and flexibility in exploring multiple options and pathways in their relationship. This adaptability can have an

impact on how people approach their objectives and desires. Gritty unmarried couples may demonstrate adaptability by altering their goals and techniques as their relationship matures, exhibiting endurance and passion even in the absence of a formal framework for marriage.

Resilience and commitment: Gritty people, whether married or single, are more likely to recover from setbacks and stay committed to long-term goals. In marriages, the resilience and dedication generated by grit can aid in overcoming obstacles and deepening the partnership. Grit can help unmarried couples handle uncertainties and stay committed to the relationship despite external pressures or misgivings.

Gritty persons in both married and single relationships may feel higher levels of relationship satisfaction. Perseverance, staying focused on shared goals, and navigating hurdles can all contribute to a sense of fulfillment and fulfillment within the relationship. The Merriam-Webster Dictionary (2019) defines grit as "the firmness of a mind or spirit". In the face of adversity or danger, the mind or spirit must be unwavering. Gritty people have great stamina, willpower, and determination, which helps them outperform less gritty people.

Purpose, hope, interest, and practice are the four frequent elements seen in gritty people, according to Duckworth (2016). People do what they enjoy doing and appreciate working hard at it because they are genuinely curious about new experiences, and this is known as interest. The second component of grit is the purpose, which means that gritty people will recognize the need and call to develop in their field of interest. The process of setting a clearly defined stretch goal, devoting full concentration and effort, getting immediate and informative feedback, and repeating with reflection and improvement to make the work effortless and automatic is the next step. Finally, hope is a component of grit that is related to a person's desire and power to get back up after setbacks and face any hard event that is going to knock them down.

CHAPTER-2

LITERATURE REVIEW

Several studies on romantic jealousy tend to focus on dating or single couples, with a limited focus on married couples. A possible study needs to exist in investigating the impact of romantic jealousy on self-esteem, irritation, and grit in married couples. Understanding how jealousy impacts these characteristics in the context of long-term committed relationships might provide important insights into jealousy dynamics inside the institution of marriage.

A comparative examination between married and single couples could fill another research gap. Researchers can detect parallels and variations in the influence of romantic jealousy on self-esteem, irritability, and grit by investigating both groups separately.

This approach can reveal whether the consequences of jealousy vary based on relationship status and whether the impact on these variables is greater in one group than the other.

Longitudinal studies: The majority of existing research on romantic jealousy is based on cross-sectional data, which provides a snapshot of people's feelings at a particular point in time. Longitudinal research would aid in the establishment of causal linkages and the investigation of how the influence of romantic jealousy on self-esteem, irritability, and grit varies over time. This method would provide a more complete knowledge of the interactions between these variables. While the effect of romantic jealousy on self-esteem, irritation, and grit is intriguing, it is also crucial to investigate potential mediating and moderating factors that may influence these correlations. Attachment types, communication patterns, or relationship satisfaction, for example, may mitigate or mediate jealousy's impact on these characteristics. Investigating these variables can aid in providing a more comprehensive view of the mechanisms at work.

Jealousy and its repercussions might differ between cultures and interpersonal circumstances. Diverse cultural and contextual research would aid in determining the cultural elements that determine the impact of envy on self-esteem, irritation, and grit. Considering cultural and contextual aspects might help you have a better knowledge of the subject.

While the effect of romantic jealousy on self-esteem, irritation, and grit is intriguing, it is also crucial to investigate potential mediating and moderating factors that may influence these correlations. Attachment types, communication patterns, or relationship satisfaction, for example, may mitigate or mediate jealousy's impact on these characteristics. Investigating these variables can aid in providing a more comprehensive view of the mechanisms at work.

Jealousy and its repercussions might differ between cultures and interpersonal circumstances. Diverse cultural and contextual research would aid in determining the cultural elements that determine the impact of envy on self-esteem, irritation, and grit. Considering cultural and contextual aspects might help you have a better knowledge of the subject.

According to Melamed (1991), jealousy typically doesn't happen in stable relationships because people feel secure and confident because they have been with their partner for a significant amount of time and nothing has gone wrong thus far. Instead, most jealousy happens at the beginning of relationships when there is room for suspicion because people are not secure and haven't been going out for a significant amount of time. People with low self-esteem from a young age bring their negativity and fear of losing the person they love to the relationship, which puts a huge pressure on the partnership's health, even though they do not yet trust the person.

According to a study, there is a sex-specific relationship between jealousy and implicit as well as explicit self-esteem. While jealous women had greater implicit self-esteem than jealous men did not affect explicit self-esteem, jealous men did. The level of jealousy was highest for both sexes in those with low self-esteem.

