

Psychology of Emotion: Theory and Applications
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Module 4, Lecture 9: Social Comparison Emotions-Envy and Jealousy

I welcome you to the fourth module of the course titled Psychology of Emotion Theory and Applications. Module 4 is about self-conscious emotions and we have already discussed one lecture under this module which is lecture 8. Today we will talk about lecture number 9, where we will be talking about primarily social comparison emotion. So, before we talk about today's lecture, let me give you a brief recap of the last lecture that we discussed, where we had discussed in the last lecture, we introduced the concept of self-conscious emotions. In that we have discussed self-conscious emotions are primarily those emotions that arise with the development of the sense of self within an individual. So, somewhere with the progression of age, the sense of self, a separate individual develops and with the development of the sense of self, certain emotions, and complex emotions also develop out of those.

So, these are called self-conscious emotions. Now under self-conscious emotions primarily the development of the concept of self, two basic mental abilities develop. One is about self-evaluation; another is about social comparison. So, with the development of the concept of self, we can evaluate ourselves based on certain internal standards and judge our self and this may lead to certain complex emotional processes.

Similarly, with the development of the concept of self, we can also compare ourselves with others because the sense of self as a separate individual develops. So, now we can compare ourselves with others. So, with the development of the social comparison process certain associated emotions, and complex emotions also develop like envy and jealousy. So, these are all related to social comparison and self-evaluating emotions that we discussed in the last class including three main self-evaluating emotions. These are shame, guilt, and embarrassment.

So, we have discussed the details of all these emotions. Guilt primarily arises when a person believes that he has done something wrong or he or she has violated certain moral standards or ethical standards. Shame on the other hand is mostly associated with when we perceive that our sense of certain inadequacies or certain flaws are exposed in front of others and this leads to the negative evaluation of oneself in terms of lack of worthiness, lack of self-esteem, and so on. So, that is there is a global evaluation of oneself in terms of that lack of inadequacy or unworthiness and all these all these kinds of evaluation are associated with the sense of shame. Embarrassment on the other hand arises primarily based on certain

situational awkwardness where you unintentionally violate certain moral certain social norms associated with a particular situation.

This leads to suddenly becoming the center of attention of other people and behaving submissively and so on. So, embarrassment is more situational, shame is more intense and it is more long-lasting and it has more evaluation of oneself in terms of worthiness and that kind of thing is associated with shame. So, shame is deeper, more long-lasting, and more intense as compared to embarrassment which is more situational, temporary, and milder. So, these are some of the things that we have discussed in the last class. So, today we will be talking mostly about social comparison emotion, and one self-evaluative emotion that we have not covered in the last class is pride.

So, we will be talking about pride as one of the self-evaluative emotions today and we will be talking about two social comparison emotions these are envy and jealousy. So, let us start today's lecture. So, pride as an emotion is again it is a self-evaluative emotion. So, we evaluate ourselves here in this case it is positive self it arises out of positive self-evaluation. So, this emotion of pride arises from a positive evaluation of oneself.

When we evaluate ourselves positively because for whatever reason it may it may involve meeting certain personal standards or achieving certain goals or some internal beliefs that I have done something right or whatever it is. So, based on that positive evaluation pride as an emotion is experienced. When we talk about pride, we need to kind of distinguish between two categories of pride because most of the time when people talk about pride they kind of mix both of them. So, in the literature pride has two distinct aspects. So, these are one is called authentic pride or simply pride and another is called hubristic pride.

So, these are two aspects of pride that should be distinguished to understand the concepts properly. So, pride when we talk about in general or authentic pride in this context is characterized by a sense of accomplishment in a specific task or behavior. So, generally, when you feel good about yourself, there is a positive evaluation that arises from a sense of accomplishment of doing something that you think based on your internal standard you have done something right all these things or a sense of satisfaction arises out of whatever you have done, all this can lead to a sense of pride which is a natural outcome of positive self-evaluation. The concept of hubris is another concept that is associated with pride, here it is mostly associated with certain negative aspects such as outcomes negative outcomes such as aggression, and hostility while pride is linked to certain positive outcomes such as increased motivation self-efficacy productivity, and so on.

So, why this difference is because the concept of hubris is characterized by self-satisfied arrogance towards oneself in general. So, the concept of hubris is also associated with

pride, but here the sense of arrogance is associated with it. So, that is the main aspect that distinguishes hubris from pride. So, in pride one may be just feeling good about whatever they have done with a sense of accomplishment, while the concept of hubris is associated with a certain arrogance and a sense of ego is associated with it which can lead to certain negative outcomes such as aggression and hostility, and so on. So, this is the kind of one that could be more negatively oriented, and one could be a little bit positively oriented to aspects of pride.

Now excessive hubris we all know can lead to various negative outcomes as we have discussed, aggression and hostility from the persons involved in the expression of hubris, and it can lead to various negative outcomes in social situations which may lead to social rejection conflict and so on. Because it is associated with a sense of arrogance and egoism which is negatively evaluated by other people in the society. So, therefore, it is important to distinguish these two aspects when we talk about pride to understand the diverse aspects of it. How pride as an emotion is expressed through the body and face and so on. So, this is also kind of very important for every emotional expression is very important.

