

# **Dark and Light Triad in Relation with Social Anxiety**

*Project submitted for partial fulfillment of the degree of*

**MASTER OF ARTS IN  
PSYCHOLOGY**



**THAPAR INSTITUTE**  
OF ENGINEERING & TECHNOLOGY  
(Deemed to be University)

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**CERTIFICATE**

This is to certify that the thesis entitled “**Dark And Light Triad in Relation with Social Anxiety**” is being submitted in partial fulfillment of requirements for the award of the degree of **Master of Arts in Psychology**, submitted in the **Thapar School of Liberal Arts and Sciences (TSLAS), Thapar Institute of Engineering and Technology, Patiala** is a bonafide work carried out under the supervision of Dr. Surinder Kaur, Professor, School of Liberal Arts, Thapar Institute of Engineering and Technology, Patiala and that no part of this project has been submitted for the award of any other degree.



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This is to certify that the above statement made by the student concerned is correct and true to the best of my knowledge.



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## CANDIDATE'S DECLARATION

I hereby declare that the work presented in this thesis entitled “**Dark And Light Triad in Relation with Social Anxiety**” isa partial fulfillment of the requirement for the award of the degree of **Master of Arts in Psychology**, submitted to the **ThaparSchool of Liberal Arts and Sciences (TSLAS), Thapar Institute of Engineering and Technology, Patiala**, is an authentic record of my work carried out under the supervision and guidance of Dr. Surinder Kaur, Professor, School of Liberal Arts, Thapar Institute of Engineering and Technology, Patiala and refers other researcher’s work which is duly listed in the reference section.

The matter embodied in this thesis has not formed the basis for awarding any other degree to this or any other university.

Date: May 2020

Place: Patiala

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This is to certify that the above statement made by the student concerned is correct and true to the best of my knowledge.

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## Abstract

The present study focuses on understanding how the dark and light triad relates to social anxiety. It was investigated using three scales, Dark Triad of Personality (D3-Short), the Light Triad Scale, the Liebowitz's Social Anxiety Scale (LSAS). The total sample consisted of 78 subjects (45 females and 33 males). The age range of the participants is 18-40 years. The research objective was to study the Dark and Light Triad with Social Anxiety. The findings of this study indicate that the Dark triad is negatively correlated with social anxiety. Further, the light triad is positively correlated with social anxiety. The present study is a humble effort to analyze the relationship between the above-mentioned variables with the help of correlation and regression.

**Keywords:** Dark triad, narcissism, machiavellianism, psychopathy, light triad, empathy, compassion, altruism, social anxiety.

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## CHAPTER 1

### INTRODUCTION

#### 1.1 Dark triad

Dark traits are associated with socially aversive beliefs. It is also said that dark traits consist of an antagonistic social strategy characterized by high levels of interpersonal manipulation, ruthless and cruel behavior (Jones and Figueredo, 2013; Marcus et al., 2018). Others have related the dark triad to those personality traits that have narcissism, Machiavellianism, and subclinical psychopathy (Paulhus and Williams, 2002; Jonason et al., 2012; Muris et al., 2017). Psychopathy consists of impulsive and antisocial tendencies accompanied by low levels of remorse, anxiety and fear (Cleckley, 1941; Benning et al., 2003; Harpur et al., 1989). One reflecting the interpersonal and affective traits and the other antisocial lifestyle. These factors have been labeled Fearless Dominance and Impulsive Antisociality, respectively (Benning et al., 2003).

Manipulative and calculating interpersonal style are named as Machiavellianism (Christie & Geis, 1970) with no much debate on it (Christie & Geis, 1970; but see Hunter, Gerbing, & Boster, 1982), as the items seem to capture an exploitative interpersonal style straightforwardly.

Dark Triad traits make the individuals to experience psychosocial costs (Jonason, Li, & Czarna, 2013) lack of self-control (Jonason & Tost, 2010), low emotional intelligence (Petrides, Vernon, Schermer, & Veselka, 2011). Dark Triad traits are associated with various undesirable individual differences and behaviors, like vengeance (Giammarco & Vernon, 2014), anger (Veselka, Giammarco, & Vernon, 2014), aggressive humor (Martin, Lastuk, Jeffery, Vernon, & Veselka, 2012), academic cheating (Williams, Nathanson, & Paulhus, 2010), social dominance orientation (Jones & Figueredo, 2013), prejudice (Hodson, Hogg, & MacInnis, 2009), and short-term mating schemes (Jonason et al., 2009).

