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JEALOUSY – CONTEMPORARY PSYCHOEMOTIONAL TRAUMA

Gabriela LEUȚANU,
„Ion Creangă" State Pedagogical University, Chisinau

Apodictic, personality development regarding the future of humanity is closely related to the cognitive present, and parental education was, is and will remain the unanimously recognized chance for the evolution of a nation, but also to create a better world, decrease the crime rate, for a system of coexistence civilized, and why not, for ensuring a general state of well-being, both emotional and material. Jealousy as attachment trauma is situated within the broad framework of psychoemotional trauma. It manifests starting from the age of 6 months when the child perceives the caregiver as the only potentiator of his own vital security. Its absence from its perimeter, as well as the absence of the caregiver's attention to the child, creates negative emotions for the latter and reacts accordingly. The repeated manifestation of jealousy marks a traumatic development of the personality, manifested accentuated during the period of young adulthood.

Keywords: *personality development, attachment trauma, jealousy, parenting.*

GELOZIA – TRAUMA PSIHOEMOȚIONALĂ CONTEMPORANĂ

Apodictic, dezvoltarea personalității privind viitorul umanității este strâns legată de prezentul cognitiv, iar educația parentală a fost, este și va rămâne șansa unanim recunoscută spre evoluția unei națiuni, dar și pentru a crea o lume mai bună, scăderea ratei infracționalității, pentru un sistem de conviețuire civilizat și, de ce nu, pentru asigurarea unei stări generale de bunăstare, atât emoțională, cât și materială. Gelozia ca traumă de atașament este situată în cadrul larg al traumelor psihoemoționale. Se manifestă începând de la vârsta de 6 luni când copilul percepe îngrijitorul ca pe unicul potențator al propriei siguranțe vitale. Lipsa acestuia din perimetrul său, precum și absența atenției îngrijitorului asupra copilului îi creează acestuia din urmă emoții negative și reacționează în consecință. Manifestarea repetată a geloziei marchează o dezvoltare traumatică a personalității, manifestată accentuat în perioada de adult tânăr.

Cuvinte-cheie: *dezvoltarea personalității, traumă de atașament, gelozie, educație parentală.*

Introduction

Apodictic personality development regarding the future of humanity is closely related to the cognitive present, and parental education was, is and will remain the unanimously recognized chance for the evolution of a nation, but also to create a better world, decrease the crime rate, for a system of coexistence civilized, and why not, for ensuring a general state of well-being, both emotional and material. This state of affairs involves personal adaptation strategies, strategies learned from childhood, as a result of the model of life that we capture and assume, considering it normal and beneficial for us and for those close to us. As long as we observe optimal relational behavior and emotional balance in those who care for us, we too will adopt that behavior and pass it on to generations to come. In the case of a behavioral deficit, socially inappropriate, we will consider it normal and pass it on distortedly to our children and grandchildren. The learned attachment style is of major importance in personality development and shaping emotional intelligence. Along with the development of the society, certain beliefs and even the lifestyle change to which it is necessary to adapt quickly and in correlation with the social changes. It would be unfair to consider that some of us are luckier than others because the values of the family they grew up in shaped a psycho-emotionally balanced personality. And yet, we are not to blame for the acquisitions accumulated in early childhood. We are simply in the story of our lives, where we have only to learn and modify an imperfect emotional script.

Jealousy, attachment trauma

Children's manifestation of jealousy begins with a defensive attitude towards their caregiver when they feel neglected or, in the worst case, abused, regardless of the form of abuse felt. The psychological aspect of jealousy resides in the behavior derived from emotional dependence. By the definition of humanity, we

humans have various emotions all the time, depending on the situational conjuncture that pushes our emotional buttons as a result of reliving similar events from our unconscious past. If we stop their manifestation at the limbic level of the human brain, then we can say that we show self-control by inhibiting emotions, which leads to a cold, distant behavior, and this is also noted as a psychoemotional trauma at the level of the collective unconscious. Most of the time, this emotional dependence works in the form of emotional blackmail, at the expense of our vulnerability. As a definition, „emotional addiction is that psychological condition, which prevents people from building healthy relationships with others, as the person addicted to the condition clings desperately to parents, partner, friends, etc., the causes are almost always found in childhood and -in family relationships” [5, p. 88].

