

# THE CORRELATIVE RELATIONSHIP OF ENVY WITH PERSONAL CHARACTERISTICS

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**Abstract:** *The article describes the socio-psychological classification of envy. In addition, an experimental study of the correlation relationship between envy and personality traits is presented.*

**Keywords:** *jealousy, psychological autonomy, safe envy, dangerous envy.*

## INTRODUCTION

Envy has a negative effect on a person. Envy manifests features such as anxiety, mystery, suffering from a complex of incompleteness, resentment. Both parties, the envious and the envied, suffer. When we focus on the problem of envy in the social life of the subject, envy destroys not only the life of another, but first and foremost his own life. The reason is that the envious person experiences certain destructions at the level of personality and prevents him from achieving real success in self-development.

Thus, envy can be considered as a phenomenon that manifests itself on three levels: at the level of consciousness - the realization of one's lower state, at the level of emotional experience - anger and pain, at the level of real behavior - the loss of the object of envy.

In fact, no one considers himself envious and the saddest thing is that the envious are always ready to prove themselves right. He never admits his shortcomings.

So why does a person feel envious, why can't he see other people's achievements? To answer such questions, we aimed to delve deeper into the theory of envy.

There has always been and will always be a difference between rich and poor. But the advancement of science, technology, and capital production has pitted all the poor against each other. The poorest strata of the population are the first source of envy. It is unemployment, poverty, absolute dependence, nothingness that makes one envious. In order for this not to happen, the state must always provide social support to its population. Sooner or later, public envy raises questions such as "why you, not me?", "Yours, not mine?" This is where the socially opposing classes emerged. From the very beginning, this issue denied cultural, religious, moral factors, recognizing only material and social factors.

## REFERENCES

In modern foreign psychology, several studies have been conducted on the socio-psychological nature of envy. M.Silver, J.Sabi explains envy as a mechanism that controls our self-esteem. D. Cooper, on the other hand, tried to explain envy by linking it to the social environment. In his view, envy arises in the process of acquiring social experience [5]. The easier a person's adaptation process is, the slower the bright appearance of envy will be. P. Tittellman tries to explain envy in an organic connection with envy and jealousy. These two feelings lead to a disruption of the emotional sphere in the individual. He argued that subjective unhappiness is the basis for the development of "malicious envy". According to Rosenblatt, to be a healthy person, a person needs "psychological autonomy." If a person does not draw a clear line between himself and the environment, then there is anxiety, envy, suspicion. P.Salovey, Dj. Rodin and P.Salovey, J.Rodin, A.Rothman W. Parrott, who saw the connection between envy and verbal aggression, said that hostility is one of the main components of envy K.Tai, J.Narayanan, D.Mcialister distinguished the positive and negative aspects of envy. According to R. Smith, W. Parrott, E. Diener, R. Doyle, S. Kim, envy begins with a social comparison that causes one to experience one's own inadequacies on a painful level. A useless comparison results in a feeling of dissatisfaction in the person that accompanies the feeling of envy.

N. Van de Ven, M. Zeelenberg described envy as an emotion manifested in a situation where the other is more successful in an area that is important to the individual. Nevertheless, the author believes that envy is constructive. In his view, envy helps a person learn to adapt and react to different situations.

J. Hamman makes a similar point. In his interpretation, envy is a feeling of anger that arises when something we want is possessed by others [10]. In his works, envy is expressed in the context of happiness. That is, when we see the happiness of others, we begin to think about what we need for the personal happiness we lack. As a result, envy arises through a struggle with a painful memory of our own happiness.

Proponents of psychoanalysis H. Maijala, T. Munnukka, M. Nikkonen described envy from the point of view of the weakness of the ego: "Envy is a painful emotion that arises as a result of the weakness of the ego. It leads to high self-esteem and low self-esteem".

