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Jealousy: An Investigation of  
Attribution

by

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in  
Department of Psychology  
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Jealousy: An Investigation of  
Attribution  
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Running Head: Jealousy

## Abstract

The purpose of this study was to examine the determinants of jealousy in different situations. Specifically, the research extended a study which identified five major categories of jealousy: romantic jealousy, jealousy of others' social acceptance, jealousy of others' undeserved accomplishments, jealousy of others' traits, and jealousy of others' happiness (Baldwin, 1988).

The investigation utilized a questionnaire narrating one scenario for each of the five jealousy provoking situations. Subjects rated the appropriateness of the jealous response in each situation on a scale from 1 to 7 and generated perceived causes for each jealous response. An analysis of variance of the appropriateness ratings indicated a main effect for category. Subjects perceive jealousy over the traits of another, and jealousy of other people's happiness to be the most inappropriate situations in which to experience jealousy. Situations of undeserved accomplishments and romantic jealousy are perceived to be the most natural situations in which to experience jealousy.

An analysis of the perceived causes revealed that in all situations, the jealousy was perceived as being a function of something internal to the person rather than the result of something external.

### Jealousy: An Investigation of Attribution

One of the more recent issues to emerge from the literature on jealousy is the controversy and confusion over whether or not a distinction can be drawn between jealousy and envy. Semantically, a difference does exist between the two words. Jealousy can be defined as a protective reaction to the belief or suspicion that a desired relationship is in danger of being lost. It is thoughts, feelings and actions which follow threats to self esteem and or threats to the existence or quality of a relationship (White, 1981; Pines & Aronson, 1983; Salovey & Rodin, 1986). Envy, on the other hand, grows out of a desire for something possessed by another, unhappiness that another person possesses something one would like to have for oneself, and a feeling of inferiority because he or she does not have it (Spielman, 1971 in Salovey & Rodin, 1986; Smith, Kim & Parrott, 1988).

Recently Bers and Rodin (1984) have suggested that there is little heuristic value in distinguishing jealousy from envy. This argument has found support because of the similar affective states which the two emotions elicit, and because it is thought that antecedent conditions evoking jealousy and envy should be identified before the distinction can be accurately drawn (Bers & Rodin, 1984; Salovey & Rodin, 1986; Salovey & Rodin,

1984; Smith, Kim & Parrott, 1988). Bers and Rodin (1984) suggest replacing the word envy with the label social-comparison jealousy which they have proposed would differentiate it from social-relations jealousy (or romantic) jealousy.

Baldwin (1988) however, has approached the body of jealousy research in an exciting new manner. Baldwin's results reveal not two, but five categories of jealous evoking situations. They are: romantic jealousy, social acceptance, undeserved accomplishments, trait and happiness of others. Will further research on Baldwin's five categories of jealousy and their determinants provide substantial reason for the reinstatement of a distinction between the terms jealousy and envy?

Fritz Heider (1958) remarked that "man is not content simply to register the observables that surround him; he wants to know the sources of his experiences, whence they come, how they arise, not only because of intellectual curiosity, but because such attribution allows him to understand his world, to predict and control events involving himself and others." Heider conceptualized his remark with attribution research on the "constructive process" whereby an individual perceiver organizes and interprets an event or situation significant to him or her by attributing it either to the environment

or the person involved. Heider believes an individual concentrates on his or her dispositional properties and extends them to outside influences. An understanding of attribution is fundamental to jealousy research because it provides a basis for understanding an individual's response to a jealousy evoking situation.

Jealousy has been described as a Rorschach word, evoking a variety of images and associations, and meaning different things to different people (Clanton & Smith, 1977). This definition outlines the second great controversy in the jealousy literature. There exists a significant disagreement over whether variables of "trait" or "state" should be used as the primary source of attribution. Half of the theorists claim a dispositional perspective and the other half a social psychological perspective.

Those adopting the social psychological perspective believe that jealousy should be examined in light of the situation giving rise to an affective reaction. Social psychologists do not deny that character traits play a role in eliciting a jealous response. Instead they argue that primary consideration be given to the social bases of behavior, and that attribution be made in response to situational or environmental variables (Pines & Aronson, 1983). Hupka (1981) agrees that jealousy refers to a social situation in which an individual has found himself or

herself and suggests that explaining jealousy in terms of disposition leads to a definition comprised of many different emotions. He finds it "redundant and circular" to define jealousy in terms of other emotions because it is difficult to ascertain where one emotion ends and the next begins.

