



**HACETTEPE ÜNİVERSİTESİ**  
**EĞİTİM BİLİMLERİ ENSTİTÜSÜ**

Graduate School of Educational Sciences

Guidance and Psychological Counseling

ROMANTIC JEALOUSY AMONG ADULTS: A CROSS-CULTURAL STUDY

Linda AGUSHI

Master's Thesis

Ankara, 2024

With leadership, research, innovation, high quality education and change,

*To the leading edge... Toward being the best...*



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YETİŞKİNLERDE ROMANTİK KISKANÇLIK: KÜLTÜRLERARASI BİR ÇALIŞMA

Linda AGUSHI

Master's Thesis

Ankara, 2024

### Acceptance and Approval

To the Graduate School of Educational Sciences,

This thesis, prepared by **LINDA AGUSHI** and entitled “Romantic Jealousy Among Adults: A Cross-Cultural Study” has been approved as a thesis for the Degree of **Master** in the **Program of Psychological Counseling and Guidance** in the **Department of Educational Sciences Institution** by the members of the Examining Committee.

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Decision of the Board of Directors of the Graduate School, issued on  
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This is to certify that this thesis has been approved by the aforementioned examining committee members on 26/09/2024 in accordance with the relevant articles of the Rules and Regulations of Hacettepe University Graduate School of Educational Sciences, and was accepted as a **Master’s Thesis** in the **Program of Psychological Counseling and Guidance** by the Board of Directors of the Graduate School of Educational Sciences from ..../...../.....

Prof. Dr. İsmail Hakkı MİRİCİ  
Director of Graduate School of Educational Sciences

### Abstract

The aim of this study is twofold: Firstly, it aimed to adapt the Multidimensional Jealousy Scale in Kosovar Albanian cultural context. A Confirmatory Factor Analysis (CFA) on data from 308 Kosovar Albanian adults was conducted for measuring the construct validity of the scale. Rosenberg Self-Esteem Scale was used for testing the criterion validity of the scale. Cronbach's alpha ( $\alpha$ ) and McDonald's omega ( $\omega$ ) were computed for each subscale for measuring the reliability. Secondly, it aimed to compare 309 Kosovar Albanian and 328 Turkish adults' levels and dimensions of romantic jealousy. The Multidimensional Jealousy Scale and Personal Information Form both in Turkish and Albanian were used as data collection instruments. Finally, independent sample t-tests were performed to investigate the differences between two cultures in jealousy subscales' scores based on demographic variables, including gender, age, and residential area. A one-way ANOVA was used when comparing the Turkish participants' scores by age. After all, the Multidimensional Jealousy Scale (MJS) resulted in three dimensions as in the original scale and yielded a satisfactory level of reliability and validity in Kosovar Albanian context. Cross-cultural differences, with Kosovar Albanians scoring higher in each subscale of jealousy, were found. Moreover, Kosovar Albanian females reported higher emotional jealousy compared to males. While younger (18-25) Kosovar Albanians reported lower cognitive jealousy compared to the older ones (26-35), younger (18-25) Turkish participants reported higher behavioral jealousy compared to the older ones (26-35). Discussion, limitations, and recommendations were discussed.

**Keywords:** romantic relationship, jealousy, Turkish adults, Kosovar Albanian adults, scale adaptation, self-esteem

## Öz

Bu çalışmanın iki amacı bulunmaktadır. Bir tanesi Kosovalı Arnavut yetişkinlerle kullanmak üzere Çok Boyutlu Kıskançlık Ölçeği'ni uyarlamak ve ölçeğin geçerlik güvenirlik çalışmasını yapmaktır. Ölçeğin yapı geçerliliğini ölçmek için 308 Kosovalı Arnavut yetişkinden alınan veri ile Doğrulayıcı Faktör Analizi (CFA) yapılmıştır. Ölçeğin ölçüt geçerliliğini ölçmek için Rosenberg Öz Saygı Ölçeği kullanılmıştır. Güvenirliği ölçmek için her alt ölçek için Cronbach alfa ( $\alpha$ ) ve McDonald omega ( $\omega$ ) hesaplanmıştır. İkinci olarak, 309 Kosovalı Arnavut ve 328 Türk yetişkinlerin romantik kıskançlık düzeylerinin ve boyutlarının karşılaştırmak amaçlanmıştır. Bu çalışma kapsamında veri toplama araçları olarak iki dilde Arnavutça ve Türkçe Kişisel Bilgi Formu ve Çok Boyutlu Kıskançlık Ölçeği kullanılmıştır. Son olarak, iki kültür arasındaki kıskançlık alt ölçeklerinin puanlarındaki farklılıkları incelemek için cinsiyet, yaş ve yerleşim yeri gibi demografik değişkenlere dayalı bağımsız örneklem t-testleri kullanılmıştır. Türk katılımcıların puanlarını yaşa göre değerlendirilirken tek yönlü ANOVA kullanılmıştır. Sonuç olarak, Çok Boyutlu Kıskançlık Ölçeği'nin orijinal ölçekte olduğu gibi üç boyutlu bir faktor yapısında olduğu ve Arnavut bağlamında romantik kıskançlık düzeylerini ve boyutlarını ölçmek için yeterli düzeyde geçerlik ve güvenirlik katsayılarına sahip olduğu belirlenmiştir. Kosovalı Arnavutların kıskançlığın her alt ölçeğinde daha yüksek puan aldığı kültürler arası farklılıklar bulunmuştur. Dahası, Kosovalı Arnavut kadınlar erkeklere göre daha yüksek duygusal kıskançlık bildirmişlerdir. Genç (18-25) Kosovalı Arnavutlar yaşlılara (26-35) göre daha düşük bilişsel kıskançlık bildirirken, genç (18-25) Türk katılımcılar yaşlılara (26-35) göre daha yüksek davranışsal kıskançlık bildirmişlerdir. Bulgular, sınırlılıklar ve öneriler tartışılmıştır.

**Anahtar sözcükler:** romantik ilişkiler, kıskançlık, Türk yetişkinler, Kosovalı Arnavut yetişkinler, ölçek uyarlanması, benlik saygısı

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## Symbols and Abbreviations

**MJS** : Multidimensional Jealousy Scale

**RSES** : Rosenberg Self-Esteem Scale

**CFA** : Confirmatory Factor Analysis

**KWN** : Kosovo Women Network

**ITC** : International Test Commission

## Chapter 1

### Introduction

In this section, statement of the problem, aim and significance of the study are described. Then, research questions and sub-research questions, assumptions, limitations, and definitions are presented.

#### Statement of the Problem

The basis of understanding romantic jealousy lies in the early stages of human development. Individuals' relationships are largely built based on the quality of early childhood connections. From infancy, children learn to trust, seek comfort, and form emotional connections with caregivers (Bowlby, 1969). These early experiences lay the groundwork for how people navigate intimacy and closeness in adulthood (Bowlby, 1969). Secure attachments, characterized by trust and comfort, foster healthy emotional connections (Bowlby, 1969). Conversely, insecure attachments, marked by anxiety or avoidance, can lead to difficulties in forming and maintaining relationships (Bartholomew & Horowitz, 1991). Attachment styles developed in this period can shape how a person perceives and reacts in romantic relationships, with insecure attachments often being correlated with increased jealousy (Miller et al., 2014).

In addition to attachment theory, there are various theories in the history of psychology and mental health disciplines that emphasize the importance of social relationships throughout the lifespan. Alfred Adler, one of the leading figures in individual psychology, believed that social interest was the central aspect of healthy development. According to Adler (1927), individuals strive for superiority and seek to overcome feelings of inferiority, but that this striving should be directed towards the betterment of society. Social interest involves a sense of belonging, cooperation, and empathy towards others. In other words, Adler (1927) argued that individuals with strong social interest are more likely to develop healthy relationships and avoid destructive behaviors. Furthermore, Harry Stack

Sullivan, a pioneer in interpersonal psychiatry, was focused on personality and mental health. Since individuals' experiences in early childhood relationships form the basis for their later interpersonal relationships, Sullivan (1953) emphasized the importance of developing positive interpersonal relationships to promote mental health and well-being. On the other hand, Erik Erikson's psychosocial theory of development posits that individuals face specific psychosocial crises at each stage of life. These crises involve the resolution of conflicts between opposing tendencies (Bishop, 2013). Social relationships play an important role in canalizing these crises. For example, during the intimacy versus isolation stage of young adulthood, individuals seek to form close, intimate relationships with others (Bishop, 2013). When successfully resolving this crisis, individuals develop intimacy and connection, otherwise it leads to feelings of loneliness and isolation from the surrounding social circle.

As stated above, social relationships remain crucial throughout life, playing a crucial role in individuals' well-being at every stage. As stated by the Office of Behavioral and Social Sciences Research (OBSSR, 2024), during infancy and early childhood infants form attachments with their primary caregivers, which serve as a secure base from which to explore the world. These early attachments influence the development of trust, self-esteem, and social skills (Ainsworth et al., 1978). As individuals move from childhood to adolescence, peer relationships become increasingly important, shaping social skills, self-esteem, and a sense of belonging (National Scientific Council on the Developing Child, 2004).

In adulthood, strong intimate relationships, such as romantic partnerships are crucial for individuals' well-being. They offer numerous benefits, including emotional support, companionship, and a sense of belonging (OBSSR, 2024). Beyond their emotional value, close relationships significantly impact individuals' mental and physical health. Studies have shown that they can reduce stress, boost self-esteem, decrease the risk of depression and anxiety, and even enhance cognitive function (Holt-Lunstad et al., 2015; OBSSR, 2024).

Additionally, strong social connections have been linked to lower rates of chronic diseases and increased longevity (Holt-Lunstad et al., 2015).

Navigating the complexities of adulthood often involves seeking continuous balance between external pressures and internal desires. While individuals are expected to meet societal expectations and advance their careers, they also have a deep-rooted need for meaningful relationships (Arnett, 2003). Forming close relationships can be a challenging but rewarding process, as evidenced by the significance that people place on their love lives (Keldal & Yıldırım, 2022).

While close relationships are essential for well-being, they can also be a source of distress. Relationship dynamics can create vulnerabilities and risks that contribute to partners experiencing negative emotions within the relationship. Factors such as power imbalances, communication problems, and traumatic experiences can lead to feelings of jealousy within romantic relationships (Gottman, 1994).

As a common human emotion, romantic jealousy arises from a complex interplay of threats, competition, and the need for protection (Hand, 2015). It emerges when individuals perceive a risk of losing something valuable, such as a loved one. Due to their fear of losing what they have, individuals can become overly protective. DeSteno et al. (2006) suggest that jealousy can also be rooted in a fear of social rejection. Specifically, people who have more self-doubt and sensitivity to rejection and abandonment are more likely to experience jealousy. However, when it reaches an increased level, jealousy can seriously damage one's self-esteem, potentially impacting future relationships.

According to Nadler and Dotan (1992) romantic jealousy stems from two key threats. The first is a perceived threat to the current relationship, the fear of losing what one already has. The second threat is to self-esteem, the worry that a partner might find someone "better." This can lead to feelings of inadequacy and insecurity (Lu et al., 2018). A core belief that they are unworthy of being loved by the partner and are always at risk of being replaced or abandoned may be the source of this insecurity (Downey & Feldman, 1996).



However, individuals with low self-esteem may experience jealousy even in the absence of any real threat, which aligns with previous studies (Go et al., 2021; Stieger et al., 2012).

In addition to self-esteem, romantic jealousy has been linked with a considerable number of other concepts, as Attridge (2013) states emphasizing its good or bad sides. According to some of them such as Hendrick and Hendrick (1986), and White (1984) romantic jealousy has a positive connotation since they associate it with feelings of being more “in love” with the partner. Building upon these studies, Gamage (2020) considers it as a sign of genuine care and interest. On the other hand, jealousy seems to play an important role in maintaining the relationship, since according to Clanton (1981) jealousy motivates partners to overcome the problems in their romantic relationships. Sharpsteen’s (1991) findings also support this, stating that the participants who induced a jealousy provoking situation tended to work on maintaining the relationship instead of ending it. In a similar line, Rydell et al. (2004) discovered that jealousy was more common among those in committed relationships than it was in less committed ones.

In contrast, there are studies that associate it with a negative connotation, emphasizing the detrimental consequences of romantic jealousy. For example, according to Lu et al. (2018) and Pistole and Arricale (2003), romantic jealousy is linked to feelings of personal inadequacy and insecurity, which can significantly strain relationships. In addition, Miller et al. (2014) found that romantic jealousy is often correlated with insecure and anxious attachment styles, suggesting a potential link between jealousy and relationship difficulties.

Another significant negative consequence of romantic jealousy is the decrease in overall relationship satisfaction of the partners. Studies by Guerrero and Eloy (1992) support this, demonstrating a clear relationship between increasing levels of jealousy and decreasing relationship satisfaction. This suggests that the more jealous a person feels, the less happy they are likely to be in the relationship. The constant suspicion, possessiveness, controlling behaviors, and emotional turmoil that come with jealousy create a toxic environment. Thus, communication between partners starts breaking down, their intimacy

seems to suffer, and trust between them gets chipped away (Arpacioğlu et al., 2022). Therefore, effectively managing jealousy is crucial. Ineffective coping mechanisms, like constant accusations or controlling behaviors (Nazlı & Karaman, 2021), can lead to serious issues and consequences, impacting not only the partners, but society as a whole, as well.

Consequently, when romantic jealousy reaches a pathological level, it becomes a critical public health concern. It can escalate to aggression and violence (DeSteno et al., 2006), and intimate partner violence (Batık et al., 2023), impacting everyone involved, including the perceived threat (Martinez Leon et al., 2017). In its most extreme form, romantic jealousy can even lead to fatalities (Delpierre, 1967).

Romantic jealousy and its link to violence can manifest differently depending on gender. While some research suggests no overall gender difference in experiencing jealousy (Burchell & Ward, 2011; Güçlü et al., 2017), other studies reveal variations (Buss, 2018; Buunk et al., 2011). Interestingly, different infidelity signs cause jealousy in men and women. Men may be more prone to jealousy due to sexual infidelity such as their partners being sexually involved with someone else, while women might experience higher jealousy due to emotional infidelity, such as their partners being in love with someone else (Buunk et al., 1996; Shackelford et al., 2004).

Research on the prevalence of partner violence as a consequence of jealousy shows inconsistent results regarding gender. While some studies report a higher number of female victims (Coker et al., 2000; Marquart et al., 2007), others suggest a considerable number of male victims (Chen & White, 2004; Foshee, 1996) as well. Additionally, some studies indicate similar rates of partner violence against both genders (Foshee, 1996; Holtzworth-Munroe, 2005; Miller & White, 2003).

Nevertheless, when examining global statistics on violence there seems to be concerning gender-based differences. According to the World Health Organization (WHO, 2020), nearly one-third (27%) of women aged 15-49 who have been in a relationship have experienced physical and/or sexual violence from their intimate partner. Furthermore, the

World Bank (2022) reports that up to 38% of female homicide victims worldwide are killed by their romantic partners. While these statistics show a concerning reality, the situation becomes even more alarming when specific countries are examined.

Balkan countries, for instance, offer a stark example of how jealousy can fuel violence against women, and even femicides. Though these countries may appear similar to other European countries on the surface, a closer look reveals a concerning reality. In Kosovo, NGOs report at least 74 femicides between 2017 and 2020. This coincides with a doubling of domestic violence cases reported to the police from 1038 cases in 2015 to 2069 cases in 2020, as reported by Kosovo Women Network (KWN, 2021). Public outrage following a surge in femicides has sparked protests demanding accountability and cultural reform. The "#edukodjalin" (educate your son) movement in Kosovo highlights the urgent need to address the root causes of this violence, which often stem from possessive or controlling behavior fueled by jealousy.

The situation in Türkiye is no less concerning. Femicides, a horrific outcome of jealousy among romantic partners, have plagued the country for many years. There has been a disturbing rise in the intensity and brutality of violence against women, with reports indicating thousands of femicides in recent years, frequently linked to intimate partners. Various reports indicate that in Türkiye, this issue is particularly acute, with an estimated four out of ten women suffering from physical and/or sexual violence during their lives (WHO, 2021; World Bank, 2022). Furthermore, statistics reveal that 10% of the 50 women who were murdered and reported in the news in 2013 in Türkiye were killed by their former partners due to jealousy (Atakay, 2014).

Despite the relationship between jealousy and gender, there are studies that examined the link between age and experiencing a specific type of jealousy in romantic relationships. For instance, Ariyo et al. (2023) in their study with nurses, found that older participants were less likely to report cognitive jealousy. This may serve as an indicator that as people age, they tend to gain experience in managing their thoughts and emotions.

Similarly, Adams' (2012) study found a negative correlation between age and jealousy, suggesting that older individuals may be less likely to experience jealousy due to their improved emotional regulation and greater relationship experience. This could be attributed to the increased confidence and security in themselves and the relationship they develop over time.

Romantic jealousy has been a well-researched topic, leading to the development and adaptation of numerous scales measuring its various aspects. Pioneering the field, Bringle et al. (1979) introduced the first tool, the Self-Reported Jealousy Scale (SRJS). White (1981) furthered the research by developing two valuable scales: the Chronic Jealousy Scale (CJS) and the Relationship Jealousy Scale (RJS). Building on this foundation, Pines and Aronson (1983) developed the comprehensive Romantic Jealousy Scale (RJS), which was later adapted for the Turkish cultural context by Demirtaş (2004). The Multidimensional Jealousy Scale by Pfeiffer and Wong (1989) has also seen adaptations, with Karakurt (2001) adapting it in Turkish, and Tošić Radev and Hedrih (2017) in Serbian cultural context. More recently, Kızıldağ and Yıldırım (2017) introduced the Spousal Emotional Jealousy Scale (Eş Duygusal Kiskançlık Ölçeği), demonstrating the ongoing efforts to capture the nuances of romantic jealousy through standardized measurement instruments.

While jealousy and its measurement instruments have shown promise in other contexts, its application to Kosovar Albanian culture remains unexplored. No adapted or developed instruments for measuring romantic jealousy in Kosovar Albanian cultural context were found. Given that culture significantly influences how individuals experience and react to jealousy (Mullen, 1990), a culturally appropriate jealousy measure is essential to fill a significant gap in Kosovar Albanian literature by exploring jealousy within this cultural context. Adapting the Multidimensional Jealousy Scale into Albanian will not only enhance the assessment of jealousy among Kosovar Albanian romantic partners but also provide valuable contributions to the existing literature on romantic relationships.

