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**COMPARATIVE ANALYSIS OF HUMILIATION
OF MEN AND WOMEN IN RUSSIA AND THE USA**

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Abstract

The research is devoted to the problem of estimating the manifestations of humiliation of men and women in Russia compared to the USA. The American sample included 253 respondents (170 women and 83 men) aged 15-51. The Russian sample consisted of 136 respondents (111 women and 25 men) aged 17-54. First, we adapted the technique "Test of the feeling of humiliation" (L. Hartling) to the Russian sample. The adapted technique showed the high validity and reliability of the test ($p \leq 0.05$; $p \leq 0.01$). It was shown that American women experience humiliation harder than men (impact of past humiliation $p \leq 0.05$, fear of being humiliated $p \leq 0.01$), while in the Russian sample the differences between men and women were not significant ($p > 0.05$). Comparison of the average scores of the Americans and the Russians (by mean scores) showed that the former experience humiliation harder than the latter. The results imply that the more favorable and stable social environment is, the more acutely various forms of humiliation are perceived, which was especially apparent in the American sample. At the same time, the Russians, living in more complicated conditions, get used to them and perceive humiliation less acutely.

Keywords

Emotional experiences – Fear – Interpersonal relations – Morality – Self-esteem – Social status

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Introduction

Till today, there have been very few works devoted to comparative analysis of humiliation of people belonging to different cultures. In Russia, the problem of humiliation was not properly studied. The very notion of humiliation has not been properly explained.

In Russia, humiliation is recollected only in connection with some scandal, and mainly to find the guilty, not to understand the essence of the phenomenon per se¹, while the foreign practice has accumulated the statistical base which confirms the topicality of the issue.

To comprehend the far-reaching nature of this phenomenon, a Brazilian linguist Francisco Gomes de Matos² offers a list of humiliating experiences: slander, discrimination, intimidation, accusation, dehumanization, and humiliation.

Linda Hartling considers humiliation as a consequence of social pain, decrease of self-consciousness and self-regulation, and increase of self-destructing behavior³. That is quite obvious, as a human being is a social creature, and social communication is the need no less important than air, water, or food, and, just as these basic needs, the lack of social connections causes pain⁴.

In the context of modern human rights ideals, humiliation can be interpreted as forced position of a person or a group as a result of submission, which harms their dignity or integrity⁵. Miller wrote about humiliation that it implies inferior, abased and helpless position of someone possessing more power than oneself⁶. A philosopher Richard Rorty asserted that there is a specific kind of pain, which animals do not share with people, and that is humiliation⁷.

Few scholars studied the influence of humiliation on individual and social behavior. Silver, Conti, Mikeli and Poggi analyzed humiliation as a tool of social control, which undermines the sense of individuality⁸.

¹ I. S. Kon, "What is bullying and how to counteract it?", *Semya i shkola*, num 11 (2006): 15–18.

² F. Gomes de Matos, *What Is Humiliation? A Mnemonically Made Checklist* (2012).

³ J. Ginges & S. Atran, "Humiliation and the inertia effect: Implications for understanding violence and compromise in intractable intergroup conflicts", *Journal of Cognition and Culture*, (2008): 281–294 y L. M. Hartling & E. Lindner "Humiliation: Assessing the Impact of Derision, Degradation, and Debasement". *Journal of Primary Prevention*, num 19(4) (1999): 259–278.

⁴ P. Leask, "Losing Trust in the World: Humiliation and Its Consequences. *Psychodynamic Practice*", *Individuals, Groups and Organization*, (2013): 129–142; B. Leidner; H. Sheikh & J. Ginges, *Affective dimensions of intergroup humiliation* (2012) y E. Sommerfeld, "The Experience of Disappointment in the Context of Interpersonal Relations: an Exploration Using a Mixed Method Approach", *Current Psychology*, October (2017): 1-14.

