Correlational Relationship between Jealousy, Self-Esteem, and Locus of Control in an Undergraduate Population

Rebecca C. Cooley

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Correlational Relationship between Jealousy, Self-Esteem, And Locus of Control in an Undergraduate Population

An Honor's Thesis presented in partial fulfillment of the requirements for Departmental Honors in

Psychology
Department of Psychology

College of Arts & Sciences
Eastern Michigan University

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Rebecca C. Cooley
Abstract

Jealousy is a reaction to a perceived threat in a relationship. It can lead to relationship dissatisfaction and even violence. By better understanding which personality traits are linked with jealousy we can better understand this emotion and its expression. The present study investigates the relationship between jealousy, self-esteem, and locus of control. The total number of participants was 180 (95 male, 78 female, 7 missing data) which were recruited from introductory psychology classes. Participants completed a 79-item survey, which contained the Rosenberg Self-Esteem Scale, the Interpersonal Jealousy Scale, and the Multidimensional Locus of Control Scales: God Control Revision. The correlation between jealousy and self-esteem was, $r(170) = -0.24$, $p < .01$. The correlation between jealousy and external locus of control was, $r(170) = 0.32$, $p < .01$ for the chance subscale, and $r(170) = 0.32$, $p < .01$ for the powerful others subscale. The impact of these results are discussed.
Correlational Relationships Between Jealousy, Self-esteem, and Locus of Control
in an Undergraduate Population

Jealousy seems to be a very frequent human experience in many different
cultures; it has been examined in diverse cultures ranging from the Germans to the Dutch
(Buunk, Angleitner, Oubaid, & Buss, 1996). People experience jealousy regardless of
age, race, sex, sexual orientation, or socioeconomic status; the only required condition is
that it occurs within a valued relationship characterized by a degree of intimacy,
commitment, and dependence (Parker, Low, Walter, & Gamm, 2005). Jealousy has been
defined as a complex reaction to any supposed threat to a valued relationship (Pines &
Friedman, 1998). Most emotion researchers believe that jealousy is not a primary
emotion, but a blend of the more basic, central, primary emotions, and, as a result, has
been quite ignored by most mainstream emotion researchers who instead focus on basic
emotions like fear, disgust, and sadness (Buunk et. al., 1996). Because jealousy so
pervasively has an effect on our interpersonal relationships, it has become an emotion
that has warranted in depth investigation from the academic community.

Before detailed aspects of the topic are examined a definition must be established.
One definition is that jealousy can only occur in a three party context and is something
that you feel only when you have a desire to be favored by another person or group and
you believe that you are not being favored (Parrell, 1980). Before jealousy can occur we
must become attached to a special sort of attention (which need not be loving or
romantic) and then perceive that attention to be lost and to become someone else’s gain
(Wreen, 1989). Hence, if you do not think that you are in danger of losing or having lost
that special sort of attention, you cannot be jealous. Wreen stated that, “At the center of jealousy is insecurity, fear of loss, specifically fear of alienation of affections,” (1989, p. 635). Jealousy is not solely about merely being hurt or disappointed, it also involves vindictiveness or indignation. Some common behaviors characteristic of jealousy are dropping spiteful remarks, sneering, and making sour facial expressions in the presence of the third party (Wreen, 1989).

It is also of importance to understand the definition of envy. Envy is not a single emotion but rather a blending of two principle components: feelings of inferiority and ill will. One is likely to experience envy when: (1) the disadvantaged person has suffered a recent setback, (2) the advantaged person is similar on comparison related attributes, and (3) when the domain of comparisons is important to the self (Smith, Parrott, Diener, Hoyle, & Kim, 1999).

