



The Effect of Jealousy on the Causes of Tendency toward Addiction

ARTICLE INFO

Article Type

Descriptive Study

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How to cite this article

Pourhaji F, Delshad M.H, Amin Shokravi F. The Effect of Jealousy on the Causes of Tendency toward Addiction. Health Education and Health Promotion. 2020;8(3):135-139.

ABSTRACT

Aims Addiction is a physical, psychological, and social illness, where shocking behavior that has destructive consequences, repeats constantly. Addiction is one of the problems of human societies and combat this problem always many losses a lot of energy and money. Jealousy is an unpleasant feeling and inclusive. The nature and the core of jealousy is wishing and trying to lose favor others. Jealousy is one of the emotions that disrupt the normal functioning of a person's life are sometimes endanger her physical and mental health and it is almost important. Therefore, the aim of the present study was to determine the effect of jealousy on the causes of tendency toward addiction.

Instruments & Methods This cross-sectional study was conducted on 100 male addicts referring to addiction treatment centers in Mashhad were selected using random sampling. The instrument was the jealousy and the tendency to an addiction questionnaire. The data were analyzed using SPSS 20 software and ANOVA, Pearson and Spearman correlation analysis.

Findings The results depicted that the mean age was 32.3 ± 8.5 years and the mean duration of addiction was 10.42 ± 6.8 years. Also, the average scores of them were jealous of 102 ± 21.5 and the average score tendency to addiction was 40.3 ± 7.6 . Spearman correlation tests indicated that there was a significant correlation between the tendency to addiction and jealousy ($p < 0.001$).

Conclusion The results suggest that jealousy can predict some addiction tendencies. Therefore, in order to reduce people's desire for addiction, it is recommended to implement religious, cultural, and educational programs.

Keywords Jealousy; Tendency to Addiction; Addiction

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Article History

Received: May 13, 2020

Accepted: August 17, 2020

ePublished: September 20, 2020

CITATION LINKS

[1] Theory of addiction [2] The relationship between perspective, knowledge and sources of information about the addiction, with a tendency to drug abuse, from Azad Khorasgan students' point of view [3] The relationship of spiritual intelligence factors and tendency to addiction and Its comparison between girls and boys students [4] Why children start smoking cigarettes: Predictors of onset [5] The average age of starting drug use is 18 years [6] Approach using published information on programs to prevent drug addiction among adolescents [7] Synopsis of psychiatry: Behavioral sciences, clinical psychiatry [8] The relationship between spiritual intelligence and happiness of Bu Ali Hamadan University [9] Primary test for measuring envy [10] Effects of jealousy threats on relationship perceptions and emotions [11] Comprehending envy [12] Examining the knowledge sharing and uncivil behaviors of envious employees: An affective events theory perspective [13] Envy in organizational life [14] Making peace with jealousy in polyamorous relationships [15] Sociology of deviant behavior and social problems [16] The reliability, validity and factor structure of the revised islamic scale of envy (ISE-R) [17] A comparison of addicts and non-addicts viewpoint on causes of tendency to addiction [18] Abstracts of the 10th consecutive annual meeting of the Iranian psychiatric association [19] Juvenile delinquency: Theory, practice and law [20] Buffering effect of religiosity for adolescent substance use

Introduction

Addiction is a physical, psychological and social illness, that shocking behavior has destructive consequences, repeats constantly [1]. Addiction is one of the problems of human societies and dealing with this problem always loses a lot of energy and money [2]. Conceptually, addiction is a severe, chronic, and nerve disease, which occurs due to genetic, physiological, and social factors. So that the characteristic of the disease is the disorder of the person's practical control or the sense of coercion in performing identified practical activities, even though the person is aware of the dangerous consequences [3].

There are various internal and external reasons for the tendency for substance abuse. One of the external factors is the desire to be accepted in society. The other factor for tendency of addiction is that the person may want to grow [3]. The research suggested society and people, mutually enhancing substance involved, for example, in some social groups, conditions of acceptance by others are taking the drug abuse [4].

Drug addiction has many side effects including personality deterioration, destruction of the family institution, increase in other types of injuries and social crimes, reduce work efficiency, adding to the unemployed and a burden on society, occupation of hospital beds, reducing the rate of public health, other complications all of drug dependency in a society [5].

In most studies, the factors involved in addiction relapse factors that they can be in the form individual factors, spiritual poverty, depression, illness, enjoyment, lack of self-esteem, independence, lack of personality development and hopelessness, low education level, factors family (addiction one or more family members, family conflicts, lack of parental supervision, parental unemployment, especially unemployment father, parents' low literacy), social factors (school environment, unsuitable friends, unhealthy recreation, unemployment, lack of social acceptability, cultural poverty, population development, uncontrolled migration) and geographic and economic factors (residence in drug traffic routes, easy access to drugs, poverty and economic crisis, unemployment, escape from life's problems [6].

