

Psychological Research on Jealousy in Marital Relationships: Global Research Trend

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ABSTRACT

Psychological research on jealousy in marital relationships has gained increasing scholarly attention due to its significant implications for emotional well-being, marital satisfaction, and relationship stability. Despite its importance, existing studies remain fragmented across disciplines and contexts, making it difficult to obtain a comprehensive overview of research patterns, thematic evolution, and global collaboration in this field. To address this gap, this study aims to systematically map and analyze the intellectual structure, publication trends, and collaborative networks of psychological research on jealousy in marital relationships using a bibliometric approach. Data were collected from the Scopus database using an advanced search strategy with the keywords marital jealousy, marital relationships, intimate relationships, psychological research, and psychology. After applying the inclusion criteria, a total of 581 publications were retrieved for the final dataset. Scopus Analyzer was employed to examine publication trends, citation patterns, and country-level productivity, while OpenRefine was used to clean, standardize, and harmonize the bibliographic data to ensure analytical accuracy. VOSviewer software was subsequently utilized to generate visualizations of author keyword co-occurrence and international co-authorship collaboration networks. The findings reveal a clear upward trend in publications over time, with a notable surge in recent years, indicating growing academic interest in the topic. Country analysis shows that research output is dominated by a small number of highly industrialized nations, particularly the United States and the United Kingdom, while keyword co-occurrence analysis identifies major thematic clusters related to marital satisfaction, mental health, stress, conflict, and emotional well-being. Collaboration network analysis further highlights the central role of leading research countries in facilitating international partnerships. Overall, this bibliometric study provides a comprehensive overview of the knowledge structure and research dynamics of psychological studies on jealousy in marital relationships, offering valuable insights for scholars and practitioners and identifying directions for future interdisciplinary and cross-cultural research.

Keywords: marital jealousy, marital relationships, intimate relationships, mental health

1. INTRODUCTION

Jealousy in marital relationships is a multifaceted emotional experience that has garnered significant attention in psychological research. It is often characterized by feelings of insecurity, fear, and anxiety over the potential loss of a partner's affection or attention to a perceived rival. This complex emotion can manifest in various forms, ranging from mild discomfort to intense emotional turmoil, and can have profound implications for the quality and stability of marital relationships. Understanding the psychological underpinnings of jealousy, its triggers, and its impact on marital dynamics is crucial for developing effective interventions and promoting healthier relationship outcomes.

2. LITERATURE REVIEW

Research on jealousy within marital relationships has explored various psychological factors and situational contexts that contribute to its emergence and intensity. One study examined the interplay between relationship commitment and jealousy, highlighting how situational factors such as the attractiveness of relationship alternatives and threatening information about the relationship can influence jealousy levels. The findings suggest that individuals in more committed relationships experience greater jealousy when faced with unattractive alternatives or negative information about their relationship compatibility (Rydell et al., 2004). This underscores the role of perceived threats in triggering jealousy and the importance of relationship commitment in moderating these effects.

Another significant area of research focuses on the differentiation between normal and pathological jealousy. A comprehensive review of the literature identifies key theoretical models that distinguish between these forms of jealousy and examines their respective impacts on individual well-being and relationship quality. The review also highlights various risk and protective factors that contribute to the development and maintenance of jealousy, emphasizing the need for a nuanced understanding of this emotional experience (Ghinassi & Tani, 2020). This differentiation is crucial for identifying when jealousy becomes maladaptive and requires intervention.

Gender differences in the experience and expression of jealousy have also been a focal point of research. Studies have shown that women tend to report higher levels of emotional and cognitive responses to jealousy compared to men. Additionally, attachment styles play a significant role in how jealousy is experienced and expressed, with ambivalent attachment being positively correlated with physical, emotional, and behavioral responses to jealousy (Güçlü et al., 2017). These findings suggest that gender and attachment styles are important factors to consider when examining the dynamics of jealousy in marital relationships.

The relationship between jealousy and intimate partner violence (IPV) is another critical area of investigation. Research indicates that jealousy is a significant predictor of both psychological and physical aggression in intimate relationships. For instance, one study found a positive relationship between jealousy and women's physical and psychological aggression, while marital satisfaction was negatively correlated with these forms of aggression (Edalati & Redzuan, 2010). This highlights the potential for jealousy to escalate into more severe relational conflicts and underscores the importance of addressing jealousy in efforts to prevent IPV.

In summary, psychological research on jealousy in marital relationships reveals a complex interplay of factors that contribute to its emergence and impact. Relationship commitment, situational threats, gender differences, attachment styles, and the potential for jealousy to lead to intimate partner violence are all critical components of this emotional experience. Understanding these dynamics is essential for developing effective interventions and promoting healthier, more stable marital relationships. Future research should continue to explore these factors in greater depth, with a particular focus on identifying effective strategies to manage jealousy and mitigate its negative effects on relationships.

