

The narratives of romantic jealousy in the context of infidelity for homosexual and heterosexual adult men in Johannesburg, South Africa.

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Final Report



Declaration Page

I declare that this thesis is my own, unaided work. It is submitted in partial fulfillment of the requirements for the degree of Master of Arts in Research Psychology (by coursework and research report) in the Department of Psychology, School of Human and Community Development, at the University of the Witwatersrand. It has not been submitted for any other degree or examination at this or any other institution.

Zhel-Ann Delport

Date

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i.) Acknowledgements

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ii) Abstract

This research aimed to explore the narratives of romantic jealousy in the context of infidelity for heterosexual and homosexual men from Johannesburg South Africa. This study takes on a qualitative approach using a narrative analysis in combination with a structural and thematic content analysis. The narratives of the heterosexual and homosexual men revealed the role which jealousy plays in every relationship, and how it can affect the emotions and behaviours of both partners. This study found that the narratives of these men were in contradiction to what evolutionary theories as well as past research on the topic have suggested. Evolutionary perspectives propose that heterosexual men are more inclined to sexual infidelity, this was however found to be in contradiction to the beliefs and ideas held by the participants of this study. Heterosexual participants of this study reported that for them emotional infidelity would be more jealousy provoking, as it would be a sure indication that the relationship would end. Past research findings on the other hand have suggested that homosexual males are more inclined to emotional infidelity, as they do not face the risk of cuckholdry. However the same can not be said for the narratives of the homosexual participants of this study. The narrative of all except for one homosexual participant indicated that homosexual men felt that they would be greatly affected by sexual infidelity rather than emotional infidelity. There explanations revolved around the open ended nature and ease of access to sex which is prevalent in the gay community. It is also important to note that similarly to the heterosexual group, most of the participants who experienced sexual jealousy also experienced sexual infidelity. Indicating a link between the type of infidelity you experience to the type of jealousy you feel.

This research identified that heterosexual participants felt that in their live stories they found emotional jealousy to be the worst aspect of infidelity while homosexual men felt that sexual jealousy was the worst aspect of infidelity.

Keywords: Romantic Jealousy, emotional jealousy, sexual jealousy, sexual infidelity, emotional infidelity, Evolutionary theory, Heterosexual men, Homosexual men

Chapter 1: Research Aims and Rational

1.1 Research Aims

This research aimed to qualitatively explore and describe the narratives of homosexual and heterosexual adult men from Johannesburg, regarding their experiences of romantic jealousy in the context of either real or imagined infidelity. In doing so, the researcher hoped to add to the limited existing knowledge bases regarding romantic jealousy. This research paper also aimed to thus, take sexual orientation into account when considering romantic jealousy for men in South Africa. This research aimed to also provide a basis of knowledge, which can be used help develop quantitative scales to determine the impact of sexual orientation on the nature of romantic jealousy in the context of infidelity (real or imagined) for men in South Africa. Furthermore, this research also aimed to provide a basis for understanding the effect which romantic jealousy has on romantic relationships, in terms of how romantic jealousy is negotiated and dealt with by hetero and homosexual men from Johannesburg, South Africa. Through understanding the effect which romantic jealousy has on romantic relationship in this regard, it can be said that this research has contribute to understanding how both hetero and homosexual men confront romantic jealousy, and whether it has foster stronger bonds between romantic partners or whether it has resulted in the termination of a relationships. This research further aimed to identify whether hetero and homosexual men find similar or contradictory types of infidelity (emotional vs sexual infidelity) as jealousy evoking.

1.2) Research Rational

He that is not jealous is not in love.

-St. Augustine

*O, beware my lord of jealousy! It is the green eyed monster,
which doth mock the meat it feeds on.*

-Shakespeare, Othello

Shackelford and Goets (2012) state that it is difficult to imagine any romantic relationship without ever considering jealousy. Across cultures and throughout history, romantic jealousy

has formed part of life. Many classic literature marvels have been based on this concept including, Shakespeare's *Othello*, *1001 Nights*, and Euripides' *Medea*, and many modern day soap operas also address this topic considerably. Humans throughout the ages seem to be innately fascinated by the complexities of romantic relationships and the underlying threat of jealousy. Darwin (1972) argued that jealousy is innate adaption, passed on from ancestral humans, in order to survive. Evolutionary psychologists have argued that various species have developed a life-history strategy, which enables them to counter the threats to reproduction which their ancestors have faced (Alexander, 1987; Crawford & Anderson, 1989; Partridge & Harvey, 1988; Stearns, 1976). Romantic jealousy is viewed as one of these adaptations, which enabled humans among other species to feel fear and anger towards threats of infidelity (Kenrick, Keefe, Bryan, Barr & Brown, 1995).

A large body of research has been conducted on romantic jealousy, (Buss, 1999; Buunk, Angleitner, Oubaid, & Buss, 1996; DeSteno, Bartlett, Salovey, & Braverman, 2002; DeSteno & Salovey, 1996; Geary, Rumsey, Bow-Thomas, & Hoard, 1995; Grice & Seely, 2000; Harris, 2000, 2002; Harris & Christenfeld, 1996; Pietrzak, Laird, Stevens, & Thompson, 2002; Sagarin, Becker, Guadagno, Nicastle, & Millevoi, 2003; Wiederman & Allgeier, 1993; Wiederman & Kendall, 1999). However, it is important to note that most of the existing research was conducted on a hetero-normative sample, in order to determine whether there were gendered differences regarding the experience of regarding romantic jealousy. Research findings have been contradictory, with some finding suggesting that women and men experience romantic jealousy in very different ways and other finding no such differences.

Given that so much of the existing evidence regarding romantic jealousy is contradictory and ambiguous in nature, what might be necessary at this stage is to consider that another factor (other than sex or gender) is worthy of investigation. Very little research has been conducted that considers the experience of romantic jealousy (as a result of some form of infidelity) for homosexual individuals. Thus, there is a noticeable gap in the existing knowledge base regarding romantic jealousy in a non-heteronormative setting. The limited research which has been conducted in this domain has also proved to be contradictory. One quantitative study has suggested that homosexual males place emphasis on different aspects of romantic jealousy than their heterosexual counterparts. In this study it was found that homosexual men became more romantically jealousy when their partner fell in love with another male while

heterosexual men became more romantically jealousy when their partner was engaging in sexual acts with another man (Kenrick et al, 1995).

No research to date has focused solely on the experiences of heterosexual and homosexual men regarding romantic jealousy. Research conducted on this topic has focused extensively on gender as a basis from which jealousy operates. Much of these findings have yielded contradictory evidence, suggesting that romantic jealousy is complex social variable, which can be influenced by a number of factors. This research explored the nature of romantic jealousy in the context of infidelity, through its manifestation in homosexual and heterosexual adult males.

This study qualitatively explored the narratives of homosexual and heterosexual adult men in relation to romantic jealousy in the context of infidelity (real or imagined). This study complements the existing quantitative studies. Furthermore, it can be said that male sexuality has been extensively studied and theorized upon (Bader, 2010; Kimmel, 2005; Kinsey, Pomeroy, & Martin, 1975; Zilbergeld, 1999). Pioneering this study on the nature of male jealousy and sexuality thus had access to a large body of knowledge to draw from when investigating the male population. To date there has been no research conducted in South African that considers the topic romantic jealousy in the context of infidelity. This research can thus be used to lay a foundation for future research on the topic of romantic jealousy in the context of infidelity (real or imagined) for men in South Africa.

According to Shackelford and Goets (2012) romantic jealousy is not something to be taken lightly; as it can generate a host of psychosocial consequences such as depression and anxiety (Shackelford & Goets, 2012). It can be argued that exploring the narratives of hetero and homosexual men regarding infidelity and romantic jealousy, a basis can be laid for understanding the psychosocial effects, which infidelity and romantic jealousy has on hetero and homosexual men. Based on this it can be argued that developing an understanding of how hetero and homosexual men experienced romantic jealousy in the context of infidelity can allow for a exploration of some of the consequences associated with romantic jealousy, which can serve as a baseline for future research.

Furthermore it can be said that the qualitative nature of this study can be seen as a means to explore the narrative of hetero and homosexual adult men in Johannesburg, South Africa.

Given the exploratory nature of this topic and the limited research papers which have focused on romantic jealousy in the context of infidelity and sexual orientation, it seems fitting that an exploratory qualitative analysis can prove useful to developing a basis of understanding on the topic of romantic jealousy for hetero and homosexual men. It can also be said that the use of a narrative analysis allowed the researcher to preserve the thoughts and feeling which these men felt when they experienced infidelity. The use of a narrative analysis allowed for the history and culture of the participants to be preserved. The inclusion of a thematic content analysis also, allowed for a more in depth analysis of the narratives of the participants of the study.

1.3) Research Questions

1. What do the narratives of homosexual adult men reveal about romantic jealousy in the context of infidelity (real or imagined)?
2. What do the narratives of heterosexual adult men reveal about romantic jealousy in the context of infidelity (real or imagined)?

Chapter 2: Literature Review

Jealousy seems to be an innate human experience (Harris, 2002). According to Fehr and Russell (1984) jealousy is a concept, which is difficult to define and is, more often than not, an ambiguous term, which many people understand but cannot define wholly (Fehr & Russell, as cited in Shackelford & Goets, 2012). Nonetheless, Shackelford and Goets (2012) state that jealousy is a fundamental social emotion, which is complex and deserves to be understood to a greater extent. According to Kirkpatrick (2005) jealousy acts as an adaptive mechanism, which identifies cues in the environment, which indicate a partner's real or imagined infidelity. When the jealousy mechanism is activated, it causes a number of emotional and behavioral responses, these responses act as protective factors, which aim to punish its transgressor/s in order to prevent future occurrences. Many negative emotions and behaviors are associated with romantic jealousy, including embarrassment, guilt, sadness and anxiety, as well as suspiciousness, coldness towards the partner, brooding and negative thoughts about their relationship (Gilbert, Fiske & Lindzey, 1998).

2.1 Sexuality

Heterosexuality can be defined as being sexually attracted to a person of the opposite sex, while homosexuality is defined as being sexually attracted to a person of the same sex as oneself. Bisexuality refers to individuals who are attracted to persons of both the same and opposite sex and asexuality can be defined as individuals who are not not sexually attracted to either men or women. From the above definitions of hetero and homosexuality it can be argued that one's sexuality is governed by one's sexual object choice (Freud, 1977). For the purpose of this research paper all the of the participants are either self-identified heterosexual males or self-identified homosexual males.

2.2) A Predisposition to Jealousy

According to Pines (1998) romantic jealousy can have varying degrees of intensity, which result out of an interaction between a predisposition and a triggering event. The predisposition of romantic jealousy is affected by a constellation of social factors, such as the

culture we are raised in, our family structure and the norms of society. Each of these social factors can predispose us to jealousy and they can also influence the intensity of jealousy which we can experience. A predisposition to jealousy does not necessarily always result in the emergence of jealous feelings. Jealousy is always brought on by a triggering event, the degree or intensity of the intensity will nonetheless depend on the predisposition of each individual. A person who might have experienced a father, who had numerous jealous outbursts towards his spouse, might be more prone to small triggering events, such as a partners glance at an attractive passing stranger (Pines, 1998).

According to Pines (1998) it important to note that romantic jealousy can often be confused with envy. Jealousy and envy are, however; quite distinct and separate in their meaning and composition. Envy usually involves two people one being the object of envy and the other desiring the characteristics of the envied object, such as their material possession, employment or, appearance (Pines, 1998). Jealousy on the other hand normally involves three parties, which includes, two people who are in a relationship and a third which threatens (in some factors) the relationship of the others. Envy is usually associated with more negative connotations as it is not mitigated by love but rather by feelings of inferiority towards an individual. It is important to note that both jealousy and envy can cause similar emotions; these emotions are however caused by distinctly triggers (Pines, 1998).

As mentioned previously jealousy is a combination of a predisposition to jealousy which is activated by a triggering event. According to Shackelford and Goets (2012) there are two main factors that contribute to how romantic jealousy can arise. The first is that the romantic jealousy can be triggered in situations where a committed relationship is threatened by a rival. The jealous individual considers the relationship to be a committed one when he/she feels that it should be protected, prolonged and maintained. A rival can be either real or imagined. In a heterosexual relationship the rival is considered to be a person of the opposite sex of the individual and in a homosexual relationship the rival is considered to be a person of the same sex as the individual (Shackelford & Goets, 2012). The second factor contributing to the development of romantic jealousy is the distinction between two types of infidelity, namely sexual infidelity and emotional infidelity.

More often than not infidelity is associated with acts of physical or sexual activity with a person other than a partner. This is however not the case. Infidelity can be distinguished in

two ways, physical or sexual infidelity and emotional infidelity. It is important to note that both types of infidelity involve deception (Moore, 2011). Sexual infidelity involves a partner engaging in an act of a sexual/ physical nature of any kind with another person other than their partner. Emotional infidelity involves a romantic closeness to another person which usually detracts away time and attention from a partner (Moore, 2011). Romantic jealousy develops within the context of either (real or imagined) infidelity (sexual, emotional or potentially both). Romantic jealousy can thus be defined as the responses of fear and anger towards the real or potential threat of infidelity (Harris, 2002). This research will thus focus on romantic jealousy in the context of infidelity.

2.3) Past Research Findings

The majority of studies conducted regarding romantic jealousy have centered on heteronormative romance. Most of the research conducted on the topic of romantic jealousy has thus focused on heterosexual males and females, furthermore most research conducted has been done in order to find supporting evidence for a gendered division of romantic jealousy. According to Harris (2002), evidence supporting the gendered divide of the jealousy mechanism, stems mainly from research conducted with the participation of heterosexual college students. The participants were required to imagine an instance where a partner or a potential partner has or could be being unfaithful. This has yielded significant results in the USA, indicating that most woman chose emotional infidelity as more upsetting than sexual infidelity and vice versa for males (Harris, 2002). Harris (2002) however states that other studies conducted on college students (DeSteno & Salovey, 1996; Harris, 2001; Hupka & Bank, 1996) have found less significant results.

A study conducted by Harris (2001) found counter-evidence to previous research claims. Harris (2001) found that while woman were found to strongly agree that emotional infidelity would be worse than sexual infidelity, men did not take the opposing stance as previously indicated. It was found that in 70% of men from Germany, China and the Netherlands, (on at least one question) felt that sexual infidelity was less upsetting than emotional infidelity (Harris, 2002). Thus, it can be argued that research evidence suggesting a gendered differentiation towards jealousy is not as clear cut as the evidence suggests. The contradictory and ambiguous nature of previous research findings suggest that romantic jealousy is complex and can affect various aspects of romantic relationships. Very little research has

focused on romantic jealousy in relation to sexual orientation; predominantly research has focused on the aspect of gender. This research paper will aim to go beyond gender, and focus more on sexual orientation, specifically between homosexual and heterosexual men.