Jones and Paulhus (2010) found that individuals with Dark Triad traits are liable toward aggressive behaviour but the psychopaths tend to be aggressive even when they are not provoked; “psychopathic aggression appears to be less discriminating”. In the same study, narcissistic aggression was a more predictable response to ego and self-image threats.

## 1.2 Light triad

Light Triad introduced by Kaufman, Yaden, Hyde, and Tsukayama (2019) which directly contrasts the dark traits, but not a mere inverse of the Dark Triad. Thus, these three traits are related yet distinct dimensions: Faith in Humanity (believing that people are fundamentally good), The Light Triad proved to be predictive for a variety of growth-oriented and self-transcendent outcomes linked for competence, affiliation, autonomy; and intimacy, compassion and empathy; self-esteem, or satisfaction with life, but also with attachment and defense styles. Other studies suggest that people with Light Triad traits show more kindness and compassion (Gerymski&Krok, 2019) and negative attitudes towards infidelity (Sevi, Urganci, & Sakman, 2020).

Individuals high on the Light Triad traits tend to be empathetic, compassionate, cooperative, forgiving, and strive to maintain high-quality relationships with others. Likewise, high Light Triad individuals tend to be very concerned about how their actions may impact others and, thus, pay particular attention to their behaviors not being viewed as aggressive (Kaufman et al., 2019). It seems reasonable to assume that high Light Triad individuals are less likely to engage in wicked creativity when they experience abusive supervision.

There is not much research on the Light Triad, as it is a very new construct; to date, the first and only article on the Light Triad was published by Kaufman and colleagues (2019). In it, they introduced the construct and set forth its conceptual principles.

Though, having conducted an extensive research project in which 38 scales were used, the authors provided a great amount of statistical data that enabled them to formulate interesting and valuable conclusions. The results revealed that higher scores on the Light Triad dimensions were related to higher levels of life satisfaction, empathic and compassionate attitudes, acceptance of other people, conscientiousness, openness to experience, and beliefs that humans are virtuous and good.

The Light Triad was also associated with competence, autonomy, secure attachment style, self-esteem, a sense of authenticity, mature defense styles, and many character strengths (e.g., kindness, forgiveness, curiosity, love, perspective, and gratitude). On the other hand, there were no significant associations between the Light Triad and assertiveness, bravery, acceptance of external influence, and some immature defense styles (i.e., denial and displacement). Negative relationship was found between the Light Triad dimensions and the

motives for achievement and self-enhancement, selfishness, reactive-proactive aggression styles, anxious and avoidant attachment, and self-alienation (Kaufman et al., 2019).

### **1.3 Social anxiety**

People become anxious about many things, only some involving social situations or other people. Numerous studies have attempted to identify basic types of fear-producing cases, trying to reduce a nearly infinite number of frightening stimuli to a few basic categories. Although the particular dimensions differ slightly from study to study, at least one type of "social" or "inter-personal" anxieties has been obtained in each study (H. D. Bates, 1971; Bernstein & Allen, 1969; Braun & Reynolds, 1969; Endler, Hunt, & Rosenstein, 1962; Landy&Gaupp, 1971; L. C. Miller, Barrett, Hampe, & Noble, 1972; Neiger, Atkinson, &Quarrington, 1981; Strahan, 1974).

Holt, Heimberg, Hope, and Liebowitz (1992) suggested that the situations that precipitate social anxiety can be classified into four primary categories. The most anxiety-producing are situations involving formal speaking and interaction: giving a talk in front of an audience, performing on stage, giving a report to a group, speaking up at a meeting, and the like. Informal speaking and interaction are the second category of social anxiety situations. This category includes going to a party, meeting strangers, and trying to pick up someone. Third, interactions require assertive behavior. Fourth, people sometimes feel socially anxious when they are simply observed by others while working, writing, or eating. All of these situations have in common that they tend to evoke concerns with other people's evaluations of oneself. You've had first-hand experience with being socially anxious, although you may not have used that term to describe your feelings. If you think about it, you may see that anxiety generally entails four distinct, though interrelated, experiences reflecting cognitive, somatic, behavioral, and aspects (e.g., Fremouw, Gross, Monroe, & Rapp, 1982; Lehrer & Woolfolk, 1982).