Likewise, it will allow cross-cultural studies. There is a growing body of comparative research that examines romantic jealousy across diverse cultures. For instance, Buunk et al. (1996) investigated jealousy in the Netherlands, Germany, and the USA, while Buunk et al. (2011) compared findings from Spain and Argentina. Similarly, Hupka (1981) explored cultural variations in jealousy with participants from Germany, Poland, and the USA. More recently, Buunk and Dijkstra (2015) conducted research that compared jealousy experiences in Iraqi Kurdistan and the Netherlands. Despite this progress in cross-cultural research, mainly data collected from the USA and the Western countries, a significant gap remains in understanding romantic jealousy within the Kosovar Albanian cultural context, in particular. As highlighted by Kelmendi and Konjufca (2023) despite its clear need for investigation, Kosovo continues to be an understudied context, since no studies investigating romantic jealousy neither within Kosovar Albanian cultural context nor in comparison with other cultures were found. Even though there are instruments and studies investigating romantic jealousy in Turkish cultural context (Kızıldağ & Yıldırım, 2017; Karakurt, 2001), the lack of cross-cultural studies extends beyond the Kosovar Albanian context, since there are not found studies that directly compare jealousy experiences between Turkish and other cultural samples, as well. Building on prior research, it would be interesting to see what kind of data will be obtained by comparing non-western countries.

### **Aim and Significance of the Study**

This study had two main objectives. The first one was to address a critical gap in the literature by adapting the Multidimensional Jealousy Scale (MJS) for the use of Kosovar Albanian adults. Secondly, the study conducted a cross-cultural investigation into romantic jealousy among Kosovar Albanian and Turkish adults. By investigating these two cultural contexts, this study aimed to gain a deeper understanding of the potential impact of cultural background on romantic relationships.

First, exploring this concept is considered particularly important because it aims to shed light on how romantic jealousy manifests in different cultural contexts, specifically Kosovar Albanian and Turkish contexts. This insight can help exploring cultural differences in cognitive, emotional, and behavioral experiences of jealousy. Moreover, it will build upon the previous studies by using demographic variables, such as gender, age, and residential area.

Investigating romantic jealousy is critically important due to its negative outcomes on individuals' overall well-being. One such negative outcome is the severe damage to a partner's self-esteem. Studies have consistently shown that these two variables are inversely related (Agarwal & Singh, 2021; Buunk, 1997; Farooq et al., 2020; Go et al., 2021; Mullen & Martin, 1994; Stieger et al., 2012). As romantic jealousy increases, self-esteem decreases, often stemming from the fear of being replaced. Thus, for the Multidimensional Jealousy Scale adaptation, the Rosenberg Self-Esteem Scale was employed for the criterion validity. The Rosenberg Self-Esteem Scale is a world widely used instrument (Byrne, 1996) for measuring individuals' self-esteem. Because of its accessibility and simplicity, the Rosenberg Self-Esteem Scale is validated into numerous languages and cultures (Schmitt & Allik, 2005), including Albanian (Arënliu, 2008), making it suitable for this study. Given the lack of other relevant scales in Kosovar Albanian culture, self-esteem was chosen as a criterion primarily due to its availability, and due to its well-established association with romantic jealousy. This made it a suitable and informative measure for validating the MJS.

Similarly, romantic jealousy is inversely related to relationship satisfaction (Guerrero and Eloy, 1992). As romantic jealousy increases, the satisfaction partners feel in their relationships decreases. Conversely, healthy and supportive relationships can actually boost overall life satisfaction (Heidemann et al., 2014). Therefore, identifying jealousy-related issues is crucial. This helps counselors pinpoint what interventions are needed and develop effective strategies to address them.

Notably, investigating romantic jealousy is critically important due to the pervasive and severe impact of gender-based violence on women worldwide. Pathological jealousy has been linked to aggressive behaviors, intimate partner violence, and even femicide across many cultures (Daly & Wilson, 1988). Specifically, there are global statistics on femicide from WHO (2020), and local statistics for femicide in Kosovo by KWN (2021), and those in Türkiye by Atakay (2014). Two key risk factors for women to experience violence from their partners, as identified by Daly and Wilson (1988), are a partner's suspicion of infidelity and the woman's decision to end the relationship. Therefore, as Pfeiffer and Wong (1989) suggest, a scale like MJS can be valuable for identifying pathological jealousy, which was seen to lead to various negative consequences.

While jealousy is a universal human emotion, its expression and perception vary across cultures. Previous research (Zammuner & Fischer, 1995) highlighted the importance of exploring the connection between nationality and jealousy. This study examines how nationality affects jealousy focusing on Kosovo and Türkiye. These two countries share a rich historical and cultural connection dating back to the Ottoman Empire. The Ottoman Empire ruled Kosovo for around 600 years (Myzyri, 2001), significantly influencing the country's cultural and religious landscape. Many Kosovar Albanians converted to Islam and integrated into Ottoman society, fostering a deep cultural exchange (Hewer & Vitija, 2013; Pajaziti, 2011). This historical connection was later reflected in the political sphere, too. Türkiye was one of the first countries to recognize Kosovo's independence (Pajaziti, 2011; Yilmaz, 2022). However, there are differences in policies and legislation that influence people's lives. For example, unlike Türkiye, Kosovo legally recognizes cohabitation without obligating partners to get married (Aliu & Gashi, 2007). Moreover, Kosovo's population is more diverse. While Türkiye's culture is deeply rooted in its Ottoman and Islamic heritage (Tančić & Elezović, 2020), Kosovo's culture has been influenced by Balkan, Mediterranean, and Ottoman elements, with a significant impact from Albanian culture itself.

Despite the differences, both countries share common challenges, such as patriarchal social structures and gender equality. Patriarchy is a system of social dominance where men hold power and privilege over women (Alptekin, 2014; Sadiku, 2014). This dominance can manifest in oppressive forms considering women as inferior and in need of men (Ayan, 2014), which seems similar with the treatment outlined in the Canon of Lekë Dukagjini, an ancient Albanian customary law (Sadiku, 2014); or protective forms, where women are considered to be weak and fragile, and men as protectors and providers (Sakallı-Uğurlu, 2003). However, both forms are present in both countries reinforcing male supremacy and perpetuating gender discrimination. While cultural nuances exist, traditional masculinity often linked to possessiveness can contribute to severe consequences of jealousy, including gender-based violence. Despite social progress, both countries may still face challenges in justifying the violence due to their shared patriarchal past. This study aims to explore these potential cultural influences on the expression of jealousy.

Jealousy can lead to numerous negative consequences, making psychological counseling essential for those experiencing it. White' study (2008) indicates that one-third of therapy clients in the USA reported jealousy issues in romantic relationships, primarily among those under 45. This data highlights the potential for significantly enhancing psychological counseling for romantic jealousy in Kosovo and Türkiye. Initially, by adapting the MJS to the specific cultural context of Kosovar Albanians, and secondly by providing data from Kosovo and Türkiye, counselors can better identify the core anxieties and insecurities driving jealousy in these populations. Moreover, it will allow counselors and other mental health professionals from both cultures to tailor interventions to address the specific issues driving jealousy. Additionally, psychological counselors can work on promoting healthy coping mechanisms such as open communication, mutual respect, and trust-building techniques to foster strong and healthy relationships and prevent intimate partner violence.



Furthermore, social media platforms have been an integral part of people's everyday routine (Tandon et al., 2021), introducing new opportunities as well as complexities to romantic relationships, particularly in the field of jealousy. On average, internet users spend 143 minutes per day on social media, a significant increase from 2015 (Statista, 2024). This escalating engagement has contributed to the rise of social media jealousy (SoMJ), a phenomenon first brought to light by Muise et al. (2009), who developed a scale to study jealousy within the context of Facebook. Their research highlights how jealousy and doubts within romantic relationships are triggered by social media, emphasizing the fact how constant exposure to well-designed online personas with idealized lifestyles can lead to the development of unrealistic expectations and jealousy. Moreover, the ease with which partners can survey each other's digital activities can erode trust and heighten suspicions, making it increasingly challenging to navigate jealousy within relationships. Hence, since social media platforms were used for data collection in this study, the majority of the participants are young adults – a demographic known for their frequent social media use.

Lastly, adaptation of MJS into Albanian is expected to provide researchers and clinicians with a validated tool to assess the dimensions of jealousy (cognitive, emotional, and behavioral) in Kosovar Albanian partners. This will enhance the understanding of jealousy within Kosovar Albanian romantic relationships. Furthermore, the Albanian form of MJS will contribute to the cross-cultural psychology literature by facilitating international research collaboration and knowledge exchange. By adapting a standardized measure of jealousy, this study will enable comparisons between Kosovar Albanian and other cultural contexts, similar to what the present study aims to, fostering a deeper understanding of how cultural factors shape jealousy experiences.

The aforementioned studies emphasized the risk factors of romantic jealousy on both partners' lives and in society, in general. Particularly, there is evidence about the negative outcomes of jealousy on relationship satisfaction, partners' self-esteem, anxious attachment style, aggression, intimate partner violence, and homicide (Daly & Wilson, 1988;

Guerrero & Eloy, 1992; Martinez Leon et al., 2017). Hence, it is thought that providing a measurement tool for measuring romantic jealousy among Kosovar Albanian adults and comparing the same with Turkish adults is considered important in terms of getting to know the dynamics of jealousy, which will serve as a reference point for counselors to focus on developing healthy coping practices that consequently can be a useful step on preventing partner violence. At the same time, it is thought that the jealousy scale in romantic relationships will help adults to gain insight into themselves and to protect their established or ongoing relationships.

### **Research Questions**

1. Is the Albanian form of Multidimensional Jealousy Scale a psychometrically sound instrument?
2. Do Kosovar Albanian and Turkish adults' scores differ significantly on the Multidimensional Jealousy Scale?

### ***Sub-research Questions***

- 1a. Is the Multidimensional Jealousy Scale's content validity culturally appropriate?
- 1b. Does the Albanian form of Multidimensional Jealousy Scale have a satisfactory level of criterion validity?
- 1c. Are multiple – indices of Multidimensional Jealousy Scale satisfactory?
- 1d. Does the Albanian form of Multidimensional Jealousy Scale have a satisfactory level of reliability?
- 2a. Do Kosovar Albanian adults' scores on the subscales of jealousy differ significantly according to gender?
- 2b. Do Kosovar Albanian adults' scores on the subscales of jealousy differ significantly according to age?
- 2c. Do Kosovar Albanian adults' scores on the subscales of jealousy differ significantly according to residential area?

2d. Do Turkish adults' scores on the subscales of jealousy differ significantly according to gender?

2e. Do Turkish adults' scores on the subscales of jealousy differ significantly according to age?

### **Assumptions**

1. The individuals participating in the research responded sincerely, voluntarily, and correctly to the measurement tools.
2. It is assumed that the study group represents the population.
3. The data collection tools were suitable for the purpose of the research.

### **Limitations**

1. The sample of this research is limited to Kosovar Albanian and Turkish adults that the researcher reached.
2. The obtained data are limited to qualities measured by Multidimensional Jealousy Scale adapted into Albanian by the researchers, and the same adapted into Turkish by Karakurt (2001), and Rosenberg Self-Esteem Scale adapted into Albanian by Arënliu (2008).

### **Definitions**

**Romantic Jealousy:** As a complex psychological construct, romantic jealousy is defined as a mix of thoughts, feelings, or actions that occur due to the (real or potential) romantic attraction between the person's partner and a third one (White, 1981). Pfeiffer and Wong (1989) indicated that the concept of jealousy consists of emotional, cognitive, and behavioral dimensions. Jealousy is a risk factor for both people's self-esteem and the quality of the relationship. In this study, Multidimensional Jealousy Scale (MJS) developed by

Pfeiffer and Wong (1989), adapted in Turkish by Karakurt (2001), and in Albanian by the researchers was used for scale's adaptation and cross-cultural study.

**Self-Esteem:** Self-esteem is an individual's overall sense of worth and confidence. It encompasses positive beliefs about themselves, their abilities, and the future. This includes feeling optimistic about achieving their goals and trusting that the choices they make are the right ones for them (Baumeister et al., 2003). In this study, Rosenberg Self-Esteem Scale (RSES) developed by Rosenberg (1965), and adapted in Albanian by Arënliu (2008) was used for criterion validity purposes.

## Chapter 2

### Theoretical Basis of Research and Literature Review

In the theoretical basis and literature review section of the research, the theoretical frameworks of romantic jealousy and self-esteem have been addressed. Following the theoretical framework, studies related to these concepts are presented.

#### Romantic Jealousy: Definition, Types and Theoretical Approaches

##### *Definition of Romantic Jealousy*

Romantic relationships play an important role in people's everyday life by affecting emotions, behaviors, and people's overall well-being. In general, they are supposed to lean on positive feelings, such as love, admiration, and passion. Nevertheless, there are times and situations where their antipodes are activated, in cases of misunderstandings and conflicts. One of the causes of those conflicts in relationships is romantic jealousy (İpek, 2022).

Among other emotions intertwined with romantic jealousy, such as envy (Nazlı, 2021), jealousy is continuously standing out as a complex and sophisticated emotion. It is difficult to make a definitive judgment about jealousy, because there is no consensus on whether jealousy is beneficial or harmful for romantic partners and the relationship (Aykutoğlu, 2021). However, different researchers offer contradictory definitions from each other. Firstly, there are researchers stating that jealousy is quite obvious and normal emotion experienced in romantic relationships in general, such as Hendrick and Hendrick (1986), and White (1984) associating it with feelings of being more "in love" with the partner, and Gamage (2020) considering it as a sign of genuine care and love. On the other hand, when looking back on its history, particularly on Shakespeare's "Othello", he chooses jealousy as the most destructive emotion after hate, which potentially can be turned on a psychological problem (Sekhar Roy & Haque, 2018). Thus, the extreme manifestation of this, characterized by delusions of infidelity was named as "Othello Syndrome": A Study in

the Psychopathology of Sexual Jealousy” (Rani & Dhanaraj, 2020). In the same line with this, societal views on jealousy have also evolved. Prior to the 1960s, moderate jealousy was considered natural and even a sign of being valued by the partner (Clanton, 1996). However, the sexual revolution and growing emphasis on personal space led to a shift. By the 1970s, jealousy was increasingly viewed as a learned behavior shaped by social contexts and potentially an indicator of negative traits like low self-esteem (Clanton, 1996).

However, jealousy may evoke different meanings for each individual, and individuals may have different definitions of jealousy. Based on the first principles of this concept, according to White (1981) romantic jealousy involves emotional distress, behavioral changes, and negative thoughts arising from the perceived threat of a rival to a romantic relationship. This perceived threat can be either real or imagined.

### ***Types of Romantic Jealousy***

There is a general agreement that romantic jealousy is a multidimensional concept with behavioral, emotional, and cognitive components (Guerrero et al., 2011). According to Pfeiffer and Wong (1989), the developers of Multidimensional Jealousy Scale, cognitive dimension covers the concerns and suspicions individuals have towards their romantic partners; emotional dimension has to do with individuals' jealous feelings in situations that evoke jealousy; and behavioral dimension expresses the frequency of taken actions fuel by jealousy. According to Yoshimura (2004), emotional jealousy reflects associated feelings like fear and anger, while behavioral jealousy can take many different forms, such as aggressive behavior toward a partner or surveillance behaviors meant to watch or control a relationship partner. Cognitive jealousy is typically related with negative thoughts that center on partner behaviors in relationships. On the other hand, according to Freud (1950) jealousy is defined as following: 1. Normal jealousy – which is a reaction to the threat of the relationship and exists as long as the threat continues, and 2. Abnormal jealousy – which refers to unproven behaviors and thoughts against the partner's loyalty. These unproven

thoughts and behaviors not only affect the individual himself, but also cause physical or psychological damage to the relationship and the partner. Guerrero (1998) suggests that the intensity and controllability of the response determine whether jealousy is considered a normal part of a relationship or a more concerning issue. Nevertheless, the lines of abnormal jealousy cannot be fully clarified, and an important reason for that is the society and culture the individual belongs to, and consequently the behaviors that society approves and disapproves (İpek, 2021).

### ***Theoretical Approaches of Romantic Jealousy***

**Romantic Jealousy According to Evolutionary Theory.** According to the theory of evolution, jealousy is not merely a social construct, but rather an emotion with deep roots in our evolutionary past (Startup, 2021). It follows that jealousy is an innate emotion that is vital to maintaining generational continuity. In addition to its role in reproduction, jealousy can serve as a defense mechanism in current relationships, possibly preventing infidelity and protecting capital.

However, evolutionary theory suggests that jealousy often manifests differently between genders (Sookdew, 2022). This statement was later supported by other studies (Buunk et al., 1996; Shackelford, et al. 2004), as following: For men, ensuring they are the sole choice for a partner's sexual attention is considered crucial, potentially maximizing the likelihood of their genes being passed on. In contrast, women often report experiencing more intense emotional distress over infidelity compared to men. This might be explained by the greater investment women make in child-rearing, making a partner's commitment even more critical. However, men might struggle with a unique form of mistrust – the uncertainty of paternity (Demirtaş, 2004). This concern stems from the possibility that they might be investing resources in raising children who are not biologically theirs.

While jealousy is often portrayed in literature as a destructive emotion, evolutionary psychology suggests it may be an inherited trait with some adaptive functions (Startup,

2021). We might experience jealousy due to its role in our ancestral past, and its expression might have evolved to fit the demands of modern relationships (Güldür, 2020). Interestingly, research also suggests that jealousy can have positive consequences for relationships, adding another layer of complexity to this multifaceted emotion (Clanton, 1981; Hendrick & Hendrick, 1986; Sharpsteen, 1991; White, 1984) .

**Romantic Jealousy According to Psychoanalytic Theory.** The psychoanalytic approach, pioneered by Sigmund Freud, provided a deep and perceptive analysis of the complex construct of romantic jealousy. Fundamentally, the psychoanalytic approach highlights how our thoughts, feelings, and behaviors are shaped by the unconscious mind (Brown, 2005). From this perspective, romantic jealousy is an expression of deeper psychological processes that occur within a person's psyche rather than just a surface-level emotion (Brown, 2005). It suggests these feelings can stem from unresolved conflicts from early childhood, such as those experienced during the Oedipal and Electra complexes (Marazziti et al., 2003; Wardani, 2020). These complexes involve children having unconscious desires for their opposite-sex parent, leading to feelings of jealousy and competition with the same-sex parent. Freud believed these unresolved childhood experiences can show up in a variety of ways, such as the emergence of unhealthy attachment styles and an increased susceptibility to romantic jealousy (Westen, 1998). Furthermore, psychoanalytic theory suggests that jealousy can trigger various defense mechanisms, such as projection, displacement, and rationalization (İpek, 2021). These mechanisms act as a shield (Wardani, 2020), protecting the individual from confronting the anxiety and discomfort associated with jealousy. For instance, projection might involve attributing one's own insecurities to the partner, while displacement involves redirecting jealous feelings towards a less threatening target.