The opposing dispositional argument is one which views an individual's interpretation of a situation, and perception of real or possible loss as being the source of jealous emotion. The dispositional perspective manifests itself in two forms: the personal and the interpersonal.

Investigation of the personal level is research of pure dispositional jealousy because it assumes that all individuals have stable personality traits which differ from those of other individuals and decide how they will respond to a situation provoking jealousy (Bringle, 1981).

The interpersonal level also argues for stable personality traits but suggests that a relationship with another, significant person makes those traits more likely to show themselves. This idea can be traced to a model of self-evaluation by Tesser and Campbell (1982) which establishes that people are motivated to maintain a positive self-evaluation which is effected by their

relationship with others. Tesser and Campbell state that in any situation in which another has performed well, an individual will either reflect, meaning raise one's own self-image through association with the successful other, or compare, meaning lower ones self-image by comparison to the successful other. An individual will compare if the success is in a domain relevant to his or her own self-evaluation and reflect if the success is not in a relevant domain.

By way of explanation, jealousy on an interpersonal level results when an individual perceives that he or she is inadequate to his or her partner, or to a real or imagined rival, and therefore experiences a loss of relationship rewards or a loss of self-esteem (White, 1981; Mathes, Adam & Davies, 1985).

Fortunately both the social-psychological perspective and the dispositional perspective acknowledge the value of the other. Perhaps further investigation will close the gap between the two.

An analysis of the five categories may help to clarify whether there are differences in the way each is perceived. In addition, such an analysis might help to resolve some of the questions left unanswered by the jealousy literature.

The current research had two major objectives.

The first was to further investigate the five categories of jealousy (Baldwin, 1988) and thereby establish cause to replace the distinction between the terms jealousy and envy. The second was to explore the controversial issue of attribution, also in terms of the five new categories.

### Method

#### Subjects

Forty-four introductory psychology students from the University of Richmond participated in the first phase of the study. The involvement fulfilled a research requirement for their class. Six University of Richmond upperclassmen voluntarily acted as coders for the second phase of the study.

#### Materials

An informed consent form and a questionnaire packet were used. The informed consent form briefly explained the experimental procedure and the subjects role. The questionnaires were designed such that each packet contained scenarios depicting only jealous males or only jealous females. Thus, two versions of same questionnaire were used. The questionnaire contained five scenarios, one for each of the five types of jealousy. For each scenario there was an appropriateness rating scale ranging from one to seven and five spaces

in which subjects were instructed to list possible causes of the jealousy. (See Appendix 1)

#### Procedure

The data was collected in two different phases. In the first phase the forty-four subjects signed the informed consent form and were informed that they were participating in an experiment investigating the causes of jealousy. They were given the questionnaire packet, asked to read each scenario carefully, rate the appropriateness of the jealous response in each scenario and generate five causes which they perceive as potentially causing the jealousy.

Perceived causes generated by the subjects were consolidated into a list for each type of jealousy. The lists were then given to the six raters (each list was evaluated by two different raters). The raters were asked to classify each perceived cause of jealousy as being either internal or external and either stable or unstable. (See Appendix 2)

The appropriateness ratings were analyzed using an Analysis of Variance (ANOVA). A frequency approach was used to classify the ratings of causes in terms of percentages rated as internal versus percentages rated as external and percentages rated as stable versus percentages rated as unstable.

## Results

The appropriateness ratings were analyzed using a 2 (sex of subject) X 2 (sex of jealous person in scenario) X 5 (type of jealousy) design, and an analysis of variance with repeated measures on the last factor. The data revealed the following mean ratings for appropriateness: romantic: 4.18, social acceptance: 3.97, undeserved accomplishments: 4.25, trait: 2.80 and others' happiness: 3.43. A post-hoc test indicated significant differences only between jealousy of others' traits with social acceptance, romantic, and undeserved accomplishments ( $p < .01$ ).

The analysis of variance also indicated a significant main effect for category,  $F(4.152) = 10.88, < .001$ .

The determinants of jealousy were expressed in terms of proportion. In all five categories, raters labeled the jealous responses as being primarily internal (romantic: 64%, social acceptance: 69%, undeserved accomplishments: 67%, trait: 67% and others' happiness: 74%). In the categories of undeserved accomplishments and traits, subjects labeled the jealous response as being a function of a stable personality trait (undeserved accomplishments: 55%, trait: 71%). The other three categories were seen as being a function of unstable traits (romantic: 55%, social acceptance: 65% and

others' happiness: 59%).