⁵ P. Dursun; İ. Dalğar; K. Brauer; E. Yerlikaya & R. T. Proyer, "Assessing dispositions towards ridicule and being laughed at: Development and initial validation of the Turkish PhoPhiKat-45", *Current Psychology*, November (2017): 1-14; E. Lindner, *Gender, Humiliation, and Global Security (USA: Praeger, 2010)* y E. Lindner, *Honor, humiliation, and terror: An explosive mix - and how we can defuse it with dignity* (Lake Oswego, OR: Dignity Press, 2017).

⁶ A., Margalit *The Decent Society* (Cambridge, MA: Harvard University Press, 1996).

⁷ R. Rorty, *Contingency, irony and solidarity* (Moscow: Russkoye fenomenologicheskoye obshchestvo, 1996).

⁸ W. Miller, *Humiliation: And other essays on honor, social discomfort, and violence* (Ithaca, NY, US: Cornell University Press, 1993)

Many psychologists in their daily practice substitute humiliation for shame⁹, but recent research showed that these are two different feelings¹⁰. Undoubtedly, they have something in common, but there is the difference, so it is important to distinguish between these two notions. As for similarity, both phenomena require that the person interprets an event as shameful and humiliating.

Both may lead to the sense of helplessness, anger, and anxiety in a person. Both may have short- and long-term consequences¹¹.

Unlike shame, humiliation includes a greater emphasis on interaction, when a person is made humiliated by someone possessing more power than themselves¹². The experience of shame emphasizes the reflection of oneself; in other words, the internal process of negative self-estimation is accentuated.

On the contrary, the experience of humiliation attracts more attention to interpersonal interaction. Shame is what a person feels when not justifying one's ideals, which correspond to the correct behavior in one own and other people's opinion. Humiliation is what a person feels when being mocked at, despised, or otherwise abused for what he or she is¹³.

⁹ D. C. Klein, *The humiliation dynamic: looking to the past and future* (New York, 2005); C. McCauley, "Toward a psychology of humiliation in asymmetric conflict", *American Psychologist*, (2017): 255–265; M. Otten & K. J. Jonas, "Humiliation as an Intense Emotional Experience: Evidence from the Electro-Encephalogram", *Social Neuroscience*, (2014): 23–35 y D. J. Pulham, *Humiliation and its Relationship to Embarrassment and Shame* (2009).

¹⁰ A. Collazoni; C. Capanna; M. Bustini; P. Stratta; M. Ragusa; A. Marino & A. Rossi, "Humiliation and Interpersonal Sensitivity in Depression", *Journal of Affect Disorders*, (2014): 224–227; A. Collazoni; C. Capanna; C. Marucci; M. Bustini; I. Riccardi; P. Stratta & A. Rossi, "Humiliation: An Excluded Emotion", *Journal of Psychopathology*, (2014): 252–257; D. Combs; G. Campbell; M. Jackson & R. Smith, "Exploring the consequences of humiliating a moral transgressor", *Basic and Applied Social Psychology*, (2010): 128–143; L. M. Hartling & E. Lindner, "Can Systemic Humiliation Be Transformed into Systemic Dignity?", *Journal of Systemic Humiliation in America* (2018): 19–51; K. S. Kendler; J. M. Hettema; F. Butera; C. O. Gardner & C. A. Prescott, "Life Event Dimensions of Loss, Humiliation, Entrapment, and Danger in the Prediction of Onsets of Major Depression and Generalized Anxiety", *Archives of General Psychiatry*, (2003): 789–796 y W. Miller, *Humiliation: And other essays on honor, social discomfort, and violence* (Ithaca, NY, US: Cornell University Press, 1993).

