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FEATURES OF INFLUENCE OF JEALOUSY ON CONFLICTS IN THE FAMILY

Інна Шинкаренко. ОСОБЛИВОСТІ ВПЛИВУ РЕВНОЩІВ НА КОНФЛІКТИ В СІМ'Ї. Проблема розпаду сімей та виникнення конфліктних ситуацій у родині на підґрунті ревнощів є наразі актуальною. Переживання ревнощів особистістю є сильним афективним почуттям, яке глобально дезорганізує людські відносини, викликає стресові стани, породжує важкі як міжособистісні, так і внутрішньоособистісні конфлікти. Ревнощі виникають у ситуаціях соціальної взаємодії, і можуть посилюватись в результаті подій, пов'язаних з втратою престижу, при невдачах, загрози гідності особистості. Тому важливою здатністю для людини виступає набуття нею конструктивних моделей поведінки при реагуванні на конфліктні ситуації, що дає необхідний психологічний ресурс для подолання ревнощів. Дослідження свідчать, що до ревнощів більше схильні люди підозрілі, вибухові, з нестійким характером, невпевнені у собі, які мають психологічні комплекси. Значна роль належить об'єкту ревнощів, його поведінці, діям, якими він може викликати дане явище. Зважаючи на причини ревнощів, доречним буде відмітити важливість думки оточуючих людей, як своїми плітками, заздрістю намагаються влізти в чисте життя.

Сімейні конфлікти – поширене явище у будь – якій родині, адже причиною цього є багато факторів. Не менш негативним фактором впливу на формування є ревнощі з боку одного з подружжя. Конфлікти у родині можуть спричиняти психотравмуючу ситуацію, у результаті чого подружжя набуває негативних особистісних властивостей, зневіра в можливість існування дружніх і ніжних взаємин між людьми, накопичення негативних емоцій та поява психотравм. Ревнощі є хоч і негативним, але дуже поширеним проявом у відносинах між закоханими. Принаймні вони бувають дох видів: конструктивні та деструктивні, що являють собою психічний розлад, який повинен бути підданий лікуванню. Отже, вважається за необхідне проведення психологічної роботи з ревнощами і психологів, і працівників Національної поліції, щоб уникнути та запобігти таких негативних явищ як сімейне насильство.

Ключові слова: ревнощі, конфлікт, деструктивне явище, психологічний стан, сімейні стосунки.

Problem statement. of this work is connected with increasing the problem of the breakdown of love relationships, in particular, the breakup of families, as well as the occurrence of conflict situations between lovers on the basis of the jealousy of one of the partners. Jealousy has the greatest impact on the critical situation in love relationships, which has a rather negative effect on mutual understanding between lovers, destroying trust and generally leading to a break between a woman and a man.

The urgency of the question lies in consideration of jealousy as one of the problems of the destruction of the most important structural unit of society – the family.

"Jealousy is one of the strongest, most harmful and painful emotions. They cause stress, feelings of fear, suffering, nervous breakdowns, provoke another person to lie, take revenge, betray. A life poisoned by excessive jealousy becomes unbearable for the whole family" [1, c. 178].

In particular, jealousy can be defined as a destructive phenomenon that not only negatively affects love relationships, but also the mental state of a person.

A very excessive, unreasonable manifestation of jealousy towards a loved one leads to

the most severe degree – a pathological level of the development of jealousy, which is a mental deviation.

Analysis of publications that started solving this problem. where the solution to this problem has been initiated. Among the scientists who considered certain problematic issues or in a certain way touched on their consideration, we can mention such as: A. Adler, D.D. Alekseenko, S.U. Honcharenko, Z. Freud, O. Lesechko, S.V. Otchych, Rybalka V., Kornienko V.V., Kotlova L.O., Fedorenko R.P. and others who devoted their scientific work to the mentioned questions.

The research paper's objective is a detailed consideration of the influence of jealousy as one of the mental manifestations on the formation of interpersonal relations between lovers.