**Romantic Jealousy According to Attachment Theory.** Attachment theory provides a valuable framework for understanding the development and expression of romantic jealousy. This psychological theory, pioneered by John Bowlby, posits that the



quality of our early attachments to caregivers significantly shapes our later relationships (Bowlby, 1969), including romantic ones.

Attachment styles are formed based on these early experiences and can influence how individuals perceive and respond to potential threats in their relationships. According to Ainsworth et al. (1978) different attachment styles show different coping strategies when confronting situations that contain romantic jealousy. Securely attached individuals generally have a higher sense of trust and confidence in their partners, making them less prone to jealousy. They are more likely to communicate openly and constructively when faced with perceived threats. In contrast, insecurely attached individuals may be more susceptible to jealousy due to underlying fears of abandonment or rejection. Anxious-preoccupied individuals may be overly sensitive to perceived threats and may engage in excessive monitoring or controlling behaviors. Avoidant individuals may distance themselves emotionally from their partners as a defense mechanism, leading to feelings of jealousy and insecurity.

**Romantic Jealousy According to Rational Emotive Behavior Theory.** The Rational Emotive Behavior Therapy (REBT) model developed by Albert Ellis, provides a framework for understanding and managing jealousy. This model acknowledges that people have the potential for both rational and irrational thinking (Corey, 2009). When it comes to jealousy, Ellis differentiates between two types. Rational jealousy involves a moderate level of anxiety experienced when a partner shows interest in someone else. This leads to the relationship's end. The individual experiencing rational jealousy acknowledges the situation and avoids extreme emotional outbursts.

In contrast, irrational jealousy arises from distorted beliefs (Corey, 2009). Someone struggling with irrational jealousy might believe their partner should only be interested in them. This often leads to irrational fear that any interest in another person signifies the relationship's end. These distorted beliefs fuel intense emotional distress and inconsistent

behaviors. By identifying and challenging these irrational thoughts, individuals equipped with REBT tools can learn to manage their reactions to jealousy more effectively.

**Romantic Jealousy According to Investment Theory.** According to Bevan (2008), this theory proposed by Rustbult, identifies four basic categories for coping with jealousy and other relationship problems. These categories are further classified by two dimensions: constructive versus destructive, and active versus passive; and explained as below:

- Exit (Destructive - Active) – This involves prioritizing self-respect over the relationship. It manifests as ending the relationship or threatening to do so. This is considered a destructive coping mechanism.
- Talk (Constructive - Active) – When problems arise, talking openly aims to resolve them and maintain the relationship. This approach protects both the relationship and self-esteem, making it a constructive coping mechanism.
- Commitment (Constructive - Passive) – This involves waiting for the situation to improve, prioritizing the relationship over self-respect. While passive, it is considered constructive because it focuses on saving the bond.
- Disregard (Destructive - Passive) – Despite recognizing a deteriorating relationship, the individual avoids addressing the problem. This method prioritizes neither the relationship nor self-esteem and is considered destructive.

## **Self-Esteem: Definition, Types and Theoretical Approaches**

### ***Definition of Self-Esteem***

Navigating human relationships can be a challenging and complex process with numerous consequences on people's lives. Nevertheless, to build strong and healthy connections with others, it is crucial to first understand the way people see themselves. Just

like jealousy and envy are often intertwined concepts in literature, self-esteem is also closely linked to self-concept (Stagner, 1961). However, while self-concept is a broad picture of who we are, self-esteem is more like a judgement of our own worth (Byrne, 1996). Many researchers believe self-esteem develops through our interactions with the world around us. This aligns with the ideas of William James, a pioneer in social science, who argued that the feelings about ourselves stem from our experience with others (Rafei, 2008).

Simply, having high self-esteem means believing in yourself, your goals, and the choices you make (Baumeister et al., 2003). This sense of worth can be shaped by both personal experiences and interactions with others throughout childhood. People with high self-esteem tend to have a positive outlook, while those with low self-esteem may struggle with self-doubt and a lack of confidence in their abilities (Baumeister et al., 1989). A balanced self-esteem reflects a healthy mix of these characteristics.

Interestingly, a research by Jaffar et al. (2021) suggests that people with lower self-esteem tend to be less satisfied in their romantic relationships. Studies have also shown a negative link between low self-esteem and jealousy, particularly. People with lower self-esteem may be more likely to question their partner's commitment and become jealous (Buunk, 1982; DeSteno et al., 2006; White, 1981). Even with a loving and supportive partner, doubts about their commitment can linger. Additionally, a partner's interest in someone else might be seen as a threat, especially for someone with low self-esteem who may perceive the rival as superior (DeSteno & Salovey, 1996).

### ***Types of Self-Esteem***

Self-esteem is a complex concept that affects all aspects of life, including romantic relationships. High self-esteem is a universal positive trait, found in people of all ages, genders, backgrounds, and professions. Individuals with high self-esteem tend to be confident, content and motivated. They experience less self-doubt, fear and anxiety, and enjoy social interactions (Manna et al., 2016).

In contrast, low self-esteem can lead to negative emotions and social difficulties. People with low self-esteem may experience feelings of isolation, anxiety, and insecurity (Rosenberg, 1965). This can contribute to romantic jealousy, as individuals with low self-esteem may be more likely to question their partner's commitment or feel threatened by potential rivals.

### ***Theoretical Approaches of Self-Esteem***

**Self-Esteem According to Evolutionary Theory.** Self-esteem, which is defined as an individual's overall subjective assessment of their own worth (Baumeister et al., 2003), has been a subject of interest and the focus in psychological studies. Through the perspective of evolutionary theory, researchers have recently started examining the origins and function of self-esteem in an effort to better understand how this psychological construct may have evolved as an adaptive mechanism within the larger framework of human evolution. From this perspective, self-esteem might have become an essential tool for surviving and procreating in the face of a complicated social environment. According to evolutionary theory, self-esteem could have functioned as a signal to prospective mates and social allies of an individual's perceived worth and desirability (Neff & Vonk, 2008; Neff et al., 2007). This would increase the likelihood that they would obtain resources, form advantageous alliances, and eventually help to perpetuate their genetic lineage through successful reproduction and the passing on of their genetic material to future generations (Neff & Vonk, 2008; Neff et al., 2007).

**Self-Esteem According to Maslow's Hierarchy of Needs.** Abraham Maslow's hierarchy of needs is a cornerstone of motivation theory, proposing a pyramid-like structure of human needs. Basic physiological needs like food and water form the foundation, followed by safety needs, love and belonging needs, and esteem needs (Marsh, 1978; Morris & Maisto, 2008). At the peak lies self-actualization, the desire to reach one's full potential.

Esteem needs, encompassing a desire for self-respect, recognition, and the regard of others, are a crucial stepping stone towards self-actualization (Di Domenico & Fournier, 2017; Marsh, 1978). According to Di Domenico and Fournier (2017), Maslow further divided esteem needs into two components:

- **Achievement-oriented needs:** These focus on the desire for competence, mastery, and a sense of personal accomplishment. This involves feeling skilled and capable in chosen areas.
- **Status-oriented needs:** These center around the desire for recognition, prestige, and respect from others. Feeling valued and admired by peers or society contributes to this need.

Fulfilling esteem needs is vital for a healthy sense of self-worth and confidence. When these needs are met, we experience feelings of self-assurance, a belief in our capabilities, and the motivation to pursue further growth. Conversely, unmet esteem needs can lead to discouragement, feelings of inferiority, and a lack of faith in ourselves (Di Domenico & Fournier, 2017).

**Self-Esteem According to Social Comparison Theory.** Social comparison theory states that people have an innate desire to work harder while focusing on minimizing or avoiding differences in performance between themselves and other people (Garcia, 2013). In other words, it is considered as a sense of competition (Garcia, 2013), that explains how people develop their self-image by comparing themselves to others (Hargie, 2011). They assess themselves based on both similarity (how alike we are) and superiority/inferiority (how well we stack up) in areas like intelligence, attractiveness, and athletic ability. For instance, you might see yourself as smarter than your brother but less athletic than your best friend. These comparisons shape our self-concept.

While social comparison is a natural process, it can backfire if we choose inappropriate reference groups – the people we use for comparison (Hargie, 2011). These

groups change depending on the area being evaluated. Imagine someone starting a fitness routine. Comparing themselves to a seasoned aerobics instructor could be discouraging, leading to a low self-esteem. However, comparing themselves to someone who recently began exercising but has shown progress could be motivating and foster a higher self-esteem.

## **Literature Review**

Under this section, studies related to romantic jealousy and self-esteem have been described. Firstly, there are given studies related to scale-adaptations and developments, then worldwide cross-cultural studies, and finally studies investigating the relationship between romantic jealousy and self-esteem. Furthermore, they have all been chronologically described based on their publication year.

### **Development - Adaptation Studies of Romantic Jealousy Scale**

As already explained, jealousy is a complex emotion that significantly influences romantic relationships. Its assessment is an important area of research and a variety of instruments aiming to measure this construct exist. Regardless of the lack of measurement instruments in the Albanian language, there are numerous of them in other cultures and languages. Depending on the tool, they can be used to understand the nature of jealousy, identify individuals at risk of experiencing jealousy problems, and develop effective interventions to address jealousy-related issues.

Unveiling jealousy in romantic relationships has a long history, with the "Self-Reported Jealousy Scale (SRJS)" being the first tool developed in this area. Developed by Bringle et al. (1979), this scale specifically targets adults and aims to explore the different forms of jealousy they might experience. It has three distinct subscales: minor romantic, non-romantic, and major romantic. The minor romantic subscale focuses on situations that could be perceived as slightly intimate with someone else. On the other hand, the non-romantic subscale explores jealousy triggered by interactions with people outside the

romantic realm, such as siblings or parents. Finally, the major romantic subscale tackles jealousy that leads to significant relationship problems. Importantly, the SRJS is not limited to heterosexual couples, as research by Friedman and Norman (2013) demonstrates its effectiveness in measuring jealousy within same-sex partnerships as well.

White (1981) stands out as a pioneer in the field of jealousy assessment introducing two valuable tools: Chronic Jealousy Scale (CJS) and Relationship Jealousy Scale (RJS). CJS is a 6-item, single dimension scale, and measures an individual's tendency to experience chronic jealousy across past and present relationships. It looks into how frequently and intensely a person feels jealous, providing insights into their general disposition towards this emotion. On the other side, RJS, also comprising 6 items, assesses how an individual perceives their own level of jealousy within their current romantic relationship. It delves into their view of themselves as a partner who gets jealous easily, giving valuable insight into their emotional experiences within the relationship. White's contributions in measuring jealousy have been instrumental in providing researchers and clinicians with tools to understand and address this complex emotion. These scales have paved the way for further research into the nature of jealousy, its impact on relationships, and effective interventions for managing jealousy-related issues.

In the same year (1981), Mathes and Severa introduced another scale to deeply understand the complexities of jealousy. Their instrument, the Jealousy Scale, aimed to assess various beliefs related to jealousy, shedding light on how individuals perceive and experience this emotion. The study involved university students who were either dating or married. Higher scores on the scale indicated a higher level of jealousy. Mathes and Severa's scale provided valuable insights into the diverse aspects of jealousy, highlighting the role of individual beliefs and perceptions in shaping this complex emotion. The scale, comprising 6 factors, explored different facets of jealousy, as below:

- **Partner's Flirting Behaviors:** This factor examined how individuals perceive their partner's flirtatious interactions with others.

- Threats from Partners Popularity: This factor assessed how individuals perceive threats arising from their partner's popularity or attractiveness.
- Distrustful Partner's Behaviors: This factor explored how individuals perceive threatening behaviors exhibited by a partner they distrust.
- Partner's Past Relationships: This factor examined how individuals perceive threats stemming from their partner's past relationships.
- Partner's Indifferent Attitudes: This factor assessed how individuals perceive threats arising from their partner's indifferent or neglectful behavior.
- Gender Differences in Jealousy: This factor explored how perceptions of jealousy differ between men and women.

When delving deeper into romantic jealousy assessments, Pines and Aronson's (1983) significant contribution is found. They developed the Romantic Jealousy Scale (RJS), a multi-faceted instrument to measure different dimensions of romantic jealousy. Each item on the RJS is rated on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). Higher scores on the scale are an indicator of a higher romantic jealousy. RJS comprises 129 items spread across five subscales, each exploring a distinct of jealousy:

1. Jealousy Triggers: This subscale delves into the situations or events that typically spark feelings of jealousy in the individual.
2. Jealousy Reactions: This subscale examines the emotional and behavioral responses that individuals exhibit when experiencing jealousy.
3. Coping Strategies: This subscale explores the various methods individuals employ to manage and cope with jealousy.
4. Impacts of Jealousy: This subscale assesses the consequences of jealousy on the individual's emotions, thoughts and behaviors.



5. Reasons for Jealousy: This subscale explores the underlying beliefs and insecurities that contribute to an individual's susceptibility to jealousy.

Due to its comprehensiveness and psychometric qualities, it is widely used by researchers and clinicians in identifying individuals at risk of jealousy-related problems and in developing effective interventions to address these issues. A concrete example for this is the adaptation into Turkish culture by Demirtaş (2004). The reliability and validity study of the Romantic Jealousy Scale was conducted with a total of 414 university students (246 female and 168 male), studying in different departments of Ankara, Başkent and Hacettepe Universities. The internal consistency (Cronbach's alpha) coefficient of the Romantic Jealousy Scale is 0.92 and the split-half reliability is 0.72.

While no adapted or developed scales of romantic jealousy were found in the Kosovar Albanian cultural context, in Türkiye both adaptation and scale development existed. Despite adaptations, like the above-described one, Turkish researchers have actively developed entirely new scales specifically designed to evaluate romantic jealousy within the unique context of Turkish romantic relationships. A great example of this is the "Eş Duygusal Kıskançlık Ölçeği" (Spousal Emotional Jealousy Scale) developed by Kızıldağ and Yıldırım (2017) which aimed to assess levels of spousal jealousy in adults. This 22-item scale comprises three subscales:

1. Feeling of Worthlessness – explores feelings of inadequacy and low self-worth in the context of the relationship.
2. Relational Dissatisfaction – assess dissatisfaction with various aspects of the marital relationship.
3. Loss of Love and Unwillingness for Having Time Together – explores perceived lack of love and affection from the partner, as well as a reluctance to spend time together.

Interestingly, Muise et al. (2009) brought to the academic forefront a completely different construct: the Social Media Jealousy (SoMJ) by developing the Facebook Jealousy

Scale (FJS) to understand the impact of Facebook use on romantic jealousy. The scale considers aspects of Facebook, like adding attractive strangers, that might cause possessiveness. It consists of 27 items, in total. Each item on the FJS is rated on a 7-point Likert scale, ranging from 1 (very unlikely) to 7 (very likely). Sample items include “How likely are you to become jealous after your partner has added an unknown member of the opposite sex?” and “How likely are you to monitor your partner’s activities on Facebook?”. With a high score of Cronbach's alpha (.96), this scale seems reliable in assessing Facebook-related jealousy. The same scale was later adapted in Turkish culture by Demirtaş-Madran (2016). The Cronbach alpha value of the single-factor scale was determined to be 0.95, while the correlation coefficient from the test-retest reliability with 108 participants (47 male, 61 female) after four weeks was found to be 0.83.

### **Cross – Cultural Studies on Romantic Jealousy**

In a study exploring cultural variations in jealousy and envy, Hupka and Zaleski (1990) examined participants from three industrialized countries: West Germany, Poland, and the United States. The study involved 644 individuals (276 women and 179 men). Participants were 78 university students (44 women and 34 men) from the University of Munich in West Germany. In Poland, the researcher surveyed 170 individuals (87 women and 83 men), with 62% being university students and 38% being individuals from various professions aged 39 to 50. Finally, the United States sample included 207 university students (145 women and 62 men) from California State University. All participants completed a 69-item questionnaire using a 7-point Likert scale ranging from “strongly disagree” to “strongly agree”. Notably, 16 of the items were reverse-coded. The study’s results revealed significant cultural differences in how individuals experience jealousy and envy. For instance, Polish participants expressed a stronger desire to know their partner’s whereabouts at all times, and reported feeling discomfort when their partner prioritizes hobbies over spending time together. Interestingly, both Polish and German participants agreed that their hearts would race if their partner flirted with someone else. Overall, Hupka

and Zaleski's (1990) findings highlight the significant role of cultural background in shaping how individuals experience and express jealousy and envy.

On the other hand, Buunk et al. (1996) investigated cultural variations in romantic jealousy across three countries: Netherlands, Germany, and the United States. The researchers focused on gender differences in jealousy through parallel studies in each country. Participants (over 600 men and women) imagined a romantic relationship and then selected the scenario that would cause them more distress: their partners engaging in sexual acts with someone else, or their partners falling in love with someone else. The findings revealed interesting cultural variations. In the United States men reported feeling more jealous of their partner's sexual infidelity, while women prioritized emotional infidelity. In contrast, Germany and the Netherlands showed less dramatic gender differences, with both men and women experiencing similar levels of distress from either scenario. This suggests that cultural factors play a significant role in shaping how men and women experience and respond to romantic jealousy.

Later, Buunk et al. (2011) investigated how men and women in Argentina and Spain perceive jealousy-inducing traits in rivals in their romantic relationships. Over 800 students participated. Researchers firstly checked if a jealousy scale in Dutch culture worked in these Spanish-speaking countries. They narrowed the scale down to 24 key traits. Then, participants imagined their partners flirting with an attractive stranger at a party. The findings showed some interesting gender differences. In both countries, men felt more jealous if the rival was physically imposing, whereas women felt more threatened if the rival was attractive, had higher social status, or wielded more power. Interestingly, social similarities between their partners and the rival were the biggest jealousy trigger for both sexes. For women, physical attractiveness was the second, while for men it was social power. As a result, it was found that people in Argentina who were more likely to compare themselves with others felt even stronger jealousy towards rivals with certain traits, but this was not the

case in Spain. This suggests that both gender and cultural backgrounds play a role in how people experience jealousy in romantic relationships.