There are a number of theoretical perspectives which can be utilized to account for the nature and experience of romantic jealousy. These are outlined below. It is however important to note that this paper will not take on a specific theoretical framework. The theories outlined below serve to assist in the understanding of romantic jealousy in the context of infidelity.

2.4 Heterosexual and Homosexual Relationships: Culture, Conventions and Stigmas

Individuals are socialized from birth into gendered roles. Both heterosexual and homosexual individuals are taught from a young age, regardless of sexual orientation, what is expected from them, in terms of their gender. Both homosexual and heterosexual males are in a sense socialized according to the same principles of their society and culture (Auhagen & Von Salisch, 1996). Men are for example from a young age socialized into placing less emphasis on relationships as the centre of their lives. This has various implications when it comes to understanding homosexual male relationships. Men interacting romantically with other men fulfill the same roles, while expecting the other to fulfill opposing roles. For example if two men slow dance, both may expect to lead and expect the other to follow (Auhagen & Von Salisch, 1996). According to Auhagen and Von Salisch (1996) homosexual communities have altered these socialization dynamics and have developed their own cultural norms, lifestyles, ideologies and values.

Homosexual individuals face an array of social prejudices and stigmas (Herek, 2009). Many homosexual individuals face discrimination in their workplace, their communities and among their peers (Herek, 2009). Homosexual individuals are often targeted against and become victims of harassment and violence. Homosexual individuals experience pervasive social stigma (Herek, 2009). Often these stigmatizations are not only present within the constraints of the social realm but also in a countries legal and political systems, it is within these

systems that the second-class status of homosexuals are perpetuated (Herek, 2009). According to Herek (2009), homosexual individuals are often blatantly discriminated against, and have no legal system to protect them.

According to Hendricks and Hendricks (2000) homosexual relationships have been stereotyped as being unhappy and less satisfying, than heterosexual relationships. These stereotypes have however been challenged by recent research findings which have suggested that this is not the case. Several studies have found that homosexual relationships are as satisfying and fulfilling as heterosexual relationships (Peplau & Crochran, 1980; Peplau & Crochran & Mays, 1997). It was also found that homosexual relationship strength, like heterosexual relationship strength, was largely determined by attachment style of each partner as well as partner similarity (both partners sharing the same interests likes and dislikes) (Peplau & Crochran, 1981; Schreurs & Buunk, 1996). Research findings regarding the difference in sexuality between homosexual and heterosexual couples have found that homosexual couples engaged in sexual activity more often than heterosexual couples (Rosenzweig & Lebow; 1992)

A twelve year study conducted by the Gottman Institute, on same-sex relationships have found that some of the difference which exist between homosexual relationships and heterosexual relationships, tend to lean in favor of homosexual relationships, indicating more positive factors conducive of relationship strength and commitment (Gottman & Levenson, 2008). The study found that homosexual couples tend to use more humor in the face of conflict, remain positive after a disagreement and displayed less domineering behaviors towards each other, in comparison to heterosexual couples. It was however found that homosexual men were less likely to 'make up' after a disagreement than heterosexual men (Gottman et al, 2008). Nonetheless homosexual couples displayed higher levels of positive behaviors, such as lower levels of conflict as well as greater relationship quality, compatibility and intimacy than heterosexual couples (Gottman et al, 2008). While many of the above mentioned research findings have indicated that both heterosexual and homosexual relationships can yield strong and intimate relationships, it is important to note that, many homosexual individuals are unable to disclose their sexual orientation to others, for fear of being stigmatized and discriminated against. Many homosexual individuals face the problem of having to hide their relationships, causing them to feel constant fear of being discovered, as well as feelings of 'having something to hide' (Hill, 2001)

According to Kenrick, Keefe, Bryan, Barr and Brown (1995) homosexual men are similar to heterosexual men in terms of mate selection. Both heterosexual men and homosexual men do not place emphasis on the social status of their romantic partner, both heterosexual and homosexual men value high levels of sexual attractiveness and visual stimulation in a romantic partner or a possible romantic partner. It was also found that both hetero and homosexual men displayed interest in obtaining multiple sexual partners (Kenrick et al, 1995). However when examining how heterosexual and homosexual men negotiate a partners real or imagined infidelity, it has been found that heterosexual and homosexual men differ in their responses to infidelity. Homosexual men seem to find emotional infidelity much more threatening than sexual infidelity (Kenrick et al., 1995).

Various research conducted on homosexual males have found that sexual exclusivity is more of an exception than a rule. According to Blasband and Peplau (1985) research conducted on homosexual males have found that most homosexual males who were in long term relationships reported having an outside sexual partner. Furthermore research conducted by Peplau and Cochran (1981) found that 70% of homosexual males who were in a long term romantic relationship have at least once engaged in an act of a sexual nature with another male. According to Blasband and Peplau (1985) one possible explanation for the lack of sexual exclusivity in homosexual males, can be contributed to male sex-role socialization. Males often value sexual relations to a greater extent than their female counterparts. Therefore, it can be argued that in a male homosexual relationship both males have been socialized into favoring multiple sexual partners (Blasband & Peplau, 1985).

It was also found that the only instance where male homosexual couples preferred sexual exclusivity was in the presence of children, if a homosexual male couple has fostered a child, the exclusivity of the relationship acted as the glue which held the family together (Blasband & Peplau, 1985). Thus it can be argued that homosexual couples do not view sexual infidelity as a threat to their relationship as a result of male sex-role socialization, except in situations of fostering a child. Instead it can be argued that emotional infidelity represents a greater threat to the strength and continuation of the relationship. This could account for the lack of jealousy in regards to sexual infidelity and the increased amount of jealousy towards emotional infidelity which previously mentioned research has found. However it is important

to note that very little research has been conducted on the perceptions of romantic jealousy of homosexual males specifically in the context of infidelity.

Harris (2002) conducted a study that considered homosexual males and females as well as heterosexual males and females. In one part of the study, all four groups were required to imagine a hypothetical situation of infidelity with either a current partner, a previous partner, or a potential partner. The participants were then asked to identify which elements would be more upsetting to them, (1) imagining the partner trying different sexual positions with another person (indicative of sexual infidelity) or (2) imagining your partner falling in love with the other person (indicative of emotional infidelity). Harris (2002) found that the majority of the homosexual males (74%) chose the responses indicative of jealousy towards hypothetical situations of emotional infidelity to be more threatening than those of hypothetical situations of sexual infidelity. These results can be explained by the lack of sexual exclusivity in male homosexual relationships. Homosexual males might not find sexual infidelity as threatening, as they do not face cuckoldry (partner baring another male's offspring). Harris (2002) states that evolutionary psychologists have argued that romantic jealousy will rely on what a person will find threatening to their inclusive fitness. Thus, as research has indicated, male homosexual relationships are often non-exclusive and thus sexual relations with other males do not threaten the relationship between partners. The question arises as to how we can explain an increase in jealousy in when it comes to emotional infidelity. This research aims to explore the narratives of both heterosexual and homosexual males in terms of romantic jealousy in the context of infidelity.

2.5 Evolutionary Perspectives and Male Sexual Proprietariness Theory (MSPT)

-Evolutionary Perspectives

According to theorists of evolutionary psychology, the jealousy mechanism has developed as an adaption to the threat, which infidelity brings to individual reproduction (Schutzwohl & Kotch, 2004). Jealousy can develop in response to two different threats to individual reproduction these include, sexual infidelity and emotional infidelity (Harris, 2002). While infidelity presents a serious threat to individual reproduction for both men and woman,

evolutionary psychologists have argued that both men and woman develop feelings of jealousy for differing reasons.

According to Harris (2002), many evolutionary theorists (Buss, 1995; Daly, Wilson, & Weghorst, 1982; Symons, 1979) have argued that men experience jealousy towards sexual infidelity while woman are more inclined to experience jealousy in response to emotional infidelity. The reason underlying these gendered divisions is based on the belief that ancestral men were unable to ensure that the paternity of their offspring were in fact their own. Thus these ancestral men faced the threat of wasting time, energy and resources on another man's offspring. Women on the other hand faced the threat of losing valuable resources, required to raise their offspring if their partner was to fall in love with another female (Harris, 2002). Male Sexual Proprietariness Theory builds on this approach and has provided a means to understanding jealousy related homicide. Serran and Firestone (2004) state that many studies conducted regarding the motivating factors of homicide, jealousy was found to be the most pivotal motive (Wilson & Daly, 1994). In South Africa, 42% of female homicide victims in 2009 were murdered on the basis of jealousy (SAPS, 2009). The theory put forth by Daly and Wilson (1988, 1993) is built on the perspectives of evolutionary psychology, stating that male violence against women stems from the earlier threats to reproduction, which ancestral males had to face. Daly and Wilson (1988, 1993) argue that cross culturally and throughout history males have sought to control female sexuality.

It is important to note that evolutionary perspectives assume that men and woman in all relationships will become jealousy as a result of either the threat of cuckoldry (in the case of men) or the treat of shared resources (in the case of woman). Evolutionary perspectives assume this, even in the absence of offspring. Thus, evolutionary perspectives assume that even the unconscious possibility of offspring can evoke jealousy.

Evolutionary theory as well as MSPT provides us with a base for understanding male romantic jealousy over female's reproductive capacities. In the case of infidelity, men become unaware of the paternity of any children born from their wives and consequently they have potentially wasted time and resources on raising another man's offspring. While these two theories provide a means for understanding male-female romantic jealousy, they do not account for male-male romantic jealousy. This research paper will aim to build on these theories and provide a basis from which male-male romantic jealousy can be understood.

2.6 Attachment processes as an alternative explanation

Bowlby's (1969, 1973, 1980) attachment theory provides an alternative understanding, to those of evolutionary perspectives. Bowlby's (1969) attachment theory proposes that any given child's conception of self and his or her social worldview, is built on the effective bond between child and caregiver. Bowlby (1969) conceptualized the idea of a behavioral system which identified the attachment behaviors in infancy (such as crying, smiling, clinging and monitoring of caregiver/s) as biological functions which serve as protective mechanisms against predation. This provides a child with a sense of comfort during stressful times as well as enabling social learning.

Central to Bowlby's (1969) theory is the notion of an internal working model. Each individual's internal working model is made up of representations of repeated interactions and transactions with attachment figures. These representations function as heuristic models which guide the individual through the world of relationships and personality development (Mikulincer & Goodman, 2006).

Ainsworth (Ainsworth, Blehar, Waters & Wall, 1978) built on Bowlby's theory and proposed three types of infant attachment styles, a secure pattern and two insecure attachment styles (anxious-avoidant and anxious resistant attachment). Secure patterns of attachment are associated with a mother that is sensitive to the infant's communication signals, while the two insecure attachment types are associated with maternal rejection and unpredictability. While most children can be classified as either one of the three named attachment styles, there have been some children who do not seem to belong to any one category (Bowlby, 1988b). As a result, Ainsworth identified a fourth category termed disorganised attachment. According to Goldberg, Muir and Kerr (2000) disorganised attachment is characterised by unpredictable mothers, who provided care that is sometimes punitive and directing and at other times soliciting and care giving. According to Bowlby (1988b) once a specific attachment state is developed it generally remains unchanged. This is largely due to the fact that children are likely to be treated in the same way consistently, and thus the attachment becomes embedded in the individual.

In an attempt to translate Ainsworth's patterns of infant attachment onto adults, another prominent attachment theorist comes to light. It is important to note that these adult attachment styles, can be observed in adults without any previous history tacking regarding

child attachment relationships. The distinct patterns of adult attachment were identified namely Secure-autonomous, dismissive and pre-occupied. These categories of adult attachment are directly related to the infant/child attachment categories (Bertherton, 1992). Secure adults are categorized as being able to provide a detailed account of the prominent attachment figures in their lives and how they were affected by them, in good and bad ways. Secure-autonomous adults were also found to be more forgiving and compassionate (Main, 2000). Dismissive adults on the other hand were more likely to be parents of avoidant babies. They are categorized by a lack of acknowledgement of negative life events or conversely negative life events were viewed as being positive 'they made me stronger'. Hesse and Main (1999) added an additional category to the above three adult attachment styles, namely the unresolved/disorganised category. Disorganised adults are categorised as having lapses in reasoning and judgment, for example stating that a childhood thought resulted in someone's death (Hesse & Main, 1999).

Internalized attachment patterns play out throughout an individual's life manifesting in their relationships with others. Returning now to the topic of romantic jealousy it can be argued that romantic jealousy and attachment styles are interrelated. In its simplest form romantic jealousy arises as a result of an attachment style being threatened by a third party. Each attachment style can be associated with different expectations in romantic relationships, thus each attachment pattern can be associated with a different reaction to a possible relationship threat (Hart & Legerstee, 2010). Research conducted in this field has found that securely attached adults have a positive outlook on their romantic relationships, are able to resolve conflict efficiently (Pietromonaco, Greenwood & Barrette, 2004) and regulate emotions in a healthy way (Shaver & Mikulincer, 2007). On the other hand adults who developed insecure attachment styles have a negative outlook on relationships and tend to have negative relational adjustment (Mohr, Selterman & Fassinger, 2013).

Insecure attachment styles are said to be made up of two components namely anxious and avoidant insecure attachment. Anxious attachment is expressed through hyperactivating strategies such as constant assurance-seeking, chronic fear of abandonment and high distress. Avoidant attachment is expressed through deactivating strategies such as being uncomfortable with closeness and intimacy as well as having difficulty relying on others for emotional support (Mohr et al, 2013).

Large bodies of research on heterosexual relationship patterns have found that anxious and avoidant attachment styles are revealed in relationships when couples are faced with stressful, challenging and novel situations and/or in situations when becoming separated from or being in conflict with a partner (Feeney, 2008). Research findings have also indicated that attachment styles function in a dyadic manner in romantic relationships. In relationships where one partner displays avoidant attachment patterns the other partner displayed avoidant and anxious attachment patterns. Similarly it was found that one partner's anxious patterns were positively related to avoidant patterns in the other partner (Collins & Read, 1990). Some studies have also found sex difference when considering anxious and avoidant attachment styles. Avoidant attachment relationship outcomes were more prominent in men while anxious patterns were found to be more prominent in women (Feeney, 2008). It has been argued that these findings can be understood as displaying societal gender norms.

In men self reliance is valued whereas emotional connectedness is valued in women (Del Giudice, 2011). As mentioned previously avoidant attachment is expressed through deactivating strategies such as being uncomfortable with closeness and intimacy as well as having difficulty relying in others for emotional support (Mohr et al, 2013).

Very little research has considered attachment styles and romantic jealousy for homosexual couples. Mohr et al (2013) state that this can be explained by the assumption that same-sex romantic attachment should function in a similar fashion. According to Mohr et al (2013) Ainsworth (1985) argued that the only difference between homosexual and heterosexual couples is that the former is socially sanctioned. The few attachment studies that have considered homosexual relationship and attachment patterns have found that lesbian couples displayed higher levels of avoidance and lower levels of anxiety in comparison to gay couples (Ridge & Feeney, 1998). Research findings have also indicated that gay and bisexual men display high levels of abandonment anxiety as a result of restrictive male sex-roles (Brown, 1995; O'Neil, 2008) or higher rates of sexual non-exclusivity in male couples (Peplau, Fingerhut & Beals, 2004).

