



HOW NARCISSISTS EFFECT PEOPLE IN DIFFERENT RELATIONSHIPS

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ABSTRACT The word 'Narcissism' was coined in the 8th AD, it is the extreme self-involvement to the degree that it makes a person ignore the needs of those around them, this paper focuses on the effect that narcissistic people have in different relationships, that mean how they cause suffering to the people in any kind of relationship that is involved, the suffering here can be both psychological and physical. To go on with this research, extensive review of literature has been done, more than twenty literatures were thoroughly analysed to assemble this research, by concluding that, they can hinder growth of a child by being ignorant, unforgivable, and condescending. Additionally, their partner can be shown great deal of aggression including name calling, physical, mental and emotional abuse. Furthermore, they also negatively influence their friends into performing hazardous behaviour like doing drugs and taking alcohol. Not only in the case of social relationships but also narcissistic leaders can prove to be destructive for the organisation. As the narcissists are grandiose, entitled, self-confident, manipulative etc. they overlap substantially for narcissistic qualities and hence, can destroy an organisation. Therefore, one must pay heed to the kind of people he/she is interacting with as if dealt in with too deep, it can cause a wound made by thousand small cuts.

KEYWORDS : Narcissism, Relationship, Abuse, Aggression.

Self-evaluations, or assessments of the self and the self's performances, are extremely significant to humans. It is through self-evaluations that people originate self-esteem and the sense of self-confidence. Self-evaluations are meticulously connected to self-esteem. Self-esteem inspires individuals' lives so deeply, and therefore people try to act in traditions that will maintain or increase our self-evaluations and boost self-esteem. Individuals' self-evaluations are predominantly affected by other people, as they compare their performances to other people's performances. Associating the self to others can either help or hurt self-evaluations, depending on who individuals are comparing themselves to and the qualities of the task. Many other factors might influence self-evaluations and how individuals maintain them; one such personality factor is narcissism.

Let's start with the questions related to narcissist, that who are narcissists really? The term originated from Greek mythology, where the young Narcissus fell in love with his own image reflected in a pool of water. Basically, narcissists are extremely self-centred, overly self-involved, and often vain and selfish people who have an exaggerated sense of self-importance, or they are highly concerned with their physical appearance. In Psychoanalysis as describes by Sigmund Freud: a person who suffers from narcissism, deriving erotic gratification from admiration of his or her own physical or mental attributes. Narcissism is also considered a social or cultural problem. narcissism is usually considered a problem in a person's or group's relationships with self and others. Though this should be kept in mind that Narcissism is not the same as egocentrism or egoism.

Are They Made or Born?

One twin study found that narcissism was a highly heritable trait. It can also manifest early in life: Another study found that dramatic, aggressive, attention-seeking pre-schoolers were more likely to end up as narcissistic adults. But parenting styles, the influence of other relationships, and one's social and cultural environments can encourage (or deter) its development.

But how can we identify if a person is narcissist or not, what are the traits and types of narcissists?

Four dimensions of narcissism as a personality variable have been delineated: leadership/authority, superiority/arrogance, self-absorption/self-admiration, and exploitative/entitlement. Numerous studies have demonstrated that narcissism has two or more variants, grandiose narcissism and vulnerable narcissism.

Mental health, a person's condition with regard to their psychological and emotional well-being, in this research we will find out about the effect of narcissist people in our lives, focusing on the mental health. Looking into what a person might feel having narcissistic relationship, be it of any kind.

