

THE NARCISSIST PERSONALITY TYPE AND RELATIONSHIPS: ANALYSIS FROM MALE AND FEMALE PERSPECTIVES

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Abstract: This article analyzes the dynamics of narcissistic personality disorder in male and female relationships. Narcissistic individuals are characterized by high self-esteem, lack of empathy, and manipulative behavior. The fact that such persons put their needs in the center in their relationships and are prone to emotional manipulation towards their partners has a negative impact on the strength of relationships and the emotional sphere. The article also highlights the differences between narcissistic men and women and explores the problems gender-specific behavior patterns create in relationships. The results show that people who are in relationships with individuals with narcissistic personality traits can suffer serious psychological damage, and in such cases, the need for professional intervention comes to the fore. This study provides an in-depth understanding of the difficulties narcissistic personality poses in romantic relationships and has important implications for contemporary psychological research.

Keywords: Narcissistic personality type, narcissistic man and woman, relationship problems, self-confidence, manipulation, lack of empathy

Introduction

A narcissistic personality type is characterized by traits such as self-absorption, a sense of superiority over others, and a lack of empathy. Building personal relationships with these personality types is often difficult and exhausting. For narcissistic people, the opinions and feelings of others

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are usually secondary. For this reason, there are many problems in their relationship (Ronningstam, 2005). In individuals with a narcissistic personality type, self-esteem and a strong ego-centeredness come to the fore as the main characteristics of their personality. These individuals consider themselves superior, different and unique from others, which leads to serious problems in their relationships and social interactions. Because narcissists live with a high degree of self-admiration, they constantly seek approval and praise from the people around them. For such people, the opinion of others is often a means of strengthening their self-esteem and feeling of worth. Self-importance and a high ego make narcissists feel perfect, ideal, and indispensable, exaggerating their self-worth. As a result, these individuals tend to belittle and devalue the abilities, achievements, and values of others. This behavior causes narcissists to have deficits in their ability to empathize, making it difficult for them to form sincere and intimate relationships (Twenge, J. M., & Campbell, W. K. 2009; Campbell, W. K., & Foster, C. A. 2002, Jabbarov, 2020; Jabbarov et.al 2023).

Literature review

Narcissists often resort to manipulation and defense mechanisms to maintain this idealized image of themselves. When faced with any criticism or rejection, they defend themselves, blame the other party and try to justify themselves. At the root of narcissists' need for self-esteem is their fear of feeling worthless and weak. Because for them, being perfect and strong is the only way to maintain their sense of worth. For this reason, narcissistic individuals try not to accept any opinion or criticism that does not agree with them, but instead deny these opinions and attack the other party. This is one of the defense mechanisms they use to ensure the continuity of their egocentricity. Individuals with a narcissistic personality type try to portray themselves as attractive, competent, and successful in order to gain the approval and approval of others. Their high sense of ego forces them to create a positive image of themselves, and they act to continually reinforce that image. This causes them to distance themselves from building real relationships in both their personal and professional lives

(Wetzel and Robins, 2014; Zitek and Jordan, 2016; Pavlova, 2010; Shamsikova and Shamsikova, 2011; Jabbarov, 2020; Jabbarov et.al 2023).

Narcissists always want to dominate and be the center of attention in their relationships. Their egocentricity causes them to devalue the needs and feelings of others, resulting in strain and misunderstanding in relationships. These individuals may also feel angry and resentful when they do not receive praise and attention. In such cases, narcissists resort to various methods to make themselves the center of attention, which makes them manipulative and overly demanding of others. Their high sense of ego can lead them to resort to unethical behavior to win some competitions (Morf, C. C., & Rhodewalt, F. 2001).

Self-importance and egocentrism cause narcissists to want to show themselves superior by devaluing the values and abilities that attract the attention of others. This behavior reveals the narcissist's need to always see themselves as superior when compared to others. For such individuals, instead of being in mutual respect and understanding with others, it is important to get attention and approval all the time. Consequently, their high sense of ego prevents them from forming healthy and mutually beneficial relationships with others, leading to social isolation and relationship breakdown. For narcissists, the validation of their ego is one of the most important priorities in their lives. For this reason, they constantly try to present themselves in a perfect, effective and irreplaceable way. Behind their need for self-esteem lies a deep lack of self-confidence and fear of worthlessness. This fear acts as a source of motivation for narcissists to present themselves as perfect and flawless. Thus, for individuals with a narcissistic personality type, self-importance and a high ego is a mask that hides their true personality and tries to appear different from others. As a result, this mask hides their real inner weaknesses and insecurities and makes it difficult to connect with others. Narcissists' self-importance and ego-centeredness make them constantly feel superior and special. This prevents them from building real and meaningful relationships in their lives and ultimately leaves them with loneliness and isolation (De Panfilis C, Antonucci C, Meehan KB, Cain N, Soliani A, Marchesi C, J Pers Disord. 2018).

