



FEATURES OF THE MANIFESTATION OF FEELINGS OF JEALOUSY AND LEVELS OF SELF-ASSESSMENT

Umarova Navbahor Shakiravna

*Project member of the research institute "Mahalla and family",
doctor of Psychological Sciences, Associate Professor*

Annotation: *This article reflects the socio-psychological characteristics of the feeling of jealousy. The correlations between the individual's self-assessment and the feeling of jealousy are shown. It analyzes the results of a study on jealousy. Results were obtained according to the criteria for psychological calculation.*

Keywords: *jealousy, love, psychology, self-assessment*

A person's suspicious attitude towards someone who marries a single person as a phenomenon of strong jealousy is considered to be his lack of faith in loyalty or his constant contemplation of his betrayal. Jealousy is a certain type of mental behavior that expresses a relationship that develops dramatically over time.

The feeling of jealousy is manifested in a number of psychological situations. Including in showing the feeling of showing his superiority over some people. The most common rsinishastago can be described as a complex situation in which jealousy is perceived or hidden by a person, combining positive and negative relationships of people Many authors associate feelings of jealousy with self-assessment. V. James defines the term as an assessment of its place in society [1]. I.R. Gul the Flower believes that the main aspect of the appearance of jealousy is low self-esteem [3].

Self-assessment is one of the central issues of the individual. Self-assessment largely determines the social skills, character of the individual. The importance of self-assessment consists not only in the fact that it allows a person to see the strengths and weaknesses of his work, while a person will be able to build a program of his further life on the basis of the perception of such results.

It should be remembered that self-assessment is manifested in the process of emotional relationships and in the form of opposing oppositions: adequate – inadequate; stable – unstable; high – low; Haqqani – demonstrative; confidence perfection – insecurity; perceived-non-perceived.

Self-assessment can be low for two reasons. A person compares his weak properties with the same, but stronger qualities of others. Low self-esteem can be characteristic of the excess of demands on a person in the external environment, their inability to do so, as a result of the constancy of various objections. In this, the individual is characterized by falling in a state of depression, allowing those close to him to leave abroad, walking in a mood of insecurity towards himself, which later leads to several negative traits and uncomfortable situations in the individual. However, such situations are observed when suicide, trying to avoid its real existence.



And inadequate assessment (exaggerated or reduced) destroys the inner world of the individual, undermining his motivational and emotional-volitional spheres, thereby hindering his harmonic development.

High self-esteem stops the development of the individual. He is often critical of others because of his excessive self-building. Especially the feeling of jealousy in emotional relationships is the high assessment of qualities in a person by people, praise, trying to bypass all sorts of difficulties on the surface.

In the manifestation of a feeling of jealousy, a person's assessment of himself may differ depending on different qualities. That is, the assessment is formed in such a way that it depends on the criteria in the system of the individual's consciousness, that is, on how much he himself values this relationship in a subjective way. For example, a positive attitude in interpersonal relationships, constant compliments increase his self-assessment, this assessment is more dependent on the individual himself, he has a subjective character [4].

The opinion of those who are significant for the individual, even simply reproaches, correctly accepts his advice. Self-awareness, knowledge of a person first of all dictates the direction of his inner experiences of jealousy, calculated from emotional relationships. The image and self-awareness of the individual about himself has a young and sexual identity. For example, extreme curiosity about oneself, the desire to know and understand who it is, develops especially in adolescence. The feeling of "size" that appears during this period determines not only herself, but also her relationship with others, both in girls and teenage guys. The fact that the image of "I" in girls is good and positive depends more on the fact that this image can embody feminine qualities, is present at the same time in feminine qualities, while the image in guys will depend more on how harmoniously it is with the criteria of physical perfection [2].

In our scientific research, we set ourselves the goal of determining a person's assessment of himself in accordance with the ridge of the phenomenon of jealousy. As an object of scientific research work, communication between men and women who built a family was introduced. The age of the test subjects was determined by married men and women aged 20 to 35 years. The study participants lived from one to five years, were married.

To determine the level of self-assessment of family members, used an adapted variant of Kovalev's methodology, consisting of 32 test questions "determining the level of self-assessment. The results are presented in Table 1.

Table 1.

Self-assessment of respondents (in percentage score)

Respondents	Levels of self-assessment		
	Low	middle	High
men	21,0	30,0	49,0
women	34,0	44,0	12,0



Low self-assessment rate - 34.0% - manifested in women and 21.0% - in men. The average level of self-assessment - 44.0% - was observed in women and 30.0% - in men.

Among the self-assessment levels of respondents, a sharp discrepancy in the indicators of low self - assessment in women - a high level of self-assessment in men under conditions in which 12.0% was observed.

From the study it can be seen that jealousy has shown to change with age. Twenty-year-old couples are more likely to show feelings of jealousy towards each other. In which of the couples there is a decrease in self-doubt, we observed a high probability that a feeling of jealousy will occur. According to the data obtained in the study, a high level of jealousy remains in most cases before the age of thirty.

When analyzing the results of the study, the respondents ' responses were processed by gender. We have created the opportunity for these indicators to be tested. Differences in indicators were seen in guys who did not start a family compared to men with a family, albeit of the same sex. In this way, differences were also observed in the results recorded in women. Although it seems that the differences between the level of trust are not sharp, but the presence of a difference in age indicators expressed the influence of joint family life on the manifestation of feelings in each representative of the opposite sex.