As we have seen basic emotions are primarily expressed through facial expressions, but self-conscious emotions are more complex. So, their expressions are also more complex. So, they involve not only just face, but they also involve face, head movement, body gestures, and so on. So, their expressions are also much more complex as compared to the basic emotions. So, the expression of pride is typically accompanied by gestures such as a smile a backward tilt of the head, lifting of the chin and either placing the hands on the hips or raising them above the head to indicate confidence or victory.

So, these are some of the common gestures or expressions that are associated with the emotion of pride. So, it involves people generally smiling because there is happiness in whatever you have done. So, pride is associated with a smile, a backward tilt of the head lifting of the chin, and placing hands either on the hips or somewhere raising the hand above the head. So, it indicates some kind of victory or some kind of sense of achievement and so on. So, I will show it on one of the slides where it is expressed.

So, this is a typical expression of pride where people can express it through the face, through the gestures of the body, and so on. So, whatever description we have it is it can be seen in the picture itself. So, the expression of pride is generally also kind of identified in various cultures very similarly. So, we will talk about that here. So, the gesture is observed spontaneously even in children as young as 3 years of age who can express the emotion of pride. With some of these expressions, it has also been observed that people from diverse cultures and people who are blind from birth could also express similarly when they want to express pride as an emotion.

So, a lot of cross-cultural studies have shown that. Some of the studies indicate that even literate individuals in the US and illiterate African tribe members who had very minimal exposure to the Western culture can also recognize this gesture of pride with accuracy greater than chance. So, it kind of indicates that this gesture could be a universal expression. So, even though most of these self-conscious emotions may be very different in different cultures, but pride seems to be expression of pride seems to be very common and identified by people in different cultures people who are literate illiterate people who are even blind also kind of express very similarly the emotion of pride. So, what is the function of the emotion of pride? Why do people express pride as an emotion? So, for every emotion, the idea is that every emotion has its functions it serves certain purposes which is why it has evolved in us.

So, every emotion has its functions. So, we have been discussing whatever emotions in the earlier lectures also we are discussing the functions of each of these emotions. So, let us see what are the functions of the emotion of pride why people express pride, and what function it does. So, it is possible that pride evolved as a means of conveying success to others. So, one of the things is that when people express pride it also expresses some kind of success.

So, you are conveying that something you have achieved some kind of success you have achieved. So communication of success is one of the reasons why people show pride in ensuring that the individual status within the group is maintained and they have access to the resources managed by the group. It conveys primarily success and status, stating that your status is maintained and your resources are also maintained from the evolutionary perspective. Experts have shown even Chimpanzees in dominant positions perform and display there is simply those of pride in humans some primates like Chimpanzees can also express pride in some very similar form to human beings. So, that kind of supports some kind of evolutionary basis to it.

Experiments in the lab also indicate that manipulating feelings of pride can increase status-related behavior. So, one of the experiments also shows that pride is associated with status-related behavior. So, pride also conveys your status and your successes, even experimental studies also show that. For example, in one of the studies, participants who received positive feedback that induced feelings of pride were perceived by others as having higher status and were considered more likable compared to those who did not experience such feelings. So, this is just the finding of the experiment that was done where the participant who received some positive feedback just to induce a sense of pride some positive feedback that they have done something or some kind of statements which supported and gave them positive feedback and that induced a sense of pride in that those participants and that sense

of pride which was kind of induced artificially in the laboratory situation led other participants believe or perceive that they have higher status and were considered more likable as compared to those who did not experience such feelings.

So, just artificially induced induction of a sense of pride led to the change of perception of people. So, that was kind of evident in that study. So, pride conveys status successes, and that kind of thing. So, this is the kind of function of this emotion. Pride appears to be associated with the acquisition of status as it motivates the development of competence and self-confidence, this is what we have discussed also that it is associated with the acquisition of status.

On the other hand hubris and the negative aspects of pride which are associated with arrogance and egoism might have evolved probably to facilitate status attainment because you express dominance, but through a more socially more socially expensive method. A socially expensive method means that it has cost involved in that other people may reject you other people may not like you. So, that cost is involved in hubris, but still, the purpose of hubris is that the person is kind of expressing the status. Hubris may encourage the attainment of status through the use of dominance here the root is dominance and aggression rather than competence. So, in the general sense of pride, it may be associated with the achievement and sense of competence that you have leading to a sense of status and achievement.

In the case of hubris, it is more of dominance by forcing people or dominating people you are expressing that you are better or you have higher status or you are in a more achieved position. So, through dominance hubris is expressed, and through competence normal pride is expressed. So, the root may be different, but ultimately both are trying to express success and status. So, in essence, pride promotes prestige while hubris promotes dominance. So, these are the two distinct ways of achieving a high-status position.

