

ABSTRACT

THE LEVEL OF JEALOUSY INDIVIDUALS EXPERIENCE AND EXPRESS: MODERATED BY THEIR OWN MATE VALUE, THEIR PARTNER'S MATE VALUE, AND THEIR RIVAL'S MATE VALUE

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This study examined predictions concerning the level of jealousy experienced and expressed through two bodies of research, Evolutionary Psychology and Social Psychology. The Evolutionary Psychology model predicted that the level of jealousy individuals in equitable and inequitable relationships experience and express would be moderated by three variables: their own mate value, their partners' mate value, and their rivals' mate value (dominant/attractive, alternative, or low) when contemplating a rival interacting with their partner. The Social Psychology framework, in contrast, predicted that the level of jealousy experienced by participants in equitable and inequitable relationships would be moderated by their alternatives' (rivals') mate value and their partners' level of satisfaction in their relationship. Participants were 434 college-aged students (197 men and 237 women). First, they completed a series of questionnaires assessing their demographics, including self-esteem, mate value, and their partners' mate value and satisfaction in their relationship. Then, participants were randomly assigned to a condition that manipulated the mate value of a rival that their partner would be

hypothetically interacting with at a party. Participants reported the level of jealousy experienced and expressed in response to the interaction between their partner and the rival. Predictions based on the Evolutionary Psychology framework were largely non-significant. However, it was found that participants experience and express higher levels of jealousy when their rivals are high in mate value, extending and supporting earlier research in the field. Results also confirmed that participants express less jealousy when their partners are high in mate value compared to when they are low in mate value. Moreover, the results supported the hypothesis that alternative high mate value rivals elicited the same level of jealousy as did dominant/attractive high mate value rivals. In addition, results confirmed that overbenefited participants experience more jealousy than they actually express. Results from the Social Psychology framework were largely non-significant, although this framework did support previous findings that the alternatives' (rivals') mate value predicts the level of jealousy participants experience. In addition, it was found that participants low in self-esteem experience and express greater levels of jealousy than participants high in self-esteem. Future research directions are discussed.

NORTHERN ILLINOIS UNIVERSITY
DEKALB, ILLINOIS

MAY 2010

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BY

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A THESIS SUBMITTED TO THE GRADUATE SCHOOL
IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE
MASTER OF ARTS

DEPARTMENT OF PSYCHOLOGY

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UMI Number: 1477051

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CHAPTER 1

INTRODUCTION

Jealousy is a necessary evil (Buss, 2000, 2007). Jealousy can cause violent fights with partners and/or rivals, extreme mate guarding, sexual abuse, rape, and even murder (Buss, 2007). However, jealousy is also a functional emotion that contributes to the survival of romantic relationships. Jealousy provides both partners in a relationship with an “awareness cue.” The feeling of jealousy can arise when people sense their relationship is threatened by a rival; thus, jealousy causes people to defend their relationship. In addition, jealousy provides people evidence that their partner does care for them and their relationship. Therefore, although jealousy can provoke aggressive behavior, it can also promote the survival of relationships.

Given the detrimental and beneficial effects of jealousy, optimal levels of jealousy may depend on the traits of an individual, their partner, and their rival. Thus, the relative mate values of the three players in a romantic drama may determine the levels of jealousy that will best serve to protect the reproductive outcomes of the jealous perceiver. Furthermore, in some situations, relationship outcomes might be best protected if the jealous perceiver expresses a different level of jealousy than he or she experiences.

The goal of the present study was to determine how the experience and expression of jealousy is impacted by the mate values of the individual, partner, and rival. More specifically, I sought to answer the following question: how does the interaction of an individual's mate value and their partner's mate value affect the levels of jealousy experienced and expressed when contemplating a rival with varying degrees of mate value? To address this question, I draw on two areas of literature, Evolutionary Psychology and Social Psychology, that offer insights into how jealousy is elicited in romantic relationships.

The literature review is divided into three parts: a) the role of jealousy in romantic relationships, including characteristics of rivals that elicit jealousy, b) the function of jealousy in equitable and inequitable relationships, and c) alternative Social Psychology frameworks that explain the amount of jealousy experienced in romantic relationships. First, with respect to the jealousy literature, I review the basic Evolutionary Psychology theories that establish sex differences in mating preferences. Second, I summarize the impact of jealousy in romantic relationships. Third, I examine the different qualities of equitable and inequitable relationships. Fourth, I review the literature concerning jealousy in relation to mate value in the context of equitable and inequitable relationships. Fifth, I provide an overview of the current study and the hypotheses derived from an Evolutionary Psychology perspective. Last, I consider Social Psychology theories regarding the amount of jealousy experienced in romantic relationships and the alternative hypotheses they suggest.

Sex-Specific Differences in Mate Preferences

Parental investment theory (Trivers, 1972) suggests a number of sex differences in mating relationships. The theory states that the higher investing sex (i.e., the sex that makes a more substantial investment in offspring) will be the choosier sex when selecting mates compared to the lower investing sex. In the homo-sapiens species, females are considered the higher investing sex due to their burden of gestation and, often, early child rearing. Thus, according to Trivers' (1972) theory, males' and females' reproductive and mating success can be dependent on the investment differences mentioned above. It is theorized that a male's reproductive success, mainly but not always, hinges on the "quantity" of females he is with, whereas a female's reproductive success, mainly but not always, hinges on the "quality" of males she is with (Buss & Schmitt, 1993).

Accordingly, the more women a man is able to impregnate, the greater the likelihood of the survival of his genetic makeup. Due to a female's relatively time-restricted reproductive capacity, it is hypothesized that ancestral males had an adaptive need to seek partners who were healthy and fertile (Symons, 1979). As a result, Evolutionary Psychologists believe that males have evolved to highly desire females who display physical features that tend to denote cues of youth and fecundity: full lips, soft hair, smooth skin, colorful cheeks, and good muscle tone (Symons, 1979, 1995). Thus, evolutionary psychological evidence suggests that men value attractive women.

Compared to men, it hypothesized that women can lose a great deal from indiscriminate mating. Evolutionary Psychology theories state that ancestral females desired males who could and would provide for and protect them and their offspring. Over time, it is suggested that women favored men who were high in dominance for long-term partners, because dominance is a cue to heightened resources and strength. Women who mated with men high in dominance could reap these needed benefits. Therefore, it is believed that they carefully selected for and chose men high in dominance. In contrast, evolutionary psychological findings propose that women who mated indiscriminately ran the risk of becoming pregnant with no promise of resources or protection. This reduced her and her offspring's chances of survival.

Sex differences in mate preferences were examined in a cross-cultural study by Buss (1989), which evaluated and confirmed Trivers' and Symons' evolutionary psychological theories. Buss predicted that men would prefer young and physically attractive women as opposed to older and less physically attractive women because these characteristics can be cues to fertility and reproductive value. In contrast, Buss predicted that women would value mates who are high in wealth, dominance, and status because these characteristics can be cues to a man's ability to provide necessary resources. One thousand and forty-seven participants in 33 countries from Nigeria to Venezuela were administered surveys measuring their preferences for a desirable mate and for choosing a potential mate. The results confirmed the hypotheses. It was found that men in all 37 samples preferred mates who were "physically attractive" and had "good looks." Conversely, it was found that women preferred mates with "good financial prospect[s]" compared to men in every sample except the Spanish sample (and

even in this sample results pointed in the same direction). In all samples women preferred mates who were high in “ambition-industriousness,” which is a cue to a man’s ability to provide resources.

These sex differences in mate preferences were further established by a contrast effects study conducted by Kenrick, Neuberg, Zierk, and Krones (1994). Kenrick et al. found that when men were shown attractive female faces compared to unattractive female faces, their commitment level for their current partner significantly decreased; this finding was not significant for women. In contrast, it was found that women reduced their commitment level to their current partner after reading descriptions about socially dominant men compared to non-dominant men; this finding was not significant for men. Thus, as demonstrated in past evolutionary psychology studies, men prefer female mates who are high in attractiveness and women prefer male mates who are high in dominance (see also Li, Kenrick, Bailey, & Linsenmeier, 2002, for similar results using different methods).

In addition to attractiveness and dominance, research also identifies other characteristics just as important to men and women (Buss, 2003). Besides attractiveness, men also value women high in parental investment. A woman who is attractive, but does not value the importance of family and/or has no desire to become a parent, will not be an ideal mate for a man who wants to pass on his genes. Besides dominance, women also value men who are dependable and emotionally stable (Buss, 2003). A man who possesses resources, but is not willing to share his resources, will not be an ideal mate. Furthermore, a man who is dominant, but is not emotionally stable and able to aid in child rearing, will also not be an ideal mate.

Jealousy in Romantic Relationships

As suggested in evolutionary literature, sex-specific differences in mating preferences exist. Moreover, these differences impact men's and women's jealousy (Buss & Shackelford, 1997). Previous research has identified that men are more likely to experience jealousy when their partners associate with rivals who are dominant, as opposed to attractive, and women are more likely to experience jealousy when their partners associate with rivals who are attractive, as opposed to dominant (Dijkstra & Buunk, 1998, 2002). This finding was supported by a number of subsequent evolutionarily rooted studies.

Dijkstra and Buunk (1998, 2002) explored which type of rival would elicit the greatest level of jealousy in men and women. First they presented participants with the following scenario:

You are at a party with your girlfriend and you are talking with some of your friends. You notice your girlfriend across the room talking to a man you do not know. You can see from his face that he is very interested in your girlfriend. He is listening closely to what she is saying and you notice that he casually touches her hand. You notice that he is flirting with her. After a minute, your girlfriend also begins to act flirtatiously. You can tell from the way she is looking at him that she likes him a great deal. They seem completely absorbed in each other. (Dijkstra & Buunk, 2002, p. 831)

Next, male and female participants were respectively shown pictures and descriptions of rivals varying in degrees of dominance and attractiveness. They found that men were

increasingly jealous when their rivals were high in dominance and women were more jealous when their rivals were high in physical attractiveness.

In their 2002 experiment, they explored which characteristics of males would elicit the most jealousy in men and women. In the first study, participants were presented with the scenario from Dijkstra and Buunk (1998). Next, participants were asked to list characteristics of a hypothetical rival that would make them the most jealous. Fifty-six rival traits were identified, and these were categorized into five dimensions: social dominance, physical dominance, social status, physical attractiveness, and seductive behaviors. Using these traits, in a subsequent study participants were presented with the same scenario and asked which of the given traits of the rival would make them the most jealous. Men reported that they would feel especially jealous if their rival was high in social dominance, physical dominance, and social status; women reported that they would feel especially jealous if their rival was high in physical attractiveness.

A similar cross-cultural study found comparable results (Buss, Shackelford, Choe, Buunk, & Dijkstra, 2000). The researchers found that Korean, Dutch, and American men were more upset and jealous when their rivals had a high number of job prospects, high physical strength, and were financially well off compared to themselves. Korean, Dutch, and American women were more upset and jealous when their rivals were more facially and bodily attractive compared to themselves. These findings confirmed past evolutionary findings.

The data suggest that attractiveness and dominance are traits that are preferred among men and women, respectively, which also happen to elicit jealousy from the

opposite sex (Dijkstra & Buunk, 1998, 2002). However, research also suggests parental investment and dependability and emotional stability (Buss, 2003) are important traits desired by men and women as well. As the greater attractiveness and dominances a rival possesses causes jealousy, the present study researched if greater parental investment and dependability and emotional stability would also elicit comparable levels of jealousy. Dijkstra and Buunk (1998, 2002) found that attractiveness, but not dominance, elicits jealousy in women and that dominance, but not attractiveness, elicits jealousy in men. Attractiveness and dominance are both high mate value characteristics, respectively, in each sex. The present study sought to answer if traits such as parental investment and dependability and emotional stability, which also describe high mate value mates, also elicit high levels of jealousy in women and men, respectively. Will women be equally jealous when encountering a rival high in parental investment, a trait valued by men, as they are when encountering a rival high in attractiveness? Will men be equally jealous when encountering a rival high in dependability and emotional stability, traits valued by women, as they are when encountering a rival high in dominance?

In contrast to the above-mentioned studies, Wade and Fowler (2006) found somewhat conflicting results. Wade and Fowler (2006) examined the amount of upset individuals felt after reading jealousy-inducing scenarios. Participants were asked to rate the degree of upset they felt after reading a set of scenarios that described an emotional infidelity or a sexual infidelity, which also included a manipulated description of the rival. For example, participants were asked to read a hypothetical infidelity scenario that described a partner's emotional or sexual infidelity with a rival

who was either (a) attractive or unattractive or (b) high in financial status or low in financial status. The researchers found that men were upset by sexual infidelity regardless of their rival's financial status. Wade and Fowler (2006) conclude that men will always face the risk of paternity uncertainty regardless of the status of their rival; paternity uncertainty is not dependent on the status of the rival. Thus, men experience upset when their partners commit sexual infidelity. Women were found to be more upset by sexual infidelity regardless of the attractiveness of their rival than other types of infidelity. In regards to emotional infidelity, women were more upset when their partners had committed infidelity with an attractive woman than an unattractive woman. In evolutionary theory, emotional infidelity increases the likelihood that the resources and protection they receive from their partners will decrease or disappear altogether, especially when their partner is associating with a rival high in attractiveness.