Like attachment trauma, jealousy builds on fearful avoidant attachment, as evidenced by previous research. Comparing two cultures, that of Romania and that of the Republic of Moldova, we can observe differences regarding the attachment style and the gender of the participants, as it emerges from the researched studies:

- in Romania “female participants present a higher level of the fearful avoidant style dimension than male participants” [2, p. 36];
- in the Republic of Moldova «regarding the two types of insecure attachments, the avoidant and anxious-ambivalent, the avoidant is more characteristic of men, and the anxious-ambivalent more of women» [1, p. 353].

At the same time, jealousy, against the aforementioned traumatic existential background, instinctively leads to the domineering behavioral approach of male persons towards female persons in Romania, the latter becoming subject to male dominance, either as a result of the emotional blackmail felt, or because they not to lose their behavior of vulnerability, for fear of dealing with their own autonomy in the face of the adversities of everyday life.

In addition, research on jealousy behavior expressed in adulthood concludes with the statement that „there is a positive correlation between anxious attachment style and dominance” among Romanian participants [2, p. 49].

Since childhood, the foundations are laid for the child’s harmonious development, especially from an emotional point of view. The caregiver, by definition, is responsible for the child’s well-being, providing him with the warmth of the soul that generates safety and psychological security, first of all, and then food for the child’s physical development. Through the attention they give and through the simple word games - at the beginning - the caregiver guides the child towards creating a safe emotional state, which, over time, through repetition, creates the neural connections at the level of the neocortex and, around the age of one year they form memories in the area of the right frontal lobe, memories that will be noticed in the adult’s behavior later. The development of the personality of the young adult depends on all the psycho-emotional aspects, who will adopt a behavior commensurate with the beliefs and convictions instilled by the caregiver, and if they were in accordance with morality and civic ethics, the adult will demonstrate positivity in thinking, in attitude pro towards peers, respecting the autonomy of other people, accessing professions with a leadership orientation. In family life, he will have open behavior towards the couple relationship and will pass on to his children what he, in turn, learned from his own childhood.

If, on the contrary, the attachment will be avoidant, the person will manifest through rejection and separation, as it appears from the confirmation of the research undertaken on the subject of jealousy through the prism of the attachment style, respectively „the high values of the avoidant attachment style through rejection attract a level high of separation, and vice versa” [2, p. 57].

According to a study undertaken among the population of the Republic of Moldova, the result is that „in married couples, depending on gender, only two types of attachment were manifested, for men the secure attachment (33.33%) and the avoidant attachment (66, 66%), and for women the anxiosambivalent attachment (33.33%) and the secure attachment (66.66%) On the other hand, in unmarried couples it was highlighted in men the more avoidant attachment (50%), while women presented an equal percentage for all three types of attachment 33%” [1, p. 353].

There is the possibility of a different manifestation of the comparative attachment style of the participants from the two countries, Romania and the Republic of Moldova, as a result of the sampling limitation, but also as cultural differences. However, the family occupied a primary role in the development of the personality of the new family members. Unfortunately, the development of society has also involved certain accents of the world world, with cultural, social and economic orientations that we have adhered to to some extent, according to our society. Democracy has led us to a personal independence marked by a large volume of work, focusing on the career or the financial side of the product of our work, often ignoring the emotional needs of already established families. These aspects led to an emotional break of the partners most of the time: the partner who felt that he was no longer receiving the same amount of attention and emotional care as before wanted to break the marital ties; this in the best case. In fact, many have resorted to addictions and even to aggression, to domestic violence, perhaps not understanding that on both sides there are uncommunicated accumulated frustrations. The lack of open communication led to divorces and the absence of a healthy family framework in the children's lives.

In an experimental study, it is noted that in the „Report for the year 2020 on domestic violence and violence against women of the Ministry of Health of the Republic of Moldova, the dynamics of referrals regarding domestic violence cases, during the years 2012 - 2020, are presented as follows : if in 2012 the number of addresses reached 6569, at the level of 2020 - the number of addresses reached an alarming figure of 12970" [4, p. 89].

In the in-depth study of Romanian families, „women's financial independence is not a trigger of family destabilization for 42.6% of respondents, rarely for 29.5% and occasionally for 13.1% of them. For 39.3% of those who answered the questions in the questionnaire, they believe that a working mother can be as caring for her children as a housewife, almost all the time, 34.4%, always and 25.7% occasionally. This study highlights that 78.7% believe that either parent can take care of their children equally well, 21.3% believe that their mother takes care of them better. For 93.4%, an overwhelming percentage, they believe that children can solve their problems only together with family members, and 82% believe that they are the greatest joy in life. Among the respondents, 56.1% believe that the physical changes that occur during the child's growth are often discussed in the family, 33.3% very often, and 10.6%, rarely" [3, p. 188].