¹¹ J. Elison & S. Harter, *Humiliation: Causes, Correlates, and Consequences*. In J. L. Tracy, R. W. Robins, & J. P. Tangney (Eds.), *The Self-Conscious Emotions: Theory and Research*. New York: Guilford Press (2007); J. Ginges & S. Atran, "Humiliation and the inertia effect: Implications for understanding violence and compromise in intractable intergroup conflicts", *Journal of Cognition and Culture*, (2008): 281–294; L. M. Hartling & E. Lindner, "Toward a Globally Informed Psychology of Humiliation: Comment on McCauley", *American Psychologist*, (2017): 705–706; R. D. Stolorow, "The Shame Family: An Outline of the Phenomenology of Patterns of Emotional Experience That Have Shame at Their Core", *International Journal of Psychoanalytic Self Psychology*, (2010): 367–368 y W. Vogle & A. Lazare, "The unforgivable humiliation: A dilemma in couples treatment", *Contemporary Family Therapy*, (1990): 139–151.

¹² E. Lindner "Healing the cycles of humiliation: How to attend to the emotional aspects of unsolvable conflicts and the use of humiliation entrepreneurship". *Peace and Conflict: Journal of Peace Psychology*, (2002): 125–138 y A., Margalit, *The Decent Society* (Cambridge, MA: Harvard University Press, 1996).

¹³ Yo. Furukawa; K. Nakashima; R. Tsukawaki & Ya. Morinaga, "Guilt as a signal informing us of a threat to our morality". *Current Psychology*, January (2019): 1-11 y L. M. Hartling & E. Lindner, "Toward a Globally Informed Psychology of Humiliation: Comment on McCauley", *American Psychologist*, (2017): 705–706.

The most comprehensive research of humiliation was started by Klein¹⁴, who distinguished the dynamics of humiliations, i.e., certain patterns of behavior, related to the experience of humiliation¹⁵.

In his research, Donald Klein wrote that the respondents described their experience of vas bright and fresh, regardless of when it happened. People felt helpless, confused, and, with some exceptions, full of anger¹⁶.

The anger accumulated after several humiliations may be directed inwards – in that case it may lead to low self-esteem of the individual, fear, mistrust to other people, depression¹⁷. This anger may be manifested in the form of fantasies about revenge. People may literally devour themselves with anger, exhausting their emotional, intellectual and physical energy either in the attempts to take revenge or in revengeful fantasies about how to restore justice¹⁸. The inner anger makes them unable to satisfy their own needs.

The anger directed outwards may lead to violence, mass riots, as humiliation undermines the social structure, destroying our social unity and development of a personality¹⁹. The people after humiliation will have the so-called “experience”. Linda Hartling called that the impact of past humiliation²⁰. Besides, in the future such person will fear to be humiliated. In some people this fear can be so strong that they would avoid any contacts, awaiting humiliation from any person

Everyone who once experienced humiliation would fear that in the future. The fear of being humiliated is a strong feeling, which may make a person commit suicide. Fear of being humiliated is no less important than the experience of humiliation per se²¹.

Most acutely a person reacts to humiliation in childhood, as it is when the basis for the initial idea of the world and society is laid. This may result in difficulties with studies or communication in the collective. When growing up, a person may face various mental disorders, discord between spouses, or even family violence.

Humiliation can be researched as:

- (1) an inner state (feeling, emotion);
- (2) an external event (violence, intimidation, conflict);

¹⁴ D. C. Klein, *The humiliation dynamic: looking to the past and future* (New York, 2005).

¹⁵ L. M. Hartling & E. Lindner, “Toward a Globally Informed Psychology of Humiliation: Comment on McCauley”, *American Psychologist*, (2017): 705–706.

¹⁶ L. M. Hartling & E. Lindner, “Toward a Globally Informed Psychology of Humiliation: Comment on McCauley”, *American Psychologist*, (2017): 705–706.

¹⁷ Yo. Furukawa; K. Nakashima; R. Tsukawaki & Ya. Morinaga, “Guilt as a signal informing us of a threat to our morality”, *Current Psychology*, January (2019): 1-11.

¹⁸ B. Leidner; H. Sheikh & J. Ginges, *Affective dimensions of intergroup humiliation* (2012) y E. Lindner, *Emotion and conflict: How human rights can dignify emotion and help us wage good conflict* (Westport, CT: Praeger, 2009).

