

# **Jealousy and dating violence among adolescents and young adults: a review**

Daniel Carroll Lucas

Tutor: Franciso Palmero Cantero



## **RESUMEN**

La violencia en las relaciones de pareja constituye un grave problema social y de salud pública (Potter et al., 2021). El inicio de este tipo de violencia se produce en gran medida durante la etapa adolescente y el inicio de la edad adulta (Black et al., 2011). Este fenómeno se conoce como *Dating Violence* (DV), una forma de violencia que se produce en parejas de entre 10 y 24 años (Vagi et al., 2013). Dada la prevalencia y las consecuencias de la DV (Rubio-Garay et al., 2017; Exner-Cortens, Eckenrode & Rothman, 2013), así como su relación con los celos románticos (Giordano et al., 2010), existe la necesidad de explorar y analizar los factores asociados a la DV para comprender mejor la naturaleza de este fenómeno. En este marco, el presente estudio tiene como objetivo analizar la evidencia disponible acerca de la implicación de los celos románticos sobre la violencia en relaciones de pareja de jóvenes y adolescentes. Para ello, se realizó una revisión de literatura en PubMed y ScienceDirect, siguiendo las directrices de la declaración PRISMA (Urrútia & Bonfill, 2010), incluyendo un total de 5 artículos empíricos. Las investigaciones revisadas indican que los celos constituyen un factor predictor y facilitador de diversas tipologías de violencia, fundamentalmente físicas y psicológicas. En este sentido, se destaca una correlación positiva entre la presencia de celos románticos y la aparición de conductas violentas en el seno de la pareja. Cabe destacar que, además de los celos, los estudios también señalan el vínculo existente entre la DV y otras dos variables: la dependencia emocional y la hostilidad. Por ello, la investigación debe de seguir analizando las diversas variables implicadas en la DV para poder llegar a una mejor comprensión de esta realidad y para desarrollar estrategias de prevención e intervención eficaces.

**PALABRAS CLAVE:** violencia en la pareja, celos románticos, adolescentes, jóvenes, revisión.

## **ABSTRACT**

Intimate partner violence (IPV) is a severe social and public health problem (Potter et al., 2011). The onset of this type of violence is largely located during adolescence and young adulthood (Black et al., 2011). This phenomenon is known as Dating Violence (DV), a form of IPV that occurs in couples between 10 and 24 years of age (Vagi et al., 2013). Given the prevalence and consequences of DV (Rubio-Garay et al., 2017; Exner-Cortens, Eckenrode & Rothman, 2013), as well as the link between dating violence and jealousy (Giordano et al., 2010), there is a need for research which analyze associated factors to better understand the nature of this reality (Reichel, 2017). In this framework, the present study aims to analyze the empirical evidence available in the link between jealousy and violence in young people's relationships. For this purpose, a literature review was carried out in PubMed and ScienceDirect, following the guidelines of the PRISMA statement (Urrútia & Bonfill, 2010), including a total of 5 empirical articles. The research reviewed indicates that jealousy is a predictor and facilitator of various types of violence, mainly physical and psychological. In this sense, a positive correlation between the presence of romantic jealousy and the occurrence of violent behaviors within the couple is highlighted. It should be noted that, in addition to jealousy, studies also point out the link between DV and two other variables: emotional dependence and hostility. Therefore, research should continue to analyze the various variables involved in DV in order to reach a better understanding of this reality and to develop effective prevention and intervention strategies.

