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Morbid Jealousy in Relation to Marital

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ABSTRACT

Background: Jealousy is a normal emotion, complex, and normal controls. Jealousy is one of the major areas of pathology, interpersonal relationships, especially marital relationship. Morbid jealousy range of emotions and irrational thoughts will take with unacceptable behavior and extreme emotions and thoughts related to the main axis, an obsession than sexual infidelity spouse is no trace evidence. **Objective:** This article examines the marital relationship has morbid jealousy. **Results:** At first defined the nature of morbid jealousy has been studied. Then the set diagnostic signs of jealousy, morbid jealousy, pathological point and well expressed. Areas related to morbid jealousy and epidemiology as well as have been mentioned. After introducing a standard tool in the field of morbid jealousy, considering multiple evaluation aspects and stages of treatment has been addressed. **Conclusion:** At the end of this article, limitations and research proposals have been put forward.

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INTRODUCTION

In recent decades, psychologists society sociologists, philosophers, biologists linguists and historians to examine what is nowadays widely emotions, emotions are called are discussed.

Envy, one of the emotions that are multi-faceted in nature and are in a variety of tissues including marital relationship be. This type of jealousy, envy, love is also said to be (White and Mullen 1989). Jealous of the Latin root "helpless" is taken to mean much enthusiasm. Silva (2004) argues that jealousy, a person's natural response to certain situations that usually lead to major problems not is for themselves or others. Considered morbid jealousy when some that causes problems or interpersonal stress (Silva 1999) or creating tension in the jealous person is experiencing (Seaman 1979, quoting Silva 2004). Sometimes problems may be directed to someone who was jealous qualified to and are the so called victim.

The Oxford Dictionary (1989), there is a difference between jealousy and envy. Envy, malice towards the other person is having a feeling of success, fame, happiness is good or desirable thing. While jealousy, fear of being replaced by someone else than the person who's jealous of the popular and beloved. That is when individuals compare themselves with one another, and their lower see experiencing a feeling of envy, but the relationship with his wife when threatened by a rival and the thought that regard will lose, he will feel jealous experience. Almost 20% Language - the world's only one word for these two emotions are employed (Hapka 1991).

Behavior-oriented approaches, dynamic psychotherapy, psychiatry, psychology social, systemic, evolutionary psychology, biology - the social, behavioral cognitive, documents, character structure and exchange views, each in some way to explaining jealousy are discussed. For example, cognitive psychologists and social that jealousy is due to personal perception from a potential rival to the relation or those who are precious to him, to threaten (Harris 2004). Evolutionary psychologists attribute the origins of jealousy early human ancestors and they believe that a particular set of brain circuits, emotional reactions toward sex is a

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threat to the on incentives such as. Cognitive components men's innate emotional than sexual infidelity is more susceptible partners, while women tend to react in the face of betrayal, love their husbands are more severe. Buss and Haselton (2005) that the evolutionary psychologists have argued that although the jealous a good rating for men and women, but the struggle for survival and Reproduction of selection pressures times it is not. The present study used the word morbid jealousy to certain territories in the excitement of the marital relationship is specified.

Methodology:

Jealousy, money, and family are among the factors affecting it they can cause marital conflict (Storaasli & Markman, 1990). Morbid jealousy, violence, family relation is significant. Although there are many factors that cause violent but be jealous - because a context where violence is simply expressed. In fact, jealousy is a catalyst for much of the violence is marital (Daly, Wilson & Weghorst 1982). Jealousy can increase the desire to harm others and therefore anger, aggression and violence are the result of pre jealous nose (Dutton, van Ginkel & Landolt ,1996). More jealous of someone who has experience in their marital relation insecurity felt more and more mental disturbance. Also, studies have shown that jealousy with sexual coercion and sexual abuse has a significant relationship (Saunders, Starzmoski & Bartholomew, 1994). Several cases have also been seen in a couple of morbid jealousy, especially among men, is killed by her husband (Easton, Schipper & Shackelford, 2007). Men who are experiencing morbid jealousy to occasionally to prevent his wife's presence in the community that this practice because social isolation wife. This inhibition due to fear, for it is the husband who might betray them to their partners (White and Mullen 1989). Fear of losing the relationship because depression, anger and lack of self-confidence and be more jealous (Mathes, Adams & Davies, 1985).