So, the roots and pathways are different. So, this is something about pride and the function of pride. So, this was a self-evaluative emotion and along with pride we discussed in the last class guilt shame, and embarrassment. So, these are all self-evaluative emotions that arise out of your evaluation. Guilt shame embarrassment typically is associated with negative self-evaluation pride is generally associated with positive self-evaluation.

Now, we will be talking about the other self-category of self-conscious emotion because these are also associated with your sense of self, but here these are called social comparison emotions. Here this kind of emotion arises out of comparison with other people, these are not just based on your evaluation of yourself, but how you compare yourself with others which leads to also certain kinds of emotions. So, in this particular context, we will be

talking about two social comparison emotions: envy and another is jealousy. So, social comparison emotion is another type of self-conscious emotion that refers to the feeling of emotion that arises when individuals compare themselves with others. Now, this comparison can be to various aspects of life such as your appearance, people can compare their appearance with other people whether they look better than other people or not.

It could be based on abilities whether you are more skilled than others it could be based on certain achievements in life how you see your achievement as compared to others, possessions material possessions you have social status, and so on. So, typically we can compare ourselves with various dimensions of dimensions of life, and most people compare themselves with another similar group of people. People generally do not compare with just anybody, our social comparison process is more linked with people who are similar to us or in the same social group or people who are in the peer group because we see them most of the time. So, our comparison process is mostly associated with peer groups or people who are of similar some sense similar to us.

So, that comparison has much more impact. So, this kind of social comparison process can also lead to certain complex emotions. Envy and jealousy are both emotions that arise when we compare. Now, these emotions do not arise out of your self-evaluation, they need to have some comparison with other people otherwise you cannot experience envy or jealousy. So, this emotion arises when we compare ourselves with others and especially arises when we compare with others who have some sense of better outcomes than someone else a good fortune. So, that is why it has also negative connotations to it be it also has some positive aspects we will be looking at that.

So, typically when experiencing this emotion an individual compares their personality, appearance, abilities, and other qualities to those of another person with a particular social context and this comparison plays a crucial role in triggering the emotions. So, whenever we compare ourselves with others it triggers certain emotions depending on how we are comparing & what we are comparing. So, if you compare yourself with others and you find yourself lacking something it will lead to certain negative emotions. So, we will discuss envy and jealousy specifically how it is a result of social comparison. So, these emotions are closely tied to the process of social comparison.

So, it arises out of comparison which is why they are called social comparison emotions. This social comparison emotion can be both positive and negative as I said it depends on how you are comparing it can lead to positive emotions as well as it can lead to negative emotions depending on the outcomes of the comparison and how individuals perceive themselves to others. So, if you see yourself doing better than someone else probably you will feel happier, you will feel more happiness in terms of saying that I am doing better

than another or if you feel or perceive that you are in some way less than someone else or some aspect you lack something as compared to other it may lead to some kind of lack of self-esteem or negative emotions like sadness and so on. So, it can lead to either positive emotion or negative emotion depending on how you are comparing, what you are comparing will depend on a lot of these factors. Now, typically when we do social comparison it could be of two categories one is called upward social comparison, and another is called downward social comparison.

So, when we talk about upward social comparison it occurs when individuals compare themselves to others who are perceived as superior in a certain sense. When you compare yourself with another person whom you perceive as superior to you, who is better than you, then it is called upward. So, your comparison target is upward it is above you, whether that person is above you or superior to you is not the main thing, it is your perception that is most important in comparison. So, if you perceive that person as superior or better than you then it becomes an upward social comparison. So, it is more about perception rather than actuality because we live in our perceptual world.

So, the way we think will determine the outcomes not the actuality of the outcome. So, in reality, that person may not be superior, but if you think that person is superior then your thinking will determine your emotion, not the actuality. So, perception plays a more important role here. So, this upward social comparison can lead to various emotions such as envy, jealousy, and even admiration if you kind of like the person with whom you are making a comparison. So, sometimes some people are better than us, but you like that person. So, then you can admire that person you may not feel jealousy in all contexts, but it depends on your relationship with that person. So, if that person can also lead to positive emotions in some sense even in the case of upward social comparison if probably you like that person also. For example, the feeling of envy of a friend's academic success, one can envy the academic success of a friend or one can admire a colleague's professional achievement depending on how you judge that person. So, within the upward social comparison positive negative emotions can also happen.

The downward social comparison is just opposite to the opposite of the upward social comparison here individuals compare themselves to others whom they perceive as less fortunate or less capable. So, there you kind of perceive that the other person is inferior to you, again here it is the perception that is important. So, here the perception is very important, you perceive that person as inferior actuality may be something else. So, that is not important how you perceive. So, if you perceive another person as inferior it is a downward social comparison. This emotion can lead to something like relief satisfaction, for example, a feeling of relief that one financial situation is better than someone else or your neighbor's, so, you may feel good about it. Even in downward social comparison sometimes negative emotion can also happen if you like someone very strongly like let us

say your siblings or someone or friend who is very close to you if they are doing inferior. So, if they are doing well in certain aspects of their life they are kind of a little bit lower as compared to yourself if you perceive they are kind of not doing as well as you probably you may feel bad because you like them you want them to do better. So, downward social comparison also sometimes leads to negative emotions. Positive emotions are more evident obviously, most of the time positive emotions may happen in downward social comparison because you feel good as compared to someone else and consider yourself doing better. Upward social comparison again mostly leads to negative emotional experiences because you feel you are inferior to someone else, but it can lead to positive emotions also depending on your relationship with the target person.