It is also an integral part of the Balanced Ego. In other words, envy must be present for the normal harmonious development of the individual. According to him, an envious person does not want to admit his real limitations, only the desire to be "powerful" becomes stronger.

K. Jankowski, N. Takahashi in their research studied the neural correlations of shame, guilt, and envy. Scholars have identified the social emotion associated with the affective state that occurs in the process of social interaction that results from the imbalance between the ideal self and the real self. There are two types of such feelings:

- ❖ Feelings of obedience to social norms, violation (shame, guilt, pride);
- ❖ Emotions that result from social comparison (resulting from a disproportion between one's own and another's position).

The last type of social emotion involves envy. Envy is seen as an emotion that arises as a result of social comparison and is associated with dissatisfaction with the situation of another.

K. Jankowski, H. Takahashi points out that envy can be a personality trait, it is called dispositive envy, it is more related to the feeling of incompleteness, while episodic envy is related to understanding the meaninglessness of comparison [9].

Researchers N. Van de Ven, C. Hoagland, R. Smith, M. Zeelenberg have studied envy along with alcoholism. They distinguish two types of envy:

- 1) Dangerous envy is associated with envy;
- 2) Safe envy is a type that is not related to alcoholism.

Defending the idea that envy is a response to the comparison of positions, J. Lange and J. Crucius distinguished two types of this reaction: dispositive and episodic envy. Here are two types of episodic envy:

Safe envy is associated with the motivation to move upwards, including hope and luck. In doing so, the envious person's focus will be on improving their results. This type of envy can also be called lust.

Dangerous envy is seeing the superiority of others over fear of failure. In doing so, the jealous person's attention is focused on remembering their memories of competing with others.

According to the authors, it consists in studying the attention of the envious to any specific stimulus that arises through envy.

Envy also has a positive effect on a person professional areas. Psychotherapist I. Hirsch in his work "Narcissism, mania and analysts envy clients" cited clear manifestations of this effect. He points out that psychoanalysts feel envious of their clients' financial status and social status in the work process. It is this feeling that causes the client to hang or write down various pathologies. Personal therapy, discussing your experience with other psychologists, and writing books and articles can help reduce this tendency. According to the author, the psychotherapist thinks that the client has the same qualities as himself, in which case the projection corresponds to the protective mechanism.

Baumel A., Berant E. in their research studied the connection between different modes of intimacy and the manifestation of malicious envy. They manifest themselves in a careless upbringing, as opposed to the upbringing of this type of envy in a state of fear. In a kind of perverted envy, a person acquires negative attitudes without acknowledging the needs of others. The state of fear in the family leads to the emergence of negative perceptions of the child about himself and others. In the opinion of such people, making contact with others is the best way to avoid harming oneself and

others. Scientists say that envy occurs as a result of the big difference between expected success and real success.

K.Wise, S.Alhabash, H.Park studies envy in professional fields. In their view, envy in the community has a negative impact on production efficiency.

P. Slovey, J. Rodin divided envy into three types:

1) Perceived envy, in which the subject evaluates and understands his inferiority in relation to those around him;

2) Unintelligible envy - it manifests itself as unconscious defense mechanisms, complexes and archetypes;

3) Hidden envy - in which a person thinks that others are envious of him.

## **THEORY AND METHODOLOGY**

An analysis of modern socio-psychological research on the problem of lust and envy shows that to date, there are conflicting opinions in the scientific literature about the nature of this phenomenon and its role in the human psyche.

First, depending on the researchers' approach, envy and jealousy are interpreted as "feelings," "passion," "destructive attitudes," "manifestations of motivation to succeed," and "personality traits" [4].

Second, the lack of a unified approach to understanding the socio-psychological phenomenon of envy is due to the "opposite polar" relationship of researchers in understanding the nature of envy.

The basic definitions of envy in psychology are as follows:

1. "Lust is a feeling that arises in a person as a result of his desire to have what someone else has. Sometimes envy manifests itself in not being able to see another person".