Social anxiety is a common complaint in people who report difficulties in social interaction (Hall and Goldberg, 1977). In the past, treatments for social anxiety have been based on two principal theoretical formulations; the skills deficit and the response inhibition model. According to the skills deficit model, social anxiety results from relative deficits in a person's socially skilled responses (Trower, Bryant, and Argyle, 1978). Inappropriate reactions to

social situations lead to undesired outcomes and distress. Learning (or re-learning) appropriate skill allows the person to use such skills in new situations where they will be reinforced and maintained.

On the other hand, the response inhibition model argues that social anxiety is a classically conditioned response arising from repeated exposure to aversive experiences in social situations (Wolpe et al., 1969). Wolpe developed methods of reducing anxiety through the performance of assertive behavior, which he argued was effective because it built up reciprocal inhibition of anxiety. Social skills training and assertiveness training use similar techniques despite their different theoretical bases. As neither view is consistent with the data, we evaluate the basis of and evidence for the more recent cognitive fabrications of social anxiety and investigate some predictions derived from a cognitive model in socially anxious patients.

Beck et al. (1985) argues that heightened perception of the probability of negative social evaluation is a significant source of threat leading to social anxiety. This social anxiety then inhibits appropriate social behavior. Hence, it was hypothesized that the cognitions of socially anxious patients reflect distortions such as (a) unrealistic expectations about their ability to cope with social situations (secondary appraisal) and (b) the likelihood of threatening social events occurring regardless of the subject's performance (primary appraisal).

Less clear is the image others have of socially anxious people. For example, a study by Reis et al. (1982) showed that social avoidance and distress were negatively correlated with other ratings of physical attractiveness in males but not in females. Jones and Carpenter (1986) reported that socially anxious individuals say that "their friends are less supportive, accepting, understanding and attentive" (Leary and Kowalski, 1995). This might, in turn, cause these individuals to react negatively to their friends, thus inadvertently providing a real basis for negative judgments by others. Thus, the present study is being taken to find the relationship of dark and light triad with social anxiety.

## CHAPTER 2

### REVIEW OF LITERATURE

#### 2.1 Dark triad and social anxiety

Narcissists tend to report low levels of social anxiety (Watson & Biderman, 1993). However, this correlational evidence does not identify the causal direction of this relationship. Therefore, it could be that social anxiety is predicted by narcissism or predicts narcissism. Given the nature of these constructs, the former is most likely. Although considered a personality trait, social anxiety is viewed as a response variable (Schlenker & Leary, 1982) based partly on other personality characteristics, such as public self-consciousness (Fenigstein et al., 1975). As a result, it is more likely that narcissism predicts social anxiety than social anxiety predicts narcissism.

A similar observation could be made about individuals with the Machiavellian personality type, who use social manipulation of others to achieve self-interested goals (Christie & Geis, 1970). Successfully pursuing this task requires a social skill level that is difficult to attain in the shadow of social anxiety. Therefore, it seems to follow that to be effective; the Machiavellian personality must have some way of controlling or resisting the impaired social behavior associated with social anxiety.

Social anxiety and psychopathy have been linked to opposite emotional, behavioral, and endocrinological endophenotypes. Social anxiety is defined by elevated fear in social situations and avoidance (Rapee and Heimberg, 1997) and is related to high cortisol and low testosterone levels (Giltay et al., 2012; Roelofs et al., 2009). One study among healthy participants found that self-reported social anxiety and psychopathic tendencies are negatively related (Hofmann et al., 2009).

Previous studies investigated the inter connectedness primarily within a psychopathological framework; we suggest that examining the relations between these constructs might shed light on the unique reactions of narcissists, psychopaths, and Machiavellians to anxiety symptoms. More specifically, it is reasonable to predict that psychopathy is associated with cognitive concerns because of this trait's emotional and impulse control deficit. Based on their different strategies for manipulation and exploitation, Machiavellianism might be related to more social situations. In contrast, we expected narcissism to be associated with

fewer concerns about the social consequences of anxiety. In the current study, we investigated these suggested associations with the DT and AS self-report measures.

## **2.2 Light triad and social anxiety**

Social anxiety implies the fear of talking in public with other people and being in front of them (Schlenker & Leary, 1982; Stein & Stein, 2008). They also feel unable to interact publicly, work in groups, feel ashamed, and panic sets in (Stein & Stein, 2008). They avoid public places and social interactions outside the family because they think an excessive fear of being negatively evaluated by those they encounter (American Psychiatric Association, 2013). Hence, the social environment on the internet is a favorable place for social anxiety people. On social media, they can interact with other people without fear; they can also work online and even buy the necessary items for their homes and family.