Another study by Croucher et al. (2012) examined jealousy in four different cultures: India, Ireland, Thailand, and the United States. Like our study, MJS was adapted and used for data collection. The study, which involved 1,792 participants, found that Americans, Irish, and Indians displayed higher levels of behavioral and emotional jealousy compared to Thais. The authors suggest that these differences may be attributed to cultural factors such as egocentric thinking, masculinity, and patriarchal values. Despite the differences between cultures, they found differences based on gender, too. The results indicated that females tend to express more cognitive and emotional jealousy than males. This research contributes to the sociocognitive perspective on jealousy by integrating evolutionary and sociocognitive factors. The study's limitations include the urban-centric distribution of surveys, which may not fully represent rural populations. The findings underscore the need for a more nuanced approach to studying jealousy that accounts for cultural diversity and the evolving nature of social interactions.

Following their successive researches, Buunk and Dijkstra (2015) looked at how Kurdish young people in Iraq (200 participants, 100 men and 97 women) perceived jealousy-inducing traits in rivals compared to Dutch youth. Interestingly, the same four categories of rival traits emerged in both cultures: social dominance, physical attractiveness, and sociocultural qualities. While Kurdish women did not differ much from Dutch women in their reaction to social dominance or attractiveness, they felt significantly more jealous if the rival had higher social status or was physically imposing. For Kurdish men, the gender difference was even starker. They felt much more threatened by physically attractive or dominant rivals compared to Dutch men. Overall, the study suggests young people in Iraq experience more jealousy across all these rival characteristics compared to Dutch youths. This indicates cultural factors play a significant role in how people perceive and experience jealousy in romantic relationships.

Furthermore, Zandbergen and Brown's (2015) research explores how cultural, and gender differences influence jealousy in romantic relationships. The study was conducted at the University of Hawai'i at Hilo with 145 undergraduate participants from mixed ethnicities and cultures (Pacific Islanders, Filipinos, Hawaiians, Japanese, Koreans, African Americans, Chinese, Native Alaskans, Americans and Europeans). It employed a mixed methods approach. Quantitative measures assessed cultural values (individualism vs collectivism), general jealousy proneness, and jealousy triggered by emotional or sexual infidelity. Qualitative measures included open-ended questions to delve into participants' reasons for jealousy. The survey provided information about participants' gender, ethnicity, age, relationship status, and sexual orientation. The analysis revealed that gender is a stronger predictor for jealousy in emotional infidelity scenarios, with women reporting higher jealousy. Conversely, cultural factors play a more prominent role in sexual infidelity. Past experiences with infidelity also contribute to overall jealousy levels. Finally, qualitative analysis identified four key themes impacting jealousy: infidelity itself, expectations of time and commitment, social media's influence, and self-esteem.

### **Studies on Romantic Jealousy and Self-esteem**

Using the above-described and other developed or adapted scales, researchers contributed with numerous studies in different languages and cultures in order to shed light on such a complex construct like jealousy, and its correlation with other concepts. To begin with Rusbult et al.' (1987) study, it aimed to explore how people with varying levels of self-esteem respond to relationship problems. Interestingly, they found that while low self-esteem can lead to its own set of challenges, it does not necessarily increase breakups. The research examined four types of responses to conflict: exit (leaving the relationship), voice (trying to solve the problem), loyalty (staying despite problems), and neglect (avoiding the issue). People with high self-esteem were more likely to choose "exit" when facing problems. This suggests they might be quicker to consider leaving or even actively contribute to the relationship's deterioration. It is important to note that this study relied on

self-reported responses to hypothetical scenarios. However, researchers argued that people with high self-esteem would not be more likely to admit to negative behaviors like these unless it was true. Overall, this research suggests a complex link between self-esteem and healthy relationships. While low self-esteem can create difficulties, high self-esteem might lead to a different set of challenges, potentially causing people to exit relationships prematurely.

Another study by Stieger et al. (2012) digs deeper into the complex relationship between romantic jealousy and self-esteem. They explored not only explicit self-esteem, which highlights an individual's conscious and deliberate evaluation of their own worth, but also implicit self-esteem, which refers to an individual's unconscious or automatic evaluation of their own worth. Their study's findings with 154 participants, revealed some surprising gender-based differences. Men with higher levels of jealousy reported lower explicit self-esteem. For women, however, the picture was more nuanced. While explicit self-esteem did not seem to play a big role, higher implicit self-esteem, measured by an Implicit Association Test (IAT), was linked to greater jealousy. Interestingly, the study also found that individuals with a specific kind of "damaged" self-esteem (low explicit, high implicit) were more prone to jealousy than those with "fragile" self-esteem (high explicit, low implicit). This effect was especially strong for women. This study sheds new light on romantic jealousy, because by considering both explicit and implicit self-esteem, it goes beyond previous studies that relied only on conscious self-reported measures. The findings suggest that implicit self-esteem can significantly impact jealousy, particularly in women. Additionally, the study highlights potential gender differences in how jealousy is experienced and expressed. Furthermore, it points to a potential link between low implicit self-esteem and negative behaviors fueled by jealousy, like spousal abuse.

In a study published in 2020, Farooq et al. examine the relationships between anger, jealousy, and self-esteem among young adults, ages 18 to 23. The study included 200 participants (100 women and 100 men), and the data were analyzed using t-tests, basic

linear regression, correlation analysis, and a convenient sampling method. The researchers postulated that anger and jealousy would be positively correlated with each other, but negatively correlated with self-esteem. Additionally, they hypothesized that anger and jealousy would be significantly predicted by low self-esteem. These hypotheses were supported by the study's findings, which showed that people with lower self-esteem frequently felt more jealous and angrier. The study also noted variations in family structures, with those from nuclear families scoring higher on self-esteem and those from joint families scoring higher on jealousy. Gender differences were found, women scored higher on self-esteem. This study implies that improving one's sense of self-worth can be a useful tactic for controlling negative feelings like jealousy and rage.

Besides, Go et al. (2021) in their study explored the connection between self-esteem and romantic jealousy among university students. Researchers surveyed 40 participants using online questionnaires, finding a moderate level of self-esteem and a higher level of romantic jealousy. Interestingly, the study revealed an inverse correlation: students with higher self-esteem reported less romantic jealousy. The research delved deeper, examining specific areas of self-esteem like athletic ability and social connections, suggesting a complex interplay between different aspects of self-esteem and romantic jealousy in university students' relationships. Overall, this study sheds light on the dynamics between self-esteem and romantic jealousy among adults.

## **Chapter 3**

### **Methodology**

In this chapter the type of research design, participants, linguistic validity, pilot study and finalization, construct validity, criterion validity, instruments, data collection, and data analysis have been described.

#### **Type of Research Design**

This study was twofold. The first phase involved the scale adaptation. The Multidimensional Jealousy Scale (MJS) was translated and culturally adapted for the Albanian language, and Kosovar Albanian cultural context, in particular. The adaptation process involved a collaborative effort with experts to ensure the scale's linguistic and cultural equivalence, maintaining its original meaning and capturing the nuances of jealousy expression in the Kosovar Albanian context (ITC, 2018). Additionally, quantitative methods like reliability, criterion and construct validity of the scale were conducted. The second phase utilized a correlational study comparing scores of Kosovar Albanian and Turkish adults. Correlational study is a quantitative method used to examine the relationships between two or more variables without manipulating them (Fraenkel et al., 2012). In its simplest form, this type of study focuses on just two variables. However, it's common to explore relationships between more than two variables, as exemplified by this study. Data were collected from adult participants in Kosovo and Türkiye through surveys utilizing the adapted Albanian and Turkish forms of MJS. Surveys are frequently used in correlational research, which is highly effective for achieving the scientific goals of description and prediction (Shaughnessy et al., 2000). Statistical analysis explored potential differences in jealousy levels, including the influence of gender, age, and residential area in both cultural groups.



## Study Groups

In this study there were several groups of participants. Firstly, the selection criteria for the participation in the study were: (a) to be 18 years old and above, (b) to be in a romantic relationship or / and have had previous experience of an intimate relationship, c) to be Kosovar Albanian or Turkish. Regarding the second criteria (b), there were chosen participants that either were in a relationship while filling in the form, or have had a relationship before, which aligns with the criteria in the original scale by Pfeiffer and Wong (1989). Participants without a current partner were asked to respond based on their experiences from their previous romantic relationships.

Looking at the previous studies (Beaton et al., 2000; Sousa et al., 2009) when adapting a scale, 10-40 participants are recommended to participate for the pilot study. Thus, the pilot study in this study included 14 Albanian adults, who at least once were in a relationship. Of the participants, 8 were female, 6 were male; 6 were not in a relationship, 5 were in a relationship, 3 were married; 9 were from urban areas, 5 were from rural areas; 9 were between 26-35 years old, 3 were between 18-25 years old, 1 was between 36-45 years old, and 1 other 45 and above.

The second stage for conducting CFA included 308 Albanian adults above 18 years old, who at least once were in a relationship. Of the participants, 234 (76.0%) were female, and 74 (24.0%) were male; 136 (44.2%) were not in a relationship, 127 (41.2%) were in a relationship, and 45 (14.6%) were married. Additionally, 180 (58,4%) of the participants lived in urban area, 128 (41.6%) in rural area; 240 (77.9%) of the participants were between 18-25, 60 (19,5%) were between 26-35, and 8 (2,6%) were between 36-45 years old. There were no participants declared 45 and above.

The third stage for criterion validity and the cross-cultural study involved 309 Kosovar Albanian participants and 328 Turkish participants. Of the Kosovar Albanian participants, 220 (71.2%) were female, and 89 (28.8%) were male; 169 (54.7%) of the

participants were not in a relationship, 103 (33.3%) were in a relationship, and 37 (12.0%) married. Additionally, 191 (61.8%) of the participants lived in urban area; 118 (38.2%) of the participants lived in rural area; 257 (83.2%) were between 18-25, 46 (14,9%) were between 26-35, and 6 (1,9%) were between 36-45. There were no participants declared 45 and above. Of the Turkish participants, 248 (75,6%) were female, and 80 (24,4%) were male; 156 (47,6%) were not in a relationship, 120 (36,6%) were in a relationship, and 52 (15,9%) were married. Additionally, 309 (94,2%) of the participants lived in urban area, 19 (5,8%) in rural area, 181 (55,2%) of the participants were between 18-25, 116 (35,4%) between 26-35, 23 (7%) between 36-45, and 8 (2,4%) were 45 and above.

There are different methods for calculating sample sizes. A common recommendation in research on scale development and adaptation is to employ a sample size that is at least five times, ideally ten times, the total number of scale items (Aleamoni, 1976). The same principle was implemented in the present study, where the number of participants exceeded the ten-fold item criterion. Moreover, a convenient sampling method was employed for participant recruitment. A convenience sample is a group of individuals who are conveniently available and accessible for participating in a study. According to Fraenkel et al. (2012) this method facilitates recruiting participants in the study.

### **Linguistic Validity**

Scale adaptation isn't simply translating a test. It's a complex process ensuring a scale designed in one language and culture measures the same construct in another one (ITC, 2018). This involves several key steps as follows: 1) Experts' evaluation if the scale captures the intended construct in target language, 2) Qualified translators, 3) A method chosen, such as forward translation, back translation, and revisions (ITC, 2018). Thus, after obtaining necessary permissions, including the permissions for use from the authors of the scales (see Appendix A), and ethical approval from Hacettepe University Ethics Committee (see Appendix D), the adaptation process began through employing the forward and back

translation method in order to minimize cultural and linguistic differences, with translators who were expert in the original and target language of the scale, and the culture as well. Once the translation was completed, the adapted test passed on rigorous checks, such as expert reviews, to confirm it conveys the same meaning and measures the same concept in the target language. Finally, additional studies ensure the test remains valid in its new context. Thus, under the above-written titles the entire process of adapting the Multidimensional Jealousy Scale (MJS) for use in Kosovar Albanian context is described.

### ***Content Validity – Expert Confirmation***

The very first step for adaptation of a scale to another language / culture involves experts' evaluation as to whether the given instrument is suitable for the target language / culture or not (Herdman et al., 1998). Thus, this study utilized this method. Firstly, the items of MJS were prepared in a 2-point Likert scale, ranging as follows: 1 – Suitable, and 2 – Not Suitable, and if not suitable they were asked to write down recommendations on how it should be. Then the form was given to 3 experts of the field, all of them professors in the University of Prishtina "Hasan Prishtina, Department of Psychology, to confirm the appropriateness of the items on Kosovar Albanian culture. After filling in this form, the answers have been checked. Unanimously, the scale was stated to be valid for adaptation in Kosovar Albanian culture.

### ***Forward Translation***

Forward translation means the translation of MJS from its original language - English to the target language - Albanian. This initial translation involved four Kosovar Albanian professionals with advanced English proficiency, as ITC (2018) encourages to use two or more translators for linguistic validation, rather than depending on only one expert, regardless his / her qualifications. Thus, two of them were psychologists, one was a physiotherapist, and the remaining one was a language expert. Among the psychologists, one was a PhD candidate at the University of Prishtina "Hasan Prishtina," while the other

held masters' degrees in psychology. The physiotherapist was included to provide an objective perspective during translation. Additionally, the language expert was included in order to provide qualitative translation from both languages. According to ITC (2018) it is important for the experts to be familiar with the local social dynamics, hence all experts residing in Kosovo.

### ***Expert Review***

In this phase, as outlined by Beaton et al. (2000) the synthesis phase, all English-to-Albanian translations were reviewed by two experts, a psychologist and a language expert. Due to the high degree of similarity among the four versions, the experts with some interventions combined them into a final translation. The final form was then used for the next step, which was back translation.

### ***Back Translation***

Following the forward translation, back-translation means translating back the former translators' version into its original language again without seeing the original text (Boztunç Öztürk et al., 2015). The chosen version by the expert was back-translated by four other professionals. This group included one American psychologist fluent in both English and Albanian, two Albanian psychologists, and a politician. The psychologist fluent in both languages was chosen for her expertise as a PhD in Counseling Psychology. The other two psychologists were PhD candidates in Psychology. Original items showed high agreement with the back translations.

### ***Expert Review***

Beyond the initial translations, the original, forward-translated, and back-translated versions were reviewed by a final panel. This group comprised two psychology experts and a bilingual professional translator specialized in English-Albanian translations. Among the

psychology experts, one was a professor at the University of Prishtina "Hasan Prishtina," and the other was a PhD candidate in Psychology.

### ***Pilot Study and Finalization***

A pilot test was conducted with 14 Kosovar Albanian adults who spoke the target language of the instrument to assess the clarity of instructions, response format, and items. Participants were recruited from the target population for which the instrument was intended. The items of MJS were prepared in a 2-point Likert scale, ranging as follows: 1 – Clear, and 2 – Unclear. Those who rated the instructions, response format or any item of the instrument as unclear were asked to provide suggestions as to how to rewrite the statements to make the language clearer. To further evaluate the conceptual and content equivalence of the instrument, two experts (a professor of Psychology, and a language expert) knowledgeable in the instrument's construct, and target population were consulted. These experts assessed the clarity of instructions, response format, and items, considering the feedback from the pilot test participants. This step aimed to improve the conceptual, semantic, and content equivalence of the translated instrument by refining its language for better understanding among the target population before formal psychometric testing. The finalized translated scale was subsequently administered to a sample of 308 Albanian adults for confirmatory factor analysis (CFA). Additionally, the same scale was used with a separate group of 309 participants for the criterion validity and cross-cultural study.

### **Reliability**

Reliability analysis was conducted to assess the internal consistency of the subscales. While test-retest reliability is the most commonly used method for evaluating reliability, practical limitations often necessitate alternative approaches. Despite its widespread use, time restrictions can make test-retest reliability impractical (Cronbach, 1951). Thus, Cronbach's alpha ( $\alpha$ ) and McDonald's omega ( $\omega$ ) coefficients were calculated to estimate the internal consistency of the scales, providing measures of the extent to which

the items on each scale assess the same underlying construct. Additionally, including a bilingual population, as recommended by Sousa and Rojjanasrirat (2011), is optimal but often impractical due to the scarcity of such populations. Consequently, researchers commonly proceed directly to criterion and construct validity assessment.

### **Criterion Validity**

Criterion validity of the Multidimensional Jealousy Scale was assessed by examining its relationship with self-esteem. To this end, the Rosenberg Self-Esteem Scale was administered concurrently with the Multidimensional Jealousy Scale in Study 2. Pearson's correlations were conducted to determine the associations between the jealousy subscales and overall self-esteem.

### **Construct Validity**

To establish construct validity, confirmatory factor analysis (CFA) was employed as the primary analytical method for the Multidimensional Jealousy Scale. This approach was selected over exploratory factor analysis (EFA) due to its capacity to rigorously test a pre-specified factor structure against the data. Moreover, as emphasized by MacCallum and Austin (2000), and Prudon (2015), while EFA is used to explore data without an a pri-ori model, CFA is particularly suited for validating or confirming the existing measurement models, especially when examining multidimensional constructs as in the present study. In other words, while EFA is used to explore potential structures, CFA is used to confirm a hypothesized structure (Henson & Roberts, 2006). Thus, unlike EFA, which is exploratory in nature, CFA allows for direct comparisons between the hypothesized factor structure and the observed data, enhancing the precision of construct validation. This methodological choice aligns with the recommendations of the International Test Commission (2018) regarding the importance of rigorous psychometric analyses in cross-cultural research.

## **Instruments**

In this part Personal Information Form, Multidimensional Jealousy Scale and Rosenberg Self-Esteem Scale are described.

### ***Personal Information Form***

The Personal Information Form was developed by the researchers. It was the first form given during data collection in order to get demographic information, such as gender, age, residence area, and marital status of the participants that agreed to be part of the study.