2. "Envy is a subjective attitude towards the superiority of others in areas that are important to a person, manifested in a complex of negative emotions, a decrease in self-esteem and a desire to lose the superiority of others."

3. "Envy is a hostile feeling that arises when a strong desire to have an object exists in another person. A strong desire for this object (character, success, luck) is manifested in the desire to lose the object of envy."

4. "Envy is a hostile attitude towards another person's passing in a certain area, which is manifested in two-way (other and self) negative feelings and the desire to deprive him of this advantage, directly or indirectly."

5. Envy - "a feeling associated with the painful acceptance of the happiness and success of others."

6. Envy is a negative state of the psyche that causes a destructive feeling or behavior in a person.

7. Envy is the perception of the real or imagined superiority of another as a threat to the value of "I", the motivation to succeed and the manifestation of affective experience.

8. A personal trait that does not exist in a person but is possessed by other people is a feeling of resentment that arises because of a social status, a desire to have material and spiritual products.

9. Envy is a special form of anxiety that manifests itself in the inability to see happy people.

10. Envy is a feeling of pain or sorrow towards another person who has some success or advantage, which is manifested in the desire to deprive the object of its superiority.

As can be seen from the above definitions, lust and envy are phenomena that are close to each other, but at the same time radically different from each other.

The functions of lust and envy in human life are different. T.V. Beskova cited the following functions of this phenomenon [2]:

1. Emphasis (determiner) - the desire and determination of personal aspirations, the importance and value of the subject of desire. T.V. Beskova connects this function with the presence of cognitive and reflexive components in the air structure.

2. Protective function - this function protects a person's social status and self-esteem. M.Silver, Dj. Sabini singled out this function, in which the jealous reaction in the form of criticism and aggression was aimed at maintaining self-esteem. A.D. Rosenblatt explains envy as a motivational possibility of protective reactions:

For example, denial of the value of the object of envy, self-consolation, compensatory fantasies (considering the benefits of hiding the object when it is not possible), reliance on destiny (God willing, it will happen), self-assurance (I wish I could), idealizing or avoiding the owner of the object of envy.

3. Social control function. G. Shek distinguishes this function of envy by the fact that a person with a significant advantage is subject to the envy of others (e.g. envy of where an ordinary doctor got the money to buy a three-bedroom apartment). It is this function that includes the ethical side. As a rule, social control is an important factor for illegal and immoral behavior in society. Envy, on the other hand, encourages the envious to get what he wants or to take his pain from the object of envy.

4. Another function that is closely related to moral foundations is the function of managing an asymmetric social situation. K. Muzdibaev and others describe an envious person as a loss of superiority, an aspiration for equality [6].

5. Prompt function. It has to do with motivating a person to be active. This function reflects the motivational and affective components. It is the motivating function that creates the constant debate. Because this function often reflects lust. V.A. Gusova shows the motivating function of lust, which plays a positive role in human life, is manifested in the desire to compete, to compete, to succeed, to change their social status [3]. According to E.E.Sokolova and Yu.M. Orlov, passion has improved the motivation of people to activity, self-improvement, self-expression. A similar idea is found in Van de Ven and his colleagues. Constructive lust can only be progressive when one believes one can possess it. These researchers have found that a simple surprise at the success of others (such as black, harmful envy) does not lead to results. It is important for envy to have a need for the object of wonder. If envy does not create such a need, it will not have the character of a stimulant of self-improvement.

In their research, Z.T. Nishanova and others studied the peculiarities of the Uzbek nation. According to him, Uzbeks need patience (76.19%), diligence (71.43%), hospitality (71.43%), friendship (61.9%), generosity (57.14%), tolerance (57%), moderation (52.8%), strength (52.38%), patriotism (52.38%), compassion (52.38%), humility (52.38%), orderliness (47, 62%), arrogance (42.86%), humour (42.86%), thrift (42.86%). These autostereotypes differed from the heterostereotypes of other nationalities about Uzbeks. In addition to the above features, in our study we aimed to experimentally explore the feeling of envy inherent in the Uzbek nation.

