

INTERACTION BETWEEN NARCISSISM PERSONALITY TYPE AND SELF-REGULATION IN STUDENTS PSYCHOLOGICAL ISSUES

Vusal Alguliyev¹

Abstract: The article is devoted to the study of the relationship between narcissism personality type and self-regulation. 150 students participated in our research. The main part of the selection is students studying at a higher education institution. The study showed that when evaluating the differences between groups with different severity of the indicator of self-regulation and self-attitude, significant differences were obtained only on two scales: lack of empathy and envy of the achievements of others. A lack of empathy and envy of others' achievements appeared to be more common among respondents with low self-esteem, i.e., those with predominantly negative self-images. The effects of personality type and narcissistic personality traits on self-attitude factors are negative, except for grandiose self-worth and belief in one's own uniqueness. It was found that there is a contradiction in the structure of self-attitude of a narcissistic personality: a positive self-attitude maintains an acceptable level due to greatness and belief in one's own uniqueness and specialness, but precisely these characteristics emerge. being the basis for envy and manipulation in interpersonal relationships. Realizing that such strategies are unacceptable leads to shame and experiencing one's own flaws. In response, the personality either focuses on the painful side of such experiences, which increases feelings of envy, leading to narcissistic outbursts of anger and submissive behavior, or strives for self-affirmation and social achievement, which helps maintain a sense of superiority.

Keywords: narcissistic personality type, self-esteem, self-attitude, self-regulation success, psychological factors

¹ Doctorant in Psychology, Odlar Yurdu University Orcid: <https://orcid.org/0009-0008-4933-6038>



Introduction

It is true that different types of psychopathologies are characteristic for cultural societies in different periods of historical development. Although these mental disorders do not have obvious manifestations, they manifest themselves in different ways of behavior, communication and social relations. In this regard, narcissism is one of the most urgent problems of modern society. One of the main etymologies of this phenomenological breakdown begins with the connection between external environmental orientations and internal conflicts. At this time, conflicts between the needs of the individual and the society arise when the social situation contradicts the wishes of the individual. In such situations, various types of psychopathological disorders appear, and narcissism is one of them. It should be taken into account that exactly in such a case, conflicts arise between the external behavior of the narcissistic personality and his inner feelings of self-understanding, and the basis for the development of a deep feeling of incompleteness is formed.

The further development of the process depends on the individual's self-awareness and self-development [Jabbarov, 2012]. Undoubtedly, such a trend allows us to say that the narcissistic personality type manifests itself in all spheres of society. Of course, it is difficult to determine the etymology of narcissism without examining the psychopathological behavior patterns of the narcissistic personality. Also, if we take into account that the narcissism personality type is directly caused by self-attitude, then it becomes clear that narcissism is possible at the lower level of self-regulation. Studies show that the concept of "narcissism" is historically associated with the ancient Greek myth Narcissus [Kun, 2009].

According to Freud (2007), narcissism can be viewed as a process of self-selection as a libidinal object and as a normal stage between autoerotism and object love experienced and perceived by a person at an early age [Freud, 2007].

Reich (2006) shows that the response to interactions with the external environment is the



formation of character, which is intended to fulfill the function of maintaining normal narcissism. This is a derivative concentrated in the psychic structure to express the characteristic shield-narcissistic defense. [Reich, 2006]. In the works of Reich (2006), narcissism is first associated with shyness (the narcissist mentions shy blushing when working with patients [Reich, 2006]).

A number of studies show that narcissists, like neurotics, are indiscriminately hungry for favors or appreciation. In addition, he is the first to express a sense of incompleteness expressed in the form of complaints or concerns, or the need for self-improvement with an obsessive tendency to make a good impression [Horn, 2001]. However, narcissism is often a manifestation of the fear of loss of identity and fragmentation of one's "I", which often manifests itself in preoccupation with physical health, appearance, and hypochondria. [MacWilliams, 2015]. Summarizing the theoretical sources we have studied, we come to the conclusion that the main feature of narcissism is its bipolarity: the basis of the narcissistic personality type is the conflict between external grandiose manifestations and internal feelings of inferiority, and the former acts as a racist, to compensate for the latter. activates the defense mechanism. The main goal of this article is to determine the relationship between narcissism and self-regulation.