¹⁹ L. M. Hartling & E. Lindner, “Healing Humiliation: From Reaction to Creative Action”, *Journal of Counseling and Development*, (2016): 383–390.

²⁰ J. Ginges & S. Atran, “Humiliation and the inertia effect: Implications for understanding violence and compromise in intractable intergroup conflicts”, *Journal of Cognition and Culture*, (2008): 281–294.

²¹ L. M. Hartling & E. Lindner, “Toward a Globally Informed Psychology of Humiliation: Comment on McCauley”, *American Psychologist*, (2017): 705–706.

- (3) a systemic condition (economic injustice in the country, discrimination)²².

Systemic conditions may cause external events, which generate the feeling of humiliation. The systemic humiliations include: politics, traditions, relations, convictions, or social mechanisms, which harm, reject, ignore or do not support equal dignity of all people. This type of humiliation may poison our life through humiliating social policy²³. A philosopher Avishai Margalit²⁴ wrote that humiliation is psychological cruelty and that the society must think not only about eliminating physical cruelty in social institutions but also about eliminating the psychological cruelty caused by those institutions.

The process of humiliation can be estimated from three points of view:

- (1) from the viewpoint of a victim – the one who experiences humiliation;
- (2) from the viewpoint of the person who humiliates.
- (3) from the viewpoint of a “witness” – the one who watches the process and realizes and agrees that that was humiliation.

Although people most often remember being in the position of a victim, they most probably could be in all three roles at some points of their lives. As a rule, humiliation takes place in the unequal relations, when the aggressor possesses power over the victim. The victim may feel abased, confused, and feeble²⁵.

The witnesses of humiliating events may be not humiliated but they may experience fear of humiliation in the future. Fear of humiliation may influence greatly a person’s behavior. Klein asserts that this fear may make a person commit suicide as a response to the threat of humiliation²⁶.

Humiliation is also a significant feature of inter-group conflicts, when a person, humiliating another, solves their own personality problems. In the foreign literature, there are studies of differences in humiliation between men and women.

Taking the above into account, we may see that the problem of humiliation has not lost its topicality. In the Russian literature, this topic is insufficiently studied, which determines the present research.

Materials and methods

The research consisted of two stages. At the first stage, the diagnostic tools for estimating humiliation were selected. We analyzed a wide range of techniques in this sphere. As we did not manage to find techniques developed by the Russian authors, we relied on the technique developed by an American author Linda Hartling. Before using it on the Russian sample, it was to be adapted. First, the test was professionally translated into Russian. Then we formulate the instruction and composed a full-fledged methodology for

²² F. Gomes de Matos, *What Is Humiliation? A Mnemonically Made Checklist* (2012).

²³ L. M. Hartling & E. Lindner, “Healing Humiliation: From Reaction to Creative Action”, *Journal of Counseling and Development*, (2016): 383–390.

²⁴ A. Margalit, *The Decent Society* (Cambridge, MA: Harvard University Press, 1996).

²⁵ L. M. Hartling & E. Lindner, “Toward a Globally Informed Psychology of Humiliation: Comment on McCauley”, *American Psychologist*, (2017): 705–706.

²⁶ L. M. Hartling & E. Lindner, “Toward a Globally Informed Psychology of Humiliation: Comment on McCauley”, *American Psychologist*, (2017): 705–706.

further use, entitled “The state of humiliation”. The questions of the test are shown in Table 1.

		no ——— very deeply				
During your lifetime, how deeply did you feel harm, being...						
1	teased?	1	2	3	4	5
2	intimidated?	1	2	3	4	5
3	despised?	1	2	3	4	5
4	excluded?	1	2	3	4	5
5	mocked at?	1	2	3	4	5
6	disparaged?	1	2	3	4	5
7	worried?	1	2	3	4	5
8	suppressed?	1	2	3	4	5
9	embarrassed?	1	2	3	4	5
10	roughly criticized?	1	2	3	4	5
11	called with humiliating terms?	1	2	3	4	5
At this moment of your life, how much do you fear of being...						
12	despised?	1	2	3	4	5
13	intimidated?	1	2	3	4	5
14	mocked at?	1	2	3	4	5
15	helpless?	1	2	3	4	5