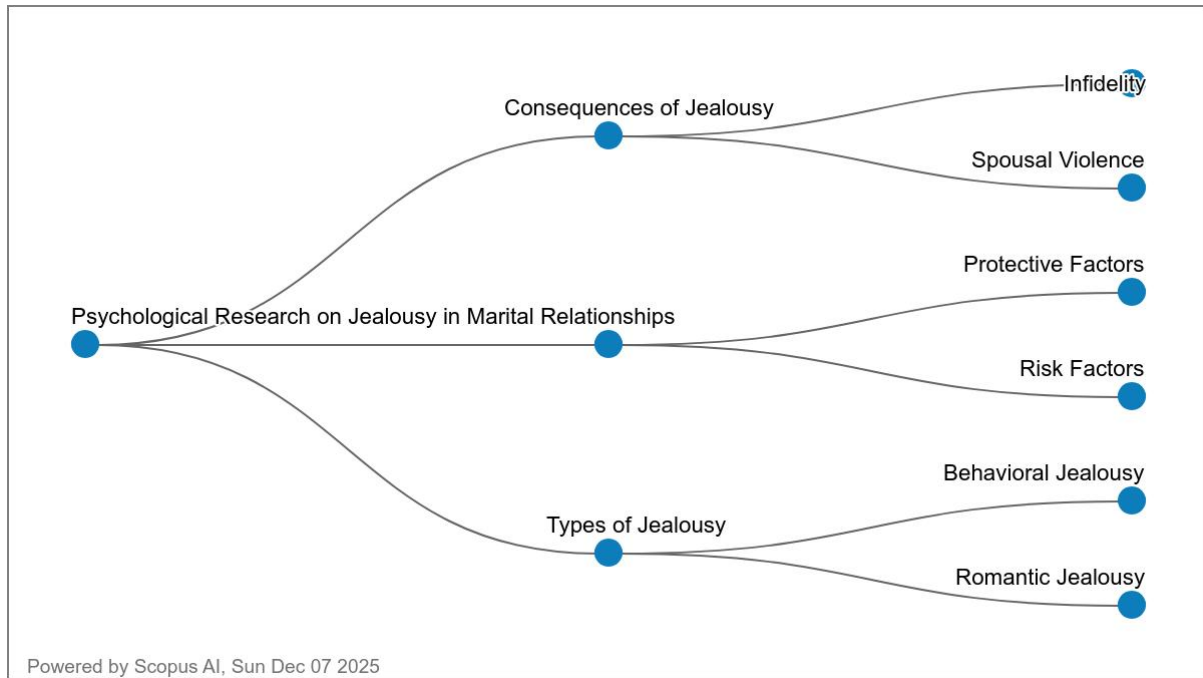


Figure 1. Concept Map of Psychological Research on Jealousy in Marital Relationships.

Figure 1 presents a comprehensive concept map that synthesizes the key dimensions of psychological research on jealousy in marital relationships. The map portrays jealousy as a complex and multidimensional phenomenon that develops through interconnected pathways involving its forms, influencing conditions, and resulting outcomes. Two main forms of jealousy, namely romantic jealousy and behavioral jealousy, illustrate how emotional experiences and observable actions interact within marital life. These expressions of jealousy are influenced by various risk factors, such as insecurity, lack of trust, and ineffective communication, while protective factors, such as emotional regulation, mutual understanding, and healthy communication skills, play an important role in reducing negative effects. The concept map also highlights the serious consequences of unresolved jealousy, demonstrating clear links to marital problems such as infidelity and spousal violence. This indicates that jealousy, when poorly managed, can evolve from an internal emotional response into harmful relational behavior. Overall, the framework emphasizes that jealousy in marriage should not be viewed as a single isolated emotion, but rather as a dynamic process shaped by psychological and relational elements. This integrated understanding underscores the need for research and interventions that strengthen protective factors to support healthier marital relationships and prevent destructive outcomes associated with excessive or persistent jealousy.

3. RESEARCH QUESTION

The research question, together with the purpose, expected outcomes, and target audience, guides how data are found, collected, and presented. In this paper, the aim is to answer several key questions:

RQ1: What are the annual publication trends in psychological research on jealousy in marital relationships?

RQ2: What are the top 10 most cited articles in psychological research on jealousy in marital relationships?

RQ3: What are the top 10 most productive countries contributing to psychological research on jealousy in marital relationships?

RQ4: What are the most frequently used keywords in psychological research on jealousy in marital relationships?

RQ5: What are the patterns of international co-authorship collaboration among countries in psychological research on jealousy in marital relationships?

