



IMPACT OF AGGRESSION ON NARCISSISM :A COMPARATIVE STUDY BETWEEN MEN AND WOMEN

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Abstract : The study explores the impact of aggression on narcissism on young adults aged 18-35 years, highlighting the importance of understanding the interaction between these two factors. The research uses multiple linear regression analysis to find a strong positive impact of aggression on narcissism on 160 young adults (60 males and 60 females). Aggression Scale was used as predictors. The study emphasizes the significance of these determinants for mental health, as they explain a significant portion of the variation in depression symptoms. The findings imply a close relationship between narcissism and aggression, with aggressiveness acting as a strong predictor of narcissistic traits in both genders. Furthermore, because there are gender differences in the strength of the association between violence and narcissism, the research emphasizes the necessity of using gender-specific methods for diagnosing and treating narcissistic tendencies.

Keywords: Aggression, Narcissism, Gender Difference

I. INTRODUCTION

Narcissism and aggression are two fascinating ideas that have been thoroughly researched. Physical violence and relationship aggression are just two examples of the many behaviors that fall under the umbrella of aggression. Conversely, narcissism is a psychological trait characterized by a lack of empathy, grandiosity, and entitlement. Even though each of these ideas has been researched separately, there is mounting evidence that they are closely related. Narcissistic individuals may be more aggressive because they feel the need to uphold their authority, protect their sense of self, or prove their superiority. Comprehending the relationship between narcissism and aggressiveness is crucial for a number of disciplines, including psychology, forensics, and even interpersonal interactions.

Comprehending Aggression

Aggression is frequently mistaken for rage and violence. Anger is a common feeling that spurs us to action in some circumstances, but Aggression is the intent to cause bodily or psychological harm to other people. The most severe kind of antagonism is violence. Aggression can be direct or indirect, spontaneous or planned, and have different levels of damage.

Various theories have been put forth by psychologists to explain violence. While the frustration-aggression hypothesis sees violence as a reaction to unfulfilled objectives or thwarted ambitions, the instinct theory contends that aggression is a fundamental human impulse. According to social learning theory, people might pick up aggressiveness by watching and copying others.

Aggression Types

Aggression can be categorized in various ways. A violent reaction to provocation is known as affective aggression, sometimes referred to as reactive aggressiveness. On the other hand, predatory or instrumental aggression is deliberate and planned, employed to accomplish a particular objective. Instrumental aggression can be further divided into two categories:

The goal of hostile aggression is to cause the victim discomfort or harm.

Conversely, instrumental aggression is driven by a desire for self-interest and has no intention of causing harm to the target.

Aggression can also be categorized according to when it started. Reactive aggression is a reaction to an insult or perceived threat, whereas proactive aggression is started without provocation. Lastly, contrary to what some may believe, positive aggressiveness describes constructive and assertive activities done for personal development or self-defense. Any actions that cause injury or destruction are included in the category of negative hostility.

Reasons for Aggression

Aggression can be caused by a number of things. Perspectives from the field of neurophysiology emphasize the function of the brain, hormones, and neurotransmitters. According to studies, violent dispositions may be influenced by hormone imbalances, brain abnormalities, or even difficulties during childbirth.

environmental elements additionally have an impact. Aggressive behavior can be exacerbated by hot weather, crowded areas, and loud noises. Furthermore, studies point to a complicated interaction between environment and genes. Aggression may run in some families genetically, but contextual variables like upbringing and parental conduct can amplify these inclinations.

Aggression Interventions

Parent training programs have demonstrated encouraging benefits for aggressive children and adolescents. These behavior-based programs educate parents how to engage with their kids in productive ways, which eventually leads to a decrease in aggressive behavior. Since treatment becomes less effective during adolescence, early intervention is essential.

This synopsis offers a basis for comprehending violence and its possible connections to narcissism, which we will delve into more detail in the following part.

Narcissism: What Is It?

One personality characteristic of narcissism is an exaggerated a lack of empathy for others, a sense of self-importance, and a persistent need for approval. Narcissistic individuals frequently believe they deserve special treatment, dream of great success or power, and take advantage of other people for their own gain. Even though they project confidence, they usually have low self-esteem and respond negatively to criticism or anything that casts doubt on their self-concept.

Narcissistic theories

A number of hypotheses make an effort to explain how narcissism develops:

Psychodynamic Theory from a Freudian standpoint: According to Freud, narcissism may result from a child's early growth being halted, since young children are inherently self-centered. A person at this period may become fixated due to overindulgent parenting or early trauma, which can result in excessive narcissism in maturity.