Equitable and Inequitable Romantic Relationships

Due to the differences in mate preferences between the sexes, as evidenced by evolutionary psychology studies, different characteristics of rivals elicit jealousy in men (dominance) and women (attractiveness). However, past research has failed to consider two important variables in determining the level of jealousy individuals experience and express. For the present study, it was hypothesized that the level of jealousy individuals experience and express towards a rival would be moderated by their own mate value, that of their partners, and that of their rivals. Mate value means the combination of traits

desired and valued in mating relationships, such as dominance, dependability, and emotional stability for men, attractiveness and parental investment for women, and kindness and intelligence for both men and women (Li, Kenrick, Bailey, & Linsenmeier, 2002). Furthermore, I anticipated that jealousy would manifest differently in equitable versus inequitable relationships. In equitable relationships, both partners are of equal mate value; in inequitable relationships, there is a discrepancy between the mate values of the partners.

The differences in equitable and inequitable relationships were recognized by Hatfield, Traupmann, and Walster's (1978) Equity Theory. Hatfield et al. developed the theory to explain how the degree of equity in relationships determines the quality and success of relationships. The investigators theorized that inputs must equal outputs for harmony to exist. Applying this belief to romantic relationships, the researchers developed four propositions, two of which concern equitable relationships:

Proposition I: Individuals will try to maximize their outcomes (where outcome equal rewards minus costs).

Proposition II: Groups can maximize collective reward by evolving accepted systems for "equitably" apportioning rewards and costs among members. Thus, members will evolve such systems of equity and will attempt to induce members to accept and adhere to these systems (Hatfield, Traupmann, & Walster, 1978, p. 309-310)

Concerning Propositions I and II, individuals in equitable romantic relationships recognize the overall importance of equity and value it from "important" to "very important" (Aumer-Ryan, Hatfield, & Frey, 2007). They maintain stability in the relationship to gain rewards and minimize costs.

Past research has established that the degree of equity in romantic relationships can determine happiness, stability, relationship satisfaction, sexual satisfaction, and the likelihood of infidelity (Peterson, 1981). The study found that individuals in equitable marriages reported greater happiness and stability than individuals in inequitable marriages (Peterson, 1981). Utne, Hatfield, Traupmann, and Greenberger (1984) and Hatfield, Greenberger, Traupmann, and Lambert (1982) reported similar findings for individuals in equitable marriages. In addition, a study conducted by Traupmann, Hatfield, and Wexler (1983) found that couples in equitable dating relationships were more content than couples in inequitable dating relationships. Partners report greater satisfaction in equitable relationships, whereas partners in inequitable relationships report greater dissatisfaction (Van Yperen & Buunk, 1990). Thus, findings suggest that equitable relationships fare better than inequitable relationships.

In regards to inequitable relationships, Hatfield, Traupmann, and Walster (1978) posited that when inputs do not equal outputs, harmony will not exist in relationships. Again, applying this concept to romantic relationships, the following two propositions of Equity Theory apply to inequitable relationships:

Proposition III: When individuals find themselves participating in inequitable relationships, they become distressed. The more inequitable the relationship, the more distress individuals feel.

Proposition IV: Individuals who discover they are in an inequitable relationship attempt to eliminate their distress by restoring equity. The greater the inequity that exists, the more distress they feel, and the harder they try to restore equity. (Hatfield, Traupmann, & Walster, 1978, p. 311)

Although researchers have found that equitable relationships increase the chances of happiness, contentedness, and satisfaction compared to inequitable relationships, mixed results were found for sexual satisfaction. A study conducted by

Traupmann, Hatfield, and Wexler (1983) found that dating couples in equitable relationships did not report greater levels of sexual satisfaction than individuals in inequitable relationships. In fact, overbenefited men reported greater sexual satisfaction in inequitable relationships than men in equitable relationships (Traupmann et al., 1983). In contrast, it was found that underbenefited men reported the least amount of sexual satisfaction. In turn, women in equitable relationships reported slightly higher sexual satisfaction than women in inequitable relationships.

Further establishing the importance of equitable relationships, Hatfield, Traupmann, and Walster (1975) hypothesized that underbenefited partners in inequitable relationships are more likely to commit extramarital affairs in order to restore equity compared to overbenefited partners and partners in equitable relationships (Hatfield et al., 1975). The results supported their hypothesis; underbenefited partners were more likely to engage in sexual indiscretions 9 to 11 years after marriage, compared to overbenefited partners and individuals in equitable relationships. Hatfield et al. found that it was very unlikely that overbenefited partners and individuals in equitable relationships would even commit infidelity; however, if they did commit sexual indiscretions it tended to occur 12 to 15 years after marriage. Thus, in inequitable marriages, unlike equitable marriages, the underbenefited partner is more likely to commit sexual infidelity, which might help restore equity in the relationship as implied in Proposition IV.

Mate Value in Equitable and Inequitable Romantic Relationships

Research from Equity Theory has found that, due to the imbalance between mate values in romantic relationships, underbenefited partners in inequitable relationships are less satisfied with their relationships, are less sexually satisfied, and are more likely to commit acts of infidelity than partners in equitable relationships. These findings imply that the mate values of partners in romantic relationships can have a dramatic impact on a relationship's outcome.

Are individuals who are of lower mate value compared to their partners more likely to forgive their partners and experience more but express less jealousy? Are individuals who are of higher mate value compared to their partners more likely to terminate their relationships and experience and express less jealousy?

Research conducted by Jones, Figueredo, Dickey, and Jacobs (2007) sought to investigate the experience of jealousy in romantic relationships. The researchers examined the following variables: mating effort, mate value, and jealousy responses to emotional and sexual infidelity. Specifically in relation to mate value and jealousy, it was hypothesized that low mate value individuals in inequitable relationships anticipate infidelity and commit punitive behaviors in response to their partners' anticipated infidelity but do not terminate their inequitable relationships, compared to high mate value individuals. Conversely, it was predicted that high mate value partners in inequitable relationships would not anticipate infidelity but become even more upset

when infidelity does occur because of the initial shock and realization of poor mate choice on their part. They are more likely to terminate their inequitable relationships and pursue other mate choices rather than stay in their relationships and commit retaliatory infidelity. The results confirmed their hypotheses. Thus, if infidelity in an inequitable relationship occurs, the mate value of individuals will impact how they will respond.

Research conducted by Buss and Shackelford (1997) further extended research on mate value and explored mate value discrepancy and its association with infidelity in married couples. It was predicted that in inequitable marriages, underbenefited spouses would be more inclined to commit an act of infidelity because of the greater opportunities available than to overbenefited spouses. Additionally, they hypothesized that spouses who are of low mate value are more likely to stay in marriages when their high mate value spouses cheat on them. The results suggest that low mate value spouses typically choose to not divorce their high mate value spouses because of the difficulty they would find in attracting a partner of similar mate value. Specifically, it was found that married women of lower mate value than their spouses were more likely to think that their partners would have a brief to serious affair in the next year. Consistent with Proposition IV, they found that these women expect their partners who are of higher mate value than themselves to commit acts of infidelity. Surprisingly, the same sample of low mate value women was inclined to passionately kiss and even have a brief to serious affair with other men. Perhaps these women are more likely to commit acts of infidelity because of the anticipation that their partners would also commit acts of infidelity. However, this does not explain the fact that when they commit acts of

infidelity it increases the chances that their high mate value partners will terminate their relationship (Jones, Figueredo, Dickey, & Jacobs, 2007). Overall, overbenefited partners in inequitable relationships are more likely to anticipate infidelity from their high mate value partners.

This conclusion was also supported by research conducted by Sidelinger and Booth-Butterfield (2007). The authors found that individuals who are in relationships with partners of higher mate value than themselves are more jealous but are more likely to forgive their partners' transgressions. Overbenefited partners are more vigilant because of the inequity in their relationship and possibly the strong realization of their partners' need to re-establish equity in the relationship. Low mate value partners are more likely to sacrifice their own needs and desires to remain in relationships with partners of high mate value than partners who are in equitable relationships.

More specifically, a recent study, ("Attractive Women Want it All: Good Genes, Economic Investment, Parenting Proclivities, and Emotional Commitment") found that a woman's mate value acts as a guide as to what kind of mates she is able to attain (Buss & Shackelford, 2008). Higher mate value women want it all in a man--good genes, good resources, good investment, and love and because of their high mate value status, they can realistically get it (Buss & Shackelford, 2008). Attractive women, high in mate value, are more likely to be in relationships with male partners who have more resources, greater commitment, and desirable personalities than women who are of low mate value (Mathes & Kozak, 2008). Thus, higher mate value women are more likely to terminate their relationships with someone of lower mate value to pursue relationships with men who have it all, unlike women of lower mate value.

Previous research conducted by Buss and Shackelford (1997) has established that men and women are more likely to use mate retention tactics when their partners are high in mate value compared to when they are low in mate value. Miner, Shackelford, and Starratt (2009) extended Buss and Shackelford's (1997) research and evaluated mate value and the number of partner-directed verbal insults, a type of high-risk cost-inflicting mate retention behavior in the context of long-term romantic relationships. They collected female participants' perceptions of their own mate value, their male partner's mate value, and the number of insults their male partners directed towards them. They found that women with partners high in mate value encountered fewer insults from their partners than women with partners low in mate value. The researchers posited that in evolutionary times the benefits of using mate retention tactics outweighed the costs because low mate value men were more likely to encounter unfaithful mates than high mate value men. Going beyond Buss and Shackelford's (1997) original research, the experimenters found male and female partners high in mate value infrequently use cost-inflicting mate retention tactics and are generally not the targets of partner-directed verbal insults, respectively, compared to male and female partners low in mate value.

In sum, previous research establishes that in inequitable relationships, partners who are low in mate value are more likely to anticipate infidelity and commit punitive behaviors, forgive their partners' transgressions, and experience jealousy. In equitable relationships, where partners are of equal mate value, the above-mentioned scenarios are less likely to happen. Overall, partners in equitable relationships reported greater satisfaction compared to partners in inequitable relationships. As past Evolutionary

Psychology research suggests the impact of mate value discrepancy on the quality of romantic relationships, I extended previous research and furthered explored the impact of mate value on the experience and expression of jealousy.

CHAPTER 2

PRESENT STUDY

For the present study, it was expected that when male and female participants consider a rival, the degree of jealousy they would experience and express would be moderated by their own mate value, that of their partners, and that of their rivals. The hypotheses presented below are guided by three general principles based on the premise that the experience and expression of jealousy is related to the level of mutual interest between the participant's partner and their rival and the level of perceived threat posed by the rival. The three general principles are as follows:

- A. Participants will experience increased jealousy when there is high mutual interest between their partner and their rival. High mutual interest will generally be inferred when the partner and rival are similar in mate value. Participants will experience decreased jealousy when there is low mutual interest between their partner and their rival. Low mutual interest will generally be inferred when the partner and rival differ in mate value.
- B. The greater the level of perceived threat posed by the rival, the greater the level of jealousy participants will experience. When the participant is either equal or lower in mate value compared to the rival, there will be high perceived threat. The lower the level of perceived threat between

the participant and the rival, the lower the level of jealousy participants will experience. When the participant is higher in mate value compared to the rival, there will be low perceived threat.

- C. Overbenefited partners will experience greater levels of jealousy than they will actually express. They will suppress their expression of jealousy.

Hypotheses for Equitable Relationships

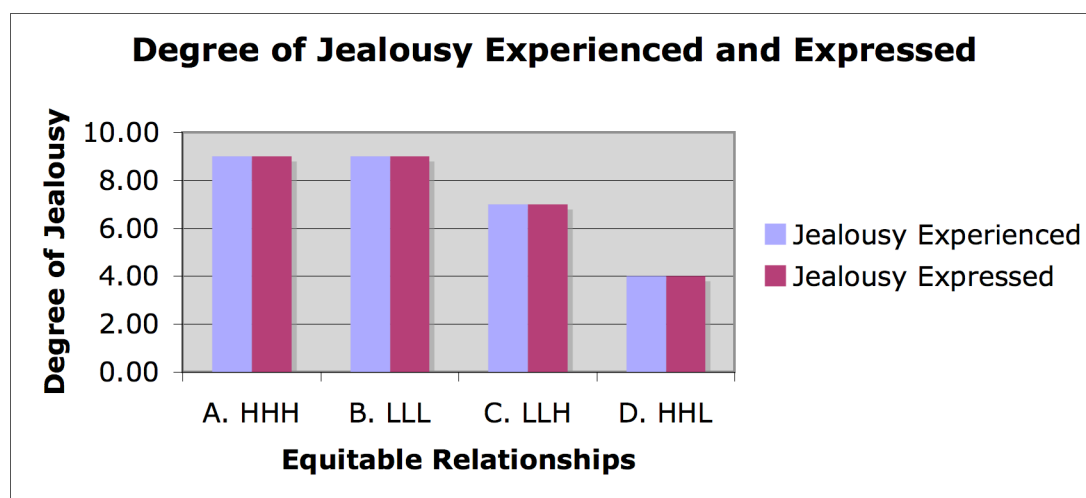


Figure 1: Evolutionary Psychology: The Degree of Jealousy Experienced and Expressed in Equitable Relationships.