In a study, the level of self-esteem and romantic jealousy were found to have a statistically significant inverse correlation, which suggests that the higher one's level of self-esteem, the lower one's level of romantic jealousy is, i.e., romantic jealousy has no place if one is confident in one's romantic relationship.

According to research, grit is a powerful predictor of success in a variety of fields, including academics, sports, career accomplishments, and personal relationships. Gritty people are more likely to overcome hurdles, persevere in the face of hardship, and ultimately achieve their long-term goals. It is vital to highlight that grit is not synonymous with stubbornness or inflexibility. Gritty people are willing to change their techniques and approaches as needed, yet they remain committed to their larger aims.

According to Hand (2015)'s research, persons with lower self-esteem are more afraid of losing their relationship with someone better than them. Another factor that self-esteem has been shown to influence is how satisfied people are in romantic relationships. According to Erol and Orth (2016), each romantic partner's sense of relationship happiness is influenced by their level of self-esteem.

CHAPTER-3

RESEARCH GAP

3.1 Research Gap

Most of the studies do not include all these variables altogether, they either comprise one or two of these variables and mostly target finding the gender differences between these. The topic of the relationship between romantic jealousy, self-esteem, irritability, and grit in married and unmarried couples fills a research gap by specifically targeting married couples, conducting comparative analyses, exploring multiple variables concurrently, taking into account potential mediators and moderators, and including diverse populations. It addresses the gaps in comprehending the intricacies of various elements within romantic relationships through these efforts, thus expanding our knowledge in this sector.

The topic discusses romantic jealousy, self-esteem, impatience, and grit at the same time, all of which are interconnected variables in romantic relationships. Examining the interactions between these variables, it fills a gap in research that has previously explored them in isolation. This complete approach enables a more holistic knowledge of the interplay of different variables, resulting in a more nuanced understanding of their dynamics.

3.2 Motivation for the Study

Understanding the dynamics of romantic jealousy, self-esteem, impatience, and grit can provide useful insights into how these qualities influence the quality of relationships. Researchers can offer suggestions and interventions to improve relationship satisfaction and well-being by identifying the characteristics that contribute to healthier, more rewarding relationships.

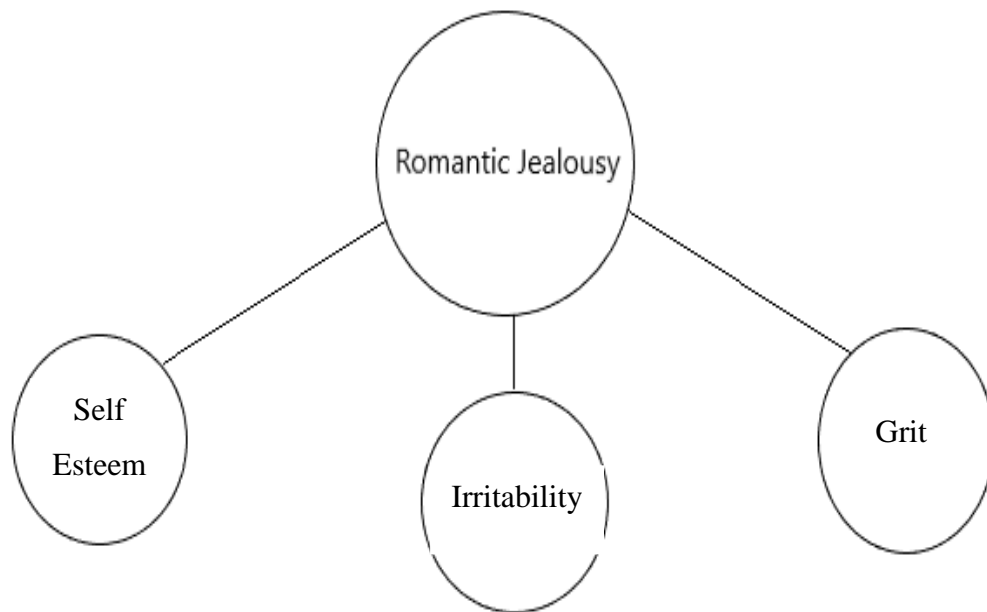
Relationship stability is known to be influenced by romantic jealousy, self-esteem, irritability, and grit. Researchers attempt to determine the particular ways in which these characteristics affect the long-term success or problems of romantic partnerships by researching their interrelationships. Understanding how these components combine can aid in the prediction and prevention of possible relationship problems, resulting in increased relationship stability.