Although the terms jealousy and envy are often used interchangeably in everyday speech, in scientific terms they hold very different meanings. Envy involves two people and corresponds to the feelings aroused when one person desires another’s advantage. Jealousy involves three persons and corresponds to the feelings aroused when one person fears losing a special relationship to a rival (Smith et al., 1999). In short, envy is where you want the things or qualities another person has, and jealousy is where you do not want to share another person (Gard, 1999). Thus, jealousy and envy are different concepts scientifically. Unlike jealousy, envy always involves social comparison, because in order for envy to occur you must desire someone else’s qualities; however, because jealousy involves a third party whose importance needs to be decreased, jealousy can
have a more affective salience and produce more intensive reactions than envy (Hill & Davis, 2000).

There are many different types of relationships that are affected by jealousy. The main empirical data and theoretical material on jealousy have categorized six main types which are as follows: (1) romantic jealousy, (2) sibling jealousy, (3) child-parent jealousy, (4) mother-child jealousy, (5) father-child jealousy, and (6) friendship/co-worker jealousies (Hill et al., 2000). Because jealousy affects so many relationships throughout our lives a further understanding is clearly necessary.

Depending on the person, jealousy can affect the relationship in different ways, which may or may not be negative. Jealousy can actually be beneficial if it is expressed positively. It can lead to enhanced communication, compensatory interest and outreach to others, and efforts at self-improvement which will actually enhance the relationship and/or improve oneself (Parker et al., 2005). However, in our society jealousy is usually not expressed positively, and this is where the problems begin. Inappropriately expressed jealousy can be a major source of relationship conflict and lead to aggression and even violence among adults (Parker et al., 2005). Mounting evidence indicates that male sexual jealousy is a major cause of wife battering and homicide across a large number of cultures (Buunk et al., 1996). Often times jealousy can motivate behavior aimed at countering the third party threat (Dogan & Vecchio, 2001). The behavior that we display when jealous, “involves goal-directed attempts to influence the self, the partner, or the situation in order to preserve the relationship, reduce uncertainty, or restore self esteem,” (Parker et al., 2005, p. 240). According to Parker (2005), these negative behavioral expressions of jealousy usually manifest in three different ways (1) as passive aggressive
Jealousy, self-esteem, and locus of control

(sarcasm, sulking, guilt induction, silent treatment), (2) as social aggressive (gossip, manipulating social circumstances to exclude others), or (3) as intimidation (verbal or physical assault, or humiliation). Jealousy may actually be beneficial to a relationship if it is expressed positively; jealousy in our society, however, is still commonly viewed as a negative emotion. Most adults experiencing jealousy report emotions involving anger, sadness, and some anxiety and embarrassment (Parker, 2005). Because jealousy is not viewed as a favorable emotion it may discourage people from freely discussing their feelings in a positive way and may promote more negative coping strategies.

The degree of jealousy people experience under the same situation can differ greatly. From neurotic paranoid jealousy to no jealousy at all, most people fall somewhere in between these two on this continuum. We experience jealousy from the time we are infants continuing all throughout our lives (Hart, Jones, & Field, 2003). However, what causes jealousy? Where does it come from? Little is known about the development of jealousy during infancy and later on during our lives; we neither know about typical or atypical jealousy (Hart et. al., 2003). Some professionals believe that jealousy can be modified through cultural learning (Hill et al., 2000; Mathes & Deugger, 1982). Others believe that jealousy is primarily innate, and sexual jealousy is primarily a tool for survival. We do not know the exact etiology of jealousy, but we can study personality traits correlated with degree of jealousy in order to gain some insight into its causes. Gard (1999) reports that jealousy is a reflection of the person’s insecurities, and the more secure people are with themselves the less jealous they tend to be.

Studying jealousy is important for a better understanding of the emotion and its expression and for facilitating communication. Highly jealous adults have been found to
be self-deprecating, unhappy, anxious, externally controlled, dogmatic, fearful, suspicious, and insecure (Parker et al., 2005). Jealousy is also a major contributor to relationship dissatisfaction and in some cases relationship conflict and even violence. By gaining a better understanding of what jealousy is and how it works, many peoples’ lives can be improved.

