

Narcissism, Happiness and Self Actualization

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Abstract—As everyone is aware of happiness and its importance in life. Whatever action is done by human being is finally to be happy-with ultimate satisfaction of what he has done through action. As generations passing people are not happy even though there is a drastic change in technology and living lifestyles. As well as level of self actualization is not that much fair in the present generation as compared to past. This paper is identically written to identify is Narcissism has any relation with Self actualization and Happiness. For instance if I was fully satisfied for any action, it can be achieved through goal orientation(Self actualization) finally it leads to ultimate Happiness. My research is trying to measure Self actualization and Happiness with Narcissism, how Narcissism is affecting Self actualization and Happiness. This would be supported by a relevant data(detailed questionnaire-using three established scales) which has been collected and analyzed.

Keywords—*happiness; self actualization; narcissism; detailed questionnaire, scales, human being, action*

I. INTRODUCTION

Most of the people feel that happiness is important. It is difficult, if not possible, being happy all the time in life. Some people believe that money and success leads to happy life, some may think being happiness is independent and being happy comes within us, it depends on our mental state. Increase and decrease in happiness in life generally brings strong emotional reactions. Moreover, these fluctuations are often coincident with major success and failure in life. Apart from this Self actualization is an important component in life. As Self actualization is defined as People with trait of control orientation, reflecting in part a focus on obtaining rewards or praise from others, have lower Self actualization and more public self consciousness and hostility(Desi and Reyan 1985a). Subjective experience creates the impression that Self actualization when one wins a contest, garners an award, solves a problem, or gains acceptance to a social group, and that it falls with corresponding failures. This pervasive correlation may well strengthen the impression that one's level of Self actualization is not just the outcome. But indeed the cause, of life's major successes and failures. Here Narcissism is coming into the picture. As Self actualization is likely to reduce Narcissism which in turn is likely to enhance happiness with life and Subjective well being. Clearly it is stating that Self actualization, Happiness and Narcissism interlinked with each other. But is Narcissism inversely proportional to Self actualization? Is Narcissism inversely proportional to Happiness? And does Narcissism mediate association between Self actualization and Happiness?

In this monograph, I report the results of the survey of major research findings bearings on the above stated questions. Aim of this research is to conduct a thorough

review of empirical findings – emphasizing the most

methodologically rigorous research studies- to ascertain “does Narcissism mediate association between Self actualization and Happiness? As I anticipated that I would find that Narcissism is inversely proportional to Self actualization and Happiness and also Narcissism mediates between Self actualization and Happiness, by using hypothesis which should be relevant for findings. Such a pattern would presumably.

Allowing an accurate and nuance understanding of just how Narcissism is playing a role in between Self actualization and Happiness. This would be beneficial both for theory (in that it would promote a better understanding of Self actualization, Happiness and Narcissism as well as the relation in between these variables) and for practical applications –and even for determining whether Self actualization is likely to reduce narcissism which in turn is likely to enhance happiness with life and subjective well being.

Narcissism is literally defined as Narcissistic personality disorder is a mental disorder in which people have an inflated sense of their own importance, a deep need for admiration and a lack of empathy for others. But behind this mask of ultra confidence lies a fragile Self-esteem that's vulnerable to the slightest criticism(Mayo Clinic Staff). It is the evaluate component of self love. Overt Narcissists reports higher Self actualization and higher satisfaction with life so there by person will be more happy in life whereas covert Narcissists report lower Self actualization

Self actualization is thus perception rather than reality. It refers to a person's belief about whether he or she is intelligent and attractive, for example, and it does not necessarily say anything about whether the person actually is intelligent and intelligent. To show that Self actualization is itself important, then research would have demonstrate that people's beliefs about themselves have important consequences regardless of what the underlying realities are. Put more simply, there would have to be benefits that derive from believing that one is intelligent, regardless of whether one actually is intelligent. To say this is not to dismiss Self actualization as trivial. People's belief's shape their actions in many important ways, and these actions in turn shape their Subjective well being and either increasing or decreasing narcissism of the people in the society.

The classic study of *Pygmalion in the classroom*, by Rosenthal and Jacobson(1968), showed that teachers' false, unfounded beliefs about their students later became objective, verifiable realities in the performance of those students. In the same way, it is quite plausible that either high or low Self actualization even if initially false, may generate a Self-fulfilling prophecy and bring about changes in the objective

reality of the subjective well being and increase or decrease in Narcissism.

This paper is to tell about the relationship between Happiness, Self actualization and Narcissism by using three established scales namely: Happiness scale(the Oxford Happiness Questionnaire), Self actualization scale and Narcissism scale. Detailed analysis is done to know the relationship between these three variables. Also influence of Narcissism on Self actualization and Happiness.