Methodology

The indicator for each factor is calculated by summing the statements that the subject agrees with, if included in the factor with a positive sign, and if included in the factor with a negative sign, the statements that the subject does not agree with are taken into account. The “raw score” obtained for each factor is transformed according to the tables to convert it to accumulated frequencies (%). The methodology consists of 12 steps (Shamshikova and Klepikova, 2010). 165 students participated in our research. Special attention was paid to ethical rules, selection of participants and statistical processing of data necessary in the research.

Results

Correlation analysis was used to verify the relationship between narcissistic personality traits (Machiavellianism, narcissism, psychopathy) and various variables measured by the “self-attitude” questionnaire. From the statistical analysis of the data, it became clear that there is a reciprocal relationship between the scale of “self-attitude” and Machiavellianism and narcissism, and a positive-direct relationship with psychopathy.

Table 1. Indicators of interaction of narcissistic personality traits (elements)

Scales		Machiavellianism	Narcissism	Psychopathy
A measure of self-attitude	Pearson Correlation	-.320**	-.272**	.307**
	Sig. (2-tailed)	.000	.000	.000
	N	164	164	164
Autosympathy scale	Pearson Correlation	-.173*	-.244**	-.027
	Sig. (2-tailed)	.026	.002	.729
	N	164	164	164
Expectations of others attitude scale	Pearson Correlation	-.331**	.310**	.078
	Sig. (2-tailed)	.000	.000	.323
	N	164	164	164
Personal interest scale	Pearson Correlation	.366**	-.074	-.036
	Sig. (2-tailed)	.001	.349	.649
	N	164	164	164
Self-confidence scale	Pearson Correlation	.095	-.495**	.213**
	Sig. (2-tailed)	.228	.000	.006
	N	164	164	164
Attitude towards others scale	Pearson Correlation	-.386**	.323**	-.105
	Sig. (2-tailed)	.000	.000	.181
	N	164	164	164
A measure of self-acceptance	Pearson Correlation	-.322**	.437**	-.061
	Sig. (2-tailed)	.000	.000	.440
	N	164	164	164
Self-consistency	Pearson Correlation	-.231**	-.080	.345**
	Sig. (2-tailed)	.003	.311	.000
	N	164	164	164
Self-blame	Pearson Correlation	-.211**	-.378**	.099
	Sig. (2-tailed)	.007	.000	.206
	N	164	164	164
Dimension of self-interest	Pearson Correlation	-.117	.059	.165*
	Sig. (2-tailed)	.137	.453	.035
	N	164	164	164
Self-concept scale	Pearson Correlation	-.506**	.155*	-.139
	Sig. (2-tailed)	.000	.048	.075
	N	164	164	164

Note: Correlation at ** 0.01, * 0.05 level is two-sided

Here, since $P=0.000$, it is clear that the existing relationship is significant at the 0.01 level. However, considering that the “Pearson correlation” between the “self-attitude” scale and Machiavellianism was -0.320, and the “Pearson correlation” between the “self-attitude” scale and narcissism was -0.272, it can be said that there is an inverse relationship between the “self-attitude” scale and Machiavellianism and narcissism. The high of one of the variables will be accompanied by the low of the other. There is also an inverse relationship between the “autosympathy scale” and the variable of Machiavellianism (0.026) and the variable of narcissism (0.002) (Pearson’s correlation was -0.173 and -0.244). “Autosympathy scale” and psychopathy relationship is not observed ($P=0.729$).

There is a relationship between “Attitude expected from others” and Machiavellianism variable (0.000) and narcissism variable (0.000). There is an inverse relationship between “attitude expected from others” and Machiavellianism, and a direct relationship between “attitude expected from others” and narcissism, and this relationship is significant at the 0.01 level. There is no relationship between psychopathy and “relationship expectations from others” ($P=0.323$).

There is a relationship between “Personal Interest Scale” and Machiavellianism ($P=0.001$), and the relationship between these two variables is statistically significant at the 0.01 level. Correlations between the Self Interest Scale and narcissism and psychopathy do not exist.

There is an inverse relationship between the “self-confidence scale” and the narcissism variable (0.000). At the same time, there is a direct relationship between the “self-confidence scale” and the psychopathy variable (0.006). The relationship between the mentioned variables is statistically significant at the 0.01 level.