Often while experiencing jealousy we are not only affected by the occurrence or the possibility of loss (whether real or imagined) of a person, but also by the loss of our self-esteem. This gives the idea that perceived rejection mediates the relation between loss of a person and loss of self-esteem (Mathes, Adams, & Davies, 1985). A study by Mathes et al. (1985) found that the loss of relationship rewards leads to depression and the loss of self-esteem leads to anger. If a direct correlation between self-esteem and jealousy can be found we will have a better understanding of where jealousy comes from and how it can be treated.

*Literature Review*

In order to understand the etiology of this complex emotion we must first look at the personality traits and self-concept of the person experiencing the emotion, specifically their self-esteem. Wreen stated that, “At the center of jealousy is insecurity, fear of loss, specifically fear of alienation of affections,” (1989, p. 635). A person’s perception of their self-esteem is a large part of their insecurities. Therefore this study is hypothesizing that the higher the level of self-esteem, the lower the level of experienced jealousy in a person.

McIntosh and Tangri (1989) believe that the relationship between jealous feelings and behaviors is mediated by variables called person variables. They identified person
variables as self-esteem, locus of control, and attribution of jealousy (either situational or dispositional). The purpose of their study was to investigate the relationship between jealous feelings and the resulting behavior. They found that self-esteem and locus of control were correlated with indirect coping behaviors. Persons with a high self-esteem, internal locus of control, and who believe in dispositional attributions of jealousy use a more direct (confrontational) coping behavior. This supports previous studies that self-esteem plays a major role in jealousy (Knox et al., 1999; Parker et al., 2005).

Goldenburg et al. (2003) investigated sex differences in jealousy and directly linked jealousy with self-esteem. Goldenburg, et al. (2003) hypothesized that the derivation of self-esteem is a major factor in which type of jealousy is found most upsetting; more specifically that men derive more self-esteem from sexual prowess, whereas women derive more self-esteem from relationship commitment. They utilized a 15-point scale to measure self-esteem and the different jealousy scenarios used in Buss et al. (1992). Goldenburg et al. (2003) found that men who placed high value of sex on self-esteem were more likely to find sexual infidelity, more distressing than emotional infidelity and men who placed low value of sex on self-esteem were less likely to view sexual infidelity as more distressing.

Parker et al. (2005) linked self-esteem with children’s vulnerability to jealousy. In order to get the most accurate data, the young adolescents were surveyed about their own jealousy as well as their perceived jealousy of their peers. Young adolescents often have many friends and can become caught in competing friendship loyalties and demands. “...If young adolescents perceive outsiders as threatening the quality, uniqueness, or survival of their friendship, feelings of jealousy can arise and pose challenges to the
partner, the perceived interloper, and perhaps the encompassing peer groups,” (Parker et al., 2005, p. 235). Analysis of the data revealed that jealousy was linked with feelings of self-worth, loneliness, and dissatisfaction with peers and friends. The older the adolescents the less likely they were to report experiencing jealousy over friends. It also was found that girls in general reported higher levels of jealousy surrounding friends, and compared to boys, girls had reputations for greater passive and social aggression. Young adolescents of both sexes with lower self-worth reported a greater vulnerability to jealousy surrounding friends. It is likely that poor self-esteem can lead to habitual jealousy because individuals with poor self-image place less trust in their friends’ commitment to them and interpret even the most common activities their friends do with others as betrayal (Parker et al., 2005).

These studies have examined different groups of people and have all suggested that there is some correlation between self-esteem and jealousy. This study will assess the correlation between jealousy and self-esteem by isolating and surveying these two feelings individually.

In addition to measuring self-esteem and jealousy this study will also examine locus of control. Persons with an external locus of control believe that they have little control over their lives. They believe that rewards in their lives are a result of luck, chance, or powerful others (McIntosh, 1989). Because they do not feel that they are responsible for their relationships, they may be more susceptible to jealousy. The externally controlled person would perceive an outside threat to the relationship as more detrimental than an internally controlled person because they would believe that they cannot be responsible for finding a new relationship. By examining if these two
personality traits are linked with jealousy, a better understanding of why some persons are more jealous than others may be reached.