### EXPERIMENTAL RESEARCH

We identified the study of the correlation between envy and personality traits as a research task. The correlation was tested using the Pearson formula and interesting results were obtained in the study.

As can be seen in Table 1 below, a positive correlation between verbal self-esteem and envy was found in adolescents ( $r = 0.673$ ;  $p \leq 0.001$ ). Adolescents also experienced an increase in envy as verbal self-esteem increased. The opposite has been observed in the research of foreign scientists. That is, a negative correlation was observed between self-esteem and envy. Studies have shown that envy is stronger in a person with low self-esteem.

Table 1

**Between envy and personality traits in adolescents correlation indicators**  
(K. Pearson on the correlation coefficient)

Self- assessment	Social status	Envy	The need to succeed	Hostility	Benevolence	Defect complex	Egoism
1	2	3	4	5	6	7	8

1							
-0,298	1						
0,673***	-0,325*	1					
0,730***	-0,352*	0,757***	1				
0,460**	0,109	0,565***	0,489***	1			
-0,538***	0,273	-0,467**	-0,630***	-0,227	1		
0,404**	-0,379*	0,373*	0,467**	0,183	-0,409**	1	
0,099	-0,085	0,592***	0,388**	0,317	-0,165	0,152	1

Comment: \*  $p \leq 0,05$ ; \*\*  $p \leq 0,01$ , \*\*\* $p \leq 0,001$

In adolescents, a negative correlation between social status and envy was found ( $r = -0.325$ ;  $p \leq 0.05$ ). An increase in social status in a person leads to a decrease in envy. In interpersonal relationships, the leader, the star, the recognized group member has a high social status in the group envy is weak in such students.

In adolescents, a positive correlation was found between envy and the need to succeed ( $r = 0.757$ ;  $p \leq 0.001$ ). It has been observed that the stronger the need for success in a person, the higher the feeling of envy. The satisfaction of one need in a person creates a second need in him. When a person whose first need is met sees an object that does not belong to him, he is saddened by the absence of that object, and the owner of that object becomes the object of envy.

In adolescents, a positive correlation between envy and hostility was found ( $r = 0.565$ ;  $p \leq 0.001$ ). An increase in a person's hostility leads to an increase in his envy. An example of this is when an envious person tries to harm the object of envy. College students are hostile to their quarreling, quarreling classmates.

In adolescents, a negative correlation between envy and benevolence was found ( $r = -0.467$ ;  $p \leq 0.001$ ). An increase in envy in a person leads to a decrease in benevolence. In other words, envy and benevolence are opposite concepts. The more a person shows empathy, kindness, the more he tries to understand the object of envy, not to socially compare his achievements with his own, which in turn reduces the feeling of envy.

In adolescents, a positive correlation between the envy and incompleteness complex was found ( $r = 0.373$ ;  $p \leq 0.05$ ). An increase in the incompleteness complex in a person leads to an increase in the feeling of envy.

In adolescents, a positive correlation between egocentrism and envy was found ( $r = 0.592$ ;  $p \leq 0.001$ ). An increase in egocentrism in a person leads to an increase in envy. An example of this is when a person who feels envious begins to live with the idea that if I am only myself, only me.

#### COMMENTARY OF RESULTS

During the study, we used the "Envy" survey. The results obtained are summarized in the table below.

Table 2

**Differences in the manifestation of envy at different ages (according to the student's t-criterion)**

Statistical	Groups of subjects
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indicators	Te first teens (n = 81)	Teenager (n =177)	First maturity (n = 32)	Teenager (n =177)
<b>M</b>	5,4	5,8	8,03	5,8
<b>T</b>	2,22		-2,43	
<b>P</b>	0,05		0,05	

As shown in the table above, the arithmetic mean of envy in early adolescents was 5.4, and in adolescents 5.8. The inevitability criterion is  $t = 2.22$  ( $p < 0.01$ ). The envy was stronger among the students than among the college students. But a low level of envy was found in both early adolescents and adolescents.