4. METHODOLOGY

Bibliometrics involves gathering, organizing, and analyzing bibliographic data from scientific publications (Alves et al., 2021; Assyakur & Rosa, 2022; Verbeek et al., 2002). Beyond basic statistics, such as identifying journals, publication years, and leading authors (Wu & Wu, 2017), bibliometrics includes more sophisticated techniques, such as document co-citation analysis. Conducting a successful literature review requires a careful, iterative process to select suitable keywords, search the literature, and perform an in-depth analysis. This approach helps to compile a comprehensive bibliography and achieve reliable results (Fahimnia et al., 2015). With this in mind, the study focused on high-impact publications, as they provide meaningful insights into the theoretical frameworks that shape the research field. To ensure data accuracy, SCOPUS served as the primary source for data collection (Al-Khoury et al., 2022; di Stefano et al., 2010; Khiste & Paithankar, 2017). Additionally, to maintain quality, the study only considered articles published in peer-reviewed academic journals, deliberately excluding books and lecture notes (Gu et al., 2019). Using Elsevier's Scopus, known for its broad coverage, publications were collected from 2020 through January 2026 for further analysis.

5. DATA SEARCH STRATEGY

The search strategy for this study was systematically designed to ensure a comprehensive, rigorous, and transparent retrieval of scholarly literature on psychological research into jealousy in marital and intimate relationships. Data collection was conducted using the Scopus advanced search platform, selected for its extensive coverage of high-impact, peer-reviewed publications in psychology and the social sciences. A carefully constructed search string was applied using TITLE-ABS-KEY (marital jealousy OR marital relationships OR intimate relationships AND psychological research AND psychology) AND (LIMIT-TO (LANGUAGE , "English")) AND (LIMIT-TO (PUBSTAGE , "final")), as summarized in Table 1, to retrieve studies in which these key concepts were central to the research focus. This strategy ensured that both direct investigations of marital jealousy and broader psychological studies of intimate and marital relationships were captured. To enhance relevance and consistency, the search was refined by limiting the language to English and restricting the publication stage to final publications only, thereby excluding non-English and in-press documents that could introduce inconsistencies in interpretation and bibliographic records. Following the initial retrieval, a structured screening process was implemented based on clearly defined inclusion and exclusion criteria, which are presented in Table 2. The screening criteria covered language, publication timeline, literature type, and publication stage. Only studies published between 2000 and 2026 were included in order to reflect contemporary research trends, recent theoretical developments, and current methodological approaches, while publications released before 2000 were excluded. In terms of literature type, the inclusion criteria were intentionally broad, encompassing journal articles, review papers, books, conference papers, short surveys, and book chapters, thereby allowing a holistic representation of empirical, theoretical, and conceptual contributions within the field. No literature types within this predefined scope were excluded, ensuring richness and diversity of academic perspectives. With respect to publication status, only final publications were retained, while in-press materials were excluded to ensure data stability and reliability. After applying all search filters and screening criteria, the final

dataset comprised 581 documents. To further enhance data quality and analytical accuracy, the retrieved records were cleaned and harmonized using OpenRefine. This data preprocessing process involved the removal of duplicate entries, the correction of inconsistencies in author names, affiliations, keywords, and source titles, as well as the standardization of terminology across records. Such procedures are critical in bibliometric research, as they minimize noise, reduce bias, and ensure accurate mapping of publication trends, thematic structures, and scholarly networks. Overall, the integration of a transparent search strategy, clearly articulated screening criteria, and systematic data cleaning procedures strengthens the methodological rigor of this study and provides a robust foundation for subsequent bibliometric and thematic analyses of psychological research on marital jealousy and intimate relationships.

Table 1 The search string

Scopus	TITLE-ABS-KEY (marital jealousy OR marital relationships OR intimate relationships AND psychological research AND psychology) AND (LIMIT-TO (LANGUAGE , "English")) AND (LIMIT-TO (PUBSTAGE , "final"))
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Table 2 The selection criterion is searching

Criterion	Inclusion	Exclusion
Language	English	Non-English
Time line	2000 – 2026	< 2026
Literature type	Journal (Article) Review Book Conference Paper Short Survey Book Chapter Article	None
Publication Stage	Final In Press	None

6. DATA ANALYSIS

The visualization and structural analysis of the research landscape were executed using VOSviewer (version 1.6.19), a specialized bibliometric software developed by Nees Jan van Eck and Ludo Waltman at Leiden University (van Eck & Waltman, 2010, 2017). This tool is widely recognized in the scholarly community for its capacity to transform intricate bibliometric datasets into intuitive network visualizations, including co-authorship, co-citation, and keyword co-occurrence maps. By specializing in clustering related items and generating density maps, VOSviewer provides a comprehensive understanding of complex research domains through an interactive interface that facilitates the dynamic exploration of large datasets. Its versatility is further evidenced by its compatibility with diverse data sources and its ability to compute refined metrics, making it an indispensable resource for scholars seeking to identify thematic clusters and global research trajectories. One of the standout features of this software is its capacity to transform intricate bibliometric datasets into visually interpretable maps and charts,

enabling both novice and experienced users to explore research landscapes efficiently through customizable visualizations.