16	worried?	1	2	3	4	5
17	disparaged?	1	2	3	4	5
18	excluded?	1	2	3	4	5
19	roughly criticized?	1	2	3	4	5
20	roughly disciplined?	1	2	3	4	5
21	an outsider?	1	2	3	4	5
At this moment of your life, how much do you fear of (worry about) being...						
22	teased?	1	2	3	4	5
23	embarrassed?	1	2	3	4	5
24	unnoticed?	1	2	3	4	5
25	suppressed as a personality?	1	2	3	4	5
26	feeling small and insignificant?	1	2	3	4	5
27	called with humiliating terms?	1	2	3	4	5
28	unjustly deprived of some activity or service?	1	2	3	4	5
How much do you worry about being...						
29	considered adequate by the others?	1	2	3	4	5
30	considered competent by the others?	1	2	3	4	5

Table 1
The text of "The state of humiliation" questionnaire

The technique is aimed at revealing the level of the inner state of humiliation of the respondents from the viewpoint of a victim. The test consists of thirty numbered statements, which a respondent should estimate according to the scale from one to five.

In the Russian translation, two questions – No. 7 (being mocked at) and No. 8 (being abused) – were removed, as they appeared to be synonymous with the questions No. 5 and 6.

The questions were formulated by analyzing the information obtained from literature review, polling people in focus groups, and studying the tools used for estimating this conception. All statements were formulated so as to be understandable for the grown-ups and schoolchildren of the 8th grade and older. Prior to the test, the following instruction is given: “This questionnaire is aimed at revealing your feelings related to the following statements. Please read each item below and choose the variant best describing your feelings”. The answers imply scores from 1 to 5, score 1 meaning the lowest level of expression, score 5 – the highest.

Just as in the original, the test consists of three scales:

- scale “The impact of past experience of humiliation” (for example: During your lifetime, how deeply did you feel harm, being teased?). The result is determined by summarizing the scores for all questions 1 to 11.
- scale “Fear of being humiliated” (for example: “At this moment of your life, how much do you fear of being mocked at?”). The result is determined by summarizing the scores for questions 12 to 30.
- Integral indicator of the test: scale “Total indicator of humiliation”. The result is determined by summarizing the scores for all questions of the test.

The scale “The impact of past experience of humiliation” estimates the inner experience of humiliation from the past to the present; the scale “Fear of being humiliated” estimates the fear of experiencing humiliation in the future.

The maximal score a person may get for the first scale is 55, for the second scale – 95, for the total indicator – 150.

A person who has a high score for the scale “The impact of past experience of humiliation” but a low score for the scale “Fear of being humiliated” is likely to resolve his or her past experience of humiliation so that maintaining the low level of fear of experiencing humiliation in the future. Also, it is possible that people with a low score for the scale “Fear of being humiliated” have elaborated certain strategies which help them dissociate their fear of humiliation.

Accordingly, the higher the scores, the more the person felt humiliated in the past and the more he or she fears of being humiliated in the present or future.

1. Determining the validating parameter

Having analyzed various parameters, which could be thought to reveal the studied parameter, we considered over 15 variants. The analysis was based on 3 techniques, the scales to which allowed estimating the validity of our parameter.