We all have been in a conversation where the speaker dominates it completely, but if you are subjected to such regular aggressive ear-bending disguised as "conversation," you may be dealing with verbal bullying of narcissistic monologuing. Not all narcissists engage in

overt verbal dominance, but the ones who do can be relentless with no reciprocation. Though it might seem like a delightful amusement at the start but it soon turns into a one-mouth show of overtalking. Bullying starts when narcissists disrupt the expectations of esteem and mutuality, this may cause us to feel besmirched and obliterated, we may also feel shamed and irritated just because we spoke with our narcissistic family member, friend or colleague. Narcissists basic determination of controlling the discussion and making the listener feel mortified is that they want to regulate and need devotion, clearly there are many other characteristics but these two are the major ones. Hence, we see how narcissists can cause us to feel degraded and humiliated in a short talk, and being subjected to such humiliations regularly is definitely a form of bullying. But to prevent this and for your own sanity and self-respect, you have to accept that they will never listen and hence, to distance yourself from them and rethink your relationship with them as no relationship is important enough to be regularly bullied into silent submission.

Narcissists mainly though will have a negative impact on one's life, but in this research we will have a closer look of the same, abuse and mental health issues relating and because of narcissists in our life.

It is very important to know that people in our lives include our family, friends, partners and people who we associate with in the daily life.

Hence, we will study about having a narcissist parent, friend, teacher etcetera in our lives, how they affect our mental health in this research.

REVIEW OF LITERATURE

- In Nicholas S., Simine H. et al (2010) Sounds like a narcissist: Behavioural manifestations of narcissism in everyday life. The aim of this study was to describe how narcissism is manifested in everyday life using the Electronically Activated Recorder. This study of narcissism found that narcissists do indeed behave in more extraverted and less agreeable ways than non-narcissists, skip class more (among narcissists high in exploitative/entitlement only), and use more sexual language, hence, a narcissistic colleague at school or college may have a detreating impact. Furthermore, we found that the link between narcissism and disagreeable behaviour is strengthened when controlling for self-esteem.
- In this study by Gerlach, Wurst et al (2017) found that dating a narcissist will only lead to a short-term relationship, like only the early stage. It is in this study, Narcissism and romantic relationships: The aim of the study was to know about the differential impact of narcissistic admiration and rivalry. It was found by using self-, peer, and partner reports, as well as interpersonal perception measures in video-based studies, face-to-face laboratory encounters, and online surveys that narcissist both admiration and rivalry, both are done to serve the sole purpose of gaining and maintaining grandiose self view, they do so by different processes, in the process of doing so the partner in the relationship can lose the admiration for the narcissist, and hence only a short relationship is maintained.

