

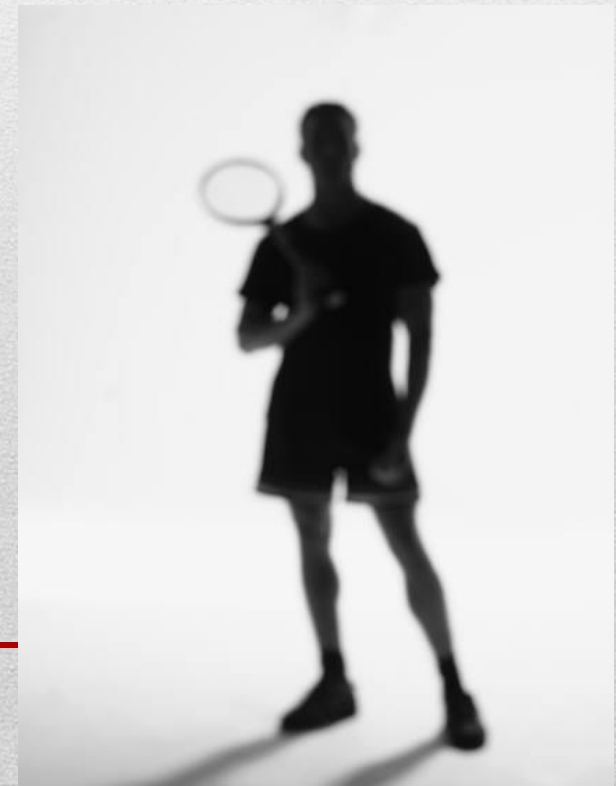
Coping with Jealousy

Maureen.Neihart@NIE.edu.sg

Copyright 2014

Where do they
come from?

Envy vs Jealousy





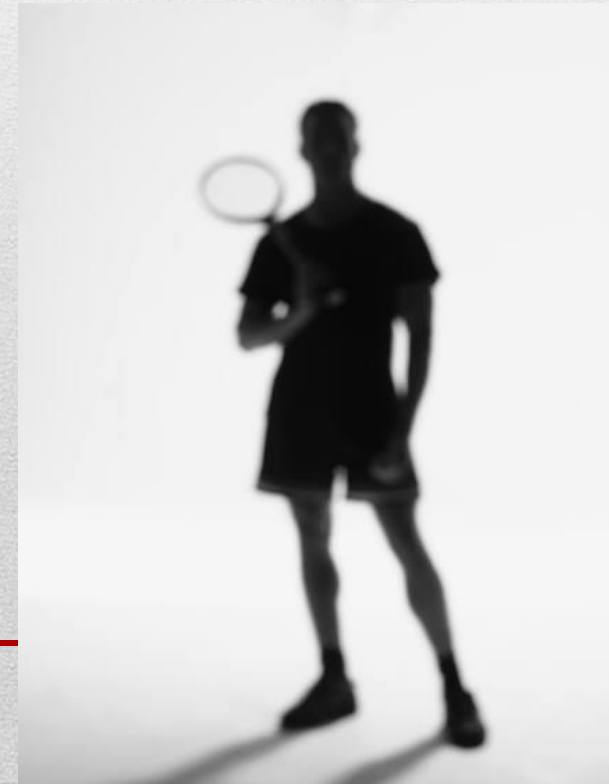
Can't communicate
Absence of warmth
Exclusion
Withdrawal
Aggression

Signs of Jealousy

- Girls more supportive of disappointments than triumphs? (Subotnik, 2002)
- Younger teens struggle to understand
- Older less vulnerable - may recognize but not know how to respond ((Parker, Low, Walker, & Gamm, 2005)