From the above mentioned it can be argued that heterosexual men are assumed to display avoidant attachment styles in romantic relationships, and thus display an avoidance of intimacy when faced with relationship difficulties such as romantic jealousy and infidelity. It can also be expected that avoidant heterosexual men might place an increased emphasis on

positive outcomes in the face of a negative situations like romantic jealousy and infidelity. When considering homosexual men, two opposing positions are presented, where either homosexual men will express similar behaviors as heterosexual avoidant men or conversely homosexual men might display anxiety patters based on the abandonment, high rates of sexual non-exclusivity and restrictive male sex-roles. This research will aim to explore the manifestations of the theoretical assumptions of both attachment theory and evolutionary theory regarding romantic jealousy in the context of infidelity.

Chapter 3: Research Methodology and Ethical Considerations

3.1 Research Design

This research has adopted a qualitative approach. In order to fulfill the aim of this study, this research adopted an intersubjective ontology and an interpretivist epistemology within a narrative paradigm. An intersubjective ontology refers to a shared understanding, taking into account that one's position is based on reference and that it is socially mediated through interaction (Anderson, 2008). Interpretivism agrees with an intersubjective ontology and assumes that realities are not fixed but rather multiple, fluid and constructed, and furthermore that knowledge is a result of the negotiation between the observer and the participant (Borelli-Montigny, 2010). The interpretive epistemology relies heavily on naturalistic methods such as interviews, in order to ensure an adequate dialog, which can be used to collaboratively construct a meaningful reality.

3.2 Sample and Sampling

The sample consisted of 10 participants, 6 self-identified heterosexual English-speaking males and 4 self-identified homosexual English-speaking males, who were all over the age of 18 and from the general population in Johannesburg. The mean age of the heterosexual participants was 25, and the mean age of the homosexual participant was 26 years. The combined mean age of the participants was 25.4 years. The participants were selected from the greater area of the South of Johannesburg. The researcher's decision to sample men from Johannesburg was related to convenience and ease of access to participants. These participants have all experienced romantic jealousy in response to the real or imagined infidelity of a romantic partner. Given the relatively sensitive nature of this study (in that participants were required to re-tell the story and experience of the real or imagined infidelity), only individuals who felt that they would not become particularly upset by being interviewed in this regard were included in the sample for this study.

This research utilized purposive snowball sampling as its primary sampling mechanism. Essentially, the researcher relied on 'word-of-mouth' by approaching a number of peers and

asking them if they could give the researcher's email address to individuals who met the sampling criteria and who were interested in participating in this study. Thus, the researcher received emails from individuals who were interested in participating in this study, and via these emails exchanged cell phone numbers and engaged in some discussions that informed the individual as to the nature of this study, whereby the researcher ascertained whether or not the individual met the sampling inclusion criteria. The researcher arranged a time that was convenient to both parties to meet after which the researcher commenced with the interview session.

3.3 Data collection tools

Data was collected through the use of a semi-structured interviews which was administered by the researcher. The semi-structured interviews consisted of a number of open-ended questions. The open-ended questions included questions on the experience of infidelity which the participants had, how the participants felt in response to the infidelity, how the participants have dealt with their partners infidelity as well as how it affected the relationship. The open-ended nature of semi-structured interviews allowed participants to respond genuinely and spontaneously rather than being forced into certain answers (Marks & Yardley, 2004). The semi-structured interview consisted of a list of clear questions, this list was flexible in that the researcher could have added any questions, which become appropriate or necessary, and furthermore this allowed participants to go as in-depth as they wished, without being constrained by the questions asked (Greenstein, Robert & Sitas, 2003). Semi-structured interviews allowed any ambiguity in the questions to be clarified while the interview was taking place (Greenstein et al, 2003). The semi structured interview questions were centered on the topic of romantic jealousy in the context of either real or imagined infidelity.

3.4 Data collection procedure

Once ethical clearance had been obtained from the University of the Witwatersrand Ethics Committee, the researcher pursued the sampling technique and procedure as indicated previously. Interviews were set-up at the convenience of the researcher and participants, however; all interviews were conducted on the premises of the University of the Witwatersrand. This was done in order to limit any risk to the researcher's personal safety, and also ensure that the interviews could be conducted in a private room whereby the

participants did not have to be concerned at their responses could have been over-heard by any near-by individuals (as compared to a public setting).

Each participant was called by the researcher two days prior to their preferred interview date and time in order to confirm their attendance. Participants were met at a central meeting area within the University of the Witwatersrand. The participant were then be escorted to the building where the interviews took place. Upon arrival each participant was given a participant information sheet, an informed consent sheet and permission for audio recording, which they were then required to read and complete. The participants were informed to retain their information sheet and to contact the researcher in 2014 to obtain the summary of the research findings. Each participant was offered some refreshments. The interviews were held in a pre-booked private interview room building at the University of the Witwatersrand. Each interview took no more than 35 minutes to complete.

3.5 Data Analysis

The main qualitative approach which was used is narrative analysis. Narrative analysis makes use of among others, interviews as units of analysis, which allow for an understanding of the ways in which people create meaning in their lives as narratives. Narrative analysis is a holistic approach which preserves context and allows listeners of narratives to feel as sense of shared history and group identity. Narrative analysis also allows for culture and tradition to be both transmitted and preserved (Reis & Judd, 2000). The researcher understood narratives as either being progressive (goal directed) or regressive (goal avoidant). A progressive narrative unravels a specific end point and a regressive narrative is restricted and unbound to a specific end point (Gergen & Gergen, 1986). Narratives can also take on three different structural forms, including a comedy structure, happy ending structure and a tragedy structure (Gergen & Gergen, 1986).

Through this understanding of narratives the researcher identified each participant's narrative structure. These structural identifications were used to enrich the understanding of romantic jealousy for these participants. Aligned with the narrative analysis the researcher also made use of a structural and thematic content analysis, in order to allow for a more in-depth analysis of the participant narratives.

As mentioned previously data will be analyzed using a thematic content analysis. According to Reis and Judd (2000) themes are the most important units of data analysis. Themes are used to categorize the participant responses into different categories. Once data collection has taken place the researcher will, read and re-read all transcribed interview data. Once the interviews have been read through several times the researcher will begin to develop certain themes, based on commonalities which arise from the transcribed data. These themes will be focused on the research topic.

Once the researcher collected and transcribed all the data, the data analysis took place. Each interview was read and re-read to ensure that the researcher was familiar with the data. When exploring the data the textual transcriptions were seen as revealing the cognitive structures of the event. Thus focus was placed on plots, themes and coherence. The underlying argument of this approach was that the units within the narratives of the participants function as templates to fit the story particulars. According to Bamberg (2010), narratives follow a flow, a narrative starts with an orientation in which the narrator transports the listener to the then and there situation, in which the event occurred. The orientation is followed by a complication or crisis, in which the event or action which is the centre of the narrative is subjectively unfolded, and then projected into a specific resolution or failure thereof. This then leads to the coda or the closure in which the audience is taken back into the here and now situation. It is important to note that during the narrative the narrator is actively trying to make a specific point, in so doing they may be trying to apologize or gain empathy from the audience. These aspects were focused on when analyzing the data.

3.5.1 Theoretical Assumptions

While no specific, theoretical perspective was used to frame the narratives of the participants in this study, it can be said that an understanding of these narratives will be based in the perspectives of both evolutionary theory and attachment theory. These perspectives were utilized as a means to identify whether evolutionary perspectives and attachment theory could provide a means to understand the narratives of the participants.

3.5.2 Structural analysis

As mentioned previously a narrative analysis is usually constructed in terms of two parts, these parts include a content analysis and a structural analysis. For this research report these two parts will be combined in order to develop a coherent representation to the participants narratives.

Structural Analysis

In the structural analysis of this research paper, the researcher attempted to develop a structure to the events which the participants experienced. The researcher identified the progress or regress of the participants' narratives. During the structural analysis the researcher identified certain constructs which the participants made use of. These constructs were then used to develop an overarching structure to their narratives.

Narratives are typically constructed in three different forms these forms include a progressive narrative, a regressive narrative and a stable narrative (Gergen & Gergen, 1986). A progressive narrative refers to a narrative in which there is a steady progress toward an end goal (note that this goal might not be known), a regressive narrative on the other hand is, involves a continuous movement away from the specific end point which the participant identified. A stable narrative refers to a narrative in which the participant remains unchanged by the incident (in this case the incident would refer to infidelity) (Gergen & Gergen, 1986).

It is important to note that not all narratives comply to these forms, some narratives may become more complex and merge different narrative forms. (Gergen & Gergen, 1986). Certain mergers between forms of narratives have been identified as belonging to the following three types, these types include the tragedy narrative, the comedy narrative and the happy-ending narrative. The tragedy narrative involves a narrative in which a progressive narrative is followed by a rapid regressive narrative, in such a narrative the participant might start their narrative off in a positive light however the ending of the narrative is not as positive, as the story line takes a regressive turn. The happy-ending narrative involves a narrative in which the participant experiences a progressive movement to an end goal followed by stability. In this case it can be said that a happy-ending narrative starts and ends on a positive note, whether or not the end goal was achieved. A comedy narrative refers to a narrative in which the participant experiences a regressive start, however steadily progresses towards a positive ending. (Gergen & Gergen, 1986) For the purpose of this study a focus will be placed on happy-ending, tragic and comedy narrative structures.

Thematic analysis

As mentioned previously for the purpose of this research, a narrative analysis combined with a thematic content analysis was conducted. The thematic content analysis section was comprised of themes identified from the participant narratives. In order to identify these themes the research read and re-read the transcribed interview data. The researcher then developed some understanding of the commonalities within each narrative. Once this understanding was exhausted the researcher began to note the central elements of each of the participant narratives. Once this was completed the researcher recorded a list of themes and linked them to the events of each of the participants narratives. Once this was completed the findings were presented in the result and discussion section of the report.

3.6 Ethical Considerations

Various steps were taken to ensure that all ethical principles were taken into account. Firstly and formerly, the faculty code of ethics was reviewed and all ethical considerations mentioned within were taken into account. The Human Research Ethics Committee (non-medical) was approached in order to obtain the necessary ethical approval for conducting the research. The research only commenced after ethics clearance had been obtained. The participants of the study were fully informed in regards to what their participation consisted of as well as their obligations and responsibilities. Participants were also made aware of the fact that their participation in the research is voluntary, and that there would have be no positive or negative consequences associated with their participation or non-participation.

Participants were informed that they are free to withdraw from participating in the research at any time, without any consequences. The participants were also informed that they have the right to not answer any interview questions if they did not feel comfortable. To reduce any concerns that the participant might have had regarding the confidentiality and anonymity of their responses, the participant were assured that no identifiable information from will be recorded on the interview transcriptions or included in the final research report and that that only the researcher and her supervisor will have access to the raw data. The transcribed data and notes from the interviews are stored on a password protected document of a private computer owned by the researcher. The audio data is stored in a locked drawer at the researcher's residence for the duration of the study and will be destroyed after the researcher

has graduated and any manuscripts (that result from this study) have been accepted for publication.

The participants were asked to keep the participant information sheet as it offers the contact details of the researcher, including cell phone numbers and e-mail address, so that the participants could contact the researcher one year later to obtain a one page summary of the study's findings and/or if they require any additional information or assistance regarding this study. In addition, the contact details of free counseling services were provided to the participants, should any participant feel any distress as result of participating in this study. It is unlikely but not impossible that some distress might arise due to the types of questions asked within the interview, however the researcher did stipulate to all participants that they should not take part in the study if they did not wish to unpack past or present relationship issues which might be distressing. The participant information sheet read as if permission to participate had already been given due to the fact that the researcher and participant had contact prior to the interview. Participants signed a letter of informed consent for participation and audio recording of the interview to show that they had read and understood the requirements and aims of the study. Due to the fact that the research made use of audio recording equipment, anonymity could not be guaranteed.

The completed research is reported in the form of this research report to the Psychology Department and the University of the Witwatersrand. This final report will be read by the researcher's supervisor and an external examiner for the purposes of assessing the report for degree purposes. A hard copy of the research report will be kept in the University library, which can be accessed by all university academic staff and students. Furthermore the research report might be published in a psychological journal.

Chapter 4: Results and Discussion

4.1 Introduction

This research focused on the narratives of homosexual and heterosexual adult men from Johannesburg, South Africa regarding their experiences of romantic jealousy in the context of either real or imagined infidelity. Semi-structured interviews were conducted with ten men, six self-identified heterosexual males and four self-identified homosexual males. The discussions of the semi-structured interviews, revealed these men's narratives of their experiences with romantic jealousy. While each of their stories was unique and presented their ways of understanding and dealing with infidelity, it can be said that some underlying similarities and differences were found to be present in each of their stories. These underlying patterns will be discussed in the section below through looking at each of their individual stories.

The individual stories will be discussed in the frame of a narrative analysis, which will be aided by a structural analysis and a thematic content analysis. The first part of this chapter will focus on the structural components of the individual stories of the heterosexual male participant's narratives; this will be followed by examining the themes which emerged from these heterosexual participant narratives. Following from the discussion of heterosexual male narratives, heterosexual male's narratives will be discussed, firstly by examining the structural components of their narratives and then an exploration of the themes that emerged from their narratives, in consideration of the theoretical assumptions of evolutionary perspectives as well as attachment theory on romantic jealousy

i) Disclaimer

Two aspects have been identified which are related to the theoretical models which will be utilized in this section. These two aspects are highlighted here for clarificatory purposes. The first aspect which is important to note relates to evolutionary theory. Evolutionary

perspectives place an emphasis on the existence of offspring, it is important to note that these perspectives assume an unconscious drive related to the need to produce offspring. Evolutionary theory thus suggests that any male would become jealousy in situations where either their real or imagine paternity is threatened (Harris, 2002). None of the participants in this study had offspring, and therefore it is important to keep in mind that, these participant from an evolutionary perspective are operating on the basis of unconscious drives, related to the potential of offspring. While it can be held true that this aspect presents some room for critique, specifically related to the 21st century context in which this study takes place.

The second aspect of this section which is important to note, relates to attachment theory. . While attachment theory has outlined infant attachment patterns on the basis on observations of different interactions between the infant, the mother, and stranger, it can however be argued that adult attachment styles, can be observed in adults without any previous history taking regarding child attachment relationships. Adult attachment theory suggests that adult attachment styles can be observed through single reports regarding their interactions with a partner or a potential partner (Feeney, 2008).