3.3 Objectives

There are various objectives of this study:

1. Understanding the relationship between romantic jealousy and self-esteem: One goal is to investigate how being envious in a romantic relationship is correlated with people's self-esteem. Researchers want to know if jealousy causes poor self-esteem or if those with low self-esteem are more likely to experience jealousy.
2. Investigating the effect of romantic jealousy on irritability: Another goal is to investigate the relationship between romantic jealousy and irritation. Researchers seek to determine if envy causes higher irritability in people in romantic relationships, which could lead to conflicts and relationship dissatisfaction.
3. Examining the connection between romantic jealousy and grit: Grit is the ability to persevere and maintain long-term goals in the face of adversity. The purpose of this study is to see if experiencing jealousy influences people's levels of grit in romantic relationships. The goal is to see if envy diminishes people's determination, resilience, and commitment to their relationships.
4. The effect of romantic jealousy in married and unmarried couples: The researchers want to know if the impacts of romantic jealousy on self-esteem, irritation, and grit change between married and single couples. The study compares these two forms of relationships to see how the presence of legal commitment and long-term commitment affects the impact of jealousy on these psychological characteristics.

3.4 Conceptual Framework



This pictorial form clearly shows that romantic jealousy is connected to the three variables that are, self-esteem, irritability, and grit. Therefore, all of them are correlated with each other. According to studies, romantic jealousy appears to have a significant impact on self-esteem. The lower an individual's self-esteem, the greater their level of romantic jealousy. According to Hand (2015)'s research, persons with lower self-esteem are more afraid of losing their partner to someone better than them. Angela Duckworth defines grit as "perseverance and passion for long-term goals" (Duckworth, Peterson). Matthew and Kelly (2007). A gritty individual is less inclined to abandon a specified goal, no matter what difficulties stand in his or her way.

3.5 Hypotheses

H0: There will be no significant difference between married and unmarried couples in Romantic jealousy.

H1: Romantic jealousy will be negatively correlated with grit in unmarried and married couples.

H2: Romantic jealousy will be negatively correlated with self-esteem in both married and unmarried couples.

H3: Romantic jealousy will be positively correlated with irritability in both married and unmarried couples.

CHAPTER-4

METHODOLOGY

4.1 SAMPLE

A sample of 150 participants was taken. The participants consisted of 75 married and 75 unmarried couples. These were selected using convenient sampling.

4.2 DESIGN

The design used is correlational.

The Independent variable is- Romantic Jealousy.

The Dependent variables are- Self-esteem, Irritability, and Grit

4.3 TOOLS USED

1. Multidimensional jealousy scale

This scale is developed by Pfeiffer & Wong, (1989). One of the most widely used tools for evaluating jealousy in its three dimensions—cognitive, emotional, and behavioral—is the multidimensional jealousy scale (MJS). It is a 24-item measure to assess romantic jealousy.

2. Rosenberg self-esteem scale

This scale is developed by Dr. Morris Rosenberg (1965). It is a 10-item scale that assesses both positive and unfavorable feelings about oneself to gauge overall self-worth. It is thought that the scale is one dimension. Each question has a 4-point Likert scale response option, ranging from strongly agree to strongly disagree.

3. Brief irritability test

This scale is established by Holtzman et al. (2015). It consists of 5 items related to the irritability the person feels. Irritability is the proclivity and susceptibility to feelings of dissatisfaction and displeasure in the face of minor provocation. This is occasionally reflected externally (Holtzman et al. 2015). This 5-item questionnaire examines your irritation. This is a somewhat brief measure, which is appropriate.

4. Grit scale by Duckworth

This scale is devised by Duckworth et al. (2007). The Grit Scale assesses an individual's capacity to sustain attention and enthusiasm while pursuing long-term objectives. It consists of 10 items. Angela Duckworth's Grit Scale, also known as the Grit Test, will help you analyze your grit strengths and weaknesses. This exam is frequently used to predict success, but it can also reveal where there is space for growth.

4.4 STATISTICAL ANALYSIS

Statistical Package for Social Science (SPSS) version 22 was used to analyze the data. Descriptive statistics were computed to find out the mean, and standard deviation. Stepwise Regression was used to determine the impact of Romantic jealousy.

4.5 PROCEDURE

All the participants of the research study had to give informed consent before conducting the study. The present research was conducted to know whether Romantic Jealousy impacts self-esteem, irritability, and grit in married and unmarried couples or not. The subjects were provided with google forms which consisted of 4 scales- Multidimensional Jealousy scale by Pfeiffer & Wong, (1989), the Rosenberg self-esteem scale by Dr. Morris Rosenberg (1965), the Brief Irritability test by Holtzman et al. (2015), and the Grit scale by Duckworth. The research was conducted via virtual settings and offline, therefore Google form was designed in the Likert scale format and circulated to collect responses online, and also the scales were distributed offline for more engagement. Instructions on how to respond to the questions were given in the form. The subjects were told beforehand to mark the first response that comes to their mind without much contemplation. The subject had to respond to statements in such a way that they felt described them best. There were no right or wrong answers. The information collected from them was kept strictly confidential. All the results were obtained using SPSS.