According to the **social learning theory**, narcissism can be acquired through both observation and encouragement. Individuals who are exposed to narcissistic tendencies via the media, parents, or peers may teach similar habits to others. When self-centered actions are rewarded with praise or appreciation, the behavior becomes more reinforced.

Self-Psychology: The Theory of Kohut Kohut thought that early unfulfilled demands for support and validation led to narcissism. People may grow a "grandiose self" to make up for feelings of vulnerability and inadequacy when caregivers don't show them empathy or validation.

Object Relations idea: This idea highlights how a person's early ties with caretakers influence how they perceive themselves and other people. Narcissistic defenses are a response to perceived threats to one's self-esteem that arise from disruptions in these attachments.

Cognitive-Behavioral Theory: This method focuses on the ways that narcissism is influenced by faulty thought habits. Individuals with excessive narcissism may maintain attitudes of inferiority or hostility toward others while harboring ideas of their own entitlement and superiority. These false beliefs feed their egotism and lack of compassion.

Reasons for Narcissism

Although the precise roots of narcissism are unknown, a complex interaction of hereditary and environmental variables is most likely to blame.

Strategies to Address Narcissism

It can be difficult to treat narcissism, especially Narcissistic Personality Disorder (NPD). Still, a number of therapeutic modalities have demonstrated promise:

Psychoanalysis: Individuals with narcissism can benefit from several types of therapy, such as psychodynamic therapy, CBT, schema therapy, and EFT, since these can help them understand their underlying problems, create healthier coping strategies, and enhance their relationships.

Interventions Based on Mindfulness: Self-awareness and emotional control can be improved through mindfulness exercises, which can help people who struggle with narcissism. **Group Therapy:** Group therapy offers a caring setting where people can practice better communication techniques, grow in empathy, and benefit from each other's experiences.

Family Therapy: Family therapy can assist enhance communication and set boundaries within the family when narcissistic habits are influenced by family dynamics.

Assertiveness Training: Being able to communicate assertively allows people to effectively express their needs without using coercion or violence.

Medication: While it's not the main treatment for narcissism, medication can be used to treat co-occurring illnesses like anxiety or depression.

A combination of these strategies, adapted to the unique circumstances of the patient, is frequently used in effective narcissistic treatment. It takes a patient, encouraging therapist who can establish a secure environment for development and transformation².

Methodology

The present study employed convenient sampling to collect the data from 160 young adults from age 18-35 years, 60 males and 60 females. After collecting the consent form and demographic details the participants completed 55 items of Aggression Scale and 10 items of Hypersensitive Narcissism Scale. Response choices of these questionnaires consisted of predefined options of what the scale was calculating. The survey used standardized tools for the data collection. To reach out to a larger group of people in sufficient time, the survey was conducted online through google forms. The form was open for 3 weeks and the data was collected only during that particular time. No incentives were offered to the people who participated in the research. The details of the survey and the aim was discussed with the participants beforehand. Hence, the participation of the individuals was completely voluntary.

2.1 Aim

The aim of this study is to investigate the impact of aggression on narcissism among men and women aged 18-35 years using Hypersensitive Narcissism Scale Aggression Scale (AS-MB).

2.2 Population and Sample

The present study is having a sample of various students and working professionals from age 18- 35 years that were asked to answer the questions and fill the forms with their perspectives and experiences regarding aggression and narcissism. Convenient Sampling was done for this research. The sample size for the research is 120 (60 males and 60 females)

2.3 Hypotheses:

H1: There will be a significant impact of aggression on narcissism among men and women.

2.4 Description of the tools

The Hypersensitive Narcissism Scale and Aggression Scale (AS- MB) was used to collect the data for the study.

Hypersensitive Scale of Narcissism:

A psychological evaluation tool called the Hypersensitive Narcissism Scale (HNS) is used to gauge an individual's level of hypersensitive narcissistic tendencies. The HNS, which was created using theoretical frameworks in narcissism and personality psychology along with empirical research, provides important insights into the complex nature of narcissistic behaviors, especially those that are marked by an increased sensitivity to rejection and criticism. With an ICC of 0.67, Cronbach's alpha of 0.73, and an excellent test-retest reliability of 0.63, the overall scale score is quite reliable. Three variables in the factor analysis are consistent with the idea of covert narcissism, indicating strong construct validity.