- In Kin, W., Lam, Zando (2012) study of Narcissism and romantic relationship: The mediating role of perception discrepancy. The purpose of this research was to check whether the link between narcissism and partner's satisfaction can be explained by the discrepancy in narcissists' perception about various aspects of their relationship. This was done by calling 150 (75 pairs romantic partner) university students from different universities in Hong Kong were conveniently invited to complete a password-protected online questionnaire. We could gleam that narcissists' parent were found less satisfied with their relationship, also, narcissists were found to have large discrepancies in self-evaluation, this showed that this was the reason for reduction of relationship satisfaction of their partner.
- In the study of Peggy S., Sarai, B., Lauren R. et al (2014) did a study on the research of Narcissism in Romantic Relationships: A Dyadic Perspective the aim of the study was to examine the relations between narcissism and conflict behaviours in both members of a romantic dyad. The study was done on 190 college couples. The results indicated that a person's narcissism was related to their aggression and their partner's aggression. That means that already the narcissist has high level of narcissism and aggression but it also ignites due to their partner's aggression.
- It was observed in Peterson .J .L (2013) study. Did a study on Defence of Self-Love: An Observational Study on Narcissists' Negative Behaviour During Romantic Relationship Conflict? It is observed that person with high narcissistic traits in a relationship were engaged in more negative behaviour towards their partner like, criticizing, name calling, insulting etc. this will obviously have a negative mental effect on the partner.
- In the study of Chatman JA. O'Reilly CA, (2020) in Transformational Leader or Narcissist? This article reviews the literature on narcissism and shows how what we think of as transformational leadership overlaps substantially with grandiose narcissism. How Grandiose Narcissists Can Create and Destroy Organizations and Institutions concluded that they can be mistaken for a transformational leader, as) As the narcissists are grandiose, entitled, self- confident, manipulative etc. they overlap substantially for narcissistic qualities and hence, can destroy an organisation.
- According to this study of King JW. (2012) about Narcissism in Romantic Relationships: An Analysis of Couples' Behaviour during Disagreements we conclude that narcissism has affected the whole society, but particularly in a relationship with narcissist, they have turned out to be very insecure and aggressive, aggression can easily turn into a form of abuse, physical, mental or verbal. This also sheds light on how narcissists can negatively affect the interpersonal interactions.
- From the Dimaggio (2012) take away from this research was that narcissistic parents, lack empathy for their children, this can prove to be a very big issue, because as children grow up they look up to their parents for guidance in their problems, and if they behave in a negligent manner then, it can prove to be traumatic for the children, it was also found that narcissistic parents and very unforgiving and at a young age children tend to make a lot of mistakes and should be dealt in a very balanced manner.
- In Nielsen B., & Wichstrom (2012) it was shown that narcissists rarely acknowledge own behaviour or attitudes as contributing to problems From this study it was found that narcissistic parents are so self-involved that they never even try to see that sometimes even they are at fault, they rarely acknowledge their own behaviour as a contribution to the problems being caused.
- Caligor, Levy & Yeomans's (2015) study of on the basis of narcissistic personality disorder: Diagnostic and clinical challenges, their aim was to understand the narcissistic personality, in this research I could also gleam that the authors have talked about the effect of narcissistic parents and their findings were that such parents usually resort to talking in a very derogatory manner or even idealistically, and such parents can very well be dismissive, making the child feel unwanted and neglected.
- In the study of Shaw (2010) with the aim to examine the relationship between narcissism, parents and children, glorified the fact that exposure to narcissistic parents creates a trauma, which subverts the development of the children, main feature or characteristic of this paper was that shaw described the parents as resenting the children's dependencies and the same time they also undermine the efforts of children being independent.
- In Hull, Mahoney, Ricksponoe (2016) the purpose of this research paper is to examine the developmental and clinical implications related to the traumatic impact narcissistic parents have on their children's emerging identity and relational functioning. In this study it was found that narcissistic parents take their children's achievements and failures as they are their own, and that too not in a god way, they are likely to take personal credit for the accomplishments and would shame their children for the failure.
- Higgs (2009) in his research of performed a review of literature on the dark side of leadership and explored how "bad" was narcissistic leadership was, he found that the literature included many types and negative leaderships, including toxic leadership, abusive leadership etc. like abuse of power can be occurred due to the fulfilment of personal goals which can be proven to be a great threat for the organisation or the subordinates.
- Howard V., (2019) This article will argue that the language and formulation of narcissistic abuse should be at the forefront of the multidisciplinary teams In his paper the author has focused on recognising narcissistic abuse and it implication on mental health, he found researched on how narcissistic abuse is very less common concept but the truth is that whoever has experienced narcissistic abuse, that person can understand how long lasting that effect was, this article talks about how even narcissistic abuse should be at the forefront and seen to.
- This research of Määttä, S., et al(2012) focused on the study to describe the life in the shadow of narcissism, as a narcissist's spouse. The problem of this research was how a narcissistic person is defined by his/her spouse and what kind of model of the narcissistic behavior in an intimate relationship can be constructed? The qualitative data in this research was collected from a platform at the website of the Registered Association for Support for the Victims of Narcissists in Finland So, from their study the conclusions that could be drawn were that, the spouse of narcissist feels him/her to be unstable and immoral exerciser of the power, they lack a sense of reality and have a great need for manipulation. Such exercising power in intimate relationship, covers incriminating, controlling and intimidating the victim. All the dysfunctionalities in the narcissist can cause a great deal of problems with the spouse.
- Ephratt, Nabin and Shiber et al (2011) worked on the narcissistic parents and naming their children. This article, based on clinical background and practice, looks at the names parents give their children in order to examine the emotional and psychological processes motivating these parents. The data for this paper is drawn from psychotherapeutic encounters with Israeli — Jewish parents. Parents tend to express themselves through the naming of their children. In this article it studied the emotional and psychological processes involved in parents naming children, based on clinical background and practice. It was found that narcissistic parents name their children something which often reflects their deprivation.
- This study by Kealy (2011) of narcissistic interpersonal problems deal discuss the problems with interpersonal skills of narcissists. Clinical vignettes are provided to highlight the presentation The article finds the problems being dominance, vindictiveness, and intrusiveness. This article outlines how the problems, might affect the patient's relation with others and in treatment situations.

