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THE RELATIONSHIP BETWEEN NARCISSIM AND AGGRESSION AMONG YOUNG WORKING POPULATION

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Abstract

Under the present study, The relationship between narcissism and aggression among young working population were examined. For this purpose, a sample of 100 young working population aged between 20-30 years was selected. Narcissistic Personality Inventory (NPI) and Aggression Scale (AS) were utilized as research tools. The SPSS statistics that were used for analysing the data of the sample and with that Independent Sample t-test and Pearson's Correlation was used. The results showed that only aggression was found significantly high among the high income group as compared to low income group and as compared to the other variable which is narcissism. All the hypothesis was proved in this study. So after looking upon the result and conclusion it is seen that both blue collar and white collar people does have a relationship between them and the income level does play a role on that relationship. As, income is considered as a power figure in the Indian society. But more studies should be done on the blue and white collar people in the respect of income as various other researches have not taken the income aspect but other aspect.

Introduction

1 NARCISSISM –

“Narcissism is a complex phenomenon that can be influenced by a variety of factors, including biological, environmental, and psychological factors” given in “DSM 5”. In this essay, we will explore the different types of narcissism, the factors that contribute to it, and one theory related to its development.

1.1 TYPES OF NARCISSISM -

There are several different types of narcissism, each with its own set of characteristics. The most well-known types are grandiose narcissism and vulnerable narcissism.

1. **Grandiose narcissism** is characterized by a sense of superiority, an overinflated sense of self, and a desire for admiration and recognition. People with grandiose narcissism tend to be highly confident, assertive, and outgoing, and they often seek positions of power and authority.
2. **Vulnerable narcissism**, on the other hand, is characterized by a deep sense of insecurity, a fear of rejection, and a tendency to feel victimized. People with vulnerable narcissism tend to be highly sensitive, easily hurt, and prone to feelings of shame and self-doubt. They may also be highly critical of themselves and others and may struggle with feelings of inadequacy.

1.2 THEORY RELATED TO NARCISSISM

One theory that has been proposed to explain the development of narcissism is the self-psychology theory. According to this theory, narcissism develops as a result of a failure to develop a healthy sense of self during childhood. This failure can occur as a result of inadequate parenting or early childhood trauma, which can lead to a lack of emotional support and a failure to develop a stable sense of identity. As a result, people with narcissistic tendencies may develop a false sense of self, which they use to compensate for their underlying feelings of insecurity and inadequacy. They may also use this false self to manipulate and control others, as a way of gaining the admiration and recognition they crave.

2 AGGRESSION –

Aggression is a term used to describe a wide range of behaviors that are intended to cause harm or injury to another person or object. It is a complex phenomenon that can have a variety of causes and consequences, and it can manifest in different forms. Aggression can be physical, verbal, or even passive, and it can be triggered.

2.1 TYPES OF AGGRESSION -

There are different types of aggression, and understanding these types can help us better understand the causes and consequences of aggressive behavior. One of the most common types of aggression is

1. **Physical aggression**, which involves the use of physical force or violence. This can include hitting, punching, kicking, or any other form of physical violence.
2. **Verbal aggression**, which involves the use of words to hurt, insult, or threaten another person. This can include shouting, name-calling, or using abusive language.
3. **Passive aggression** is another type of aggression, which involves indirect or covert forms of aggression, such as silent treatment, sarcasm, or other passive-aggressive behaviors. This type of aggression can be difficult to detect, but it can still cause harm and damage to relationships.

2.2 THEORY RELATED TO AGGRESSION

The “frustration-aggression theory” is one of the most well-known theories related to aggression. This theory suggests that frustration can lead to aggressive behavior. When an individual is prevented from achieving a desired goal or outcome, they may become frustrated, and this frustration can lead to aggressive behavior.

According to the frustration-aggression theory, aggression is not necessarily a direct response to the frustration itself but can result from other factors such as personality traits, social norms, or situational factors. For example, an individual may become frustrated because they are stuck in traffic, but they may not necessarily become aggressive unless other factors such as anger or irritability are present. Aggression is a complex phenomenon that can manifest in different forms and can have a variety of causes and consequences. Understanding the different types of aggression and the factors that contribute to its development can help us better understand and prevent aggressive behavior. The frustration-aggression theory is one theory that helps explain the relationship between frustration and aggression, but there are other theories and factors that can also contribute to aggressive behavior. By increasing our understanding of aggression, we can work towards creating a safer and more peaceful society.

As the title suggests my topic of the research work is The relationship between narcissism and aggression among young working population. I took this population because this population can showcase more of this relationship both in positive and negative way, this population are new to the jobs and have more energy and dedication towards work and thus narcissism and aggression could be seen. But, as too be more specific how relationship could be measured I took a factor of salary. So in my research there are 3 ranges of salary which are as follows: Between 40-70k, 70k-120k and above 120k. The reason for taking this salary slab was that after talking too many people who are employed revealed there salary and according to that information these 3 salary slabs were made. These salary are ranges that can help to look into the negative and positive relationship within the population more accurately. This aspect of the research gives us the dimension of conducting research in more depth.