So, let us talk about envy as an emotion again this is a social comparison emotion because it arises when we compare ourselves with others. So, how it arises let us see about this emotion. So, envy is a very complex emotion because all self-conscious emotions are complex. After all, it requires a lot of kind of processing then it is a result of complex cognitive processing. So, it arises when a person desires something possessed by someone else. So, whenever a person desires to get something, the other person has. So, it could be possessions, it could even achievements of other people, qualities of other people, or success of other people, and the person feels discontent or resentment towards the other person. So, then the envy is the result. So, there is a sense of resentment towards the other individual that you feel you lack something that the other person has. It could be some material, it could be some successes, it could be some status, whatever it is. You see this person has something that you do not have and you feel a sense of lack sense of resentment. So, that emotion is called envy. Whenever you compare yourself with another person and feel you lack something that the other person has. So, it is always in the context of possession of something that the other person has that you do not have. So, that is called envy an emotion that arises mostly in that context. So, it is often characterized by a feeling of inadequacy, you feel inadequate because you lack something because you think the other person has something that you want to have, but you do not have, or a sense of being deprived or lacking in comparison to the person who possesses it.

So, it is always in comparison to another person this emotion always arises when you compare yourself with someone else and mostly in the context of someone else possessing something that you do not have. So, envy can be both a negative and powerful emotion. On the one hand, it can motivate individuals to improve themselves, sometimes it can be a positive motivator also that when you see you lack something and try to improve upon that. So, it can motivate you sometimes in positive directions, it can lead to negative aspects also or strive for the goals as the aspect to achieve what others have. Now, envy can have mostly negative consequences it can be associated with negative consequences such as feelings of bitterness, hostility, and strained relationships with the person who is envied.

Mostly this is what we see in the context of envy, but some count sometimes in the undercurrent of envy as an emotion that can motivate you to do better in life so that you also have things that other people have. So, probably in that sense, it has some positive aspects to it, but mostly it can lead to emotionally lot of negative emotions such as bitterness and, hostility and it always leads to some negative aspects in the relationship with that person because you may feel you lack something as compared to that person. So, that bitterness can come into the relationship. Chronic envy means that sometimes you see somebody or something and some kind of temporary envy is fine it is it can happen, but chronic envy in a sense all the time you are comparing yourself with others and it goes on for a long time. So, this kind of envy could be very detrimental to one's mental well-being and can hinder personal growth and contentment.

So, the person who is envious of others cannot be contented in the sense that satisfaction will not happen, you will always feel you lack something you should only get something acquired something has come. So, if the other person has then only you will feel happy. So, that sense of discontent will always be there. So, it can impact your mental health very negatively if it is a chronic kind of obsessive kind of envy that can all obviously lead to various negative emotions as well as in terms of overall mental health and well-being. Research suggests that we are more likely to envy those people who are similar to us.

So, envy is again our comparison process as I said, most people who are similar to us in some way, one cannot compare for example, just a middle-class person will not compare him or her with somebody who is super rich who is a billionaire does not make sense because this person is at another level. So, generally we people do not compare ourselves with somebody very different, who is kind of way ahead of themselves, because it does not make sense the person is somehow not on the radar. So, most of the time people compare themselves with others who are very similar to them, their neighbors, their peer group with whom they interact, and so on colleagues, and those kinds of things that kind of comparison mostly happen. For example, this study was done on bank employees, Schaubroeck and Lam's study where found that employees who perceive themselves as similar to their promoted colleagues experience more envy.

So, some employees get promoted, and some do not, this happens in most job situations. The employees who kind of perceive they are very similar to the person who got promoted the envy experience was much higher in that context when they perceive they are very similar to us, and so I should have also because the similarity aspect is there. So, envy was experienced more. So, this shows we compare more with people who are very similar to us simply because you have you can compare. After all, it is because of the similarity you cannot just compare apples and oranges. If two people are very different and different in the ladder of success and other things then there is no meaning in comparing.

So, comparison mostly happens in people who are similar to us. Similar to pride, envy can be also categorized into two types pride is as we have seen authentic pride and hubris one is negative, and, one is positive. Here also we can kind of compare or kind of categorize envy into two types one is benign envy. So, normal envy is where you are not becoming too bitter leading to all the negative consequences and one is malicious envy which can be very negative. People can have different ranges of envy experiences, some can be very benign mild some can be very malicious.

So, in that sense, it can range in certain aspects. So, benign envy and malicious envy. So, here are some of the differences that I have kind of try to put in the tabular form. Benign envy as the name suggests is a milder, person is not engulfed by the emotion rather it is a milder form. Maliciousness is more harmful, being very intensely envious of somebody will kind of engulf that person and take away a lot of energy from that person. So, very harmful.