Basic content. Human life is characterized by the presence of a number of individual mental states. Such states include, for example, emotional states, including: mood, anxiety, inspiration. Some of these states also have a volitional element.

In general, a person's mental state can be defined as a psychological category that characterizes the individual and indicates relatively static and permanent moments of the individual's experiences.

Jealousy can be singled out among such static mental states of a person, which gradually acquire signs of pathology.

It spoils physical and mental health, and is reflected in the upbringing of children. Criminal statistics show the most dangerous consequences: in Ukraine, among domestic crimes, the motive of jealousy becomes their cause in almost 55%.

Criminogenicity is one of the actual and practically important aspects of studying the problem of jealousy" [2].

Jealousy in an unexpressed form is perceived in society as a norm, however, when the limit is violated, jealousy turns into a pathology (mental illness). Most often, jealousy manifests itself in youth. Such a situation is connected with 3 certain imperfections, more precisely with the perception of oneself as imperfect, immature or incomplete person. However, with the passage of years, when a person begins to improve himself, jealousy starts to creep in. But in some individuals, such a phenomenon remains throughout life. This only indicates that a person has remained with his youthful experiences.

"Psychologists clearly distinguish the concepts of male and female jealousy, as it has different causes and methods of manifestation in different sexes. Of course, each person must cope with the attacks of jealousy, but in marriage, women often have to fight with such a negative feeling of a loved one, which takes a lot of time and energy. The method of combating it will often depend on what type of jealousy a man suffers from. A woman's desire to help her husband get rid of such a negative feeling also plays a big role. In order to find out the best way to deal with jealousy, it is necessary to observe the man's behavior from the outside and analyze his words and actions" [3, c. 237].

"A special manifestation in the course of pathological jealousy is the delusion of jealousy – an irrational and illogical (delusional) idea of the partner's infidelity. This condition is combined with special suspicion. Delusional ideas about the infidelity of a partner can be an indicator of the initial stages of a more severe disease of schizophrenia.

Here the symptoms of jealousy are manifested in a "pure" form. They are logically, neatly and consistently, from the point of view of the patient, reasoned, although they look more or less justified to others. Even memories are reviewed in this situation: confirming facts from the past are found, the jealous person's eyes "open".

Affective disorders and depressive states with thoughts of inferiority and suicide are also observed.

In general, the content of delusional jealousy has the following indicators:

- authenticity (belonging to the subject himself) of thoughts;
- egocentricity (setting one's own standards in thoughts and logic);
- the truth of beliefs and conclusions;
- lack of internal resistance to delusional ideas" [4].

From the point of view of psychology, the strength and intensity of jealousy will depend on the character of a person, his willpower, the complexes with which he lives. Jealousy is inherent in absolutely all people who love: it is unpleasant for everyone when your loved one smiles at another woman with the same smile that he used to smile only at you. However, some people can get a hold of themselves and prevent this unpleasant feeling from

developing, but the majority grabs hold of this thought, begins to develop it, fantasizing and exaggerating the situation to catastrophic proportions. The main thing is to find out the origins of your jealousy. Only this can help you understand: jealousy is good or bad [5].

Therefore, jealousy can be defined as a certain pathological condition of one of the spouses or simply a couple of lovers. In particular, one should look deeper into the problem, because jealousy does not appear just like that, most likely the deformation processes of the psyche that occurred in childhood did not pass with the passage of time.

Probably, everyone knows such a folk saying like: "if a husband hits, it means he loves" or, for example, "jealousy is a manifestation of love." However, are such sayings really true and have any weight in real love relationships?

It is very important to find an answer to the above-mentioned question by comparing the concepts of love and jealousy and understanding the general influence of jealousy on the relationship of lovers and the role of such a phenomenon in the life of spouses.

"In explanatory, encyclopedic, philosophical and psychological dictionaries, "love" is defined through such concepts as "feeling", "attitude", "state of mind", "desire", "drive", "emotion", "inclination". In all definitions of love, such a characteristic as directionality is emphasized: some concepts through which love is defined, by themselves assume the presence of a subject and an object, in a number of definitions, directionality is emphasized by subordinating constructions. Many definitions include the factors that lead to the emergence of love: sexual instincts, sexual desire, gratitude for care, the habit of common life, mutual location, sympathy, intimacy. Some definitions emphasize such characteristics of love as intensity and stability" [6, c. 58].