4.2 Structural analysis of heterosexual male narrative

As mentioned in the methodology section of this report, narratives can either be progressive (goal directed) or regressive (goal avoidant), whereby a progressive narrative unravels a specific end point and a regressive narrative is restricted and unbound to a specific end point (Gergen & Gergen, 1986). Furthermore, narratives can also take on three different structural forms, including a comedy structure, happy ending structure and a tragedy structure (Gergen & Gergen, 1986). Identifying these underlying structural components of the participant's narratives can be used to further understand how jealousy is constructed and understood as a lived experience.

As discussed in the literature review, jealousy seems to be an innate human experience (Harris, 2002). This is something which all participants in this study could identify with. All participants, both homosexual and heterosexual felt that jealousy is something that can be felt in any relationship. Keeping these components in mind, a structural analysis of each participant's narrative will now follow.

4.1.1 Participant P1: Kevin

Participant P1, who will hereafter be referred to as Kevin, is a 28 year old heterosexual male. While he is currently in a long term relationship, he recalls many instances of infidelity in his past. Kevin however, points out that one of his most painful experiences of jealousy and infidelity occurred in his previous relationship. Kevin and his ex-girlfriend Chantal had been dating for almost two and a half years when their relationship started to dissolve. Kevin explains that he had always been faithful to Chantal, but that she had not always been faithful to him. According to Kevin their relationship was good,

“The first like year it was good, like obviously you happy with the person and all that stuff, you start growing with each other and all that stuff and you start growing with the family”.

The relationship, however; started going through some difficulties when Kevin started to go out with his friends more often. Kevin points out that it was only after he found out that Chantal was cheating on him that he had started to spend more time with his friends. Kevin’s change in his social behavior started to make Chantal feel jealous and suspicious as to whether or not Kevin might be cheating on her.

“...she started cheating on me. Which is kind of like, ja opposite, she’s jealous of me cheating on her but she’s cheating on me. And she hasn’t even met the guy, the guy was in the UK. It was her little brother’s best friend’s brother. It was very like twisted. So then after that I said it’s over. Once.”.

Something, which is interesting about Kevin’s words in this extract, is that while Kevin throughout the interview provides details in terms of Chantal’s infidelity, it seems that Chantal did not physically/sexually cheat on Kevin. He states that *“she hasn’t even met the guy, the guy was in the UK”*, indicating that Chantal might have engaged in romantic conversation with the other man rather than engaging in sexual behavior with him, thus indicating that Kevin experienced emotional infidelity. Kevin states that for him emotional infidelity is the worst kind of infidelity: *“sex is not cheating, it could be an emotional thing... she’s falling in love with someone else that hurts”*. He states that emotional intimacy with a person is what grows a relationship; it is what a relationship is built on,

“...but I’m not that physical I believe that a relationship is more obviously emotion, and the sex and the physical part is just a bonus, but it’s also a growing part of it so why must sex

always be more than emotional, like I like going to museums, cuz I like walking my dogs, physical stuff like like, I like going out doors and stuff I believe you can grow also in that essence where your hiking together your helping each other get up on the mountain whatever, I know its random but its growing together”

The above statement reveals that Kevin’s non-heteronormative, in terms evolutionary perspectives, experience of sexual infidelity as more threatening than emotional infidelity. Evolutionary theory states that in the case of infidelity men become unaware of the paternity of any children born from their wives and consequently they have potentially wasted time and resources on raising another man’s offspring, and thus would be more likely to feel threatened in situations of sexual infidelity. As mentioned in the literature review while evolutionary perspectives place an emphasis on the existence of offspring, it is important to note that these perspectives assume an unconscious drive related to the need to produce offspring. Evolutionary theory thus suggests that any male would become jealousy in situations where either their real or imagine paternity is threatened (Harris, 2002). It can thus be argued from an evolutionary perspective that Kevin should not have become romantically jealousy, as Chantal did not exhibit sexual infidelity. Kevin’s jealousy towards Chantal’s emotional infidelity thus does not conform to the principles of evolutionary theory.

After Kevin found out that Chantal was cheating on him he explains he started to break contact with her, *“I started to treat her like rubbish, like I don’t want to see you, I blocked her of Facebook, I blocked her of everything and she started trying getting back together with me”*. Chantal’s attempts were, however; in vain and the relationship dissolved. Kevin says that he felt frustrated and sad, *“So it’s like a lot of sadness, irritation, angry, ja emotional rollercoaster there”*. Kevin’s behavior indicates avoidant attachment patterns, as he is expressing his uncomfortability with closeness after being faced with the difficult situation of infidelity. He also does not mention confronting Chantal, with his feeling regarding her infidelity thus it can be argued that he is does not rely on her for emotional support. This is all characteristic of an avoidant attachment style.

Kevin acknowledges that Chantal's infidelity might not have been the only determining factor of the negative turn in their relationship. He states that he they both were very young and in different developmental stages. Chantal was finishing her Matric and Kevin was in his second year of university. He also explains that it was both his and Chantal’s first long term

relationship; this had been a first time encounter for both of them in terms of sex and love. It was the first time he had experienced jealousy and all its accompanying emotions of anger and frustration,

“she was my first, she was my first as well and she was my first long relationship so it the first time that you come up with those emotions, it the first time you deal with those emotions because obviously you’ve connected, cause were we both our firsts so you’ve connected with this person physically and it's your first time that your connecting emotionally to a person”.

Kevin does, however; say that he has learnt a lot from this experience and sees only growth. Kevin’s emphasis on growth can also be characteristic of an avoidant attachment pattern, as it is characterized by viewing a negative life event as being positive.

Kevin is currently in a relationship with his girlfriend Megan, who he has been seeing for seven months and feels that his past experience with Chantal has taught him what he wants out of a relationship, which includes communication and trust.

Kevin states that he and Chantal are still friends and often engage in conversation. Kevin highlights the importance of communication in a relationship; he thinks that if he and Chantal had a more open line of communication that the jealousy, anger and pain, which they experienced, could have been avoided. Through communication, he feels that Chantal’s infidelity might not have taken place.

From the structural analysis above, it can be said that Kevin’s narrative reflects the structure of a happy ending narrative. While his and Chantal’s differences caused emotional distress in terms of experiencing the above mentioned negative emotions, in the end both partners have moved on and still maintain healthy relationships with their new partners as well as with each other. Kevin states that he has experienced positive personal growth from the experience and that he has not experienced any lasting negative consequences from his experience with infidelity.

4.1.2 Participant P2: Thabiso

While Kevin’s narrative depicts that of a happy-ending narrative, participant P2’s narrative is less positive and can be seen as representing a tragedy narrative. Participant P2, who will hereafter be referred to as Thabiso, is a 23 year old heterosexual male. Thabiso has not been

in a relationship since he broke up with his previous partner Gill, as their relationship was characterized by jealousy and infidelity. Unlike Kevin who reported that his and Chantal's relationship was strong and happy initially, Thabiso and Gill's relationship seemed to be less positive. Thabiso simply states that, *"I'd like to think it was okay"*. This statement reflects a sense of sadness. It was noted in observations during his interview that Thabiso's face was particularly expressive, revealing his emotional state as he retold his experience of romantic jealousy. The corners of Thabiso's mouth are turned down, his forehead wrinkled in a frown as he says these words, expressing his discomfort with dealing with his loss of love. Thabiso seems to be portraying the story of a fallen hero, as he tells his story of how he found out that Gill had been unfaithful.

"She got mugged so I borrowed her my phone. And then when she returned my phone, actually she was quite hesitant to bring it back on that day and she already had a new phone, cause I was like why can't you give it now, you know... and I actually found like messages between her and this guy."

Thabiso explains that he felt very hurt and betrayed,

"I'm mean obviously like you, like you feel betrayed, you mad cause you're thinking I also had opportunities, worst part is like I borrowed her my phone in a time of need and then it comes back with such, I mean what the hell. So obviously I just feel, feel sad. I think betrayal was the worst, like I never pictured her, like I never accepted it. You know like there's certain type of people, you know what I'm saying... it was like very frustrating"

Thabiso indicates that, for him, the worst part about this whole experience was that of experiencing betrayal, having his trust broken and being lied to, especially as he expresses that he too had opportunities to be unfaithful but chose not to indulge in these opportunities. Thabiso points out that for him having Gill fall in love with someone else was hurtful, she was still a virgin and he assumes that her infidelity was on an emotional level. He explains that he found it difficult to connect with Gill emotionally after she had betrayed him,

"she can't be trusted like I mean now I can't let my guard down, I have to keep my guard up, anything can happen, so I can't really be emotionally invested in the relationship anymore".

From the Thabiso's words above it can be said that broken trust was the main concern when it comes to Gill's infidelity. The breakdown of his trust was for him the defining feature of their relationship's termination. Similarly to Kevin, Thabiso states that when he first started to feel jealous, his behavior started to change towards Gill. He started to become distant towards her,

"I just cut of all contact ja like ja, spent like a long time without even speaking or texting her or replying her or answering any of her calls, I just cut all contact ja, cuz I just couldn't, ja I was just afraid of what I might say."

Unlike Kevin, who punished his girlfriend by cutting off contact with Chantal (at least initially), Thabiso had other motivations for discontinuing contact with Gill. For him, it was not about punishing Gill but rather to avoid further emotional distress. He was afraid that he would say something to Gill, which would confront her about the infidelity, which could have resulted in both his and her feelings being impacted in a negative sense.

It can also be said that Thabiso, similarly to Kevin is expressing an avoidant attachment style. He is unable to resolve the difficulty with Gill and would much rather avoid any closeness to her, thus expressing the use of deactivating strategies.

While both Thabiso and Kevin reported the same behavioural response to their initial reaction of jealousy, they do also show significant differences. Kevin tried to distract himself from his feelings by occupying as much of his time with work and other activities. Thabiso on the other hand decided to go looking for multiple partners, which he referred to as rebounds, *"I immediately went for a rebound"*. Thabiso does not explicitly state that these rebounds were of a sexual nature. It can, however; be noted that his tone of voice was elated and excited while he was explaining the use of rebounds as a means of compensating for his relationship loss. Furthermore, while Kevin reported that he does not think he will experience the same level of jealousy again, Thabiso states that he now expects his trust to be broken and, therefore; becomes jealous easily. With sadness in his voice, Thabiso says *"That's why I haven't trusted anyone again"*. This statement provides another indication of his avoidant attachment patterns. As mentioned in the literature review avoidant attachment styles can be indicated by a negative outlook on relationships and a tendency to have negative relational adjustment, all of which was displayed by Thabiso's lack of viewing any future relationship as being trusting.

Thabiso states that he recognizes his own part in the breakdown of the relationship, he highlights how he did not spend as much time with his girlfriend as he would have liked to. While Thabiso does take ownership of his part in the breakdown of the relationship, it can be said that his comments regarding future relationships reflect that he might be harboring jealousy as part of any relationship he enters. It can be argued that Thabiso finds it difficult to trust women in general, viewing women as sisters of Gill, who will ultimately all betray him. It is because of this that Thabiso's narrative reveals a tragedy structure. Thabiso may be forever doomed to be a victim of the Gills-of-the-world's infidelity.

4.1.3 Participant P3: Jayson

Participant P3, here after referred to as Jayson, is a 23 year old heterosexual male. He is currently single but is reminded of his previous girlfriend when he thinks about infidelity and jealousy. Jayson talks about a time when he was in a relationship with Samantha. Jayson and Samantha had just started embarking on a relationship and decided on being mutually exclusive, when he discovered that Samantha was not going to be faithful to him. Jayson recalls that he went out one night with a group of friends to a dance club, when he saw Samantha at the same club; *"I saw her chatting to this guy but it was quite flirtatious and all that"*. Jayson explains that he felt hurt and jealous,

"I was already getting invested like emotionally so for me it was one of those "I thought she was mine" type of things. So now I'm feeling a bit hurt and a bit jealous because, why am I not good enough?"

Jayson's above statement reflects his negative mood state when thinking back to his experience of infidelity. Jayson and Samantha's relationship seemed to have started on a less than positive note as he reflects that,

"it was quite on and off again, she was very unpredictable and I didn't really how to contextualize how we were at any point of time even before that incident, afterwards it ended up even crazier."

While their relationship might not have been as strong as the other participants' relationships, Jayson reported similar feelings of betrayal and confusion,

“It was kind of sharp pain to put it that way, like I was betrayed type of thing. Mostly hurt and betrayed... little anger but some confusion as well.”

Jayson also says that when he first started to feel jealous he decided not to talk to Samantha. He decided that it would be best if he avoided her for the time being, and rather spend time with his friends. This pattern of avoidance is also seen through the narratives of Kevin and Thabiso and similarly can be argued as indicative of an avoidant attachment style, this will be discussed further in the discussion section of the report.

Unlike the previous two participants, Jayson felt that for him it would have been more acceptable for Samantha to have fallen in love with someone else rather than to engage sexually with someone else. He explains that if *“it was something like a casual hook up or casual sex I mean that it would be more of a deal breaker for me”*. Jason states that it would be more acceptable and understandable if she had fallen in love with someone, which he sees as something, which is out of the individuals control whereas having sex with another person can be avoided and is less of an acceptable reason to put the relationship at jeopardy. Kevin and Thabiso seemed to be in disagreement with Jayson, as they both felt that it would be worse if their partners were to fall in love with another man, as that would be more destructive to the relationship. Jayson’s response seems to be in agreement with evolutionary perspective’s understanding of sexual infidelity as more threatening. However it can be said that his argument does not align with those of evolutionary perspective, which argue that sexual infidelity threatens paternity.

Jayson similarly to the other two participants, states that he recognizes the role which he played in the whole experience. He explains that he might have placed pressure on the relationship at a premature stage, as he has always wanted to be in a long term relationship. Jayson also points out that he has had difficulties in the past with jealousy, *“I’ve experience jealousy and has caused shit before.”* This statement reflects Jayson's narrative as a tragedy, whereby he sees his past as being filled with infidelity and thus, it can be inferred that his future will too. Jayson is currently still single and has reported not being able to enter into a relationship for the past three years. Jayson’s negative outlook on relationships and his inability to form any relationships for the past three years can be used as an indication of an avoidant attachment style.

4.1.4 Participant P4: Pieter

Pieter is a 28 year old heterosexual man, his experience with jealousy and infidelity has caused him to become unable to trust any potential partners. It has been five years since his last relationship. Pieter recalls that he and Emma, his ex-girlfriend, had a difficult relationship, which lasted for six years.

“All relationships have good and bad times. Sometimes things were rocky, parents were also involved that added more complications. I don’t think I ever felt secure.”

Pieter cannot recall one specific event of infidelity in their relationship, but states that her working environment played a crucial role in the development of his jealous feelings,

“My ex she used to work at, I was quite young at that time I guess, news cafe, and of course at news cafe people use to hit on her all the time.”

It is can also be said that Pieter’s statement reflects an important aspect, which can be related to the previous participant’s narratives, and that is the issue of age and youth. Kevin, Thabiso and Jayson have also referred to age as an explanatory factor to infidelity. This will be unpacked in the thematic analysis section of the report.