Benign envy mostly involves feelings of desire to have what someone else has. So, their envy is about desiring what other people have, but without all too much ill intention and harmful action towards it. There will be some intention, but it will not be very ill intention or the person will not harm another individual. Mentally some kind of experience one will have, but it will not translate into actions and doing all these negative things. Malicious envy, on the other hand, is desiring what someone else has, but also experiencing negative emotions such as a lot of resentment, anger, and hostility, sometimes people take revenge towards the person that extent person can go taking revenge and become aggressive and all these kinds of things can happen. We all might have experienced such kinds of things. So, it could be very other extreme of envy. So, benign envy sometimes can lead to a positive kind of it kind of propel or motivate people positively and it can drive people for self-improvement. So, you can see that the other person has achieved something. So, it can motivate, me that I also want to go get there.

So, in that sense, it can motivate people in a positive direction. Malicious envy always is harmful and the person rather than trying to improve themselves will try to undermine the other person and try to degrade them with their gossip their actions and so on. So, the person undermines the other person's success or happiness. So, they will try to find negativities with that person, and gossip around negative about that person. So, that they feel good about themselves. So, in some way, they will try to undermine the other person's successes or whatever achievement they have.

So, it always leads to negative emotions and outcomes. So, benign envy may not harm others' relationships it may not be expressed very strongly. Malicious envy will always harm the relationship with another person with a lot of destructive behavior such as

gossiping, spreading rumors, engaging in sabotaging other people's successes, and so on. So, what causes the feelings of hostility in envy situations, why in one case the envy become malicious, and in another case, it is just a benign kind of envy? So, what factors determine that?

So, some of the research shows that the belief that the envied person has had an unfair advantage in life leads to the feeling of hostility. Whenever most people feel that another person has some unfair advantage and they got ahead of them because of some unfair advantages, that can lead to hostility and a lot of these negative aspects of envy. If two individuals were alike and had very different outcomes very similar, but in terms of success one has achieved high and one could not let us say in terms of outcomes. The less successful individual may view the more successful individuals as having an unfair advantage. He may feel envious simply by looking that this person has got some advantage some unfair advantages which helped him to go into success and he or she could not. So, that belief that kind of perception that kind of thought process can lead to malicious envy.

So, it is important to note what perceive here. So, all the time in psychology we perceive thought processes are more important than actuality. That person might have done a lot of hard work and achieved something, but another person may perceive that he has some unfair advantages. Somebody has helped him or supported him unfairly. So, it may lead to all these kinds of malicious envy and so on.

Whether or not the envied person deserves thus their success is irrelevant. So, actually what is happening is irrelevant, it is their perception that is more important. If it is perceived as an unfair advantage the less successful individual may experience hostility and animosity. So, it is all in the mind not the actual situation. So, we have been talking about different emotions, and all the time we are talking about functions of different emotions.

So, let us see what are the functions of envy. So, envy according to evolutionary psychologists serves the purpose of recognizing that one has fallen behind. So, this is an emotion that kind of leads them to realize or it kind of stimulates that realization within the person that they have fallen behind as compared to their counterparts or competitors in the world with limited resources and taking action in response. So, it is an emotion that is kind of stimulating the feeling that you lack something and work towards it. So, that function has an evolutionary sense. The differentiation between benign and malicious envy may lead one to believe that one is more beneficial than the other, research indicates this is true.

Benign envy may be good in some sense because it propels people in the right direction. Malicious envy can kind of lead to a lot of negative outcomes. So, the major function that envy does is that it gives you a kind of realization that you lack something as compared to your competitor or peer group and you try to go ahead and with that realization. So,

evolution does this kind of function. So, Van De Ven and colleagues conducted a study with Dutch participants where they were asked about their experiences of envy.

So, this was a study that was conducted on envy as an emotion to understand. So, their results indicated that the participant who experienced benign envy towards someone is mild envy not of a malicious nature. The participants who experienced this kind of envy tend to like and admire them more. So, generally, this did not lead to a lot of negative emotions. So, in many cases, they even admired the parts of another person. Although they reported feelings of frustration by comparing themselves with others, they experienced some frustration because they lacked something.

They were also motivated to improve themselves and become more like the envious person. So, that motivation was associated with benign envy and that motivated them to become more like that person and achieve what that person has. In contrast, those who experience malicious envy also reported frustrations, but they also felt that an injustice had occurred and desired to degrade or harm the envied person. So, in the case of malicious envies, the participant reported the frustrations. Frustration is also there in this case, but here the emotions are very different, the kind of mental interpretation is very different. Here the people also feel that some injustice has occurred that person has achieved something that they could have also, but some injustice has happened and they desire to degrade the other person. So, that is the most problematic part of malicious envies that you try to degrade the other person rather than improving yourself. So, you put all your energy into degrading the other person and feel good about yourself. In another case, you see the other person somewhere above you and you try to go there or achieve that.