### ***Multidimensional Jealousy Scale***

Multidimensional Jealousy Scale (MJS) was developed by Pfeiffer and Wong (1989). Six psychology students, together with the authors, went through several brain-storming sessions developing items for the jealousy scale. Only items that were unanimously agreed to represent the intended dimensions were included. Thus, the MJS comprises three subscales: cognitive, emotional, and behavioral. Each subscale consists of 8 items. The cognitive scale was designed to evaluate the concerns and doubts individuals have regarding their partner's infidelity. For the cognitive subscale, participants rated their answers using a 7-point Likert scale ranging from 1 (never) to 7 (all the time). "I suspect that X is secretly seeing someone of the opposite sex." is an example item for cognitive subscale. The emotional subscale was designed to evaluate the intensity of jealous feelings experienced in situations that evoke jealousy. Participants rated their emotional response using a 7-point Likert scale ranging from 1 (very pleased) to 7 (very upset). "X hugs and kisses someone of the opposite sex" is an example item of emotional subscale. The behavioral subscale measures the frequency of behaviors that indicate feelings of jealousy. Participants rated how often they engaged in these behaviors, using a 7-point Likert scale ranging from 1 (never) to 7 (all the time). "I look through X's drawers, handbag, or pockets."

is an example item of behavioral subscale. Authors who developed the scale do not recommend the use of a total score. They instead suggest the use of separate scores for each subscale. A low score on any subscale indicates normal jealousy, while a high score suggests pathological jealousy in the relevant dimension / subscale. In the original study, reliability of the subscales was .92 for cognitive jealousy, .85 for emotional jealousy, and .89 for behavioral jealousy. Despite using Cronbach's alpha to measure reliability, they also conducted test-retest reliability assessments with a 1 to 2-month interval. Furthermore, Principal Component Factor Analysis (PCFA) was used for factor structure purposes, where it revealed a three-factor structure for the scale. Lastly, for criterion validity purposes they examined the relationship between jealousy subscales and love, happiness, and depression. According to Woods' (2016) research on romantic jealousy measuring instruments, Multidimensional Jealousy Scale resulted in the best psychometric features. The same scale was later adapted into Turkish by Karakurt (2001). Similar to the original scale, PCFA was used for factor structure. Whereas, the reliability of the Turkish version of the scale was assessed using Cronbach's alpha. The results indicated a high level of reliability with alpha coefficients of .91, .86, and .86 for cognitive, behavioral, and emotional jealousy.

### ***Rosenberg Self-Esteem Scale***

Rosenberg Self-Esteem Scale (RSES) was developed by Rosenberg (1965). It is a 10-items scale. Participants rated the items on a 7-point Likert scale from "strongly agree" to "strongly disagree". 2, 5, 6, 8, 9 were reverse items. Its Albanian version by Arënliu (2008) was translated and back-translated by two experts of the field. After a few revisions, the translated version was implemented with 83 first year students of University of Prishtina. The Cronbach Alpha resulted with a value of .70.



## Data Collection

Personal Items Form, Multidimensional Jealousy Scale and Rosenberg Self-Esteem have been administered to Kosovar Albanian adults who at least once in their lifetime were in a romantic relationship. For the pilot study (January 2024), CFA Study (February – April 2024), and cross-cultural study for the Turkish participants (June – July 2024) data have been collected using social media like Instagram, Facebook, WhatsApp, Viber, while for the cross-cultural study for the Kosovar Albanians (May – June 2024) data have been collected online and on-site in Kosovo. For the data collection, the study groups were reached by a convenience sampling method. It was chosen because this method makes it possible to create an easily accessible sample under limited conditions such as time and cost (Fraenkel et al., 2012).

## Data Analysis

SPSS and Jamovi software were used for performing the analysis for scale adaptation and cross-cultural comparison. First, the normality of the data was assessed by examining skewness and kurtosis values. The results indicated that the data were normally distributed, as skewness and kurtosis values were within acceptable ranges  $\pm 1.5$  (Tabachnick & Fidel, 2013). A Confirmatory Factor Analysis (CFA) was performed to assess the construct validity of the Multidimensional Jealousy Scale. Additionally, Pearson's correlation coefficients were calculated to explore the relationships between the subscales of jealousy (cognitive, emotional, and behavioral jealousy) and self-esteem. Reliability analyses, Cronbach's alpha ( $\alpha$ ) and McDonald's omega ( $\omega$ ) coefficients were also conducted to determine the internal consistency of the subscales of jealousy and self-esteem. Finally, independent sample t-tests were performed to investigate the differences in jealousy scores based on demographic variables, including nationality, gender, age, and residential area, and a one-way ANOVA for investigating the relationship between age and Turkish participants.

## Chapter 4

### Findings and Discussion

In this chapter findings and their discussion are presented.

#### Findings

##### *Study 1: Results of CFA and Reliability*

The socio-demographic characteristics of the participants are presented in Table 1.

**Table 1**

*Socio-demographic characteristics of Kosovar Albanian participants in Study 1*

Variables		<i>n</i>	%
Gender	Female	234	76,0
	Male	74	24,0
Age	18-25	240	77,9
	26-35	60	19,5
	36-45	8	2,6
Residential	Urban	180	58,4
	Rural	128	41,6
Marital status	Married	45	14,6
	Not in a relationship	136	44,2
	In a relationship	127	41,2

The study included 308 Kosovar Albanian participants. Of the participants, 234 (76.0%) were female, and 74 (24.0%) were male; 136 (44.2%) were not in a relationship, 127 (41.2%) were in a relationship, and 45 (14.6%) were married. Additionally, 180 (58,4%) of the participants lived in urban area, 128 (41.6%) in rural area; 240 (77.9%) of the participants were between 18-25, 60 (19,5%) were between 26-35, and 8 (2,6%) were between 36-45 years old. There were no participants declared 45 and above.

The model fit values, the indices used to evaluate these values, and the perfect and acceptable criteria of the indices for the Multidimensional Jealousy Scale are presented in Table 2.

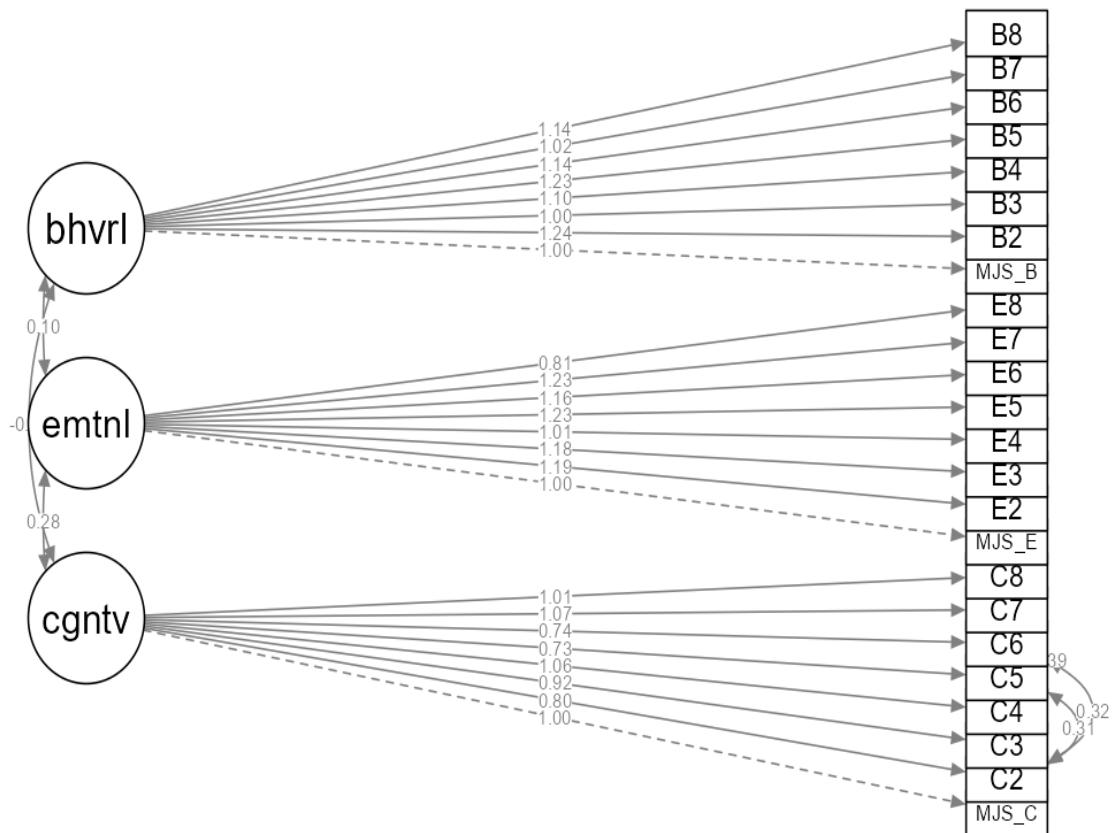
**Table 2**

*Confirmatory factor analysis for the Multidimensional Jealousy Scale in Study 1*

Indices of fit	The model fit values	Perfect fit	Acceptable fit
$\chi^2/sd$	2.239	$0 \leq \chi^2/df \leq 2$	$0 \leq \chi^2/df \leq 5$
RMSEA	0.063	$0 \leq RMSEA \leq .05$	$.05 < RMSEA \leq .08$
SRMR	0.084	$0 \leq SRMR \leq .05$	$.05 < SRMR \leq .10$
CFI	0.993	$.95 \leq CFI \leq 1.00$	$.90 \leq CFI < .95$
TLI	0.992	$.95 \leq NNFI \leq 1.00$	$.90 \leq NNFI < .95$
NNFI (TLI)	0.988	$.95 \leq NNFI (TLI) \leq 1.00$	$.90 \leq NNFI (TLI) < .95$
RFI	0.986	$.95 \leq RFI \leq 1.00$	$.90 \leq RFI < .95$
IFI	0.993	$.95 \leq IFI \leq 1.00$	$.90 \leq IFI < .95$
PNFI	0.880	$.95 \leq PNFI \leq 1.00$	$.50 \leq PNFI < .95$

*Note.* Bentler & Bonett, 1980; Browne & Kudek, 1993; Hu & Bentler, 1999; Kline, 2011; Tabachnick & Fidell, 2012; Vieira, 2011.

The model fit of the Multidimensional Jealousy Scale was assessed with confirmatory factor analysis using maximum likelihood. All fit indices revealed that the model fitted well:  $\chi^2 (df = 246) = 2.24, p < .001$ ; CFI= .99; TLI= .99; RMSEA= .06, SRMR= .08; NNFI (TLI)= .99; RFI= .99; IFI= .99; PNFI= .88. In other words, the results conducted to examine the construct validity of the Multidimensional Jealousy Scale revealed that the scale has acceptable validity.

**Figure 1***Three-factor Jealousy Scale in Study 1*

Reliability analysis was conducted to determine reliability coefficients such as Cronbach's alpha ( $\alpha$ ) and McDonald's omega ( $\omega$ ). Mean, SD, and reliability coefficients of the Multidimensional Jealousy Scale are presented in Table 3.

**Table 3***Mean, SD, and reliability coefficients of the Multidimensional Jealousy Scale*

Variables	<i>M</i>	<i>SD</i>	$\alpha$	$\Omega$
Cognitive <sup>a</sup>	42.50	13.60	.93	.93
Emotional <sup>a</sup>	44.20	11.00	.91	.91
Behavioral <sup>a</sup>	20.70	10.30	.85	.85

Note. *M* = Mean, *SD* = Standard deviation,  $\alpha$  = Cronbach Alpha,  $\omega$  = McDonald's omega. <sup>a</sup>Subscale of the Multidimensional Jealousy Scale.

The results showed that the reliability coefficients of the cognitive, emotional and behavioral factors (i.e., the subscales of the MJS) were .85 and above. These values revealed that the scale has a high level of reliability.

***Study 2: Results of CFA and The Relationship Between Jealousy Subscales and Self-Esteem***

The socio-demographic characteristics of the participants in Study 2 are presented in Table 4.

**Table 4**

*Socio-demographic characteristics of Kosovar Albanian participants in Study 2*

Variables		<i>n</i>	%
Gender	Female	220	71,2
	Male	89	28,8
Age	18-25	257	83,2
	26-35	46	14,9
	36-45	6	1,9
Residential	Urban	191	61,8
	Rural	118	38,2
Marital status	Married	37	12,0
	Not in a relationship	169	54,7
	In a relationship	103	33,3

This study included 309 Kosovar Albanian participants. Of the participants, 220 (71.2%) were female, and 89 (28.8%) were male; 169 (54.7%) were not in a relationship, 103 (33.3%) were in a relationship, and 37 (12.0%) were married. Additionally, 191 (61,8%) of the participants lived in urban area, 118 (38.2%) in rural area; 257 (83.2%) were between 18-25, 46 (14,9%) were between 26-35, and 6 (1,9%) were between 36-45. There were no participants declared 45 and above. Except for criterion validity purposes, the data collected from this sample were used in the third study when comparing Kosovar Albanians with Turkish adults.

The model fit values, the indices used to evaluate these values, and the perfect and acceptable criteria of the indices for the Multidimensional Jealousy Scale in Study 2 are presented in Table 5.

**Table 5**

*Confirmatory factor analysis for the Multidimensional Jealousy Scale in Study 2*

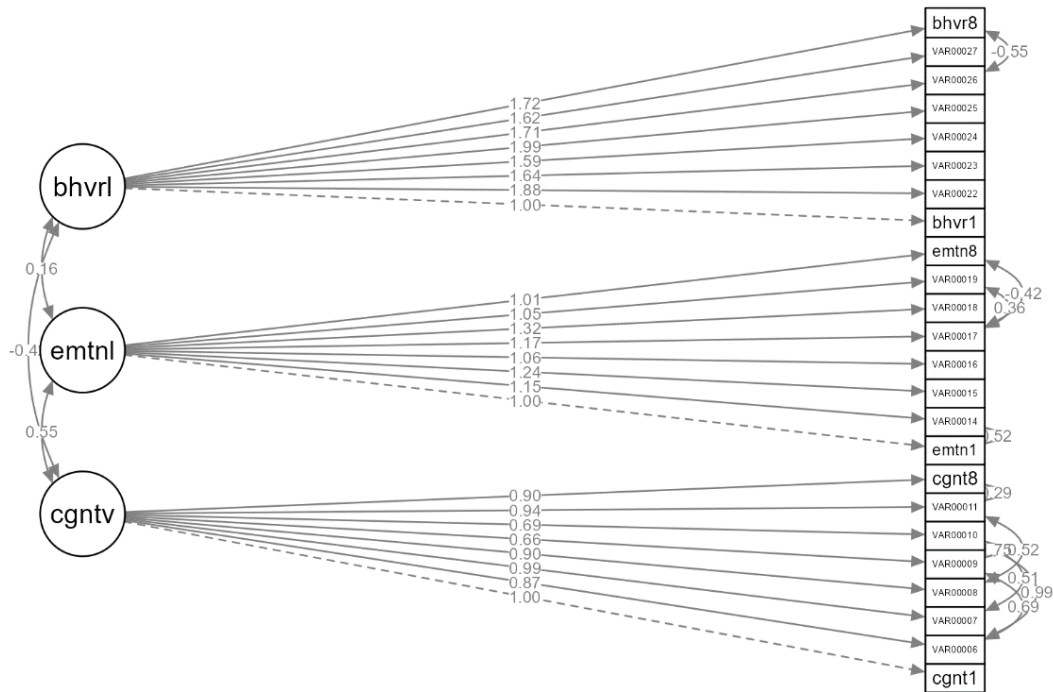
Indices of fit	The model fit values	Perfect fit	Acceptable fit
$\chi^2/sd$	2.89	$0 \leq \chi^2/df \leq 2$	$0 \leq \chi^2/df \leq 5$
RMSEA	0.054	$0 \leq RMSEA \leq .05$	$.05 < RMSEA \leq .08$
SRMR	0.061	$0 \leq SRMR \leq .05$	$.05 < SRMR \leq .10$
CFI	0.947	$.95 \leq CFI \leq 1.00$	$.90 \leq CFI < .95$
TLI	0.939	$.95 \leq NNFI \leq 1.00$	$.90 \leq NNFI < .95$
NNFI (TLI)	0.939	$.95 \leq NNFI (TLI) \leq 1.00$	$.90 \leq NNFI (TLI) < .95$
RFI	0.878	$.95 \leq RFI \leq 1.00$	$.90 \leq RFI < .95$
IFI	0.947	$.95 \leq IFI \leq 1.00$	$.90 \leq IFI < .95$
PNFI	0.775	$.95 \leq PNFI \leq 1.00$	$.50 \leq PNFI < .95$

*Note.* Bentler & Bonett, 1980; Browne & Kudek, 1993; Hu & Bentler, 1999; Kline, 2011; Tabachnick & Fidell, 2012; Vieira, 2011.

The model fit of the Multidimensional Jealousy Scale in Study 2 was assessed with confirmatory factor analysis using maximum likelihood. All fit indices revealed that the model fitted well:  $\chi^2 (df = 239) = 2.89, p < .001$ ; CFI= .95; TLI= .94; RMSEA= .05, SRMR= .06; NNFI (TLI)= .94; RFI= .88; IFI= .95; PNFI= .78. The results indicated that the Multidimensional Jealousy Scale has acceptable validity.

**Figure 2**

*Three-factor Jealousy Scale in Study 2*



A Pearson’s correlation was also run to determine the relationships between the subscales of jealousy and self-esteem. Additionally, reliability analysis was conducted to determine reliability coefficients such as Cronbach's alpha ( $\alpha$ ) and McDonald's omega ( $\omega$ ). Mean, SD, reliability coefficients, and correlations for the study variables are presented in Table 6.

**Table 6**

*Relationships of jealousy subscales and self-esteem*

Variables	<i>M</i>	<i>SD</i>	$\alpha$	$\omega$	1.	2.	3.	4.
1. Cognitive <sup>a</sup>	43.60	12.20	.90	.90	1			
2. Emotional <sup>a</sup>	43.23	11.41	.91	.91	.22**	1		
3. Behavioral <sup>a</sup>	21.79	11.55	.87	.87	-.30**	.18**	1	
4. Self-esteem	19.72	6.13	.82	.83	-.33**	-.07	.20**	1

Note. *M* = Mean, *SD* = Standard deviation,  $\alpha$  = Cronbach Alpha,  $\omega$  = McDonald's omega. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$ . <sup>a</sup>Subscale of the Multidimensional Jealousy Scale.

The results showed that self-esteem was negatively associated with cognitive jealousy ( $r = -.33, p < .001$ ). On the other hand, self-esteem was positively associated with behavioral jealousy ( $r = .20, p < .001$ ). However, there was no statistically significant relationship between self-esteem and emotional jealousy ( $p > .05$ ). In addition, cognitive sub-dimension of jealousy was negatively associated with behavioral jealousy ( $r = -.30, p < .01$ ) and positively associated with emotional jealousy ( $r = .22, p < .001$ ). Emotional sub-dimension of jealousy was also positively associated with behavioral jealousy ( $r = .18, p < .01$ ). Furthermore, it was found that the reliability coefficients of the cognitive, emotional and behavioral factors (i.e., the subscales of the MJS) and self-esteem scale were .82 and above. These values are indicative of a high level of reliability.