Socially anxious individuals' concern about being evaluated by others increases the likelihood of adopting the perspective of others (i.e., CE) and the tendency to experience feelings of empathic concern (i.e., Elhanany & Shamay, 2011).

Deficits in empathy skills may prevent the development of adaptive interpersonal relationships (Eisenberg et al., 2002) and may play a role in anxiety symptoms (Gambin & Sharp, 2016).

Self-compassion has been highlighted as an essential construct in mental health (Gilbert, 2014; Neff, 2003a). Based on a meta-analysis, Gumley (2012) found that self-compassion is associated with psychobiology with a large effect size. Associations were vigorous regardless of clinical rank, gender or age. Furthermore, a recent systematic review of 14 research has provided initial support that compassion-focused therapy (CFT) is more effective than no cure (Leaviss & Uttley, 2014).

In Werner et al. (2012), adults with a diagnosis of social anxiety disorder reported lower levels of self-compassion than healthy controls; this remained significant even after controlling for depression and general anxiety.

Although only minimal research has explored the direct relationship between self-compassion and social anxiety, research suggests that self-compassion may be related to several factors and processes associated with social anxiety. One such process is fear of

unfavorable evaluation, whereby individuals with social anxiety disorder are more likely to trust that everyone will notice them and judge them negatively (Werner et al., 2012).

The organ donation model (Morgan et al., 2002) in that people's decision-making about the donor card signing is not entirely reasoned, and can be directly and indirectly influenced by non-cognitive factors like death anxiety and altruism (Morgan et al., 2002, 2008).

## CHAPTER 3

### THEORETICAL FRAMEWORK

#### **The Self-Presentation Theory**

The theory's fundamental concept is that people experience social anxiety before or during social encounters when they are motivated to make the desired impression on other people but doubt that they will complete the desired impression. As the impressions that people make on others have significant indication for how they are evaluated and treated in everyday life, people are fairly motivated to convey certain impressions of themselves and avoid making certain other impressions (Leary, 1995; Schlenker, 2012). In most cases, the images people want to convey of themselves are positive, socially desirable ones, but under some circumstances, people want to be perceived in a socially undesirable fashion. The theory predicts that regardless of the kinds of images people wish to convey, social anxiety increases as people become more motivated to make a particular impression and less confident that they will successfully do so.

When one examines the personality characteristics that predict trait social anxiety most firmly, they too are variables associated with concern about other people's impressions. People who are particularly attuned to and concerned about how others perceive them score higher on measures of trait social anxiety than those who are less concerned with how they are perceived and evaluated (Fenigstein, 1979; Kashdan, 2007; Leary & Kowalski, 1993; Norman et al., 2012; Reno & Kenny, 1992). For example, public self-consciousness, which involves the degree to which people attend to and think about their public images, is associated with self-presentational concerns and correlates highly with measures of social anxiety, shyness, social reticence, interaction anxiousness, and embarrassment (Schlenker & Leary, 1982; Thornton, Audesse, Ryckman, & Burckle, 2006). People who do not believe that they will make desired impressions—for example, because they think others will view them as physically unattractive, socially unskilled, or incompetent in a domain with implications for their public image (such as public speaking or athletic contexts)—also tend to be particularly socially anxious (Curran, Wallander, & Fischetti, 1980; Hart, Leary, & Rejeski, 1989; Leary, Kowalski, & Campbell, 1988; Martin & Mack, 1996; Segrin, 1996). In brief, research supports the notion that self-presentational concerns are strongly associated with social anxiety.

According to the self-presentational theory, the relationship between social skills and social anxiety is explained by individuals who believe they have poor interpersonal skills and doubt that they will make desired impressions on others (Clark & Wells, 1995; Rapee & Heimberg, 1997). As a result, teaching them to interact more competently decreases their self-presentational concerns and lowers their anxiety in social encounters.

In accordance with the cognitive theory, a great deal of research supports the notion that certain kinds of thoughts underlie social anxiety and that modifying people's cognitions about themselves and their social worlds reduces social anxiety (Gould et al., 1997; Hartman, 1983; Hope, Gansler, & Heimberg, 1989; Lucock & Salkovskis, 1988). The self-presentation perspective refines the cognitive approach by focusing on the fact that the thoughts that underlie social anxiety categorically involve or have implications for how people are perceived and evaluated by others.