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Insert Table One about here  
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#### Discussion

Baldwin's (1988) five categories allowed for a concrete construct with which to examine jealousy in depth. The net result of this examination implies that people do perceive differences among the different types of jealousy.

Subjects perceive jealousy over the traits of another person to be the most inappropriate of all of the five categories. Jealousy of others' happiness appeared as the next most inappropriate. The data also implies that subjects perceive jealousy to be natural and appropriate in the other categories, especially undeserved accomplishments and romantic jealousy.

In addition, raters label jealousy in all five categories as being a function of the person rather than the environment. The jealous reaction was seen as a result of a stable and unchanging characteristic within the person for jealousy of others' traits and undeserved accomplishments. Unstable characteristics were thought to be the origin of the jealous reaction for romantic jealousy, social acceptance and others' happiness.

In other words in all situations, the subjects perceived jealousy as a result of something internal to the person. This finding supports the dispositional argument which views an individual's perception of real or potential loss as being the source of jealous emotion.

The most significant finding however, is that while the affective response across different situations may be the same, the perceived appropriateness of the response seems to depend on the situation.

Furthermore, the way in which the subjects differentiated the situations lends interesting information to the controversy between jealousy and envy. Earlier in the paper, jealousy was defined as thoughts, feelings or actions which result from the belief that something valued is in danger of being lost. Envy was defined as a desire for something possessed by another.

A close examination of the appropriateness ratings reveals two distinct groups. The first group includes the jealous responses perceived as being appropriate: undeserved accomplishments and romantic. The second group includes the responses perceived as being inappropriate: trait and others' happiness. It could be argued or implied that the group of "appropriate responses" represent jealousy, while the group of

"inappropriate responses" represent envy. The reasoning for this argument is that the "appropriate responses" represent situations in which something valuable COULD be in danger of being lost. In romantic jealousy, the loss would occur in the form of relationship rewards and in undeserved accomplishments, it would be in the form of a loss of status, or a loss of credit or recognition for something accomplished.

The "inappropriate responses" on the other hand, represent situations in which someone wishes to possess something which he or she does not possess, be it desirable traits or the state of happiness.

From this line of reasoning, two conclusions can be drawn. The first is that a sufficient amount of evidence exists to replace the distinction between jealousy and envy. The second conclusion is that people generally attribute jealousy over a valuable possession in danger of being lost as being appropriate, while they attribute envy based on a desire to possess something someone else has as being inappropriate.

Further research should aim to gain better insight into the nature of the attribution processes involved in the perception of jealousy and envy. It is encouraged as well that some attempt be made to determine the reasons behind subject's perceptions that jealousy is

appropriate in some situations and inappropriate in others.

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## Instructions

The purpose of this study is to provide information about the causes of jealousy in different situations.

Please read through the following examples of jealousy carefully. For each situation list five (5) factors which you believe could have led to or caused the jealousy. Feel free to provide more than five possible causes. Next, provide your perception of the appropriateness of the individual's jealousy in the given situation on a scale from 1 to 7 where: 1=Extremely inappropriate, 2=Very inappropriate, 3=Somewhat inappropriate, 4=Moderately appropriate, 5=Somewhat appropriate, 6=Very appropriate, 7=Extremely appropriate.

Please take time to think about your answers. There are NO right or wrong answers.

### Situation 1

John and Karen have been dating for several months and are very serious. Before this current relationship, Karen had been quite involved with another guy, Mark. One day in conversation with John, Karen repeatedly mentions Mark and tells several stories about the time he had spent with Mark. John is jealous...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are John's jealous feelings?

-----

1            2            3            4            5            6            7

Situation 2

On Monday morning, Scott listens to his friends and members of his "clique" tell stories of things they did over the weekend. Scott had not been included. Scott is jealous...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are Scott's jealous feelings?

\_\_\_\_\_

1                      2                      3                      4                      5                      6                      7

Situation 3

Erik, a senior at U of R is industriously job hunting and thinking carefully about what he will be doing next year. He hears that one of his classmates has gotten a job "through his father's money and Wall Street connections." Erik is jealous about this undeserved accomplishment...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are Erik's jealous feelings?

\_\_\_\_\_

1                      2                      3                      4                      5                      6                      7

Situation 4

David and Tom are friends. David sees Tom as being more self-confident and more outgoing than himself. David is jealous of Tom...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are David's jealous feelings?