*Research Questions and hypotheses*

1. How do jealous persons differ from non-jealous persons?
2. Is there a significant correlation between jealousy and self-esteem?
3. Is there a significant correlation between jealousy and locus of control?
4. Are jealousy rates higher for men or women?
5. Is self-esteem correlated with relationship status in women and not men?

*Hypotheses*

1. The present study will test the hypotheses that there is a significant negative correlation between self-esteem and jealousy, a significant negative correlation between jealous individuals and individuals with an internal locus of control, and a significant positive correlation between jealous individuals and chance, powerful other, and God locus of control.
2. This study will test the hypotheses that jealousy rates are higher for women in committed relationships compared to men in committed relationships, and also that self-esteem is lower for women in committed relationships than for men.

*Method*

*Participants*

In total 180 students were surveyed from undergraduate introduction to psychology classes. This sample consisted of 95 males and 78 females, with 7 missing
information pertaining to gender. Since this class fulfills a general education requirement, the students represented several majors and different races (see Table 1 for complete demographic information).

**Experimental Design**

This study utilized a correlational design to assess the relationship between self-esteem and jealousy, and jealousy and locus of control.

**Measures**

The survey consists of demographic questions and the following measures; see Appendix A for complete survey.

Rosenberg *Self-Esteem Scale (SES).* The SES is a 10-item survey that measures a person’s feelings of inadequacy, inferiority, self-consciousness, and social anxiety. The items in the survey are designed to measure overall self-worth or self-acceptance. It is measured on a Likert scale ranging from 1 (strongly agree) to 4 (strongly disagree). The survey is scored ranging from 10-40. The higher scores represent higher self-esteem. The SES has test retest correlation of 0.85 for 28 subjects after a 2-week interval. Internal consistency reports have ranged from 0.77-0.88 (Rosenberg, 1965).

*Interpersonal Jealousy Scale (IJS).* The IJS is a 28 item survey that measures jealousy, examples of the questions are “If….. admired someone of the opposite sex I would feel irritated, and “I like to find fault with…..’s old dates.” It is scored on a nine-point scale that ranges from 9 (absolutely true; agree completely) to 1 (absolutely false, disagree completely). The IJS was found to be correlated with romantic love, insecurity, and low self-esteem. There were positive correlations found between jealousy and
insecurity in men and jealousy and low self-esteem in both men and women. The IJS was found to have an internal consistency of 0.92 (Mathes, Phillips, Skowran, & Dick, 1982).

**Multidimensional Locus of Control Scales: God Control Revision.** This scale independently measures four separate components of the control construct in order to provide a profile of causal beliefs. The Internality (I) subscale measures the extent to which people believe they have control over their own lives. The Powerful Others (P) subscale measures the belief that other persons control the events in one’s life. The Chance (C) subscale measures the degree to which a person believes that chance affects their experiences and outcomes. The God (G) subscales measures the degree to which a person believes God has control. The four subscales each contain eight items and are presented in a single 32-item scale. The I, P, C, and G scales are measured with a seven-point Likert format ranging from -3 (strongly disagree) to +3 (strongly agree). The test was found to have internal consistencies of 0.64 for I, 0.77 for P, and 0.78 for C. The test-retest reliabilities range between 0.60 and 0.79. (Levenson, 1981).

**Procedure**

Students were recruited to participate anonymously during their regular class time. The students were offered extra credit in exchange for their participation. The surveys took the participants approximately twenty minutes to complete. Participants did not provide any identifying information on the survey.