A study was also conducted in early adult respondents to study the age differences of envy. For part-time respondents, TDPU special part-time students were involved. In the early stages of maturity, the arithmetic mean value of envy appears to be 8.03. The inevitability criterion is  $t = -2.43$  ( $p < 0.01$ ). In early adulthood, envy was moderate, with envy more pronounced than undergraduate students.

Thus, research has shown that envy increases in adolescents as they get older. In the early stages of maturity, they were more envious because their peers, relatives, and acquaintances had a strong social comparison with their own achievements, accomplishments, and social status in life. In other words, envy was more pronounced because high school graduates were paid less than university graduates, because they had a higher social status in society, and because their peers clearly felt differences in lifestyle and material well-being.

We also conducted T.V. Beskova's "Methodology for detecting envy in a person" in the study, the results of which are presented below [2].

Table 3

The results obtained by T.V. Beskova "Methods of detecting personal envy"

Statistical indicators	Groups of subjects							
	Envy and frustration		Envy and hostility		Envy and frustration		Envy and hostility	
	First teenager (n=81)	Teenager (n = 177)	First teenager (n = 81)	Teenager (n = 177)	First maturity (n=32)	Teenager (n=177)	First maturity (n= 32)	Teenager (n=7)
<b>M</b>	14,8	20,3	7,8	12,4	17,1	20,3	10,8	12,4

<b>T</b>	-3,36	-3,70	1,89	0,77
<b>P</b>	0,001	0,001	0,05	-

The table above shows that the arithmetic mean of college students on the envy-hostility scale is 7.8. In students, the figure is 12.4. In special part-time students, it is 10.8 ( $t = -3.70$  ( $p < 0.001$ )). Envy was stronger among special part-time students than undergraduate students. The inevitability criterion  $t = 0.77$  ( $p$ -insignificant).

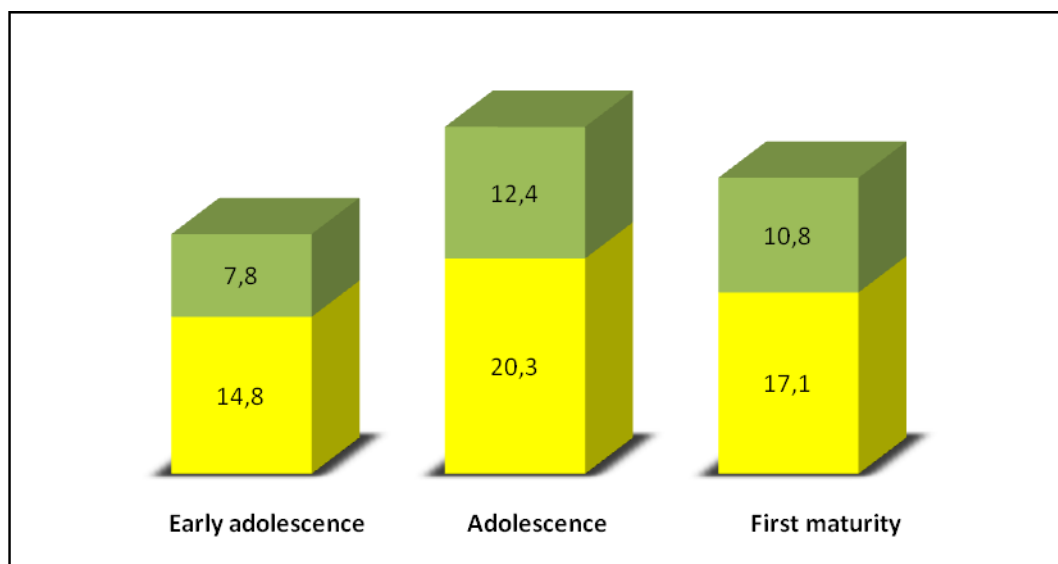
Envy and frustration scale, it appears that the arithmetic mean of college students is 14.8. In students, this figure is 20.3 ( $t = -3.36$ ;  $p < 0.001$ ). In the early maturation period, it is 17.1 ( $t = 1.89$ ;  $p < 0.05$ ).

