Jealousy in the context of DFSV

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Acknowledgement

I acknowledge First Nations Peoples of Australia on whose uncededed lands I live and work

I pay respect to elders past and present for their guidance and generosity

I acknowledge victims, survivors and their supporters of all forms of gendered violence and recognise that their knowledge forms the basis of my work and efforts to end such violences

Overview

- Jealousy as a concept
- Jealousy as a continuum
- Explanations
- Shame & Pride
- Social & Cultural contexts
- Earlier intervention
- Men’s behaviour change programs

Why attention on jealousy matters

In 45% of homicides where young men killed young women jealousy was been identified as the main reason

Extreme feelings of jealousy often underpin patterns of coercion and violence which men perpetrate against women in heterosexual relationships

Jealousy as a concept

One party's **perception** of a sexual and/or emotional attraction between their partner and another person

Jealousy includes three broad elements :

Thoughts	Feelings	Actions

Jealousy as a concept

Socially viewed as normal even natural	Jealousy has implicit gendered descriptions	Envy – focus on others – discontent and/or sense of unfairness
• Killed in jealous rage	• Clingy • Possessive	

Jealousy sits along a continuum

- Jealousy which is a transient response to a particular situation or individual
  - Not ever present

- Obsessive, Morbid or pathological jealousy
  - Perceived to always be likely to be occurring
  - Obsessive and all consuming – rumination
  - Results in patterns of behaviour which are controlling, isolating and surveillance

Explanations of Jealousy

- Largely psychological
  - Strongly associated with attachment – lack of trust
  - Evolutionary psychology – loss of mate
- Individualised explanations western bias
- Cannot accommodate harmful cultural practices within the explanations

Monogamy, jealousy & hegemonic masculinity

- Traditional heteropatriarchy – men's pride is linked to women being monogamous and being perceived as monogamous by others
  - A subset of men will want other men to envy them – constant comparison
  - 'Display'
- Polyamory and jealousy

Pride & Shame within patriarchy

Individualised, family and community

Her behaviour and action is my/our shame

Humiliation – how others will perceive you and how the other party made you feel

Cultural contexts

- Not about erasing culture but examining the relationship to gender – particularly women's bodies
- Honour based violence
- Patriarchal authority – fear of community judgement and stigma

- Aboriginal communities and jealousy

Early intervention & young people

- A criticism is that there are not readily available cultural scripts for equal and respectful relationships
- Cultural scripts associated with romantic love and gendered roles

- Jealousy can be examined further in this space as a mechanism for discussing relationships
  - Its gendered dimensions
  - Problematic behaviour

MBCP – Policy and practice

- MBCP attendance is increasingly driven by justice involvement
  emphasis on the offending behaviour and incidents
- Jealousy as a driver of DFSV is not part of the justice context
- But in programs it is critical to address jealousy as it is another place for deflection, examination of distrust etc.
- Can be directed towards discussing the feelings of jealousy

Finally - A twist on why doesn't she just leave

- Robert: I want to trust her but I just can't.
- Interviewer: What would have to be different for there to be trust?
- Robert: I can't say it's just a feeling I have she will never change……
- Interviewer: If you are so unhappy and distressed, why don't you leave the relationship?
- Robert: Running away never solved anything

Final thoughts

- The concept of jealousy is well recognised in DFV as one driver
- It is less well talked about as having strong gendered dimensions
  - Except honour based violence which is viewed as something done by ‘othering’ cultures that are more ‘sexist’ than western cultures
- Intersectional lens
- Useful way of engaging young people about relationships
- It is difficult to intervene in changing deeply embedded feelings and harmful behaviours that follow.
  - But is one way we can accessibly work with men about their actions particularly with the danger posed