Table 2.

Indicators of the manifestation of a feeling of jealousy in respondents (based on the T-criterion of the Student)

Respondents	People	Average value	Standard deviation	t	p
Married women	47	13,11	2,841	1,021	0,312
unmarried girls	35	12,26	2,738		
Married men	47	14,42	2,626	3,021	0,003
Unmarried guys	3 5	12,48	3,119		

In the study, we put the question of whether there are features and relationship of interaction between the levels of self-assessment and the feeling of jealousy, or whether it is affective.

We are Russian scientist the method of studying jealousy developed by L.M.Chursanova was used. An adapted questionnaire of the "methodology for studying jealousy" consists of 34 questions and allows you to diagnose the degree of jealousy in a person.

I. **Low level of jealousy.** Individuals with a low level of jealousy calmly react to the possibility of betrayal in relation to their couple, do not pay attention to this, are indifferent to the sympathy and hobbies of their partner by another person. A person with a low level of jealousy is a mature person who respects the freedom and personal preferences of his partner. He perceives a person as he is, does not require any changes from him. It is worth noting that the fact that a person behaves as absolutely not jealous is also an



indicator of his own. Perhaps a person in this way protects his feelings, avoiding negative emotions from disturbing his inner balance.

2. **Average level of feeling of jealousy.** At this level, jealousy can usually be characterized as an adequate manifestation of jealousy towards a person close to the individual. This does not negate the fact that an individual can be aggressive towards his couple. A person with an average level of jealousy is not afraid to tell his couple about their feelings, share their feelings and feelings. In our opinion, moderate jealousy may not be accompanied by very strong emotions. Moderate levels of jealousy in the owner, strong influences or dissatisfaction with the behavior of a partner in the family lead to the occurrence of jealousy, which from time to time is manifested only in the influence of the situation.

3. **High level of jealousy.** A person with a high level of jealousy experiences this feeling more often and more sharply than other people. A jealous person at such a level will be very active, he will blame his partner, offend his partner in any situations that threaten the relationship. Such a person shows reactions in relation to himself or his couple, such as showing aggression, quarrelsome behavior, chasing his partner, not trusting him, refusing to compromise. Also, a person with a high level of jealousy perceives the statements of his partner as his excuses.

Leads to a decrease in confidence in women at home, an increase in men, increased jealousy in women, moderate manifestations in men. There is such a paradox that the activity of women in social life, an increase in their share in ensuring the family economy, has an impact on self-assessment.

Due to the sharp expression, manifestation of jealousy in men, the occurrence of unhealthy, conflict, quarrels in the family environment increases. Thus, the results of our study showed that the occurrence of a sharp discrepancy between the levels of self-assessment and the feeling of jealousy is not very significant. This condition basically expresses how an individual evaluates himself, no matter what gender he represents, whether there is a complex of informality. At the same time, low self-esteem means that high and medium feelings of jealousy are priority in those who are low. This in turn proves that in a situation where self – assessment is low, feelings of jealousy are manifested at a high level, and in men and women whose self-assessment is adequate-the average level of jealousy is also observed. It should also be noted that respondents with a low level of self-assessment have a high and medium level of jealousy. At the same time, men and women with an average (adequate) level of self-assessment showed an average level of jealousy.

In fact, the manifestation of a feeling of jealousy in a family-marriage relationship can in some respects be confirmed by an individual's self-assessment, the degree of self-assessment of a person is associated with the degree of manifestation of jealousy in marriage, but not always.

It is worth noting that due to jealousy, in the psychology of each member of the family, a number of negative traits arise, such as insecurity, anger, laughter, revenge, aggressiveness. The effectiveness of work, study, activity of a person, who is not a tenth in

the family, decreases, the main thing is to undermine his health, interests in life, and in a person experiencing jealousy, the fear of losing a couple also manifests itself.

Perhaps this is due to other individual characteristics. Because, the feeling of jealousy also affects a number of other individual characteristics of a person, manifests itself. For example, the manifestation of a person in relation to the criterion of self-assessment, but also to the individual psychological characteristics of the individual, is also common in life. We also paid attention to aspects of the feeling of jealousy in our study related to the psychological characteristics of the individual.

LITERATURE:

1. Abdusamatov, H. (2022). PSYCHOLOGICAL SCIENCES. CUTTING EDGE-SCIENCE.
2. Abdusamatov, H. (2022). SOCIAL AND PSYCHOLOGICAL PROBLEMS OF CHILDREN OF MIGRANT FAMILIES.
3. Rubin Z., Peplau L.A., Hill Ch.T. Loving and leaving: Sex differences in romantic attachments // J. of marriage a. the family. Minneapolis, 1980. Vol. 42. -№ 4. - P.409-418.
4. Абдусаматов, Х. (2022). ИСЛОМ ДИНИДА ОИЛАВИЙ МУНОСАБАТЛАР БУЗИЛИШНИНГ ПСИХОЛОГИК ТАЛҚИНИ. BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI, 327-329.
5. Шапиро, А.З. Психолого-гуманистические проблемы позитивности-негативности внутрисемейных отношений // Вопросы психологии. 1994. - № 4. - С.45-56.
6. Шоумаров Ф.Б. Шоумаров Ш.Б. Муҳаббат ва оила. Т., 1994. 120 б.