### **Study 3: Results for Cross-Cultural Study**

The socio-demographic characteristics of Turkish participants in Study 3 are presented in Table 7.

**Table 7**

*Socio-demographic characteristics of Turkish participants*

Variables		<i>N</i>	%
Gender	Female	248	75,6
	Male	80	24,4
Age	18-25	181	55,2
	26-35	116	35,4
	36-45	23	7
	45 and above	8	2,4
Residential	Urban	309	94,2
	Rural	19	5,8
Marital status	Married	52	15,9
	Not in a relationship	156	47,6
	In a relationship	120	36,6



This study included 328 Turkish participants. Of the participants, 248 (75,6%) were female, and 80 (24,4%) were male; 156 (47,6%) were not in a relationship, 120 (36,6%) were in a relationship, and 52 (15,9%) were married. Additionally, 309 (94,2%) of the participants lived in urban area, 19 (5,8%) in rural area, 181 (55,2%) of the participants were between 18-25, 116 (35,4%) between 26-35, 23 (7%) between 36-45, and 8 (2,4%) were 45 and above.

**Jealousy Scores by Nationality (Kosovar Albanian vs. Turkish Adults).** An independent sample t-test was run to investigate the differences in jealousy scores by nationality and the results are presented in Table 8.

**Table 8**

*Jealousy scores by nationality*

Variables	Group	<i>N</i>	<i>M</i>	<i>SD</i>	<i>t</i>	<i>p</i>
Cognitive <sup>a</sup>	Kosovar Albanian	309	43.60	12.20	29.77	<i>p</i> < .001
	Turkish	328	16.68	10.58		
Emotional <sup>a</sup>	Kosovar Albanian	309	43.23	11.41	6.35	<i>p</i> < .001
	Turkish	328	38.52	6.84		
Behavioral <sup>a</sup>	Kosovar Albanian	309	21.79	11.55	3.81	<i>p</i> < .001
	Turkish	328	18.73	8.58		

*Note.* *M* = Mean, *SD* = Standard deviation. <sup>a</sup>Subscale of the Multidimensional Jealousy Scale.

The results indicated that there were statistically significant differences in cognitive jealousy scores by nationality ( $t(635) = 29.77, p < .001$ ). Kosovar Albanians reported significantly higher scores of cognitive jealousy compared to Turkish adults. Similarly, statistically significant differences were found in emotional jealousy scores between Kosovar Albanians and Turkish adults ( $t(635) = 6.35, p < .001$ ). Kosovar Albanians reported significantly higher scores of emotional jealousy compared to Turkish adults. Finally, there were statistically significant differences in behavioral jealousy scores by nationality ( $t(635) = 3.81, p < .001$ ). Kosovar Albanians reported significantly higher scores of behavioral jealousy compared to Turkish adults.

**Jealousy Scores of Kosovar Albanian Adults by Gender, Age, and Residential Area.** An independent sample t-test was run to investigate the differences in jealousy scores by gender, age, and residential area and the results are presented in Table 9.

**Table 9**

*Jealousy scores of Kosovar Albanians by gender, age, and residential area*

	Variables	Grup	<i>M</i>	<i>SD</i>	<i>t</i>	<i>P</i>
Cognitive <sup>a</sup>	Gender	Female	44.39	12.31	1.80	.07
		Male	41.65	11.78		
	Age	18-25	42.78	12.25	-2.44	.02
		26-35	47.21	11.18		
	Residential area	Urban	44.18	11.90	1.06	.28
		Rural	42.66	12.67		
Emotional <sup>a</sup>	Gender	Female	44.54	10.81	3.22	.001
		Male	39.98	12.23		
	Age	18-25	43.33	11.25	.56	.57
		26-35	42.30	12.39		
	Residential area	Urban	43.69	11.47	.89	.37
		Rural	42.49	11.31		
Behavioral <sup>a</sup>	Gender	Female	21.61	11.48	-.42	.67
		Male	22.23	11.6		
	Age	18-25	22.21	11.39	1.56	.12
		26-35	19.36	11.46		
	Residential area	Urban	21.03	11.48	-1.47	.14
		Rural	23.02	11.59		

*Note.* *M* = Mean, *SD* = Standard deviation. <sup>a</sup>Subscale of the Multidimensional Jealousy Scale.

The results illustrated that there were statistically significant differences in cognitive jealousy scores between different ages ( $t(307) = -2.44, p < .01$ ). Participants in 18-25 age reported significantly lower scores of cognitive jealousy compared to those in 26-35 age. Similarly, statistically significant differences were found in emotional jealousy scores between female and male ( $t(307) = 3.22, p < .01$ ). Female participants reported significantly higher scores of emotional jealousy compared to male participants. However, no statistically significant differences were observed in cognitive jealousy scores by gender and residential

area; emotional jealousy scores by age and residential area; and behavioral jealousy scores by gender, age, and residential area.

**Jealousy Scores of Turkish Adults by Gender, Age, and Residential Area.** An independent sample t-test was run to investigate the differences in jealousy scores by gender and residential area and the results are presented in Table 10.

**Table 10**

*Jealousy scores of Turkish participants by gender and residential area*

	Variables	Grup	<i>M</i>	<i>SD</i>	<i>t</i>	<i>P</i>
Cognitive <sup>a</sup>	Gender	Female	16.79	10.97	.34	.74
		Male	16.33	9.35		
	Residential area	Urban	16.70	10.47	.13	.89
		Rural	16.36	12.61		
Emotional <sup>a</sup>	Gender	Female	38.70	6.54	.83	.41
		Male	37.93	7.72		
	Residential area	Urban	38.37	6.77	-1.66	.10
		Rural	41.05	7.69		
Behavioral <sup>a</sup>	Gender	Female	19.00	8.70	1.02	.31
		Male	17.87	8.19		
	Residential area	Urban	18.54	8.45	-1.63	.10
		Rural	21.84	10.9		

*Note.* *M* = Mean, *SD* = Standard deviation. <sup>a</sup>Subscale of the Multidimensional Jealousy Scale.

The results indicated that there were no statistically significant differences in cognitive, emotional, and behavioral jealousy scores by gender and residential area ( $p > .05$ ).

A one-way ANOVA was also run to investigate the differences in jealousy scores by age and the results are presented in Table 11.

**Table 11***Jealousy scores of Turkish participants by age*

	Group	<i>M</i>	<i>SD</i>	<i>F</i>	<i>p</i>	<i>Difference</i>
Cognitive <sup>a</sup>	18-25	17.93	11.23			-
	26-35	15.06	8.74	2.86	.06	
	36 and above	15.41	12.30			
Emotional <sup>a</sup>	18-25	38.77	6.72			-
	26-35	38.31	6.77	.33	.72	
	36 and above	37.83	7.90			
Behavioral <sup>a</sup>	18-25	20.52	9.01			
	26-35	16.86	7.36	9.72	<i>p</i> < .001	18-25 > 26-35; 18-25 > 36 and above
	36 and above	15.25	7.95			

Note. *M* = Mean, *SD* = Standard deviation. <sup>a</sup>Subscale of the Multidimensional Jealousy Scale.

The results indicated that there were statistically significant differences in behavioral jealousy scores between different ages ( $F(2, 325) = 9.72, p < .001$ ). Participants in the 18-25 age group reported significantly higher scores of behavioral jealousy compared to those in 26-35 and 36 and above ages. However, there were no statistically significant differences in cognitive and emotional jealousy scores by age ( $p > .05$ ).

## Discussion

On the whole, this study adapted MJS in Kosovar Albanian cultural context, then examined the dimensions of romantic jealousy among Kosovar Albanian and Turkish adults through the demographic variables like gender, age, and residential area. In this section, main findings of the current study are discussed in light with the existing relevant literature.

### ***Discussion on the Scale-Adaptation***

As mentioned earlier, this study aimed to adapt an instrument for measuring romantic jealousy levels and dimensions among Kosovar Albanian adults. In line with this overarching goal, MJS was adapted to investigate the potential differences between

Kosovar Albanian and Turkish adults in terms of romantic jealousy, including demographic variables such as gender, age, and residential area. The scarcity of culturally standardized instruments in Kosovar Albanian context to assess romantic jealousy underscored the need for this research.

The first research question “Is the Albanian form of Multidimensional Jealousy Scale a psychometrically sound instrument?” was investigated through several steps, including: linguistic validity (expert confirmation, forward and back translation, expert reviews, pilot study, and finalization), reliability (Cronbach Alpha and McDonald’s Omega), criterion validity (Pearson’s correlation to examine the relationship between MJS and RSES), and construct validity (Confirmatory Factor Analysis - CFA study). A detailed explanation of every employed method is provided below.

The first sub-research question related to the first research question “Is the Multidimensional Jealousy Scale’s content validity culturally appropriate?” was assessed by expert confirmation. In order to proceed to the following stages of adapting a scale into another language or culture, the very first step is the decision of the field experts whether the scale is appropriate for usage in the target culture (Herdman et al., 1998). The experts (three professors of Psychology in Kosovo, bilingual and familiar with the cultural context), were chosen in accordance with the recommendations by ITC (2018). As a conclusion, the scale was unanimously agreed to be suitable for Kosovar Albanian cultural adaptation.

For the second sub-research question “Does the Albanian form of Multidimensional Jealousy Scale have a satisfactory level of criterion validity?” despite the Multidimensional Jealousy Scale, Rosenberg Self-Esteem Scale was also used within the framework of this study for the same purpose. A Pearson’s correlation was run to determine the relationship between the subscales of jealousy and self-esteem. The study produced a wide range of results. Firstly, in accordance with previous studies (Agarwal & Singh, 2021; Buunk, 1997; Farooq et al., 2020; Go et al., 2021; Mullen & Martin, 1994; Stieger et al., 2012), the results

showed that self-esteem was negatively associated with cognitive jealousy, and there was no statistically significant relationship between self-esteem and emotional jealousy. According to Peretti and Pedowski (1997) the relationship between jealousy and low self-esteem is said to be inversely correlated because people with low self-esteem perceive themselves as less ideal as a partner, and hence feel more vulnerable to potential rivalry. On the other hand, self-esteem was positively associated with behavioral jealousy. A possible explanation for this correlation can be that emotional and cognitive jealousy are considered intrapsychic constructs in nature, similar to self-esteem (Baumeister et al., 1989), consequently they all have to do with the individual himself, the internal thoughts, feelings, and judgments he has. To elaborate further, people experiencing emotional or cognitive jealousy don't take actions, quite the opposite they tend to experience interaction difficulties and isolation (Rosenberg, 1965). In contrast, behavioral construct activates people to take concrete actions towards reaching a relevant goal. Similarly, Yoshimura (2004) highlighted the different nature of behavioral jealousy stating that while emotional jealousy reflects feelings like anger and fear, and cognitive jealousy concerns and suspicions, behavioral jealousy can take many different forms, such as aggressive behavior toward the partner or surveillance behaviors aiming to watch or control the partner. Findings from this study partially support this claiming that cognitive jealousy was negatively associated with behavioral jealousy and positively associated with emotional jealousy, but emotional subscale was positively associated with behavioral jealousy. However, research indicates that jealousy is connected with feelings of perceived inadequacy as a partner (White, 1981). For more accurate findings, White and Mullen (1989) proposed that jealousy research should evaluate relationship-related self-esteem, and not general self-esteem. It is possible that assessing self-esteem in relation to relationships specifically would produce different findings on the correlation between jealousy and self-esteem.

When it comes to factor analysis that should be applied for scale adaptations, researchers are notably divergent. While there are studies that suggest the use of

Exploratory Factor Analysis (Gronier, 2023; Sousa & Rojjanasrirat, 2011) when adapting a scale, there are others that contrast this approach emphasizing the appropriateness of Confirmatory Factor Analysis on scale adaptations (Henson & Roberts, 2006; ITC, 2018; MacCallum & Austin, 2000; Prudon, 2015). For instance, while the Turkish version of MJS by Karakurt (2001) employed Principal Component Factor Analysis (PCFA) to assess construct validity, the Serbian version by Tošić Radev and Hedrih (2017) utilized Confirmatory Factor Analysis (CFA). Thus, in the present study the third sub-research question “Are multiple - indices of Multidimensional Jealousy Scale satisfactory?” was examined with confirmatory factor analysis using maximum likelihood. Consequently, the results conducted to examine the construct validity of the Multidimensional Jealousy Scale revealed that the model fitted well, so the scale has acceptable validity.

The fourth sub-research question “Does the Albanian form of Multidimensional Jealousy Scale have a satisfactory level of reliability?” was assessed using reliability coefficients such as Cronbach's alpha ( $\alpha$ ) and McDonald's omega ( $\omega$ ) for each subscale. Despite these coefficients, Cronbach (1951) notes that test-retest reliability is preferable when feasible. However, due to practical limitations, researchers often rely solely on alpha coefficients. Thus, the results from Cronbach's alpha and McDonald's omega showed a high level of reliability. Specifically, reliability coefficient for the cognitive subscale was .93, for the emotional subscale was .91, and for the behavioral subscale was .85, similar to the original scale (.92, .85, .89) by Pfeiffer and Wong (1989), and higher in comparison with the adaptations in the Serbian context (.90, .83, .82) by Tošić Radev and Hedrih (2017), and Turkish context (.91, .86, .86) by Karakurt (2001).

### ***Discussion on the Cross-Cultural Study***

The second research question “Do Kosovar Albanian and Turkish adults’ scores differ significantly on the Multidimensional Jealousy Scale?” was assessed using an independent sample t-test to investigate the differences in jealousy scores by nationality

(see Table 9). The results indicated that there were statistically significant differences in each subscale of jealousy (cognitive, emotional, behavioral) with Kosovar Albanian adults reporting higher jealousy scores compared to Turkish adults. So, generally Kosovo showed a more traditional pattern on romantic relationships. Similar results were found from Croucher et al.' (2012) study, where Indians, a patriarchal culture, expressed more jealousy (behavioral and emotional) than Thais. These findings could be attributed to several factors. One of them may be cultural norms and values of the patriarchal social structure that can significantly influence the expression and experience of jealousy (Croucher et al., 2012). It is possible that Kosovar Albanian culture may place a greater emphasis on possessiveness, jealousy, or honor-related issues, as highlighted by the so-called customary law of Albanians - the Canon of Lekë Dukagjini (Sadiku, 2014), compared to Turkish culture.

Historical context, such as conflict, trauma, and societal changes, can significantly shape individuals' perceptions and responses to jealousy, as well. Kosovo's history as a conflict zone, marked by war, genocide, including the systematic use of rape and other forms of sexual violence as war weapons and instruments of ethnic cleansing, as documented by Human Rights Watch (2000), has had a profound impact on its population. These traumas in Kosovo, as evidenced by Wang et al. 's (2010) study, has led to a high prevalence of severe pain and emotional disturbance among the victims, in particular. The enduring effects of these traumatic experiences, even two decades later, may contribute to heightened feelings of jealousy or anxiety as a coping mechanism or in response to perceived threats to personal or family security. Furthermore, cultures often tend not to be as homogeneous as they are assumed to be (İmamoğlu & Karakitapoğlu-Aygün, 2007). Thus, a possible explanation can be that due to the cultural heterogeneity within a country, particularly the diversity of Kosovo's population as highlighted by Tančić & Elezović, 2020), the results may not be entirely representative of the broader population.



The fifth “Do Kosovar Albanian adults’ scores on the subscales of jealousy differ significantly according to gender?”, and the eighth “Do Turkish adults scores on the subscales of jealousy differ significantly according to gender?” sub-research questions, investigated gender differences in Kosovar Albanian and Turkish adults' jealousy scores. Independent sample t-tests were conducted to compare scores between genders (see Tables 9 and 10). The obtained findings provided differences between two cultures. While Kosovar Albanian participants exhibited significant gender differences in emotional jealousy, Turkish participants did not. Female Kosovar Albanians reported higher emotional jealousy scores than males, aligning with evolutionary theory (Sookdew, 2022) and previous research (Bendixen et al., 2015; Buunk et al., 1996; Croucher et al., 2012; Güçlü et al, 2017; Lemmers-Jansen et al., 2017; Shackelford et al., 2004; Zandbergen & Brown, 2015). Conversely, the Turkish sample found no overall gender differences on emotional jealousy, aligning with other studies (Burchell & Ward, 2011; Güçlü et al., 2017). Additionally, this study did not find any significant gender differences in cognitive or behavioral jealousy scores for either group, contradicting previous research. This may be due to what Zengel et al. (2013) discovered that there is a greater gender difference among those who had experienced infidelity, in contrast to those who are just hypothesizing the situation. Furthermore, a larger sample size, particularly of males, could have revealed more nuanced gender differences.

The sixth sub-research question “Do Kosovar Albanian adults’ scores on the subscales of jealousy differ significantly according to age?” was also assessed using an independent sample t-test (see Table 9). Differently, the ninth sub-research question “Do Turkish adults scores on the subscales of jealousy differ significantly according to age?” was assessed using a one-way ANOVA to investigate the differences in jealousy scores by age (see Table 11). Investigating jealousy subscales and their potential relationship with the age of participants revealed diverse findings in both cultures. Firstly, our findings contradict previous research (Ariyo et al., 2023; Adams, 2012), which found that older

participants exhibited lower levels of jealousy. In contrast, our study with Kosovar Albanian participants revealed that younger individuals (18-25) reported significantly lower cognitive jealousy scores than older individuals (26-35). Turkish participants also exhibited significant age differences, but in behavioral jealousy. The youngest group (18-25) reported higher behavioral jealousy scores than the older groups (26-35 and 36+). A possible explanation for this can be that in collectivist cultures, younger people might be more vulnerable to social comparison and competitiveness, which could result in increased feelings of jealousy. Research supports this explaining that younger people in collectivist cultures tend to be more sensitive to rival characteristics that can provoke jealousy, such as social dominance, physical attractiveness, and resource acquisition (Buunk & Dijkstra, 2015). This may be due to a stronger emphasis on maintaining social status and group harmony within the Turkish cultural context (Yahyagil & Ötken, 2011). Furthermore, according to Yahyagil and Ötken's (2011) research on Turkish cultural values, younger Turkish participants can show more conservative beliefs and a larger desire for power and control over relationships. This could contribute to their increased behavioral manifestations of jealousy. Nevertheless, no significant age differences were found in emotional or behavioral jealousy for Kosovar Albanian participants, or in cognitive or emotional jealousy for Turkish participants.