Participants who are similar in mate value (either high or low) as their partner and rival will experience and express the highest level of jealousy compared to other couples in equitable relationships (Please see Figure 1, bar graphs A. & B.). Because the mate values of the participant, the participant's partner, and the rival are equal, there is

great mutual interest and high perceived threat. Because of these two factors combined, I predicted participants would experience and express high levels of jealousy.

Next, participants who are equal in mate value to their partner, but are lower in mate value compared to their rival, will express and experience moderate levels of jealousy (Please refer to Figure 1, bar graph C.). This is due to the combined effects of two factors. First, there is low mutual interest because the partner's mate value is lower than the rival's mate value. However, there is high perceived threat because the participant's mate value is lower than the rival's mate value. Thus, although there is low mutual interest, there is high perceived threat, resulting in moderate levels of jealousy experienced and expressed by the participant.

Last, participants who are equal in mate value to their partner, but are higher in mate value compared to their rival, will experience and express the lowest levels of jealousy compared to other couples in equitable relationships (Please see Figure 1, bar graph D.). This is proposed because the level of mutual interest and perceived threat is low since the participant and partner's mate value is higher than the rival's mate value. Therefore, because both factors are low, low levels of jealousy will be experienced and expressed by the participant.

Hypotheses for Inequitable Relationships

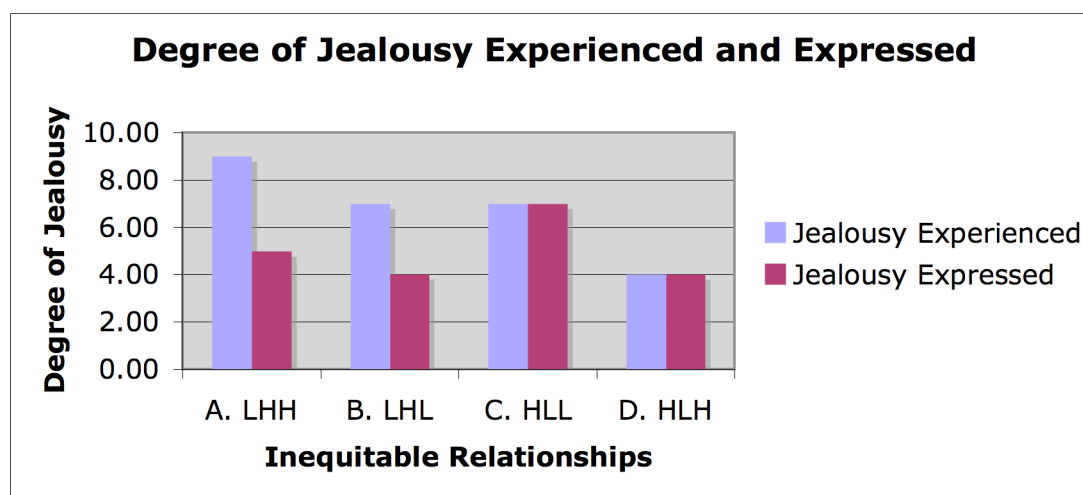


Figure 2: Evolutionary Psychology: The Degree of Jealousy Experienced and Expressed in Inequitable Relationships.

First, participants who are lower in mate value than their partner and rival will experience but not express the highest levels of jealousy compared to other couples in inequitable relationships (Please see Figure 2, bar graph A.). This is based on two factors. One, there is high mutual interest because the mate values of the partner and rival are equal. Second, there is also high perceived threat because the mate value of the participant is lower than the mate value of the rival. These two factors compounded will result in increased experience of jealousy. Participants will not express the same amount of jealousy they experience because their high mate value partners could decide to terminate their relationship due to the pressures from jealousy. Hence, participants will experience greater amounts of jealousy than they will actually express.

Second, participants who are lower in mate value compared to their partner and equal in mate value to their rival will experience, but not express moderate, levels of jealousy (Please refer to Figure 2, bar graph B.). This is based on the premise that there is low mutual interest but high perceived threat. Because the partner's mate value is higher than the rival's mate value, it seems unlikely that the partner will show romantic interest in the rival due to the mismatch of mate values. However, because the partner showed romantic interest in the participant, who is lower in mate value, the participant might infer that the partner could also show romantic interest in the rival. Because of this fact, the participant could feel average levels of jealousy due to the risk of losing his or her high mate value partner, a valuable asset. Again, it could be strategically detrimental for participants to express equivalent amounts of jealousy because of the risks of causing their high mate value partners to terminate their relationship. Thus, I posited that they would express a lower degree of jealousy than they would actually experience.

Next, participants who are higher in mate value than their partner and rival will experience and express moderate levels of jealousy (Please refer to Figure 2, bar graph C.). This hypothesis is guided by the fact that there is high mutual interest but low levels of perceived threat. The participant could come to the realization that the rival's ability and desire to attain his or her partner and vice versa is high because the partner and rival's mate value are equal. They could rationalize that because their partner is fortunate enough to be with them, the likelihood that their partner will fall to the temptations of the rival is low. However, the partner could believe that their high mate value partner (the participant) will leave them for someone of equal mate value in the

future and therefore, not pass up the opportunity with the rival. Hence, because the level of mutual interest is high but the level of perceived threat is non-negligible, I predicted the level of jealousy the participant would experience and express is moderate.

Finally, participants who are higher in mate value than their partner but equal in mate value to their rival will experience and express the lowest levels of jealousy than other couples in inequitable relationships (Please see Figure 2, bar graph D.). In this instance, I surmised that the level of jealousy individuals would experience and express is low, because although there is a high level of perceived threat there is an extremely low level of mutual interest. The high level of perceived threat becomes offset in view of the fact that the partner's mate value is considerably lower than the rival's mate value.

Statistical Implications

The specific hypotheses describe above imply a 3-way participant mate value by partner mate value by rival mate value interaction. In addition, a series of main effects and 2-way interactions were derived:

Main Effects:

1. Participants low in mate value will experience greater levels of jealousy than participants high in mate value.
2. Participants will experience greater levels of jealousy when their partners are high in mate value than when their partners are low in mate value.

3. Participants will experience greater levels of jealousy when their rivals are high in mate value than when their rivals are low in mate value.

Interactions:

Participants will experience increasing levels of jealousy (order of ascendance) when:

4. Participants' mate values are higher than their partners' mate values.
5. Both participants and their partners are high in mate value.
6. Both participants and their partners are low in mate value or participants' mate values are lower than their partners' mate values.

Participants will experience increasing levels of jealousy (order of ascendance) when:

7. Participants' mate values are higher than their rivals' mate values.
8. Both participants and their rivals are high in mate value.
9. Both participants and their rivals are low in mate value or participants are lower in mate value than their rivals.

Participants will experience increasing levels of jealousy (order of ascendance) when:

10. Participants' partners are higher in mate value than their rivals' mate value or participants' partners are lower in mate value than their rivals' mate value.
11. Both participants' partners and rivals are low in mate value.
12. Both participants' partners and rivals are high in mate value.

Concerning the level of jealousy individuals' express, the following predictions were made:

Main Effects:

1. Participants will express higher levels of jealousy when they are high in mate value than when they are low in mate value.

2. Participants will express higher levels of jealousy when their partners are lower in mate value than when they are high in mate value.
3. Participants will express greater levels of jealousy when their rivals are high in mate value than when they are low in mate value.

Interactions:

Participants will express increasing levels of jealousy (order of ascendance) when:

4. Participants' mate values are lower than their partners' mate values
5. Participants' mate values are higher than their partners' mate values.
6. Both participants and their partners are high in mate value.
7. Both participants and their partners are low in mate value.

Participants will express increasing levels of jealousy (order of ascendance) when:

8. Participants' mate values are higher than their rivals' mate values.
9. Participants' mate values are lower than their rivals' mate values.
10. Both participants and their rivals are high in mate value.
11. Both participants and their rivals are low in mate value.

Participants will express increasing levels of jealousy (order of ascendance) when:

12. Participants' partners are higher in mate value than their rivals' mate value.
13. Participants' partners are lower in mate value than their rivals' mate value.
14. Both participants' partners and rivals are high in mate value.
15. Both participants' partners and rivals are low in mate value.

Alternative Theories and Hypotheses

Additional high mate value characteristics

Past research has identified that dominance and attractiveness are traits valued by the opposite sex. The more dominant a male is, the higher his mate value. The more attractive a female is, the higher her mate value. Accordingly, researchers have found that the greater dominance and attractiveness a rival possesses, the greater the level of jealousy they will elicit in men and women, respectively.

However, in addition to dominance and attractiveness, it has been found that dependability and emotional stability and parental investment are also traits valued by the opposite sex. Is a dependable and emotionally stable male high in mate value? Is a parentally investing female high in mate value? The current study proposed that the more dependable and emotionally stable (independent of dominance) a male is, the higher his mate value and that the more parentally investing (independent of attractiveness) a female is, the higher her mate value. I sought to study if these traits, which can characterize high mate value mates, also evoke the same levels of jealousy as dominance and attractiveness would evoke. I predicted that a rival high in dependability and emotional stability (parental investment) would evoke similar levels of jealousy that a rival high in dominance (attractiveness) would evoke.

Social Exchange Theory

In addition to the Evolutionary Psychology framework, Thibaut and Kelly's (1959) Social Exchange Theory and Rusbult's (1980) Investment Model can also explain and predict the degree of jealousy experienced by individuals. Social Exchange Theory centers on the premise that individuals make decisions that will maximize benefits and minimize costs (Griffin, 1994). Rusbult's Investment Model builds upon Thibaut and Kelly's theory by adding an investment variable. However, because participants in the present study are college students, they have likely invested relatively small amounts of time and resources into their relationships thus far, minimizing the relevance of Rusbult's model. Hence, this model will not be further described and analyzed.

According to Social Exchange Theory, individuals have the ability to compare the total benefits versus total costs for potential decisions. Based on this model, individuals choose decisions that increase rewards, sometimes even at the other's expense. In addition, it is crucial for individuals to factor in how their partner will act and rationalize decisions. Optimal decisions are made when individuals maximize benefits and minimize costs, and account for how their partner will act in dyadic relationships.

Comparison level (CL) and comparison level of alternatives (CLalt) are two standards of comparison that guide individuals in making their decisions (Thibaut &

Kelly, 1959; Griffin, 1994). CL refers to the amount of perceived satisfaction in an existing relationship. Perceived satisfaction is dependent on previous experiences. Typically, individuals will remain in relationships that are above their threshold for satisfaction, and will try to avoid and/or leave relationships that are below their threshold for satisfaction. For example, if Isabelle only dates men who are doctors, she will be satisfied in a relationship with a doctor as opposed to men who are not doctors. However, if individuals have had bad past experiences, their threshold for satisfaction will be lower. Decisions that seemed bad in the past may seem good after a string of bad experiences. For example, if Isabelle's previous relationships with doctors were bad, she might consider dating men who are not doctors.

CLalt is the second standard of comparison that directs individuals in the decision-making process (Thibaut & Kelly, 1959; Griffin, 1994). CLalt is defined as the worst possible outcome an individual will accept and still remain in a relationship. For example, if an alternative results in lower costs and higher rewards, then an individual will most likely choose the alternative, as opposed to an alternative that results in higher costs and lower rewards.

In sum, this theory asserts that individuals will choose decisions that maximize rewards and minimize costs. Rationalizing the possible actions of others, comparison level, and comparison level of alternatives will help individuals in making these decisions. In regards to the current study, the degree of interpersonal satisfaction in a given relationship from the perspective of the individual's partner will guide an individual's actions when coming into contact with a prospective rival (alternative). In addition, the quality of the prospective rival (alternative) will also guide the individual.

Previous research in Equity Theory has concluded that individuals in equitable relationships are more satisfied than individuals in inequitable relationships (Hatfield, Greenberger, Traupmann, & Lambert, 1982). Furthermore, individuals who are in equitable relationships are the most satisfied, followed by overbenefited individuals, and last underbenefited individuals.

Using the present model, it was suggested that the level of satisfaction an individual's partner experiences in their current relationship and the quality of the rival (alternative) would direct the participant when encountering rivals. The hypotheses presented below are guided by two general principles based on the premise that the experience of jealousy is related to the level of relationship satisfaction between the participant and the partner, and the level of acceptable alternatives. The two general principles are as follows:

- A. Participants will experience increased jealousy when there are moderate to low levels of relationship satisfaction between themselves and their partner. Moderate to low levels of relationships satisfaction will generally be inferred when the participant and partner are of unequal mate values. There are two types of unequal mate value combinations: overbenefited partners and underbenefited partners. Overbenefited partners will deem their relationships moderate in satisfaction and underbenefited partners will deem their relationships low in satisfaction. Participants will experience decreased jealousy when there is a high level of relationship satisfaction between themselves and their partner. High levels of relationship satisfaction will generally be inferred when the participant and partner are of equal mate values.

- B. Participants will experience increased jealousy when their rival (alternative) is high in mate value. Participants will experience decreased jealousy when their rival (alternative) is low in mate value.