**Results**

The student sample collected represent students of each gender and different majors fairly equally as shown in Table 1.
Table 1

<table>
<thead>
<tr>
<th>Demographic Data</th>
<th>n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex*</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>95 (54.9%)</td>
</tr>
<tr>
<td>Female</td>
<td>78 (45.1%)</td>
</tr>
<tr>
<td>Age*</td>
<td></td>
</tr>
<tr>
<td>18-20</td>
<td>112 (64.4%)</td>
</tr>
<tr>
<td>21-23</td>
<td>36 (20.7%)</td>
</tr>
<tr>
<td>24-26</td>
<td>12 (6.9%)</td>
</tr>
<tr>
<td>27-30</td>
<td>8 (4.6%)</td>
</tr>
<tr>
<td>30-35</td>
<td>3 (1.7%)</td>
</tr>
<tr>
<td>35+</td>
<td>3 (1.7%)</td>
</tr>
<tr>
<td>Sexual Orientation*</td>
<td></td>
</tr>
<tr>
<td>Heterosexual</td>
<td>153 (91.1%)</td>
</tr>
<tr>
<td>Homosexual</td>
<td>8 (4.8%)</td>
</tr>
<tr>
<td>Bisexual</td>
<td>7 (4.2%)</td>
</tr>
<tr>
<td>Race*</td>
<td></td>
</tr>
<tr>
<td>American Indian</td>
<td>4 (2.4%)</td>
</tr>
<tr>
<td>Asian</td>
<td>10 (6.1%)</td>
</tr>
<tr>
<td>African American</td>
<td>39 (23.6%)</td>
</tr>
<tr>
<td>Pacific Islander</td>
<td>2 (1.2%)</td>
</tr>
<tr>
<td>White</td>
<td>106 (64.2%)</td>
</tr>
<tr>
<td>Hispanic</td>
<td>3 (1.8%)</td>
</tr>
<tr>
<td>Other</td>
<td>1 (0.6%)</td>
</tr>
<tr>
<td>Religion*</td>
<td></td>
</tr>
<tr>
<td>Christian</td>
<td>122 (73.9%)</td>
</tr>
<tr>
<td>Nonreligious/Secular</td>
<td>19 (11.5%)</td>
</tr>
<tr>
<td>Agnostic</td>
<td>9 (5.5%)</td>
</tr>
<tr>
<td>Atheist</td>
<td>6 (3.6%)</td>
</tr>
<tr>
<td>Jew</td>
<td>4 (2.4%)</td>
</tr>
<tr>
<td>Muslim</td>
<td>3 (1.8%)</td>
</tr>
<tr>
<td>Other</td>
<td>2 (1.2%)</td>
</tr>
<tr>
<td>Major*</td>
<td></td>
</tr>
<tr>
<td>Business</td>
<td>30 (18.2%)</td>
</tr>
<tr>
<td>Health and Human Services</td>
<td>49 (29.7%)</td>
</tr>
<tr>
<td>Arts and Sciences</td>
<td>47 (28.5%)</td>
</tr>
<tr>
<td>Technology</td>
<td>16 (9.7%)</td>
</tr>
<tr>
<td>Undeclared</td>
<td>23 (13.9%)</td>
</tr>
</tbody>
</table>

* indicates missing data
In order to investigate the hypotheses the correlation coefficients between jealousy, self-esteem, and locus of control were calculated. The first hypothesis was that jealousy and self esteem would be significantly negatively correlated. This hypothesis was supported. The correlation between jealousy and self-esteem was, \( r(170) = -0.24, p < .01 \).

The second part of this hypothesis predicted that jealous individuals would be correlated with individuals with an internal locus of control; and jealous individuals would be correlated with and chance, powerful other, and God locus of control and this was not supported. When jealousy and the locus of control subscales were compared there were no significant correlations between jealousy and internal locus of control, or believing that God is in control. There was however a significant correlation between jealousy and the chance subscale, \( r(170) = 0.32, p < .01 \), and jealousy and the powerful others subscale, \( r(170) = 0.32, p < .01 \). See Table 2 for a complete summary of correlations.