There is a relationship between the scale of “attitude towards others” and the variables of Machiavellianism and narcissism, and the fact that $P=0.000$ means that the existing relationship is statistically significant at the level of 0.01, but it should be taken into account that there is an inverse relationship between the scale of “attitude towards others” and Machiavellianism.

There is a relationship between the “self-acceptance measure” and Machiavellianism,

narcissism variables, and the fact that $P=0.000$ means that the existing relationship is statistically significant at the 0.01 level, but it should be taken into account that there is an inverse relationship between the “self-acceptance measure” and Machiavellianism, and a direct relationship between narcissism .

There is also a correlation between self-resiliency and Machiavellianism and psychopathy scales. Given that $P=0.003$, it can be said that there is a statistically significant relationship between “self-consistency” and Machiavellianism at the level of 0.01. However, since the Pearson correlation was -0.231, it was found that there is an inverse relationship between the two variables. At the same time, there is a direct relationship between “self-consistency” and psychopathy, where $P=0.000$ indicates that the relationship between the two variables is significant at the 0.01 level.

There is an inverse relationship between the variable of “self-blame” and the variables of Machiavellianism and narcissism. The inverse relationship between the “self-blame” variable and the Machiavellianism variable is significant at the 0.01 level, with $P=0.007$. At the same time, the inverse relationship between “self-blame” and narcissism variables is significant at the 0.01 level as $P=0.000$. There is no statistically significant relationship between the variable “personal interest dimension” and Machiavellianism, narcissism and psychopathy variables.

A relationship is also observed between the “self-concept scale” and Machiavellianism and narcissism variables. However, there is an inverse relationship between “self-esteem scale” and Machiavellianism, and since $P=0.000$, this relationship is significant at the 0.01 level. The relationship between the “self-concept scale” and the narcissism variable ($P=0.048$) is a direct relationship.

Table 2. Descriptive statistics on personality traits

Scales	N	Minimum	Maximum	Total	Average
Extraversion	163	2.00	13.00	1529.00	9.3804
Goodwill	163	3.00	14.00	1040.00	6.3804
Consciousness	163	5.00	13.00	1462.00	8.9693
Neuroticism	163	2.00	14.00	1188.00	7.2883
Open to experience	163	3.00	14.00	1246.00	7.6442

For the purpose of studying personality traits, 5 traits (extraversion, goodwill, conscientiousness, neuroticism, infatuation with experience) were measured using the questionnaire presented to the respondents. Data analysis shows that extraversion was expressed at a higher level, while goodwill was expressed at a lower level.

Since the questionnaire on personality traits was not answered by 2 respondents, the valid number (n) was equal to 163. As can be seen above, if we rank the personality traits from the least expressed to the most expressed, benevolence comes first and extraversion comes last. This suggests that among the narcissistic personality traits, neuroticism is secondary, and benevolence or voluntariness is primary. In addition to all this, we used various statistical methods for inter-test correlation and specific dependence. The study showed that the relationship between shadow triad questionnaires and self-attitude scales and narcissistic traits was mainly negative, although there were dependencies between different items. However, self-interest and automatic liking show a positive relationship with narcissism. Here, the connection between a high sense of self-importance, preoccupation with fantasies, belief in one's own uniqueness, and the need for admiration (narcissistic traits) is meaningful. As it can be seen, the relationships obtained between the aspects of self-regard - self-esteem, auto-sympathy, self-interest, the attitude expected from others - agreeableness, conscientiousness, emotional stability, openness to experience, are quite 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.

While narcissistic traits are negatively correlated with the other Big Five (agreeableness, emotional stability, openness to experience), extraversion is positively correlated. The meaning of this connection seems to be the need for activity and recognition inherent in grandiose narcissism, which drives such people to seek a community in which they can spread their influence and provide a basis for narcissistic fantasies.

Table 3. Groups with different levels of self-esteem on the narcissism scale statistically significant differences between (Kruskal-Wallis test)

Scales	Low	Medium	High	Statistical criteria	P
Lack of empathy	38,26	32,28	22,02	9,56	0,008
Dependence on the achievements of others	39,91	31,58	21,64	8,64	0,018

To assess between-group differences on self-esteem questionnaire scales, the sample was divided into three subgroups using quartiles according to the self-esteem composite score. The low-scoring group consisted of 22 (32.8%) respondents with up to 12 points. 30 (44.8%) respondents with a score of 13-18 were included in the group with an average self-esteem, and 15 (22.4%) respondents with a score of 19 and above were included in the group with a high self-esteem. When evaluating the differences between groups with different severity of the integral indicator of self-attitude, 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 were more characteristic of respondents with low self-esteem, i.e., those with negative views of their own personality.