II.LITERATURE REVIEW

The research covered in the subsequent sections of this review was located in the following manner. I had searched the EBSCO database and obtained a list of all articles containing researches “Self actualization, Narcissism and Subjective well being”. I also visited the “subject” category in the PsychINFO and searched for “Self actualization, Narcissism and Happiness”. Because these two lists overlapped substantially, I decided to rely mainly on one of them; I have chosen the former because it includes more entries. The article list was too long to work with, so I narrowed it down using a series of criteria. First, I did not retain work that had not been published and whose sole source was Dissertation Abstract International. I had excluded studies designed to show what causes Self-esteem. In other words, I sought to understand the consequences of Self actualization, Happiness and Narcissism rather than its determinants. I had a thought of conducting surveys as well as conveying sampling and Google Doc in order to extract data for interpretation of the study. Many researches, books and other writings talk about “Self actualization, Narcissism and Happiness” but my goal is to see the combination of Self actualization, Narcissism and Happiness(Subjective well being) and a study on study on Self actualization how it is likely to reduce Narcissism which in turn is likely to enhance Happiness with life and subjective well being. These constructs have to be studied separately. I am expecting this study would explore the role of narcissism as a mediator between Self actualization and Happiness for the first time. I therefore decided to includes secondary.

Correlation Findings:

Many studies have found that the strong association between temperament and subjective well being does not mean that events and circumstances are irrelevant to people’s subjective well being. In the first review of happiness, Wilson(1967) showed that both personality and demographic factors correlate with subjective well being. In an early review,[6] Heinz Kohut M.D(1966) concluded that there are various forms of narcissism which must be considered not only as forerunners of object love but also as independent psychological constellations, whose development and functions deserve separate examination and evaluation. A study by [8] provided evidence that both challenges and support past theorizing on the nature of narcissism.[0] deals with narcissism is associated with unhappiness. [14] study investigated the interpersonal effects of anger and happiness in negotiations.[15] evaluated a considerable speculation and relative adjustment among American Catholic priests. [1],[2],[3][4] and [5] researches about subjective well being and factors playing a role. [9] research is about Narcissistic exploitativeness, Dispositional Empathy, and Emotional Recognition.

SUMMARY OF FINDINGS:

As per references it is clear that Happiness, Self actualization and Narcissism are interlinked even though no one has done research in this area as everyone tried to do research: Subjective well being – what factors are influencing them, Narcissism – factors influencing narcissism and the causes and effects of narcissism and in case of Self actualization – factors influencing self actualization and how it is affecting personalities. My research is focusing on level of Self actualization i.e. increasing or decreasing which results in Happiness and Narcissism. The major finding of this study is, in regular life how narcissism plays a role in between Happiness and Self actualization. As this idea came through referring by some basic general views – some people are so happy even though they are not well fair in their life where some people who are already successful in their life but still they are not happy. Why it is happening? Why some people are happy irrespective of success and failure but why not others? This research is trying to fill this gap by using these concepts such as “Self actualization, Happiness and Narcissism”. This research have been done in this point of view but still there is a gap here as the attempts are still limited. For instance, researches have done with Self actualization and Happiness, Self actualization and Narcissism and, Happiness and Narcissism. Attempt of this study is to find how these variables; Self actualization, Happiness and Narcissism, are related. Also the impact of Narcissism on level of Self actualization and Happiness.

III. METHODOLOGY

RESEARCH METHODOLOGY:

The research methodology is carried through three research questions:

1. Is Narcissism inversely proportional to Self Actualization?
2. Is Narcissism inversely proportional to Happiness?
3. Does Narcissism mediate association between Self Actualization and Happiness?

As the research of this topic fully focus on these three research questions.

CONCEPTUAL FRAME WORK:



This conceptual frame work talk about, Self-actualization is likely to reduce narcissism which in turn is likely to enhance happiness with life and subjective well being. These constructs have been studied separately . This study would explore the role of narcissism as a mediator between self-actualization and happiness.

A. Questionnaire Development and Measures

The questionnaire ideally designed to understand the influence of Narcissism on the level of Self actualization and

Happiness, relationship between Self actualization and Narcissism and relationship between Happiness and Narcissism, where questions were asked in routine life style in order to assess their level of happiness in life, personality behavior to evaluate their narcissistic level, Self actualization assessing questions, these questions were prepared by taking the literature review and applying it in the questionnaire in finding the relationship between these three variables., since as to our knowledge not much research was available on Happiness, Self actualization and Narcissism. The questions mostly were related to understand the interlinked relations' such as Self actualization and Narcissism, Happiness and Narcissism and finally influence of Narcissism on Self actualization and Happiness and also to know how this is affecting the happiness in life with respective to life style, quality of living and time. The questions developed for this study about Self actualization, Happiness and Narcissism involved reference from three established scale based on this the formation of questions using this concept was done.