Table 2

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Jealousy</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2. Self-esteem</strong></td>
<td>-.24*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3. Internal</strong></td>
<td>.14</td>
<td>.33*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4. Chance</strong></td>
<td>.32*</td>
<td>-.22*</td>
<td>.08</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>5. Powerful Others</strong></td>
<td>.32*</td>
<td>-.20*</td>
<td>.11</td>
<td>.73*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>6. God</strong></td>
<td>.05</td>
<td>.10</td>
<td>-.001</td>
<td>.11</td>
<td>.15</td>
<td></td>
</tr>
</tbody>
</table>

* \( p < 0.01 \)
The second hypothesis indicated that jealousy rates are higher for women in committed relationships compared to men in committed relationships, and also that self-esteem is lower for women in committed relationships than for men. This was tested using a t-test, and the hypothesis was not supported.

Discussion

The hypothesis which indicated that jealousy and self-esteem would be negatively correlated was supported. There was a statistically significant negative correlation between the two. This supports past research stating that there is a correlation between jealous feelings and self-esteem (Parker, Low, Walker, & Gamm, 2005; Mathes, Adams, & Davies, 1985; Wreen, 1989; McIntosh, & Tangri, 1989; Knox, 1999; Goldenburg, 2003). When an individual has lower self-esteem they may be more emotionally dependent on their partner than someone who has greater self-esteem. The lower self-esteem individual would have more to lose in a relationship than someone with higher self-esteem, so jealousy levels will tend to be higher because of the greater potential loss.

There was also found to be a significant correlation between jealousy, chance, and powerful others locus of control. No correlation was found between jealousy and internal or God as the locus of control, contrary to prediction. The finding that jealousy was correlated with chance and powerful others locus of control is contradictory to past research (McIntosh, 1989; Jaremko & Lindsey, 1979). The reason for this contradiction may have to do with the measures used. In both of the prior studies the Rotter Internal-External Locus of Control Scale (1966) was used, while this study utilized the Levenson's Internality, Powerful Others, and Chance Scales (1981). This may suggest that by using more sophisticated subscales to measure locus of control more detailed
aspects of a relationship can be measured. The externally controlled individual may be more susceptible to jealousy, because they feel that they cannot control their own fate, including being able to find a new partner. They believe that aspects of their lives are controlled by others and that they have little control. Since no decline in jealousy was found when persons were internally controlled, an internal locus of control may not be enough to reduce jealous thoughts or behaviors. Although the individual believes that they are in control of their lives and finding relationships, this control alone is not enough to reduce their jealous thoughts. The individual who realizes that they have the control to obtain a new relationship if this one fails still realizes the discomfort that will be felt if this relationship were to end, and this may contribute to the jealousy.

The hypotheses that predicted that jealousy rates would be higher for women than men and that self-esteem would be lower for women in committed relationships were not supported. No significant differences were found when the sexes were compared. This may suggest that future research would benefit by not using gender stereotypes to predict jealousy or self-esteem.

The present study had several limitations. One problem is the age limitation, 81.8% of the sample was under 23. A wider age range would provide a better representation of the population, however this study was specifically addressing a younger population. Another problem was the method the survey was distributed. The 79-item survey was usually given at the end of class when the students were anxious to leave. The doors of the class were usually open and the sound of students walking by in the hallway was probably distracting. In the future, it would be better to have the students
answer the survey in a more controlled environment, so that the participants could better concentrate on their responses.

People's relationships with others are influenced by their self concept. This research has shown that an individual's perception of themselves plays a role in jealousy, which in turn influences their relationships with other people. Future research would benefit by looking at jealousy in relation to a broader number of person variables than only self-esteem and locus of control. Conflict style, attribution style, relationship satisfaction, communication skill level, attachment style, and social problem solving all may play some part in influencing the amount of jealousy someone is susceptible to feeling. Through finding any possible relations of multiple person variables and jealousy we can come to understand more about this emotion and its effect in human relationships.
References


Appendix A

Survey measuring Self-esteem, Jealousy, and Locus of Control

In responding to each item place the name of your boyfriend or girlfriend in the blank of each item. If you are not currently in a relationship, then recall a past relationship. Then use the scale below to express your feelings concerning the truth of the item. For example, if you feel that the item is “absolutely true” of you, place a 9 in the blank before the item. If it is only “definitely true” place an 8 in the blank, etc.