Salary is a factor which can affect the population and the relationship between the too, because in a sense salary gives the status which somehow is being compared between the population. High and low income is a matter of status as well of the survival factor. People will low income will showcase decreased relationship as they are surviving and making the ends meet with the monthly salary they are getting. But on the other hand people with high income will showcase increased relationship as there surviving and basic needs are fulfilled, when

this is fulfilled then this population have a liberation to look upon the other needs which are not that important and only symbolizes status.

Employee effectiveness is also being hampered if the relationship is increased because both the variables affect each other.

In this population which is being taken in the research work both the factors can have a compound relationship. It can also be viewed that not every individual who portrays self absorption traits will show an violent behaviour, but it can also be a scenario where some self absorption traits can lead to violent behaviour. All these outcomes are just an overview individuals differs in every aspect. As mentioned earlier self absorption trait is when an individual only things about oneself and considers him or her only and not the other people. These kinds of individuals always need attention and they want everyone to praise them, if this doesn't happen then there self esteem is alarmed. They can become violent and they try to protect there image and try to get hold of it.

Methodology

Aim is To study the relationship between narcissism and aggression among young working population. Design The purpose of my study relationship between narcissism and aggression among young working population. To find the relationship between them correlation and after that t test was used. The sample of my study is convenience sampling with the age group of 20-30 years. The statistical analysis which was used person correlation on spss software. Objective 1. To study the relationship between income and aggression of young working population. 2. To study the relationship between narcissism and aggression of young working population. 3. To study the relationship between narcissism and aggression on two different income levels. Hypothesis: 1. High income level will hamper aggression among young working population. 2. Low income level will hamper narcissism among young working population. 3. Comparison between the two groups will be clinically significant. Variables are Narcissism and income are the independent variables and aggression is the dependent variable. Sample and its selection is like The sample of my study is convenience sampling, the age group I have taken for my study is between 20-30 years and the population is young working adults. Description of tools employed are as the first, scale used is the "Narcissistic Personality Inventory" in this scale there were various questions with 2 options from which one has to be selected according to the convenience of the individual. The second, scale used was "Aggression Scale" in this scale also various questions are there with 5 options given which goes by strongly agree till strongly disagree with every questions, the individual has to choose between 5 options and select one which is more likely represent them or suits them. Procedure goes like Firstly, two questionnaires were used in this study to collect the samples. Rapport formation was formed with the subject and subject was made comfortable by answering the questions regarding the study, instructions were given for the questionnaire, after it was done the subject was thanked. After collecting all the data, scoring was done and raw scores were taken out and those raw scores were put in the spss software for the further scoring.

Result Table**Table 1: The correlation table. Represents the correlation between narcissism and aggression**

		Narcissism	Aggression	Income
Narcissism	Pearson correlation	1	.022	-.008
	Sig. (2-tailed)		.852	.933
	N	100	100	100
Aggression	Pearson correlation	.022	1	.187
	Sig. (2-tailed)	.825		.062
	N	100	100	100
Income	Pearson correlation	-.008	.187	1
	Sig. (2-tailed)	.933	.062	
	N	100	100	100

Table 2 The t test table.

		Narcissim	Aggression
High income	Mean	15.57	185.2391
	SD	6.833	18.8289
Low income	Mean	15.69	178.1111
	SD	7.356	18.82859
t		.084	-1.884
Significance		.467	.031

Discussion

According to the research topic the aim of my study is to find the relationship between narcissism and aggression among young working population. Table 1 aims to examine the correlation between narcissism and aggression on different income level. The value of narcissism is -.008 and value of aggression is .187, these values represents that there is a weak correlation between narcissism and aggression. Furthermore, the study also aims to compare the level of narcissism and aggression among the two income groups the low income people and high income people, for this data was analysed in the t-test. Table 2 aims to examine the level of narcissism and aggression among two income groups. In the finding of the t test it was revealed that aggression was comparatively high in the high income population for which the mean value is 185.239. In narcissism it was observed that the low income population value is 15.69 which is higher as compared to narcissism in the high income population for which the value is 15.57. In the one sided t test and over all t test it was observed that aggression is significantly high with the significance value of .031 as compared to narcissism where the significance value is .467 which signifies insignificant value. The .031 value represents that the hypothesis is true, the strength is strong. We can conclude that only aggression was found significantly high among the high income group as compared to low income group and as compared to the other variable which is narcissism.

All the hypothesis was proved in this study. On of the study which is somehow similar too the result is S.L; B.J; (2021) studied the relationship between both aggression and narcissism and looking how it will be influenced under various circumstances. Various individuals were asked to participate in this study was seen that both of these topics have a strong influence under deliberate circumstances. The various factors which were influencing narcissism are associated with aggression. Doing various testes to find out the relationship between both of them it resulted in that individuals with narcissism are more reactive to aggression.

Conclusion

In my study all the three hypothesis which is being mentioned are being proved. The hypothesis are:

- i. High income level will hamper aggression among young working population.
- ii. Low income level will hamper narcissism among young working population.
- iii. Comparison between the two groups will be clinically significant.

So after looking upon the result and conclusion it is seen that both blue collar and white collar people does have a relationship between them and the income level does play a role on that relationship. As, income is considered as a power figure in the Indian society. But more studies should be done on the blue and white collar people in the respect of income as various other researches have not taken the income aspect but other aspect. In the end there is a relationship between narcissism and aggression among young working population.

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