The AS-MB Aggression Scale:

G.P. Mathur's hostility Scale is a comprehensive instrument intended to gauge an individual's level of hostility in a variety of situations. This scale, which was created by renowned psychologist Dr. G.P. Mathur, offers a methodical framework for assessing the various aspects and expressions of violent behavior. The measurement's

Male reliability is 0.88, whereas female reliability is 0.81. For men and women, respectively, the validity of the scale is 0.80 and 0.78.

2.5 Procedure:

For collecting the data, the participants were asked to sign a consent form and then, 55 items of Aggression Scale and 10 items of Hypersensitive Narcissism Scale and few questions for demographic details were used. In order to reach out to individuals from the age of 18-35 from various domains, questionnaires were being administered in the message box as well as various places to volunteer. They were asked to participate after the explanation of the purpose of the study as well as they have been given the set of questionnaires with the inclusion of explanation about the study, issues related to confidentiality, the contact information of the researcher who is studying the topic, and scales for this study. After the process of data collection, the scoring was done for every scale and the total scores were obtained for the individuals and the mean and standard deviation was calculated for each scale. The

Impact of Aggression on Narcissism was then calculated using regression analysis and the results were compared using T-Test Analysis.

2.6 Data Analysis:

The sample was first examined by descriptive statistical methods including mean and standard deviation. Then to investigate the impact of aggression on narcissism, Regression Analysis was used. All the statistical analysis was done on the SPSS analysis tool.

3. Results

Table no1. Descriptive Statistics for Narcissism and Aggression for sample of 120 individuals

Variables	N	Mean	Standard Deviation
Aggression Sale	120	31.75	8.485
HyperSensitive Narcissism Scale	120	200.066	25.756

The Aggression Scale and the Hypersensitive Narcissism Scale have descriptive data displayed in the table. The hostility Scale results for the 120 participants in the sample reveal a mean score of 31.75 with a standard deviation of 8.485, showing substantial diversity in levels of hostility.

Conversely, the Hypersensitive Narcissism Scale has a significantly elevated mean score of 200.066, accompanied by a comparatively reduced standard deviation of 25.756, indicating less variability in hypersensitive narcissism within the same cohort. These results suggest that there is less variation in narcissistic trait scores and a tendency for people to score higher overall on the Hypersensitive Narcissism Scale than the Aggression Scale.

Table no 2 showing regression analysis between Narcissism and Aggression for females, with aggression being the predictor

PREDICTOR	B	S.E.	BETA	t	R	R SQ.	ADJ R SQ.	Sig.	F
1. (constant)	145.93	11.84		12.323	.531	.282	.269	.000	22.352
Aggression in females	1.693	.358	.531	4.728				.000	

The regression model includes a constant term, which has a coefficient (B) of 145.93 and a standard error (S.E.) of 11.84. This constant represents the expected value of Aggression when the predictor variable (Aggression in females) is zero. The predictor variable, Aggression in females, exhibits a coefficient of 1.693, indicating that for each unit increase in Aggression cores among females, there is an estimated increase of 1.693 units in Narcissism scores. The standard error associated with this coefficient is 0.358. The Beta coefficient (BETA) of 0.531 suggests a moderate positive standardized effect of Aggression on Narcissism. The t-value (t) of 4.728 indicates that the coefficient for Aggression is statistically significant ($p < 0.001$), suggesting that Aggression in females significantly predicts Narcissism. The overall model fit is assessed by the F-statistic (F) of 22.352, which is significant ($p < 0.001$), indicating that the regression model as a whole is a good fit for the data. The R-squared (R SQ.) value of 0.282 suggests that approximately 28.2% of the variance in Narcissism scores can be explained by Aggression in females. The adjusted R-squared (ADJ R SQ.) of 0.269 takes into account the number of predictors in the model, providing a more conservative estimate of the variance explained. Overall, these findings suggest that Aggression in females significantly influences Narcissism scores, accounting for a notable portion of the variance in narcissism among the female population.