9 = absolutely true; agree completely
8 = definitely true
7 = true
6 = slightly true
5 = neither true nor false
4 = slightly false
3 = false
2 = definitely false
1 = absolutely false; disagree completely

1. If ___ were to see an old friend of the opposite sex and respond with a great deal of happiness, I would be annoyed.

2. If ___ went out with same sex friends, I would feel compelled to know what he/she did.

3. If ___ admired someone of the opposite sex I would feel irritated.

4. If ___ were to help someone of the opposite sex with their homework, I would feel suspicious.

5. When ___ likes one of my friends I am pleased.

6. If ___ were to go away for the weekend without me, my only concern would be with whether he/she had a good time.

7. If ___ were helpful to someone of the opposite sex, I would feel jealous.

8. When ___ talks of happy experiences of his/her past, I feel sad that I wasn’t part of it.

9. If ___ were to become displeased about the time I spend with others, I would be flattered.
9 = absolutely true; agree completely
8 = definitely true
7 = true
6 = slightly true
5 = neither true nor false
4 = slightly false
3 = false
2 = definitely false
1 = absolutely false; disagree completely

10. If ___ and I went to a party and I lost sight of him/her, I would become uncomfortable.

11. I want ___ to remain good friends with the people he/she used to date.

12. If ___ were to date others I would feel unhappy.

13. When I notice that ___ and a person of the opposite sex have something in common, I am envious.

14. If ___ were to become very close to someone of the opposite sex, I would feel very unhappy and/or angry.

15. I would like ___ to be faithful to me.

16. I don't think it would bother me if ___ flirted with someone of the opposite sex.

17. If someone of the opposite sex were to compliment ___ , I would feel that the person was trying to take ___ away from me.

18. I feel good when ___ makes a new friend.

19. If ___ were to spend the night comforting a friend of the opposite sex who had just had a tragic experience, ___ 's compassion would please me.

20. If someone of the opposite sex were to pay attention to ___ , I would become possessive of him/her.

21. If ___ were to become exuberant and hug someone of the opposite sex, it would make me feel good that he/she was expressing his/her feelings openly.

22. The thought of ___ kissing someone else drives me up the wall.
9 = absolutely true; agree completely
8 = definitely true
7 = true
6 = slightly true
5 = neither true nor false
4 = slightly false
3 = false
2 = definitely false
1 = absolutely false; disagree completely

23. If someone of the opposite sex lit up at the sight of ___, I would become uneasy.

24. I like to find fault with ___’s old dates.

25. I feel possessive toward ___.

26. If ___ had previously been married, I would feel resentment towards the ex-wife/husband.

27. If I saw a picture of ___ and an old date I would feel unhappy.

28. If ___ were to accidentally call me by the wrong name, I would become furious.

This questionnaire is designed to measure how you feel about yourself. It is not a test, so there are no right or wrong answers. Please answer each item as carefully and accurately as you can by placing a number by each one as follows:

4= Strongly Agree
3= Agree
2= Disagree
1= Strongly Disagree

1. I feel that I am a person of worth, at least on an equal plane with others.

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

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

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

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

6. I take a positive attitude toward myself.
4= Strongly Agree
3= Agree
2= Disagree
1= Strongly Disagree

7. On the whole, I am satisfied with myself.
8. I wish I could have more respect for myself.
9. I certainly feel useless at times.
10. At times I think that I am no good at all.

Answer the following questions using the scale below.

+3 Strongly Agree
+2 Agree
+1 Slightly Agree
-1 Slightly Disagree
-2 Disagree
-3 Strongly Disagree

1.) Whether or not I get to be a leader depends mostly on my ability.
2.) To a great extent my life is controlled by accidental happenings.
3.) What happens in my life is determined by God’s purpose.
4.) I feel like what happens in my life is mostly determined by powerful people.
5.) Whether or not I get into a car accident depends mostly on how good a driver I am.
6.) When I make plans, I am almost certain to make them work.
7.) My life is primarily controlled by God.
8.) Often there is no chance of protecting my personal interests from bad luck happenings.
9.) When I get what I want, it’s usually because I’m lucky.
+3 Strongly Agree
+2 Agree
+1 Slightly Agree
-1 Slightly Disagree
-2 Disagree
-3 Strongly Disagree

10. Although I might have good ability, I will not be given leadership responsibility without appealing to those in positions of power.