The primary dataset utilized for this analysis comprised comprehensive bibliographic information, including publication years, titles, author names, journal metadata, citations, and keywords. These records were procured from the Scopus database in PlainText format, covering a longitudinal period from 2000 through January 2026, and were subsequently analyzed using VOSviewer version 1.6.19. The analytical process employed VOS clustering and mapping techniques to situate items within low-dimensional spaces, ensuring that the spatial proximity between any two nodes accurately reflects their conceptual relatedness and similarity [26]. In this respect, while VOSviewer shares similarities with the Multidimensional Scaling (MDS) approach (Appio et al., 2014), it offers a distinct methodological alternative.

Technically, the VOSviewer methodology differs from MDS, which primarily computes similarity metrics such as cosine and Jaccard indices. Instead, VOS utilizes a more fitting method for normalizing co-occurrence frequencies known as association strength (AS_{ij}), which is calculated as (Van Eck & Waltman, 2007):

$$AS_{ij} = \frac{C_{ij}}{w_i w_j}$$

This metric is proportional to the ratio of the observed number of co-occurrences of items i and j to the expected number of co-occurrences under the assumption that the items are statistically independent (Van Eck & Waltman, 2007). By prioritizing this probabilistic normalization, the software ensures that the resulting visualizations are not only aesthetically interpretable but also statistically sound, providing a reliable foundation for the subsequent interpretation of the student leadership research landscape.

7. FINDINGS

RQ1: What are the annual publication trends in psychological research on jealousy in marital relationships?

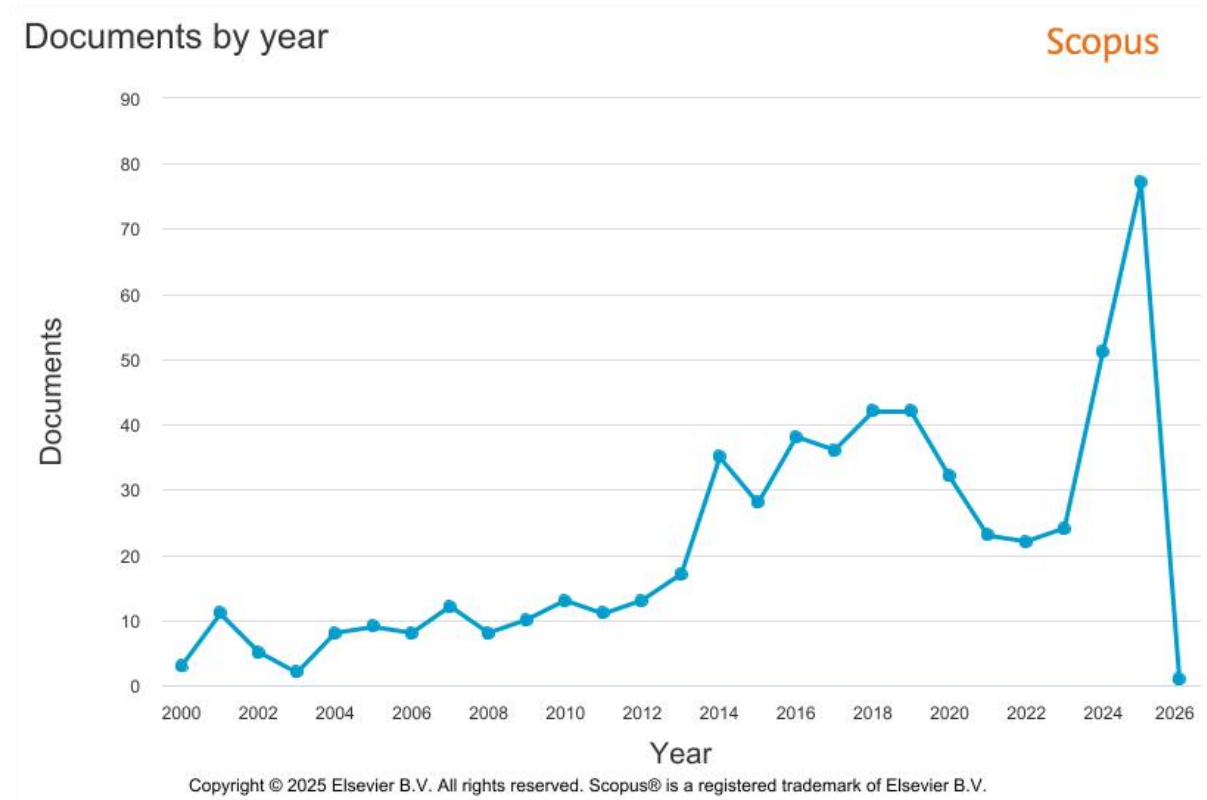


Figure 2. Annual Publication Trends in Psychological Research on Jealousy in Marital Relationships (2000–2026).

