

TALK

INSIGHTS FROM JEALOUSY NON-VERBAL EXPRESSIONS FOR IMPROVING INTERPERSONAL RELATIONSHIPS

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ABSTRACT

Human ethology provides profound insights into understanding interpersonal relationships and prosocial behavior, with foundational contributions from scholars like John Bowlby and Mary Ainsworth. Bowlby's work on early mother-infant attachment laid the groundwork for interpreting ethological principles underlying attachment behaviors. Ainsworth's "strange situation" methodology further refined observational paradigms, enabling the systematic categorization of attachment styles. Building upon this foundation, our lab has extended the scope of human ethology by investigating jealousy responses in children. Utilizing Sybille Hart's jealousy induction paradigm, we have characterized facial, behavioral, and affective responses to perceived threats, offering valuable insights into the early manifestation of jealousy. Expanding from childhood to adult relationships, our research examines jealousy within romantic partnerships and friendships. By analyzing facial and postural cues of jealousy in laboratory contexts, we elucidate its significance in navigating complex human interactions and fostering positive social dynamics. In the realm of interpersonal relationships, human ethology holds practical implications for communication enhancement, conflict resolution, and bond strengthening. Recognizing the evolved mechanisms governing jealousy behavior enables individuals to cultivate understanding, leading to greater interpersonal satisfaction and harmony. In conclusion, human ethology offers invaluable insights into navigating the intricacies of human relationships and promoting prosocial behavior. Integrating evolutionary perspectives into research and practice allows us to harness the potential of human ethology for positive social change and the enhancement of individual and community well-being.