Results:

The nature of morbid jealousy:

In the initial investigation, the cause of morbid jealousy, treachery and betrayal from their sex know (Tarrier, Beckett, Harwood & Bishay ,1990). Widerman & Kendall (1999) showed that more men than women and more than sexual infidelity husband infidelity love his wife react to. Marks (1994), this measure has very limited as have. It has been seen in many of the relationships that exist and the treatment of morbid jealousy is required while intellectual concerned about side betrayed no other factors are involved in causing the problem for example, a man may see his wife or speak with your fellow tea drinks and he will act aggressively to his or her partner. Overall, morbid jealousy, content traumatic experiences, mental rumination about sexual infidelity to his wife and traumatic forms of it in the form of hallucinations, obsessive thoughts will put the utmost value to be (Kingham & Gordon, 2004).

Emphasize is that jealousy is a natural reaction, even sometimes positive role jealous love sex and it marks the point Let A, compassion and caring for the couple to be married than to. Power & Dalgish (1997) argue sometimes envy the couples to improve communication and understanding of or enable people to recognize each other's emotional power is useful. Evolutionary psychologists argue that jealousy is also an evolved psychological mechanisms that the threat of a valued relationship is threatened activates and the functions of the lack of this relation valuable support to. But when jealousy is causing tension in the individual or others, is a disease and needs treatment. The DSM-IV (1994), delusional jealousy, infidelity is associated with the label "autistic disorder, jealous type," that is.

Dasilva (2004) argues that the determination of the morbid jealousy includes:

1 - characteristics that predispose a person to be jealous such as low self esteem, feeling insecure, paranoid, emotional attachment, 2 -Experiences and memories of being seduced damage and previous relationships, and 3 - stress resulting from a previous relationship who created jealousy help to the special threat to a person's sense of security that. Can be stated that the cultural issues, social values, family patterns and relationships, and even political issues such as morbid jealousy are important determinants. Parents for their children's social networking restrictions imposed draconian the easygoing or family, because children to believe that no underlying the marital relationship and future husband to get. Parental bias one sided and unfair in dealing with their child, children are growing jealousy. Delay in marriage, the imbalance between the sexes, the prevalence of polygamy and poverty are among the factors that have been considered, while the direct and indirect effects of are morbid jealousy.

Signs of morbid jealousy:

- 1- Examination and interrogation of the spouse seeking comment on issues big and small, for example, inquire about where gone.
- 2 - Check and control the activities of mate. Search for pocket, handbag or around query wife.
- 3 - To vilify's wife having sex with other people such as colleagues.
- 4 - Curb the activities of his wife. For example, ask your spouse does not work or does not participate in joint meetings.

5 - Expressing this directly or indirectly to the spouse who is not reliable.

6 - Verbal and physical violence against a spouse or A third person can be considered a competitor.

7 - Depletion and loss of sex stuff, like reducing the communication, verbal or sexual relationship (Oleary, Heyman & Jongsma, 2003).

Domains related to morbid jealousy:

The most sensitive areas to create jealousy, sexual sphere. In general, any action beyond sexual activity is legitimate; it will be cause of morbid jealousy. Some one thought to be a rival to be close to his wife, with whom he had sex with her so-called love affair or rob him in a sexual realm that is considered to because of morbid jealousy be. Dasilva (2004) argues that in some cases, the removal of morbid jealousy Couple these features will be relationship. This difference could be due to differences in harvest be cultural, or ethnic differences is personality. For example, a woman who has a social character and extra oriented, may be due to the importance and attention than others, it is envious of his wife's reaction a woman who lost her cousin or something right - he, with harsh face is her husband. Buunk, Angleitner & Oubaid (1996) argue that the value of psycho cultural couple's factor for cognitive mechanisms in response to a couple of special signs of jealousy are controversial.

Also, it can be stated that instinct one area of the property subject matter is jealous. The ancestors of humans by the violence of the property and its territory is defended and are given psychological theory of evolutionary biology today of what its owner is the person (such as a spouse or culverts) to respond to threats If jealousy is showing.