The seventh sub-research question explored potential differences in romantic jealousy scores among Kosovar Albanian adults based on residential area (urban vs. rural). An independent sample t-test was conducted (see Table 8). Given that KWN (2021) reported higher rates of intimate partner violence among women living in rural areas of Kosovo, this question aimed to investigate a potential relationship between jealousy subscales scores and participants' residential areas. However, the results indicated no statistically significant differences between either urban or rural areas and the subscales of jealousy. A possible explanation for this can be that jealousy is a wider emotion to be influenced by regional factors. The same demographic question was included for Turkish

participants, as well. However, due to the small and non-representative rural sample (19 out of 328 participants) it was not considered.

In conclusion, this study provides evidence of differences in three dimensions of jealousy scores between the two cultural contexts. However, it is important to note that it cannot definitively determine the underlying causes of these differences. Further research is needed to explore the specific cultural, historical, and social factors that may contribute to these observed disparities. Hence, in the next chapter conclusion and recommendations for further studies are presented.

## Chapter 5

### Conclusion and Recommendations

In this section, based on the results of this study, and the literature, the conclusion and several recommendations are provided for researchers, practitioners, and policymakers.

#### Conclusion

This study aimed to adapt the MJS for Albanian use, creating a validated instrument for researchers and clinicians to assess cognitive, emotional, and behavioral aspects of jealousy in Kosovar Albanian partners. Consequently, this instrument was immediately used for cross-cultural study. Secondly, the potential similarities and differences in romantic jealousy between Kosovar Albanian and Turkish adults were investigated.

According to the results:

- The newly adapted MJS demonstrates both reliability and validity in measuring romantic jealousy levels and dimensions in Kosovar Albanian adults.
- Differences regarding the participants' nationality were found. Kosovar Albanians, compared to Turkish participants, scored higher in each subscale of jealousy.
- Differences regarding the participants' gender were found. Kosovar Albanian females reported higher levels of emotional jealousy compared to males. There were no significant gender differences of Kosovar Albanian participants in other subscales. Furthermore, there were no statistically significant differences of Turkish participants by gender.
- Differences regarding the participants' age were found. Kosovar Albanian participants of the 18-25 age group reported significantly lower scores of cognitive jealousy compared to those in the 26-35 age group. While Turkish

participants in the 18-25 age group reported significantly higher scores of behavioral jealousy compared to those in 26-35 and 36 and above ages. Again, no significant age differences were found in other subscales.

## **Recommendations**

### ***Recommendations for Researchers***

- Even though this study was aimed to be conducted with individuals 18 years old and above the adult group, not enough data was obtained from participants 46 years old and above, in particular. Thus, future studies should involve other age groups in order to obtain a diverse set of data.
- For this study, data were collected through SMPs (Social Media Platforms - Instagram, WhatsApp, Viber, Facebook), using convenience sampling method, which at some point explains the lack of older age group participants. Hence, future work could include non social-media users, low socio-economic status participants, etc., to diversify their samples.
- This study was conducted with heterosexuals. Studies may include individuals of other sex and gender orientation of the participants in order to get a wider understanding.
- This study investigated potential differences according to participants' gender, age, and residential area. Further studies are recommended to include other demographic information such as: relationship duration, number of relationships, living together or separated, in order to get more detailed information related to their potential impact on romantic jealousy.
- This study focused on measuring jealousy dimensions (cognitive, emotional, behavioral) in romantic relationships. Future investigations could be built upon

this by developing additional measurement tools to assess jealousy reactions, coping mechanisms, and other related factors.

- The concept of romantic jealousy in this study is addressed with self-esteem. Researchers may examine jealousy in conjunction with a variety of other variables.
- Utilizing mixed methods approaches, combining quantitative and qualitative data, could provide a deeper insight into the psychological mechanisms underlying romantic jealousy.

### ***Recommendations for Practitioners***

- Counselors and other practitioners can develop and implement intervention programs aimed at reducing social dominance orientation, addressing controlling behaviors, and managing jealousy within partners through promoting healthy coping mechanisms for dealing with jealous thoughts, feelings, or behaviors. This could involve strengthening effective communication, conflict resolution, and trust building skills, which are the keys to fostering strong and lasting relationships.
- They can organize educational workshops and training sessions focusing on challenging traditional gender roles and stereotypes, particularly targeting males.
- They may include the findings from the studies in their mental health practices, especially when counseling individuals with gender-related issues. This may be useful in addressing and decreasing romantic jealousy, and its related behaviors.

***Recommendations for Policymakers***

- Increase access to mental health services and legal aid for individuals struggling with jealousy and victims of jealousy-related violence.
- Implement policies to reduce economic disparities and create equal employment opportunities for women.
- Develop guidelines for media outlets to portray healthy relationships and avoid perpetuating stereotypes.
- Foster collaboration between government agencies, NGOs, and community organizations to address jealousy comprehensively.

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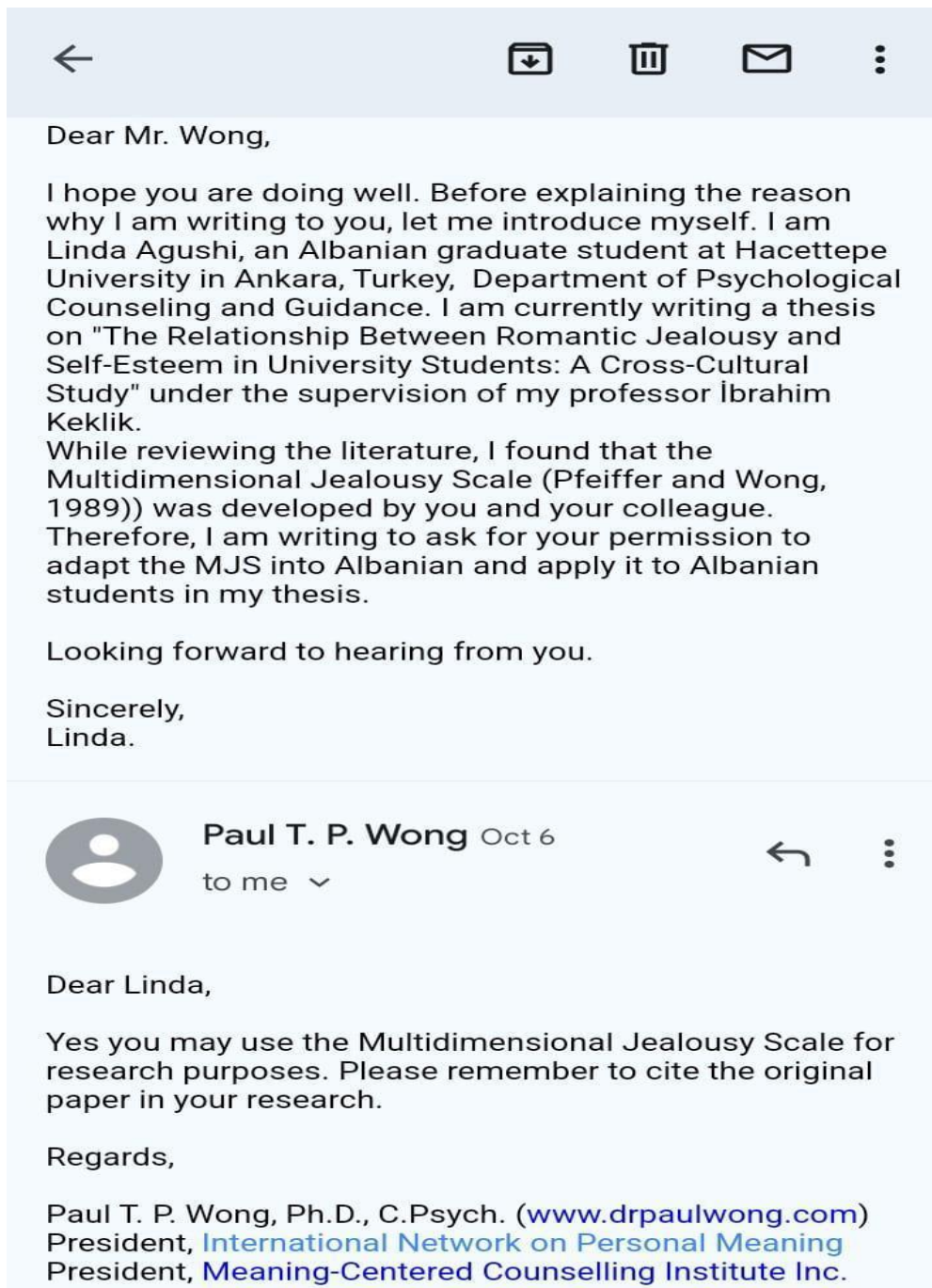
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## APPENDICES


### APPENDIX-A: Permissions For Instruments




#### APPENDIX-A1: Permission to Use the Original Form of Multidimensional Jealousy Scale



## APPENDIX-A2: Permission to Use the Turkish Form of Multidimensional Jealousy Scale

←    

**Fwd: Çok Boyutlu Kıskançlık Ölçeği** Inbox 

 **Gunnur Karakurt** 9/25/2023  
to me ▾  

Merhaba Linda,




İlişikte çok boyutlu kıskançlık ölçeğini bulabilirsiniz. Akademik çalışmalarınızda kullanabilirsiniz. Bol sans diliyorum.





Gunnur Karakurt, Ph.D, IMFT

|||

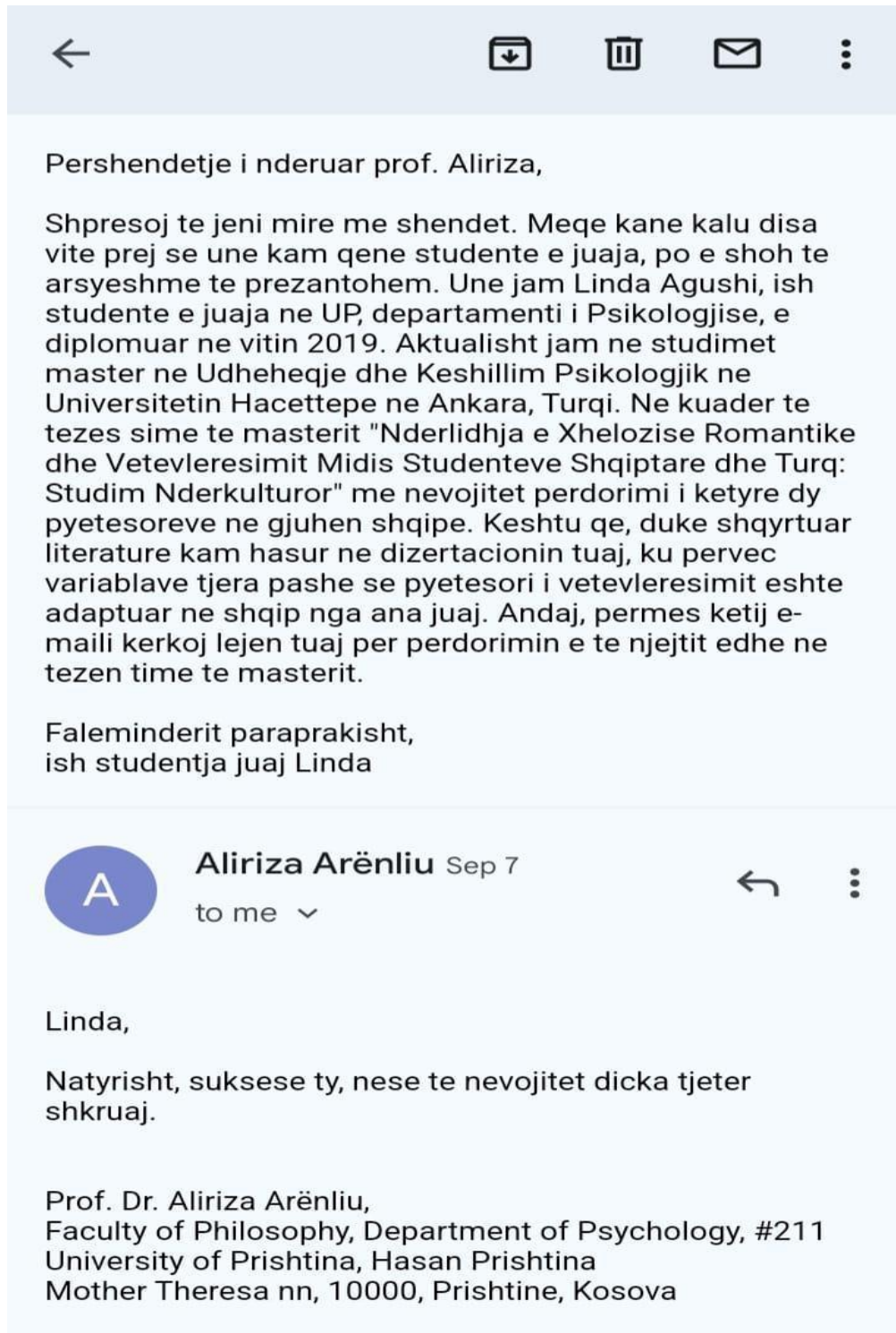
The MDJS was developed by Pfeiffer and Wong (1987), including three sub-scales measuring cognitive, emotional and behavioral dimensions of jealousy. In the original study, reliability of subscales ranged from .80 to .90. The reliability analysis of the scale's Turkish version in the pilot study showed that alpha reliability was .91 for cognitive jealousy, .86 for behavioral jealousy, and .86 for emotional jealousy. In the current study alpha was .81 for emotional jealousy subscale, .80 for behavioral jealousy subscale, and .84 for cognitive jealousy subscale, indicating satisfactory internal consistency for all subscales (Appendix H)

**APPENDIX H**  
Multi-dimensional Jealousy Scale (MDJS)

 KiskanclikMDJS.docx  

  ▾ Reply  

**APPENDIX-A3: Permission to Use the Albanian Form of Rosenberg Self-Esteem**



**APPENDIX-B: Informed Consent Form****APPENDIX-B1: Informed Consent for Turkish Participants**

Sayın Katılımcı,

Öncelikle çalışmamıza göstermiş olduğunuz ilgi ve ayırdığınız zaman için şimdiden teşekkür ederim. Bu form, araştırmanın amacını tanıtmayı ve bir katılımcı olarak haklarınızı tanımlamayı amaçlamaktadır. 18 yaş ve üzeri Türklerin ilişkide davranışların incelendiği bu araştırma, Hacettepe Üniversitesi Eğitim Bilimleri Enstitüsü Rehberlik ve Psikolojik Danışmanlık Bilim Dalı tezli yüksek lisans öğrencisi Linda Agushi'nin Prof. Dr. İbrahim Keklik danışmanlığında yürütülen yüksek lisans tez çalışması kapsamında gerçekleştirilmektedir.

Bu araştırmanın amacı, iki kültür arasındaki romantik kıskançlığı incelemektedir. Çalışmada kullanılan ölçekler için Hacettepe Üniversitesi Etik Komisyonundan kurul onayı alınmıştır. Araştırmaya katılmayı onayladığınızda ölçekte yer alan her maddeyi içtenlikle yanıtlamanız beklenmektedir. Araştırma esnasında sizden isim ya da kimliğinizi ortaya çıkaracak bir bilgi istenmeyecektir. Verdiğiniz yanıtlar doğrultusunda elde edilen bilgiler yalnızca araştırmacılar tarafından bilimsel amaç ile kullanılacak olup, üçüncü şahıslarla paylaşılmayacaktır. Çalışmaya katılım gönüllülük esasına dayalıdır. Çalışma yaklaşık 10 dakika sürecek olup çalışmada yer alan hiç bir aşama, kişisel rahatsızlık verecek nitelikte değildir. Ancak herhangi bir nedenle kendinizi rahatsız hissederseniz, soruları yanıtlamayı bitirmeden araştırmadan ayrılabilirsiniz. Çalışmaya katıldıktan sonra istediğiniz an vazgeçebilirsiniz ve bu size hiç bir sorumluluk getirmeyecektir. Araştırmacılara bilgi almak için istediğiniz zaman bu adresten [lindaagushi@hacettepe-edu.tr](mailto:lindaagushi@hacettepe-edu.tr) ulaşabilirsiniz.

Sorumlu Araştırmacı:

Yardımcı Araştırmacı:

Prof. Dr. İbrahim Keklik

Linda Agushi

Formu okudum, anladım. Çalışmaya gönüllü olarak katılacağım. Verdiğim bilgilerin bilimsel yayınlarda kullanılmasını kabul ediyorum.



## **APPENDIX-B2: Informed Consent for Kosovar Albanian Participants**

Të nderuar pjesëmarrës,

Fillimisht faleminderit për interesimin dhe kohën për të marrë pjesë në këtë hulumtim. Ky formular synon të prezantojë qëllimin e hulumtimit dhe të drejtat tuaja si pjesëmarrës. Ky hulumtim, i cili shqyrton sjelljet në marrëdhënie të shqiptarëve të Kosovës të moshës 18 vjeç e lart, po kryhet nga Linda Agushi, studente e magistraturës në Institutin e Shkencave të Edukimit, Departamenti i Udhëheqjes dhe Këshillimit Psikologjik, Universiti Hacettepe, nën mbikëqyrjen e Prof. Dr. Ibrahim Keklik.

Qëllimi i këtij hulumtimi është të shqyrtojë xhelozinë midis dy kulturave. Pjesëmarrësit e këtij studimi janë shqiptarë të Kosovës (18 vjeç e lart). Për pyetësorët e përdorur në këtë studim u mor miratimi i bordit nga Komisioni i Etikës i Universitetit Hacettepe. Përgjigjet tuaja në këtë studim priten të jenë sa më të sinqerta. Gjatë studimit, nuk do t'ju kërkohet emri ose ndonjë informacion që do të zbulojë identitetin tuaj. Përgjigjet tuaja do të përdoren veç nga studiuesit për qëllime shkencore, nuk do të ndahet me palët e treta. Pjesëmarrja është vullnetare. Studimi zgjatë afërsisht 10 minuta dhe asnjë fazë në studim nuk do të shkaktojë shqetësim personal. Megjithatë, nëse nuk ndiheni rehat për ndonjë arsye, mund të hiqni dorë nga studimi në çdo kohë. Anulimi i pjesëmarrjes në hulumtim gjatë ose pas pjesëmarrjes nuk do t'ju shkaktojë ndonjë përgjegjësi. Ndhuni të lirë të kontaktoni studiuesit përmes këtij emaili [lindaagushi@hacettepe-edu.tr](mailto:lindaagushi@hacettepe-edu.tr) në çdo kohë për të marrë informacion.