CHAPTER-5

RESULTS

To meet the objectives of the study, the obtained data were subjected to various statistical analyses. Descriptive Statistics, Correlation, and regression were done. Regression was done to establish the relationship of Romantic jealousy with Grit, Irritability, and Self-esteem

5.1 Descriptive Statistics

	Group	N	Mean	Std. Deviation
Romanticjealousy	unmarried	75	124.17	28.07
	married	75	64.29	14.81
Irritability	unmarried	75	19.86	4.31
	married	75	12.45	3.44
Grit	unmarried	75	2.27	.73
	married	75	3.92	.59
Self-esteem	unmarried	75	22.02	4.95
	married	75	32.58	3.42

The table above shows the mean and standard deviation for all the variables that is romantic jealousy, irritability, grit, and self-esteem in married and unmarried couples.

5.2 Difference in jealousy across relationship status.

Group		N	Mean	Std. Deviation	t (df)
Romantic Jealousy	unmarried	75	124.17	28.07	16.33**
	married	75	64.29	14.81	

The table above shows the difference between both groups in romantic jealousy. The mean

value of unmarried couples is 124.17 and that of married couples is 64.29 which shows unmarried couples are more romantically jealous than married people.

5.3 Pearson Correlation for Married People.

	Romantic Jealousy	Irri.	Grit	Selfesteem
Romantic	1			
Irritability	.55 ^{**}	1		
Grit	-.50 ^{**}	-.69 [*]	1	
Self-esteem	-.55 ^{**}	-.57 ^{**}	.57 ^{**}	1

*p< .05, **p< .01, ***p< .001

The table above shows the correlation between all the variables for married couples. Romantic jealousy is positively correlated with irritability and negatively correlated with grit and self-esteem in married couples. All the variables were found to be highly correlated with Romantic jealousy. There was a positive significant correlation of ($r = .55, p < .01$) between romantic jealousy and irritability. An inverse correlation was seen between romantic jealousy and self-esteem that was ($r = -.55, p < .01$) and between romantic jealousy and grit is $-.50$. Self-esteem and grit were also highly positively correlated in the married couples ($r = .57, p < .01$)

5.4 Pearson correlation for unmarried people.

Variables	Romantic Jealousy	Irritability	Grit	Self-esteem
Romantic Jealousy	1			
Irritability	.76 ^{**}	1		
Grit	-.78 ^{**}	-.77 ^{**}	1	
Self-esteem	-.78 ^{**}	-.73 ^{**}	.83 ^{**}	1

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

*p < .05, **p < .01, ***p < .001

The table above shows the correlation between all the variables for unmarried couples. Romantic jealousy is positively correlated with irritability and negatively correlated with grit and self-esteem in unmarried couples. All the variables were found to be highly correlated with Romantic jealousy. There was a highly positive correlation of ($r = .76$, $p < .01$) level between romantic jealousy and irritability. An inverse correlation was seen between romantic jealousy and self-esteem that was ($r = -.78$, $p < .01$) and between romantic jealousy and grit that is ($r = -.78$, $p < .01$). A significant positive correlation was also observed amongst self-esteem and grit that was ($r = .83$, $p < .01$) in the unmarried couples.

5.5 Coefficients tables

Model	Groups	Unstandardized		Standardized			
		Coefficients		Coefficient			
		B	Std. Error	Beta	t	Sig.	
1.	Irritability	(Constant)	4.10	1.49		2.76	.007
		Married	.13	.023	.56	5.76	.00
	(Constant)	5.25	1.47		3.57	.001	
	Unmarried	.12	.012	.77	10.19	.00	
2.	Grit	(Constant)	5.21	.27		19.59	.00
		Married	-.02	.004	-.50	-4.97	.00
	(Constant)	4.82	2.41		20.02	.00	
	Unmarried	-.02	.002	-.78	-10.84	.00	
3.	Self-Esteem	(Constant)	40.80	1.49		27.47	.00
		Married	-.14	.02	-.55	-5.67	.00
	(Constant)	39.24	1.62		24.18	.00	
	Unmarried	-.13	.01	-.78	-10.87	.00	

Independent variable (predictor)– Romantic Jealousy

The table above shows that in married people, if one unit of romantic jealousy increases, it will lead to an increase of .13 units of irritability whereas, in unmarried people who are dating, it will lead to an increase of .12 units.

In married people, if there is an increase of one unit of romantic jealousy, it will lead to a decrease of .02 units of grit and it will be similar in unmarried people who are dating.

