

Examining the Relationship Between Self Concealment and Envy Among Young Adults

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Abstract:

This study aimed to find the relationship between the self concealment and envy among young adults aged 18 – 25. The sample size was 200 including both men and women, working people and college students. The participants included people from both urban and rural settings. The tools used were self concealment scale and the benign and malicious envy scale. The statistics used were quantitative- correlation study. The results were interpreted using the SPSS package. The results indicated that there is no significant relationship between self concealment and envy among the sample size.

Keywords: Self concealment, Envy, young adults.

INTRODUCTION:

Humans are social animal as per fact and they tend to share things with people to feel at good or at ease. But sometimes there are things that they want to hide from others. That may be a small thing for others and does not even matter. But it does matter to them. Even if they are most close to people they love and even if the other person thinks they know everything about them, there is something that hides in the corner of the heart that they do not want to let out. It may be due to reasons like what if being judgmental or too embarrassing or it might fear them to let the thing out of their heart. This is a always a subjective things. And people have the feeling of envy for so many reasons. As said for self concealment, envy is subjective for people. People may feel envy as they do not have that and that succumbs them more. When self concealment and envy join together, they can create a catastrophe in the person, leading to poor mental health. When these two join forces with over thinking they are unable to cope up with everyday life. Thus studying these two variables can give us a insight on how they have interaction with people.

Self concealment is described as a tendency that a person uses to hide their private piece if information from people. As a matter of time, keeping a secret from people is a form of practice people do and many works conducted has shown that long time practice of this leads to many mental health concerns.

The internal suffering of a person that is caused due to longing for other peoples things is known as envy. People rarely take account the envy and it is considered sometimes evil and frugality. Envy is a universal emotion that is profoundly embedded in human psychology. A lot of individuals use the word "jealous" when they really mean "envious." Jealousy and envy are subtle distinctions. Jealousy is the personal suffering brought on by the fear of giving or losing one's advantages to others, if envy is the suffering brought on by the desire for another person's advantages. To put it briefly, jealousy is possessive and envy is covetous. Jealousy is not limited to romantic relationships; it may also affect one's

friends, reputation, knowledge, and other things. Jealousy may be the smaller of the two evils because it is easier (or less difficult) to confess than envy.

REVIEW OF LITERATURE:

This study by Christopher G. Davis (2022) investigated whether people with a dispositional predisposition for self-concealment exhibit higher levels of negative affect due to their obsession with and repression of their secrets. According to theory, self-concealers are believed to have an internal motivational conflict: they want to be truthful in their romantic relationships but also worry about the detrimental effects of disclosure on their relationships, which causes them to make maladaptive attempts at suppression. Two longitudinal studies were carried out with people in intimate relationships who were actively hiding something from their spouse in order to test this key component of the concept (combined $N = 635$; 67.2% women; $M_{age} = 39.6$, $SD = 11.9$). Surveys were completed by participants four times every two weeks, and multilevel mediation analyses were used to investigate whether trait self-concealment and emotional outcomes were mediated by preoccupation and suppression. The results validated the hypotheses: people with higher levels of self-concealment reported being more preoccupied with and suppressing their secrets, which in turn predicted higher levels of guilt and negative affect. Overall, the findings imply that self-concealers' relational concerns and fear of the repercussions of disclosure start a maladaptive cycle of rumination and suppression, which eventually leads to increased guilt and anxiety in romantic relationships.