Table no.3 regression analysis between Narcissism and Aggression for males, with Aggression being the predictor

PREDICTOR	B	S.E.	BETA	t	R	R SQ.	ADJ R SQ.	Sig.	F
1. (constant)	148.302	10.215		14.518	.564	.318	.306	.000	27.512
Aggression in males	1.641	.,313	.564	5.245				.000	

The regression model includes a constant term with a coefficient (B) of 148.302 and a standard error (S.E.) of 10.215. This constant represents the expected value of Narcissism when the predictor variable (Aggression in males) is zero. The predictor variable, Aggression in males, has a coefficient of 1.641, indicating that for each unit increase in Aggression scores among males, there is an estimated increase of 1.641 units in narcissism scores. The standard error associated with this coefficient is not correctly formatted in the table (appears as ",.313"), but it should be interpreted as the standard error. The Beta coefficient (BETA) of 0.564 suggests a moderate positive standardized effect of Aggression on Narcissism. The t-value (t) of 5.245 indicates that the coefficient for Aggression is statistically significant ($p < 0.001$), suggesting that aggression in males significantly predicts narcissism. The overall model fit is assessed by the F-statistic (F) of 27.512, which is significant ($p < 0.001$), indicating that the regression model as a whole is a good fit for the data. The R-squared (R SQ.) value of 0.318 suggests that approximately 31.8% of the variance in narcissism scores can be explained by aggression in males. The adjusted R-squared (ADJ R SQ.) of 0.306 provides a more conservative estimate of the variance explained, accounting for the number of predictors in the model. Overall, these findings indicate that Aggression in males significantly influences narcissism scores, explaining a notable portion of the variance in narcissism within the male population.

Table no. 4 Comparison between the values of males and females

Gender	R SQ.	PERCENTAGE
MALE	.318	31.8%
FEMALE	.282	28.2%

5. DISCUSSION

The aim of the present was to investigate the impact of aggression on narcissism among men and women aged 18-35 years using Hypersensitive Narcissism Scale Aggression Scale (AS-MB).

The relationship between aggression and narcissism is multifaceted and has garnered attention across various disciplines, including psychology, sociology, and psychiatry. On one hand, aggression, defined as behavior intended to harm others, encompasses a spectrum of manifestations, ranging from overt physical violence to subtle forms of relational aggression. On the other hand, narcissism, characterized by grandiosity, entitlement, and a lack of empathy, reflects a personality trait that influences how individuals interact with the world around them.

While previous research has examined aggression and narcissism independently, a growing body of literature suggests that these constructs are not mutually exclusive but rather intricately intertwined. Individuals high in narcissistic traits may exhibit heightened levels of aggression, driven by a need to maintain dominance, defend against threats to their self-image, or assert superiority over others. Moreover, the type of aggression displayed by narcissistic individuals may vary, from overtly hostile behaviors to more covert manipulative tactics, all aimed at fulfilling their self-serving motives.

The study by Tianwei, et al. (2023) explored the associations among narcissistic traits, interpersonal behaviours, and aggression using repeated situation-based measurement. Data were collected from 477 undergraduate students who were instructed to complete four prompts a day for ten consecutive days. Results Narcissism at the global construct level positively predicted multiple indices of episodic aggression (i.e., aggressive temper, aggressive urge, verbal aggression).

Similarly, Kalemi, et al. (2019) conducted a study on the effect of self-esteem, self-perception, narcissism, and socio-demographic factors on aggression among female inmates and women without criminal records (non-delinquents). 157 criminal women and 150 non-criminal women were assessed through the Buss & Perry Aggression Questionnaire, Rosenberg's Self-esteem Scale, Narcissistic Personality Inventory-40, and the Self-Perception Profile for Adults. The results indicate It is the presence of narcissistic traits that predict aggression rather than criminality in general, including violent and non-violent crimes.

“aggression will impact narcissism level in females”

Table 2 illustrates how the regression analysis uses aggression as the predictor variable to investigate the link between narcissism and aggression in particular among females. With a coefficient of 145.93 and a standard error of 11.84, the constant term in the model denotes the predicted narcissism score in the scenario when the female aggression score is zero. The coefficient for female aggression is 1.693, meaning that there is an estimated rise in narcissism scores of 1.693 units for every unit increase in female aggression scores. With a t-value of 4.728 and a p-value less than 0.001, this coefficient is statistically significant and shows that narcissism in females is strongly predicted by aggression. The moderately favorable standardized effect of aggression on narcissism is indicated by the beta value of 0.531, suggesting that aggression is a significant predictor of narcissism in females.

Moreover, the F-statistic is used to assess the overall model fit and finds that it is significant ($p < 0.001$), suggesting that the regression model explains the variation in narcissism scores across females. The R-squared value of 0.282 suggests that aggression in females accounts for around 28.2% of the variation in narcissism scores. In order to account for the number of predictors in the model, the adjusted R-squared value of 0.269 yields a more cautious estimate of the variance explained. All of these results point to aggression as a major factor influencing female narcissism scores, explaining a large amount of the diversity in narcissism seen in the female population.

