

Review of the volume “Jealousy and Infidelity. Causal Aspects and Psychosocial Consequences”, by Paula Mihaela Danciu, Sandra Mihaela Enache, and Ruxandra Andreea Dimitriu, Etica Pro Expert, 2022

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Abstract

The work Jealousy and Infidelity. Causal Aspects and Psychosocial Consequences, authored by Paula Mihaela Danciu, Sandra Mihaela Enache, and Ruxandra Andreea Dimitriu, and published in 2022 by Etica Pro Expert Publishing House, offers an in-depth analysis of negative emotions such as jealousy and infidelity in romantic relationships. The authors approach the topic by exploring its causes, associated behaviors, and psychosocial implications. Moreover, the volume offers practical solutions for conflict management and promotes a clearer understanding of contemporary conjugal dynamics. The work stands out through its strong theoretical foundation and the practical applicability of its conclusions in real life.

Keywords: *Jealousy; infidelity; bullying; conjugal relationships; conflicts; social psychology; mediation.*

The work begins with a presentation of the contemporary context of conjugal relationships, characterized by dynamism, individualism, and the shifting of traditional roles. The authors emphasize that jealousy and infidelity are universal phenomena, but their intensity and manifestations vary depending on psychological, cultural, and social factors. The introduction highlights the importance of analyzing these emotions within modern relationships,

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emphasizing the complexity of human interactions and the need for balance between individual needs and those of the couple.

Throughout the book, the authors analyze jealousy as an emotional phenomenon, exploring its causes and effects on couple life (Apostu et al., 2017). A typology of jealousy is presented, including reactive jealousy, anxious jealousy, and retrospective jealousy, each with its own distinctive traits and specific impacts. The cited studies suggest that jealousy is not innate but results from life experiences, traumas, and personal insecurities. The chapter dedicated to jealousy provides a detailed understanding of how it influences behaviors and decisions within a relationship, offering relevant examples and management strategies (Fincham & May, 2017).

This chapter addresses conjugal conflicts triggered by jealousy, highlighting the need for effective communication and mutual understanding. The authors propose mediation strategies such as developing empathy, engaging in open discussions, and seeking specialized support such as couples therapy. The positive role of conflict is emphasized-when properly managed, it can help clarify misunderstandings and strengthen the relationship. The chapter offers a balanced perspective on overcoming tensions, focusing on collaboration and mutual respect.

The authors also analyze the motivations that lead individuals to tolerate toxic relationships despite the negative emotional toll brought on by jealousy, or conversely, to choose to end such relationships. Emotional dependency, fear of abandonment, and lack of self-confidence are discussed as factors that can hinder sound decision-making. At the same time, separation is highlighted as a potential opportunity for personal rediscovery and liberation from emotional constraints.

Infidelity is presented as a multifaceted phenomenon, influenced by both individual and contextual factors. The authors explore in detail the types of infidelity, its stages, and the causes that lead to such behaviors, such as emotional dissatisfaction or external opportunities. They also discuss the consequences of infidelity on both the couple and the individuals involved, emphasizing the importance of prevention through relationship strengthening and the development of mutual trust (McAnulty & Brineman, 2007).

Although seemingly separate from the main topic, the section of the book that explores the psychosocial effects of bullying on young people connects this phenomenon to relationship dynamics and emotional management. The authors highlight the parallels

between jealousy, infidelity, and the aggression expressed through bullying, underlining the need for emotional education and social support to reduce the impact of these issues on personal development.

2. Conclusions

The book *Jealousy and Infidelity. Causal Aspects and Psychosocial Consequences* represents a valuable contribution to the understanding of the complex emotional and social phenomena that affect conjugal relationships. Through its interdisciplinary approach and detailed analysis, the authors provide both a practical guide for managing challenges within couples and a source of reflection for improving human relationships. The work stands out for the depth of its analyses and the usefulness of its conclusions, making it relevant for both specialists and the general public interested in the subject (Perel, 2018).

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