Literature review

In psychological and psychotherapeutic sources, much attention is paid to the problem of narcissism [Yomans, 2018; Kornilova and Chumakova, 2018; Beck, and Freeman, 2017; Pincus and Roche, 2011; Zeigler-Hill, 2011; Jabbarov, 2021]. This interest is related to the current cultural situation and social priorities that promote individuality, determination, confidence and independence. Modern man is more concerned with self-realization, self-affirmation and self-regulation than in previous times. This is its positive side. (Jabbarov, 2017). But on the other side of paying attention to individuality and the uniqueness of one's personality - "dark" arrogance, manipulation, neglect of moral norms, difficulties in establishing emotionally significant and reliable relationships are manifested.



Narcissistic traits can exist in the personality structure and support the desire for success, achievement, self-actualization, career, and social recognition. During periods of developmental crises (for example, during adolescence or during physiological and mental aging), the severity of narcissistic traits may increase in response to physiological changes in the body and changes in social expectations, which may cause difficulties in social adjustment.

Contemporary research on narcissism reflects the existence of deep-seated problems with personality and emotional functioning disorders defined using similar or identical characteristics, and the understanding of narcissism encompasses a significant continuum of phenomena related to both normative mental functioning and clinical manifestations. [Beck, and Freeman, 2017; Pincus and Roche, 2011; Zeigler-Hill, 2011].

Narcissism is also brought into focus as a borderline personality disorder. The main pathological feature of the borderline personality organization is the violation of the integration and integrity of the personality, diffuse personality, which results in the complexity, uncertainty and chaotic nature of the inner world of the borderline personality, unable to recognize internal contradictions [Yomans, 2018; Kornilova and Chumakova, 2018].

On the one hand, during narcissism, personality diffusion affects self-awareness, leads to cognitive distortions and emotional dysregulation. On the other hand, the marker of this diffusion becomes dysfunctional interpersonal relationships, in the context of which the drama of the narcissistic personality takes place - the drama of its fragmentation, impulsivity, self-aggrandizement and self-depreciation.

Research shows that diffuse personality is one of the main characteristics of narcissistic personality. This can be investigated using the diagnosis of the individual's attitude towards himself (self-concept, self-esteem). This is "the inability of the psyche to regulate self-esteem and maintain it at a normal level." This system is the basis of the psychological defect of narcissistic personality [Kohut, 2017].

Research shows that the self-concept of a narcissistic personality is characterized by either



a strongly negative or a strongly positive self-image. Here is a sense of one's own uniqueness, one's own moral code; grandiose fantasies associated with a positive self-image [Dmitrieva, 2010]. Self-care and an inflated sense of self-worth lead to a clear predominance of the motive of achievement and superiority, which leaves a mark in interpersonal relationships accompanied by painful experiences and constant comparison with more successful people [Shamshikova and Klepukova, 2010].

In the narcissistic personality type and disorder, greatness is often combined with the experience of psychological fragility, accompanied by the fear of losing oneself, losing self-esteem. The spread and blurring of intrapersonal and interpersonal boundaries is determined by the complex interaction of the main characteristics of the narcissistic personality - grandiosity, sensitivity, privileges. Depending on the dominant tendency - grandiosity or weakness - grandiose and sensitive types of narcissism are distinguished [Luchner, 2011; Paulhus, 2002]. Grandiose narcissists tend to be energetic and optimistic, have high self-esteem, and are more willing to take advantage of other people. Sensitive narcissists are sensitive to threats and prone to anxiety and negative affect. Their inherent vulnerability and frustration caused by unmet expectations lead to social disorganization and avoidance in a failed attempt to manage self-esteem. It causes shame, depression, anger, hostility, and often results in outbursts of narcissistic rage.