This study by Reut Wertheim, Ilanit Hasson-Ohayon, Michal Mashiach-Eizenberg (2017) addressed the absence of research on psychological suffering, self-concealment, and shame-proneness among cancer patients and their spouses. Evidence relating distress to shame and self-concealment, but with a lack of attention to psycho-oncology groups, made the study necessary. The goal was to investigate whether the association between shame-proneness and anxiety and depression is mediated by trait and contextual self-concealment. As part of a broader study on self-concealment in cancer contexts, a cross-sectional design was used. Eighty cancer patients and eighty spouses of other patients made up the sample, which was divided into two separate subsamples. Standardized self-report questionnaires measuring shame-proneness, guilt-proneness, trait self-concealment, contextual self-concealment, anxiety, and depression were filled out by participants. The findings indicated that compared to patients, spouses reported feeling more anxious and ashamed. Compared to male participants, female participants reported higher levels of anxiety, sadness, contextual self-concealment, and shame-proneness. Guilt-proneness and trait self-concealment did not significantly differ by role or gender. The association between shame-proneness and distress was partially mediated by both trait and contextual self-concealment, according to mediation studies. These results imply that in oncology settings, concealing behaviors are linked to increased anxiety and depression symptoms. In order to effectively customize psychosocial interventions in psycho-oncology settings, the study emphasizes the therapeutic significance of detecting shame-proneness and self-concealment.

The research conducted by Saniya Sehgal (2021) has a sample of 35 artists between the ages of 20 and 40 was chosen for the study in order to examine perfectionism, self-compassion, fear of negative evaluation, and dispositional envy among performing artists. The respondents were given standardized measures of the previously stated variables. Rigid perfectionism and fear of negative assessment, self-critical perfectionism and fear of negative evaluation, benign envy and rigid perfectionism, and benign envy and self-critical perfectionism were found to be significantly positively correlated. Rigid

perfectionism and self-compassion, self-critical perfectionism and self-compassion, and fear of negative assessment and self-compassion were found to be significantly correlated negatively. Based on these results, we can draw the conclusion that listening to one's heart has consequences.

The study by Natalie Toomey, Misook Heo (2022) link between emotions, cognitive functions, and individual variations in learning outcomes was investigated in this study. The exact significance of emotions in learning is still up for question, despite the fact that they are known to affect attention, memory, and problem solving. Both happy and negative emotions can improve learning, according to one viewpoint known as the "emotions as facilitator of learning" theory. The study focused on dispositional envy, making a distinction between benign envy (DBE) and malevolent envy (DME). The study involved 120 undergraduate students from a university in the Northeastern United States. The majority of participants was female and ranged in age from 18 to 22. Cognitive performance was evaluated using a multimedia learning task about how a toilet cistern works. With a maximum score of 10, the learning assessment comprised memory, comprehension, and open-ended inference questions. The BeMaS scale, which showed satisfactory reliability, was used to quantify dispositional envy. The findings indicated a significant correlation between learning results and dispositional envy. Benign envy displayed more adaptive patterns, whereas malicious envy was negatively correlated with objective cognitive performance. Overall, the results show that different types of envy have distinct effects on learning and cognitive function.

Research Methodology:

OPERATIONAL DEFINITION:

Self Concealment:

A psychological concept known as "a predisposition to actively conceal from others personal information that one perceives as distressing or negative" is self-concealment. Self-disclosure is its antithesis.

Envy:

A bad feeling of unhappiness and bitterness brought on by a desire for the belongings, characteristics, traits, or accomplishments of another person (the object of envy). In contrast to jealousy, which has some parallels and is frequently confused with it, jealousy always necessitates a threesome, whereas envy only requires two people—the envious person and the person envied.

CONCEPTUAL DEFINITION:

Self Concealment:

Self concealment is a tendency to hide the original feeling of the individuals from others. This may lead to any mental health issues like depression, stress, anxiety. People tend to hide more feeling when they feel they are being judged.

Envy:

Envy is a feeling that a person feels about something that they do not have, but want to have them. It is like a feeling of belongingness needed when the thing does not belong to them.

Objectives:

- To identify the levels of self concealment among young adults.
- To identify the levels of envy among young adults.
- To find out the relationship between self concealment and envy among young adults

Hypothesis:

There will be no significant relationship between self concealment and envy among young adults.

Research design:

A correlation descriptive research design was adopted to identify the relationship between self concealment and envy among young adults. The envy was dependent variable while self concealment was the independent variable.

Sample technique:

In this study, the samples selection was done by non-probability simple random sampling.

Tools used:

Self concealment questionnaire and the Dispositional Benign and Malicious Envy Scale are being used for the study.

