Narcissistic Personality and Family Relationship among Adults: A Correlational Study

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Abstract: This research was conducted to check the relationship of narcissism with family relationship. Research was also purposed to check gender differences in narcissism and family relationship. By the using of convenient sampling (non-probability technique) participants was approached. Narcissism Personality Inventory and Index of Family Relations was used for the purpose of data collection. Results uncovered the significant negative relationship between narcissism and family relationship. Findings of Independent t-test revealed gender differences in the level of narcissism and family relationship. Results depicted that level of narcissism was high in males than females and level of family relationship was high in females than males.

Key words: Narcissism, Family Relationship, Convenient Sampling, Gender Differences.

1. Introduction

Narcissistic personality disorder (NPD) is the most strongly criticized personality disorder, but also the disorder with the most proponents. Narcissistic personality disorder is methodologically untenable (¹,²). While on the other hand, its proponents call for more studies and therapy concepts for NPD because of its clinical relevance (³, ⁴).

The concepts in use in clinical psychology, psychiatry and personality psychology have historically been based on psychoanalytical characterizations of narcissism. The term narcissism was originally introduced into the psychiatric discussion at the turn of the 19th/20th centuries as a neologism to describe an autoerotic disorder (⁵, ⁶). The concept of narcissism was then appropriated in psychoanalysis (⁷) and was further developed in Kohut’s self-psychology (⁸, ⁹). In Kernberg’s object relations theory (¹⁰, ¹¹, ¹²) According to Kohut (⁹) this leads to development-related narcissism, in which an ideal self-image associated with fantasies of greatness and the need for admiration and idealization of the parents develops. Narcissism as a normal stage of development disappears as the child develops.

Kernberg (¹⁰) describes how narcissistic behaviors serve as an attempt to compensate for negative self-esteem, positing that negative self-esteem arises from emotional deprivation in the form of devaluation, indifference or latent aggression on the part of the parents, and that it is accompanied by sadness, helplessness, and shame. This leads to the desire for attention becoming separated out (e.g., through rage and anger). In order to compensate for the threat to his self-esteem that has thus arisen, the child focuses on those aspects that are accepted and valued by his parents (e.g., achievements, appearance, talents), which in turn leads to the formation of the grandiose self. Kernberg emphasizes the coexistence of feelings of inferiority and grandiosity in narcissistic individuals for the first time (¹⁰).

Narcissistic individuals may seem to begin interpersonal relationships with ease. They appear to actually enjoy these relationships in the beginning. But, narcissistic character traits will interfere over the long term (¹³). Narcissistic personality disorder is about the self, not about connecting with others. The narcissist expects constant praise and acknowledgement from others. Conversely, persons with NPD underestimate the attributes of peers (¹⁴).

Narcissists tend to be promiscuous because they are always looking to upgrade in a partner. Admiration from others is addictive for the narcissist. However, partners of narcissists will eventually see the dysfunctional behavior, and praise will decrease or cease. Then, the narcissist will look for new acquaintances to supply the needed admiration (¹⁵). Attributes such as arrogance, need for attention, entitlement, envy, and extreme sensitivity to criticism are predictors of chaos in relationships (¹⁶).

Narcissistic personality disorder encompasses a pathological way of dealing with others that predicts impaired interpersonal relationships in all areas of life and the negative consequences of Narcissistic Personality Disorder can be felt by acquaintances, co-workers, and friends. But, the bulk of these negative consequences are felt strongly by people who are involved with a narcissist (¹⁷). Individuals with narcissistic personality disorder may cause others to feel uncomfortable. They may initially appear to be charming or seductive. However, the negative traits associated with the disorder soon
become evident. The façade can only be sustained short term. Arrogance, cold disdain for others, a sense of entitlement, lack of empathy, and self-promoting behaviors clearly interfere with all types of interpersonal relationships (18). Partners of those with Narcissistic Personality Disorder may face relationships laden with selfishness, de-valuation, game playing, and absence of caring, infidelity, and even violence (17). Partners, and those in close relationships with individuals who have narcissistic personality disorder are likely to leave the relationship feeling lost, confused, and injured (15).

1.1. Rational of the Study

The present study has been aimed to discover the relationship of narcissism with family relationship. Most of the previous researches on narcissism have been conducted in western culture. This research will help in determining the relationship of narcissism with family relationship in Pakistan especially in the content of Multan city. The results of the study will be helpful in order to evaluate and to get knowledge about narcissism and how it is affecting our daily life.

1.2. Objectives

1. To examine the relationship of narcissism with family relationship.
2. To examine that which gender is more affected by narcissism.
3. To examine that which gender is more affected by family relationship.

1.3. Hypothesis

- Narcissism will have negative relationship with family relationship.
- Males will be more affected by narcissism than females.
- Females will be more affected by family relationship than males.

1.4. Operational Definition of Variables

**Narcissistic personality disorder.** Narcissistic personality disorder (NPD) is characterized as “A pervasive pattern of grandiosity (in fantasy or behavior), need for admiration, and lack of empathy (American Psychiatric Association, 2000) (14).

**Family Relationship.** Family relationship refers as an abstraction belonging to or characteristic of two entities or parts together. It’s also refers to relatedness or connection by blood or marriage or adoption.