## CHAPTER 4

### RESEARCH GAP, MOTIVATION FOR THE STUDY, OBJECTIVES, AND HYPOTHESES

#### 4.1 Research Gaps

From the review of literature, it was found that the Dark Triad and social anxiety have been addressed together in very few studies. Also, in the studies that measured these variables, among the dark personality traits, mainly narcissism was studied in relation to other variables, so we aimed not to neglect any of the three features of the Dark Triad. Also, the goal of the present research is to study the components of the light triad with social anxiety. Therefore, this study aims to determine the relationship between the Dark Triad and light triad and the role of social anxiety in this relation.

#### 4.2 Motivation of the Study

The Dark Triad refers to the personality constructs of psychopathy, narcissism, and Machiavellianism (Paulhus & Williams, 2002). Recent research has attempted to ground the Dark Triad within life history theory by suggesting that the three components are indicators of a short life history strategy (Jonason & Tost, 2010). However, attempts to link each component of the Dark Triad to other indicators of a fast life strategy have yielded inconsistent results (e.g., Gladden, Figueredo, & Jacobs, 2009; Jonason, Koenig, & Tost, 2010; Jonason & Tost, 2010).

#### 4.3 Objectives

The objective of the current research is to study the relationship between dark triad, light triad, and social anxiety

#### **4.4 Hypotheses**

H<sub>1</sub>: Dark triad will be positively associated with social anxiety

H<sub>2</sub>: Narcissism will have a positive relation with social anxiety

H<sub>3</sub>: Machiavellianism will have a positive relation with social anxiety

H<sub>4</sub>: Psychopathy will have a positive relation with social anxiety

H<sub>5</sub>: Light triad will be negatively associated with social anxiety

H<sub>6</sub>: Empathy will be negatively correlated with social anxiety

H<sub>7</sub>: Compassion will be negatively correlated with social anxiety

H<sub>8</sub>: Altruism will be negatively correlated with social anxiety

## CHAPTER 5

### METHODOLOGY

#### 5.1 Sample

In this study, the total numbers of participants taken were 78 (45 females and 33 males). The age range of the participants is 18-28 years. The method of sampling used in this study was purposive.

#### 5.2 Design

The design of the research is descriptive. The independent variable (IV) is the dark and light triad, and the dependent variable (DV) is social anxiety.

#### 5.3 Measures:

**Dark Triad of Personality (D3-Short):** The Dark Triad of personality questionnaire, developed by Paulhus, D. L. (2013), is a 27-item questionnaire divided into three nine-item subscales capturing the subclinical versions of the dimensions of Dark Triad personality: Machiavellianism, narcissism, and psychopathy. It has a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The reliability obtained from the measuring instrument, The Short Dark Triad (SD3), is 0.72. The subscales were  $\alpha = .77$  for narcissism,  $\alpha = .80$  for psychopathy, and  $\alpha = .78$  for Machiavellianism.

**The Light Triad Scale:** Scott Barry Kaufman, David Yaden, Elizabeth Hyde, and Eli Tsufman (2019). The scale comprises 24 items that are rated on a 5-point Likert scale. Strongly Disagree-5, Disagree-4, Neutral-3, Agree-2, Agree- 1. Point values for all responses are summed. Higher scores indicate a greater level of the light triad, and low scores indicate a lower level of the light triad.

**Liebowitz's Social Anxiety Scale:** Liebowitz's Social Anxiety Scale (LSAS) (Liebowitz, 1987) is a rating scale for fear and avoidance in social interaction (12 items) and performance-oriented situations (12 items). The subject has to rate fear and avoidance during the past week on 0–3 Likert-type scales.

#### **5.4 Procedure**

This study was conducted on 106 (56 females and 50 males). The age range of the participants is 18-28 years. This research aims at studying the relationship between dark triad, light triad, and social anxiety. The study comprises three questionnaires; Dark Triad of Personality (D3-Short), The Light Triad Scale, and Liebowitz's Social Anxiety Scale, which consisted of 63 items designed to study the subjects' narcissistic traits and their social anxiety. The consent was obtained from the participants. Then the study's objectives were explained, and informed confidentiality and anonymity were assured. Afterward, the subjects were asked to fill out the questionnaire via Google forms. The average time taken to complete the questionnaire was 10-15 minutes. Scoring was done after collecting the data, and correlational analysis was used to measure the results.