Studies show that there is a positive relationship between grandiose narcissism and subjective well-being and a negative relationship with psychological distress [Helgeson, 2000; Dufner et al, 2012; Morph, 2001]. Regardless of whether grandiosity or inferiority predominates in the personality structure, heightened sensitivity to social comparisons affects self-esteem stability and mood swings, along with negative experiences of interpersonal interactions [Dufner et al, 2012; Morph, 2001]. This look It is very important to determine the relationship between narcissistic personality type and self-regulation.



Methodology

150 students participated in our research. 70 people (46.66%) are young student girls, and 80 people (54.34%) are young student boys. is a man. The main part of the selection is students studying at a higher education institution.

Two questionnaires were used to diagnose narcissism and self-attitude: the Short Dark Trio Questionnaire aimed at identifying personality traits such as Machiavellianism, narcissism, and psychopathy, the “Narcissistic Personality Traits” questionnaire, and the “Big Five” Short Questionnaire for diagnosing personality traits. In addition, the “Self Attitude Questionnaire” was used to study self-regulation, which allows us to determine aspects of self-attitude such as self-esteem, auto-sympathy, self-interest, expectation of attitude towards oneself and a general person. During the statistical evaluation of the data, correlation analysis methods, non-parametric Mann-Whitney and Kruskal-Wallis tests, and multi-linear regression were used.

Results

In our study, the relationship between self-regulation, self-relationship and narcissistic personality types was initially evaluated. Statistically significant relationships were determined between indicators of self-esteem, the shadowy triad of personality types and narcissistic traits (Table 1).



Table 1. Relationship between self-regulation and narcissistic personality traits indicators

| Gauges or scales | Scales | Self attitude | Self regulation | Self-interest | Expected attitude |
|-----------------------------------|--|---------------|-----------------|---------------|-------------------|
| The dark trinity | The scale of Machiavellianism | -0,230* | 0,335* | 0,490** | 0,320* |
| | Narcissism scale | -189* | 0,120* | 0,470** | -470* |
| | Psychopathy scale | -260* | - | -146* | -0,366** |
| Narcissistic personality types | Great sense of self worth | -0,180* | - | 0,290** | 0,426* |
| | Being captivated by fantasies of unlimited success and power | 0,148** | - | 0,386* | - |
| | Belief in your own uniqueness | 0,123* | 0,160* | 0,220** | 0,391* |
| | The need for wonder | 0,164* | 0,154* | 0,206* | - |
| | Feeling privileged | 0,220** | 0,220* | - | -0,356** |
| | Effectiveness in interpersonal relationships | -0,387** | 0,112* | 0,270** | -0,166* |
| | Lack of empathy | - | 0,462* | 0,244* | -0,178** |
| | Being jealous of other people's achievements | -0,390** | - | - | -0,430** |
| Showing humble, arrogant behavior | -0,199* | - | - | -0,498** | |

Note. * – $p < 0.05$; ** – $p < 0.01$. level is important.

Correlations between dark triad questionnaires and self-attitude scales and narcissistic traits are mostly negative. However, self-interest and automatic liking show positive relationships with narcissism, a sense of grandiose self-importance, preoccupation with fantasy, belief in one's uniqueness, and the need for admiration. Also, belief in one's own uniqueness is positively associated with expected attitudes from others.



Table 2. The relationship between self-regulation and the Big Five questionnaire indicators

| Scales | Self attitude | Self regulation | Self-interest | Expected attitude |
|---------------------|---------------|-----------------|---------------|-------------------|
| Agreement | 0,216* | 0,260* | 0,130* | 0,262* |
| Honesty | 0,430** | -159* | 0,143* | 0,345* |
| Emotional stability | 0,266** | 0,266** | 0,224** | 0,446** |
| For practice | 0.498* | 0,360* | 0,154** | 0,294** |

Note. * – $p < 0.05$; ** – $p < 0.01$. level is important.