Hypotheses for Equitable Relationships

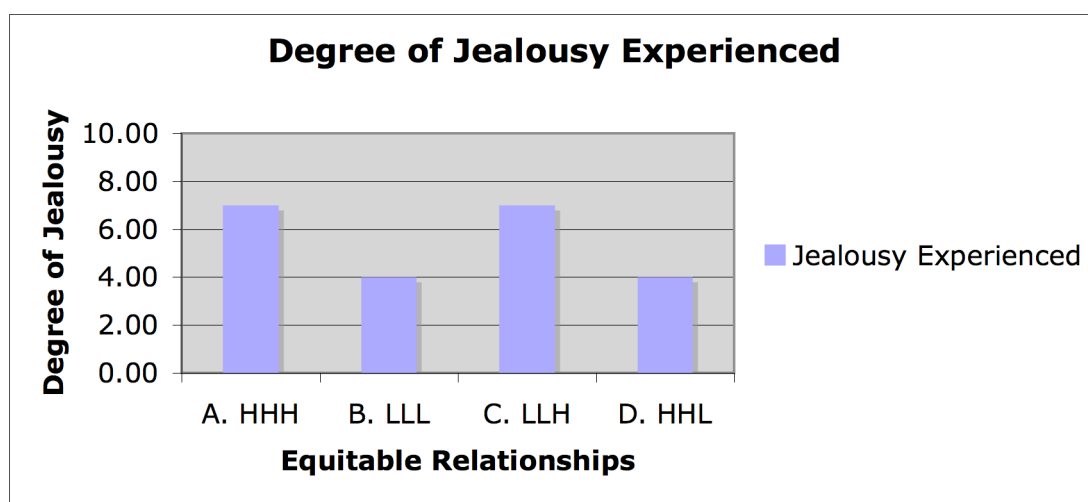


Figure 3: Social Psychology: The Degree of Jealousy Experienced in Equitable Relationships.

Participants who are similar in mate value (high or low) as their partner and encountering a rival high in mate value will experience moderate levels of jealousy (Please see Figure 3, bar graph A. & C.). Because the mate values of the participant and partner are equal the partner will be in a satisfying relationship; however, because the mate value of the alternative is high, the participant will experience moderate levels of jealousy.

Participants who are equal in mate value (high or low) to their partner and encountering a rival low in mate value will experience low levels of jealousy (Please see Figure 3, bar graph B. & D.). Since the mate values of the participant and partner are the same the partner will be in a satisfying relationship and because the mate value of the rival is low, the participant will experience low levels of jealousy.

Hypotheses for Inequitable Relationships

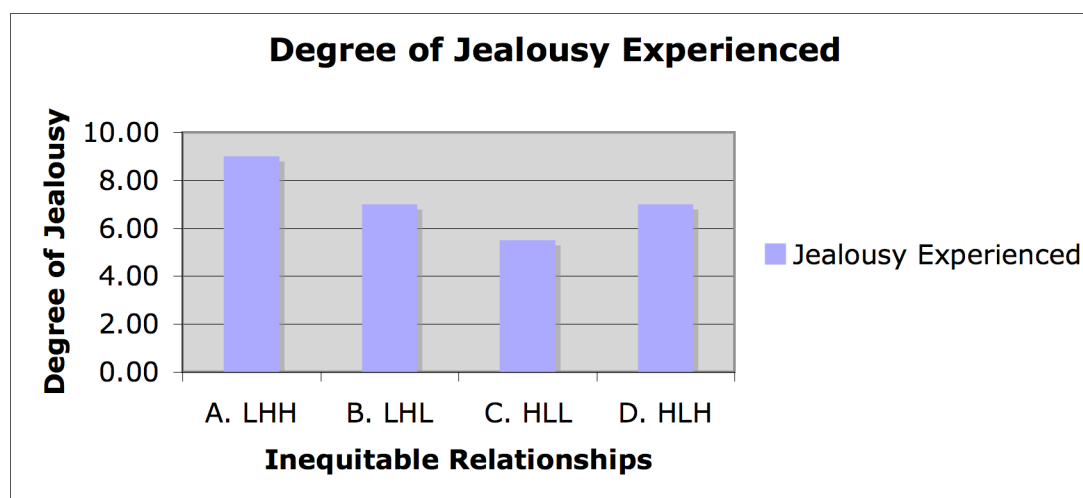


Figure 4: Social Psychology: The Degree of Jealousy Experienced in Inequitable Relationships.

Participants who are in a relationship with an underbenefited partner and encountering a rival high in mate value will experience high levels of jealousy (Please see Figure 4, bar graph A.). This was proposed because the participant's partner is experiencing the lowest level of possible satisfaction in an inequitable relationship;

furthermore, the mate value of the rival is high, hence the participant will experience high levels of jealousy.

Next, participants who are in a relationship with an underbenefited partner and encountering a rival low in mate value will experience moderate levels of jealousy (Please see Figure 4, bar graph B.). This hypothesis was guided by the fact that the participant's partner is experiencing the lowest level of possible satisfaction in an inequitable relationship; however, because the alternate is low in mate value, this suggests that the participant will experience moderate levels of jealousy.

Third, participants who are in a relationship with an overbenefited partner and encountering a rival low in mate value will experience low levels of jealousy (Please see Figure 4, bar graph C.). This was predicted because the participant is mated with a partner who is moderately satisfied with their relationship and because the mate value of the rival is low, this signifies that the participant will experience low to moderate levels of jealousy.

Last, participants who are in a relationship with an overbenefited partner encountering a rival high in mate value will experience moderate levels of jealousy (Please see bar graph D.). This was reasoned because the participant is mated with a partner who is moderately satisfied, but because the mate value of the rival is high, the additive effects predict that the participant will experience moderate levels of jealousy.

In comparison to the Evolutionary Psychology framework, the above predictions account for the level of satisfaction between the participant and the partner in a relationship; this variable was not directly measured in the Evolutionary Psychology framework. Moreover, the model also accounts for the mate value of the rival.

However, a crucial factor that was not accounted for in this model, but was accounted for in the Evolutionary Psychology model, is the comparison of the participant's and partner's mate value. This factor as suggested by the Evolutionary Psychology model could predict differences in jealousy experienced and expressed. The Social Psychology model only allows for predictions concerning the degree of jealousy experienced.

Statistical Implications

As with the Evolutionary Psychology Framework, the specific hypotheses described above imply a 3-way participant mate value by partner mate value by rival mate value interaction. In addition, a series of main effects and 2-way interactions were derived:

Main Effects:

1. Participants will experience greater levels of jealousy when they are low in mate value than when they are high in mate value.
2. Participants will experience greater levels of jealousy when their partners are higher in mate value than when their partners are lower in mate value.
3. Participants will experience greater levels of jealousy when their rivals are higher in mate value than when their rivals are lower in mate value.

Interactions:

Participants will experience increasing levels of jealousy (order of ascendance) when:

1. Both participants and their partners are low in mate value.
2. Participants' mate values are higher than their partners' mate values.

3. Both participants and their partners are high in mate value.
4. Participants' mate values are lower than their partners' mate values.

Participants will experience increasing levels of jealousy (order of ascendance) when:

5. Participants' mate values are higher than their rivals' mate values.
6. Both participants and their rivals are low in mate value.
7. Both participants and their rivals are high in mate value.
8. Participants' mate values are lower than their rivals' mate values.

Participants will experience increasing levels of jealousy (order of ascendance) when:

9. Both participants' partners and rivals are low in mate value.
10. Participants' partners are higher in mate value than their rivals' mate value.
11. Participants' partners are lower in mate value than their rivals' mate value. Both participants' partners and rivals are high in mate value.

CHAPTER 3

METHOD

Participants

The sample in this study was composed of 438 students from introductory psychology courses at Northern Illinois University. There were 199 men and 239 women; however, 2 men and 2 women were assigned to the incorrect condition. Due to this error, there were a total of 434 participants, 197 men and 237 women. Participants were given a brief description of the study on the introductory psychology server (Psychology Students Participants Manager (PSPM) system). A stipulation of the study was that each participant had to be in a committed romantic relationship in order to participate. Each student had the option to sign up for the study and receive half an hour of experimental credit for his or her participation in the study.

Materials (In Order Administered)

Biographical Questionnaire (See Appendix B): The function of this survey was to assess demographics. Participants were asked questions such as “what is your sex?” and “how long have you been in your current relationship?” In addition, the Biographical Questionnaire was used to determine the level of satisfaction in a romantic

relationship. The level of satisfaction was a mediator in the set of predictions guided by the Social Exchange theory.

Rosenberg Self-Esteem Scale (Rosenberg, 1965) (See Appendix C): The role of this questionnaire was to determine participants' self-esteem. Self-esteem can be an important factor in assessing one's self-perceived mate value; it can affect the determination of mate value (Tooby & Cosmides, 1990). The reported Cronbach's alpha ranged from .77 to .88 (Rosenberg, 1965). The survey had ten questions. Participants were presented with statements concerning general feelings they could have about themselves. Statements such as the following were presented, "On the whole, I am satisfied with myself" and "I take a positive attitude toward myself." For all statements, participants were asked to what degree they agreed with the statement on a scale of 1 (Strongly Agree) to 4 (Strongly Disagree).

Mate Value Scale (MVS) (Edlund & Sagarin, 2009) (See Appendix D): The objective of this questionnaire was to determine participants' mate value. The reported Cronbach's alpha for the MVS ranged from .82 to .90 (Edlund & Sagarin, 2009). The questionnaire had five questions. Participants were given a short description of characteristics that exemplified mate value and then asked questions to determine their own mate value. Participants were asked questions such as, "Overall, how would you rate your level of desirability as a partner on the following scale?" and "Overall, how would members of the opposite sex rate your level of desirability as a partner on the following scale?" For the questions mentioned above, participants were given the following answer choice, from a scale of 1 (extremely undesirable) to 7 (extremely

desirable). Higher scores indicated greater mate value and lower scores indicated lower mate value.

Partner's Mate Value Scale (PMVS) (Adapted from Edlund & Sagarin, 2009) (See Appendix E): The purpose of this questionnaire was to determine the mate value of the participant's partner. It was found that the Cronbach's alpha for the PMVS was .783. The questionnaire mirrors the MVS except poses questions about the mate value of the participant's partner.

Stimulus Descriptions (Adapted from Dijkstra & Buunk, 1998, 2002): The stimulus descriptions presented were either describing a high mate value rival (see Appendix F, G, I, & J) or a low mate value rival (see Appendix H & K). The stimulus descriptions were composed of general characteristics that both sexes value, such as kindness (Li et al., 2002), as well as established sex-specific traits that are jealousy provoking, such as dominance for males and attractiveness for females (Buss, 1989), and additional jealousy-provoking traits identified by Dijkstra and Buunk (1998, 2002), such as a good sense of humor for males and elegance for females. There are four high mate value rival descriptions and two low mate value rival descriptions. Two of the high mate value descriptions manipulated jealousy evoking characteristics such as dominance for males and attractiveness for females. Two additional high mate value descriptions manipulated non-dominant/attractive jealousy-evoking characteristics such as dependability and emotional stability for males and parental investment for females. The mate value of each of the stimulus descriptions was pre-tested to establish the validity for each of the manipulations.

From the pre-test it was found that the means and standard deviations for the high mate value male was $M = 5.778$, $SD = .192$, for the alternative high mate value male was $M = 5.714$, $SD = .559$, for the high mate value female was $M = 5.967$, $SD = .838$, for the alternative high mate value female was $M = 5.607$, $SD = .595$, for the low mate value male was $M = 3.083$, $SD = 1.101$, and for the low mate value female was $M = 3.800$, $SD = .613$. The means for the dominant and alternative high mate value mates for males were similar (0.064 difference in means); however, the means for the attractive and alternative high mate value mates for females were not as similar (0.36 difference in means). Although the attractive and alternative high mate value means for females were not as similar, the higher difference between the two mate values acted against the significance testing of the hypotheses derived. The difference in means (0.36) created a situation in which the hypotheses tested were at a disadvantage in trying to establish that participants experience similar levels of jealousy when presented with an attractive and alternative high mate value female rival.

When specifically testing if there was a difference in mate value between dominant/attractive high mate value mates and alternative high mate value mates for males, it was found that there was no difference, $F(1, 9) = .035$, $p = .857$; for females, it was found that there was no difference as well, $F(1, 36) = 2.158$, $p = .151$. Additionally, when analysis testing the difference between high mate value mates and low mate value mates for males, it was revealed that there was a significant difference, $F(1, 12) = 43.038$, $p < .001$; for females, it was revealed that there was a significant difference as well, $F(1, 45) = 56.090$, $p < .001$.

Rival Mate Value Scale (RMVS) (Adapted from Edlund & Sagarin, 2009) (See Appendix K): The main intention of this questionnaire was to assess the rival's mate value. It was found that the Cronbach's alpha for the RMVS was .89. The questionnaire was a revised version of the MVS. The RMVS served as a manipulation check for the descriptions.

Jealousy in Current Relationship Questionnaire (JCRQ). (Adapted from Becker, Sagarin, Guadagno, Millevoi, & Nicastle, 2004) (See Appendix L): The goal of this survey was to determine participants' level of jealousy experienced and expressed after reading a description of a rival either high or low in mate value. The questionnaire had eight questions. The first four questions pertained to the degree of jealousy experienced and the last four questions were about the degree of jealousy expressed. It was found that the Cronbach's alpha was .910 for the questions measuring the experience of jealousy and .911 for the questions assessing the expression of jealousy among participants. Participants were first prompted to think about the rival their partners interacted with at the party and then were asked questions such as "How much jealousy do you feel?" and "How much jealousy would you express?" with responses ranging from 1 (no jealousy) to 7 (an extreme amount of jealousy).