#### **5.5 Statistical Analyses**

The data were analyzed using the Statistical Package for Social Sciences (SPSS 21.0), where descriptive statistics (mean and standard deviation), correlation, and regression were used.

## CHAPTER 6

### RESULTS

The data was subjected correlational analysis. Darktriad and light triad were analysed to assess their relation to social anxiety.

**Table1. Descriptive Statistics**

	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>
<b>Machiavellianism</b>	78	29.37	5.276
<b>Narcissism</b>	78	27.14	3.195
<b>Psychopathy</b>	78	24.80	4.197
<b>Dark Triad</b>	78	81.31	10.063
<b>Empathy</b>	78	20.31	4.141
<b>Compassion</b>	78	17.74	4.131
<b>Altruism</b>	78	17.26	4.276
<b>Light Triad</b>	78	55.31	10.861
<b>Fear</b>	78	32.11	12.191
<b>Avoidance</b>	78	30.26	12.080
<b>Social Anxiety</b>	78	62.37	22.562

Table 1 shows the descriptive statistics. The mean and standard deviation of the Dark triad (N 78) are 81.31 and 10.063, and that of the Light triad (N 78) is 55.31 and 10.861, respectively. Lastly, regarding social anxiety (N 78), the mean and standard deviation were 62.37 and 22.562, respectively.

**Table 2. Correlation between Dark triad, Light triad, and social anxiety**

	Darktriad	Light triad	Social Anxiety
Darktriad	1		
Light triad	.012	1	
Social Anxiety	.099	-.365**	1

\*\* . Correlation is significant at the 0.01 level (2-tailed).

As is evident from Table 2, the Dark triad is positively correlated with social anxiety ( $r=.099$ ), but it is not significant. On the other hand, the Light triad is negatively correlated with social anxiety ( $r= -.365^{**}$ ,  $p<0.01$ ).

**Table3. Regression Analysis**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Adjusted R square
	B	Std. Error	Beta			
(Constant)	20.454	13.219		1.547	.126	.120
Light triad	-.758	.235	.365	3.231	.002	

a. Dependent Variable: Social Anxiety

Table 3 shows the regression analysis. The adjusted R square value is .12, which means it explains 12% of the variance for social anxiety. With 1 unit increase in the light triad, social anxiety decreases by 0.758 units.

**Table 4. Correlation between subscales of dark triad, light triad with social anxiety**

	Narcissism	Machiavellianism	Psychopathy	Empathy	Compassion	Altruism	Fear	Avoidance	Social Anxiety
<b>Narcissism</b>	1								
<b>Machiavellianism</b>	.418**	1							
<b>Psychopathy</b>	.574**	.227	1						
<b>Empathy</b>	-.077	-.231	.254*	1					
<b>Compassion</b>	-.063	-.006	.049	.550**	1				
<b>Altruism</b>	-.057	-.068	.250*	.544**	.775**	1			
<b>Fear</b>	.098	-.052	.101	-.207	-.118	-.205	1		
<b>Avoidance</b>	.099	-.042	.163	-.390**	-.425**	-.418**	.728**	1	
<b>Social Anxiety</b>	.106	-.051	.142	-.321**	-.291*	-.335**	.930**	.929**	1

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

Table number 4 shows all the sub-scales related to the dark triad were also found not to have a significant correlation with any other scales related to social anxiety, i.e., fear and avoidance.

The three sub-scales of the light triad, i.e., empathy, compassion, and altruism, show a negative correlation with social anxiety ( $r=0.321$ ,  $p<0.01$ ,  $r=.291$ ,  $p<0.05$ ,  $r=.335$ ,  $p<0.01$ ) respectively. Similarly scale of dark triad showed no significant correlations with two sub scales of the social anxiety, fear and avoidance. Whereas light triad showed positive correlation with social anxiety as the other subscales.

**Table 5. Regression Analysis**

<b>Model</b>	<b>Unstandardized Coefficients</b>		<b>Standardized Coefficients</b>	<b>t</b>	<b>Sig.</b>	<b>Adjusted R square</b>
	<b>B</b>	<b>Std. Error</b>	<b>Beta</b>			
<b>(Constant)</b>	31.899	10.717		2.977	.004	.099
<b>Altruism</b>	1.766	.603	.335	2.928	.005	

a. Dependent Variable: Social Anxiety

Table 5 shows the regression analysis. Sub-scale altruism of the light triad emerged as a predictor variable of our social anxiety. The adjusted R square value is .099, which means it explains 9.9% of the variance for social anxiety. With every unit increase in altruism will increase social anxiety by 1.766. And other subscales of the light triad don't indicate any variation in social anxiety.