In married people, if there is an increase of one unit of romantic jealousy, there will be a decrease in .14 units of self-esteem. Whereas, in unmarried people who are in a relationship, there will be a decrease of .13 units of grit

5.6 Modal summary table for irritability in married and unmarried couples.

Model			R	R square	Adjusted R Square	Std. Error of the estimate	Change Statistics		
							R	F Change	Df 1
1.	Irritability	Married	.97	.938	.93	.05	.94	1125.82	1
		Unmarried	.99	.981	.98	2.92	.98	3725.18	1
2.	Grit	Married	.97	.957	.95	.83	.95	1654.52	1
		Unmarried	.91	.828	.82	.97	.828	355.49	1
3.	Self Esteem	Married	.98	.968	.96	5.90	.97	2244.77	1
		Unmarried	.93	.873	.87	8.07	.87	507.882	1

Predictor variable – Romantic jealousy

The above table indicates the percentage of the variance of the dependent variable that can be predicted by the independent variable, which is romantic jealousy.

Here, in married people, 93.8% of the variance in irritability is predicted by the independent variable, that is romantic jealousy whereas, 98.1% of the variance in irritability is predicted by romantic jealousy in unmarried people who are dating.

In married people, 95.7% of the variance in grit is predicted by romantic jealousy whereas, 82.8% of the variance in grit is predicted by romantic jealousy.

In married people, 96.8% of the variance in self-esteem is predicted by the independent variable which is romantic jealousy whereas, in unmarried couples, the variance of 87.3% is predicted by the independent variable.

CHAPTER - 6

DISCUSSION

Our research's main aim was to examine the relationship among romantic jealousy, self-esteem, irritability, and grit in married and unmarried couples who are dating. Various hypotheses were framed for this and most of them got accepted. Since the results came out to be significant at level.01, our null hypothesis gets rejected that is HO: There is no significant difference between the means of both the groups. The first hypothesis is H1: Romantic jealousy is negatively correlated with grit in unmarried couples will be accepted as romantic jealousy was highly correlated with all the variables that is self-esteem, irritability, and grit in unmarried people than in married people. The second hypothesis which is H2: Romantic jealousy is negatively correlated with self-esteem in both unmarried and married couples.

, will be accepted as the correlation came out to be ($r = -.78$ at $p < .01$) in unmarried people whereas it was just ($r = -.50$ at $p < .01$) in married couples.

According to research, grit is a powerful predictor of success in a variety of fields, including academics, sports, career accomplishments, and personal relationships. Gritty people are more likely to overcome hurdles, persevere in the face of hardship, and ultimately achieve their long-term goals. It is vital to highlight that grit is not synonymous with stubbornness or inflexibility. Gritty people are willing to change their techniques and approaches as needed, yet they remain committed to their larger aims. Also, our hypothesis which says, H3: Romantic jealousy is positively correlated with irritability in both married and unmarried couples, will be accepted as a positive correlation was seen in both the variables in both groups that is $r = .76^{**}$ in unmarried and $.55^{**}$ in married people. H4: Romantic jealousy is positively correlated with irritability in both married and unmarried couple will be accepted as well because in unmarried and married couples, correlation came out to be $r = .76^{**}$ and $r = .55^{**}$ which is highly positively correlated.

The Investment model could explain significant disparities in other aspects (Rusbult, Martz, & Agnew, 1998). According to this model, when there are high levels of relationship pleasure, few options, and a sizable investment size, commitment in a relationship is strengthened. A marriage alliance is legal and has the feature of being an exclusive connection (sexually and/or

emotionally). Monogamy culture also limits alternative relationships (Mint, 2010). Married people are more likely to cohabitate with their partner, devote their time, attention, efforts, financial and emotional resources, and have children together, which increases emotions of reliance. As a result, the investment in the relationship is substantial. High degrees of commitment boost the likelihood of the relationship's persistence by efficiently addressing marital conflicts. On the other hand, high levels of jealousy in dating people may be the result of confusion about the amount of commitment, how much responsibility one owes to the partner, and the absence of implicit standards that exist in marriage relationships. Love was negatively related to two dimensions of jealousy i.e. cognitive jealousy and behavioral jealousy. This validates the findings of Pffiefer and Wong (1989), who found that individuals high on cognitive jealousy tend to frequently appraise their partner to be unfaithful, endangering relationship rewards.

Extreme behavioral jealousy in the form of pathological jealousy involves high levels of obsession and imaginary threats to the relationship which could result in partner violence, verbal aggression, and dissolution of the relationship (Cynkier, 2017). Therefore, a negative relationship between behavioral jealousy and love is apparent had a positive link with love. It seems that expressing jealousy is intertwined with love, at least in cultures like ours that value monogamy. Such cultures perceive emotional jealousy as important in a relationship probably because feelings and affect reflect that the relationship is valued (White & Mullen, 1989). Other research has also suggested that emotional/reactive jealousy is mostly “good”, while cognitive/suspicious jealousy is bad (Attridge, 2013).