It is increasingly difficult for children who are deprived of parental care as a result of labor migration to other global locations. The desired financial situation takes precedence over the difficult to bear emotional stability of all family members. It is not easy for parents either to be away from home, from their children, but the hope of a future devoid of certain material benefits that generate family comfort strengthens their emotional behavior so that parents do not realize the trauma generated by their absence and giving care to others family relatives, in this case, grandparents, as the study shows: „in terms of grandparents' involvement in raising children, for 29.5% they are involved occasionally, for 23%, often for 16.4% and never for 11.5%" [3, p. 188].

No one asks their children when they are about to make responsible decisions about family estrangement. Most of the time, parents do not realize the emotional suffering of their children, valuing that material family well-being, which, in any case, will be fulfilled in time and with sustained adaptation efforts, possibly generating separations, misunderstandings in couples or marital partnerships, the lack of assertive communication between partners and substitute caregivers of children's physical and mental development. Children feel parental deprivation and it manifests psychologically through depression, anxiety, interpersonal problems and school problems. Even if they stay in the same housing area, the emotional problems and the modification of the attachment style to which they have to adapt forcefully and at an alert pace affect their personality development. Parental interviewing of 80 different parents brought up a multitude of reasons, some more plausible than others, cited on account of inherent financial problems and the inability to create a more carefree future for children. Is it truth or reality? Are we psychologically fooling ourselves or the children? At the expense of which future? Psycho-emotional problems, the traumas that will be embedded in the disfigured hearts of children will not be able to be replaced with financial resources. We humans were not born with the desire to own a luxury car; we just want the psychological security and emotional balance to evolve in society.

Table 1. Reporting frequencies regarding parental decisions

Are decisions regarding residential separation and leaving children in the care of family relatives made without consulting the children in the family?				
	Frequency	**Percent**	**Valid percent**	**Cumulative percent**
Very little	19	23,8	23,8	23,8
Little	9	11,3	11,3	35,0
Not much, not a little	13	16,3	16,3	51,3
A lot	13	16,3	16,3	67,5
Very much	26	32,5	32,5	100,0
Total	80	100	100	100

Although technology works wonders in relational physical closeness, both children and parents feel it emotionally. In the social environment, children develop jealousy, envy and other behaviors that generate interpersonal aggression. They propose that when they reach the age of adulthood, they orientate themselves socially and economically as they are taught and as they perceive existential situations. Misfits resort to addictions; difficult for those who are in another country and do not benefit from the emotional support so necessary for personal development. As the researcher concluded, „emotional dependence damages the self and the relationship, until it leads to the development of pathologies” [5, p. 91]. The defective attachment style that marks our jealous behavior when we are separated from our parent or caregiver will follow us through the period of psychological development of the young adult personality in the form of attachment trauma.

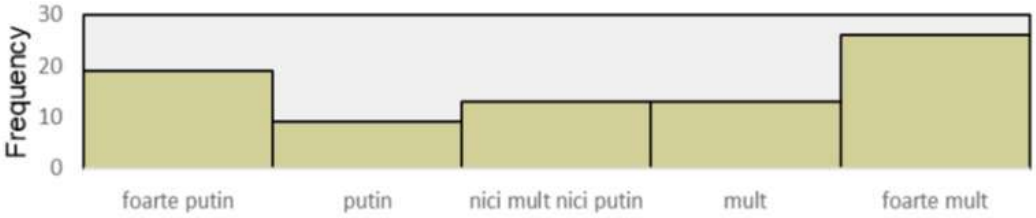


Figure 1. Graph of reporting responses on parental decision-making

When analyzing the graph, we note that 15 people answered *very little*, while 39 people chose *a little* and 7 respondents chose the option *neither more nor less*. Last but not least, 2.50% of those asked considered *a lot*, and the remaining 56 subjects, representing 46.67% of the total, chose *very much*.