## CHAPTER 6

### DISCUSSION

The major focus of the present research was to study the relationship between dark triad, light triad, and social anxiety.

The first hypothesis purposed was, “Dark triad will be positively associated with social anxiety,” was rejected. The individuals with dark triad trait had social anxiety but the values were insignificant. Narcissists who have a mental disorder, such as depression or anxiety, lose self-confidence and become unable to present themselves desirable to others (Brailovskaia, Margraf, & Köllner, 2019). Because of this, these people tend to take part in the online environment, which increases the risk of becoming dependent on social networks (Campbell et al., 2004).

Secondly, it was hypothesized that “Narcissism will have a positive relation with social anxiety” was rejected. Individuals with narcissistic traits had social anxiety but the values were not significant. In contrast with the hypothesis, the study by (Campbell, Goodie, & Foster, 2004) showed that narcissists report low levels of trait anxiety, high levels of physical activity (Spano, 2001), and high levels of confidence even in situations of adversity.

Then, the third hypothesis proposed was, “Machiavellianism will have a positive relation with social anxiety,” was rejected. Some studies show despite the relationship between Machiavellianism and lower emotional intelligence levels, the relationship between anxiety and Machiavellianism is unclear. Some studies have reported a moderate positive correlation between Machiavellianism and self-report measures of anxiety (Jones, Nickel, & Schmidt, 1979; McHoskey, Worzel, & Szyarto, 1998; Nigro & Galli, 1985; Poderico, 1987), while other studies have found no relation between them (Ali et al., 2009; Christie & Geis, 1970; Jonason, Baughman, Carter, & Parker, 2015).

The fourth hypothesis, “Psychopathy will have a positive relation with social anxiety,” was rejected. The finding of this study is similar to a study done by (Cleckley, 1982). Given the defining features of social anxiety and psychopathic attributes, these two-dimensional constructs may be negatively associated. Since the early conceptualization of psychopathy, researchers have hypothesized a link between psychopathy and (the lack of) anxiety.

Next, it was hypothesized that the “Light triad will be negatively associated with social anxiety” was accepted. Kaufman, Yaden, Hyde, & Tsukayama, (2019) also associated Light Triad traits with love and kindness. These traits further showed positive correlation with compassion, kindness, politeness, sincerity, fairness, respectfulness, empathy, benevolence, and interpersonal guilt.

After that, the sixth hypothesis stated, “Empathy will be negatively correlated with social anxiety,” was accepted. In contrast, results of a study of the theory of mind suggest impairments in accurately categorizing others’ negative emotions (Hezel & McNally, 2014). Finally, studies on interpersonal emotion knowledge suggest that social anxiety-related difficulties in mentalizing others’ feelings may be limited to complex emotional displays.

Further, it was hypothesized that “Compassion will be negatively correlated with social anxiety” was accepted. Self-compassion was a robust predictor of symptom severity and quality of life in a recent study of 504 people seeking self-help for mixed anxiety and depression (Van Dam, Sheppard, Forsyth, & Earleywine, 2011).

The last hypothesis of the study was that “Altruism will be negatively correlated with social anxiety” was accepted. Our results confirmed that altruism would negatively correlate with social anxiety disorder. Congruent studies found that altruism has been associated with significant interpersonal outcomes, such as reduced aggression, a more empathetic attitude towards stigmatized groups, decreased loneliness, and enhanced social connection (Crocker & Canevello, 2008).

## CHAPTER 7

### CONCLUSION, IMPLICATIONS, LIMITATIONS, AND SCOPE FOR FUTURE USE

#### 8.1 Conclusion

The present research aimed to study the dark and light triad in relation to social anxiety. The findings of this study indicate that the dark triad is negatively correlated with social anxiety. And the light triad is positively correlated with social anxiety. This can be attributed to the small sample size and convenient sampling. However, references found in correlations between the subscales call for an even more rigorous study of the relationship amongst these variables.

