DARK TRIAD AND PSYCHOLOGICAL WELL-BEING: A REVIEW PAPER

Pooja Yadav[1]

Dr. Raj Ratan[2]

ABSTRACT

Personality is all of a person's different traits put together and very important in everyone's life. There have been many studies on personality, but people in general also have some personality types that are not good. That is known as the "dark triad" is made up of three psychological traits that are all seen as bad: narcissism, psychopathy, and Machiavellianism. On the other hand, psychological well-being is a concept from positive psychology that means someone is mentally healthy. Reading about past studies is the primary focus of this paper; is to find the connection between the dark triad and psychological well-being. Besides that, it will help us gain insight into the idea of the "dark triad" and psychological well-being.

Key Words: Dark Triad, Psychological Well-Being, Mental state

1. Research Scholar, Department of Psychology, Kurukshetra University, Kurukshetra
2. Assistant Professor, Department of Psychology, Kurukshetra University, Kurukshetra

Correspondence concerning this article should be addressed to Pooja Yadav, Department of Psychology, Kurukshetra University, Kurukshetra,

Introduction:

The Dark Triad personality qualities are narcissism, Machiavellianism, and psychopathy (Paulhus and Williams, 2002). These traits frequently seen as dysfunctional and antisocial; however, they do exhibit adaptive traits. Narcissism is defined as an obsession with one's own sense of self-worth and how things affect one's person. Grandiosity, entitlement, dominance, and superiority included in narcissistic behavior (Corry, Merritt, Mrug, & Pamp, 2008). Others find this personality trait to be socially unappealing. For a narcissist, everything revolves around and affects them personally. A high level of thrill-seeking, impulsivity and a lack of empathy (Lilienfeld & Andrews, 1996) characterize psychopathy. According to Jones and Paulhus (2009), Machiavellianism is characterized as being cynical, unprincipled, and acting in accordance with the belief that interpersonal manipulation is the path to success in life. These individuals believe that in order to thrive in life, they must first influence others before they are themselves manipulated.

Psychological Well-Being: Since the initial study, the notion of psychological well-being has been in a state of divergence. Psychological well-being defined by some researchers to the realization of one's potential and happiness, while others connect it to one's own experiences, the accomplishment of goals, and the pleasure one derives from engaging in stimulating activities.

Ryff et al. define psychological well-being as the degree to which individuals believe they have meaningful influence over their lives and their daily activities.

However, issues with psychological health are now more prevalent among college and university students; particularly in those students who are, more possess Dark triad traits. People in many countries are currently researching dark triad, but in India, it has not been studied in depth yet.

As a result, this study looks at the idea in depth through reviews and tries to draw a conclusion about the link between the dark triad and psychological well-being.

Review of Literature:

The review of this study includes all studies related to dark triad and psychological well-being. However, since there have not been many researches on this topic, and then all the researches of subjective well-being with dark triad included in this review. Therefore, this review includes all researches from the year 2004 to 2023 related to Dark Triad association with Psychological and Subjective Well-Being. These reviews are:

Sedikides et. al., (2004) examined in their study the relationship between normal narcissism and psychological health. Results indicated the positive association of narcissism and psychological health when self-esteem is associated with it. In addition, results also demonstrated the preponderantly linear relationship among narcissism self-esteem and psychological health.

In an another study conducted by Cramer & Jones (2008) on 156 adults of 42 years old and found a positive relationship between healthy narcissism and psychological health throughout the adulthood period of life.

A study carried on 127 participants of both the sexes to find out the relationship of Altruism and Machiavellianism with social support and well-being by Tarran-Jones (2008). Pearson product moment method was demonstrated to find out the results of the study and results indicated an inverse association between Machiavellianism and both social support and subjective well-being. Conclusion here is that antisocial personality traits are injurious to social support and subjective well-being. Another study conducted by Sarah Kellett in (2008), regression analysis results indicated the inverse prediction of Machiavellianism with subjective well-being and social

support. In addition, an antisocial personality trait like Machiavellianism is responsible for decreasing the subjective well-being and social support.

Zuckerman & O'Loughlin (2009) studied concurrent and prospective relationship of narcissism with different indicators of well-being using non-clinical population through a longituditional study. Concurrent analysis results demonstrated a positive association of narcissism and well being when self-esteem was there as a moderator between them. In addition, prospective results analysis indicated the increment in the level of narcissism predicted by greater well being and lower affective reactivity to negative interpersonal events.