Tools description:**Self Concealment scale:**

To measure self concealment, a 10 item self concealment scale is used in which respondents answer the question ranging from 1 (strongly disagree) to 5 (strongly agree). Given by Larson, D. G., & Chastain, R. L. (1990). The interpretation ranges from 10 -50. Internal consistency (Cronbach's α) is 0.83 to 0.91 across studies. Test-retest reliability (over 4 weeks) = 0.81. Convergent validity: Positively correlated with anxiety, depression, and distress. Discriminant validity: Negatively correlated with willingness to self-disclose.

The Dispositional Benign and Malicious Envy Scale (BEMAS):

To measure envy, a 10 item dispositional benign and malicious envy scale is used in which respondents answer the question ranging from 1 (strongly disagree) to 6 (strongly agree). Given by Lange & Crusius (2015) The interpretation ranges from 10 -50. Internal consistency for the benign envy is Cronbach's $\alpha = .79 - .90$ and malicious envy is Cronbach's $\alpha = .83 - .91$.

Procedure:

The purpose of the study is to determine the significant impact of self concealment on envy among young adults. In order to do so, the study was conducted through offline settings in college, universities, working people. The data collected for the research is through simple random sampling. The data is collected from students from all department and working population of IT Company. Both men and women of age ranging from 18- 25 years are collected. The data is collected from both single people as well as married people from the specific age mentioned. The data includes collected from different college, inter departments of colleges all over Tamilnadu. The participants were elaborated about the research and only after the consent from the participants data were collected.

Statistical Analysis:

The collected data were analyzed using descriptive and inferential statistics Pearson correlation with the use of SPSS Statistics 20. In order to present summarized information about the variables and highlight potential relationship between the variables and give explanations for the relationship and draw conclusions based on explorations.

Inclusion criteria:

- The sample will involve young adults' age group participants.
- The sample involves both male and female.
- Participants who can read and write English.

- Participants were given consent form indicating their voluntary participation.

Exclusion criteria:

- Respondents who are younger than 18 years and older than 25 are excluded from the study.
- Due to possible communication difficulty, people who cannot read English are excluded.
- To preserve the study’s regional focus, people who live outside India are excluded.

Results and discussion:

Table 1 : Descriptive statistics:

VARIABLES	N (TOTAL)	MEAN	STANDARD DEVIATION
SELF CONCEALMENT	200	31.83	7.504
ENVY	200	26.96	7.812

The above table shows the statistical analysis of relationship between self concealment and envy among young adults. The information shows descriptive information such as variables, number of young adults, mean scores and standard deviation scores. The mean self concealment score for the young adults is 31.83 whereas for thee envy the mean scores is 26.96. The standard deviation scores for the self concealment for the young adults is 7.504 and for the envy the standard deviation is 7.812.

Table 2: Correlation analysis:

CORRELATIONS		SELF CONCELAMENT	ENVY
SELF CONCEALMENT	PEARSON CORRELATION	1	.138
	SIG (2 TAIL)		.52
	N		200
ENVY	PEARSON CORRELATION	.138	1
	SIG (2 TAIL)	.52	
	N	200	200

To examine the relationship between these constructs, a Pearson product-moment correlation was conducted. The analysis indicated a weak positive correlation between Self-concealment and envy, $r = .138$, $p = .052$.

Although the direction of the relationship suggests that higher levels of self- concealment are associated with higher envy scores, this result failed to reach the conventional threshold for statistical significance ($\alpha = .05$). While the p-value of .052 represents a marginal trend, it technically necessitates a failure to reject the null hypothesis. This implies that within this specific sample, the observed relationship between SC and EV is not statistically robust. The small effect size suggests that while these variables may share a slight overlap, envy as measured in this study account for a negligible amount of the variance in self- concealment scores.

Hypothesis testing:

For this study, null hypothesis was frames.

H0 = There is no significant relationship between self concealment and envy.

As per results, it is evident that null hypothesis has been accepted since there is no significant relationship between self concealment and envy.