So, that is the basic difference. So, malicious envy always leads to negative outcomes. So, this study suggests that benign envy also leads to self-improvement and the acquisition of new skills while malicious envy may not. So, benign envy caused by upward social comparison can motivate and enhance performance as the study indicated that other success can be inspiring and a cause for greater effort towards improvement. So, every emotion can be directed positively or negatively it all depends on how you perceive things.

So, let us talk about now jealousy as an emotion. So, this is another social comparison emotion that arises when you compare yourself with others. It does not arise just based on your evaluation always another person has to be there. Again, jealousy is a complex emotion, a very powerful emotion that people experience. It is experienced when they perceive a threat to a valued relationship or a sense of rivalry with others. Whenever people feel some kind of threat in relationships. So, if you have a relationship with someone and you feel another person is a threat to this relationship, jealousy can come out or jealousy can be instigated by such kind of threat perception or mostly in the case of whenever there is a sense of rivalry with other people some kind of rivalry with some another person.

So, mostly in those contexts jealousy as an emotion arises. It involves mixed feelings, it may include fear, anger, insecurity, and anxiety all these kinds of complex emotions can be experienced when we experience jealousy as an emotion. So, jealousy itself is an emotion, but this can also be associated with many other emotions like anger, insecurity, anxiety, and so on. So, jealousy can arise in various contexts such as romantic relationships friendships family dynamics between siblings, or competitive situations like in work life co-workers' colleagues, and so on. So, it can happen in so many contexts. Children as young as toddlers can be observed to experience jealousy sometimes, even very young children can also experience jealousy. When they perceive a loss of parental attention towards someone else and attention to and they attempt to interrupt the ongoing attention that they find undesirable.

Even children sometimes can experience some kind of jealousy for example, mostly in the context of parental attention. So, they want the attention of the parent, maybe the mother's attention and they try to disrupt the mother's attention towards something else. If they think the mother or the parent is not paying attention to them because they are paying attention to something else children may try to disrupt that attention by doing something, by crying or throwing a tantrum or something the basic idea is the child is trying to attract attention usually in case if the parent's attention goes towards someone else particularly.

So, this could be a kind of in a very simple form of jealousy that even children can experience. So, some of the key features of jealousy as an emotion say that jealousy is always associated with some kind of threat that you feel some relationship is a threat because of someone else another person. So, typically emerges when individuals perceive a threat to something they value mostly in the relationship context such as romantic partners' affection you think, there is a threat or someone else is kind of a threat. So, jealousy can arise then it is also associated with fear of loss because threat is always associated with loss these are kind of connected. So, the core of jealousy is the fear of losing the desired person or possession of a rival competitor. So, you fear that you will lose your relationship or the person whatever relationship you have with someone else.

So, that fear of loss is always there, fear can trigger very strong emotional reactions and distress. So, the perceived threat is there, fear of loss is there in jealousy sense of possessiveness will also mostly happen in the relationship context where the person often feels possessive and fears and desires to protect whatever one considers as their own. So, it can lead to a sense of ownership of over person or thing leading to controlling behavior. Insecurity and jealousy can also be driven by underlying feelings of inadequacy or low self-esteem, individual may feel unworthy of the affection or attention they desire, and maybe it can be also triggered by jealousy situation. So, this leads to jealousy when they

perceive someone else as a threat. So, most of these ideas are connected. So, how do you distinguish between these two emotions now many times people kind of synonymously use them, they may say I am jealous of something and it may be an envy situation.

So, in there today's language people generally mix both of them, but in terms of technical aspects, and how they are different from each other? So, envy and jealousy distinct emotions they are very they are different emotions, not the same emotion although they often used interchangeably in the everyday language mostly everyday language may we mix envy and jealousy. So, to understand that, let us understand a scenario. So, let us say somebody has curly hair and feels that it is not as desirable or beautiful as they would like to say they feel, and they feel that their friend has beautiful silky hair that seems to be perfect. So, it is kind of in the context of hair some comparison is happening and you wish you had hair like your friends, but it is not possible because your hair is different from your friends.

So, because of this comparison what kind of emotion you would feel is it envy or it is it jealousy from your friends, or something like that which emotion is in this context arising? So, if you have understood that this is the discussion of envy as an emotion. So, envy mostly happens in the context of some possession of material that somebody has something that you do not have then in those contexts envy happens. So, in this case, if you see, it is with the possession of someone else that is hair in this context.

So, this situation is the situation of envy in this particular example, it is not a jealousy situation. So, what are the differences let us see more detailed differences. So, envy is more about the desire for what someone else possesses. So, it is about processing something. So, you desire something that others have. In jealousy it is mostly fear of losing a valued relationship to arrival, it mostly happens in the context of the relationship of arrival to arrival. So, there is a relationship between two people and there is a third person who is a threat, jealousy arises in that context, not mostly in the possession of something or another thing. So, this is the basic difference.