Negative associations between romantic jealousy and self-esteem were found in a study, however, they were weak (Khanchandani & Durham, 2009). One explanation for such a finding could be that persons who are prone to jealousy begin participating in fictitious scenarios involving their partner and rival more frequently than those who do not, which may harm their self-esteem. Another explanation could be that Indian culture values restraint (Hofstede, 2011). This means that individuals are governed by stringent social rules, such as a culture of honor, in which people feel required to safeguard their reputation using different ways, including assault.

According to White (1981), jealousy occurs when people have confused feelings, thoughts, threats, and behaviors that stem from their self-esteem and that they carry over and display when they are in love relationships. In a study, younger women indicated that they would be

more anxious and upset if their spouse fell in love with someone else and formed an emotional relationship with someone other than them, making them feel bad. The older women indicated that if their spouse or husband had sexual encounters with someone of the opposing sex, they would be angrier. In our study to, romantic jealousy was negatively correlated with self esteem.

In a study, the level of self-esteem and romantic jealousy were found to have a statistically significant inverse correlation, which suggests that the higher one's level of self-esteem, the lower one's level of romantic jealousy is, i.e., romantic jealousy has no place if one is confident in one's romantic relationship. In our study, both married and un-married couples showed negative correlation b/w self esteem and romantic jealousy .

CHAPTER-7

CONCLUSION, IMPLICATIONS, LIMITATIONS, FUTURE RESEARCH

7.1 CONCLUSION

Our research's objective was to examine the relationship among romantic jealousy, self-esteem, irritability, and grit in married and unmarried couples. Various hypotheses were framed for this and most of them got accepted. Since the results came out to be significant at level.01, our null hypothesis gets rejected that is H_0 : There is no significant difference between the means of both the groups. Pearson Correlation was also done to see the correlation between all the variables in both groups. There was a high correlation between romantic jealousy with all three variables that is self-esteem, irritability, and grit. A highly positive correlation that is of ($r = .76, p < .01$) was seen between romantic jealousy and irritability in unmarried people who are dating. The correlation between self-esteem and grit was also highly positive in unmarried people that is .83 . There was an inverse correlation between romantic jealousy and grit and between romantic jealousy and self-esteem that is ($r = -.78, p < .01$)

By researching more in this area, we can enhance our knowledge about relationships, wellness, different aspects of relationships, and human nature too.

7.2 IMPLICATIONS

The following are some of the key implications:

Romantic jealousy can harm a person's self-esteem, raising feelings of inadequacy, insecurity, and self-doubt. Recognizing and treating these consequences is critical for promoting and sustaining a person's psychological well-being. Understanding how jealousy affects self-esteem can help people create coping mechanisms and protect their self-esteem.

The dynamics of relationships: Romantic jealousy can destabilize the dynamics of a partnership. Excessive envy can cause impatience, disagreement, and mistrust, putting a strain on the emotional bond between partners.

Recognizing and addressing jealousy-related concerns can aid in the development of stronger and more secure relationships by establishing trust, open communication, and mutual support. Jealousy that is not managed can have a detrimental impact on relationship satisfaction. The continual presence of jealousy and its associated unpleasant feelings in a relationship can destroy trust, communication, and intimacy. Understanding the consequences of envy on relationship satisfaction can help to guide therapies and methods for improving partners' satisfaction and overall relationship quality.

Romantic jealousy can influence grit, which is defined as perseverance and desire for long-term goals. Negative feelings and self-doubt caused by jealousy can weaken people's commitment and ambition to achieve their goals. Recognizing the influence of jealousy on grit can inspire therapies targeted at increasing individuals' resilience and tenacity, even amid relationship difficulties.

The implications of the topic extend to relationship treatment. Understanding how jealousy affects self-esteem, anger, and grit can help therapists address these issues in treatment sessions. Individuals and couples can benefit from therapeutic interventions to help them develop coping techniques, improve communication skills, manage jealousy, and regain self-esteem, all of which contribute to happier and more rewarding relationships.

Recognizing jealousy's possible harmful impact on self-esteem, irritation, and grit might help inform preventive efforts. Premarital counseling and other couple-focused education and

relationship programs can help individuals build healthy coping skills for jealousy, boost self-esteem, and strengthen relationship resilience before problems arise.

Investigating the effects of romantic jealousy on self-esteem, irritation, and grit can motivate people to think about their own emotions and behaviors. Individuals with increased self-awareness can see negative jealousy tendencies and take proactive actions to moderate their emotions, promote self-esteem, and foster personal growth.