Another interesting characteristic of love can be found in S. Honcharenko's "Ukrainian Pedagogical Dictionary". He says that love is "a high moral feeling, which consists in a stable, selfless and conscious commitment of a person to someone or something, conditioned by the recognition of the positive qualities of the object of love, or shared beliefs, life goals and interests of people. The object of love can be specific and generalized objects. In the narrow sense of the word love, or love is a stable, selfless and conscious attachment to a person of the opposite sex" [7, p. 196].

So, for a wider range of consideration of the question, it is necessary to consider the concept of jealousy. A number of researchers claim that "jealousy is a multifaceted phenomenon of the sensory sphere, which can be considered both as an emotion, as a short-term and acute experience, and as a feeling, as a long-term attitude, and as a passion that completely absorbs the human mind, and as an affect, when the intellectual functions and the adequacy of the behavior are lost" [8]. In turn, some scientists have the opinion that they reflect the emotional expression of a woman's (man's) need to maintain loyalty and, at the same time, in sole ownership, as well as envy, irritation due to the greater success of another [1]. Other researchers also consider jealousy as a certain emotional state of a person's anxiety, which is a consequence of his uncertainty about the real commitment of the person to whom attention is paid, which also manifests itself as hostility to a real or imagined competitor.

"According to 3 explanatory, terminological and encyclopedic dictionaries, jealousy is understood as an emotional state, classified as a specific form of anxiety, which originates from a lack of confidence in affection, directed at a competitor who is perceived as attracting the affection of the object of love" [7].

Comparing the concepts of love and jealousy, you can see that they are fundamentally different, because jealousy refers to a mental disorder rather than a high feeling. However, this refers rather to jealousy that has become pathological.

"Jealousy is very social in nature. At the marriage fair, they are the normal driving force of natural selection. Healthy rivalry forces us to compete, fight for love, try to be better and, as a result, to be improved. Finally, jealousy is always a test for us, which we will also put in the treasury of our life experience. "Healthy" jealousy brings some variety to family life, reminding each of us how much we value our "half". But if jealousy crosses the permissible limits or borders, they turn the relationship into a nightmare. And not only for the suspected "victim", but also for the jealous person himself" [9]. That is, reasonable display is sometimes useful, because it shows a person's concern for another.

Therefore, love and jealousy should not be equated, because they are opposite phenomena. Pathological jealousy is a negative manifestation in the relationship between lovers and leads to the destruction of relationships and the deterioration of mutual relations. However, a reasonable manifestation of jealousy is a rather positive manifestation, because it

indicates concern for a loved one.

Family conflicts are a fairly common phenomenon in any family, because there are many factors that cause them. An equally negative factor influencing the formation of a conflict situation is jealousy on the part of one of the spouses.

"The psychological health of the family is an integral indicator of the dynamics of marital relations, which determines the qualitative aspect of the socio-psychological processes taking place in marriage. The causes of individual family problems often can be seen either in the peculiarities of marital communication or in the individual psychological characteristics of the partners, the main content of which is connected with interpersonal relationships, the nature of which depends on the degree of satisfaction with the marriage. A low degree of marital satisfaction leads to marital conflicts and divorces. Conflicts in the family can cause a psychotraumatic situation, as a result of which the spouse acquires negative personal characteristics, such as a negative experience of communication, disbelief in the possibility of the existence of friendly and tender relationships between people, the accumulation of negative emotions and the appearance of psychotrauma. Conflicts in the family reflect not only on the mental, but also on the physical health of the spouses and have significant psychotraumatic consequences in the form of experiences that, in case of duration or repetition, negatively affect the personality and lead to an increase in the number of psychogenic disorders and reactions" [10, p. 155].