Pieter points out that he did not have any proof of his suspicions of Emma’s infidelity, rather he explains that his jealousy might have resulted from his poor self image and personal insecurities, *“I guess it could reflect insecurities about how I felt and maybe these guys were rocking up in their BMW with the gold chains and white shirts and their watches”*. Pieter’s emphasis on the physical characteristics of his rivals can be linked to some elements of evolutionary theory. He explains how men compete for women’s affections though resources, *“amongst males we always strive to be the Alpha male. So if a guy comes that has more money or security their parents aren’t making stories.”* It can be argued that Pieter’s statement taps into evolutionary understandings of jealousy, Pieter’s statement indicates some understanding that women are attracted by men with resources. As mentioned in the literature review, women seek resources in order to care for their offspring, thus the more resources a man has available the more appealing it becomes to bear his offspring (Harris, 2002).

Pieter, much like Kevin and Thabiso, felt that it would be worse if Emma was to fall in love with one of these men that he describes above. As this would prove his inferiority and would

decrease his already low self image. Pieter explains that the more money or resources a man has the less problematic the relationship would be. This it can be said stems from his inability to care for Emma financially. This aspect of Pieter's conception of self can also be linked to evolutionary perspectives understanding of romantic jealousy.

Another aspect in which Pieter is similar to the other participants is that he also feels that the worst part of the whole experience was the dishonesty and betrayal. Pieter does however highlight another issue which has come up in the other participants' narratives and that is the issue of lack of communication. For Pieter the lack of discussion between him and Emma around the topic, made the situation more unbearable, and created a bigger distance between him and Emma. Compared to the other three participants Pieter was the only participant who said that he had confronted his partner on numerous occasions regarding his thoughts of infidelity. He does however highlight that these discussions only resulted in temporary relief from the jealous feelings and usually only revolved around reassurance of trust. This is in contrast to many of the other participants, who did not confront their partners about their infidelity or suspected infidelity. It can be argued that this type of behavior is present in anxious attachment styles where hyperactivating strategies such as constant assurance-seeking, chronic fear of abandonment and high distress are present. Pieter is constantly seeking assurance from Emma in order to ascertain that the relationship is secure.

Pieter's story reflects that of a tragedy in which he is unable to trust again. He has not entered into a relationship because of this and has now been single for several years.

4.1.5 Participant P5: JP

JP is a 25 year old heterosexual male who is currently single. JP recalls his very first long term girlfriend. He explains how they had a connection from the start, but later goes on to say that their connection had been built on lies, which she had told him to impress him

"...our relationship was quite good in the beginning but I think I mean she was quite immature so when we first met she said certain things about herself that were untrue".

JP does not talk much about his ex-girlfriend Lyndal's infidelity; however, it does seem to have been the root of their relationship problems. JP talks about visiting Israel after he finished Matric, at the same time Lyndal went to Egypt. When Lyndal came back she had adopted a new set of religious principles, which were different to his. She also admitted to

sleeping with one of her friends while on the trip. JP states that he was not affected by this but rather by the fact that she could not talk to him and tell him what was really bothering her, or whether she was unhappy in the relationship. Here the trend of lack of communication becomes present again. It can also be argued that this statement presents a counter understanding to evolutionary perspectives on infidelity. JP's statement highlights the aspect of autonomy, implying that humans have the capacity to make decisions regardless of their biological driving force. If we are biologically driven by hereditary forces, as evolutionary theories suggest then there would be no room for emotions such as unhappiness in a relationship to impact upon infidelity, as JP is suggesting.

"I was disappointed and upset and frustrated I think is the word I want to use. Why couldn't she just tell me what was going on? Why did she play these games?"

JP seems to be avoiding any indication of jealousy, however, when asked how Lyndal's infidelity affected him, he stated that he felt, "*a little bit angry but not too angry. A little bit upset and quite confused really. Didn't know what I did wrong*". From this extract, it can be said that JP was quite hurt by Lyndal infidelity. He also later on states that Lyndal had kissed one of her female friends and pretended like it was nothing, and that he felt that she should have at least talked to him about it beforehand.

"My reasoning was like I wanted to be enough for her and I couldn't understand why she needed to kiss her friend that girl".

From JP's narrative, it can be argued that for him like most of the other participants, emotional infidelity was more upsetting than sexual infidelity. JP is able to rationalize Lyndal's sexual infidelity as a phase or as immaturity, but seems to struggle with her emotional detachment from him. He places a lot of emphasis on the changes she made such as her shift in religious beliefs. He also talks quite a bit about how he can notice that the "chemistry" between them is no longer there. For JP religion and their previously shared religious beliefs was a defining characteristic to their connection, and what their relationship was built on. This is evident from the beginning of JP's narrative as he explains that he had liked her because of her atheism, which he later felt she lied about. JP experienced the foundation of their relationship to have been built on deception and for JP, as soon as the deception became know, infidelity occurred.

“I could tell she wasn’t into it. I mean you can tell so the chemistry wasn’t there anymore. There was another guy that was a friend of hers... I just think she picked him over me”. This statement reflects the tragedy of JP’s narrative. He felt love for Lyndal, but Lyndal became disinterested in him and chose another partner. JP seems to be very avoidant of feelings of jealousy and instead focuses on trying to intellectualize the infidelity, thus making it less devastating.

JP’s avoidance of his feelings of romantic jealousy is a felt through his narrative. It can be argued that JP is expressing an avoidant attachment style as he is trying to remain self-reliant, and withholding his emotions, thus indicating an inability to rely on others for emotional support. JP had voluntarily approached the researcher to participate, stating that he had heard about the study from a friend and felt that he fit the selection criteria, however during the interview JP expressed that he had not experienced romantic jealousy. JP did not disclose any information regarding the difficulties he had faced during his experience with infidelity. He has not entered into a relationship after Emma and has been single for the past 6 years. It can be argued that JP’s narrative reflects that of a tragedy, a man avoiding the betrayal of a first love, unable to move on.

4.1.6 Participant P6: Sam

Participant Sam is a 23 year old heterosexual man. He is currently single and has no future plans for a relationship. He explains that he had been hurt by his previous ex-girlfriend Nadia, who had fallen in love with another man. Sam states that he and Nadia had a good relationship,

“It was a good relationship at the end we just like became friends like so we lost like the love we had”.

From Sam’s discussion of their relationship, it seems that he was not the one who wanted to end the relationship. In fact, Sam seemed to experienced a high level of jealousy when he saw Nadia out with her new boyfriend, four months after they had broken up.

“The worst aspect was probably like not being able to stop the thought process that came into my head, so sometimes I would feel that depression when I think about things we did in the past or if I was doing something like everyday like studying or something I wouldn’t want that thought come into my head. So sometimes I couldn’t stop it from coming in like that

wasn't a cool part about it. The worst I think is that unpredictability you don't know when the thought is going to come into your head."

Sam's narrative much like the other participant seems to be reflecting that of a tragedy. Sam seems to be longing for the emotional closeness he had with Nadia, and now he is left trying to keep his mind busy so that he does not feel the sadness associated with the loss of his partner. His jealousy towards seeing Nadia with another man after they broke up, seemed to reinforce his pain and loneliness. It can be argued that for Sam the worst aspect of his jealousy is that Nadia is now emotionally connected to another person, proving that he is no longer part of her life.

Sam much like the other participants' indicates how a lack of communication made the situation worse. He describes how he confronted her assuming that she did not know he was jealous, without considering the possibility that she might know what he was thinking, he explains that he wanted her to react how he wanted her to react without considering her standpoint,

" I reacted first of all like try to speak to her. So should I give a reaction? The reason I did that was probably to get her to understand how I feel, but she already knew. I didn't know that she already knew that it was quite like ignorant and self centred at the time. So how I reacted was to try get her to speak to how I feel without me knowing that she already knew."

Sam unlike any of the other participants so far, felt that he had never experienced jealousy before explaining that his jealous feelings *"came as a huge surprise. I never experienced them before so they were surprise"*. Sam also gave the impression that he does not think that he will experience them again. This could be attributed more to him not wanting to experience hurt again.

4. 2 Emerging themes for heterosexual participants

4.2.1 Avoidant Attachment styles and lasting consequences of jealousy and infidelity

All heterosexual participants' with the exception of participant Kevin had not entered into a relationship after their experience of infidelity. All participants with the exception of Participant Sam, felt that they had experienced jealousy before. All participants' with the exception of Participant Sam felt that they could imagine experiencing jealousy again

This can be attributed to the attachment style of the participants. Almost all participants with the exception of participant Pieter, displayed behaviors associated with avoidant attachment styles. Participant Pieter was the only participant to display anxious attachment behaviors. As discussed in the literature review adults who developed insecure attachment styles have a negative outlook on relationships and tend to have negative relational adjustment (Mohr, Selterman & Fassinger, 2013). Thus accounting for these participants' inhibition to entering into new relationships. Avoidant attachment is expressed through deactivating strategies such as being uncomfortable with closeness and intimacy as well as having difficulty relying on others for emotional support (Mohr et al, 2013). It can be argued that these participants might have face difficulties developing an intimate bond with their previous partners, and once they did develop closeness to their partners their trust was broken and their avoidance reinforced. These findings are consistent with previous research findings in that avoidance relationship outcomes were more prominent in men (Feeney, 2008).

4.2.2 Effect of infidelity on relationship

All of the heterosexual participant's relationships ended as a result of infidelity. Four of the participants; participants Kevin, Thabiso, JP and Sam felt that the relationships they were in started off well, but then ended as a result of infidelity. Two participants, namely Jayson and Pieter felt that the relationships they were in were somewhat rocky in the beginning but also ended as a result of their partner's infidelity. According to (Shackelford & Goets, 2012) when the jealousy mechanism is activated, it causes a number of emotional and behavioral responses, these responses act as protective factors, which aim to punish its transgressor/s in order to prevent future occurrences. In the instance of these relationships the transgressors were punished by terminating the relationship, thereby preventing any future occurrences of infidelity. This is also in agreement with what evolutionary perspective which similarly holds true that the jealousy mechanism has developed as an adaption to the threat, which infidelity brings to individual reproduction (Schutzwohl & Kotch, 2004).

4.2.3 Emotional infidelity as worst aspect of experience

All participants, with the exception of participant Jayson, felt that emotional infidelity is worse than sexual infidelity. Thus they saw themselves as experiencing more jealousy towards their female partner falling in love with another man. This was mainly attributed to

the negative effect that the emotional infidelity had on the duration of the relationship. It was perceived that if a partner was to fall in love with another man, the relationship would inevitably end, as they would no longer be a suitable mate for their partner.

These findings are in contradiction to what evolutionary theories have proposed. According to Harris (2002), many evolutionary theorists (Buss, 1995; Daly, Wilson, & Weghorst, 1982; Symons, 1979) have argued that men experience jealousy towards sexual infidelity while women are more inclined to experience jealousy in response to emotional infidelity. The reason underlying these gendered divisions, is based on the belief that ancestral men were unable to ensure that the paternity of their offspring thus facing the threat of wasting time, energy and resources on another man's offspring. As mentioned in the literature review previous research conducted by Harris (2002) also indicated that the gendered division of romantic jealousy is not as clear cut as evolutionary perspectives have suggested.

It is however important to note that almost all participants with the exception of participant JP experienced emotional infidelity, this might indicate the reason they felt that emotional infidelity was more detrimental to the relationship, as all of these relationships ended after the incident of emotional infidelity. Participant Jayson was the only heterosexual male participant to state that he would find it more devastating to experience sexual infidelity even though he himself had experienced emotional infidelity. His reasoning was that emotional infidelity would cause the relationship to end inevitably, however he felt that it was a justifiable reason for the relationship to end, whereas sexual infidelity would mean that the relationship would end for an unjust cause as nothing would be gained besides for a once-off sexual experience.

4.2.4 Behavioral responses to infidelity

All participants made some reference to the role that lack of communication played in the development and continuation of feelings of jealousy. All participants felt that their jealousy affected their behavior. Two participants, namely participant Kevin and Thabiso stated that their jealousy led them to avoiding their partner, ignoring their calls and attempts of communication. The rest of the participants confronted their partners. It can be argued that Kevin and Thabiso's behavioral responses to infidelity are highlighting their attachment styles

As mentioned in the literature review romantic jealousy and attachment styles are interrelated. In its simplest form romantic jealousy arises as a result of an attachment style being threatened by a third party. Each attachment style can be associated with different expectations in romantic relationships, thus each attachment pattern can be associated with a different reaction to a possible relationship threat (Hart & Legerstee, 2010). Insecure attachment styles are said to be made up of two components namely anxiety and avoidance. Anxious attachment is expressed through hyperactivating strategies such as constant assurance-seeking, chronic fear of abandonment and high distress. Avoidant attachment is expressed through deactivating strategies such as being uncomfortable with closeness and intimacy as well as having difficulty relying in others for emotional support (Mohr et al, 2013).

All participants with the exception of participant Pieter expressed avoidant attachment styles. Kevin and Thabiso more so than the other participants as they expressed their discomfortability with being close to their partner behaviorally, this also expressed their resistance to seeking emotional support through not confronting their partners in order to work through their thoughts and feelings regarding the infidelity.

The fact that all participants, with the exception of participant Pieter expressed avoidant attachment styles is in accordance to past research findings which indicated that avoidance relationship outcomes were more prominent in men (Feeney, 2008). It has been argued that these findings can be understood as displaying societal gender norms, in men self reliance is valued whereas emotional connectedness is valued in women (Del Giudice, 2011).

Participant Pieter was the only participant who did not experience actual infidelity, he instead perceived his partner to be cheating on him, he was the only participant to have confronted their partner who then provided some relief from the temporary jealous feelings, through reassurance that there is no external threat to the relationship. It can be argued that participant Pieter displayed anxious attachment patterns as he made use of hyperactivating strategies such as constant assurance-seeking, chronic fear of abandonment and high distress.

4.3.5 Tragedy and infidelity

All participants with the exception of participant Kevin, portrayed tragedy narratives. Kevin was the only person to have expressed his positive attitude towards his past relationship as

well being able to maintain a current relationship thus his narrative portrays that of a happy ending. It can be argued that the tragedy which the rest of the participants face can be linked to their avoidant attachment types. Only one participant, participant Pieter did not fit the criteria for avoidant attachment style rather Pieter presented with anxious attachment style. As mentioned earlier adults who developed insecure attachment styles have a negative outlook on relationships and tend to have negative relational adjustment (Mohr, Selterman & Fassinger, 2013). All participants with the exception of participant Kevin, found it difficult to enter a new relationship based to their past negative experiences, it can be argued that their negative past experience are being projected onto possible future experiences, thus holding negative outlook on all relationships.

4.3 Structural analysis of homosexual male participants

4.3.1

Participant R1: Chris

Chris is a 23 year old homosexual male; he is currently single and has not been in a relationship for six years. Chris attributes his inactive romantic life as a result of his previous relationship which ended as a result of romantic jealousy and infidelity. He and his previous boyfriend Mitchell seemed to have a good relationship. They had met through a friend and immediately started to enjoy one another's company.

