

NARCISSISM, HAPPINESS AND SELF ACTUALIZATION

INTRODUCTION

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 if 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.

LITERATURE REVIEW

Literature review on Happiness:

➤Happiness and Subjective well being using various influencing factors have been studied

Literature review on Narcissism:

➤Narcissism and interpersonal relations using various influencing factors have been studied

Literature review on Self Actualization:

➤Self Actualization and Self Esteem using various influencing factors have been studied

METHOD

Research Methodology:

Research Question:

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?

Conceptual Frame Work:



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

Method of Data Collection:

- Survey Questionnaire Method using established scales
- Conveying Sampling
- Online Google Doc

RESULT

Model	R Square	F	t value	Beta	Significance
1. NARCISSISM AND SELF ACTUALIZATION	.490	48.852	Constant: 4.969 SA: -6.989	SA: -0.443	.000
2. NARCISSISM AND HAPPINESS	.188	46.325	Constant: 22.156 Narcissism: -6.806	-.434	.000
3. NARCISSISM, HAPPINESS AND SELF ACTUALIZATION	.490	30.803	Narcissism:- 2.871 SA:10.851	Narcissism:- .162 SA:.613	.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



RESEARCH GAP

- 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.
- Also the impact of Narcissism on level of Self actualization and Happiness.

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.

CONCLUSIONS

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 for the first time.

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