"Conflict is a signal that there may be a contradiction in views, interests and needs. Dysfunctional families are characterized by the fact that between the partners there are constant spheres where their needs, interests and intentions collide, causes long and strong negative emotional experiences" [11, p. 71].

There are various factors that have a direct influence on the formation of family conflicts, among which we give one of the leading roles to jealousy.

Jealousy, as already noted in the work, is a negative emotional manifestation. It manifests itself in an excessive negative influence on the formation of interpersonal relations between lovers. The parties, showing excessive attention to their spouse, only make the life of such a person more stressful, force them to constantly find a way out of a difficult situation, put them in certain limits, people are forced to turn to certain excuses, etc. Moreover, jealousy can also manifest itself in bouts of intolerable aggression, thereby leading to bodily harm, sometimes even to murder in a state of affect.

when experiencing constant tension, accumulating a large number of negative emotions, a person tries to release them, which leads to conflict within the family, sometimes to a breakup.

Thus, the well-being of family life depends on the relationship of spouses to each other, a high level of trust and the possibility of resolving a conflict situation at the stage of its development.

Jealousy, although negative, is a very common manifestation in relationships between lovers. The features of this phenomenon and how it affects married life were described above. However, it should be noted that there are at least two main types of jealousy: constructive and destructive.

"Constructive jealousies are those that were produced in the course of evolution. They start with the behavior of archaic people who created behavioral strategies for survival. We can say that jealousy was also a survival strategy then. The most important thing is that they are not destructive, but at the same time it is impossible to get rid of them. They are something like an innate reflex. It is interesting that quite often people even specifically provoke their partner and are very happy when they manage to achieve a result, that is, to make them a little jealous. They say that "a light appears" [4]. Constructive jealousy does not pose a threat to love relationships, rather, they carry a certain motivation, bringing that in this way the relationship becomes better, more perfect, more developed.

Another type of jealousy, which is radically different from the previous ones, is destructive jealousy. "These jealousies have a different origin, they are complexes and traumas acquired during life. They are based on comparing oneself with others and are closely related to self-esteem, self-respect and the vision of oneself in society. In childhood, self-esteem is quite strongly, if not completely, dependent on the assessment of the external environment, that is why parents should be very careful about what they say to the child and how. In adolescence, this is also very important and is often one of the most painful topics. Therefore, it is destructive jealousy that leads to sad consequences, and it is precisely these one are completely

within the competence of a person. With the help of development and work on self-esteem, you can completely get rid of them" [11].

At the same time, it is also possible to distinguish such types of jealousy as: domestic, hypertrophied and pathological.

Domestic jealousy is not such a negative phenomenon as all other deformed types. They are manifested in the form of increased interest of one of the spouses in the life of the other and nothing more.

"Feeling hypertrophied jealousy, a person seeks to constantly control his loved one, which is accompanied by attacks of rage, aggression, anger, and conversations between spouses take place in raised tones and have clear signs of interrogation" [12].

Another type is pathological jealousy, which is a mental disorder that could be caused by the behavior of one of the spouses or the characteristics of the jealous person's psyche. In the case of pathological jealousy, the behavior is not controlled at all, manifestations of jealousy begin with unfounded accusations, and most often end with violence.

Therefore, destructive manifestations of jealousy are a very negative phenomenon for the development of normal relations between a couple in love. Such jealousy is completely unhealthy, it is built on different complexes and represents a mental disorder that must be treated. Having conducted a survey two-year students of the Dnipropetrovsk State University of Internal Affairs, namely 50 women and 50 men aged 18 to 20 years we investigated their attitude to such a feeling as "jealousy" and got the results.

