Abstract

The aim of the current study was to develop and validate a jealousy scale relevant to Pakistani culture. To achieve this aim, semi-structured interviews were conducted with 10 participants (5 males, 5 females) and an initial item pool was generated consisting of 37 items. Content validation was done by six experts on 1 to 10 rating scale. Items with an average value less than 7 were discarded from the scale. After content validation the scale comprised of 30 items. Exploratory Factor Analysis was done on the data obtained from 299 participants. Results of EFA generated three distinct factors. The factor 1 was labeled as *relationship jealousy*, the factor 2 was named as *siblings jealousy* and the third factor was labeled as *friendship jealousy*. Six items were not loaded on EFA and thus eliminated from the scale, leaving the final scale to be comprised of 24 items. The Chronbach's alpha of the scale was .84. The values of Chronbach's alpha for relationship jealousy, siblings jealousy and friendship jealousy were .78, .78, and .57 respectively. The scale also possess significant content and discriminant validity. Further analyses revealed that male participants were significantly more jealous as compared to female participants. Last-born individuals reported more jealousy, and also scored higher in terms of relationship jealousy and siblings jealousy as compared to firstborn and second/middle born individuals. Only children were most jealous among firstborn, second/middle born and last born participants. They scored highest on overall jealousy, relationship jealousy and siblings jealousy. This scale of jealousy has practical implications for young adults, psychologists and clinicians as it can provide them with in-depth insight about the complex emotion of jealousy and also about its different types. This reliable and valid measure of jealousy can also help the researchers to explore the phenomenon of jealousy in Pakistani cultural context.