Erkutlu (2014) conducted a study on 793 faculty members of 17 universities of turkey to examine the relationship between narcissism and psychological well-being taking psychological capital as a moderator in this study. Results showed inverse significant correlation between narcissism and psychological well-being. In addition, results of multiple regression analysis also indicated the moderating role of psychological capital between both of these variables.

Ng et. al., (2014) examined through a study the relationship of narcissistic subtypes and psychological health. Results documented of this study shown the grandiose narcissism prediction for higher life satisfaction and lesser perceived stress and vulnerable narcissism opposite prediction of previous one.

Żemojtel-Piotrowska et al., (2014) took a topic to study the effect of narcissism on subjective well-being and conducted a study on 138 students. Results demonstrated positive correlation of agentic narcissism with the affective components of subjective well-being and communal narcissism with the cognitive components of subjective well-being. In addition, results also concluded the mediational role of self-esteem level of the participants.

A study conducted by Love & Holder in 2014 on 427 undergraduate students to investigate the relationship between psychopathy and subjective well-being. Psychopathy found to be associated with level of depression and negative affect, and low levels of life satisfaction, happiness, and positive affects.

Another longituditional study conducted on 811 employees of private and public sector of Germany showed the role of leaders' dark triad traits in the well- being of employees. Results of multiple regressions communicated that narcissism trait of leaders showed subordinates' objective and subjective career success without adversely affecting their well-being and Machiavellianism, Psychopathy traits of leader both decreases the employees well being in organization in a detrimental way (Volmer et. al.,2016).

In addition, Kämmerle et al., (2014) took a sample of 312 college students to study the association between dark and spiritual well being. Subclinical narcissism positively related to religious/ spiritual well being in the results whereas psychopathy found negatively correlated.

A middle-aged participants sample documented a positive relationship between narcissism and mental well-being in a study carried out by Dixit, Patel & Tiwari (2015). It also documented that higher the level of narcissism leads to the higher level of mental well being.

In another study conducted by Bongu S. (2017) on employees, to check the gender differences in dark triad and psychological well-being, a significant difference found between both the sexes on dark triad measures but not in psychological well-being measures.

Thi Yen et al.,(2018) studied the link between narcissism, love, subjective well-being in a sample of 369 women of 19-40 years age range. Another extra variable marital status used to make comparisons. Results of this study demonstrated that positive correlation of love and narcissism

with subjective well-being in married women and negative correlation in unmarried women of both the variables with subjective well-being.

Aghli et al. (2018) conducted a study on a sample of 332 nurses to investigate the impact of the dark triad of personality on psychological well-being and humor styles. The findings showed a strong correlation between the dark triad of personality, psychological health, and humor style. The dark triad of personality predicted humor styles in nurses and the dark qualities of narcissism and Machiavellianism predicted psychological well-being, suggesting that the dark triad of personality plays a significant role in predicting both psychological well-being and humor styles in nurses.

Belwal and Khanam (2023) explored the relationship between Dark triad with Psychological well-being and Resilience among young adults in India. On a sample of one 154 which included students and working professionals of (18 to 25 yrs) administered through Dirty Dozen scale, Ryff's Psychological well-being Scale, and Brief Resilience Scale. Results documented a negative correlation between dark triad and psychological well -being and no correlation between dark triad and resilience.

Conclusion:

 Maximum people of the world were aware of the word personality, but knowing about the dark triad of personality was very interesting, knowledgeable, and new topic for all of them. Analysis of literature review showed a negative relationship between both variables i.e. the Dark Triad and psychological well-being. However, numbers of these studies are not so more, very few researches were conducted on this topic. After reviewing of all of these few studies, it was

concluded that the correlation of psychological well being with all these three personality traits has been found to be negative, except positive correlation of psychological well being with narcissism in some studies. It is clear from looking at all the studies that have been done so far that more research needs to be done on this subject to get a better picture of the relationship between these two variables. Most of the studies that have been done so far have been about subjective well-being. They have only shown the link between the human dark triad and subjective well-being. Not much is known about the link between psychological well-being and Dark Triad.

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