These findings help explain the relationship between narcissism and aggression in larger psychological contexts, especially in light of gender-specific dynamics. These findings may provide insights into potential psychological mechanisms underpinning female aggressiveness and have consequences for therapies aimed at narcissism-related behaviors. Comprehending the prognostic significance of aggression in female aggressiveness might facilitate the development of customized therapies intended to alleviate violent conduct and foster more positive interpersonal relationships. Furthermore, these results highlight how crucial it is to take gender into account when assessing and treating narcissism-related problems in psychological research and therapeutic practice.

“aggression will impact narcissism level in males”

Table 3 illustrates how the regression analysis uses aggression as the predictor variable to investigate the relationship between narcissism and aggression in particular among males. With a coefficient of 148.302 and a standard error of 10.215, the constant term in the model denotes the predicted narcissism score in the scenario when the male aggression score is zero. The coefficient for male aggression is 1.641, meaning that there is an estimated rise in narcissism scores of 1.641 units for every unit increase in male aggression scores. Despite the table's incorrect formatting, the standard error linked to this coefficient should be understood to represent the standard error. The moderately favorable standardized impact of aggression on narcissism is indicated by the beta value of 0.564, suggesting that aggression is a significant predictor of narcissism in men.

Furthermore, the statistical significance of the t-value of 5.245 ($p < 0.001$) suggests that the coefficient for aggression is noteworthy, highlighting the ability of aggression in men to predict narcissism. The substantial F-statistic of 27.512 ($p < 0.001$), which measures the overall model fit, shows that the regression model well explains the variance in male narcissism ratings. With an R-squared of 0.318, male aggression appears to be responsible for around 31.8% of the variation in narcissism ratings. Given the number of predictors in the model, the adjusted R-squared value of

0.306 offers a more cautious estimate of the variance explained.

All of these results point to aggression as a major factor influencing male narcissism scores, explaining a large amount of the variation in narcissism in the male population. Particularly in the context of gender-specific psychological dynamics, an understanding of the predictive role of aggression in male aggressiveness might provide insightful information for treatments meant to reduce violent behaviors and foster

healthier interpersonal dynamics. These results also highlight how crucial it is to take gender into account when assessing and treating narcissism-related problems in clinical settings and psychological research.

“Males are said to have higher level aggression and narcissism than females”

Table 4 presents a summary of the regression analysis findings comparing the association between narcissism and aggression in males and females. The R-squared values show how much of each gender's variation in narcissism scores may be attributed to aggression. The R-squared value for males is 0.318, meaning that aggression accounts for around 31.8% of the variation in narcissism ratings. On the other hand, the R-squared value for females is somewhat lower at 0.282, indicating that aggression accounts for around 28.2% of the variation in narcissism ratings. This suggests that, in comparison to females, male aggression and narcissism have a somewhat higher predictive association. The p-values in the previous regression analysis, however, highlight the statistically significant connections that both genders exhibit between aggression and narcissism.

This variation in the explained variance between genders may be due to underlying gender differences in how narcissism is affected by aggression or how it manifests itself. The somewhat larger proportion of variation explained in the male group indicates that, in this study, aggression may have a slightly bigger effect on narcissism in male participants than in female participants.

In conclusion, the comparison study demonstrates subtle variations in the intensity of the significant connections between narcissism and aggression that both genders exhibit. This emphasizes how crucial it is to take into account gender-specific dynamics when figuring out how psychological variables like narcissism and aggression interact. More investigation into these gender disparities and how they affect interventions aimed at narcissism-related behaviors could yield insightful information for psychological interventions that are specifically designed to improve interpersonal relationships and lessen aggressive tendencies in a variety of demographics.

6. SUMMARY AND CONCLUSION

The results of these investigations highlight how crucial it is to comprehend the intricate interactions between aggressiveness and narcissism, especially as they pertain to gender relations. The findings imply a close relationship between narcissism and aggression, with aggressiveness acting as a strong predictor of narcissistic traits in both genders. Furthermore, because there are gender differences in the strength of the association between violence and narcissism, the research emphasizes the necessity of using gender-specific methods for diagnosing and treating narcissistic tendencies.

The study also highlights the possible ramifications for psychiatric therapies meant to lessen violent inclinations and promote better interpersonal interactions. Acknowledging the predictive function of violence in narcissism allows for the development of specialized therapies that successfully target these tendencies.

All things considered, these results advance our knowledge of the psychological processes that underlie narcissism and violence, opening the door to more focused therapies and better results in both clinical and scientific contexts.

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