Rival Effects Questionnaire (REQ) (See Appendix M): The REQ had two questions that measured the level of mutual interest between the partner and rival and the level of perceived threat between the participant and the rival. The level of mutual interest and the level of perceived threat served as mediators for the Evolutionary Psychology based predictions.

Procedure

Each session lasted approximately 30 minutes. First, participants were asked if they were in a committed romantic relationship. If participants were not in a committed romantic relationship they were not allowed to participate. If participants were in a committed relationship they were asked to read and sign an informed consent form. They were then set up individually in a cubicle with a computer and were administered four questionnaires on the computer program Media Lab (Jarvis, 2002). First, participants were asked to complete the Biographical Questionnaire, upon completion they were administered the Rosenberg (1965) Self-Esteem Scale, then the Mate Value Scale (MVS), and last they were asked to complete the Partner's Mate Value Scale (PMVS).

Next, participants read a prompt that explained that their partner went to a party without them. They then read a description of a person that their partner interacted with at the party. Each description was shown in Media Lab (Jarvis, 2002). A between-subjects design was employed, such that participants were either presented a description of a rival high in mate value or low in mate value, and then were administered the Rival's Mate Value Scale (RMVS), followed by the Jealousy in the Current Relationship Questionnaire (JCRQ), and last completed the Rival Effects Questionnaire (REQ). After completion of the study, participants were debriefed and dismissed.

CHAPTER 4

RESULTS

Descriptive statistics including means, standard deviations, and correlations for the major variables are presented in Table 1. To test each of the predictions for the different theoretical frameworks, Evolutionary Psychology and Social Psychology, regression analyses were conducted. Below, please find each of the hypotheses and their corresponding results.

Table 1
Means, Standard Deviation, and Intercorrelations Among the Major Variables

Variable	M	SD	1	2	3	4	5	6	7	8	9	10	11
1. Participant's MV	25.87	3.947	---	.290**	.028	-.014	-.058	.012	.316**	.205**	.073	-.025	-.133**
2. Participant's partner's MV	28.09	4.185	.290**	---	-.031	-.023	-.079	-.103*	.219**	.276**	-.153**	.079	-.105*
3. Rival's MV	.32	.469	.028	-.031	---	---	-.177**	-.123*	-.041	-.004	.040	-.306**	-.164**
4. Alternative Rival's MV	.50	.500	-.014	-.023	---	---	-.062	-.042	-.052	.056	-.010	-.114	-.112
5. Experience of Jealousy	14.17	6.533	-.058	-.079	-.177**	-.062	---	.828**	-.172**	-.056	.125**	.300**	.476**
6. Expression of Jealousy	11.27	6.224	.012	-.103*	-.123*	-.042	.828**	---	-.132**	-.041	.168**	.194**	.360**
7. Participant's Self-Esteem	22.85	4.590	.316**	.219**	-.041	-.052	-.172**	-.132**	---	.160**	-.042	-.018	-.219*
8. Participant's partner's Satisfaction	6.05	1.037	.205**	.276**	-.004	.056	-.056	-.041	.160**	---	-.074	-.012	-.089
9. Sex of Participant	.55	.498	.073	-.153**	.040	-.010	.125**	.168**	-.042	.074	---	.005	-.009
10. Level of Mutual Interest	4.21	1.807	-.025	.079	-.396**	-.114	.300**	.194**	-.018	-.012	.005	---	.429**
11. Level of Perceived Threat	3.91	1.916	-.133**	.105*	-.164**	-.112	.476**	.360**	-.219**	-.089	-.009	.429**	---

*p < .05. **p < .01. Rival's MV was coded 0 for high mate value and 1 for low mate value. Alternative Rival's Mate Value was coded 0 for dominant/attractive high mate value and 1 for alternative mate value.

Evolutionary Psychology Framework

Regarding predictions involving the Evolutionary Psychology framework, regression analyses were conducted to determine the level of jealousy experienced and expressed by participants. With respect to the first dependent variable, there were two continuous independent variables (mate value of the participant [centered] and mate value of the participant's partner [centered]), one dichotomous independent variable (mate value of the rival, coded as 0 for high mate value (collapsed across dominance/attractiveness and alternative high mate value) and 1 for low mate value [centered]), and their interactions. The mediators of this model were the level of perceived mutual interest between the participant's partner and his or her rival and the level of perceived threat between the participant and his or her rival. The dependent variable for this regression analysis was the jealousy experienced by the participant.

When regressing the level of jealousy experienced on the mate value of the participant, the mate value of the participant's partner, the mate value of the rival, and their interactions, it was found that the following main effects and interactions were non-significant: the participant's mate value, participant's partner's mate value, the interaction of the mate values, the two-way interaction between the mate value of the participant and the rival's mate value, the two-way interaction between the participant's partner's mate value and the rival's mate value, and the three-way interaction between the participant's mate value, participant's partner's mate value, and the rival's mate

value. Due to the non-significance of the main effects and interactions, mediation analyses were not conducted for these variables. In addition to the above analysis, a hierarchical regression analysis was conducted. The first step included the main effects, the second step included the two-way interactions, and the third step included the three-way interaction. Overall, the results were similar to the results presented below. Due to the similarity of the results between the two analyses, only the first regression analysis will be discussed.

The results did conclude that the mate value of the rival predicted the experience of jealousy, $b = -2.751$, $t(426) = -3.959$, $p < .001$, meaning that the greater the rival's mate value, the greater the experience of jealousy among participants. This finding supports the main effect prediction that participants will experience greater levels of jealousy when their rivals are high in mate value. Due to these findings, mediation analyses were conducted.

With respect to the first mediator variable, the level of mutual interest, a series of regression analyses were conducted as outlined by Baron and Kenny (1986). First, the level of mutual interest was regressed on the rival's mate value. It was found that the higher the rival's mate value, the higher the mutual interest between the participant's partner and rival, as reported by the participant, $b = -1.526$, $t(432) = -8.963$, $p < .001$. The second regression analysis revealed that the higher the mate value of the rival, the greater the experience of jealousy among participants, $b = -2.473$, $t(432) = -3.748$, $p < .001$. Last, the regression analysis revealed that the mediator, the level of mutual interest significantly predicted the experience of jealousy among participants, $b = .983$, $t(431) = 5.446$, $p < .001$, but that the rival's mate value did not

significantly predict the experience of jealousy among participants, $b = -.972$, $t(431) = -1.398$, $p = .163$, thus suggesting full mediation. As the Baron and Kenny (1986) steps suggested full mediation, Sobel's (1982) test was conducted. Sobel's test revealed that the indirect path was significant, $z = -4.647$, $p < .001$. As the data suggest that mutual interest mediates the relationship between rival mate value and the experience of jealousy, an exploratory mediation analysis was conducted. The exploratory analysis treated the experience of jealousy as the mediator between rival mate value and mutual interest. The data suggests that the experience of jealousy partially mediates the relationship between rival mate value and mutual interest. The partial mediation in the latter model compared to the full mediation in the former model suggests that the hypothesized mediational model (mutual interest mediating the relationship between rival mate value and the experience of jealousy) offers a more parsimonious account of the data.

With respect to the second mediator variable, level of perceived threat, a series of regression analyses were conducted as outlined by Baron and Kenny (1986). First, the level of perceived threat was regressed on the rival's mate value and it was found that the higher the rival's mate value, the higher the perceived threat, $b = -.672$, $t(432) = -3.465$, $p = .001$. The second regression analysis revealed that the higher the mate value of the rival, the greater the experience of jealousy, $b = -2.473$, $t(432) = -3.748$, $p < .001$. Last, the regression analysis revealed that the mediator, the level of perceived threat, significantly predicted the experience of jealousy among participants, $b = 1.56$, $t(431) = 10.758$, $p < .001$, and that the rival's mate value significantly predicted the experience of jealousy among participants, $b = -1.421$, $t(431) = -2.390$, $p = .017$. Due to

the regression coefficient of the rival's mate value in step three in predicting the experience of jealousy is smaller than the regression coefficient of the rival's mate value in predicting the experience of jealousy in step two, the data suggest there is partial mediation (Baron & Kenny, 1986). As the Baron and Kenny (1986) steps suggested partial mediation, Sobel's (1982) test was conducted. Sobel's test revealed that the indirect path was significant, $z = 3.298, p < .001$. As the data suggest that perceived threat mediates the relationship between rival mate value and the experience of jealousy, an exploratory mediation analysis was conducted. The exploratory analysis treated the experience of jealousy as the mediator between rival mate value and perceived threat. The data suggest that the experience of jealousy fully mediates the relationship between rival mate value and perceived threat.

When demographic variables (participant's sex, self-esteem, and past experience[s] of infidelity) were added to the regression equation as independent variables, it was found that participant's sex and self-esteem predicted the experience of jealousy among participants. More specifically, it was found that women reported a greater experience of jealousy than men, $b = 1.483, t(421) = 2.348, p = .019$. Due to this finding, the main regression analysis was conducted again, including sex as a covariate. The results were comparably similar as to when sex was not a control variable.

It was also found that self-esteem predicted the experience of jealousy, $b = -.238, t(421) = -3.381, p = .001$, meaning that the lower the self-esteem of participants, the greater the experience of jealousy. Due to this finding, an exploratory analysis was conducted to identify if self-esteem interacted with other variables in predicting the

experience of jealousy. Results revealed that interaction terms between self-esteem and rival's mate value, as well as participant's partner's mate value, did not predict the experience of jealousy.

When considering the second dependent variable, the level of jealousy expressed by a participant, a regression analysis was conducted. The level of jealousy expressed by the participant was regressed on the continuous independent variables (mate value of the participant [centered] and mate value of the participant's partner [centered]), one dichotomous independent variable (mate value of the rival, coded as 0 for high mate value and 1 for low mate value [centered]), and their interactions. The regression analysis revealed that the following main effects and interactions were non-significant: participant's mate value, the two-way interaction between the participant's mate value and the participant's partner's mate value, the two-way interaction between the mate value of the participant and the rival's mate value, the two-way interaction between the participant's partner mate value and the rival's mate value, and the three-way interaction between the participant's mate value, participant's partner's mate value, and the rival's mate value. Due to the non-significance of the main effects and interactions, mediation analyses involving these variables were not conducted. In addition to the above analysis, a hierarchal regression analysis was conducted. The first step included the main effects, the second step included the two-way interactions, and the third step included the three-way interaction. Overall, the results were similar to the results presented below. Due to the similarity of the results between the two analyses, only the first regression analysis will be discussed.

The results did conclude that the mate value of the rival predicted the expression of jealousy among participants, $b = -1.783$, $t(426) = -2.704$, $p = .007$, meaning that the greater the mate value of the rival, the greater the expression of jealousy among participants. This finding supports the main effect prediction from the Evolutionary Psychology model, which states that when participants' rivals are high in mate value, participants will express more jealousy than when their rivals are low in mate value. Due to the significance of the rival's mate value in predicting the expression of jealousy, mediation analyses were conducted. A series of regression analyses testing the mediators, the level of mutual interest and the level of perceived threat were conducted.

As guided by Baron and Kenny (1986), the first analysis involved the mediator, the level of mutual interest. First, the level of mutual interest was regressed on the rival's mate value. It was found that the higher the rival's mate value, the greater the level of mutual interest between the participant's partner and rival as reported by the participant, $b = -1.526$, $t(432) = -8.963$, $p < .001$. Next, the expression of jealousy was regressed on the rival's mate value, resulting in the higher the mate value of the rival, the greater the expression of jealousy, $b = -1.636$, $t(432) = -2.572$, $p = .010$. Last, the regression analysis revealed that the mediator, the level of mutual interest significantly predicted the expression of jealousy among participants, $b = .596$, $t(431) = 3.356$, $p = .001$, and that the rival's mate value non-significantly predicted the expression of jealousy, $b = -.726$, $t(431) = -1.061$, $p = .289$, thereby suggesting full mediation. As the results suggested that the level of mutual interest mediates the relationship between the rival's mate value and expression of jealousy, Sobel's (1982) test was conducted. It was revealed that the indirect path was significant, $z = -3.137$, $p = .001$. As the data suggest

that mutual interest mediates the relationship between rival mate value and the expression of jealousy, an exploratory mediation analysis was conducted. The exploratory analysis treated the expression of jealousy as the mediator between rival mate value and mutual interest. The data suggest that the expression of jealousy fully mediates the relationship between rival mate value and mutual interest.