All epidemiology:

Jealous as it is rooted in religious history as the first event in human blood is deemed. Because this is where Cain the gift of God, not him acknowledges and accepts the gifts of Abel, the Abel kills Abel because he thought all of it is the love of God. Prophet Yusuf's brothers because of their jealousy and his father, Joseph, more it loves him well throw off. Harris (2004) in their study tells the Greek myth says that Zeus (god of gods) with Semele liaison will be maintained. Zeus's wife, Hera, and that his curse seal Semele the burn. Semele the death of her child is born Bacchus ishrat and debauchery that God is a jealous woman actually started this myth originated. Literature is full of stories of intrigue marital jealousy is aroused. Mental health in sometimes even envy entitled "Ottello Syndrum" refers to the story of Shakespeare's Ottello in which Ottello is because of jealousy, she takes it. Since a comprehensive study of morbid jealousy is not done, there is no detailed information about its epidemiology. Mullen & Martine (1994) in their study showed that nearly 15% of men and 19% of women who are jealous of his wife's life be a lot of trouble. The research demonstrated, although provocation threshold that are morbidly jealous, lower than the threshold of normal people who are jealous, but this mechanism is relatively similar behavior in both categories will excite. For example, men who are jealous of morbid physical assault, attempted murder and murder, and instead of using the more common, more than a tool used to kill. This finding is similar to findings that the men had normal jealousy (Stone, Schiper and Shkilford, 2007). White & Molen (1989) have stepped beyond saying to major problem of couples, who go to therapy, they are jealous.

Size measurements of morbid jealousy:

Hapka Amir Khan & Baverle (1990) and Daston, Bartlett, Braverman & Salovey (2002) prepared a scenario in which a subject situational thought that an individual should own feelings towards this position jealous controversial show said. Research on the Larsen, Westen & Semmelroth (1992) conducted in the laboratory, subjects were aroused jealousy in a position to respond with its nerve instrument was making. Although jealousy evaluate different methods employed is a question of only a few standard sizes are listed here There are envy making. Inventory romantic jealousy pin one of the tools that a wide range of measures of jealousy, but due to the long questionnaire being used less. Interpersonal Jealousy Scale Mathes by Mathes, Philips, Skowran & Dick (1982) is designed for standard instrument for measurement is jealous. This questionnaire has 27 questions and each questions a 4 (completely false) to 4 + (very true) is graded. Self report scale Bringle Bringle modified by Bringle, Roach, Andle, Everbeck (1979) is designed, which is another standard tool for measuring the size of the jealous going to work. This questionnaire has 25 questions, each question a 5 degrees. Every question is an opportunity for someone to make him going to say that every situation is so sad.

Treatment:

Measurement and Assessment of morbid jealousy in relation to the size of the marital not a question can only be satisfied with a standard. Jealousy is an emotion or excitement to check out a few sets of the aspects of the behavioral, cognitive and emotional attention. Although the treatment of morbid jealousy can assess both individual interviews and a joint interview with the couple uses. In individual interviews, key information about the couple's life, their relationship be And the problem comes. At these meetings, the information that

cannot easily attend as his wife does not express. The joint sessions in addition to individual sessions follow resulting information can also be observed interactions and it couples consistent with data obtained do. White and Mullen (1989) argue that some individual session's as things that must be considered and should be checked by two people. If on the other hand there is the issue of confidentiality and treat Although this will contravenes an important position for treatment. Best practice is to treat to tell if the person meetings are very important information that may be raised by the other side.

Silva (2004) argues that the assessment would be jealous of a multifaceted evaluation. The aspects considered include:

- Nature of Envy: Envy includes any behavior, emotion and cognition are is? (To complain, ask questions stag, fighting and struggling, trying to limit the spouse).

- Origin and History of jealous envy: envy when did it start? What was the first place? How long more? What causes jealousy has been?

- Tension created by the person jealous and envious of his partner: Each partner has been stressed in this much trouble? What is stress?

- Disruptions in the relationship and the couple's performance: for example, may be less verbal communication, sexual activity decrease and there is the possibility of separating couples.

- Identification of relevant Envy: Exploring ideas about the behavior of a person is his wife. Although the treatment must identify assessed and also the frequency and degree of belief in recognition of his engagement will be created to examine, for example, "I am a bi value" and "no I have no doubt that my husband is a traitor."