Collectivist cultures – more group than self referencing

Gender, Age & Cultural differences



Normalize,
anticipate and
discuss frankly

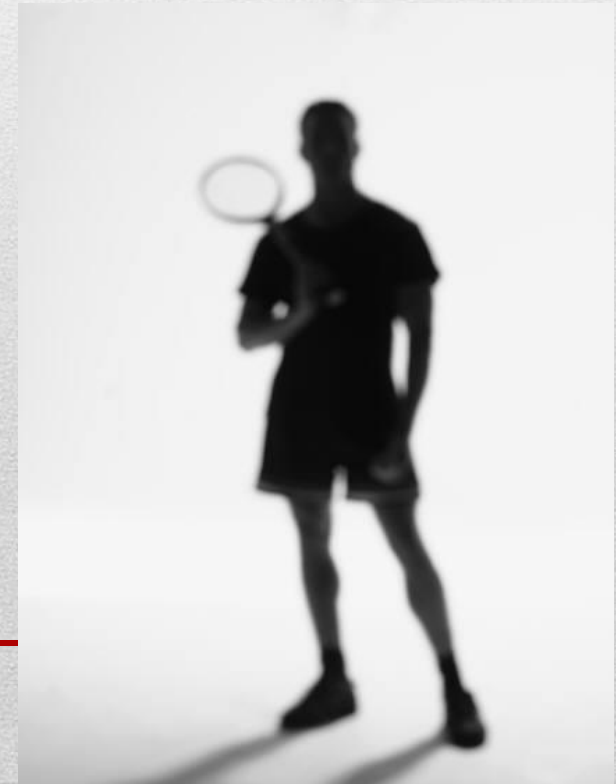
Prepare ahead



Learning to Cope

- Normalize and prepare
- Be gracious about success
- Be a good citizen

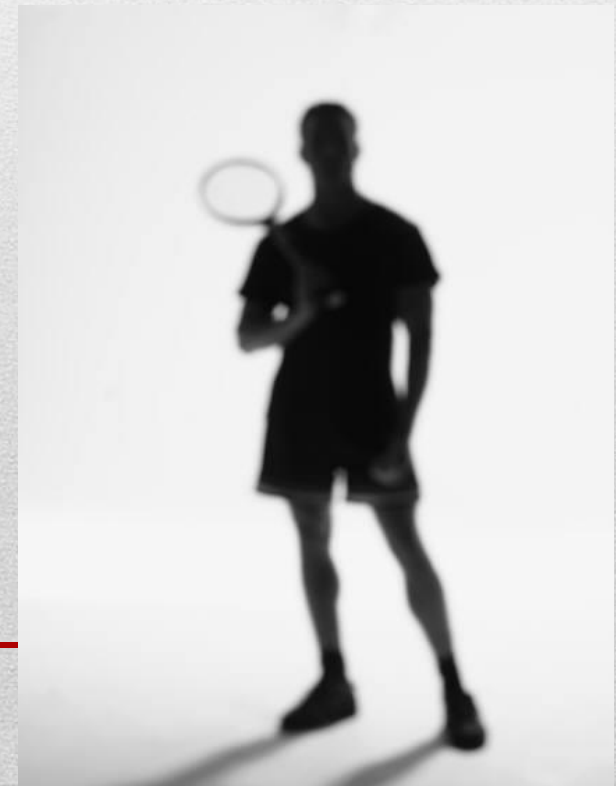
Coping with Jealousy of others



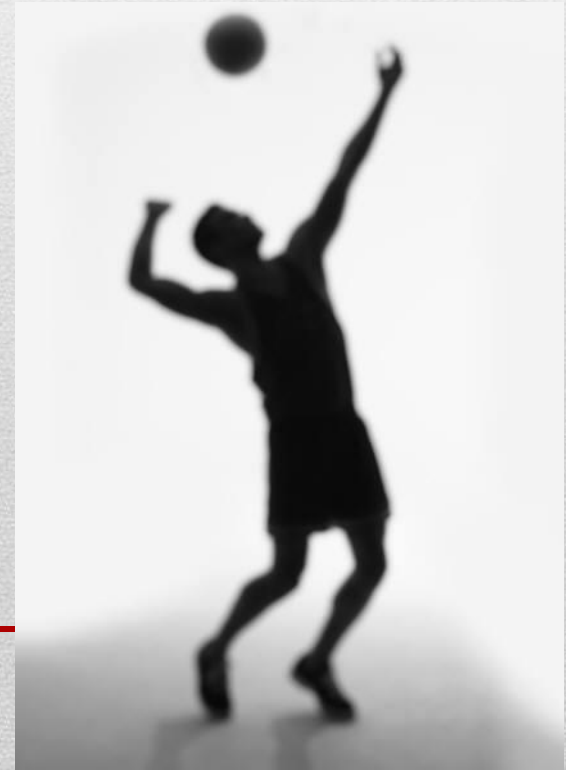


Coping with your own Jealous feelings

Reframe Competitors



Shift Focus



- A simple action
- Take a short course
- Make one change in routine

**Target one change
to make**



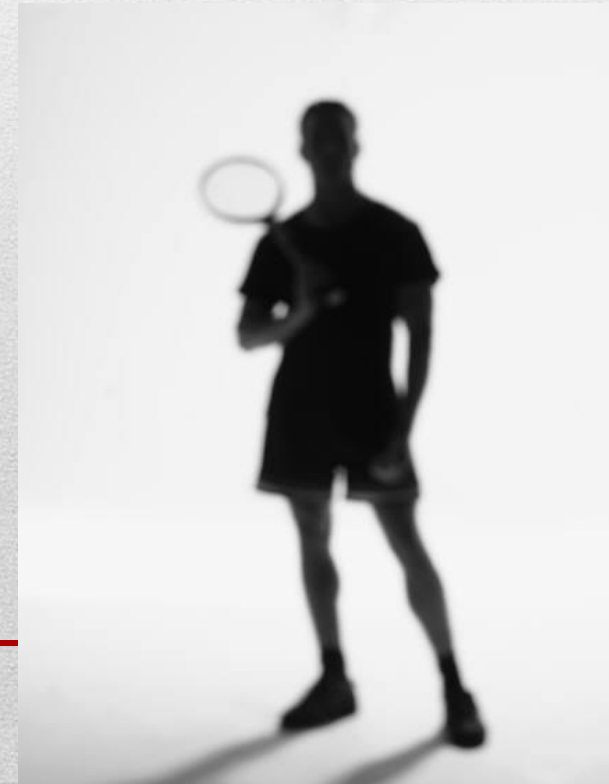
Make a list of reasons they are jealous
Give some objective feedback
Refocus on their SMART goals
What is one thing they could do to improve?

**Do an honest self-
appraisal**



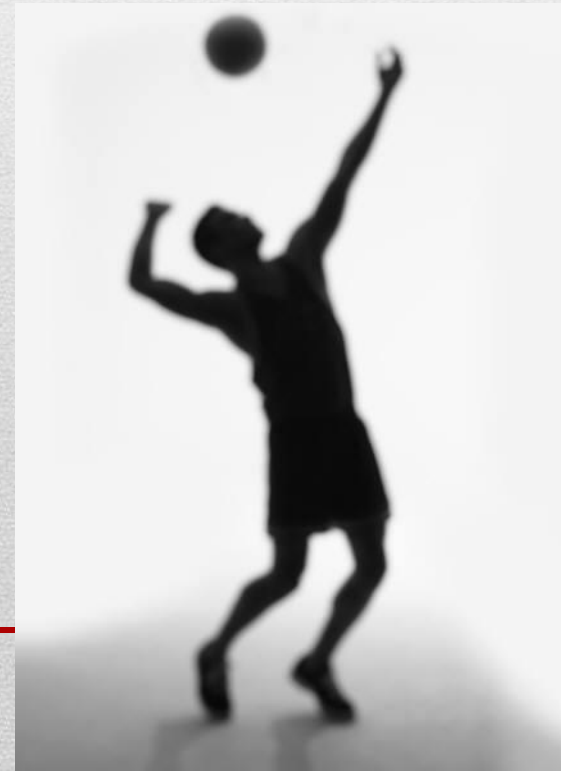
- **Retaliation in any form should never be tolerated and clear policies should** be in place regarding forms of verbal and physical aggression, including electronic forms. Students who persist after experiencing consequences for such behaviour need stricter consequences and counselling.

**Always set clear limits
on aggression**



Problems with jealous feelings is usually an indication of **underlying insecurities** and feelings of inadequacy.

**Help them build
confidence**



We can help by setting clear expectations about behaviour, helping them keep their focus on their own goals, abilities, and areas for improvement, and making sure that they have occasional opportunities to triumph.

- Jealous feelings are normal
- Anticipate and prepare
- There are age differences
- Jealous feelings indicate it's time to make a change

Summary



- Kamphoff, C.S. , Gill, D. L. & Huddleston, S. (2005). Jealousy in sport: Exploring jealousy's relationship to cohesion. *Journal of Applied Sport Psychology, 17*, 290-305.
- Neihart, M. (2008). *Peak performance for smart kids*. Waco, TX: Prufrock Press.
- Neihart, M. (Summer, 2010). Coping with jealousy. *Gifted Child Communicator. 19-21*.
- Parker, J.G., Low, C.M., Walker, A.R. & Gamm, B.K. (2005). Friendship jealousy in young adolescents: Individual differences in sex, self-esteem, aggression, and social adjustment. *Developmental Psychology, 41*, 235-250.

References