**KEY WORDS:** Dating Violence (DV), romantic jealousy, adolescence, youth, review.

## INTRODUCTION

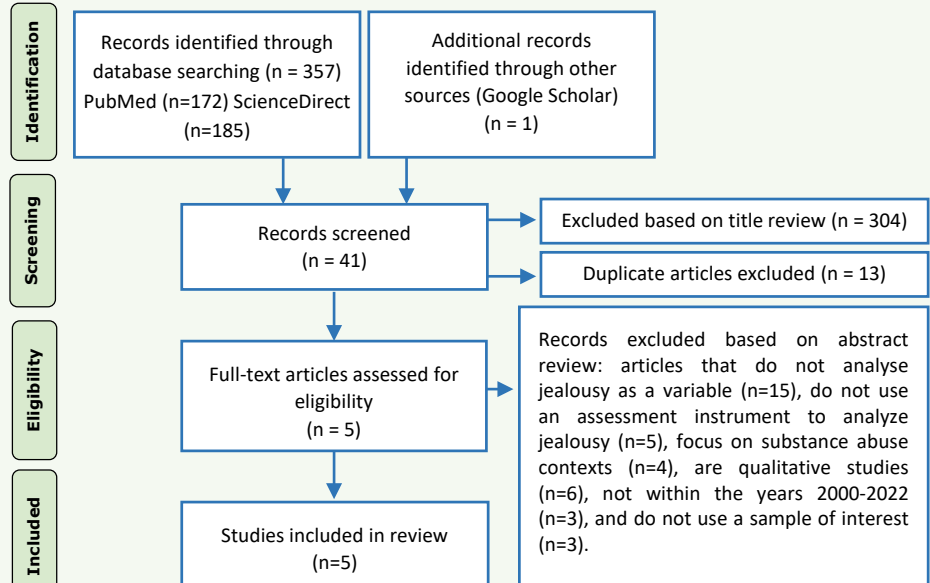
Intimate partner violence (IPV) is a public health problem that is present in all social, cultural and economic contexts (Potter et al., 2011). The onset of this type of violence usually takes place during adolescence and young adulthood (Black et al., 2011). This phenomenon is known as Dating Violence (DV), a form of IPV that occurs in couples between 10 and 24 years of age (Vagi et al., 2013).

Considering the prevalence and consequences of this type of violence (Rubio-Garay et al., 2017; Exner-Cortens, Eckenrode & Rothman, 2013), as well as the link between DV and jealousy (Giordano et al., 2010), there is a need for studies that analyze associated factors to better understand the nature of this reality (Reichel, 2017).

## OBJECTIVE

In this framework, the present study aims to analyze the empirical evidence available on the implication of jealousy in dating violence.

## METHOD (PRISMA guidelines)



## RESULTS

AUTHORS	OBJECTIVE	SAMPLE	METHOD	RESULTS
Fernández-Fuertes & Fuertes (2010).	To examine the prevalence of violent acts among adolescents, correlates of dating violence and its consequences.	567 participants from Spain were selected (all aged between 15 and 19 years).	-Conflict in Adolescent Dating Relationships Inventory. -40 to assess motives that cause arguments. -45 items to assess potential consequences of violence.	-Dating violence is prevalent among Spanish adolescents. -A strong link was observed between jealousy and violence perpetration. -Relationship deterioration was the most frequent consequence of dating violence.
Deans & Bhogal (2019).	To examine the factors that predict perpetration of cyber dating abuse.	189 colleague students from the UK.	-The Buss-Perry Aggression Questionnaire. -The Multidimensional Jealousy Scale. -The Cyber-Dating Abuse Questionnaire.	-Behavioral jealousy, hostility and gender significantly predicted perpetration of cyber dating abuse.
Muñoz-Fernández & Sánchez-Jiménez (2020).	To analyze risk factors of cyber dating aggression and psychological dating aggression.	1003 spanish adolescents participated in a short-term longitudinal study.	-Several instruments were used, including the Multidimensional Jealousy Scale.	-Poorer anger regulation and higher levels of jealousy predicted psychological aggression. -High levels of cognitive empathy translated into lessened involvement in cyber-aggression over time.
Collibee & Furman (2016).	To examine relational risk factors and their effects on physical and psychological dating aggression.	200 high school students were selected to be part of a longitudinal study (in the US).	-The Conflict Resolution Style Inventory. -The Multidimensional Jealousy Scale. -The Network of Relationships Inventory.	-Acute and chronic levels in jealousy, relationship satisfaction and negative interactions, were associated with dating aggression.
Perles, San Martín & Canto (2019)	To study whether gender, jealousy, and emotional dependency predict conflict resolution strategies.	296 Spanish students between 14 and 19 years participated in this study.	-The Conflict Tactics Scale. -Spouse Specific Dependency Scale. -A scale of romantic jealousy.	-Jealousy correlated with psychological aggression and mild physical aggression for girls. -Psychological aggression and mild physical aggression were associated with dependency among boys.