Studiuesi Kryesor:

Prof. Dr. Ibrahim Keklik

Studiuesi Ndhmës:

Linda Agushi

E lexova formularin dhe e kuptova. Unë do të marr pjesë në studim vullnetarisht. Pranoj që përgjigjet e mia të përdoren në botime shkencore.

**APPENDIX-C: Instruments****APPENDIX-C1: Kişisel Bilgi Formu**

Değerli katılımcı,

Bu formdan elde edilecek bilgiler, gerçekleştirilecek olan bilimsel araştırmada kullanılacaktır. Bu nedenle formu içten bir şekilde doldurmanızı ve tüm maddeleri / soruları yanıtlamanızı rica edilmektedir. Yanıtlarınız gizli tutulacak ve sadece bu araştırma kapsamında kullanılacaktır. Zamanınızı ayırıp bilime sağladığınız katkı için şimdiden teşekkür ederiz.

**Cinsiyet:** ( ) Kadın ( ) Erkek

**Yaş:** ( ) 18-24 ( ) 25-34 ( ) 35-44 ( ) 45 ve üstü

**Yerleşim Bölgesi:** ( ) Kentsel ( ) Kırsal

**Medeni Durum:** ( ) İlişkide değil ( ) İlişkide ( ) Evli

**APPENDIX-C2: Formulari i Informacioneve Personale**

Të nderuar pjesëmarrës,

Informacioni i marrë nga ky formular do të përdoret në kërkimin shkencor që do të kryhet.

Prandaj, ju kërkohet që të plotësoni formularin me sinqeritet dhe t'u përgjigjeni të gjitha pyetjeve. Përgjigjet tuaja do të mbahen konfidenciale dhe do të përdoren vetëm brenda fushës së këtij hulumtimi. Faleminderit paraprakisht për kohën dhe kontributin tuaj në shkencë.

**Gjinia:**                     Femër                     Mashkull

**Mosha:**                     18-24                     25-34                     35-44                     45 dhe mbi

**Zona e banimit:**         Urbane                     Rurale

**Statusi martesor:**     Jo në marrëdhënie     Në marrëdhënie         I/E martuar

### APPENDIX-C3: Multidimensional Jealousy Scale Sample Items (Original)

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

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

All the time

Never

*Cognitive - How often do you have the following thoughts about X?							
1. I suspect that X is secretly seeing someone of the opposite sex.	1	2	3	4	5	6	7
6. I am worried that someone of the opposite sex is trying to seduce X.	1	2	3	4	5	6	7

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

Very pleased

Very upset

*Emotional - How would you emotionally react to the following situations?							
2. X shows a great deal of interest and excitement in talking to someone of the opposite sex.	1	2	3	4	5	6	7
7. X hugs and kisses someone of the opposite sex.	1	2	3	4	5	6	7

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

Never

All the time

*Behavioral - How often do you engage in the following behaviors?							
1.I look through X's drawers, handbag, or pockets.	1	2	3	4	5	6	7
6.I question X about his/her whereabouts.	1	2	3	4	5	6	7

**APPENDIX-C4: The Turkish Form of Multidimensional Jealousy Scale Sample Items**

Değerli Katılımcı,

Aşağıdaki ifadelerin size ne kadar uygun olduğunu aşağıdaki ölçek üzerinde işaretleyiniz. Lütfen maddeleri okurken X harfinin yerinde romantik ilişkide bulunduğunuz kişinin adını koyunuz.

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

Sevinirim

Üzülürüm

1.X size karşı cinsten bis başkasının ne kadar iyi görüldüğü hakkında yorum yapıyorsa.	1	2	3	4	5	6	7
4.X karşı cinsten birisiyle flört ederse.	1	2	3	4	5	6	7

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

Beni tanımlamıyor

Beni tanımlıyor

10.X'e geçmişteki ve bugünkü romantik ilişkileri hakkında sorular sorarım.	1	2	3	4	5	6	7
14.X'i ne zaman karşı cinsten biriyle konuşurken görsem araya girerim.	1	2	3	4	5	6	7
15.Sadece yanında kim olduğunu görmek için X'e sürpriz ziyaretler yaparım.	1	2	3	4	5	6	7
17.Karşı cinsten birisinin X'in peşinden koşuyor olmasından kaygı duyuyorum.	1	2	3	4	5	6	7

**APPENDIX-C5: The Albanian Form of Rosenberg Self-Esteem Scale Sample Items**

Të nderuar pjesëmarrës,

Më poshtë keni 10 pohime për të përshkruar veten. Nga ju kërkohet të tregoni shkallën në të cilën çdo pohim vlen për ju. Për çdo pohim duhet të plotësoni vetëm një kuti.

<b>Pohimet</b>	<b>Plotësisht Pajtohem</b>	<b>Pajtohem</b>	<b>Nuk Pajtohem</b>	<b>Aspak nuk Pajtohem</b>
1.Në përgjithësi, unë jam i/e kënaqur me veten time.				
2.Ndonjëherë mendoj se nuk jam fare i/e mirë.				
8.Do të kisha dashur të kem më shumë respekt për veten time.				
9.Në përgjithësi, kam prirje të ndihem dështak/e.				

### APPENDIX-C6: Multidimensional Jealousy Scale in Albanian

I/E nderuar pjesëmarrës/e,

Ju lutemi mendoni për një person me të cilin keni tani ose keni pasur një marrëdhënie të ngushtë romantike. Në këtë pyetësor, këtij personi i referohemi si personi X. Ju lutemi vlerësoni përgjigjet tuaja për pyetjet e mëposhtme duke rrethuar numrin e duhur pranë secilit pohim.

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

Gjatë gjithë kohës

Asnjëherë

Sa shpesh i keni mendimet e mëposhtme pr X-in?							
	1	2	3	4	5	6	7
1. Dyshoj se X-i po takohet fshehurazi me dikë të gjinisë së kundërt..							
2. Shqetësohem se dikush nga gjinia e kundërt i është vënë pas X-it.							
3. Dyshoj se X-i mund të jetë i/e joshur nga dikush tjetër.							
4. Dyshoj se X-i mund të ketë lidhje fizike intime me një person të gjinisë së kundërt pas shpinës time.							
5. Mendoj se disa persona të gjinisë së kundërt mund të kenë interesim romantik për X-in.							
6. Shqetësohem se dikush nga gjinia e kundërt po përpiqet të joshë X-in.							



7. Mendoj se X-i është në një marrëdhënie intime të fshehtë me dikë të gjinisë së kundërt.	1	2	3	4	5	6	7
8. Dyshoj se X-i është i/e fiksuar pas personave të gjinisë së kundërt.	1	2	3	4	5	6	7

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

Shumë i/e kënaqur

Shumë i/e mërziur

Si do të reagonit emocionalisht ndaj situatave të mëposhtme?							
1. X-i komenton para jush sa i/e bukur është një person i caktuar i gjinisë së kundërt.	1	2	3	4	5	6	7
2. X-i tregon një interesim ose ngazëllim të madh duke folur me dikë të gjinisë së kundërt.	1	2	3	4	5	6	7
3. X-i i buzëqesh në mënyrë shumë të afërt dikujt të gjinisë së kundërt.	1	2	3	4	5	6	7
4. Një person i gjinisë së kundërt po përpiqet t'i afrohet X-it gjatë gjithë kohës.	1	2	3	4	5	6	7
5. X-i është duke flirtuar me dikë të gjinisë së kundërt.	1	2	3	4	5	6	7
6. Një person i gjinisë së kundërt po takohet me X-in.	1	2	3	4	5	6	7
7. X-i përqafton dhe puth dikë të gjinisë së kundërt.	1	2	3	4	5	6	7

8. X-i punon shumë afër me një person të gjinisë tjetër (në shkollë ose zyrë).	1	2	3	4	5	6	7
--	---	---	---	---	---	---	---

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

Asnjëherë

Gjatë gjithë kohës

Sa shpesh përfshiheni në sjelljet e mëposhtme?							
1. Kontrolluj sirtarët, çantën ose xhepat e X-it.	1	2	3	4	5	6	7
2. Telefoni X-in papritur, vetëm për të parë nëse ai/ajo është aty.	1	2	3	4	5	6	7
3. Pyes X-in për marrëdhëniet romantike të mëparshme ose të tanishme.	1	2	3	4	5	6	7
4. Them diçka të keqe për dikë të gjinisë së kundërt në rast se X-i tregon interesim për atë person.	1	2	3	4	5	6	7
5. Pyes X-in për telefonatat e tij/saj.	1	2	3	4	5	6	7
6. Pyes X-in për vendndodhjen e tij/saj.	1	2	3	4	5	6	7
7. Bashkëngjitem sa herë që shoh se X-i është duke biseduar me një person të gjinisë së kundërt.	1	2	3	4	5	6	7
8. Vizitoj X-in papritur vetëm për të parë se kush është me të.	1	2	3	4	5	6	7

## APPENDIX-D: Research Ethics Committee Approval



T.C.  
HACETTEPE ÜNİVERSİTESİ REKTÖRLÜĞÜ  
Sosyal ve Beşeri Bilimler Araştırma Etik Kurulu

Sayı : E-66777842-300-00003225007  
Konu : Etik Kurulu İzni (Linda AGUSHI)

29/11/2023

### EĞİTİM BİLİMLERİ ENSTİTÜSÜ MÜDÜRLÜĞÜNE

İlgi : 13.11.2023 tarihli ve E-51944218-399-00003196088 sayılı yazınız.

Enstitünüz Eğitim Bilimleri Anabilim Dalı Rehberlik ve Psikolojik Danışmanlık Eğitimi Yüksek Lisans Programı öğrencilerinden **Linda AGUSHI**'nin, **Prof. Dr. İbrahim KEKLİK** danışmanlığında yürüttüğü "*Üniversite Öğrencilerinde Romantik Kıskançlık ve Benlik Saygısı Arasındaki İlişki: Kültürlerarası Bir Çalışma*" başlıklı tez çalışması Üniversitemiz Sosyal ve Beşeri Bilimler Araştırma Etik Kurulunun **28 Kasım 2023** tarihinde yapmış olduğu toplantıda incelenmiş olup, etik açıdan uygun bulunmuştur.

Bilgilerinizi ve gereğini rica ederim.

Prof. Dr. İsmet KOÇ  
Kurul Başkanı

**Bu belge güvenli elektronik imza ile imzalanmıştır.**

Belge Doğrulama Kodu: 7A7E114A-7A95-4128-84A7-2A8A3BDE2742

Belge Doğrulama Adresi: <https://www.turkiye.gov.tr/hu-ebys>

Adres:

Bilgi için: Burak CİHAN

E-posta: Elektronik Ağ: [www.hacettepe.edu.tr](http://www.hacettepe.edu.tr)

Bilgisayar İşletmeni

Telefon: Faks:

Telefon: 03123051082

Kep:



## APPENDIX-E: English Thesis Approval



**HACETTEPE ÜNİVERSİTESİ  
EĞİTİM BİLİMLERİ ENSTİTÜSÜ  
YÖNETİM KURULU KARARI**

OTURUM TARİHİ

14.11.2023

OTURUM SAYISI

41

KARAR SAYISI

2023-41/06

Eğitim Bilimleri Ana Bilim Dalı Başkanlığının 3196613 sayılı yazısı incelendi. Rehberlik ve Psikolojik Danışmanlık yüksek lisans programı öğrencisi **Linda AGUSHI'nin** yüksek lisans tezini İngilizce olarak yazmasının uygun olduğuna oy birliği ile karar verildi.

Prof. Dr. İsmail Hakkı MİRİCİ  
Müdür

Doç. Dr. Didem KOŞAR  
Müdür Yardımcısı

Doç. Dr. Kaan BATI  
Müdür Yardımcısı

Doç. Dr. Mustafa Kemal  
ÖZTÜRK  
Kurul Üyesi

Doç. Dr. İ. Elif YETKİN  
ÖZDEMİR  
Kurul Üyesi

Dr. Öğr. Üyesi İ. Fırat  
ALTAY  
Kurul Üyesi  
(Katılmadı)

**APPENDIX-F: Declaration of Ethical Conduct**

I hereby declare that...

- I have prepared this thesis in accordance with the thesis writing guidelines of the Graduate School of Educational Sciences of Hacettepe University;
- all information and documents in the thesis/dissertation have been obtained in accordance with academic regulations;
- all audio visual and written information and results have been presented in compliance with scientific and ethical standards;
- in case of using other people's work, related studies have been cited in accordance with scientific and ethical standards;
- all cited studies have been fully and decently referenced and included in the list of References;
- I did not do any distortion and/or manipulation on the data set,
- and **NO** part of this work was presented as a part of any other thesis study at this or any other university.

...../...../.....

Linda AGUSHI

**APPENDIX-G: Thesis Originality Report**

14/10/2024

HACETTEPE UNIVERSITY  
 Graduate School of Educational Sciences  
 To The Department of Guidance and Psychological Counseling

Thesis Title: Romantic Jealousy Among Adults: A Cross-Cultural Study

The whole thesis that includes the *title page, introduction, main chapters, conclusions and bibliography section* is checked by using **Turnitin** plagiarism detection software take into the consideration requested filtering options. According to the originality report obtained data are as below.

Time Submitted	Page Count	Character Count	Date of Thesis Defense	Similarity Index	Submission ID
15:52	112	152,763	26/09/2024	9%	2484946953

Filtering options applied:

1. Bibliography excluded
2. Quotes included
3. Match size up to 5 words excluded

I declare that I have carefully read Hacettepe University Graduate School of Educational Sciences Guidelines for Obtaining and Using Thesis Originality Reports; that according to the maximum similarity index values specified in the Guidelines, my thesis does not include any form of plagiarism; that in any future detection of possible infringement of the regulations I accept all legal responsibility; and that all the information I have provided is correct to the best of my knowledge.

I respectfully submit this for approval.

**Name Lastname:** Linda Agushi

**Student No.:** N20125128

**Department:** Guidance and Psychological Counseling

**Program:** Educational Sciences Institution

**Status:** Masters

Signature

**ADVISOR APPROVAL**

APPROVED

Prof.Dr. İbrahim KEKLİK

## APPENDIX-H: Yayımlama ve Fikrî Mülkiyet Hakları Beyanı

Enstitü tarafından onaylanan lisansüstü tezimin/raporumun tamamını veya herhangi bir kısmını, basılı (kâğıt) ve elektronik formatta arşivleme ve aşağıda verilen koşullarla kullanıma açma iznini Hacettepe Üniversitesine verdiğimi bildiririm. Bu izinle Üniversiteye verilen kullanım hakları dışındaki tüm fikri mülkiyet haklarım bende kalacak, tezimin tamamının ya da bir bölümünün gelecekteki çalışmalarda (makale, kitap, lisans ve patent vb.) kullanım hakları bana ait olacaktır.

Tezin kendi orijinal çalışmam olduğunu, başkalarının haklarını ihlal etmediğimi ve tezimin tek yetkili sahibi olduğumu beyan ve taahhüt ederim. Tezimde yer alan telif hakkı bulunan ve sahiplerinden yazılı izin alınarak kullanılması zorunlu metinlerin yazılı izin alınarak kullandığımı ve istenildiğinde suretlerini Üniversiteye teslim etmeyi taahhüt ederim.

Yükseköğretim Kurulu tarafından yayınlanan "Lisansüstü Tezlerin Elektronik Ortamda Toplanması, Düzenlenmesi ve Erişime Açılmasına İlişkin Yönerge" kapsamında tezim aşağıda belirtilen koşullar haricince YÖK Ulusal Tez Merkezi / H.Ü. Kütüphaneleri Açık Erişim Sisteminde erişime açılır.

- Enstitü/ Fakülte yönetim kurulu kararı ile tezimin erişime açılması mezuniyet tarihinden itibaren 2 yıl ertelenmiştir. <sup>(1)</sup>
- Enstitü/Fakülte yönetim kurulunun gerekçeli kararı ile tezimin erişime açılması mezuniyet tarihimden itibaren ... ay ertelenmiştir. <sup>(2)</sup>
- Tezimle ilgili gizlilik kararı verilmiştir. <sup>(3)</sup>

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Linda AGUSHI

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### "Lisansüstü Tezlerin Elektronik Ortamda Toplanması, Düzenlenmesi ve Erişime Açılmasına İlişkin Yönerge"

- (1) Madde 6. 1. Lisansüstü teze ile ilgili patent başvurusu yapılması veya patent alma sürecinin devam etmesi durumunda, tez danışmanının önerisi ve enstitü anabilim dalının uygun görüşü Üzerine enstitü veya fakülte yönetim kurulu iki yıl süre ile tezin erişime açılmasının ertelenmesine karar verebilir.
- (2) Madde 6. 2. Yeni teknik, materyal ve metotların kullanıldığı, henüz makaleye dönüşmemiş veya patent gibi yöntemlerle korunmamış ve internetten paylaşılması durumunda 3. şahıslara veya kurumlara haksız kazanç; imkânı oluşturabilecek bilgi ve bulguları içeren tezler hakkında tez danışmanının önerisi ve enstitü anabilim dalının uygun görüşü üzerine enstitü veya fakülte yönetim kurulunun gerekçeli kararı ile altı ayı aşmamak üzere tezin erişime açılması engellenebilir.
- (3) Madde 7. 1. Ulusal çıkarları veya güvenliği ilgilendiren, emniyet, istihbarat, savunma ve güvenlik, sağlık vb. konulara ilişkin lisansüstü tezlerle ilgili gizlilik kararı, tezin yapıldığı kurum tarafından verilir\*. Kurum ve kuruluşlarla yapılan işbirliği protokolü çerçevesinde hazırlanan lisansüstü tezlere ilişkin gizlilik kararı ise, ilgili kurum ve kuruluşun önerisi ile enstitü veya fakültenin uygun görüşü Üzerine üniversite yönetim kurulu tarafından verilir. Gizlilik kararı verilen tezler Yükseköğretim Kuruluna bildirilir.

Madde 7.2. Gizlilik kararı verilen tezler gizlilik süresince enstitü veya fakülte tarafından gizlilik kuralları çerçevesinde muhafaza edilir, gizlilik kararının kaldırılması halinde Tez Otomasyon Sistemine yüklenir

\*Tez danışmanının önerisi ve enstitü anabilim dalının uygun görüşü üzerine enstitü veya fakülte yönetim kurulu tarafından karar verilir