So, in the earlier example, it was a possession of something like hair in this context. So, envy is the case, not jealousy. So, the focus of envy is possession, achievement, and advantage. The focus of jealousy is relationships or emotional bonds. Focus in the case of envy there is no perceived threat to the relationship as such because the relationship is not directly involved here, it is more about possessing something that the other has. In the case of jealousy, a perceived threat to the relationship is the main aspect. Emotion towards the person in case of envy, no inherent animosity towards the person as such directly, but it is more focused on what the other person possesses, leading to some kind of negative emotions and so on, but that is not necessarily all the time it will be associated with.

In the case of jealousy, it will be mixed emotions including anger resentment, and so on. So, and so example of envy is that you can be envious of a friend's new car, or in case of jealousy example will be the jealousy of a partner's close friendship. So, if your partner has a close friendship with someone else you may feel jealous of it. So, mostly in the relationship context, it expresses. In case of envy, you could be envious of someone's car, someone's watches, someone's hair, or whatever. It is mostly in the case of some possession of something, but jealousy is more of a relationship-oriented aspect. So, that is the difference between these two emotions.

So, envy is experienced in situations involving two people mostly in the case of two people. So, you and there is another person who possesses something and you want to have that or you desire to have that. So, a relationship always is between two individuals. So, it is between two individuals who desire a specific attribute that another person has. On the other hand, jealousy is a more complex emotional dynamic that involves a triangle of relationships. So, there are three individuals at least involved in it. It arises when we perceive a threat to a special relationship, we believe we have. So, you have a relationship with a person another person. So, there are two individuals here there is a relationship between person these two individuals and there is a third person who is a threat which we fear would be taken away by a third individual. So, it involves three people in a situation most of the time. relationship between two individuals, and a third person as a threat. So, that could be mostly in the jealousy situation, that is how it is different. An envy situation is mostly between two individuals and possession of something.

So, Smith Kim, and Parrott in 1988 experimented with participants who described times when they were jealous. So, they try to distinguish in terms of people's understanding of how they see envy and jealousy, what the differences in the qualities, and the kind of coded how the people describe jealousy when they describe envy how they are different. So, that was the purpose of the study and their finding shows that individuals used envy specifically to refer to situations. So, mostly when people discussed envy, they talked about situations where they felt someone had something that they desired as per the definition that we have discussed, but they did not have.

So, desire for something that other people have, such as a personal quality possession or an achievement. So, that quality could be anything it could be some material possessions, it could be some achievement possessions, and so on. In recalling situations of jealousy, they describe classic scenarios where they believed a significant relationship was threatened by a rival. So, their study shows even layman normal people could distinguish between these two, and the situation that led to these two emotions was different in their understanding. So, in the same study, they also analyzed the rating of the feelings that characterize the two states indicating that jealousy and envy are quite distinct when many

fine-grained emotions are considered. They also try to understand when you experience envy as an emotion or jealousy as an emotion and what the emotional experiences you go through and they try to distinguish between these two emotions and they kind of find they are different.

So, here it is kind of findings taken from that study itself Smith et al., 1988 showed that participants associated some different feelings for each of these emotions. For jealousy, people reported when they experience jealousy, they also experience suspicion, rejection, hostility, anger, fear of loss, hurt, cheating, desire to get even resentment, spite, malice, intensity, and so on. So, these are the different emotions they reported in the context of jealousy. In the context of envy, they reported motivation to improve, wishful, and longing, sometimes they felt inferior also, they felt self-awareness, more self-critical, they become more self-critical they also experienced dissatisfaction, frustration, and so on.

So, in terms of fine-grained emotional experiences also, the participant could distinguish between these two emotions. So, they are not saying they are different in various dimensions of them. So, generally lay people acknowledge a difference between the two states with envy being characterized by a sense of longing and inferiority and a motivation to improve whereas, jealousy involves more rejection, suspicion, and anger. So, these are the differences that we have already discussed. Hence, even though individuals tend to use jealousy more generally jealousy word is mostly used more generally, and most people use it inaccurately than envy people reported that states could be distinguished, and even a layperson can understand the difference, jealousy as a term is used more, and in many contexts where it is envy, people use jealousy as an emotion.

So, they mix most of the time. One of the reasons why they mix it more or why people use jealousy more could be that jealousy is used in situations that until envy in many cases because people dislike the moral connotation associated with envy. Envy has a lot of moral connotations, morally seen as very negative. So, people do not like to say that I am envious. Jealousy people generally accept one can be jealous of something, but envy as an emotion has a much stronger moral connotation.

So, people do not want to kind of accept or say that they are envious because of this moral connotation. Therefore, in many countries and cultures, there may be a strong reluctance to use the word envy to describe feeling because it has historically been considered a sin or morally inappropriate emotion. So, this could lead people more to use jealousy as compared to envy, but they are very different. What are the consequences of jealousy as an emotion, what happens in some of the things we have already discussed?

