

## **The Relationship between Attachment Instability and Mental Health: Mediating Role of Dispositional Envy**

*The malicious envy felt by individuals due to social structural problems is more serious than ever. Recently, as internet and Social Network Site (SNS) have been developed, researches on dispositional envy and psychological health are increasing. Dispositional envy is closely related to attachment insecurity because it occurs mainly in relationships with surrounding people. Studies have also shown that insecure attachment can impair psychological well-being and make the individual*

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and adulthood, Hazen and Shaver found that the degree of spread of the three types of attachment was similar to that of children's attachment to children.

Attachment insecurity is divided into two dimensions: attachment anxiety and attachment avoidance (Brennan, Clark, & Shaver, 1998; Mikulincer & Shaver, 2003, 2007, 2016). Although attachment stability improves overall well-being, these two attachment instabilities are correlated positively with mental

narcissism (Hazen & Shaver, 1987; Rohmann, Neumann, Herner & Bierhoff, 2012; Widom, Czaja, Kozakowski, & Chauhan, 2018) and negatively with well-being (Wei, Liao, Ku, & Shaffer, 2011). The researchers assumed various mediators such as anxiety, self-

and psychological health. In this study, envy was assumed as a mediator in this relationship based on a previous study (Baumel & Berant, 2015).

Envy is a negative feeling emanating from upward emotional comparisons with others (Parrott, 1991). Envy is a painful emotion that someone feels when other people own something that the person longs for or wants to get (Parrott & Smith, 1993). Especially, in a culture like Korea, where the upward comparison is strong, uncomfortable feelings caused by envy are widespread throughout society. There is a saying that "I get sick when my cousin buys land."

Envy is an uncomfortable feeling and people try to get rid of the unpleasant emotions they feel. Studies have shown that envy is related to hostility (Kim & Glomb, 2014) and aggression (Hofer & Busch, 2011) and in recent studies on Social Network Sites (SNSs), envy negatively affected individual well-being and even caused depressive feelings.

Envy has a positive aspect because it induces motivation to improve oneself, but malicious envy has the potential to undermine an individual's wellbeing and even lead to depression. It can be inferred that this emotional discomfort comes from unfavorable comparisons with others and that this emotion is particularly related to attachment instability.

Examining the interpersonal experience of malicious jealousy from the point of view of attachment theory provides the theoretical basis for why some people desire to pull down an envied person to

& Berant, 2015). Attachment style can be divided into two dimensions: anxious attachment and avoidance attachment. When both levels are low, it indicates secure attachment and when one or two dimensions are high, it indicates insecure attachment. People

overcome negative emotions emerging from upward comparisons

Fraley, Waller, & Brennan (2000). ECR-R is to assess the adult attachment style in two dimensions: anxiety attachment and avoidance attachment. Anxiety attachment implies fear of being abandoned, while avoidance attachment indicates rejection of intimacy and dependency in important relationships.

ECR-R consisted of 36 items, 18 items of anxiety attachment and 18 items of avoidance attachment and 7 points Likert scale from “Not at all” (1 point) to “very much”(7 point). The higher the score of each subscale, the higher the attachment type can be.

### **Mediating Effect of Dispositional Envy**

To test for a mediation effect of envy on the relationships between attachment anxiety and psychological well-being, a series of three regressions were conducted. First, envy was regressed

the third equation, psychological well-being was simultaneously

from -0.45 to -0.33 when envy was added into the equation. The Sobel test showed that envy partially mediated the relationship

To test for a mediation effect of envy on the relationships between attachment anxiety and depression, a series of three regressions were conducted. First, envy was regressed on attachment anxiety

weight when attachment anxiety was regressed alone on depression was 0.30. But the beta weight of attachment anxiety found to be

test showed that envy totally mediated the relationship between



the relationship between attachment instability and psychological health, highlighting the need to focus on individual traits such as envy and adult attachment instability to prevent emotional distress

and changes throughout life. According to the developmental point of view, it is necessary to examine what role the attachment experience plays in the situation that triggers the individual's

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