Overall, knowing the consequences of romantic jealousy's impact on self-esteem, irritation, and grit can benefit individuals and couples. It can be used to influence the creation of preventive treatments, therapeutic approaches, and tactics to promote better relationships, personal growth, and overall relationship satisfaction.

7.3 LIMITATIONS

Some of the main limitations of this study are:

Because of the self-report bias, the majority of studies on romantic jealousy and its consequences rely on self-report measures, which are susceptible to biases such as social desirability and memory recall. Participants may underreport or overreport their experiences, resulting in data discrepancies. Researchers can overcome this limitation by incorporating a variety of data collection methods, such as behavioral observations or physiological measurements. Also, Because of the characteristics of the samples employed in the studies, the generalizability of the findings may be limited. Many research relies on convenience samples, which may not be representative of the larger population. Participants may also self-select based on previous jealousy experiences, thus creating bias. To circumvent this restriction, researchers can use diverse and representative samples to improve the external validity of their findings.

The relationship between romantic jealousy and factors including self-esteem, irritation, and grit can be complex and bidirectional. While jealousy can influence these variables, they can also influence jealousy's experience and expression. Establishing the directionality of these effects can be difficult and requires additional research using longitudinal or experimental techniques. Other factors that can influence the association between romantic jealousy and self-esteem, irritation, and grit are attachment types, relationship satisfaction, or coping techniques, for example, which may mitigate or reduce the reported effects.

Contextual factors such as relationship quality, communication patterns, and cultural norms can all have an impact on the impact of romantic jealousy. Many research, however, may fail to account for these aspects properly, limiting the generalizability of findings across diverse relationship circumstances. To further understand the specific mechanisms at work, future studies should investigate adding contextual elements.

7.4 FUTURE RESEARCHES

Future research on the impact of romantic jealousy on self-esteem, grit, and irritability in married and unmarried couples may focus on longitudinal studies that conduct longitudinal studies to investigate how the influence of romantic jealousy on self-esteem, grit, and irritability evolves in married and single couples. This approach would provide insights into the long-term impact of jealousy on these characteristics and aid in identifying probable developmental paths.

Investigate the role of moderating and mediating factors that may influence the association between romantic jealousy and self-esteem, grit, and irritability. Attachment types, communication patterns, social support, and relationship happiness, for example, could mediate or moderate the influence of jealousy. grasp these characteristics can help you have a better grasp of the underlying processes and can investigate the impact of romantic jealousy on self-esteem, grit, and irritability in people from various cultural and contextual backgrounds. Cultural influences, societal conventions, and relationship dynamics can all have a substantial impact on the experience and outcomes of envy. Comparative research across various cultural contexts can aid in the identification of culturally distinctive elements and provide a more comprehensive understanding of the subject.

Also expand the scope of the inquiry by investigating the impact of romantic jealousy on additional psychological variables such as relationship satisfaction, trust, anxiety, depression, or overall well-being. Examining jealousy's broader psychological implications can provide a more comprehensive understanding of its impact on individuals and relationships.

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CHAPTER-7

APPENDICES

APPENDIX – A

1. Multidimensional jealousy scale

Author – Pfeiffer & Wong, (1989)

One of the most widely used tools for evaluating jealousy in its three dimensions—cognitive, emotional, and behavioral—is the multidimensional jealousy scale (MJS).

It is a 24-item measure to assess romantic jealousy.

Please think of a person with whom you are having or have had a strong romantic/love relationship. This person is referred to as X in this questionnaire. Please rate your response to the following questions by circling the appropriate number beside each item.

***Cognitive**

How often do you have the following thoughts about X?

		<u>Rating Scale</u>	
		All the time	Never
1.	I suspect that X is secretly seeing someone of the opposite sex.	1	2 3 4 5 6 7
2.	I am worried that some member of the opposite sex may be chasing after X.	1	2 3 4 5 6 7
3.	I suspect that X may be attracted to someone else.	1	2 3 4 5 6 7
4.	I suspect that X may be physically intimate with another member of the opposite sex behind my back.	1	2 3 4 5 6 7
5.	I think that some members of the opposite sex may be romantically interested in X.	1	2 3 4 5 6 7
6.	I am worried that someone of the opposite sex is trying to seduce X.	1	2 3 4 5 6 7
7.	I think that X is secretly developing an intimate relationship with someone of the opposite sex.	1	2 3 4 5 6 7
8.	I suspect that X is crazy about members of the opposite sex.	1	2 3 4 5 6 7

*In scoring, please reverse the score such that 1 becomes 7, 2 becomes 6, etc.