Young and Lee 2018 summarize some possible consequences of jealousy. So, as we have already seen it is associated with many distinct negative feelings, some of these things we

have already discussed. Jealousy can lead to various negative emotions associated emotions. It can lead to outrage and betrayal mostly because it is in the context of a relationship. When you lose a loved one to someone else when in a relationship that is expected to be exclusive. So, when you feel that someone else has entered into a relationship it can lead to a sense of outrage, a sense of betrayal, these emotions that can happen. People may also experience paranoia and fear when they feel a threat of potential loss, they feel this there is a potential to lose something that can happen in the future which can lead to a sense of fear sense of paranoia. When people feel actual loss has already happened then people may feel sadness depression, embarrassment, humiliation, and so on. When people feel the actual loss of a beloved to a rival this can lead to this kind of emotions. Jealousy can also lead to a range of destructive behaviors, when people experience jealousy it can lead to various destructive emotions particularly very strong jealousy when people feel. It can lead to self-harm through substance abuse as a means of destruction or seeking alternate resources of pleasure. People may get into self-harm a lot like self-abusive behavior, substance abuse, and so on. People can also cause inconvenience or harm others through acts of suspicion, acquisition, stalking, and violence especially whoever is perceived as a threat people can harm them through some acts of suspicion, accusing them, stalking them, or some violent behavior.

It can also lead to spousal battering and violence between husband and wife. A lot of these cases happen because of jealousy battering and intimate partner violence ranging from minor slaps to brutal beating and even murder. So, a lot of such cases could happen in an intimate relationship, whenever jealousy occurs because of a third person it can lead to spousal battering intimate violence in terms of slapping or physically abusing people even murder, also lot of murder cases. So, to that extent, it can go. So, a lot of destructive behavior can happen or emerge as a result of jealousy as an emotion. Number 3 jealousy reaction can lead to sometimes some cases some positive outcomes such that it serves as a reminder to stop taking one's partner for granted.

So, it can lead to some positive aspects also in a sense when you feel a threat in a relationship you may not no longer take that relationship for granted. So, you can give more importance to that relationship. So, some positive aspects could be associated with it also, but mostly it is negative. While few studies only propose that it could lead to some positive results, the overwhelming majority of research indicates that jealousy has negative effects on psychological well-being and relationships mostly it leads to negative aspects.

Now, evolutionary what is the basis or function of jealousy why people are jealous in the evolutionary sense what function it? So, the evolutionary basis of jealousy emotion is rooted in the need for mate retention and reproductive success. So, why very deeply people are ingrained in jealousy as an emotion? So, the root is on mate retention you want to retain

your partner for reproductive success. So, it kind of serves as a protective function in terms of relationships. From the evolutionary perspective, jealousy emerges as a mechanism to address the challenges associated with ensuring a partner's faithfulness and protecting one investment in the relationship.

So, it is a kind of emotion that motivates you to protect your relationship, to become more faithful, and so on. Research supports this notion through a lot of various findings. Some of these findings are like this mate retention strategy. So, evolutionary function-wise. So, various evolutionary psychologists like Buss also found that jealousy serves as a mate retention strategy to deter partners from engaging in infidelity.

So, this kind of makes people more vigilant towards protecting the relationship. It also serves as a function for paternal certainty. Evolutionary psychologist proposes that man may experience sexual jealousy due to connection concerns about paternity certainty. So, generally, there is a difference between males and females in terms of the underlying cause for jealousy as an emotion. For males, it could be more of a sexual jealousy in terms of romantic relationships. Men tend to be more jealous of sexual infidelity as directly affects their reproductive success.

So, this is a more male-related concern from the evolutionary perspective. From the female part, it is more of an emotional security perspective. A woman may experience more emotional jealousy as emotional infidelity poses a threat to emotional security and long-term relationship stability. That is more concerning for females. Research by Harris 2004 supports the notion that women are more sensitive to emotional betrayal and males are more towards sexual infidelity and so on.

So, there could be gender differences in that sense, but the ultimate purpose is to protect the relationship. It is an emotion that serves the function of protecting important relationships, particularly in the context of reproductive success and so on. So, it is essential to recognize that while jealousy may have adaptive functions in our evolutionary past, the problem with human beings is that it does some purpose, but human beings always go beyond the evolutionary functions. We add too much to make it more excessive, more exaggerated that is the problem with human beings. Evolutionary it has its functions, but its things can become much more complex in the human world especially because of their thought processes and their complexities in the social world.

So, that can create problems. Excessive or irrational jealousy can have detrimental effects. So, this excessive and irrational thing can happen only in the human world because of our thought processes. So, it can be detrimental to psychological and social well-being and relationship aspects as indicated by a lot of research. This can be detrimental and it really

hampers the relationship and so on. Therefore, understanding and managing jealousy healthily and constructively is essential to the modern social context.

This is true for all the emotions. Understanding them is what in this course we are trying to understand. Some of these important emotions we are trying to understand are the diverse aspects of it. So, understanding is the first step to managing it. So, the management of emotion and other things will be talking about more practical aspects later on, but understanding is the first step. So, that is what we are doing in explaining a lot of these individual emotions. So, we understand much better way, what the functions of these emotions are and we can constructively, and more healthily way we can manage them to enhance the quality of our lives.

So, that is what the main purpose of it is. So, with this, I stop here today's lecture. So, this is all about self-conscious emotion. In the next module, we will be talking about some other aspects. Thank you.