The influence of narcissistic personality traits on the formation of self-attitude was evaluated using multiple regression analysis (stepwise regression method). Here, the predictors were the shadow triad scale, narcissistic personality traits and the Big Five questionnaire, and the dependent variables were the self-attitude questionnaire scale.

The effects of the shadow triad scale and narcissistic personality traits on self-attitude factors are negative, except for grandiose sense of self-worth and belief in one's own uniqueness. These two dimensions, which act as predictors of the attitude expected from others (belief in one's own uniqueness) and personal interests, self-esteem and self-sympathy (great sense of self-worth), support the appearance of social goodness. dictates.

They appear to mimic positive traits, but their excess and exaggeration make them

symptoms of conflict, inconsistency, and instability of self-concept. At the same time, the situational negative effect of self-attitude as a whole is subjected to significant internal pressure of narcissistic characteristics recognized by the individual in one way or another, and in order to counteract this effect, the individual makes additional efforts to reduce it. This is manifested in the intensity of experiences associated with envy of others' achievements, submissive behavior, Machiavellianism.

Research has shown that it helps to understand the relationship between narcissistic traits and an individual's self-regard. The narcissistic personality becomes a hostage to his own greatness, setting himself larger and less realistic goals. 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, it is attacked by destructive impulses resulting from self-esteem, envy, the desire to control other people, to use them for their own purposes.

In order to maintain a subjectively good and socially acceptable level of self-relation, the individual seeks ways to reduce the pressure of these impulses. Thus, there is a contradiction in the structure of the 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 as a result of it, the negative characteristics that we have listed appear. These characteristics are more pronounced in the manifestations of 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 research, lack of empathy and envy of others' achievements are most often manifested among respondents with negative views of their own personality.

Research has shown that the self-esteem of a narcissistic personality is unstable. Along with a negative attitude, he focuses on the constant confirmation of his uniqueness.

Research has shown that interpersonal experiences, failures, rejection, and various threats to self-esteem lead to low self-esteem and mood swings. Our results are consistent with these ideas. Correlations between most shadow triad and narcissistic trait scales and self-attitude scales are negative. However, self-interest and automatic sympathy scales show positive relationships.

Research has shown that the self-esteem of a narcissistic personality is unstable. Along with a negative attitude, he focuses on the constant confirmation of his uniqueness.

Narcissism, a great sense of self-importance, preoccupation with fantasies, belief in one's own uniqueness, need for admiration, etc. accompanied by such characteristics that we were able to distinguish these aspects during the research. . Also, faith is related to the positive attitude that is expected from others, the uniqueness of a person. This explains well the fluctuations in the self-esteem of the narcissistic personality. So, on the one hand, a high level of self-esteem (greatness), on the other hand, low self-worth associated with threats to the ego, whose main leitmotif "there is always someone better than you" (and this is perceived as a challenge and a reason for envy and anger) is narcissistic indicates the paradox of personality.

Our study was conducted among young people without a psychiatric diagnosis. The relationships obtained between self-esteem and the Big Five scales are positive. In these relationships, a person's self-image system appears to be whole, emotionally, morally, and socially balanced. It is accompanied by self-esteem, self-acceptance, and the desire to pursue personal interest. Social and moral norms, willingness to take responsibility, regulate one's emotions, and consider the values of other people and the relationship between the Big Five scales and the narcissistic scale are negatively correlated, except for the negative.

Discussion and Conclusion

Research has shown that. There are positive relationships between extraversion and psychopathy and narcissism scales, and these relationships have been downplayed by many researchers

(Clemens et al, 2022; Besser and Zeigler-Hill, 2010; Cramer, 2017; Roche et al., 2013; Jabbarov et.al, 2022; Zitek and Jordan, 2013, Aliyeva et al, 2021). If we summarize the information given in this chapter, we can come to the following conclusions.

Research has shown that there is a positive relationship between self-interest and self-sympathy scales. These relationships are mainly narcissism (shadowy triad), great sense of self-importance, fantasy, belief in one's own uniqueness, need for admiration, etc. closely related to. The analysis showed that 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 reflected in the Big Five 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 result of such personal preconditions. Extraversion supports increased narcissistic traits. The meaning of this relationship seems to be the need for action and recognition, which is characteristic of the grandiose aspect of narcissism and related behavior. This can be considered the basis for narcissistic fantasies and the search for a community to spread its influence.

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