Figure 2 illustrates the annual distribution of publications on psychological research related to jealousy in marital relationships from 2000 to 2026. Overall, the trend demonstrates a progressive increase in scholarly output, indicating a growing research interest in this domain over time. During the early phase between 2000 and 2007, publication activity remained relatively low and inconsistent, with annual output ranging from 2 to 12 publications, reflecting the exploratory nature of early research, in which marital jealousy was often examined as a secondary construct within broader studies on marital satisfaction, attachment, and interpersonal conflict. A gradual increase is observed from 2008 to 2013, with publications rising from 8 in 2008 (1.38%) to 17 in 2013 (2.93%), suggesting a consolidation of theoretical frameworks and growing recognition of jealousy as a significant psychological variable in intimate relationships. From 2014 onwards, a marked growth phase is evident, with publication counts increasing to 35 in 2014 (6.02%) and remaining consistently high through 2019, peaking at 42 in both 2018 and 2019 (7.23%). Although a temporary decline is observed in 2020 with 32 publications (5.51%), this reduction may be attributed to disruptions in research productivity during the COVID-19 pandemic. Subsequently, publication output rebounded and accelerated, reaching 51 publications in 2024 (8.78%) and peaking at 77 publications in 2025 (13.25%), reflecting heightened scholarly attention to contemporary issues such as digital jealousy, social media influence, emotional infidelity, and the psychological links between jealousy, marital conflict, and mental health. The sharp decline in 2026, with only one publication recorded (0.17%), should not be interpreted as a decrease in research interest, as data collection occurred in January 2026 and the year has only just begun, resulting in incomplete indexing within the Scopus database.

RQ2: What are the top 10 most cited articles in psychological research on jealousy in marital relationships?

Table 3 Most Highly Cited Articles in Psychological Research on Jealousy in Marital Relationships

Authors	Title	Year	Cited by
(Mroczek & Kolarz, 1998)	The effect of age on positive and negative affect: a developmental perspective on happiness.	1998	1254
(Robles et al., 2014)	Marital quality and health: A meta-analytic review	2014	1182
(Grotevant & Cooper, 1985)	Patterns of interaction in family relationships and the development of identity exploration in adolescence.	1985	640
(Kiecolt-Glaser et al., 2005)	Hostile marital interactions, proinflammatory cytokine production, and wound healing	2005	605
(Patel et al., 2002)	Gender, poverty, and postnatal depression: A study of mothers in Goa, India	2002	560
(Cohen-Mansfield et al., 2016)	Correlates and predictors of loneliness in older-adults: A review of quantitative results informed by qualitative insights	2016	550
(Randall & Bodenmann, 2009)	The role of stress on close relationships and marital satisfaction	2009	510
(Mroczek & Spiro, 2005)	Change in life satisfaction during adulthood: Findings from the veterans' affairs normative aging study	2005	473
(Manne & Badr, 2008)	Intimacy and relationship processes in couples' psychosocial adaptation to cancer	2008	377
(Simon, 1995)	Gender, multiple roles, role meaning, and mental health.	1995	362

The most-cited articles identified in this study, as presented in Table 3, are predominantly foundational and highly influential works in psychology, health, and relationship research, highlighting the interdisciplinary nature of psychological studies of jealousy in marital relationships. The most frequently cited article, *The effect of age on positive and negative affect: a developmental perspective on happiness* (1998), with 1,254 citations, reflects the central role of emotional development and affect regulation across the lifespan, both of which are closely related to emotional experiences such as jealousy in intimate and marital contexts. Similarly, *Marital quality and health: A meta-analytic review* (2014), cited 1,182 times, underscores the robust, well-documented association between marital dynamics and psychological and physical health outcomes, providing a critical theoretical and empirical foundation for understanding jealousy as a relational stressor. Other highly cited works in Table 3, including studies on family interaction patterns, hostile marital interactions, stress in close relationships, and intimacy during illness, further emphasize how conflict, emotional strain, and interpersonal processes shape marital functioning and relational well-being.

The prominence of the highly cited articles listed in Table 3 can be attributed to several key factors, including their broad theoretical relevance, methodological strength, and sustained influence across multiple research domains. Many of these studies employ meta-analytic, longitudinal, or integrative research designs, which are widely referenced due to their ability to synthesize large bodies of evidence and offer generalizable insights. In addition, themes such as gender roles, mental health, aging, loneliness, and stress appear frequently because marital jealousy is often examined indirectly within these broader psychological and relational frameworks rather than as an isolated construct. The relatively high citation counts of older publications can also be explained by their longer citation lifespans, which allow them to accumulate scholarly recognition over time. Overall, the citation patterns presented in Table 3 indicate that contemporary psychological research on jealousy in marital relationships is

strongly anchored in seminal literature on emotional processes, health, and interpersonal relationships, reinforcing the view that jealousy is best understood as part of a complex and multifaceted relational system.

RQ3: What are the top 10 most productive countries contributing to psychological research on jealousy in marital relationships?