In the tendency to addiction, pre-addictive backgrounds play a fundamental role. The results of various studies suggested several risk factors for addiction disorders. They are included high levels of family conflict, educational problems, at the same time the incidence of mental disorders such as depression and personality disorders, drug abuse by peers and parents, impulsivity and early smoking initiation noted [3, 7].

In addition to these factors can be critical role of emotional problems and an inability to regulate emotions and alexithymia pointed out [8]. One of these emotions is jealousy. Jealousy is an unpleasant feeling and inclusive.

The nature and the core of jealousy is wish or trying to lose another person's blessing; whether it reaches herself or not, or whether it is for the other [9]. In terms of psychology, jealousy is the result of comparing itself to others.

Jealousy is a negative emotion that person to find by comparison with others, to discover himself or herself deficiency.

Jealousy decreased levels of perceived security and stability of the relationship and self-perceived feelings of attractiveness and acceptability to partners [10]. The jealous person suffers and that he sees others enjoying something and jealous [11]. With regard to the feelings of jealousy, a combination of a few excitements, only a person can feel jealousy and others are not able to understand it [12]. First, the appearance of jealousy and intensifying depends on the person comparing himself to others and comes to the conclusion; which others in every respect, with the exception of the benefits they have gained, they look like him. Second, the benefits that others have gained looks unattainable to the person [11]. Most people experience this feeling regardless of their culture [11]. Often, jealousy has devastating consequences, for individual, group and organization. Duffy and *et al.* [13] stated that there was the negative relationship between jealousy and the quality of group relationships.

Jealousy leads to disruption of the normal functioning of a person's life and sometimes they are dangerous to the person's physical and mental health. Studies showed that the majority of people experience jealousies including feelings of humiliation, regret, distress from the situation, this feeling of guilt towards, improve motivation and desire to be competitive with attractive features [14]. So, it seems that one of the behaviors that affect jealousy is addiction. The American Psychiatric Association defines drug addiction or substance abuse as a maladaptive use of substances that results in an analysis or discomfort that is clinically important [2]. As regards it has been less attention to the role of jealousy in addiction, the present study aimed to investigate the effect of jealousy on the causes of addiction tendency toward addiction.

Instruments & Methods

This cross-sectional study was conducted on 100 male addicts referring to addiction treatment centers in Mashhad were selected using random sampling. The instrument of research was jealousy and an addiction tendency questionnaire. Content and face validity has been done by a panel of experts

and participants. The addiction tendency questionnaire has 16 questions. The main purpose of this study is to measure the tendency to addiction in three dimensions of social, personal, and environmental in different people. This questionnaire was designed and researched using some scientific sources such as Farjad [15].

The response to the questionnaire was Likert and the subjects were asked to evaluate the questionnaire and determine the importance of each item on a 5-point Likert scale (very low, low, occasional, high, and very high). The questionnaire has three environmental dimensions (individual, family, and social). In order to obtain the total score of the questionnaire, items were summed. The range of scores was 5 to 80 and the higher the score indicates, the higher the likelihood of addiction. To measure jealousy was used the Valizade *et al.* jealousy questionnaire [16] that has three dimensions including cognitive (6 items), emotional (22 items), and behavioral (12 items). The response to the questionnaire was Likert and the subjects were asked to evaluate the questionnaire and determine the importance of each item on a 5-point Likert scale (Completely disagree score= 1 to completely agree= 5). Therefore, the range of scores for participants is 40 to 200.

In order to estimate the internal consistency reliability was used Cronbach's alpha. The Cronbach's alpha coefficient was calculated for jealousy questionnaire ($\alpha = 0.79$) and tendency to addiction ($\alpha = 0.81$).

In order to interpret the score of each subject, his score should be compared to the average scale of 120. According to these criteria, jealousy of other people was determined and interpreted.

In other words, this test is a continuum-based test whose scores in it continue to run continuously from 40-200, and the degree of jealousy of each individual is determined by the fact that his score on this continuum is determined.

Thus, the overall rate of jealous people was divided into five ranks very high to very low. In previous studies, the reliability of the jealousy questionnaire was estimated to be 0.92 [16].

Data were analyzed using SPSS 20 software and one-way ANOVA, Pearson correlation, and Spearman test.

Findings

The results showed that the mean age of subjects was 32.3 ± 8.5 years and the mean duration of drug addiction was 10.42 ± 6.8 years. In addition, the mean jealousy score of the subjects was 102 ± 21.5 and the average rate of addiction tendency was 40.3 ± 7.6 (Table 1).

Table 1 shows that most of the participants were in the age group of 35-35 years old and the highest incidence of addiction was in people 10-5 years. The

results showed that 64% of the subjects had moderate jealousy. Other results are presented in Table 2.

Table 3 shows emotional dimensions of jealousy has the highest score.

Table 4 compares the dimensions of addiction tendency. The results showed the most effective dimension was in the tendency toward social dimension addiction.

