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Jealousy

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Jealousy

Jealousy is a feeling where one develops a sense of being unhappy and angry about another person's achievements and wishes that the successes could have been yours. It can also be described as the depressing feeling that one experiences when their loved ones, like husbands and wives, are liked by other people. When an individual feels unhappiness and anger due to unfaithfulness from a partner or wanting what another person has, the person is jealous. It can also be described as an imperfect mixture of sorrow, disgust, and bitterness.

One type of jealousy is romantic jealousy experienced by couples or lovers where either of the two feels angered when the other is unfaithful, shows affection, or likes a third party. It is the most common type of jealousy where partners feel insecure in a relationship the same amount of love is not seen by the other party or when the love in a relationship starts dwindling. The existence of insecurity and vulnerability creates fear in the affected partner's mind, consequently creating jealousy (Barelds et al., 2017). Thus, romantic jealousy can express itself when they are in constant fear of losing the partner whenever there is a more attractive person.

Consequently, power or work jealousy is an experience of a bad feeling when another person gets promoted, a salary increase, a reward for a good job, and recognition by the boss at the workplace. It is usually observed between colleagues of the same level at work and subordinate staff of companies. Here, everybody works towards recognition and whoever fails to be recognized at the workplace shows terrible feelings towards the identified individual (Frampton & Linvill, 2017). The colleagues who are of the same job profiles are most likely to experience resentment when one gets promoted or pays a salary raise.

Friend jealousy occurs when an individual is afraid and in constant fear of losing a friend. The feeling of losing a friend to an intruder usually makes people who have been friends to feel insecure, and through their state of insecurity, jealousy is exhibited (Davis et al., 2018). As a result, the emotional attachment created over time makes it so difficult for an individual to accept losing a friend to a more interesting new person.

Sibling jealousy is shown when siblings fight among themselves. Sibling rivalry is also another common type of jealousy in families where children compete to be their parents' most favorite. Parents may contribute to this type of jealousy when they show more attention to some kids than others by comparing them to how better they are than others, buying good clothes for others, leaving others, or saying how talented other kids are than the rest. On seeing that their parents do not love them than the other siblings, the "hated" children develop hatred towards the "loved" siblings, consequently being jealous of each other (Barelds et al., 2017). Besides, sibling jealousy is attributed to fighting over the parent's wealth. Some kids will create a mentality that they are their parents most favorites to get the lion's share of their parents' inheritance. The siblings' underlying personal interest is brought out by doing things that make other siblings look bad in the parents' eyes.

Finally, abnormal jealousy is attributed to when one is always in an extreme desire to control. It is a psychological disorder when there is a chemical imbalance in the body of a human being. Mental illness makes one obsessed with being noticed or heard in every situation or place. Under extreme jealousy levels, the affected individuals show low immaturity and security standards while controlling nature by assuming that their parents, siblings, partners, and friends are unfaithful (Frampton & Linvill, 2017).

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