- Violence: if there is violence? Who is against? Does the aggressive use of drugs or alcohol to? Violence and how to start and how to end it? You could be very dangerous and harmful?

Practices that may indicate a problem with couples in therapy to treat morbid jealousy include:

- 1- An individual or a couple to resolve their problem that they envy, to go.

- 2-Couples therapy sessions characterized the real problem is jealousy between couples.

- 3-In the treatment of sexual disorders characterized which is the main problem with couples envy.

- 4 - Envy is part of a mental illness such as paranoia, Schizophrenia or drug addiction.

- 5-authorities, individuals or couples to refer to violence due to jealousy (Dasilva, 2004).

can be stated that trust, increase intimacy and more emotional and romantic relationships between married couples are treated the forefront of pointer over the treatment of uses. In general, treatment strategies morbid jealousy three general approaches, strategies and solutions to individual subscribers are divided.

General guidelines:

The first and best step in the treatment of morbid jealousy "Promoting relationship-based treatment" (Guerny, 1977). The solution of the equation Couples are asked to make the most of their marriage. This could include an increase in sexual acts, and if necessary sex therapy techniques are also used special (Dasilva 1997).

It also identifies other couples interests; they spend a good time together, reinforce each other and give each other mutual verbal to appreciate. Our commitments to tell and act out their characters have more trust in the relationship. At times, it follows that this strategy alone can resolve the problem.

Some guidelines in individual meetings and joint sessions work trend. Crowe & Ridley (2000) solution timetable; Jacobson & Christensen (1996) Assertiveness training strategy; Dasilva and Rachman (1998) solution is an opinion; blur Meyer (1992) Cognitive strategies and TARRIER and Briet (1983) solution assertiveness training and communication training offered have (quoting Dasilva 2004).

Individual approach:

Anger control:

Since verbal and nonverbal violence usually associated with morbid jealousy, it is necessary that the jealous person and the other person control his anger and become familiar with. In this area there are numerous behavioral and cognitive techniques.

Cognitive Therapy:

Cognitive errors in the evaluation of treatment if it they recognize that examines cognitive and systematic approach to address the cognitive errors that can be used. Technique of therapy that is useful for ensuring changes should be treated at the center.

Assertiveness training and communication training:

Meme avoidance and huff victim makes the negative behavior will continue. Here it is necessary to sacrifice by using assertiveness training, these patterns change. The envious person can not a proper way to express your negative emotions, resulting in a severe reaction shots show to communication is necessary to teach couples the right to talk to express emotions is trained .

Prevention, screening and treatment response:

This approach is used in the treatment of obsessive-compulsive problems, and the details of compulsive behaviors are jealous, is applied. With the consent of the jealous, jealous behavior from his wife's purse at a time like inquire about the care and control shall be. This monitor behavior makes a person becoming aware of their actions.

Stop thinking:

a way to replace obsessive thoughts, unwanted thoughts, and the like, as is practiced. This method is most useful when the person than judgments and arguments you will find insight into your wrong.

Desensitization in the treatment of morbid jealousy of fiction and allergic sensitization de used as visual aids. When a jealous person jealousy-provoking behavior his wife to detect (talk when someone beats his wife), if you treat can provide a hierarchy of positions, the sensitivity of individuals to these positions is less. The unit is a high stress, relaxation. One of the interesting sensitivity de allergy elimination of rapid eye movement, which is further used in the treatment of post traumatic disorders, and to by Shapiro (1989) is presented. This strategy is one of the strategies for the treatment of morbid jealousy in marital relations (Keenan and Farrell, 2000).

*Common strategies (doubles):**Timetable:*

This method only when the spouses agree that certain days (eg, 7 am to 7:30 pm) the occurrence of behaviors related to the problem. Your jealous person like Trump expressed herein does at this time. This behavior is controlled. Although this method can be pre, time or after a general guideline, but is usually used when the couple is not upgrade their education to pursue a relationship.

Discuss the scope of the problem:

As previously mentioned, may be the envy of couples from different harvests. The sessions will be differences and disagreements to couples showed up to find the source of your problems and to agree on that. If treatment is rules that can be negotiated bilaterally teach so well during meetings and outside of it, in principle, to negotiate with.