-----  
1            2            3            4            5            6            7

Situation 5

Jim has an enormous amount of work to do and his roommate is out partying and having fun for the evening. Jim is jealous...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are Jim's jealous feelings?

-----  
1            2            3            4            5            6            7

### Instructions

The purpose of this study is to provide information about the causes of jealousy in different situations.

Please read through the following examples of jealousy carefully. For each situation list five (5) factors which you believe could have led to or caused the jealousy. Feel free to provide more than five possible causes. Next, provide your perception of the appropriateness of the individual's jealousy in the given situation on a scale from 1 to 7 where: 1=Extremely inappropriate, 2=Very inappropriate, 3=Somewhat inappropriate, 4=Moderately appropriate, 5=Somewhat appropriate, 6=Very appropriate, 7=Extremely appropriate.

Please take time to think about your answers. There are NO right or wrong answers.

#### Situation 1

John and Karen have been dating for several months and are very serious. Before this current relationship, John had been quite involved with another girl, Kathy. One day in conversation with Karen, John repeatedly mentions Kathy and tells several stories about the time he had spent with Kathy. Karen is jealous...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are Karen's jealous feelings?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_

Situation 2

On Monday morning, Holly listens to her friends and members of her "clique" tell stories of things they did over the weekend. Holly had not been included. Holly is jealous...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are Holly's jealous feelings?

1                    2                    3                    4                    5                    6                    7

Situation 3

Ann, a senior at U of R is industriously job hunting and thinking carefully about what she will be doing next year. She hears that one of her classmates has gotten a job "through her father's money and Wall Street connections." Ann is jealous about this undeserved accomplishment...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are Ann's jealous feelings?

1                    2                    3                    4                    5                    6                    7

Situation 4

Susan and Amy are friends. Susan sees Amy as being more self-confident and more outgoing than herself. Susan is jealous of Amy...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are Susan's jealous feelings?

\_\_\_\_\_

1            2            3            4            5            6            7

Situation 5

Lisa has an enormous amount of work to do and her roommate is out partying and having fun for the evening. Lisa is jealous...WHY?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How appropriate are Lisa's jealous feelings?

\_\_\_\_\_

1            2            3            4            5            6            7

CATEGORY 1 Listed below are reasons which have been provided as possible explanations for an individual experiencing jealousy in a romantic situation. Please rate each reason as being either internal (I) or external (E) the individual and as either stable (S) or unstable (U).

1. An individual fears his/her boyfriend/girlfriend might still have feelings for an old flame.
2. An individual fears his/her relationship with his/her girlfriend/boyfriend isn't as close as others that person might have had before.
3. An individual is insecure in their romantic relationship.
4. One partner in a romantic relationship is trying to make the other jealous.
5. One partner in a romantic relationship does not let the other know how important he/she is.
6. A couple has been dating for several months or longer.
7. A couple is very serious.
8. A boyfriend/girlfriend talks about, or is preoccupied with an "old flame" much too often.
9. An individual's boyfriend/girlfriend still thinks about an "old flame".
10. A boyfriend/girlfriend is not thinking of his/her significant other.
11. One partner is not focusing on his/her current relationship.
12. One partner in a relationship feels "left out" of the experiences the other had in an old relationship.
13. An individual feels inferior to a boyfriend/girlfriend's "old flame".
14. An individual feels as if their significant other is comparing them to an "old flame".
15. An individual thinks that their significant other was involved in a better relationship before.
16. One partner in a romantic relationship is afraid his/her significant other wants to date an "old flame" again.
17. An individual doesn't understand (isn't sure) how his/her girlfriend/boyfriend feels about an old flame.

18. One partner is afraid he/she is more serious about the relationship than his/her partner is.
19. One partner in a relationship feels badly because he/she was not a part of the others past.
20. An individual is jealous because someone else once made their significant other happy.
21. An individual feels threatened by his/her significant other's "old flame".
22. One partner in a relationship doubts the relationship he/she has with the other.
23. An individual does not want to lose his/her significant other.
24. One partner in a romantic relationship does not trust the other.
25. The individual had a bad relationship or relationship experience in the past.
26. One partner in a romantic relationship fears the other may be trying to play a game with him/her.
27. One partner in a romantic relationship does not consider the feelings of the other.
28. An individual feels his/her significant other regrets breaking up with an "old flame".
29. An individual feels his/her significant other is pretending he/she is an "old flame"
30. An individual does not know much about his/her significant other.
31. An individual in a romantic relationship dislikes his/her partners "old flame".
32. An individual feels a sense of competition with his/her partners "old flame".
33. An individual feels his/her significant other treated his/her "old flame" better than he/she treats him/her.
34. An individual in a relationship feels he/she is a substitute for an "old flame".