When considering the second mediator, perceived threat, a series of regression analyses were conducted as advised by Baron and Kenny (1986) to test mediation. First the higher the rival's mate value, the greater the perceived threat, $b = -.672, t(432) = -3.465, p = .001$. Second, it was found that the higher the rival's mate value the greater the expression of jealousy among participants, $b = -1.636, t(432) = -2.572, p = .010$. Last, it was found that the level of perceived threat significantly predicted the expression of jealousy among participants, $b = 1.137, t(431) = 7.678, p < .001$, and that the rival's mate value did not predict the expression of jealousy, $b = -.871, t(431) = -1.439, p = .151$, thus suggesting full mediation. As the data suggest full mediation, Sobel's (1982) test was conducted. Sobel's test found that the indirect pathway was significant, $z = -3.158, p = .001$. As the data suggest that perceived threat mediates the relationship between rival mate value and the expression of jealousy, an exploratory mediation analysis was conducted. The exploratory analysis treated the expression of jealousy as the mediator between rival mate value and perceived threat. The data suggest that the expression of jealousy partially mediates the relationship between rival mate value and perceived threat.

Additionally, it was revealed that the greater the mate value of the participant's partner, the lower the reported expression of jealousy among participants, $b = -.185, t$

(426) = -2.475, $p = .014$. This finding supports the main effect prediction of the Evolutionary Psychology model. It was predicted that when participants' partners are high in mate value, participants would express less jealousy than when participants' partners are low in mate value. Due to this finding, mediation analyses were conducted to determine if the level of mutual interest and the level of perceived threat significantly mediate the relationship between the mate value of the participant's partner and the expression of jealousy among participants. A series of regression analyses were conducted to test mediation (Baron and Kenny, 1986).

First, with respect to the mediator, the level of mutual interest, it was found that the mate value of the participant's partner did not significantly predict the level of mutual interest, $b = .034$, $t(432) = 1.641$, $p = .102$. Because the first regression analysis was non-significant, the level of mutual interest does not mediate the relationship between the participant's partner's mate value and the expression of jealousy.

In considering the second mediator, the level of perceived threat, it was found that the greater the mate value of the participant's partner, the lower the level of perceived threat, $b = -.048$, $t(432) = -2.188$, $p = .029$. When the expression of jealousy was regressed on the mate value of the participant's partner's mate value, it was found that the relationship was significant, $b = -.153$, $t(432) = -2.147$, $p = .032$, meaning the greater the participant's partner's mate value, the lower the expression of jealousy among participants. Last, when regressing the expression of jealousy on the mediator and the participant's partner's mate value, it was found that the level of perceived threat significantly predicted the expression of jealousy, $b = 1.150$, $t(431) = 7.828$, $p < .001$, but that the participant's partner's mate value did not predict the expression of jealousy,

$b = -.098, t(431) = -1.460, p = .145$, thus suggesting full mediation. As the data suggest full mediation, Sobel's (1982) test was conducted. Sobel's test found that the indirect pathway was significant, $z = -2.102, p < .036$.

When demographic variables were inserted as independent variables in the regression equation, it was found that the participant's sex and self-esteem predicted the expression of jealousy among participants. In considering demographics, it was found that women reported a greater expression of jealousy than men, $b = 1.751, t(421) = 2.880, p = .004$. Due to this finding, the main regression analysis was conducted again, including sex as a covariate. The results were comparably similar. The exception to this was that the participant's partner's mate value no longer predicted the expression of jealousy; however, the effect was still in the same direction. The participant's partner's mate value marginally predicted the expression of jealousy, $b = -.140, t(425) = -1.865, p = .063$ among participants.

In addition it was found that the lower the self-esteem of participants, the greater the level of jealousy expressed, $b = -.182, t(421) = -2.675, p = .008$. Due to this finding, an exploratory analysis was conducted to identify if self-esteem interacted with other variables in predicting the expression of jealousy. Results revealed that interaction terms between self-esteem and rival's mate value, as well as participant's partner's mate value, did not predict the expression of jealousy.

In addition to the main regression analyses discussed above, additional analyses were conducted in which the rival's mate value was not collapsed across dominance/attractiveness and alternative mate value conditions. When the two high mate value conditions were separated, the results were similar as to the results presented

above. More specifically, it was revealed that participant's partner's mate value guided participants in how much jealousy to express only when the participants were randomly assigned to the alternative high mate value condition.

Alternative High Mate Value Rivals

To test the prediction that alternative high mate value rivals elicit the same levels of jealousy (experienced and expressed) as dominant/attractive high mate value rivals, analysis of variance (ANOVA) tests were conducted. In relation to the first dependent variable, the experience of jealousy, there were two dichotomous independent variables, (rival types: mate value of the dominant/attractive rivals [0 coded for dominant/attractive] and alternative rivals [1 coded for alternative], and sex [0 coded for males and 1 coded for females]). It was found that the interaction term between rival types and sex was non-significant, $F(1, 289) = .290, p = .591$, meaning that the effect of rival type, dominant/attractive and alternative rivals was similar among men and women. To specifically test for simple effects, the data revealed that dominant ($M = 14.38, SD = 6.059$) and emotionally stable and dependable ($M = 14.03, SD = 5.928$) rivals elicited similar levels of jealousy (experience) among men, $F(1, 289) = .10, p = .748$ and that attractive ($M = 16.22, SD = 6.874$) and parentally investing ($M = 15.05, SD = 6.690$) rivals elicited similar levels of jealousy (experience) among women, $F(1, 289) = 1.128, p = .259$. Concerning the expression of jealousy, it was found that the interaction term between rival types and sex was non-significant, $F(1, 289) = 2.060, p = .152$, meaning that the effect of rival type, dominant/attractive and alternative rivals

was similar amongst men and women. To specifically test for simple effects, the data revealed that dominant ($M = 10.34$, $SD = 5.118$) and emotionally stable and dependable ($M = 10.94$, $SD = 5.780$) rivals elicited similar levels of jealousy (expression) among men, $F(1, 289) = .320$, $p = .569$ and that attractive ($M = 13.54$, $SD = 6.492$) and parentally investing ($M = 12.06$, $SD = 7.061$) rivals elicited similar levels of jealousy (expression) among women, $F(1, 289) = 2.22$, $p = .137$. Thus, the overall prediction was supported.

Experience and Expression of Jealousy

To test the hypothesis if overbenefited partners experience greater levels of jealousy than they actually express, a separate regression analysis was conducted in which the continuous independent variable was the difference in mate value between the participant and his or her partner, and the continuous dependent variable was the difference between the experience and expression of jealousy. It was revealed that participants experience greater levels of jealousy than they express when they are lower in mate value than their partners, $b = -.099$, $t(432) = -2.671$, $p = .008$. This relationship is further illustrated in Figure 5. Specifically, when participants are lower in mate value than their partners, the gap between their experience and expression of jealousy is larger than when they are higher in mate value than their partners. Thus, the analysis supported the prediction that overbenefited partners experience more jealousy than they express.

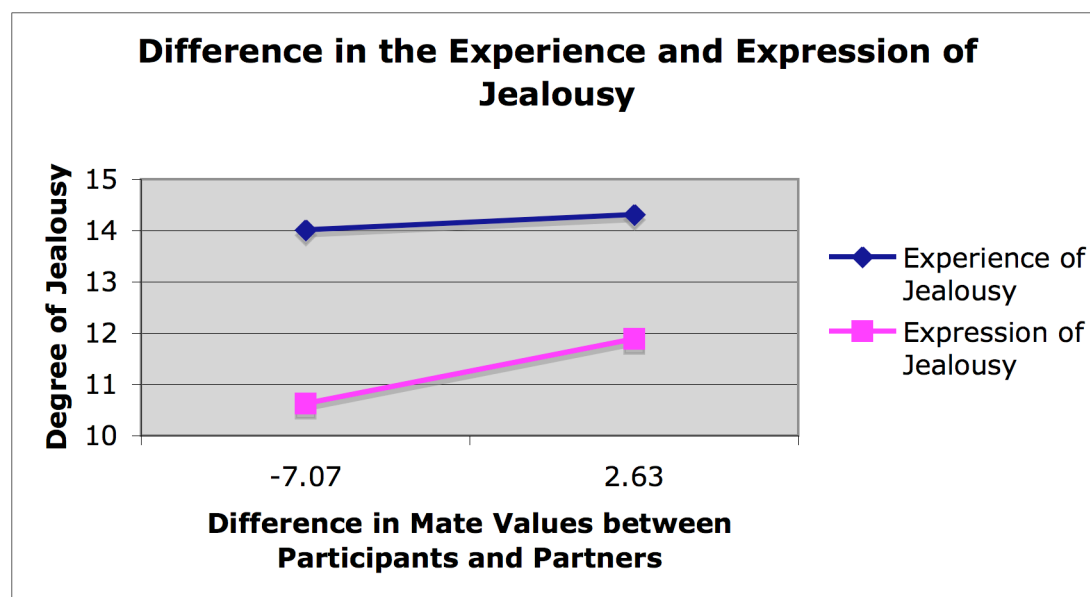


Figure 5: The Difference in the Experience and Expression of Jealousy.

Social Psychology Framework

Last, to test the predictions guided by Thibaut and Kelly's (1959) Social Exchange Theory, two regression analyses were conducted. First, the first principle of the Social Psychology model, which states that the interaction of a participant's mate value and his or her partner's mate value will predict the level of satisfaction participant's partner's experience, was tested. The level of satisfaction participant's partner's experience was regressed on the participant's mate value, participant's partner's mate value, and their interaction. The results concluded that the interaction was non-significant; therefore, the first general principle was not supported. Thus, mediation analyses involving this mediator, the level of satisfaction, were not conducted in further analyses.

The main analysis testing the Social Psychology Framework is the same as the main analysis testing the Evolutionary Psychology Framework—regressing jealousy experienced on participant's mate value, partner's mate value, rival's mate value, and the interactions—but with different predictions. Thus, as with the earlier regression, the only significant effect was the main effect of rival's mate value. It was found that the greater the alternative's (rival's) mate value, the greater the experience of jealousy among participants, $b = -2.751$, $t(426) = -3.959$, $p < .001$. This finding supports the second general principle of the Social Psychology framework and the third main effect prediction of the Social Psychology model.

CHAPTER 5

DISCUSSION

The purpose of this study was to determine if the level of jealousy participants experience and express is dependent on their own mate value, their partner's mate value, and their rival's mate value. This research question was examined within two frameworks: Evolutionary Psychology and Social Psychology.

Summary of Results

With respect to Evolutionary Psychology, the following was explored: the level of jealousy experienced and expressed (explored through dominant/attractive high mate value rivals and through alternative high mate value rivals), and the difference between the experience and expression of jealousy among participants. First, it was hypothesized that the types of relationships (equitable or inequitable) participants are in, and the rival they encounter would guide participants in how much jealousy they would experience and express. Results from this framework were largely non-significant; however, significant findings did support the rival mate value main effect prediction: it was found that the rival's mate value predicted the experience and expression of jealousy among participants. In addition, it was found that the participant's partner's mate value

determined the level of jealousy participants express. The results also revealed that the participant's sex and self-esteem predicted the experience and expression of jealousy among participants. Extending the Evolutionary Psychology framework this study also explored alternative high mate value rivals, testing if alternative high mate value rivals would elicit the same levels of jealousy as dominant/attractive high mate value rivals do among participants. No significant differences were found in the level of jealousy experienced and expressed by participants who were assigned to dominant/attractive high mate value rivals and alternative high mate value rivals. Lastly, the study examined whether overbenefited partners experience more jealousy than they express. This hypothesis was largely supported by the results.

With respect to the Social Psychology framework, predictions were guided by Thibaut and Kelly's (1959) Social Exchange Theory. It was hypothesized that the level of satisfaction a participant's partner experiences in the relationship would be directed by the interaction of the participant's and his or her partner's mate value. This general principle was not confirmed by the results and thus, the level of satisfaction experienced by the participant's partner was not analyzed as a mediator. Additionally, it was predicted that the alternative's (rival's) mate value would determine the experience of jealousy among participants. The results did support this general principle and main effect prediction.

Detailed Description of Results

In relation to Evolutionary Psychology, predictions were formulated to study the experience and expression of jealousy among participants. First, hypotheses were generated concerning the level of jealousy participants would experience and express in equitable and inequitable relationships respectively. These predictions were guided by three general principles: mutual interest, perceived threat, and the difference between the experience and expression of jealousy.

A series of main effect and interaction predictions were derived from these principles. These predictions were mostly unsupported, although data did support the main effect prediction of the Evolutionary Psychology model, it was found that the rival's mate value predicted the experience and expression of jealousy among participants. Moreover, it was found that the participant's partner's mate value predicted the expression of jealousy among participants. Additionally, the results revealed that the participant's sex and self-esteem predicted the experience and expression of jealousy.

First, in relation to the rival's mate value, as predicted in the Evolutionary Psychology model it was found that the greater the mate value of the rival, the greater the experience and expression of jealousy among participants. This finding is in line with previous research: the greater the rival's mate value, the greater the level of jealousy among participants (Buss & Shackelford, 1997; Buss, Shackelford, Choe,

Buunk, & Dijkstra, 2000; Dijkstra & Buunk, 1998, 2000). However, the present study extended previous findings by differentiating between the types of jealousy: experience and expression. Past research established that high mate value rivals elicit jealousy; however, the present study determined that high mate value rivals increase the experience and the expression of jealousy among individuals.