“we uhm got together through a friend actually and we just really really hit it off really really well”.

It can be noted that Chris’s repetition of the word “*really*” indicates just how interested Chris was in developing a relationship with Mitchell.

Soon after Chris and Mitchell started dating, they began to face some difficulties; they where both living in different areas and going to different schools, which made seeing each other very difficult.

“...circumstances were just very difficult for us, we went to two different schools uhm we had two different holidays, cuz he was in government school I was in private, so it really just was difficult to work out”

Nonetheless, Chris explains that when they eventually did get to see each other, the connection between them was strong. Even though they did not really get many opportunities to be together face to face, Chris explains that they talked throughout the day,

“we spoke a lot like all day everyday practically I mean we’d never even say good evening or good night we’d just leave off the conversation pick it up the next morning uhm we would share a whole lot of information with each other we were both academically inclined so we’d have a very intellectual conversations all of the time, we’d also had little skinner sessions about people”

Chris’s voice starts to falter as he begins to talk about Mitchell's infidelity, he says that he and Mitchell had only been dating for a few months when Mitchell told him that he had slept with another man. Chris says that he was heartbroken.

“he told me that he had slept with another guy so uhm I was absolutely devastated naturally, uhm uh ja and he actually bragged about it”

This statement reflects an interesting element of Mitchell’s deception. Chris points out that Mitchell is proud to have slept with another man, and brags about his infidelity. This aspect can be related back to some aspects of the literature, which indicates the perceived open nature of homosexual relationships.

After Chris had found out, he and Mitchell decided to continue with the relationship, but it didn’t last for long,

“I was still offended but I held him I such a high regard, still had a lot of feelings for him, I didn’t want it to end there, but the relationship went rather rocky and we decided that we’d be friends again and just stay friends and a couple of months later, after I had taken him to my matric farewell, he just started to get very very distant”

Chris’s choice of words reflects an interesting element of homosexual infidelity, which can also be linked to the previous point. Chris uses the word “*offended*” to describe his emotional

state, all the heterosexual participants chose words like betrayed, hurt and heartbroken, Chris uses these words along with offended, an addition which none of the heterosexual participants made. This can be linked to the increased acceptability of sexual infidelity in homosexual relationships. Harris (2002) states that evolutionary psychologists have argued that romantic jealousy will relay on what a person will find threatening to their inclusive fitness. Thus, as research has indicated, male homosexual relationships are often non-exclusive and thus sexual relations with other males do not threaten the relationship between partners. This is evident in Chris's case, where even though he was initially hurt by Mitchell's infidelity, he did stay in the relationship with Mitchell. Chris seems to be offended by Mitchell because Mitchell has had the audacity to have been unfaithful, and then even after Chris tried to move on, Mitchell was the one to want to dissolve the relationship.

Chris explains that he was devastated by losing Mitchell; he says that he is still suffering from depression and misses Mitchell on a daily basis. Much like participants Kevin and Sam who are heterosexual males, Chris tries to fill his time with his studies to distract him from the pain he feels for the lost relationship.

Chris says the worst aspect of the whole experience was the surprise of it all, he explains that it came "*completely out of the blue, and he didn't even have a reason for it*". Chris, however; states that what would be even worse was if Mitchell had fallen in love with the other man. That would mean that the love they shared meant nothing and was inferior to the love he shared with someone else. This reflects some of the research findings of evolutionary perspective, which has suggested that homosexual men seem to find emotional infidelity much more threatening than sexual infidelity (Kenrick et al., 1995).

Chris highlights that he gave Mitchell another chance and asked Mitchell to his Matric farewell dance. Mitchell however disappointed Chris by spending the night with one of his friend's partners.

"He ditched me and actually danced with him the whole night and I got stuck with her date. So (laughs) I think that was the next dipping point".

Chris states that he did not really see himself as a jealous person prior to this experience. He explains that his feelings of jealousy came as a surprise,

“I’d say it was a bit of a surprise, I honestly thought he was joking at first, so I felt a bit of jealousy that he would even joke about that and when I found out that he was really serious, it just honestly hit me so ja”.

It can be argued that because Chris seems to display secure attachment patterns as he is more forgiving and compassionate (Main, 2000), giving Mitchell a second chance and trying to resolve their difficulties. Research conducted in this field has found that securely attached adults have a positive outlook on their romantic relationships, are able to resolve conflict efficiently (Pietromonaco, Greenwood & Barrette, 2004) and regulate emotions in a healthy way (Shaver & Mikulincer, 2007). While Chris and Mitchell were not able to resolve their conflict it can be argued that Mitchell was the one who ultimately gave up, it seems as if Chris would have liked to be able to resolve the conflict and continue the relationship.

Chris says that since his experience he has had a lot of difficulty trusting others. He is jealous of not only romantic partners but also has become jealous and possessive over his friends.

I tend to get really jealous of my friends now, uhm I really do get jealous of my friends, because he’d driven wedges between us. He was a friend at a stage and uhm the depression that I still feel some nights from him.

Chris’s feelings of being unable to trust is taken to an extreme, and being expressed as a general mistrust of others. This resonates with some of the heterosexual male’s inability to trust after experiencing infidelity. Chris’s narrative reflects the structure of a tragedy. A first love lost to infidelity and betrayal, which has led to an inability to trust others.

2.3.2 Participant R2: Rodger

Rodger is a 27 year old homosexual male who is currently single but has had a number of relationships after his experience with infidelity. Rodger met Angelo while he was busy studying abroad, he and Angelo had similar interests and soon fell in love. While many of Rodger’s friends warned him about Angelo and his difficulties with remaining exclusive in the past, Rodger denied these allegations towards Angelo saying, *“you don’t want anything to disturb this love fantasy that you have created”.*

Rodger says that he had started to experience jealousy early on in the relationship when Angelo would “flirt” with other men, when they went out at night. Angelo would however put Rodger at ease by saying “*I flirt with other people but I go home with you*”. Looking back on the experience now, Rodger feels that Angelo manipulated him and that he was “*just a walking prostitute*”. This statement reveals Rodgers anger towards Angelo as well as depicting the inevitability of Angelo’s eventual infidelity.

Initially Rodger says the relationship was very good,

“I thought it was really good. Like he was the typical butch guy, Brazilian, Portuguese. He couldn’t really speak English so it was like a silent intimate sort of. In my mind, that was the fantasy I created. He always hugged me, like if I was on the couch come behind the couch and hug me and he would cook for me. I wasn’t staying with him at the time, I was working. After work he would call me and ask me little things like when are you coming. Just the interest that he showed was amazing. It was the first time that someone had shown that kind of interest to me. It was the typical foreigner with amazing acting.

The above extract highlights the role of fantasy. Rodger gives the impression that he had a fantasy of who Angelo was, thus giving the impression that he was unreal, a creation of Rodger mind. The fact that Rodger also point out Angelo’s acting skills, indicates that Angelo was unreal, that he was merely a actor playing a role in what turns out to be a tragedy. Rodgers use of words indicates his bitterness towards Angelo for dissolving his fantasy, and twisting it from a romantic affair with a foreign Brazilian/Portuguese man into a heart broken by a “*typical foreigner*”

Soon Rodgers visa expired and he had to return home to South Africa. Rodger was trying his best to get the required funds to go back to England to see Angelo. For six months, Rodger and Angelo were apart, however they spoke every day. Just before Rodger was able to go back to England, Angelo broke up with him. Rodger along with Pieter, was the only homosexual participant to experience jealousy with no real infidelity. Rodger says that Angelo broke up with him because he was too needy and clingy.

It can be argued that Rodger’s motivation for leaving Angelo can be indicative of Angelo’s possible anxious attachment style. Anxious attachment is expressed through hyperactivating strategies such as constant assurance-seeking, chronic fear of abandonment and high distress.

Such behaviors can be attributed to clingy and needy behaviors. If this is the case, it is important to note that Angelo's attachment style is in accordance with what past research has suggested. Research findings have indicated that gay and bisexual men display high levels of abandonment anxiety as a result of restrictive male sex-roles (Brown, 1995; O'Neil, 2008) or higher rates of sexual non-exclusivity in male couples (Peplau, Fingerhut & Beals, 2004).

While there was no perceived "real" infidelity in their relationship, Rodger explains that infidelity is a complicated topic within the gay community. While Angelo did engage in sexual activities with other men, it was not seen as infidelity by Angelo,

"...in the gay community it sort of is a thing that. I don't know it's like open, like anyone can fuck anyone or anyone can kiss anyone. Not always but it seems to but it seems to go to that. If you know what I mean. Long term relationships don't last, they start bringing in a third party or they start doing group sex or you know things like that"

Rodger however says that he often got jealous of Angelo staring at other men or flirting with them, and while he has engaged in group sex activities with Angelo he explains how there is always an element of jealousy present. Rodger highlights how a person always wonders whether a partner can find another person who they will enjoy more. This raises the notion of inadequacy, such as in the context of heterosexual relationships, several participants highlighted that they felt that they were inferior to the 'other' in some way. Another interesting aspect of Rodgers statement is that of the idea of group sex in homosexual relationships. Since there is no infidelity jealousy should not be a resulting emotion. However as Rodger points out that romantic jealousy is an emotion which cannot be excluded and which is always present. This challenges previous literature and research conducted on homosexual relationships. According to Blasband and Peplau (1985) one possible explanation for the lack of sexual exclusivity in homosexual males can be contributed to male sex-role socialization. Males often value sexual relations to a greater extent than females. Therefore, it can be argued that in a male homosexual relationship both males have been socialized into favoring multiple sexual partners (Blasband & Peplau, 1985). Thus romantic jealousy would not be as evident, this is however not the case as Angelo suggests.

In relation to Rodgers discussion of jealousy and group sex, Rodger talks about how he had nightmare about Angelo kissing other men,

“I can remember i had nightmares of him kissing someone else. I mean still up until this day (I was 19, 20, 21) I still have that I miss him and think that he is the one”.

It is interesting to note that Rodger describes his dream about Angelo kissing another man as a nightmare. This highlights the importance of intimacy in relation to sexual behavior. It can be said that Rodger is indicating a concern of Rodger being intimate with another man.

Rodger says that for him, it would have been heartbreaking to think of Angelo being physically intimate with another man, but it would be worse if he had fallen in love with another man. He explains it as, at that time he was so in love with Angelo that he could not bear with the thought of losing him, and if Angelo had fallen in love with someone else it would mean just that, that he would lose Angelo. As mentioned in the discussion of Chris, it is proposed by evolutionary perspectives that homosexual men find emotional infidelity more threatening, thus Rodgers response indicated agreement with this.

It can be said that the dissolving of the relationship while not linked directly to the presence of infidelity, can be linked to Rodgers feeling of jealousy towards Angelo's perceived infidelity. Rodger states that when he first started to feel jealous he asked Angelo many questions, nagging him almost,

“I started nagging, asking questions sort of questions like his whereabouts, actions. Just sort of sparks of distrust.”

This distrust grew as Rodger was forced to move back to South Africa, he called Angelo everyday for six months and in the end it was because of this that the relationship ended according to Rodger,

“He felt that I was overwhelming lover because I called everyday for six months when I was in South- Africa trying to him I miss him. I was very naggy and needy.”

The above quotations indicate that Rodger might be expressing an anxious attachment pattern. As mentioned previously anxious attachment is expressed through hyperactivating strategies such as constant assurance-seeking, chronic fear of abandonment and high distress, these behaviors are indicated by the above quotations. Further this can be seen as being in

compliance to previous research findings suggesting that gay men are more likely to display anxious attachment behaviors.

Rodger recognizes the role that his jealousy played in this situation; he hopes that in the next relationship he will be in control of his emotions. Rodger does however state that jealousy from him will always be a part of every relationship.

“I think jealousy is healthy up to a point. I mean there must be point zero something but the trust should sort of you know? Be the conqueror.” Thus statement reveals the tragedy of Rodgers past romantic narratives and possibly his future romantic narratives. He sees jealousy as always being present, he does however express some hope that it will be overcome by trust.

2.3.3 Participant R3: Desmond

Desmond is a 28 year old homosexual male, who has not been in a relationship since his last relationship, which ended as a result of infidelity. Desmond and Grant's relationship seemed to be doomed from the start as Desmond states that he has always had difficulties with jealousy, ever since he was a young child. He recall the root of his jealousy as stemming from an incident, which occurred when he was younger,

“my father’s a very jealous person and he sort of switched me off of that and I almost, my parents got divorced when I was younger because of jealousy. Ja I wanted attention from my mom and one of her guy friends, well, pushed me aside and said no, I went to go tell my dad and they got into a big fight over this ja so since then I like find jealousy as something very mean and as an emotion I try to avoid ja.

While Desmond is stating that he tries to avoid jealousy, it seems that he is often jealous, and it can rather be said that he tries not to show his jealousy to others.

“...that relationship was fine in the beginning it’s just until jealousy, like I never show jealousy from my side”

Desmond and Grant's relationship ended as a result of jealousy. Desmond states that Grant betrayed him and lied to him throughout their relationship. He recalls that while the relationship was quite short, only lasting three months, it was filled with jealousy and lies.

Desmond recall the night when the relationship started to breakdown completely. It was Desmond's 21st and he had decided to have a party at his house to celebrate. Grant apologised to Desmond and said that he wouldn't be able to make it as he had work obligations. Desmond was hurt but understood however on the night of the party Desmond and his friends decided to go to a club instead. Desmond did not inform Grant that he and his friends had decided to go to a night club instead of his house, and was shocked to find Grant at the club with another man. Grant saw Desmond and immediately left, after the incident the relationship ended.

"...when I came to the club guess who was there with another guy you know all smootchy and what what what so sort of hurt me and I felt I felt hurt"

This incident was not the only incident which made Desmond to become jealous. Desmond talks about another incidence where his friend hinted that he and Grant wanted to get physically intimate.

Desmond says that the worst part of the whole experience was the betrayal and the lies.

"when I saw them they were all hand in hand with each other and all lovey dovey and I think that's what, it was a shock to see him not being where he said he was and then he was actually at the club enjoying himself and he could even be at my birthday my 21st birthday... I felt betrayed, I felt belittled uhm I felt humiliated uhm (pause) I felt crushed in a way you know, he made me feel like the one and then meanwhile I wasn't, I was just the one night stand and ja it made me feel crushed, belittled and betrayed"

Desmond discusses that he feels that it is difficult in the gay community to trust a partner, as sex is fairly easy to come by, this is similar to what Rodger has pointed out. Desmond states that it is common for gay couples to have open relationships, in which couples can engage in group sex, however according to Desmond this creates problems as jealousy is unavoidable,

"I don't believe in open relationships that (sigh) happens so much in the gay community, but even in open relationships there's a lot of jealousy uh among partners because there's always a person whose in a threesome or five-some it doesn't matter the person finds the one partner more attractive than the other and then and then you look and you're like this guy is having incredible sex with my boyfriend you know. And I've been in threesomes and four-somes ..."

who are you fooling that jealousy is still there, people in relationships are jealous of each other and ja you get the people who say my boyfriends not allowed to have sex with someone else if I'm not there yet in their mind their having an open relationship”

This statement can be seen as representing similar views regarding groups sex in the homosexual community, as those of Rodger. Indicating that while group sex is considered acceptable in homosexual communities, it is not free from jealousy. This can be linked to findings of past research mentioned in the literature review and will be discussed in the discussion section of the report.