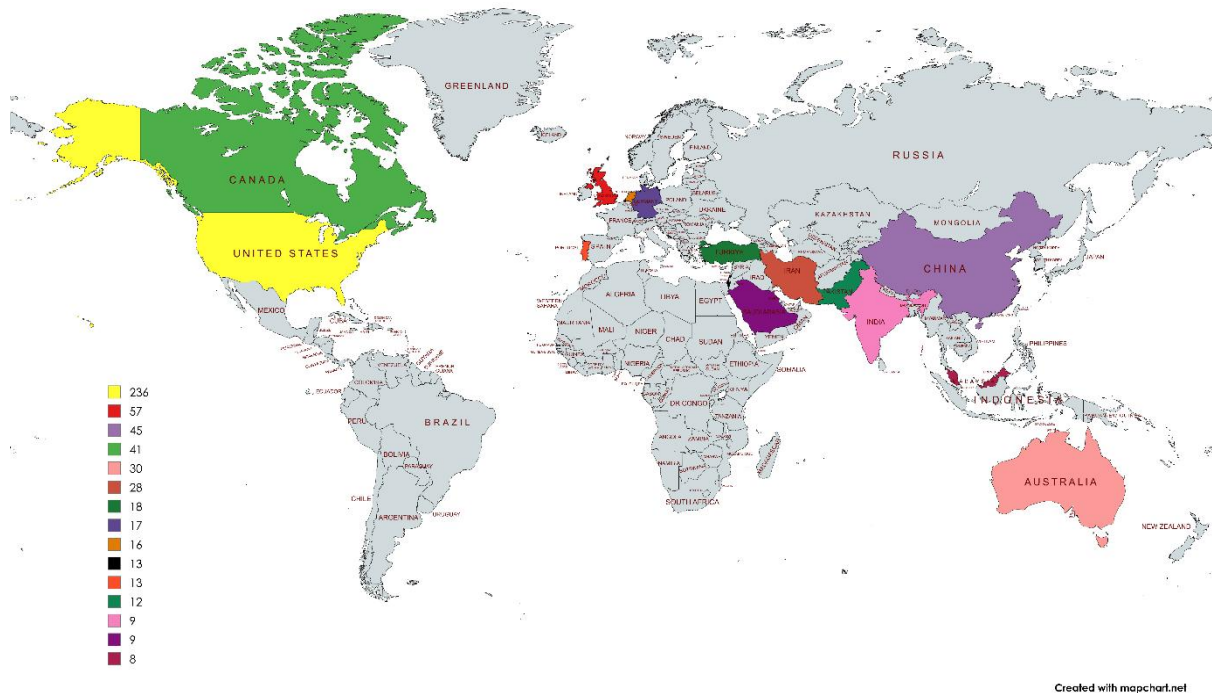


Figure 4. Global Distribution of Publications on Psychological Research on Jealousy in Marital Relationships by Country.

The global distribution of publications on psychological research on jealousy in marital relationships reveals a clear geographical concentration of scholarly output, as illustrated in Figure 4. The United States dominates the field with 236 publications, far exceeding all other countries, highlighting its central role in advancing psychological and marital research. This is followed by the United Kingdom (57), China (45), Canada (41), and Australia (30), indicating that research productivity is largely concentrated in Western and highly industrialised nations, along with China as a major contributor from East Asia. These countries benefit from strong research infrastructures, substantial funding for social science and psychological studies, and long-standing academic traditions in family, relationship, and mental health research. The prominence of these nations in Figure 4 suggests that marital relationships and associated emotional processes such as jealousy are key research priorities within their national and institutional research agendas.

Countries with moderate to lower publication output, including Iran (28), Turkey (18), Germany (17), the Netherlands (16), Israel (13), Portugal (13), Pakistan (12), India (9), Saudi Arabia (9), and Malaysia (8), are also visible in Figure 4, reflecting a growing but uneven global engagement with this research area. The relatively lower output from these countries may be attributed to factors such as limited research funding, fewer specialised research centres focusing on marital and relationship psychology, and cultural sensitivities surrounding marital issues that may restrict research visibility or publication frequency. Nonetheless, contributions from these regions are particularly valuable as they introduce diverse cultural, religious, and social perspectives on marital jealousy, which is a context-sensitive psychological construct. Overall,

the spatial pattern shown in Figure 4 indicates that while psychological research on jealousy in marital relationships is predominantly driven by Western countries, emerging contributions from non-Western regions play an important role in broadening the global understanding of marital dynamics and enriching the theoretical and empirical landscape of the field.

RQ4: What are the most frequently used keywords in psychological research on jealousy in marital relationships?