Aspects of self-regard - self-esteem, auto-sympathy, self-interest, the attitude expected from others - relationships obtained between personality traits such as agreeableness, conscientiousness, emotional stability, openness to experience are completely natural. These personality traits reflect a socially oriented, cooperative, responsible and emotionally balanced personality in its high values. Therefore, a positive, accepting attitude towards oneself is a natural consequence of such personal preconditions. However, an increase in the severity of certain personality traits, for example, extraversion, is associated with an increase in narcissistic manifestations.

The study showed that when assessing the differences between groups with different severity of self-regulation and self-attitude i indicator, significant differences were obtained only on two scales: lack of empathy and envy of others' achievements. A lack of empathy and envy of others' achievements appeared to be more common among respondents with low self-esteem, i.e., those with predominantly negative self-images. The effects of the Dark Triad scale and narcissistic personality traits on self-attitude factors are negative, except for grandiose self-worth and belief in one's own uniqueness. These two scales, acting as predictors of attitude expected from others (belief in one's own uniqueness) and self-interest, self-esteem, support the view of social goodness. So, it was determined that there is a relationship between self-regulation and narcissistic personality type.

They appear to mimic positive traits, but their excess and exaggeration make them symptoms of conflict, inconsistency, and instability of self-concept and undermine self-regulation. At the same



time, the negative influence of self-attitude as a whole on self-regulation is subjected to significant internal pressure of narcissistic traits recognized by the individual in one way or another, and in order to counteract this influence, the individual makes additional efforts to reduce it. These efforts are accompanied by envy of others' achievements, submissive behavior, intensity of experiences associated with Machiavellianism.

Discussion and Conclusion

The obtained results help to understand the relationship between narcissistic traits and the individual's attitude towards himself. The narcissistic personality becomes a hostage to its own grandeur, setting ever greater and less realistic goals for itself. His attitude towards himself is deformed: on the one hand, the feelings experienced about his grandeur and uniqueness increase self-interest, auto-sympathy and self-esteem; Expectations of honor and admiration from other people seem quite real. On the other hand, self-esteem is attacked by destructive impulses arising from envy, the desire to control other people, to use them for their own ends. In order to maintain self-regard at a subjectively good and socially acceptable level, the individual seeks ways to reduce the pressure of these impulses. Thus, there is a contradiction in the structure of the self-relation of a narcissistic personality: a positive self-relation maintains an acceptable level due to greatness and belief in one's own uniqueness and specialness, but precisely these characteristics emerge. being the basis for envy and manipulation in interpersonal relationships. Realizing that such strategies are unacceptable leads to shame and experiencing one's own flaws - vulnerability. In response, the personality either focuses on the painful side of such experiences, which increases feelings of envy, leading to narcissistic outbursts of anger and submissive behavior, or strives for self-affirmation and social achievement, which helps maintain a sense of superiority.

According to the results of our study, lack of empathy and envy of others' achievements are most often manifested among respondents who have a negative view of their own personality.



A narcissistic personality's self-esteem is unstable. A focus on constant confirmation of one's uniqueness, together with negative interpersonal experiences, failures, rejection, and various threats to self-esteem, leads to low self-esteem and mood swings [Luchner et.al, 2011; Miller et al, 2012; Morf and Rhodewalt, 2001; Paulhus and Williams, 2002; Pincus and Roche, 2011, Jabbarov 2021]. Our results are in good agreement with these ideas. Correlations between most dark triad and narcissistic trait scales and self-attitude scales are negative.