Thus, the results of this methodology show that the tendency to depression is strong during adolescence. This is due to the fact that they are envy of celebrities introduced through various media, people who have achieved great success in their profession, couples living a happy family life, entrepreneurs enriched by big business plans, favorite teachers.

Envy - the scale of hostility means the following. The subject feels feelings of anger, resentment and bitterness towards those who achieve more results. This is manifested in envy, suspicion, hostility towards others.

It is inherent in such a person to strive for superiority in any way. The pursuit of unattainable superiority is replaced by a desire to harm the object of envy (at least in thoughts and fantasies). Envy - enmity is manifested in doing evil to a more fortunate person, but it can also manifest itself in the form of slander, gossip about him, unfounded criticism. Envy is a hostile subject who may be completely satisfied with the main areas of his or her life activities, but there will be an emotional discomfort associated with realizing that someone has more to him or her. He is convinced that the success of the envious others will devalue his personal achievements.

The envy-frustration scale means the following. The subject who experiences it experiences the following emotions: sadness, sadness, frustration, and so on. He is insecure, upset, frustrated, and powerless to change anything. Envy is the feeling of not being able to cause the mechanism of frustration to work. The subject does his best to achieve the intended goal, mobilizes all his strength, but (material wealth, recognition, etc.) luck does not laugh at him. As a result of the inadequacy of needs due to imaginary injustice, he thinks that even those who are not active, determined, and industrious envy him because he possesses what he does not have. The subject avoids open actions towards those who show active lust, while lust-frustration manifests itself differently. Envy is a subject of frustration who often remains silent, denying that the opponent's successes do not exist, or deliberately praising the achievements of a person who is not so worthy. In addition, it often reduces the number of envy objects, devising other parameters for comparison. Envy is typical for subjects of frustration not to recognize the opponent ("poor but honest, rich but cunning) or not to recognize any object, grapes but unripe, green).



Thus, it was found that the type of envy was stronger in respondents than envy. The feeling of envy and frustration is especially strong in adolescents. We have created the following histogram to give a clearer idea of the manifestation of envy in a person.

#### CONCLUSION

An experimental study of the correlation between envy and personality traits led to the following conclusions:

1. Envy is a social psychological phenomenon that manifests itself in the attitude of a person who has its own functions, determinants, to the events and happenings in the environment in which he lives. There is also the object and subject of envy. The object of envy is manifested as an unchanging, stable experience. The subject of envy is age, a category that is inextricably linked to the value system. Envy can be considered as a phenomenon that manifests itself on three levels: at the level of consciousness - the realization of its lower level; at the level of emotional experience - anger and pain from such a situation; at the level of real behavior - the loss, the violation of the object of envy.

2. Studies have shown that envy is an age-related category, and that envy increases in adolescents as they get older. Envy was relatively weak in early adolescents, moderate in adolescents, and strongest in early adulthood. Adolescents were found to have a stronger sense of jealousy than envy. That is, most of the respondents, subjects of envy experience the following emotions: sadness, sadness, frustration, and so on. He is insecure, upset, frustrated, and powerless to change anything.

3. In adolescents, envy has a positive correlation with personality traits: self-esteem, hostility and imperfection, egocentrism, social status, the need to succeed. In order to prevent envy in a person, it is necessary to adequately assess oneself, to correct the complexes of hostility and imperfection, egocentrism, social status, the need to succeed. A negative correlation was found between envy and benevolence.

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