After establishing the main effect of rival mate value, mediation analyses were conducted. With respect to the first mediator variable, the level of mutual interest, the data suggest that the level of mutual interest mediates the relationship between the rival's mate value and experience and expression of jealousy. This finding suggests that the rival's mate value predicts the level of mutual interest between the rival and the participant's partner, which in turn predicts the experience and expression of jealousy among individuals. This extends previous findings by establishing that if there is mutual interest between the rival and the participant's partner, then there will be greater experience and expression of jealousy among participants. Regression analyses were also conducted to determine if the level of perceived threat mediates the relationship between the rival's mate value and the experience and expression of jealousy among individuals. Results suggest that perceived threat partially mediates the relationship between the rival's mate value and the experience of jealousy and fully mediates the relationship between the rival's mate value and the expression of jealousy. These findings add to existing literature by identifying factors that might mediate the relationship between the experience and expression of jealousy when encountering a rival. For example, if there is no mutual interest between the rival and an individual's partner, the individual will not experience or express great levels of jealousy, and if the

rival does not elicit threat, then the individual will not experience or express great levels of jealousy. As the data suggest that the level of mutual interest and perceived threat partially to fully mediate the relationship between rival mate value and experience and expression of jealousy, further exploratory mediation analyses were conducted. The exploratory analyses tested if the experience and expression of jealousy mediates the relationship between rival's mate value and mutual interest and perceived threat. The analyses suggested that the experience and expression of jealousy partially to fully mediate the relationship between rival's mate value and mutual interest and perceived threat.

Furthermore, it was found that participant's partner's mate value guides the participant's expression of jealousy. More specifically, it was found that the greater the participant's partner's mate value, the lower the level of jealousy participants express. This finding supports the prediction made that participants express lower levels of jealousy when their partners are high in mate value, for fear of losing his or her high mate value partner. Due to the significance of this finding, mediation analyses were conducted. Mediation analyses revealed that this path was not mediated by the level of mutual interest, but was mediated by the level of perceived threat.

In considering demographic variables, it was found that women experience and express greater levels of jealousy than men. This finding, as previous research suggests, could be due to differences in the systematic interpretation of the upper anchor in the JCRQ between the sexes (Sagarin & Guadagno, 2004) and not due to differences in feelings of jealousy between the sexes (Buss, 2003). Due to this finding, additional

regression analyses were conducted to control for sex. It was revealed that the results were similar as to when sex was not controlled for in the regression analysis.

It was also found that the lower the participants' self-esteem, the greater they experience and express jealousy. Intuitively this finding follows suit with past theoretical claims that individuals low in self-esteem are more likely to become emotionally reactive and defensive than individuals high in self-esteem in response to negative situations (Rogers, 1961; However, it should be noted that some researchers have posited that the opposite is also true. According to Baumeister, Smart, & Boden, 1996, individuals high in self-esteem who are also high in egotism are more likely to become emotionally reactive and defensive than individuals low in self-esteem). Future studies should consider specifically measuring jealousy, self-esteem, and emotional reactivity in a number of contexts, including romantic relationships and friendships. Due to this finding, an exploratory regression analysis was considered. When self-esteem takes the place of mate value amongst other variables in predicting the experience and expression of jealousy, similar results were found as to when mate value amongst other variables was in the regression equation. Overall, this suggests the interactive effects between self-esteem and other variables do not predict the experience or expression of jealousy among participants in this study.

In relation to the second set of analyses under the Evolutionary Psychology framework it was found that alternative high mate value rivals elicited the same levels of jealousy (experienced and expressed) among male and female participants as dominant/attractive high mate value rivals did among participants. This extends previous findings in that past research has only established that dominant and attractive

rivals elicit high levels of jealousy in men and women respectively. The present study establishes that men who are emotionally stable and dependable and women who are invested in parenting also elicit high levels of jealousy. This suggests that past Evolutionary Psychology studies have unnecessarily limited the types of jealousy-provoking rivals. Future research should replicate the findings presented above and consider researching situations in which both types of rivals (dominant/attractive and alternative) elicit the same or different level of jealousy among individuals. Furthermore, future studies could also consider how the processes behind mutual interest and perceived threat are the same or different for dominant/attractive rivals and alternative rivals.

Last, in considering the third main prediction under the Evolutionary Psychology lens, it was found that individuals lower in mate value than their partners showed a greater tendency than individuals equal or higher in mate value than their partners to express less jealousy than they actually experienced. This finding seems inconsistent with past research demonstrating that when high mate value partners committed an act of infidelity, low mate value individuals were likely to commit punitive behaviors (Jones, Figueredo, Dickey, & Jacobs, 2007). It could be that individuals lower in mate value than their partners will not express jealousy towards their partners but will commit punitive behaviors unbeknownst to their partners. It is advisable that future investigations should consider how low mate value partners manifest their expression of jealousy (verbal or physical). In addition, future studies could consider how describing rivals in greater detail could change the experience and expression of jealousy among overbenefited and underbenefited participants. For

example, how would the experience and expression of jealousy among participants change if rivals were described as infertile?

Next, in considering the second body of research, the Social Psychology framework, hypotheses were developed to account for how the participant's partner's level of satisfaction in the relationship and the quality of the alternative (rival) influence the experience of jealousy.

As with the Evolutionary Psychology framework, the majority of the predictions guided by Thibaut and Kelly's (1959) Social Exchange Theory were non-significant. Nevertheless, the predicted main effect of the alternative's (rival's) mate value was significant. Specifically, it was found that the higher the alternative's (rival's) mate value, the greater the experience of jealousy among participants. This finding supports the second general principle and extends previous research in that the mate value of the participant's alternative guides the experience of jealousy among participants. As previously mentioned, this main effect was also consistent with the Evolutionary Psychology model.

Limitations and Conclusions

In comparing the two frameworks of research, Evolutionary Psychology and Social Psychology, both models were inconclusive in explaining the level of jealousy participants experience when encountering a rival. Consistent with the Evolutionary Psychology model, the rival's mate value predicted the experience and expression of jealousy and the participant's partner's mate value predicted the expression of jealousy

among participants. Similarly, consistent with the Social Psychology model, the rival's mate value predicted the experience of jealousy. However, the other key main effects and interactions were non-significant in both models. This suggests that feelings of jealousy do not arise consistent with the hypotheses generated from the Evolutionary and Social Psychology models. The guiding force as suggested by previous research may only be the mate value of the rival. The mate value of the rival causes a reactive force (jealousy) in individuals, as was demonstrated by previous research and the results of the present study.

To potentially explain why the reported statistics did not support the Evolutionary and Social Psychology hypotheses, two main limitations were considered: a) hypotheses and b) method. Regarding hypotheses, the non-significant findings of the analyses based on the Evolutionary and Social Psychology models suggest that the present hypotheses may not be valid. Although the hypotheses developed were seemingly appropriate, they cannot explain the level of jealousy experienced and expressed among participants.

First, in relation to the Evolutionary Psychology model, to explore if the degree of jealousy participants experience and express when encountering a rival stems from their own mate value, their partner's mate value, and their rival's mate value, a number of research studies were evaluated. First, as previous studies have found, individuals prefer dominant males and attractive females (Buss, 1989, 1998, 2006) and become increasingly jealous when opposite sex rivals possess dominance and attractiveness (Buss, Shackelford, Choe, Buunk, & Dijkstra, 2000; Dijkstra & Buunk, 1998, 2002).

The hypotheses derived in relation to the rival's mate value from past research garnered

statistically significant support in the present study. To develop the hypotheses concerning overbenefited and underbenefited partners, the equity within the relationship was considered; past research has found that partners in equitable relationships are less likely to succumb to the temptations of a rival than partners in inequitable relationships (Hatfield, Traupmann, & Walster, 1975; Peterson, 1981). However, hypotheses involving the conceptualization of overbenefited and underbenefited partners in predicting the experience and expression of jealousy were non-significant.

The results of the Evolutionary Psychology model suggest that, although the rival's mate value is a significant predictor in explaining jealousy among participants as demonstrated by past research, the addition of the participant's mate value and the participant's partner's mate value in understanding the degree of jealousy experienced and expressed was incorrect. Thus, the three-way interaction between the rival's mate value, the participant's mate value, and the participant's partner's mate value did not predict the experience and expression of jealousy among participants.

The data did not align with the predictions guided by Thibaut and Kelly's (1959) Social Exchange Theory either. These predictions were based off of two general predictions: that an individual's jealousy would be guided by (a) the alternative's (rival's) mate value (as was found in the Evolutionary Psychology framework) and (b) the individual's partner's level of satisfaction in the relationship. The results only confirmed the first general principle. This suggests that the rival's mate value is the only variable that predicts jealousy among individuals. Thus, the present data suggest that individuals are not guided by their own mate value and their partner's mate value regarding the experience of jealousy but only the rival's mate value, as was found in the

Evolutionary Psychology model. Perhaps an individual's partner's level of satisfaction is not a tangible variable that individuals can imagine when considering the level of jealousy they feel. Individuals may not be worried about their partner's level of satisfaction but rather how their alternative (rival) will interact with their partner and vice versa. Thus, as established by the results of the present study, participants' experience of jealousy is guided by their rival's mate value.

A second explanation as to why the Evolutionary and Social Psychology frameworks' findings were largely non-significant is design limitations. One reason could be that the sample was not equipped to answer some of the questions that the surveys employed. More specifically, due to the young age of the sample (mean age, 20.12 yrs old), it could be that the undergraduate population does not have the relationship experience necessary to answer the questions reliably, consistent with Buss, Larsen, Westen, and Semmelroth's (1992) theorizing that relationship experience is necessary for the activation of certain evolved mechanisms. If a portion of the participants lack relationship experience, they could have guessed or answered arbitrarily, which could have affected the significance level of the data.

Moreover, in relation to the mediator, the level of mutual interest, the question assessing this mediator could also be assessed in two questions. In the present study, mutual interest was only gauged through one question, which included both the participant and rival's interest. Future research could consider separating this question, one question assessing the partner's interest in the rival and another question assessing the rival's interest in the partner. Additionally, it is suggested that future researchers could consider dropping the following statement, "if your partner was not involved with

you,” from the question because this question is assessing mutual interest when the participant’s partner is not in a relationship, however, the participant’s partner is in a relationship with the participant. Currently, the question ignores this fact.

Furthermore, another limitation to consider is the scenarios administered. Although similar scenarios were administered and were found to yield significant results in past studies (Dijkstra & Buunk, 1998, 2002), it could be that the participants were uncomfortable in imagining their partner interacting with a rival. Due to this potential level of discomfort, participants might not have answered the questionnaires administered immediately after the scenario honestly, which could have impacted the results.

More specifically, in relation to the Social Psychology model, it is believed that the model was limited in testing the experience of jealousy due to questionnaire limitations. Although the biographical questionnaire assessed the participant’s partner’s level of satisfaction in a relationship, the principles of Thibaut and Kelly’s (1959) theory suggest that the participant’s satisfaction is also important in gauging the level of jealousy participants will experience. For example, if participants are not satisfied with their relationship, they may not become as jealous than if they are satisfied with their relationship. Therefore, the participant’s partner’s level of satisfaction and the participant’s level of satisfaction might guide participants in their experience of jealousy. A second limitation of this model is that I assumed satisfaction among partners to be gauged by their mate values, greater (lesser) similarity in mate values, greater (lesser) satisfaction; however, transformation in exchange is another likely solution in explaining satisfaction between partners. Transformation in exchange refers

to the exchange of love and support between partners in a romantic relationship (Smith & Mackie, 2007). Partners in equitable and inequitable relationships could exchange feelings of love and support in a relationship, thereby increasing both partners' level of satisfaction in the relationship. Therefore, partners in inequitable relationships might be as satisfied as partners in equitable relationships.

Despite these limitations, the results did yield significant findings in the following areas. First, concerning the Evolutionary Psychology framework, it was found that a rival high in mate value elicited greater levels of experience and expression of jealousy among participants than rivals low in mate value. This finding replicates and extends previous findings. Moreover, it was found that participants express greater levels of jealousy when their partners are high in mate value than when they are low in mate value. Additionally, the results suggest that rivals high in dominance and attractiveness elicit the same levels of jealousy as alternative high mate value rivals, rivals high in dependability and emotional stability and parental investment. This suggests that future research should consider how jealousy manifests when rivals possess both dominance/attractiveness and alternative traits. The last major finding of the Evolutionary Psychology model demonstrates that overbenefited partners seek to preserve their relationships with their high mate value partners, as they experience greater levels of jealousy than they express. In relation to the Social Psychology framework, it was found that the higher the alternative's mate value is, the greater the experience of jealousy among participants, as demonstrated in the Evolutionary Psychology model.

Although research findings for the Evolutionary and Social Psychology studies proved inconclusive in explaining the degree of jealousy individuals experience and express when encountering a rival, I believe these questions should still be raised. Violent fights with partners and/or rivals, extreme mate guarding, sexual abuse, rape, even murder (Buss, 2007) sometimes results from jealousy. Perhaps if we knew more about the causes of jealousy and how the causes manifest, these unfortunate events could be mitigated. More sound hypotheses and methodological techniques should be considered that could potentially answer these questions more aptly.

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APPENDIX A
FIGURE CAPTIONS

Figure Captions

Figure 1. The degree of jealousy experienced and expressed in equitable relationships predicted by an Evolutionary Psychology framework. Key: The first letter represents the participant's mate value, the second letter represents the participant's partner's mate value, and the third letter represents the rival's mate value. The letter 'H' stands for high mate value and the letter 'L' stands for low mate value.