Our study was conducted among young people without a narcissistic diagnosis. The relationships obtained between self-attitude and personality types are positive. In these relationships, a person's self-image system appears to be whole, emotionally, morally, and socially balanced. Self-respect, self-acceptance, self-interest are accompanied by the desire to follow social and moral norms, take responsibility, regulate one's emotions and take into account the values of others. Correlations between the Big Five scales and the narcissistic scales are negative, except for extraversion. We found positive relationships between extraversion and psychopathy and narcissism scales, which is consistent with many studies [Morf and Rhodewalt, 2001; Paulhus and Williams, 2002; Pincus and Roche, 2011; Aghajani et al. 2014].

In our opinion, this relationship is supported by one of the main narcissistic traits - grandiosity, and the grandiosity-based behavior pattern includes social activity aimed at seeking recognition and admiration. However, in this case, extraversion mainly reflects the efforts of the narcissistic personality related to self-regulation and affect regulation.

Our results are consistent with a number of proposed dynamic models of self-regulation of narcissism, which suggest that a strong but vulnerable self-esteem is key to understanding narcissism. Vulnerability is at the core of the narcissistic personality's self-affirmation, and it feeds back into maintaining fragile self-esteem. To regulate self-esteem, the narcissistic personality uses reappraisal and pressure on others, which helps reduce ego threats and maintain a sense of self-worth.

During the study of self-attitude and narcissistic personality traits, significant relationships between self-attitude, dark triad and narcissistic personality traits were identified. These relationships



are mostly negative. However, it shows positive relationships with self-interest and self-regulation scales: Also, the belief in one's own uniqueness is positively related to the attitude expected from others. The relationship between positive aspects of self-attitude and personality traits is positive. These relationships characterize the personality as socially oriented, cooperative, responsible and emotionally balanced. Therefore, a positive, accepting attitude towards oneself is a natural consequence of such personal preconditions.

Extraversion supports increased narcissistic traits. The meaning of this connection seems to be the need for activity and recognition, which is characteristic of the grandiose aspect of narcissism and related behavior - the search for a community to spread its influence and will be the basis for narcissistic fantasies.

A lack of empathy and envy of others' achievements are more common among respondents with a negative self-image. Here the sensitive side of narcissism is more evident, associated with conscious limitation of social relations, anger and envy.

The effects of the Dark Triad scale and narcissistic personality traits on self-attitude factors are negative, except for grandiose self-worth and belief in one's own uniqueness. These two scales influencing self-regard maintain the appearance of social well-being in the self-belief system of the narcissistic personality [Zeigler-Hill and Jordan, 2011]. On the other hand, this effect confirms the need for recognition of the narcissistic personality. A great sense of self-worth and belief in one's own uniqueness play a protective role - it is a barrier not only to external threats, but also to immanent ego threats, the pressure of which leads to the experience of uselessness and self-degradation. Thus, the relationships studied between self-attitude and narcissistic traits reflect the deep contradictions of the narcissistic personality. Based on the limitations of the study, it is almost impossible to generalize the results obtained due to the small sample size and the limited age of the participants, which indicates the need for further research on the results of the study.



References

Aghajani T, Jabbarov R, Mustafayev M. (2014). The Effect of Playing on Children's Social Skills (Case of Study: Preschool Children in Tehran). *J Iran Soc Dev Stud (JISDS)*. 2014;6(3).

Dufner M., Denissen J., Zalk M., et al.(2012). Positive intelligence illusions: On the relation between intellectual self-enhancement and psychological adjustment // *Journal of Personality*.. 80. 3. 537–572. doi:10.1111/j.1467-6494.2011.00742.x

Helgeson V.S., Fritz H.L. (2000). The implications of unmitigated agency and unmitigated communion for domains of problem behavior // *Journal of Personality*. 68.6.1031–1057. doi:10.1111/1467-6494.00125

Jabbarov, R. (2017). Traumatic factors affecting the self-realization of students. *International Journal of Pharmaceutical sciences and research*, 8(6), 2682-2690. [http://dx.doi.org/10.13040/IJPSR.0975-8232.8\(6\).2682-90](http://dx.doi.org/10.13040/IJPSR.0975-8232.8(6).2682-90)