The first technique was the test for diagnosing interpersonal and intergroup relations by J. Moreno²⁷ within which the parameter of sociometric status “an outcast” appeared to be most appropriate by semantic and methodological criteria. According to Moreno’s theory, the outcast, or the pariahs, experience only reprobation and have no positive choices. These are people who are actively rejected by the group, are often subject to attacks and jeers;

²⁷ J. L. Moreno, *Sociometrics: Experimental method and science of the society* (Moscow: Akademicheskiiy proyekt, 2001)

their personal qualities, features of behavior, habits cause acute rejection in other members of the group. Thus, these are people who are often subject to humiliation, who have the experience of humiliation and fear to experience it again. That is why this parameter can be chosen as validating.

The second technique was the test “Self-estimation” by Dembo-Rubinstein, modified by A. M. Prikhozhan²⁸. According to the authors, people with low self-estimation of the personality are characterized by attributing great significance to some events, or consider themselves to be more infringed and more often subject to attacks. That destroys their confidence in themselves and their personal potential, leads to losing dignity and, finally, low self-esteem. That is why this parameter can be chosen as validating.

The third technique was the test “Types of fear” by I. P. Shkuratova and V. V. Ermak²⁹. From this test, we used the scale “social fears”. Fear in a person may grow into social phobia, having negative effect on the personality. Such people transmit their fears into the world around, which attracts situations of humiliation to them. Accordingly, attacks on them may aggravate. That is why this parameter can be chosen as validating.

Thus, the above parameters were taken as validating signs for the studied parameters.

2. Forming the sample for validation

To check the technique “The state of humiliation”, we formed a group of respondents of 53 people aged from 17 to 44 y.o., including men and women equally. As it was necessary to estimate the sociometric status, different groups were chosen for the research, and then representatives of these groups serves as respondents.

3. Initial diagnostics and estimation of validating parameters

The formed groups underwent psychological diagnostics with four techniques (by 6 parameters): “The state of humiliation” (author Linda Hartling in the adapted Russian-language version), consisting of 3 subscales: the impact of past experience of humiliation, the fear of being humiliated, the total parameter of humiliation; interpersonal and intergroup relations by J. Moreno (“Sociometrics”), the indicator of self-esteem from the test “Self-estimation” by Dembo-Rubinstein, modified by A. M. Prikhozhan; and the indicator “social fears” from the test “Types of fear” by I. P. Shkuratova and V. V. Ermak.

4. Repeated diagnostics

A month later, testing was repeated with the same group of respondents. Such procedure is necessary to prove that the studied indicators are sufficiently stable characteristics and their changes correlate with the changes of parameters chosen for validation.

²⁸ A. M. Prikhozhan, Using the methods of direct estimation in the work of a school psychologist. In I. V. Dubrovina (Ed.), Scientific-methodological bases of using specific psychodiagnostic methods in school psychological service (Moscow: APN SSSR, 1988)

²⁹ I. P. Shkuratova & V. V. Ermak, Applied psychology: achievements and prospects (Rostov-on-Don: Foliant, 2004)

5. Mathematical analysis of the obtained data, interpretation, formulating the conclusions of compiling the finalized test

The finalizing mathematical analysis was carried out with the help of Pearson's correlation analysis. Its aim was to show that the translated scales actually test the parameter of humiliation and will yield an objective result when used for diagnosing various people and in various situations. Direct correlation between the compared indicators was found, which allow stating that the adapted technique actually reveals the indicators of humiliation.

6. Checking the validity and reliability of the test

The validity of the corrected scales of "The state of humiliation" test was checked by comparing their results with the results of the three selected techniques. The reliability of "The state of humiliation" test was checked by comparing the results of the first profile with the results of the second profile. As diagnostics was carried out twice, it is necessary to discuss both of the obtained results (Table 2).

Parameters	Self-esteem	Social status	Social fear
Impact of the past experience of humiliation	$r = -0.429^{**}$	$r = -0.400^{**}$	$r = 0.434^{**}$
Fear of being humiliated	$r = -0.285^*$	$r = -0.333^*$	$r = 0.368^{**}$
Total scale of humiliation	$r = -0.306^*$	$r = -0.356^{**}$	$r = 0.377^{**}$

Note: * $p < 0.05$; ** $p < 0.01$.