Figure 2. The degree of jealousy experienced and expressed in inequitable relationships predicted by an Evolutionary Psychology framework. Key: The first letter represents the participant's mate value, the second letter represents the participant's partner's mate value, and the third letter represents the rival's mate value. The letter 'H' stands for high mate value and the letter 'L' stands for low mate value.

Figure 3. The degree of jealousy experienced in equitable relationships predicted by a Social Psychology framework. Key: The first letter represents the participant's mate value, the second letter represents the participant's partner's mate value, and the third letter represents the rival's mate value. The letter 'H' stands for high mate value and the letter 'L' stands for low mate value.

Figure 4. The degree of jealousy experienced in inequitable relationships predicted by a Social Psychology framework. The first letter represents the participant's mate value, the second letter represents the participant's partner's mate value, and the third letter represents the rival's mate value. The letter 'H' stands for high mate value and the letter 'L' stands for low mate value.

Figure 5. The difference in the experience and expression of jealousy among participants. In relation to the X-axis, negative numbers indicate relationships in which

the participant has lower mate value than the partner, and positive numbers indicate relationships in which the participant has higher mate value than the partner. Regarding the specific values listed, -7.07 is 1 standard deviation below the mean of the difference in mate values between the participant and partner and 2.63 is 1 standard deviation above the mean of the difference in mate values between the participant and partner.

APPENDIX B
BIOGRAPHICAL QUESTIONNAIRE

Biographical Questionnaire

Please answer the following questions honestly and to the best of your ability. If you do not know the exact number please estimate.

1. How old are you? (Age)

2. What is your sex? (Please circle your response)

Male	Female
------	--------

3. What is your sexual orientation?

Straight (Heterosexual)	Bisexual	Gay/Lesbian (Homosexual)	Unsure/Questioning
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4. What is your ethnicity?

African American	Asian American	Caucasian	Hispanic	Other -----
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5. What is your current relationship status?

Seriously Dating	Living Together	Married/Domestic Partners
------------------	-----------------	---------------------------

6. How long have you been in your current relationship?

_____years _____months

7. Have you ever cheated on a romantic partner?

Yes	No
-----	----

8. Has a romantic partner ever cheated on you?

Yes	No
-----	----

9. Has a person ever cheated on their romantic partner with you? In other words, the person was involved with someone else but was seeing you on the side.

Yes	No
-----	----

10. How satisfied is your partner in their relationship with you?

1	2	3	4	5	6	7
Not Very Satisfied						Very Satisfied

APPENDIX C

ROSENBERG SELF-ESTEEM SCALE (1965)

Rosenberg Self-Esteem Scale (1965)

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle **SA**. If you agree with the statement, circle **A**. If you disagree, circle **D**. If you strongly disagree, circle **SD**.

- | | | |
|-----|--|-----------|
| 1. | On the whole, I am satisfied with myself. | SA A D SD |
| 2. | At times, I think I am no good at all. | SA A D SD |
| 3. | I feel that I have a number of good qualities. | SA A D SD |
| 4. | I am able to do things as well as most other people. | SA A D SD |
| 5. | I feel I do not have much to be proud of. | SA A D SD |
| 6. | I certainly feel useless at times. | SA A D SD |
| 7. | I feel that I'm a person of worth, at least on an equal plane with others. | SA A D SD |
| 8. | I wish I could have more respect for myself. | SA A D SD |
| 9. | All in all, I am inclined to feel that I am a failure. | SA A D SD |
| 10. | I take a positive attitude toward myself. | SA A D SD |

APPENDIX D
MATE VALUE SCALE (MVS)

Mate Value Scale (MVS)

Many people look at specific characteristics in choosing their potential marriage partners. Some common desirable traits include: Being socially exciting, age, being physically attractive, having a good sense of humor, being kind and understanding, having good financial/professional status, being of high intelligence, being in good health, and liking children. **Please think of your own traits when answering the questions below.**

Please circle your answers for the following questions:

Overall, how would you rate your level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely Undesirable						Extremely Desirable

Overall, how would members of the opposite sex rate your level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely Undesirable						Extremely Desirable

Overall, how would members of the same sex rate your level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely Undesirable						Extremely Desirable

Overall, how do you believe you compare to other people in desirability as a partner on the following scale?

1	2	3	4	5	6	7
Very Much Lower Than Average	Lower Than Average	Slightly Lower Than Average	Average	Slightly Higher Than Average	Higher Than Average	Very Much Higher Than Average

Overall, how good of a catch are you?

1	2	3	4	5	6	7
Very Bad Catch	Bad Catch	Somewhat Bad of a Catch	Average Catch	Somewhat Good of a Catch	Good Catch	Very Good Catch

APPENDIX E

PARTNER'S MATE VALUE SCALE (PMVS)

Partner's Mate Value Scale (PMVS)

Many people look at specific characteristics in choosing their potential marriage partners. Some common desirable traits include: Being socially exciting, age, being physically attractive, having a good sense of humor, being kind and understanding, having good financial/professional status, being of high intelligence, being in good health, and liking children. **Please think of your partner's traits when answering the questions below.**

Please circle your answers for the following questions:

Overall, how would you rate **your partner's** level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely Undesirable						Extremely Desirable

Overall, how would members of the opposite sex rate **your partner's** level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely Undesirable						Extremely Desirable

Overall, how would members of the same sex rate **your partner's** level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely Undesirable						Extremely Desirable

Overall, how do you believe **your partner** compares to other people in desirability as a partner on the following scale?

1	2	3	4	5	6	7
Very Much Lower Than Average	Lower Than Average	Slightly Lower Than Average	Average	Slightly Higher Than Average	Higher Than Average	Very Much Higher Than Average

Overall, how good of a catch is **your partner**?

1	2	3	4	5	6	7
Very Bad Catch	Bad Catch	Somewhat Bad of a Catch	Average Catch	Somewhat Good of a Catch	Good Catch	Very Good Catch

APPENDIX F

HIGH MATE VALUE MALE RIVAL 1

High Male Value Male Rival 1

You and your girlfriend are going to a college party on Friday night. At the last minute you cannot go to the party. Your girlfriend decides to go to the party alone, without you. Later, next week, a friend mentions that your girlfriend was talking to one particular guy at the party named Jack. You find out the following about that guy:

Jack is an upperclassman. He arrived at the party in his BMW convertible. He is a pre-med student majoring in biology and has already received acceptance into medical school. In high school he was known as a 'jock.' For fun he likes to work out by lifting weights and running. He is known for his charm and good sense of humor around campus. Jack's friends describe him as caring and generous. According to a lot of people, the 'real' party never starts until Jack arrives.

APPENDIX G

HIGH MATE VALUE MALE RIVAL 2

High Male Value Male Rival 2

You and your girlfriend are going to a college party on Friday night. At the last minute you cannot go to the party. Your girlfriend decides to go to the party alone, without you. Later, next week, a friend mentions that your girlfriend was talking to one particular guy at the party named Jack. You find out the following about that guy:

Jack is a college student. He arrived at the party in his car. He is majoring in gender studies. His high school classmates thought he was very helpful. In his spare time he likes to volunteer at local soup kitchens and homeless shelters. He is known for his easygoing personality. He rarely loses his temper. Jack's friends describe him as someone they can depend on. At parties, Jack often takes care of those who are sick from drinking too much.

APPENDIX H

LOW MATE VALUE MALE RIVAL

Low Mate Value Male Rival

You and your girlfriend are going to a college party on Friday night. At the last minute you cannot go to the party. Your girlfriend decides to go to the party alone, without you. Later, next week, a friend mentions that your girlfriend was talking to one particular guy at the party named Jack. You find out the following about that guy:

Jack is an underclassman. He arrived at the party in his car. He is an undecided liberal arts major. At times he finds himself lost and confused when considering his future. In high school he was voted most conscientious. Recently he has started jogging at the gym. He is not known well around campus. Jack's friends describe him as a nice guy. Jack usually stays in the background at parties but is starting to interact with other people besides his friends.

APPENDIX I

HIGH MATE VALUE FEMALE RIVAL 1

High Mate Value Female Rival 1

You and your boyfriend are going to a college party on Friday night. At the last minute you cannot go to the party. Your boyfriend decides to go to the party alone, without you. Later, next week, a friend mentions that your boyfriend was talking to one particular girl at the party named Emily. You find out the following about that girl:

Emily is an underclassman, she is an education major and hopes to teach English once she graduates. She has long blonde hair, an attractive face, and a nice body. In high school she was voted prom queen. She has often been asked to model for the campus clothing company because of her beautiful looks and gracefulness. Emily's friends describe her as caring and generous. She wears stylish clothes. All the guys want to talk to her at parties.

APPENDIX J

HIGH MATE VALUE FEMALE RIVAL 2

High Mate Value Female Rival 2

You and your boyfriend are going to a college party on Friday night. At the last minute you cannot go to the party. Your boyfriend decides to go to the party alone, without you. Later, next week, a friend mentions that your boyfriend was talking to one particular girl at the party named Emily. You find out the following about that girl:

Emily is a college student. She is majoring in sex studies. She is healthy and fit. In high school she was a PALS (a program where high school aged students mentor elementary aged students) member. In her spare time she organizes activities for local youth groups. Emily's friends describe her as someone who is great with children. She enjoys babysitting. At parties, she enjoys herself even if she is not drinking.

APPENDIX K

LOW MATE VALUE FEMALE RIVAL

Low Mate Value Female Rival

You and your boyfriend are going to a college party on Friday night. At the last minute you cannot go to the party. Your boyfriend decides to go to the party alone, without you. Later, next week, a friend mentions that your boyfriend was talking to one particular girl at the party named Emily. You find out the following about that girl:

Emily is an underclassman, she is an education major and hopes to teach English once she graduates. She has frizzy hair and is average in attractiveness. In high school she was voted most conscientious. She often spends time at the library. Emily's friends describe her as nice. At parties, Emily usually stays in the background but is starting to interact with other people besides her friends.

APPENDIX L

RIVAL MATE VALUE SCALE (RMVS)

Rival Mate Value Scale (RMVS)

Many people look at specific characteristics in choosing their potential marriage partners. Some common desirable traits include: Being socially exciting, age, being physically attractive, having a good sense of humor, being kind and understanding, having good financial/professional status, being of high intelligence, being in good health, and liking children. **Please think of Jack (Emily), the person who was talking to your girlfriend (boyfriend) at the party when answering the questions below.**

Please circle your answers for the following questions:

Overall, how would women (men) rate **Jack's (Emily's)** level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely Undesirable						Extremely Desirable

Overall, how do you believe **Jack (Emily)** compares to other people in desirability as a partner on the following scale?

1	2	3	4	5	6	7
Very Much Lower Than Average	Lower Than Average	Slightly Lower Than Average	Average	Slightly Higher Than Average	Higher Than Average	Very Much Higher Than Average

Overall, how good of a catch is **Jack (Emily)**?

1	2	3	4	5	6	7
Very Bad Catch	Bad Catch	Somewhat Bad of a Catch	Average Catch	Somewhat Good of a Catch	Good Catch	Very Good Catch

APPENDIX M

JEALOUSY IN CURRENT RELATIONSHIPS QUESTIONNAIRE (JCRQ)

Jealousy in Current Relationships Questionnaire (JCRQ)

Thinking about the description of **Jack (Emily)**, the man (woman) your girlfriend (boyfriend) talked to at the party, please answer the following questions:

1. How much jealousy would you **feel**? (In other words, how much jealousy would you experience internally even if you didn't say anything?) (Please circle a number from 1 to 7)

1	2	3	4	5	6	7
No Jealously						An Extreme Amount of Jealously

2. How much anger would you **feel**?

1	2	3	4	5	6	7
No Anger						An Extreme Amount of Anger

3. How much disgust would you **feel**?

1	2	3	4	5	6	7
No Disgust						An Extreme Amount of Disgust

4. How much hurt would you **feel**?

1	2	3	4	5	6	7
No Hurt						An Extreme Amount of Hurt

5. How much jealousy would you **express** (In other words, how much jealousy would you make known to your partner)?

1	2	3	4	5	6	7
No Jealousy						An Extreme amount of Jealousy

6. How much anger would you **express**?

1	2	3	4	5	6	7
No Anger						An Extreme amount of Anger

7. How much disgust would you **express**?

1	2	3	4	5	6	7
No Disgust						An Extreme amount of Disgust

8. How much hurt would you **express**?

1	2	3	4	5	6	7
No Hurt						An Extreme amount of Hurt

APPENDIX N

RIVAL EFFECTS QUESTIONNAIRE (REQ)

Rival Effects Questionnaire (REQ)

Thinking about the description of **Jack (Emily)**, the man (woman) your girlfriend (boyfriend) talked to at the party, please answer the following questions:

1. Overall, how interested would your partner be in **Jack (Emily)** and vice versa if your partner was not involved with you?

1	2	3	4	5	6	7
Not at all Interested						Very Interested

2. If **Jack (Emily)** were interested in your partner romantically, how threatened would you feel?

1	2	3	4	5	6	7
Not at all Threatened						Very Threatened