11. When I am anxious, I rely on God for inner peace.

12. How many friends I have depends on how nice a person I am.

13. I have often found that what is going to happen will happen.

14. Whether or not I have a car accident depends on God’s plan.

15. My life is chiefly controlled by people who are more powerful than I am.

16. Whether or not I get into a car accident is mostly a matter of luck.

17. People like myself have very little chance of protecting our personal interests when they conflict with those of strong pressure groups.

18. In order to have my plans work, I make sure they fit in with the commands of God.

19. It’s not always wise for me to plan too far ahead because many things turn out to be a matter of good or bad fortune.

20. Getting what I want requires pleasing those people above me.

21. Whether or not I get to be a leader depends on whether I’m lucky enough to be in the right place at the right time.

22. If important people were to decide they didn’t like me, I probably wouldn’t make many friends.

23. I can pretty much determine what will happen in my life.

24. When things don’t go my way, I ought to pray.

25. I am usually able to protect my personal interests.

26. When faced with a difficult decision, I depend on God to guide my feelings and actions.
+3  Strongly Agree  
+2  Agree  
+1  Slightly Agree  
-1  Slightly Disagree  
-2  Disagree  
-3  Strongly Disagree

27. Whether or not I get into a car accident depends mostly on the other driver.

28. When I get what I want, it’s usually because I worked hard for it.

29. When good things happen to me, it is because of God’s blessing.

30. In order to have my plans work, I make sure that they fit in with the desires of people who have power over me.

31. My life is determined by my own actions.

32. It’s chiefly a matter of fate whether or not I have a few friends or many friends.

Age: ____________

Gender:  male    female

Sexual orientation:  Heterosexual    Homosexual    Bisexual

Race:

Religion: ____________

Major: ____________

Describe your current relationship status: single

dating (includes boyfriend/girlfriend relationship) engaged

married    cohabitating

If currently in a relationship, how long have you been in it? ____________

On a scale of one to ten rate how conservative or liberal you are (one is extremely conservative and ten is extremely liberal). ____________
Appendix B

CONSENT FORM

Correlation between self-esteem and jealousy in an undergraduate population

You are invited to be in a research study of jealousy, self-esteem, and locus of control. We ask that you read this form and ask any questions you may have before agreeing to be in the study.

This study is being conducted by: Rebecca Cooley, Eastern Michigan University

Background Information

This study involves research into your thoughts about jealousy and your self-esteem. The purpose of this study is to show that jealousy and self-esteem are related to one another.

Procedures:

If you agree to be in this study, we would ask you to complete the following survey. The completion time of the survey takes approximately ten minutes.

Risks and of being in the Study

This study had no foreseeable risks to anyone participating in it.

Confidentiality:

The records of this study will be kept private. In any sort of report we might publish, we will not include any information that will make it possible to identify a subject. Research records will be stored securely and only researchers will have access to the records.

Voluntary Nature of the Study:

Participation in this study is voluntary. Your decision whether or not to participate will not affect your current or future relations with the University. If you decide to participate, you are free to not answer any question or withdraw at any time without affecting those relationships.

Contacts and Questions:

The researcher conducting this study is Rebecca Cooley. You may ask any questions you have now. If you have questions later, you are encouraged to contact them at rcooley@emich.edu
If you have any questions or concerns regarding this study and would like to talk to someone other than the researcher(s), you are encouraged to contact the Psychology Department Human Subjects Review Committee Chairperson, Dr. Karen Saules at ksaules@emich.edu or (734) 487-4988.

*You will be given a copy of this information to keep for your records*