Table 2
Correlation analysis of the first stage of checking for validity

As shown in Table 2, the initial diagnostics revealed correlations between the parameters of the checked technique "The state of humiliation" and the scales selected as validating parameters. Significant correlations were found between all the scales of the main technique and the scales selected as validating parameters.

The results imply that the scales measure the equivalent indicators and yield the equal results.

Then we carried out the second diagnostics in the same group of respondents. The objective was to reveal the reliability of the technique. The results are shown in Table 3.

Parameter	r
Impact of the past experience of humiliation	0.783***
Fear of being humiliated	0.926***
Total scale of humiliation	0.859***

Note: *** $p < 0.001$.

Table 3
Correlation analysis of the second stage of checking for reliability

The results show that the scales measure the equivalent indicators and yield the equal results. Thus, the high correlation of the scales confirms both the homogeneity and validity of the technique. This allows asserting that the studied technique can be used for testing the feeling of humiliation in the Russian sample.

Results

At the second stage of the research, the results of testing the feeling of humiliation obtained in the Russian sample were compared with the respective results obtained abroad. For that, we used the technique “Testing the feeling of humiliation” by Linda Hartling. In the adapted variant it was called “The state of humiliation”. It reflects 2 aspects of the internal experience of humiliation:

- (1) the impact of the past experience of humiliation,
- (2) the fear of being humiliated.

The Russian sample consisted of 136 respondents: 111 women and 25 men. The age ranged from 17 to 54 years.

The American sample consisted of 253 respondents: 170 women and 83 men. The age ranged from 15 to 51 years.

Linda Hartling’s results showed the following (see Table 4).

Scale	Women (n = 166)		Men (n = 81)		One-sided ANOVA
	M	SD	M	SD	F (df = 1.245)
IPE	33.23	10.50	29.90	9.94	5.92*
FBH	49.67	17.86	39.43	15.60	19.37**
Total scale	82.90	25.33	69.25	22.51	16.95**

Note: The Table is cited from (Hartling, L. M. & Luchetta, T. “Humiliation: Assessing the Impact of Derision, Degradation, and Debasement”. Journal of Primary Prevention, num 19(4) (1999): 259–278.). IPE – subscale “impact of the past experience”, FBH – subscale “fear of being humiliated”, M – mean, SD – standard deviation.

*p < 0.05; **p < 0.01.

Table 4

Summarized data on subscales and the total scale and the standard deviations by gender (American sample)

Table 4 shows average estimations and standard deviations for men and women by both subscales and the total scale.

Average estimations of women by two subscales and the total scale were significantly higher than those of men. The American women experience harder humiliation than men.

Table 5 shows the results obtained in the Russian sample.

Scale	Women (n = 111)		Men (n = 25)		Student t-criterion
	M	SD	M	SD	
IPE	26.37	9.37	27.08	8.39	0.344
FBH	20.17	6.89	17.76	6.22	1.714
Total scale	46.54	13.45	44.84	11.46	0.651

Note: IPE – subscale “impact of the past experience”, FBH – subscale “fear of being humiliated”, M – mean, SD – standard deviation.

Table 5

Summarized data on subscales and the total scale and the standard deviations by gender (Russian sample)

Table 5 shows mean estimations and standard deviations for men and women for both subscales and the total scale.

In this case, the results showed no significant differences between men and women of the Russian sample, though there are differences in scores.

When viewing the differences in individual questions, one may see that the Russian women show deeper feeling of humiliation by such parameters as “fear of being humiliated” ($p \leq 0.05$), “how much do you fear of being mocked at?” ($p \leq 0.05$), “how much do you fear of being roughly criticized?” ($p \leq 0.05$), “how much do you fear of being teased?” ($p \leq 0.05$), “how much do you fear of being embarrassed?” ($p \leq 0.05$), and “how much do you fear of feeling insignificant?” ($p \leq 0.05$).