Depending on the attachment style, the manifestation of jealousy with advancing age occurs against the background of securing the relationship, most of the time renouncing one’s own evolution and adhering to the dependence on the partner, so that the latter assumes his own responsibility, but also of the partner. So one makes decisions for both, even though the decisions may not reflect the reality of the physical and mental needs of both. Perhaps out of laziness to behave emotionally mature, out of indifference to the personal ambitions of our peers, we end up letting our fate decide for us, without thinking about the following aspect: if the attachment figure disappears from our life, with us, how about More deeply emotionally deceived, more uncertain on the steps of existential adaptation... Unfortunately, there are those addictions that throw emotionally immature people out of whack, giving them the alternative of continued addiction, to the dismay of those they know in their lives. That is why the role of the caregiver is particularly important during childhood. Then the foundations are laid for the development of the personality of an emotionally mature person, who will know how to handle life by making the right decisions for his own evolution, relying on his own resources to become a respected member of society, who can integrate healthy values, who will you know what entourage is beneficial to your own interests, so that you show moral behavior and do no harm to others.

It is worth noting that that jealous behavior is not a fully observable behavior, it persists over time and takes on a different emotional connotation. If we manage to balance the emotional balance so that we re-

vise the behavior, we can teach the attachment trauma to those we observe, giving recommendations for emotional self-control. Jealousy must first be understood. People who grow up with this type of behavior consider it natural, in the nature of things, and do not give it the necessary importance. In time they become marked by attachment trauma, become jealous of their parenting partner, siblings, become selfish to the point of narcissism, are emotionally charged in overwhelming quantity and intense quality so that when catharsis occurs, they explode emotions of all kinds that generate aggressive behavior up to violence or tendencies towards depression and social avoidance. Pathologically, borderline, antisocial, paranoid, schizoid personality disorders can be reached. Personally, in the individual psychology office, I have had these cases of people suffering from attachment trauma manifested in the form of jealous behavior. However, the degree of healing of psycho-emotional trauma is different from one person to another, depending on the degree of insecurity felt during childhood. In total, the clients had a maladaptive attachment style, failed to stay in relationships, had socialization problems due to the fact that they considered themselves misunderstood by the partner, invoked emotional neglect despite the attention received from the relationship partner.

With a personalized therapeutic program, the behavior of jealousy as an attachment trauma can benefit both clients and their partners, and later, future generations. It is good to know that we have all the resources to adapt socially; as long as we recognize the psycho-emotional trauma and resort to specialized psychological guidance, we can balance ourselves emotionally and harmoniously develop our personality.

Conclusions

Apothetically, psychoemotional trauma can be healed according to psychological professionalism. Knowing from the point of view of the client's emotional trauma, his childhood attachment style, life scenarios, school and career path, relational and social empowerment, we will be able to guide the client towards awareness of individual aspects so that he understands the psychological approach and the therapeutic benefits.

„Attachment to the family remains very high, occupying the first place in the hierarchy of values and being the domain that continues to give individuals the greatest satisfaction. The model of couple relations and happy marriage is the romantic one, in which love remains the most important. Love must be doubled by solidarity between partners, mutual trust and support, mutual respect and understanding. The norm of fidelity remains particularly important in the Romanian family.

Childhood is a very important period in the life of any of us, being emotionally charged by family ties, which are considered the most important aspect regarding the good development of the child. In the first part of life, the child is influenced by the environment in which he lives, the emotional experience having a significant importance in his physical and mental development" [3, p. 191].

Attachment trauma is part of psychoemotional trauma, and in the research we will conclude we will refer to the jealousy behavior displayed in people who had an insecure attachment style, marked by emotional neglect and physical and mental abuse.

Recommendations

The establishment of a continuous therapeutic psychological program imposed by the awareness of responsibility and the assumption of one's own deeds, by outlining a system of solid values well consolidated and with a high quality level will lead to the development of the standard of living of the society, by promoting empathy, condescension and a system of moral values and, at the same time, by assuming the responsibility of correcting the errors of civic behavior identified at the level of the public community.

By accessing this psychological program in group therapies we lay the foundations of an emotionally balanced society and contribute to the development of the personality of future generations.

The psychological program will include the identification of attachment style, the correlation of attachment knowledge with certain personality factors identified as disharmonious to psychoemotional balance, as well as cognitive behavioral and personal development techniques.

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Data about author:
***Gabriela LEUȚANU*,** PhD student, Doctoral School of Psychology, „Ion Creangă” State Pedagogical University, Chișinău, RM, clinical psychologist, Individual Psychology Office, Constanța, România
ORCID: 0000-0001-8909-1161
E-mail: cucer.angela@gmail.com

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