Table 1) Demographic characteristics of the participants (N= 100)

Variable	N	Percent
Age group	20-24	22
	25-30	25
	30-35	27
	35-40	13
	40 and above	13
Marital status	Married	47
	Single	34
	Divorced or widow	19
Education level	Illiterate	2
	Less than high school	14
	High school/trade	16
	More than high school	64
	Graduate	4
Duration of drug abuse (Year)	Under 5 years	34
	5-10	25
	10-15	18
	Over 20 years	23

Table 2) The amount of jealousy of the subjects

Subscale	The cut of points jealousy	N	Percent
Very low	0-40	5	5
Relatively low	40-80	14	14
Moderate	80-120	64	64
Relatively much	120-160	11	11
Very much	160-200	6	6

Table 3) The mean and standard deviation subscale of jealousy

Dimensions of jealousy	Mean \pm SD
Cognitive dimension	17.53 \pm 4.2
Emotional dimension	54.04 \pm 13.1
Behavioral dimension	30.99 \pm 6.9

Table 4) Distribution of tendency to addiction subjects

Dimensions	Mean \pm SD	Minimum	Maximum
Environment (Family)	12.6 \pm 3.43	7	22
Individual	11.46 \pm 3.17	4	18
Social	16.72 \pm 3.71	6	25
Total	40.30 \pm 3.06	27	62

The Spearman correlation test indicated a positive and significant relationship between the tendency to addiction and jealousy ($r = 0.36$; $p < 0.001$). Besides, the findings of Pearson correlation test suggested that there was no significant relationship between age and causes of addiction ($p = 0.6$). One-way ANOVA depicted no significant difference between education level and addiction ($p = 0.4$).

Discussion

The purpose of the present study was to investigate the role of jealousy on the causes of tendency toward addiction.

The results showed that there is a positive significant correlation between the dimensions of jealousy and the rate of addiction tendency. So that, the higher the amount of jealousy is more people, the more likely tendency to addiction.

In the study of Baghiani Moghadam *et al.* [17] indicated 43.9% of the subjects stated that religious beliefs had a significant impact on addiction that which was consistent with the results of the present study.

Also, Younsi *et al.* [6] suggested in divine religions, the comparison with the lower self, in the form of learning, too much has been used. Examples of the multiple verses in the Quran, which deals with the history and destiny of individuals and relatives who have been misguided and the negative results of their actions have led to the destruction of their psychosocial life. One of the dimensions of jealousy is the discomfort about the success of others and reported the existence of a negative emotion or stress. Impatience, anger, inhibition of positive behavior and behavior opposite of feeling are other signs of this factor [16]. The results of this study are consistent with the results of Smith and Kim [11].

The other study [18] suggested one of the effects of false positives and temporary emotional of drugs, humiliation and anger feeling, however, on the other hand.

However, according to one of the given that one of the effects jealousy, humiliation and anger, then it seems jealousy affects the tendency toward drug abuse.

Another aspect of jealousy is distress resulting from an inefficient comparison with the person is on a higher level. A person who does not strong internal base assessment, they are affected by negative emotion resulting from your feeling of deprivation than others, which leads to regret, dreams, and even dissatisfaction with divine praise [16], that these factors are effective in the tendency toward addiction. These findings are consistent with the results of the current study.

Also, in explaining the findings of this study, it can be said that due to the role of jealousy and the inhibiting role of spirituality in reducing the jealousy can be concluded that the lack of jealousy from reliance on spirituality can prevent one's self his drug will have a decisive role [19].

Additionally, the results of Wills *et al.* [20] showed religious attitudes and beliefs and spiritual practices can be effective in reducing psychological stress and preventing high-risk behaviors such as smoking, alcohol and other drugs.

Other studies showed that religion and spirituality reduce the impact of the life pressures on drug use

and, over time, create the ability for people to more easily reduce the amount of the drug intake and get it start faster the process of quitting [3].

This study had many strengths. This study is the first religious concepts in the field of addiction that is unique in its kind.

Despite this strength, several limitations should be acknowledged. First, the different cognitive, social and family backgrounds of the participants being studied with other people, limited generalization of the findings, interpretations, and attributes of the causation of the variables under consideration are due to be addressed. Hence, it is suggested further research will be carried out in statistical communities with other family social context.

According to the importance of the problem of addiction in society and the role of jealousy in the rate of addiction, it is suggested that this issue be applied to other groups of society of different age ranges, and its results should be used.

It is suggested to be considered preventive strategies such as religious programs for promoting religious beliefs that they can be prevented from negative emotions such as jealousy among segments of society, especially in young people.

Conclusion

The results suggest that jealousy can predict some addiction tendencies. Therefore, in order to reduce people's desire for addiction, it is recommended to implement religious, cultural, and educational programs.

Acknowledgments: The authors thank those who participated in the present study.

Ethical permissions: The case was not reported by the authors.

Conflict of interests: There is no conflict of interests.

Author Contributions: Pourhaji F. (First Author) Introduction author/Original researcher (40%), Delshad M.H. (Second Author), Original researcher/Methodologist (30%); Amin Shokravi F. (Third Author), Original researcher/Statistical analyst/Discussion author (30%)

Funding/Support: The financial source of this study has been provided by the authors.

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