Emotional

How would you emotionally react to the following situations?

		<u>Rating Scale</u>						
		Very Pleased					Very Upset	
1.	X comments to you on how great looking a particular member of the opposite sex is.	1	2	3	4	5	6	7
2.	X shows a great deal of interested or excitement in talking to someone of the opposite sex.	1	2	3	4	5	6	7
3.	X smiles in a very friendly manner to someone of the opposite sex.	1	2	3	4	5	6	7
4.	A member of the opposite sex is trying to get close to X all the time.	1	2	3	4	5	6	7
5.	X is flirting with someone of the opposite sex.	1	2	3	4	5	6	7
6.	Someone of the opposite sex is dating X.	1	2	3	4	5	6	7
7.	X hugs and kisses someone of the opposite sex.	1	2	3	4	5	6	7
8.	X works very closely with a member of the opposite sex (in school or office).	1	2	3	4	5	6	7

Behavioural

How often do you engage in the following behaviours?

	<u>Rating Scale</u>						
	Never						All the time
1. I look through X's drawers, handbag, or pockets.	1	2	3	4	5	6	7
2. I call X unexpectedly, just to see if s/he is there.	1	2	3	4	5	6	7
3. I question X about previous or present romantic relationships.	1	2	3	4	5	6	7
4. I say something nasty about someone of the opposite sex if X shows an interest in that person.	1	2	3	4	5	6	7
5. I question X about his/her telephone calls.	1	2	3	4	5	6	7
6. I question X about his/her whereabouts.	1	2	3	4	5	6	7
7. I join in whenever I see X talking to a member of the opposite sex.	1	2	3	4	5	6	7
8. I pay X a surprise visit just to see who is with him/her.	1	2	3	4	5	6	7

APPENDIX – B

2. Rosenberg self-esteem scale

Author – Dr. Morris Rosenberg (1965)

It is a 10-item scale that assesses both positive and unfavorable feelings about oneself to gauge overall self-worth. It is thought that the scale is one dimension. Each question has a 4-point Likert scale response option, ranging from strongly agree to strongly disagree.

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself.

Strongly Agree Agree Disagree Strongly Disagree

2. At times I think I am no good at all.

Strongly Agree Agree Disagree Strongly Disagree

3. I feel that I have a number of good qualities.

Strongly Agree Agree Disagree Strongly Disagree

4. I am able to do things as well as most other people.

Strongly Agree Agree Disagree Strongly Disagree

5. I feel I do not have much to be proud of.

Strongly Agree Agree Disagree Strongly Disagree

6. I certainly feel useless at times.

Strongly Agree Agree Disagree Strongly Disagree

7. I feel that I'm a person of worth, at least on an equal plane with others.

Strongly Agree Agree Disagree Strongly Disagree

8. I wish I could have more respect for myself.

Strongly Agree Agree Disagree Strongly Disagree

9. All in all, I am inclined to feel that I am a failure.

Strongly Agree Agree Disagree Strongly Disagree

10. I take a positive attitude toward myself.

Strongly Agree Agree Disagree Strongly Disagree

APPENDIX – C

Brief irritability test

Author – Holtzman et al. (2015)

The person has to choose one from the options given'

Never Rarely Sometimes Often Very Often Always

1. I have been grumpy.
2. I have been feeling like I might snap.
3. Other people have been getting on my nerves.
4. Things have been bothering me more than they normally do.
5. I have been feeling irritable.

APPENDIX - D

Grit scale by Duckworth

Author- Duckworth et al. (2007)

The Grit Scale assesses an individual's capacity to sustain attention and enthusiasm while pursuing long-term objectives.

Here are a number of statements that may or may not apply to you. There are no right or wrong answers, so just answer honestly, considering how you compare to most people. At the end, you'll get a score that reflects how passionate and persevering you see yourself to be.

1. New ideas and projects sometimes distract me from previous ones.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

2. Setbacks don't discourage me. I don't give up easily.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

3. I often set a goal but later choose to pursue a different one.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

4. I am a hard worker.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

5. I have difficulty maintaining my focus on projects that take more than a few months to complete.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me

Not like me at all

6. I finish whatever I begin.

Very much like me

Mostly like me

Somewhat like me

Not much like me

Not like me at all

7. My interests change from year to year.

Very much like me

Mostly like me

Somewhat like me

Not much like me

Not like me at all

8. I am diligent. I never give up.

Very much like me

Mostly like me

Somewhat like me

Not much like me

Not like me at all

9. I have been obsessed with a certain idea or project for a short time but later lost interest.

Very much like me

Mostly like me

Somewhat like me

Not much like me

Not like me at all

10. I have overcome setbacks to conquer an important challenge.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all