35. One partner in a relationship is "inexperienced" and feels inferior to the other.
36. A couple is having problems with their relationship.
37. An individual feels his/her partners "old flame" was better looking than himself/herself.
38. An individual feels his/her partners "old flame" was more popular than himself/herself.
39. An individual fears his/her significant other's old relationship was "better for him/her".
40. An individual fears he/she may be too possessive of his/her significant other.
41. An individual is naturally jealous.
42. One partner in a relationship doesn't feel as special as he/she used to.

CATEGORY 2 The following reasons have been provided as possible explanations for an individual experiencing jealousy in a situation involving social acceptance. Please rate each reason as being either internal (I) or external (E) to the individual and as being either stable (S) or unstable (U).

1. An individual feels he/she has missed out.
2. An individual feels envious of time others have spent together.
3. An individual feels he/she isn't considered a good friend because he/she isn't included.
4. An individual feels excluded/left out.
5. An individual feels forgotten.
6. An individual feels left out of conversation.
7. An individual didn't enjoy his/her activities compared to others activities.
8. An individual feels his/her feelings are being neglected.
9. An individual wishes he/she could be included or belong.
10. An individual feels "left out" of the bonding or forming of ties taking place amongst others.
11. An individual feels insecure in his/her friendships.
12. An individual wants to feel needed and important.
13. Others flaunt the fact that an individual is not included.
14. An individual doesn't feel he/she is enough like others to be included.
15. An individual doesn't understand why he/she is left out.
16. An individual feels alone or lonely.
17. An individual wants a "clique" of his/her own.
18. An individual feels like an outcast.
19. An individual feels inferior to others.
20. An individual feels deserted/alone.
21. An individual feels others are being inconsiderate.

22. An individual thinks others are talking about her when he/she is absent.
23. An individual wants to be socially accepted/included.
24. An individual is afraid he/she will continue to be left out.
25. An individual feels sorry for himself/herself.
26. An individual feels others are "against" him/her.
27. An individual feels badly about himself/ herself.
28. An individual feels that others are not interested in what he does or says.
29. An individual feels his friends would rather be without him/her.
30. An individual feels inadequate compared to friends.
31. An individual "idolizes" a "clique".
32. An individual feels others create fun.
33. An individual is sensitive.
34. An individual thinks/feels he/she is missing out on the opportunity to meet people.
35. An individual feels alienated by his/her friends.
36. An individual feels expendable in a group of people.
37. An individual is not a fun person to be around.
38. An individual feels out of place with his/her friends.
39. An individual fears being alone.

CATEGORY 3 The following reasons have been provided for possible explanations of Person A being jealous of Person B in situations where Person B has received an undeserved accomplishment. Please rate each reason as either internal (I) or external (E) to Person A and as either stable (S) or unstable (U).

1. An individual will have to work harder, won't have it easy.
2. No one should be given advantages.
3. An individual compares himself/herself to a friend who has advantages.
4. An individual is insecure about his/her accomplishments.
5. An individual sees that someone else won't have to work hard or even try.
6. An individual has been trying at something for a while.
7. An individual values working hard for what he/she wants.
8. An individual sees that the outcome/salary will be better for someone who has had an advantage.
9. An individual doesn't have advantages.
10. An individual feels cheated.
11. An individual fears never being successful.
12. An individual has a low self-esteem.
13. An individual resents a friend who has advantages.
14. An individual thinks a friend with advantages doesn't deserve the accomplishments he has been given.
15. An individual feels he/she deserves the accomplishments.
16. An individual feels more qualified for an accomplishment.
17. An individual wishes his/her life were as easy as that of someone with advantages.
18. An individual wishes he/she had connections.
19. An individual knows he/she could be doing other things with his/her time if he/she had the same advantages.
20. An individual feels inferior/inadequate.
21. An individual is under stress.

CATEGORY 4 The following reasons have been provided as possible explanations for an individual experiencing jealousy of another persons traits. Please rate each reason as either internal (I) or external (E) to the individual and as either stable (S) or unstable (U).