Desmond states that he can imagine himself experiencing those emotions again; he feels that his jealousy did not come as a surprise, while he doesn't want to feel jealous he imagines that he will and sees it as an unavoidable emotion. Desmond was one of the only participants who was not surprised by the level of jealousy experienced. Desmond's response to his jealousy was however similar to the other participants' responses. When he first started to feel jealous, Desmond says that his first reaction was to avoid the situation. He explains that when he saw Grant and the other man, he made eye contact and then immediately went to the bathroom, when he came back they were gone.

Desmond says that while he learnt a lot from the experience, he feels that he now has even less trust in other potential/future partners,

“...it made me trust people less and less I find it difficult to totally and fully just trust someone you know I would have to be very suspicious to those.”

Desmond's narrative much like most of the other participants' narratives, reveals a tragic structure, in which Desmond finds himself a victim of jealousy. Desmond's struggles with jealousy are rooted deeply not only within his romantic narratives but also his life narrative. While this might suggest some link to the innate capacity towards jealousy it can also be linked to Desmond's suspected avoidant attachment style. Desmond seems to view relationships negatively and as always falling victim to jealousy.

2.3.4 Participant R4: Bryan

Bryan is a 26 year old homosexual male, who is currently in a long term relationship. Bryan talks of a time when he was dating his ex-boyfriend Mark. Bryan explains that he had never experienced such jealousy before. He and Mark went out to a local Portuguese festival (Lusito Land),

“...it was probably about 7:00 in the evening and we were watching an act on stage like a band or something, and I mean we both had probably a lot to drink so that already predisposed us to that ...but and I saw him kind of like dancing with another guy, it was more like showing off, my ex used to do yoga and he was showing of this like one thing he does in yoga but the problem is it requires somebody else to hold you and I saw this in my kind of half drunk state and I was like no no no , it upset me very much and ja it kind of uhm I got really furious with him... I get back and there he is dancing with some guy and I m just like no no no, and I flew into a bit of a rage like no what the hell you doing and I went up there and shouted at him and there was something, and it did kind of get nasty you know uhm and we actually broke up after that.”

Bryan explains that it wasn't just the fact that Mark was dancing with another man that upset him but it was the way they were dancing,

“...was more the fact that it was intimate contact you know what I'm saying he was like doing this thing you know where you like bent over backwards almost like gymnast can do that right, but it's almost like he needed someone to hold him and this guy was holding him around his waist you know what I'm saying and it was kind of like the bottom half of their bodies were touching and I was like mmm no that kind of set me off.”

From the above extract it can be said that Bryan seemed to have been intimidated by their physical connection. The closeness of their bodies made Bryan concerned. It can be argued that it was not only the physical closeness that was upsetting to Bryan, but also the history of jealousy in the relationship. Bryan explains that throughout the relationship, he felt insecure about Mark's fidelity. He had often felt jealous, thinking that Mark was having an affair.

“I think it was something about, for me I never really trusted my ex that much anyway and it was always more of a sexual thing I be worried about that he was going to sleep with other people”

“I always worried like when he’s not with me what is he doing and my fantasies where always inferably like a sexual thing, Oh he’s sleeping with somebody. “

While Bryan admits to experiencing jealousy before, he explains that there was something about this relationship that just made him extremely jealous and overly suspicious that Mark was being unfaithful. Bryan explains that in his current relationships, there are no such problems. This trend, which Bryan is eluding to, that jealousy is not internal to the individual, but rather a product of external forces such as age, seems to have followed through from various participants. Most participants agreed that there was something about the time in their life that made the situation worse or even brought it about. This is suggesting contradictory understanding to those presented by evolutionary perspectives, suggesting that jealousy is not innate but rather context dependant. While it is important to note that innate underpinnings cannot be inferred from one statement, it can however be argued that Bryan’s understanding of jealousy indicates that he feels that jealousy is not necessarily always a result of infidelity, rather he is suggesting that certain contextual considerations can account for the development of feelings of jealousy.

Bryan explains that he and Mark were living in different areas, he was in Johannesburg and Mark was in Pretoria. Thus, he says they did not get to spend as much time together as they would have liked to.

Bryan, like Desmond , states that sex is very easy to come by in the gay community,

“I suppose in the gay environment or our world sex is easy to come by, like the same in the straight world but in the gay world it accepted that sex is easy to come by.”

From Bryan’s above statement it can be said that a comparison is made between heterosexual and homosexual relationships in terms of sex. Bryan is making a statement saying that sex is easy to come by for both homosexual and heterosexual people, however it is seen as more acceptable for homosexual men to engage in ‘easy sex’. However it can be argued that while Bryan is making this claim he is also contradicting it, by not accepting Mark’s enactment of a sexual act with another person. This link with what previous homosexual male participant have said, regarding the unavoidable jealousy that is present even when consensual agreements are made regarding participation in sexual acts with other men.

Bryan, similarly to the other participants, recalled that the worst aspect of the whole experience was the pain and anger that came with infidelity and jealousy. Bryan however highlighted a different feeling, and that is feeling of shame. Bryan says that for him, dealing with his own feelings of guilt was the worst aspect of the whole experience. Bryan points out that Mark made him feel like he did something wrong instead of the other way around. Bryan also talks about the shame he felt, for being so jealous and letting his emotions control his behaviour,

“I was ashamed that I could be that jealous.”

Bryan is not alone in his feelings; many of the other participants have noted that they had never expected such jealousy from themselves. Bryan was also not alone, in feeling that his behaviour was controlled by his emotions.

All the participants that took part in this study pointed out that their emotions were affecting their behaviour to a great extent. It can be said that most of the heterosexual participants stated that they became distant towards their partner, avoiding them and breaking of contact. All of the homosexual participants on the other hand reported behaviours involving confrontation of their partners. It can be argued that this can be related to the differing norms regarding the acceptance of sexual behaviours with people other than their partners. As seen from previous discussions heterosexual relationships view sexual acts with someone other than a partner as being ground for dissolving the relationship while homosexual relationships are more flexible and open to sexual acts with persons other than a partner.

Bryan also points out that the only thing that brought him relief from these jealous feelings was reassurance. He explains that he would confront Mark about his suspicions of infidelity; Mark would then reassure him that he has nothing to worry about. Bryan says this provided him with temporary relief from his feelings. This reassurance was often accompanied by some type of intimate interaction between Bryan and Mark, either physical or emotional. Bryan however states that the reassurance, which Mark provided only lasted for a short time before the cycle of jealousy started again. However, Bryan states that the relationship reached a point where Mark started to avoid Bryan,

“I had these moments of jealousy, for whatever reason so whether it was conscious or unconscious, and then I start to think and ruminate and then it gets worse and worse. Till

eventually I'm sulking and then he doesn't talk to me, he then talks to other people, which then makes my jealousy worse and worse. So my feelings most defiantly affected my behaviour"

Bryan's behavior as depicted in the above extracts is indicative of an anxious attachment pattern. This is indicated by his constant assurance seeking, fear of abandonment and high levels of distress.

One thing which Bryan has in common with another participant is that of the conceptualisation of the rival. While all participants, with the exception of Bryan and Rodger, had no imaginary rival in their mind regarding the personality or physical characteristics of the rival. Both Rodger and Bryan highlighted how the rival seems to be making up for all the characteristics which they lacked, this can be seen through Bryan's statement that,

"...he was fairly good looking he was quite muscular, based on his physical characteristic my evaluation was that he was somewhat better than me because of how he looked."

This aspect of both Rodger and Bryan's narrative links to evolutionary theory's perspective on romantic jealousy. This will be unpacked to a greater extent in the following section. Bryan's narrative reveals that of a happy ending, even though Bryan had experienced a difficult time during Rodger's and his relationship, he seems to have grown from the experience and is able to reflect on his own behavior, he is also currently in a long term relationship which he says is very strong.

3. Emerging themes for Homosexual Male Participants

3.1 Anxious attachment patterns and the lasting impact of jealousy and infidelity

Only one out of the four homosexual participants, participant Bryan, has been able to enter into a relationship after their experience with infidelity and romantic jealousy. This can be linked to an anxious attachment style, two of the four homosexual participants displayed anxious attachment style as well as an inability to develop a lasting relationship after experiencing romantic jealousy and infidelity. It can be argued that the high levels of distress and abandonment anxiety could have caused them to view relationships as negative thus

making them resistant to entering into new relationships. Research findings have also indicated that gay and bisexual men display high levels of abandonment anxiety as a result of restrictive male sex-roles (Brown, 1995; O'Neil, 2008) or higher rates of sexual non-exclusivity in male couples (Peplau, Fingerhut & Beals, 2004). It can be argued that these research findings are in agreement with the narratives of the homosexual participants of this study.

This does however not apply to participant Chris as he displayed secure attachment patterns yet was unable to develop a relationship since his experience of infidelity and romantic jealousy.

3.2 Emotional and Sexual infidelity

Two of the four homosexual participants, namely participants Chris and Desmond, experienced romantic jealousy in the case of actual infidelity. Rodger and Bryan experienced romantic jealousy in the case of imagined infidelity. Chris and Desmond both ended the relationships after they had been made aware of the infidelity, while Rodger and Bryan's relationships ended as a result of the repercussions of jealousy, thus their partners were frustrated by the accusations and ended the relationship on these grounds. Rodger, Desmond and Bryan highlighted that sex is very easy to come by in the gay community, and while many gay partners have open ended relationships, jealousy is still present. Rodger and Bryan both felt that the rivals which they imagined their partner with, represented all that they are not, the characteristics they focussed on were more physical. This links in with their fear of their partners engaging in acts of a sexual nature with other men. Desmond felt that it was the humiliation of being cheated on that was the worst aspect of the experience. Desmond is a self confessed jealous person and it can be argued that any kind of infidelity would be threatening to him. Chris on the other hand, feels that sexual infidelity would be worse as it would mean that the relationship would end for an insignificant reason.

All the homosexual male participants felt that their jealous emotions affected their behaviour. Bryan highlighted how his actions were out of his control and purely as result of his jealousy. All the other participants are in agreement with this statement, as well as agreeing that the more out of control their behaviour became the more jealous they started to feel which then increased the control which their emotions had on their actions.

3.3 Bilateral nature of emotional and behavioural responses

Past research has found that for heterosexual couples avoidance relationship outcomes were more prominent in men while anxious patterns were found to be more prominent in women (Feeney, 2008). It has been argued that these findings can be understood as displaying societal gender norms, in men self reliance is valued whereas emotional connectedness is valued in women (Del Giudice, 2011). Research findings have indicated that gay and bisexual men display high levels of abandonment anxiety as a result of restrictive male sex-roles (Brown, 1995; O'Neil, 2008) or higher rates of sexual non-exclusivity in male couples (Peplau, Fingerhut & Beals, 2004). Suggesting that homosexual males are more inclined to anxious attachment styles. This is evident when considering that almost all participants with the exception of one participant, participant Desmond, approached their partners for reassurance and emotional support. These behaviors were often experienced by their partners as expressing clingy and needy behaviors. These behaviors can be understood as resulting from a need for emotional support from their partners.

4 Emergent themes for both hetero- and homosexual males

4.1 Jealousy - A natural part of any relationship

As mentioned earlier for Kirkpatrick (2005) jealousy acts as an adaptive mechanism, which identifies cues in the environment, which indicate a partner's real or imagined infidelity. This can be seen through all of the narratives of the participants, for example; Bryan felt that the combination of ease of access to sex in the gay community combined with the distance in his and his ex-boyfriend's residential locations, indicated for him that his partner was or would be unfaithful. The same goes for participant Pieter, who felt that his ex-girlfriend's workplace made her susceptible to the lure of wealthy men who she had to work with. As mentioned previously it was also found that all participants, with the exception of Participant Desmond, admit to feeling jealousy but felt that it was an unfamiliar feeling to them, and that they understand it as resulting from external factors or because there was something about the relationship that they felt triggered their jealousy.

4.2 Emotional and behavioural jealousy responses

When the jealousy mechanism is activated, it causes a number of emotional and behavioural responses, these responses act as protective factors, which aim to punish its transgressor/s in order to prevent future occurrences. Many negative emotions and behaviours are associated with romantic jealousy, including embarrassment, guilt, sadness and anxiety, as well as suspiciousness, coldness towards the partner, brooding and negative thoughts about their partners and their relationship (Gilbert, Fiske & Lindzey, 1998). These aspects came through in the narratives of both heterosexual and homosexual men. It can however be said that there was a clear distinction between participants who experienced jealousy in the case of real infidelity and jealousy in the case of imagined infidelity. For participants who experienced jealousy in the case of real infidelity, their ex-partners were punished by their withdrawal from the relationship. All participants who experienced real infidelity recalled that they had started to avoid their partners, and then eventually ending the relationship. For participants who experienced jealousy in the case of imagined infidelity, it can be identified that they attempted to find evidence for their suspicions, through asking constant question about their partners whereabouts or constantly confronting their partners with their suspicions, in all such cases the partner ended the relationship.

As identified in the literature there are many negative emotions are associated with romantic jealousy, including embarrassment, guilt, sadness and anxiety, as well as suspiciousness, coldness towards the partner, brooding and negative thoughts about their partners and their relationship (Gilbert, Fiske & Lindzey, 1998). These emotions identified in the literature came up in all of the participants' narrative of their experiences. However most of these emotions were more prevalent in cases where participants experienced romantic jealousy in the case if imagined infidelity. These participants identified their suspiciousness, anxiety and brooding thoughts towards their partners presumed infidelity such as in Bryan's case, who told of his preoccupation with his partner being unfaithful, and his anxiety towards that. Bryan also identified his guilt feelings, for being so jealous, as well as his feelings of shame for letting his emotions control his behaviours to such extent that he over reacted to a situation involving his partner and another man, which eventually led to their break up. For

participants who experienced actual infidelity, they recalled feelings of anger, frustration and betrayal. All of the participants who experienced real infidelity reported that these emotions were the worst aspect of the whole experience.

4.3 The lasting effects of infidelity: A narrative of tragedy

All heterosexual participants with the exception of participant Kevin had not entered into a relationship after their experience of infidelity. The same can be said for all the homosexual males with the exception of participant Bryan. All participants both heterosexual and homosexual, who had not entered into a relationship after their experience with infidelity (real or imagined), related it to the development of their inability to trust potential future partners. For heterosexual participants this was attributed to the avoidant attachment patterns, and for homosexual participants this was attributed to anxious attachment patterns. Both these types of attachment patterns are classified under the term insecure attachment. This can account for the lack of new relationship development for both heterosexual and homosexual participants, as insecurely attached individuals have a negative outlook on relationships and tend to have negative relational adjustment (Mohr, Selterman & Fassinger, 2013).