Jabbarov R.V.(2021). Psychological direction of the formation of multicultural values. *Revista on line de Política e Gestão Educacional*, 3 (1), 620-637 file:///C:/-Users/ACER/Downloads/24_+ID+15003+RPGE.+Rashid_FT+(rev)%20(1).pdf

Luchner A.F., Houston J.M., Walker C., et al.(2011). Exploring the relationship between two forms of narcissism and competitiveness // *Personality and Individual Differences*. 51. 6. . 779–782. doi:10.1016/j.paid.2011.06.033

Miller J.D., Price J., Gentile B., et al. (2012). Grandiose and vulnerable narcissism from the perspective of the interpersonal circumplex // *Personality and Individual Differences*. 53. 4. 507–512. doi:10.1016/j.paid.2012.04.026

Morf C.C., Rhodewalt F. (2001). Unraveling the Paradoxes of Narcissism: A Dynamic Self-Regulatory Processing Model // *Psychological Inquiry*. 12. 4. 177–196. doi:10.1207/S15327965PLI1204_1

Paulhus D.L., Williams K.M. (2002). The Dark Triad of Personality: Narcissism, Machiavellianism,



and Psychopathy // Journal of Research in Personality. 36. 6. 556–563. doi:10.1016/S0092-6566(02)00505-6

Pincus A.L., Roche M.J. (2011). Narcissistic grandiosity and narcissistic vulnerability // Handbook of narcissism and narcissistic personality disorder: Theoretical Approaches, Empirical Findings, and Treatments 31–40.

Ramiz, A. K., Vakil C. R.(2020). Socio-psychological issues of changing values in adolescents–youth in education // Práxis Educacional. 6 (37). 578–590. DOI: 10.22481/ praxisedu.v16i37.6406

Zeigler-Hill V., Jordan C.H. (2011). Behind the Mask. Narcissism and Implicit Self-Esteem // Handbook of narcissism and narcissistic personality disorder: Theoretical Approaches, Empirical Findings, and Treatments / W.K. Campbell, J.D. Miller (eds.). Hoboken: John Wiley & Sons, 101–115.

Джаббаров, Р.В. (2012). «О принципах формирования мотивов самореализации в процессе обучения.» Вектор науки Тольяттинского государственного университета. Серия: Педагогика, психология 3: 125-127

Йоманс Ф., Кларкин Д., Кернберг О.(2018). Психотерапия, фокусированная на переносе при пограничном расстройстве личности. М.: б/и .

Кун Н. А.(2009). Мифы древней Греции. М.: Роосса.

Кохут Х. (2017). Анализ самости. Систематический подход к лечению нарциссических нарушений личности. М.: Когито-Центр.

Корнилова Т.В., Чумакова М.А. (2016). Апробация краткого опросника Большой пятерки .Психологические исследования. 9.46. :.5. URL: <http://www.psystudy.ru/index.php/num/2016v9n46/1259-kornilova46>

Левитов, Н.Д. (1964). О психических состояниях человека. М.: Изд-во «Просвещение»,

Мак-Вильямс Н.(2015). Психоаналитическая диагностика: понимание структуры личности в клиническом процессе. М.: Независимая фирма «Класс»

Немов, Р.С. (2007). Психологический словарь. М.: Изд-во Владос.



Фрейд З.(2007). Психоаналитические заметки об одном автобиографически описанном случае паранойи (dementia paranoides) Шребер // Знаменитые случаи из практики. М.: Когито-Центр

Хорни К. (2001). Культура и неврозы // Зарубежный психоанализ, хрестоматия. Спб.: Питер

Райх В. (2006). Характероанализ. — М.: Когито-Центр.

Шамшикова О.А, Клепикова Н.М.(2010). Опросник «Нарциссические черты личности» // Психологический журнал. 31. 2. : 114–128.