1. Person A is insecure.
2. Person A sees Person B's positive traits as a threat to their relationship.
3. Person A fears that Person B's positive traits will cause Person B not to like him/her.
4. Person A fears that Person B will meet someone they like better than him/her.
5. Person A fears that Person B will not have time for him/her.
6. Person A fears Person B will recognize his/her insecurity.
7. Person A thinks outsiders might notice Person B first.
8. Person A fears that outsiders might not notice him/her at all.

Person A wishes he/she were more like Person B.

10. Person A feels inferior to Person B.
11. Person B treats Person A like a "lost puppy".
12. Person A lacks self-confidence.
13. Person a feels person B is a better person than he/she.
14. Person A isn't happy with himself/herself.
15. Person A wants to change.
16. Person A knows it is better to have the traits of Person B.
17. Person A wishes he/she had the traits of Person B.
18. Person A wishes he/she had the courage to be like Person B.
19. Person A feels dependent on Person B's personality.
20. Person B is receiving benefits from his/her personality that person A would like to receive.
21. Person B can make friends more easily.
22. Person A would like to be more at ease.

22. An individual wonders if hard work will pay off (doubts its value).
23. An individual is annoyed that people get ahead for the wrong reasons.
24. An individual doesn't like people who use others to get their wants.
25. An individual thinks someone with advantages is taking a position in the job market for which someone else is better suited.
26. An individual feels cheated by "the system".
27. An individual feels competition.
28. An individual wishes for material goods to an extreme.
29. An individual might not be as smart or as popular as the person with advantages.
30. An individual wishes his/her parents could or would give him/her advantages.

23. Person A would like to be able to talk to people more easily.
24. Person A feels competition with Person B.
25. Person A sees Person B as an ideal.
26. Person B seems to be happier than Person A.
27. People of the opposite sex pay more attention to Person A.
28. Person A feels he/she is just following Person B.
29. Person A has a low self image.
30. Person A feels Person B has more fun.
31. "The grass is always greener on the other side".
32. Person A doesn't think Person B really possesses the positive traits.
33. Person A feels inadequate.
34. Person A has doubts about the way he/she was raised.
35. Person A thinks Person B is better looking.
36. Person A thinks Person B is smarter.
37. Person A feels overpowered by Person B.
38. Person A is a "geek".

CATEGORY 5 The following reasons have been provided as possible explanations of an individual experiencing jealousy over the happiness (or fun) of others. Please rate each reason as either internal (I) or external (E) to the individual and as either stable (S) or unstable (U).

1. An individual feels left out.
2. An individual doesn't want anyone else to have more fun than they do.
3. An individual resents whatever is keeping him/her from happiness or fun.
4. An individual feels his/her situation is unfair.
5. An individual wishes he/she had budgted his/her time better.
6. Others are happy or having fun - an individual is not.
7. Others don't have the responsibility that is keeping an individual from happiness/fun.
8. An individual feels as if he/she is missing something.
9. An individual is experiencing stress/pressure.
10. An individual dislikes whatever is keeping him/her from happiness/fun.
11. An individual doesn't think others deserve the happiness/fun.
12. An individual thinks others are irresponsible.
13. An individual wishes he/she could be socializing.
14. An individual is tired of whatever it is that is keeping him/her from happiness or fun.
15. It is difficult for an individual to see that he/she will have happiness/fun in the future.
16. An individual is alone.
17. An individual wonders if hard work will pay off.
18. An individual wonders if whatever it is that is keeping him/her from happiness or fun is worth the sacrifice.
19. An individual wants a carefree attitude.
20. An individual likes to have fun but can't.

21. An individual takes much time to do what he/she HAS to and doesn't have as much time to do what he/she would LIKE to do.
22. An individual dislikes the people he/she sees as being happy.
23. Others are boastful in front of an individual about their happiness.
25. An individual sees others as lucky.
26. An individual is afraid he/she will miss out on something important.
27. Others may have disregarded whatever it is keeping an individual from happiness/fun.
28. An individual feels inferior.
29. An individual feels overburdened.
30. An individual would like to be able to forget whatever it is that is keeping him/her from happiness/fun.

Table 1

Attribution of Determinants for Each Category

<u>Situation</u>	<u>Internal/</u>		<u>Stable/</u>	
	<u>External</u>		<u>Unstable</u>	
	<u>I</u>	<u>E</u>	<u>S</u>	<u>U</u>
Romantic	64%	36%	45%	55%
Social Acceptance	69%	31%	35%	65%
Undeserved Accomplishment	67%	33%	55%	45%
Trait	67%	33%	71%	29%
Others' Happiness	74%	26%	41%	59%