This can also account for the tragedy narrative structure which almost all participants displayed. Their tragedy was mostly related to an inability to develop any new relationships after their experience with infidelity. When understanding these participants as being insecurely attached it can be argued that it is their negative outlook on relationships, both past and potential relationships, which is holding them back from developing new relationships.

4.4 The 'nature' of romantic jealousy

Only one participant out of all the participants, namely participant Desmond, admitted that he is a jealous person, and that his feelings of jealousy came as no surprise to him. The other participants recognised their jealousy but felt that it was an unfamiliar feeling to them, and that they understood it as resulting from external factors or because there was something about the relationship that they felt triggered their jealousy. It can be argued that this element links to the notion of the externalised nature of jealousy. As mentioned previously most participants felt that the jealousy they experienced can be attributed to external factors, thus eluding to the notion that jealousy is not something which is internal to them, but rather as being caused by an external event or context such as youth.

4.5 Termination of relationships

All relationships, both heterosexual and homosexual, have ended as a result of either jealousy in the case of real infidelity or as a result of jealousy in the case of imagined infidelity. Heterosexual participants; Kevin, Thabiso, Jayson and JP as well as homosexual participants Chris and Desmond experienced jealousy in the case of actual infidelity. All four of these participants ended their relationships with their partners after having witness an act of infidelity. Participants Angelo and Sam (heterosexual) and Rodger and Bryan (homosexual) experienced jealousy in the case of imagined infidelity. Rodger and Bryan's relationships were ended by their partners who were reported as feeling overwhelmed by their partner's jealous feelings. It can thus be concluded that jealousy whether felt as a result of real or imagined infidelity, resulted in the termination of the relationships for both heterosexual and homosexual participants.

It can be argued that in the case of heterosexual participants, all participants ended their relationships based on infidelity. This can be related to their avoidant attachment styles which displays as an inability to maintain closeness or intimacy to a partner especially in conditions of stress. For the homosexual participants it can be said that most relationships ended as a result of their partner terminating the relationship this can be attributed to their anxious attachment styles which caused their partners to feel overwhelmed by their constant assurance seeking behaviours, fear of abandonment and high levels of distress.

4.6 Emotional infidelity as more damaging than sexual infidelity

All participants with the exception of Jayson, felt that emotional infidelity is worse than sexual infidelity. As discussed previously this can be attributed to the negative effect which emotional infidelity has on the duration of the relationship. It was perceived that if a partner was to fall in love with another man, the relationship would inevitably end, as they would no longer be good enough for their partner. In the case of the homosexual participants the impact of sexual versus emotional jealousy was harder to pinpoint this can be attributed to the open nature of most relationships within the gay community as well as participants reports that sex is more accessible in the gay community than in the straight community. However it can be

argued that three of the homosexual participants reported experiencing jealousy towards sexual infidelity. These three participants were participants Bryan and Rodger and Chris. Bryan and Rodger reported having experienced jealousy in regards to their thoughts of their partners engaging in sexual practices with other men. This seemed to be attributed to their perception that sex is easy to come by in the gay community. Rodger and Bryan were also the only two participant out of both the hetero- and homosexual participant, to have made judgments of their presumed rivals. Both Rodger and Bryan saw the rivals as possessing all the good qualities which they don't have, such as a strong and masculine appearance. Chris on the other hand felt that if his partner was to fall in love with another man it would be more acceptable that simply placing the relationship at risk for sex.

It is however important to note that almost all heterosexual participants with the exception of JP experienced emotional infidelity, this might indicate the reason they felt that it is more negative to the relationship, as all of these relationships ended after the incident of infidelity. In terms of the homosexual couples, it can be said that the two participants who experienced real infidelity, experienced sexual jealousy towards their partner sexual infidelity while the two participants who experienced imagined infidelity also experienced sexual jealousy, reporting that they constantly felt their partner was sleeping with someone else. Thus it can be argued that in the case of real infidelity the type of jealousy you feel can be linked to the type of jealousy you experience, while in the case of imagined infidelity it can be argued that the type of infidelity you imagine affects the type of jealousy you feel.

In the literature review it was discussed that it is the perspective of many evolutionary theorists (Buss, 1995; Daly, Wilson, & Weghorst, 1982; Symons, 1979) that heterosexual men experience jealousy towards sexual infidelity, as this threatens their paternity to their potential offspring. Homosexual men on the other hand have been found to be more inclined to experience emotional infidelity (Harris, 2002), as they do not face the risk of cuckoldry which heterosexual men face. However the narratives of the participants in this study indicated otherwise. All heterosexual participants, with the exception of participant Jayson, felt that emotional infidelity is worse than sexual infidelity. As discussed previously this is based on the negative effect which emotional infidelity has on the duration of the relationship. It was perceived that if a partner was to fall in love with another man, the relationship would inevitably end, as they would no longer be good enough for their partner.

In the case of the homosexual participants the impact of sexual versus emotional jealousy was harder to pinpoint this can be attributed to the open nature of most relationships within the gay community as well as participants reports that sex is more accessible in the gay community than in the straight community. However it can be argued that three of the homosexual participants reported experiencing jealousy towards sexual infidelity and that almost all heterosexual participants with the exception of JP experienced emotional infidelity, this might indicate the reason they felt that it is more negative to the relationship, as all of these relationships ended after the incident of infidelity.

In terms of the homosexual couples, it can be said that the two participants who experienced real infidelity, experienced sexual jealousy towards their partner while the two participants who experienced imagined infidelity also experienced sexual jealousy, reporting that they constantly felt their partner was sleeping with someone else. Thus it can be argued that in the case of real infidelity the type of jealousy you feel can be linked to the type of jealousy you experience, while in the case of imagined infidelity it can be argued that the type of infidelity you imagine affects the type of jealousy you feel.

While the theories regarding the nature of romantic jealousy can provide us with insight into the ways in which jealousy affects relationships, in terms of its innate characteristics and emotional and behavioral influences, the same cannot be said regarding the perspectives of evolutionary theory. Evolutionary perspective's proposed theory that heterosexual men are more inclined to sexual infidelity, does not hold true for the participants of this study. Heterosexual participants of this study reported that for them emotional infidelity would be the most jealousy provoking, as it would be a sure indication that the relationship would end. This understanding and conceptualisation of they become specifically feel more threatened by emotional infidelity is contradictory to evolutionary theories understanding of cuckoldry being the main factor behind jealousy. Another important finding which the narrative of heterosexual men indicated was that the type of infidelity the men experienced (in the case of real infidelity) was directly related to the type of jealousy they felt. It was found that most of the heterosexual men who experienced real infidelity, experienced emotional infidelity and they also reported that they felt emotional jealousy. This can indicate that the type of jealousy felt can be related to the type of infidelity experienced.

The same can be said for homosexual males. While research findings have suggested that homosexual males are more inclined to emotional infidelity, as they do not face the risk of cuckoldry, the same cannot be said for the narratives of these homosexual participants. The narrative of all except for one homosexual participant indicated that homosexual men felt that they would be greatly affected by sexual infidelity rather than emotional infidelity. These explanations revolved around the open ended nature and ease of access to sex which is prevalent in the gay community. It is also important to note that similarly to the heterosexual group, most of the participants who experienced sexual jealousy also experienced sexual infidelity. Indicating another link to the type of infidelity you experience to the type of jealousy you feel.

However, one interesting issue, which the narrative of the homosexual males revealed, is that two of the participants experienced romantic jealousy in the absence of any kind of real infidelity. They reported having constant thoughts and anxieties that their partners were sleeping with someone else even when there was no evidence present suggesting this. These participants similarly to other homosexual participants felt that this could be related to the ease of access to sex in the gay community.

4.7 Conclusion

This research focused on the narratives of homosexual and heterosexual men from Johannesburg, South Africa regarding romantic jealousy in the context of real or imagined infidelity. The narratives of these men revealed the role that jealousy plays in every relationship, and how it can affect the emotions and behaviors of both partners. This study found that the narratives of these men were in contradiction to what evolutionary theories have suggested be the case. This research identified that heterosexual participants felt that in their experience they found emotional jealousy to be the worst aspect of infidelity while homosexual men felt that sexual jealousy was the worst aspect of infidelity. Furthermore it was found that attachment theory provides a way of understanding romantic jealousy that is consistent to both the theoretical and empirical evidence on the topic of attachment styles and romantic jealousy. Heterosexual participants were more inclined towards avoidant attachment styles while homosexual men were more inclined towards anxious attachment styles, this is in accordance to past research findings.

4.8 Limitations

This study yielded valuable information to the understanding of romantic jealousy in the context of infidelity for both heterosexual and homosexual adult males from Johannesburg, South Africa. It can be said that the study presented with the following limitations. Firstly it can be said that the participants were between the ages of 21 years of age and 28 years of age. The relative youth of the participants, could have limited the study in that they have had limited experience with romantic relationships and thus limiting their experience with romantic relationships and thus limiting experience with romantic jealousy and infidelity. It can also be argued that attachment theory played a greater role than anticipated for understanding romantic jealousy and infidelity and could have been used to develop an even greater exploration of the role of attachment styles and romantic jealousy, but was limited by the semi-structured interview questions. Furthermore it can also be argued that if more information was obtained regarding other past relationships a greater understanding could have been developed related to attachment theory. Lastly it can be argued that the fundamentally flawed nature of evolutionary perspectives and their application to 21st century men, greatly affected the depth to which the narratives of the participants could have been understood.

4.9 Implications for future research

This study yielded some interesting information regarding homosexual and heterosexual male conceptualizations of romantic jealousy and infidelity. Given the limitations of this study it can be said that future research can be directed to address these limitations. Thus conducting a study of this nature with a more varied set of participants in terms of age range, could yield more comprehensive results. It can also be said that attachment theory has proved to be a conceptually sound theory for understanding homosexual and heterosexual male perspectives on romantic jealousy and infidelity and thus it can be elaborated on in the future. Furthermore through conducting studies built on these findings qualitative techniques can be developed in order to ascertain a greater understanding to the compliance of these findings on the larger population of homosexual and heterosexual men from Johannesburg, South Africa.

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Appendix A: Participant Information Sheet

Good day,

My name is Zhel-Ann Delpont, I am currently doing my Masters degree in Research Psychology at the University of the Witwatersrand. As part of my degree requirements, I am required to conduct a study and write a research report, which will be marked by my research supervisor as well as an external examiner (nominated by my supervisor). The research that I am conducting is concerned with romantic jealousy within the context of infidelity. This is a relatively under-researched field of study in South Africa, and so I hope to be able to add to the limited body of psychological literature within this area. I would like to invite you to participate in this research project.

Your participation in this study will entail participating in a semi structure interview, which I will be facilitating. The interview will take no more than one to two hours and will be audio recorded so that I can accurately transcribe and report on your comments. The audio recordings will be stored as a password-protected mp3 file on my personal computer for the duration of the study and will be deleted once the written report has been marked (for degree purposes) and any articles result from this study are accepted for publication.

I would like for you to be aware that participation is completely voluntary and there will be no consequences if the decision is made not to participate. You may choose not to answer any questions that you do not feel comfortable answering. Please note that your identity will remain anonymous during the interview and in the reporting of findings.

It is my understanding that the study will not pose any risks or result in any direct benefit to you. However, should you feel any distress as a result of participating in this study, please be sure to phone SADAG (011 262-6396) or Lifeline (011 728 1331). If you feel that you have questions or concerns regarding the study, please do not hesitate to contact me or my supervisor. To participate in this research project, please sign the informed consent forms attached to show that you have read and understand the aim and process of this study. Please be sure to keep this participant information sheet as it has my email address, which you can use in 2014 to request a one page summary from me, should you be interested in the findings of this study.

Your participation in this research project will be greatly appreciated, thank you for your consideration.

Kind regards

Zhel-Ann Delport

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Appendix B: Participant Informed Consent Form

I (the participant) have been given the participant information sheet for the study being conducted by Ms Zhel-Ann Delport. I have read this information sheet and understand its contents.

I understand that:

- My participation in this research is entirely *voluntary*; as I am free to choose to participate or not to participate.
- I may decide to stop participating at any time, since there is *no penalty* for withdrawing or refusing to participate.
- I may choose not to answer specific questions and there is *no penalty* for refusing to address these questions.
- The researcher will do everything in her power to ensure my anonymity in the reporting of the results
- No names will be recorded on the interview transcriptions.
- These recordings will be used as part of the research, whereby the researcher will transcribe the conversations and may use verbatim quotes during the reporting of the findings.
- If I agree to participate that I need to *sign* this form as proof of my acceptance.

I understand the conditions and accept to participate in this study voluntarily.

Participant signature: _____

Date: _____

Appendix C: Permission for audio-recording

I (the participant) have been given the participant information sheet for the study being conducted by Ms Zhel-Ann Delport. I have read this information sheet and understand that the interview will be audio recorded.

Please accept my signature as my consent to being audio recorded in this interview.

Participant signature: _____

Date: _____

Appendix D: Semi-Structured Interview

Questionnaire

Information to be given to participants:

I will be asking you about your experience with romantic jealousy as it relates to infidelity. For the purpose of this study, the term 'romantic jealousy' encompasses the emotions of jealousy that are experienced in response to one's partner's sexual infidelity or emotional infidelity.

Sexual infidelity refers to real or imagined cases when one's partner or love interest has sexual relations with someone else. Emotional infidelity refers to real or imagined cases when one's partner or love interest develops an emotional attachment to someone else. A romantic rival is someone who poses a real or imagined threat to a relationship because of a real or imagined attraction between the rival and one's partner (or love interest).

Interview questions:

1. Can you tell me about a time when you experienced romantic jealousy?
2. What happened to make you feel this way?
 - Can you tell me about your relationship up to that point?
 - What happened to the relationship afterwards?
 - How would you describe your partner at the time? (Most defining characteristics)
 - How would you describe the rival? (Most defining characteristics)
 - How did the experience make you feel?
 - What emotions did you experience?
 - What was the worst aspect of the whole experience? (For example, rival characteristics/ dishonestly/ sexual versus emotional infidelity)
 - What would have made you feel better at that point?
 - What did you do when you started to feel jealous?
 - Do you think your feelings affected your behaviour?
 - What brought you relief from the feelings?
 - How did your partner react to your behaviour?
 - How did their reaction impact you?

- How did your feelings change over time?
- What happened to the relationship?
- Looking back on the experience, how do you feel about it now?
- Was it something particular about that relationship or time in your life that triggered the emotions you felt?
- Could you imagine experiencing those emotions again?
- Were these emotions that you were familiar with or did they surprise you?
- Were there any positive outcomes from the experience?
- Were there any lasting negative outcomes from the experience?

Thank you for your participation.