## CONCLUSIONS

Likewise, as in previous research, the evidence reviewed indicates that jealousy is a predictor and facilitator of various types of violence, mainly physical and psychological. In this sense, a positive correlation is observed. It should also be mentioned that DV is a multifactorial phenomenon in which several variables are involved (Gracia-Leiva et al., 2019). In addition to jealousy, reviewed studies also highlight the link between DV and emotional dependence as well as hostility. Therefore, research should continue to analyze the various factors involved in DV in order to reach a better understanding and to develop effective prevention and intervention strategies.

## References

- Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.
- Collibee, C., & Furman, W. (2016). Chronic and acute relational risk factors for dating aggression in adolescence and young adulthood. *Journal of youth and adolescence*, 45(4), 763-776. <https://doi.org/10.1007/s10964-016-0427-0>
- Deans, H., & Bhogal, M. S. (2019). Perpetrating cyber dating abuse: A brief report on the role of aggression, romantic jealousy and gender. *Current Psychology*, 38(5), 1077-1082. <https://doi.org/10.1007/s12144-017-9715-4>
- Exner-Cortens, D., Eckenrode, J., & Rothman, E. (2013). Longitudinal associations between teen dating violence victimization and adverse health outcomes. *Pediatrics*, 131(1), 71-78. <https://doi.org/10.1542/peds.2012-1029>
- Fernández-Fuertes, A. A., & Fuertes, A. (2010). Physical and psychological aggression in dating relationships of Spanish adolescents: Motives and consequences. *Child abuse & neglect*, 34(3), 183-191. <https://doi.org/10.1016/j.chiabu.2010.01.002>
- Giordano, P. C., Soto, D. A., Manning, W. D., & Longmore, M. A. (2010). The characteristics of romantic relationships associated with teen dating violence. *Social science research*, 39(6), 863-874. <https://doi.org/10.1016/j.ssresearch.2010.03.009>
- Gracia-Leiva, M., Puente-Martínez, A., Ubillos-Landa, S., & Páez-Rovira, D. (2019). Dating violence (DV): A systematic meta-analysis review. *Anales de Psicología/Annals of Psychology*, 35(2), 300-313. <https://doi.org/10.6018/analesps.35.2.333101>
- Muñoz-Fernández, N., & Sánchez-Jiménez, V. (2020). Cyber-aggression and psychological aggression in adolescent couples: A short-term longitudinal study on prevalence and common and differential predictors. *Computers in Human Behavior*, 104, 106191. <https://doi.org/10.1016/j.chb.2019.106191>
- Potter, L. C., Morris, R., Hegarty, K., García-Moreno, C., & Feder, G. (2021). Categories and health impacts of intimate partner violence in the World Health Organization multi-country study on women's health and domestic violence. *International journal of epidemiology*, 50(2), 652-662. <https://doi.org/10.1093/ije/dyaa220>
- Rubio-Garay, F., López-González, M. A., Carrasco, M. Á., & Amor, P. J. (2017). The prevalence of dating violence: A systematic review. *Papeles del Psicólogo*, 38(2), 135-147. <https://doi.org/10.23923/pap.psicol2017.2831>
- Urrútia, G., & Bonfill, X. (2010). Declaración PRISMA: una propuesta para mejorar la publicación de revisiones sistemáticas y metaanálisis. *Medicina clínica*, 135(11), 507-511. doi: [10.1016/j.medcli.2010.01.015](https://doi.org/10.1016/j.medcli.2010.01.015)
- Vagi, K. J., Rothman, E. F., Latzman, N. E., Tharp, A. T., Hall, D. M., & Breiding, M. J. (2013). Beyond correlates: A review of risk and protective factors for adolescent dating violence perpetration. *Journal of youth and adolescence*, 42(4), 633-649. <https://doi.org/10.1007/s10964-013-9907-7>