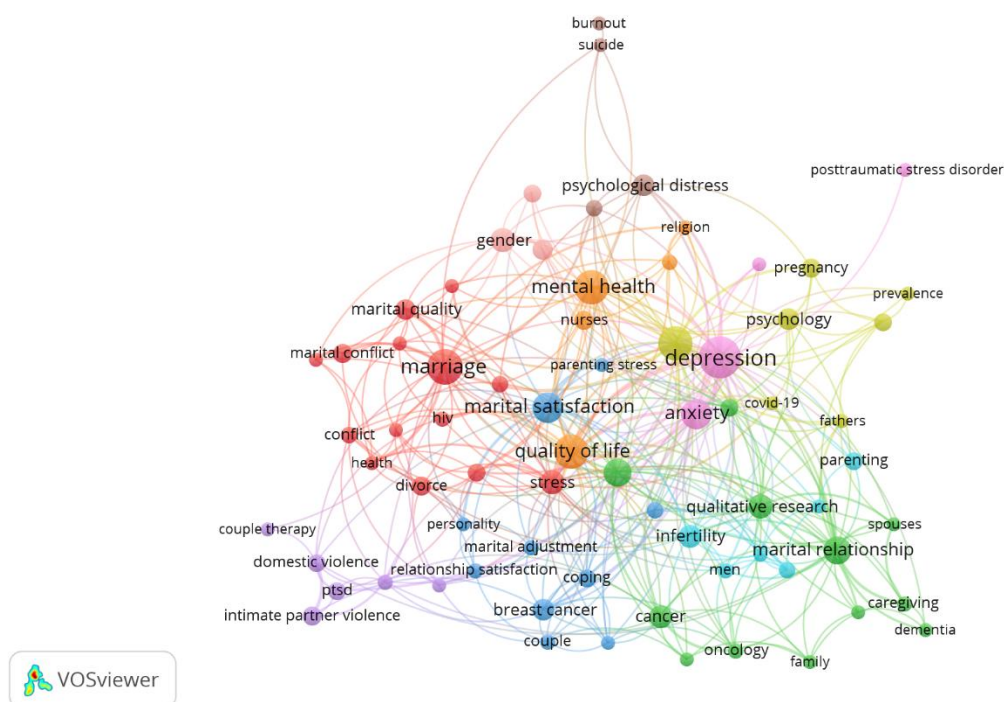


Figure 5. Network Visualization of Author Keyword Co-occurrence in Psychological Research on Jealousy in Marital Relationships.

The co-occurrence analysis of author keywords using VOSviewer provides a systematic way to uncover the conceptual structure and dominant themes within psychological research on jealousy in marital relationships by examining how frequently keywords appear together across publications. In this approach, author keywords are treated as representations of core research concepts, and their co-occurrence indicates conceptual relatedness and shared research focus. As visualized in Figure 5, keywords are displayed as nodes, where larger nodes indicate higher frequency of occurrence, and the links between nodes represent the strength of co-occurrence relationships. To generate this network, a full counting method was employed, meaning that each keyword occurrence was counted equally across all documents. From a total of 1,528 extracted author keywords, a minimum threshold of five occurrences was applied, resulting in 71 keywords meeting the inclusion criteria. In addition, a minimum cluster size of five keywords was set to ensure meaningful thematic grouping. Based on these parameters, VOSviewer automatically generated 10 distinct clusters, each representing a coherent group of closely related research themes within the field.

The network visualization shown in Figure 5 reveals that psychological research on jealousy in marital relationships is organized around multiple interconnected thematic domains rather than a single dominant focus. Prominent keywords such as marriage, marital satisfaction, depression, mental health, stress, social support, and relationship quality indicate that jealousy is frequently examined alongside broader issues of emotional well-being, psychological distress, and relational functioning. The emergence of multiple clusters highlights the multidisciplinary

nature of the field, linking jealousy to health-related contexts such as chronic illness, caregiving, and quality of life, as well as to social and behavioral dimensions including conflict, intimacy, gender, and domestic violence. These patterns suggest that jealousy is increasingly understood as part of complex psychosocial systems that influence both individual mental health and marital outcomes. By mapping these keyword relationships, the co-occurrence analysis contributes to the body of knowledge by clarifying the main research concentrations, revealing how different themes intersect, and identifying areas that may be underexplored. Overall, this analysis provides a comprehensive overview of the intellectual landscape of the field and offers valuable direction for future research seeking to integrate psychological, relational, and contextual perspectives on marital jealousy.

RQ5: What are the patterns of international co-authorship collaboration among countries in psychological research on jealousy in marital relationships?