A woman who was betrayed by her husband feels humiliated, offended, unhappy, but despite all this, she will not hate herself. Why? Because a man's betrayal does not traumatize a woman's psyche to such an extent as it does with a man. This is evidenced by the following answers of women to the question "How do you feel about jealousy?" their answers were the following :very bad – 10%; I'm very jealous, but I don't see anything bad in it – they were 15%, and 75% was taken with the answer "sometimes it's not bad, you feel it from the beloved a person's indifference to himself". The woman's logic in this case were the following : the man was seduced by another woman, but he is the father of her children, and in the end he returns to her. Now he is filled with remorse, tenderness and gratitude for her generosity, and he will reward her for all that she has been through. A woman reassures herself like this: "However, my husband came back to me, he did not stay with that other woman. She was defeated, so you can say that I am better...". According to our respondents, "Jealousy is necessary to maintain balance in a relationship," 80% of our women answered that way.

Summarizing the above, we can conclude that a woman whose husband had many women before her often thinks like this: I am better than my predecessors, if only because, as they say, he was with everyone and no one, and as a result, among the majority other women my husband chose me.

Male jealousy manifests itself not as easily and quickly as female jealousy. But even if it appeared, its consequences turn out to be much more difficult and dramatic.

Male jealousy captivates, enslaves a man completely, sometimes overshadowing everything else.

A man whose wife cheats on him feels not only humiliated and disgraced, but also ridiculous and pathetic in the eyes of those who are around him, as well as his own. After all, the pitiful image of a "cuckold" has been the object of ridicule since ancient times. Almost every man is associated with the loss of his male honor with this word. We can say that jealousy is a man's Achilles heel. Even when men were asked whether jealousy could be a motive for crimes, most of them (67%) answered positively [13].

A man is jealous of his beloved not only for the present (mostly fictional), but also for the past. This feeling is quite common among young men and women. Many men would like to be the first to open the world of love to their beloved. How to understand this paradox? The fact is that a man who is jealous always tends to assume the worst. He convinces himself that those others were more attractive to her. When men were asked whether they read their partners' private messages, 92% of men answered yes, the other 8% answered from time to time, but those who do not read were not identified among our respondents [14].

Analyzing court statistics in cases with such a motive as jealousy, it was found that men who committed such crimes, namely, encroaching on the life and health of a woman or her lover, were much more than women. Even the results of our survey showed that 77% of male respondents believe that jealousy can be a motive for a crime, as opposed to only 43% of women.

Conclusions. So, after conducting a small empirical study, we managed to find out that men are more prone to jealousy than women, because they cannot calmly survive the fact that other men are staring at their women, they immediately calculate the possible consequences of random meetings, unexpected calls and just interested views of their rivals. They constantly control their partners: they check their phones, do not allow them to communicate with friends, call their work to find out their location and in any other way limit their communication. It is worth noting that a person's jealousy can be caused not only by the peculiarities of his character. A significant role belongs to the object of jealousy, his behavior, actions by which he can cause this phenomenon. No less important there are the opinions of the surrounding people who try to get into other people's lives with their gossip and envy. In this way, it was found that the most common causes of jealousy can be: an inferiority complex, which is consciously or unconsciously felt by one of the partners due to self-doubt; previous contacts; rumors, talk of envious people; frivolous behavior of one of the couple; constant flirting, long separations.

Therefore, psychologists and national police officers need to conduct psychological work with jealous people, since jealousy not only causes conflict situations, but also turns feelings of love into hatred, causes constant anxiety and can even lead to murder.

Conflict of Interest and other Ethics Statements

The author declares no conflict of interest.

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ABSTRACT

The article provides a theoretical study and a new perspective on the phenomenon of jealousy in love relationships and its impact on the occurrence of conflict situations between a couple regarding the understanding of relationships, jealousy and love. Investigated manifestations of jealousy in a deformed form have been studied.

It is emphasized that experiencing personal jealousy is a strong affective feeling that globally disorganizes human relations, causes stressful situations, and generates both interpersonal and intrapersonal conflicts.

It was determined that destructive manifestations of jealousy are an extremely negative phenomenon, because they are built on different complexes and represent a mental disorder that must be treated.

The relevance of the existing problems and the uncertainty regarding the classification of jealousy and the subsequent correlation of its indicators with certain models of personality behavior in conflict situations became the reason for the appearance of this article.

Keywords: *jealousy, conflict, destructive phenomenon, family relations, mental state.*