Discussion

Comparing the results of the Russians and the Americans shows their similarity. It is manifested in the fact that women in both countries feel humiliation deeper than men. The difference is that the Americans – both men and women – react to humiliation more acutely than the Russians. In our opinion, this is due to the specificity of way of living and mentality. The Russians are more steadfast to various manifestations of humiliation compared to the Americans.

In particular, both Russian and American women experience harder humiliation compared to men, because they live in the society where submission to men is traditionally characteristic. Their status subjects them to the risk of humiliation. Besides, women experience a higher risk of becoming a victim of emotional or physical violence. This is a similarity between the Russian and American women.

However, the American women experience humiliation harder compared to the Russian women, both by the impact of past experience of humiliation and the fear of being humiliated. In our opinion, this is due to the social environment. The American society is more economically developed compared to the Russian one. This directly is reflected on the social-psychological well-being. Every declination from the norm is perceived by the American women as infringe on their sovereignty. At the same time, most of the Russian women experience financial difficulties due to social-economic problems. In time, humiliation from men and the society becomes a norm, which leads to endurance against various humiliations. They get used to living in such conditions, developing immunity to humiliations.

Men experience less humiliation, as they often demonstrate such behavior which is accepted in both the Russian and American society as a norm. However, this does not disprove the fact that men are subject to humiliation, too.

American men experience stronger feeling of humiliation than the Russian ones. While by the impact of past experience of humiliation the average estimations differ insignificantly, by the fear of being humiliated they are much larger. The American men are apt to conceal their fear of being humiliated, as that would be perceived as weakness and show their vulnerability.

On the contrary, the American women are apt to share their experience; they are more adapted to negative interpersonal feelings³⁰.

The Russian men are not very worried about the fear of being humiliated. In this case, it may be due to the situation in which they found themselves during the transitional period of 1990-s, when many of them, having lost their jobs, were obliged to adapt to new conditions. Life in the new difficult conditions ceased to be perceived as humiliation.

Analyzing the standard deviation in the American sample in the groups of men and women, one may see that the differences are insignificant. Similarly, in the Russian sample: the differences in the standard deviation in the groups of men and women are insignificant.

However, if we compare the men and women of the American sample with the Russian one, we will see the following. By the impact of past experience of humiliation, the standard deviations for men and women separately are approximately the same. But there are differences by the fear of being humiliated. In the American sample of women, the standard deviation is larger than in the Russian sample of women. The indicators of expressed humiliation are closer to average values in the Russian women compared to the American ones. In this aspect, the indicators of the Russian women are more homogeneous, which testifies to the greater objectivity of the indicators.

A similar comparative picture is observed in the groups of the Russian and American men. While by the impact of past experience of humiliation the standard deviation in the groups of the Russian and American men is approximately equal, by the fear of being humiliated the standard deviation in the group of the American men is much larger compare to the group of the Russian men. It means that the indicators of expressed humiliation in the group of the Russian men are closer to average values; hence, they are more objective. Despite the large variation by age (15-51 y.o.), the indicators in different age groups do not differ much.

Conclusion

A reliable tool has been developed, which allows researching humiliation in people. At the same it should be noted that in the studied group there were no persons subject to sexual violence and other forms of violent humiliation. Thus, the technique adapted by the authors can be considered the first step for further improvement, taking into account the age features of the respondents.

³⁰ J. Ginges & S. Atran, "Humiliation and the inertia effect: Implications for understanding violence and compromise in intractable intergroup conflicts", *Journal of Cognition and Culture*, (2008): 281–294.

The research showed that the more favorable and stable the environment, the more acutely people perceive various forms of humiliation, which was especially expressed in the American sample. The Russians, living in harder conditions, get used to them with time and perceive humiliation less acutely.

The research materials are of practical value for studying the phenomenon of humiliation and the personality trait of humiliation. The results will be useful for psychologists and social workers when rendering social-psychological assistance to people aimed at optimizing their mental states owing to unfavorable living conditions.

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