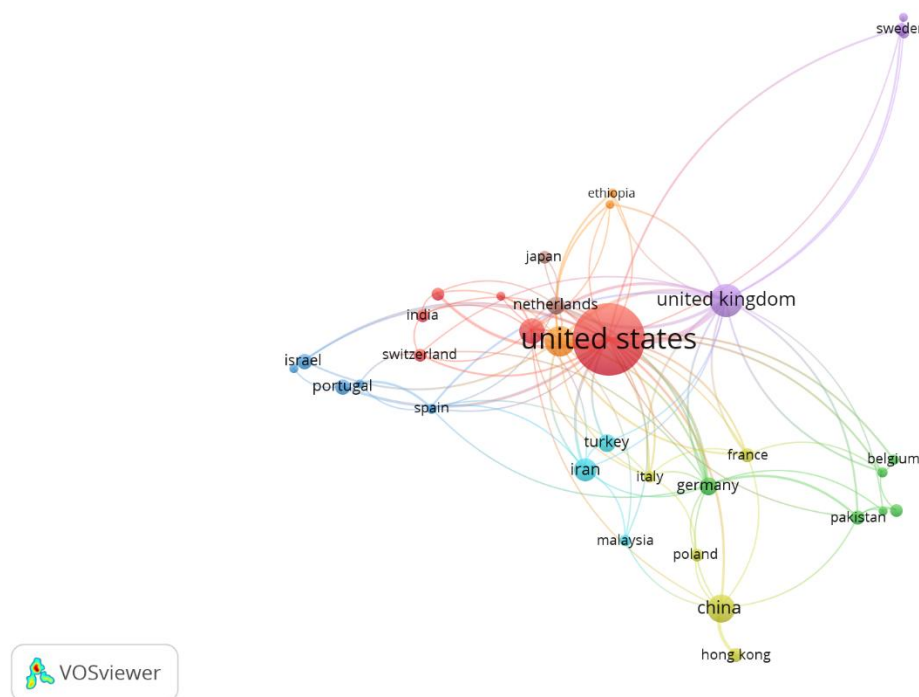


Figure 6. International Co-authorship Network by Country in Psychological Research on Jealousy in Marital Relationships.

The co-authorship by countries' collaboration analysis conducted using VOSviewer examines patterns of international research collaboration by identifying how countries are connected through shared authorship in published studies. In this approach, each country is represented as a node based on the affiliations of authors, while links between countries indicate instances of co-authored publications, reflecting collaborative research relationships. As visualized in Figure 6, the size of each node corresponds to the volume of publications produced by that country, and the thickness of the connecting lines represents the strength of collaboration, measured through total link strength. To generate this network, a full counting method was applied, meaning that each country appearing in a co-authored document received equal credit for that publication. From a total of 77 identified countries, a minimum publication threshold of five documents was set, resulting in 34 countries meeting the inclusion criteria. Additionally, a minimum cluster size of five was applied, allowing VOSviewer to group countries into eight distinct clusters, each representing a network of nations with relatively stronger collaborative ties.

The collaboration network shown in Figure 6 reveals a highly centralized structure, with the United States emerging as the dominant hub, demonstrating the highest number of publications, citations, and total link strength. This indicates that the United States plays a pivotal role in facilitating international research collaboration in psychological studies on jealousy in marital relationships. Strong collaborative links are also observed between the United States and other research-intensive countries such as the United Kingdom, Canada, the Netherlands, Germany, China, and Australia, reflecting established academic partnerships, shared research agendas, and high research capacity. The presence of multiple clusters suggests that collaboration tends to form around regional, cultural, or institutional proximity, while still being connected through central countries. Contributions from developing and emerging research nations, including Malaysia, Pakistan, Iran, and several African countries, indicate growing participation in global research networks, often through collaboration with more established research hubs. Overall, this co-authorship network contributes to the body of knowledge by highlighting the global structure of scholarly collaboration, demonstrating how knowledge production in this field is shaped by international partnerships, and underscoring the importance of cross-national collaboration in advancing a more inclusive and culturally diverse understanding of psychological research on jealousy in marital relationships.

8. CONCLUSION

The primary objective of this investigation was to map the intellectual framework and development of psychological inquiries concerning jealousy within marital bonds. By addressing research questions related to publication volume, geographic distribution, and thematic clusters, this study aimed to provide a holistic overview of how marital jealousy has been studied globally over time.

Analysis of the data indicates a consistent upward trajectory in scholarly output, reflecting the growing clinical and social importance of the topic. Key results demonstrate that the United States is the leading contributor to this discourse, while European and Asian nations show increasing involvement. The thematic mapping revealed that research is predominantly organized around emotional well-being, relationship stability, and mental health outcomes. Furthermore, the findings highlight a transition from early evolutionary perspectives to contemporary multidimensional approaches that incorporate social and psychological variables. This work contributes to the existing body of knowledge by synthesizing scattered studies into a unified structural map. It offers fresh insights by identifying the most influential authors and collaborative networks that have shaped the field's current state. By clarifying the dominant trends, the research helps build a foundation for understanding the complex dynamics of intimate relationships.

The practical implications of these findings are significant for marriage counselors and clinical psychologists. Understanding the thematic links between jealousy and relationship dissatisfaction can assist practitioners in developing more targeted intervention strategies for couples facing emotional distress. Additionally, the geographic data suggests that cultural context plays a vital role in how jealousy is expressed and managed, informing the development of culturally sensitive therapeutic practices.

Despite the comprehensive nature of this review, several limitations must be acknowledged. The dataset was primarily drawn from a single major database, which might exclude local or non-indexed journals. Future studies could benefit from including a wider variety of databases and focusing on qualitative meta-syntheses to complement these quantitative findings. Investigating the impact of digital communication and social media on marital jealousy remains a crucial area for subsequent exploration.

In finality, the significance of this research lies in its ability to clarify the complex landscape of relationship psychology. This bibliometric overview serves as a strategic guide for scholars to identify current research gaps and priority areas. It underscores the necessity for continued international cooperation to better understand the universal and unique aspects of jealousy in marital life.

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