Discussion:

The present sample (N = 200) had a mean score of 26.96 (SD = 7.81) for envy and 31.83 (SD = 7.50) for self-concealment, according to the descriptive statistics analysis. A Pearson product-moment correlation was used to look at how these two psychological dimensions related to one another. The findings showed a weak positive connection ($p = .052$, $r(198) = .138$). This relationship fell short of the traditional threshold for statistical significance ($\alpha = .05$), despite the positive direction of the coefficient suggesting that those who tend to conceal secrets or personal information may also feel more envious.

A p-value of .052 strictly requires a failure to reject the null hypothesis, even though it is sometimes referred to as a "marginal trend" in psychological literature. This implies that, in this particular group, the propensity to hide one's thoughts and emotions is essentially unrelated to the propensity to feel jealous of others. Even if a relationship does exist, Self-Concealment only explains a small portion of the variance in Envy scores, as indicated by the small effect size ($r = .138$). The internal character of both categories may be the reason for their lack of significance; although they both deal with private emotional states, the reasons for keeping secrets (like fear of being judged) and the reasons for feeling envious (like social comparison and feelings of inadequacy) could not be very similar.

Summary:

This research investigated the correlation level between two variables- self concealment and envy among young adults. The findings show that the statistical analysis used in this study is correlation study to find the relationship between the self concealment and envy. A sample of 200 young adults was examined. Descriptive statics show that the mean score for self concealment is 31.83 and mean score for the envy shows as 26.96. To assess the statistical significance, a correlation study which is Pearson product moment correlation is used. The correlation results yielded that r value is 0 .138 and the p value is 0 .052 indicating they are not statistically significant. The results show that there is no significant relationship between self concealment and envy among young adults. Future research might benefit from a larger sample size to determine if this marginal trend stabilizes into a significant effect or remains a negligible association.

Conclusion:

1. **Lack of Significant Association:** The study did not find a statistically significant correlation between envy and self-concealment, indicating that they function as separate psychological processes in this population.
2. **Marginal Trend:** A slight upward trend ($p = .052$) was noted, suggesting a possible but tenuous connection that could need to be verified by a bigger sample or a more sensitive measurement.
3. **Construct Independence:** The results suggest that a rise in social comparison or jealousy toward others is not always predicted by the internal burden of maintaining secrets.

Limitations:

1. **Limited Generalizability:** The study's small sample of college and working could not be typical of broader demographics. The findings may not apply to other populations due to differences caused by cultural, educational, and socioeconomic backgrounds.
2. **Time limit:** There was time period for the date collection is limited due to exams for the college students and the festival time leave for the working people.

3. **Statistical Power:** The study might not have had enough power to detect a very tiny effect size because the p-value was so near the cutoff.
4. **Social Desirability:** Due to the social stigmas associated with both self-concealment and envy, individuals may have underreported these characteristics, resulting in "noise" in the data.
5. **Measurement Breadth:** Although overall envy was measured in this study, other aspects (malicious versus benign envy, for example) may have displayed distinct patterns of correlation with concealment.

Future scope:

1. **Enhanced Sample Power:** A larger and more geographically diversified sample should be used in future research given the p-value of .052. To ascertain whether the observed $r = .138$ represents a real, however little, influence in the broader population, a larger sample size (e.g., $N > 400$) might offer more statistical power.
2. **Multidimensional Measurement of Envy:** Future scholars should make a distinction between Benign Envy (desire to better one) and Malicious Envy (desiring the other to lose their advantage). Due to similar aspects of shame and secrecy, Self-Concealment may have a strong correlation with Malicious Envy but not with Benign Envy.
3. **Moderating Variables:** Studies should look into possible moderators like social anxiety or self-esteem. For example, the relationship between keeping secrets and feeling jealous may only become important for those who have low self-esteem, as the weight of keeping secrets makes them feel inferior to others.
4. **Experimental or Longitudinal Designs:** Future research could employ longitudinal designs to examine whether high degrees of self-concealment over time result in increasing envy, or vice versa, even though this study was correlation. This would assist in establishing a chronological sequence that is not possible with a cross-sectional study.
5. **Qualitative Inquiry:** Including open-ended interviews could offer a deeper understanding of why people feel the need to hide particular characteristics and how that connects to how they see the achievements of others.

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