OBJECTIVE

The objective of this research is to study what the narcissists have in mind and how they can affect our mental health in different kinds of relationship of any kind with them, this research will give an insight on the abuse, and negative mental affect that a narcissist, be it family, friend, partner or any other the person associates with in the daily life has on a person, as small as it seems it is a quite big revelation that what a narcissist in your life can do. There are quite a few ways that a narcissist manipulates and use aggression which can affect our mental health and that is what we are going to look into this research.

RESULT AND DISCUSSION

After doing the research on narcissists in different type of relationships the findings were as follows:

Narcissists as a whole are very aggressive personality from the review of literature done above, I can draw that narcissistic friends (students) are more of casual nature. As narcissists are also very manipulative, they can influence others (friends) to also become casual in nature and can prove to be harmful.

The results drawn about narcissists in a romantic relationship are astonishing, it is found that people in relationship with a narcissist are

not in it for a very long time, from a study it was found that it is due to the lack of self-assessment done by narcissists. It was found that narcissist's admiration for their partner serve the sole purpose of gaining and maintaining grandiose self-view, they do so by different processes, in the process of doing so the partner in the relationship can lose the admiration for the narcissist. Narcissists being aggressive and manipulative personality, it also paves the path for narcissistic abuse in ways like criticizing, name calling, insulting etc. which, in recent times is not a recognised one but as argued by Vickie Howard it should be in the forefront of multidisciplinary teams. Even in intimate relationships the spouse of narcissist feels him/her to be unstable and immoral exerciser of the power, they lack a sense of reality and have a great need for manipulation. Such exercising power in intimate relationship, covers incriminating, controlling and intimidating the victim.

Narcissism can also make parents groom children for abuse, through there irrational behaviour and grooming techniques. Narcissistic parent usually cultivates an image in the family that he or she is caring, principled, devoted and self-sacrificing while also targeting child as the "bad" one. As the narcissistic personality is prone to be competitive, envious and prone to hostile attacks, the parent uses oversights, slips of tongue, humour, help etc. they usually guilt trap and do pity plays to solicit attention and care from their family and loved ones. They usually rely on the exploitation of cultural assumptions like you should always love your parents" to hide their abuse. This can easily cause a child to slip in depression and it would be not a surprise if he/she develop anxiety disorder and other mental health issue, because a child is easily mouldable and to suffer at the hands of such narcissistic parents at a tender age, for the child, it is a death by thousand cuts.

Last but not the least narcissistic leaders can prove to be destructive for the organisation. As the narcissists are grandiose, entitled, self-confident, manipulative etc. they overlap substantially for narcissistic qualities and hence, can destroy an organisation. Like exploitation of power can be occurred due to the completion of individual goals which can be verified to be a great threat for the organisation or the subordinates.

CONCLUSION

From the above study we have come to the conclusion that narcissist are very manipulative, aggressive and negative personalities. Having any kind of relationship with such people can prove to be harmful to the other person. Laughs can turn into full blown abuse in no time with such kind of people as we have discussed about narcissistic, spouse, friends and boss (leaders) in this study. We have concluded that they can hinder growth of a child by being ignorant, unforgivable etc. their partner can be shown great deal of aggression including name calling, physical, mental and emotional abuse, negatively influence their friends and lead in a "bad" way hence, it is advisable to be at a safe distance from narcissists and their abuse should be reported.

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