2. Method

2.1. Participants

The sample of research was consisted of 200 adults including 100 females (50 married and 50 unmarried) and 100 males (75 married and 25 unmarried). For this research Data was collected from different place of Multan. In this research, convenient sampling technique (Non-probability sampling) was used.

2.2. Instrument

In this study 2 questionnaires was used.
1. Narcissistic Personality Inventory
2. Index of Family Relations

**Narcissistic Personality Inventory (NPI).** The Narcissistic Personality Inventory (NPI) developed by (19). This instrument widely used to assess the tendency of narcissism in humans personality. Is has 41 forced-choice items according to DSM criteria for narcissistic personality disorder.

**Index of Family Relations (IFR).** Index of family relation (IFR) was originated by Hudson in 1997 (20). The scale was comprised of 25 items all were related to family relations. It was a 7-point likert scale ranging from 1 (None of the time) to 7 (All of the time). The IFR is scored by reverse-scoring of items 1, 2, 4, 5, 6, 14, 15, 17, 18, 20, 21, and 23. The next step is summing the scores, subtracting the number of completed items, multiplying this figure by 10, and dividing by the number of items completed times 6. This will produce a range from 0 to 100 with higher scores indicated greater magnitude or severity of problems.

2.3. Procedure

The booklet including consent form with demographic variable sheet narcissistic personality inventory and index of family relations was given to the males and females who were selected through convenience sampling techniques from different place of Multan. They were given the brief introduction of the purpose of the study and they were assured that information would be kept confidential and will only be used for statically enumeration. Necessary explanation was provided to the respondent to make the questioner easy and understandable.

3. Results

Relationship between narcissism personality and family relationship was measured through correlation and gender differences were found on narcissism personality and family relationship by Independent t-
test. Following results are achieved through the SPSS.

Table 1. Correlation Coefficient on the Scales of Narcissism Personality and Family Relation

<table>
<thead>
<tr>
<th>Narcissism Personality</th>
<th>Family Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>-.66**</td>
<td></td>
</tr>
</tbody>
</table>

Note. N=200, ** p<0.01

Table no 1 show that significant strong negative correlation between narcissism personality and family relation. In adults as narcissism personality factor increase their family relation will decrease.

Table 2. Mean, standard deviation, T value on the Scale of Narcissism Personality Inventory among Female and Male

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>T</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>100</td>
<td>3.62</td>
<td>.543</td>
<td>-3.38</td>
<td>.023*</td>
</tr>
<tr>
<td>Female</td>
<td>100</td>
<td>2.87</td>
<td>.479</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note. N=200, *p<0.05

In table 2 significant gender differences showing on the level of narcissism personality. A value depicts that male have high tendency on narcissism personality as compare to females.

Table 3. Mean, standard deviation, T value on the Scale of Index of Family Relations (IFR) among Female and Male

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>T</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>100</td>
<td>2.93</td>
<td>.498</td>
<td>.443</td>
<td>.04*</td>
</tr>
<tr>
<td>Female</td>
<td>100</td>
<td>3.72</td>
<td>.556</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note. N=200, *p<0.05

Table 3 indicates that significant differences on the level of family relation in term of gender. A result shows that family relation is high in females than males.

4. Discussion

Narcissism is defined as extreme selfishness, with a grandiose view of one's own talents and a craving for admiration, as characterizing a personality type. Individuals with this disorder have poor relations with their families. This research was undertaken to investigate the correlation between narcissism and family relationship. Data collection for this research was taken from different places of Multan. At first, it was supposed that narcissism has negative relationship with family relations. The results were signified and showed that narcissism and family relationship negatively correlated with each other's. In west a research also showed that narcissistic personality disorder symptoms and behaviors will negatively impact interpersonal relationships across all areas of life. This hypothesis is accepted.

Hypothesis 2 indicated that males will be more affected by narcissism than females. In research findings the level of narcissism was high in males than females. But it is true that level of narcissism is slightly high in male because they take leadership roles in society and in home and they are responsible for making major decisions. Second hypothesis also approved.

In third hypothesis it was supposed that females are more affected by family relationship than males. Findings uncovered that female are more affected than males. The reason beyond is that female are more sensitive as compare to male and has high level of emotions and feelings than male.

4.1. Conclusion

It is concluded that narcissism negatively correlated with family relationship. Findings uncovered that if the narcissism high in adults it will decrease their family relations. Vice versa if individuals have more family relationship they have low level of narcissism. This research also conclude that gender type was significant determined of narcissism and family relationship. Findings uncovered gender differences in the level of narcissism and family relationship. Level of narcissism high in males as compare to females and females are more affected by family relationship than males.

4.2. Limitations of the Study

The present research has following limitations:
1. Present study research is a correlational research so it’s only investigated relationship between variables.
2. Small sample is the second major limitation of this research.
3. Research was conducted in Multan so it’s difficult to generalize all over the Pakistan.
4. Convenient sample is one more major limitation.

4.3. Suggestions for Future Research

1. It’s suggested that next research with these variables must be experimental study to check out the casual factors.
2. Second suggestion for future research is large sample to generalize the results.
3. Nationwide research is major suggestion.
4. Last suggestion for next research is related to random sampling.

5. Author Contribution

In current study all authors contributed equally to fulfill the requirement of this research.
6. Acknowledgements

I would like to thank all the participants who participated in this research because without them it was not possible to complete this research.

7. References