HYPOTHESIS:

- H1: Higher the level of self-actualization less narcissistic a person is
- H2: Narcissism is inversely proportional to subjective well being and happiness with life
- H3: Relationship between self-actualization and happiness & subjective well being is mediated by narcissism

B. Data Description

The responses which were received were nearly 200 and using these responses which were from the citizens - teenagers perspective of across India of various cities. The respondents were asked questions and also to rate their agreement from strongly agree to strongly disagree. Using this study can be carried out how Self actualization, Happiness and Narcissism are related and also influence of Narcissism on Self actualization and Happiness and it help in the effectiveness of the happy life with respective to Self actualization and Narcissism.

Here Happiness is applied taking the dependent factors as the Self actualization and Narcissism, the happiness of life as the Independent factor. Here we would also try to understand the relation among these three variables through graphical representation

IV. ANALYSIS

Here first we see how many persons are actually happy by asking 29 questions related in this specific area.

Here when the persons are happy later as second step of approach checking their level of Narcissism by asking 40 questions.

TABLE 1: REGRESSION ANALYSIS MODEL

Model	R	R Square	Adjusted R square	Standard
1	.700	.490	0.485	.56775
Dependent Variable: Happiness Predictors: Constant, Self actualization, Narcissism				

TABLE 2: ANOVA (DEPENDENT VARIABLE: Narcissism, Self actualization and Happiness

Model	Sum of squares	df	F	sig
1				
Regression	61.605	2	30.803	.000
Residual	64.146	199	0.322	
Total	125.751	201		
Dependent Variable : Happiness Independent Variable : Self actualization and Narcissism				

Here from the Table 1 and 2 we can observe that these data is reliable(R square 0.49)

From Self-actualization is likely to reduce narcissism which in turn is likely to enhance happiness with life and subjective well being. These constructs have been studied separately . This study would explore the role of narcissism as a mediator between self-actualization and happiness

V. RESULTS

TABLE 3: REGRESSION ANALYSIS (DEPENDENT VARIABLE: HAPPINESS)

Independent Factors	Beta	t	sig
Constant		4.969	.000
Narcissism	-.162	-2.871	.005
Self actualization	.613	10.851	.000

Model Summary for Narcissism, Self actualization and Happiness

Dependent Variable : Happiness
 Independent Variable : Narcissism, Self actualization

The above tables represent,, Narcissism is inversely proportional to Self actualization and also Narcissism is inversely proportional to Happiness. Also Narcissism is mediating association between Self actualization and Happiness. As the beta value of Narcissism is negative so the above statement is valid.

TABLE 4: REGRESSION ANALYSIS MODEL

Model Summary for Narcissism and Self actualization				
Model	R	R Square	Adjusted R square	Standard
1	.443	.196	.192	.0839055
Dependent Variable: Narcissism Predictors: Constant, Self actualization				

TABLE 5: ANOVA (DEPENDENT VARIABLE: Narcissism)

Model	Sum of squares	df	F	sig
1				
Regression	.344	1	48.852	.000
Residual	1.408	200		
Total	1.752	201		

Dependent Variable : Narcissism
 Independent Variable : Constant, Self actualization

TABLE 6: REGRESSION ANALYSIS (DEPENDENT VARIABLE: NARCISSISM)

Independent Factors	Beta	t	sig
Constant		4.969	.000
Self actualization	-.443	-6.989	.000s

NARCISSISM AND HAPPINESS:

TABLE 7: REGRESSION ANALYSIS MODEL

Model Summary for Narcissism and Happiness				
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Model	R	R Square	Adjusted R square	Standard
1	.434	.188	.184	.7144995
Dependent Variable: Happiness Predictors: Constant, Narcissism				

TABLE 8: ANOVA (DEPENDENT VARIABLE: Happiness)

Model	Sum of squares	df	F	sig
1				
Regression	23.649	1	46.325	.000
Residual	102.102	200		
Total	125.751	201		

Dependent Variable : Happiness
 Independent Variable : Constant, Narcissism

TABLE 9: REGRESSION ANALYSIS (DEPENDENT VARIABLE: HAPPINESS)

Independent Factors	Beta	t	sig
Constant		22.156	.000
Narcissism	-.434	-6.806	.000

CORRELATION BETWEEN NARCISSISM , HAPPINESS AND SELF ACTUALIZATION:

	HAPPINESS	NARCISSISM	SELF ACTUALIZATION
HAPPINESS	1		
NARCISSISM	-0.43366	1	
SELF ACTUALIZATION	0.684668	-0.44307	1

VI. CONCLUSION

From the above results and also as per interpretation analysis it can be concluded as Self-actualization is likely to reduce narcissism which in turn is likely to enhance happiness with life and subjective well being. These constructs have been studied separately.

VII. LIMITATIONS

It is being assumed that most of the respondents have filled the questionnaire rightly and accuracy is maintained. This research is not limited to any particular gender or sector or age. In future this

can be extended into various influencing factors. This was not done to comment on the relation between Narcissism, Happiness and Self actualization among human beings, also found relations among them.

VIII ACKNOWLEDGEMENT

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