The inversion of roles:

In this way the couples are taught that their roles change. A jealous person can play the victim and addressing, slander and violence are on the opposite side, and vice versa. Couples with practice patterns in meetings, it also runs to the outside of the meetings. With this method, each individual may experience feelings that are caused by their actions, and that can better understand her.

Behavioral effects of interactions:

in this way the interaction couples therapy and couples pointer analyzes and couples can work to replace bad patterns, new behaviors and more adaptive pursue. This field cans marital behavioral therapy principles, such as role-playing and talking can be used bilaterally.

Skills of problem solving:

If the couple can find good models in solving their problems, they can morbid jealousy as well as any other problems to solve. These skills are couples have a large role in its validity, since it to problems as issues that need to be solved, it regarded and most sought ways to resolve feelings and behaviors are Unknown Efficient pursue.

Retagging:

If you treat detects that the main problem the couple is jealous, is a jealous as a positive feature (a sign of love and care) mention. Even when other methods of treatment results are not treated as though can (precautions) to refer to the positive performance characteristics of marriage. This method can serve as a message if the treatment is inconsistent on its agenda (Silva 2004).

White and Mullen (1989) argue that the problem stems from jealousy is a mental disorder, it is necessary that a person be referred to a physician mental and medical treatment is also. Since the treatment of mental not be definitively solve the problem, it is necessary to treat you psycho also be used cognitive. Certainly, what the treatment is effective, appropriate to use a combination of techniques is presented which treat to though in different stages of treatment to take.

Discussion:

This paper examined the morbid jealousy. Definitions and scope of those mentioned predisposing factors were also examined. Also the multi-faceted assessment of jealousy, technique was appropriate.

Bougra (1993) believes that the motive of jealousy born culture and therefore they have different cultures a different explanation. Social structures, economic, political and legal systems, religion and kinship patterns have a significant impact on jealousy. Also, childhood experiences, personality factors such as insecurity, inadequacy and dependency on the occurrence of jealousy involved.

One of the main points of the question cultural differences about the origin of jealousy and envy, which are abundant in this paper it has been emphasized. The researchers considered morbid jealousy west to fraction of the scope of the concept of envy in our culture and literature. Morbid jealousy in the West to emphasize the sexual component that can result from leniency ward of sexual and romantic relationships, free time, even while in the culture is so uncontrollable problem is not. Morbid jealousy to the point where some communities are minimized worth it because the partner is not based on a sole proprietorship (Bougra, 1993).

In a culture that partner is referred to as an asset, jealousy is often seen as a natural part of a sex and therefore could reasonably explanatory (but unpleasant) to marital stress is. Gender-related behaviors in which men dominate and women are submissive, emotional, sexual being, there is usually tolerable. conservative cultures that are very conservative, if one of the spouses themselves show signs of autonomy and independence, may know of her husband's betrayal of the independence of the intensity punish. In such a culture, are jealous can be used to verify the married women. For these reasons, clinicians must confront the people (usually men) who claim that jealous of their husbands for inciting violence and to treat accurate and detailed work (Kingham and Gordon 2004).

Conclusion:

Although the envy of many morbid done, unfortunately we specific research has been done on this issue. In this paper, according to the evaluation and management presentations that expensive treatment can be used. But that theoretical understanding of ideas and researchers from outside our culture.

Since the assessment is based on the value of and views of the community, the diagnosis of morbid jealousy and envy normal somewhat difficult to be reached. The scope of privacy, religious, moral and marital privacy is inserted so many researchers and clinicians will encounter resistance. Islamic culture of envy as a sin He is also sometimes mentioned as a jealous man, not man (early, 1348). Among these limitations is that researchers Your review should take heed.

This review is jealous of how the sex culture will find various cultural and social factors that lead and morbid jealousy in relationships can be ground proposed the study researchers. suggests that researchers due to cultural issues, study aimed at investigating aspects of sexual jealousy do that in addition to the area like fame, success, wealth and charm to examine the relationships. Also, research on sex differences in jealousy, origins of jealousy, builds tools consistent with our culture and even as therapeutic approach to treat Intellectual other suggestions in this article.

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