#### 8.2 Implications

The present research shows relationships between the Dark triad, Light triad, and Social anxiety. These variables are all important as people, and not just researchers are ceaselessly acknowledging these concepts. Each variable has some role in deciding whether the person would be a fully functioning individual or have some psychopathology. Their relationships, therefore, become even more crucial because if one variable changes, it will have some impact on other variables. The study of their relationship can be of great therapeutic value as influencing one variable (e.g., light triad) may help reduce the other variable (e.g., social anxiety). Another important implication of this study is that it adds to 70 the Indian pool of literature. There is a meager amount of research done on Indians; thence, it is challenging to be amply certain as to how these variables interact among the Indian population

#### 8.3 Limitations

Every research has its limitations due to time, financial, and some other factors. The heavy reliance on technology for the study is bound to incur flaws. This research also suffers from some limitations. Data was collected by online mode, which is not so reliable. Some of the relationships were not significant, which is not in line with existing literature, which can be accounted to gender differences. Convenient sampling was done. Dependence on self-report

measures also delimits the study, even though efforts to yield honest responses were made. The other limitation is the sample size. The results would have been better had the sample size been large.

#### **8.4 Scope for future use**

It is hoped that the study's contribution, in combination with prior and future studies like it, will promote a more thorough understanding of narcissistic personality and how it operates within the relational domain. This research expands knowledge about the social functioning of narcissists and will explain how it is related to each other. Future research should consider comparing variables other than these. We also suggest future studies looking into other mediating factors between dark and light triad and social anxiety while also identifying any other potential moderators that can change how they are related. Further, a longitudinal study can be done to understand social anxiety and its influence. Assessing pre-morbid personality and case histories of anxious persons can be helpful. Finally, a thorough analysis can be performed for each set of variables to understand how they work and are interrelated.

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## APPENDIX A

### Psychology Department Informed Consent Statement

Study Title: Dark and Light Triad in Relation with Social Anxiety

Experimenters:

Yuv Mehta- yashumehtar3@gmail.com

In order to participate in this research study, it is necessary that you give your informed consent.

By signing this statement, you are indicating that you understand the nature of the research study and your role in that research and that you agree to participate in the research. Please consider the following points before signing:

- I understand that I am participating in psychological research;
- I understand that I will engage in filling up of two questionnaires;
- I understand that my identity will not be linked with my data, and that all information I provide will remain confidential;
- I understand that my participation in this research project is voluntary, that my refusal to participate will involve no penalty or loss of benefits to which I am otherwise entitled, and that I may discontinue participation at any time without penalty.
- I understand that I will be provided with an explanation of the research in which I participated and be given the name and contact information of an individual to contact if I have questions about the research. In addition, I understand that I may contact the Psychology Department, TIET, Patiala, at [aryasurin@gmail.com](mailto:aryasurin@gmail.com), if I have questions concerning my rights as a participant in psychological research or to report a research-related injury.
- I understand that certain facts about the study might be withheld from me, and the researchers might not, initially, tell me the true or full purpose of the study. However, the complete facts and true purpose of the study will be disclosed to me at the completion of the study session.

By signing this form, I am stating that I am 18 years of age or older, that I understand the above information, and that I consent to participate in this study being conducted at Thapar

Institute of Engineering and Technology.

Participant's Full Name: \_\_\_\_\_

Contact no.: \_\_\_\_\_

Email-id \_\_\_\_\_ Date: \_\_\_\_

## **APPENDIX B**

### **Dark Triad of Personality (D3-Short):**

1. It's not wise to tell your secrets.
2. People see me as a natural leader.
3. I like to get revenge on authorities.
4. I like to use clever manipulation to get my way.
5. I hate being the center of attention.
6. I avoid dangerous situations.
7. Whatever it takes, you must get the important people on your side.
8. Many group activities tend to be dull without me.
9. Payback needs to be quick and nasty.
10. Avoid direct conflict with others because they may be useful in the future.
11. I know that I am special because everyone keeps telling me so.
12. People often say I'm out of control.
13. It's wise to keep track of information that you can use against people later.
14. I like to get acquainted with important people.
15. It's true that I can be mean to others.
16. You should wait for the right time to get back at people.
17. I feel embarrassed if someone compliments me.
18. People who mess with me always regret it.
19. There are things you should hide from other people because they don't need to know.
20. I have been compared to famous people.
21. I have never gotten into trouble with the law.
22. Make sure your plans benefit you, not others.

23. I am an average person.
24. I enjoy having sex with people I hardly know.
25. Most people can be manipulated.
26. I insist on getting the respect I deserve.
27. I'll say anything to get what I want.

**The Light Triad Scale:**

1. It is hard for me to see why some things upset people so much.
2. When someone is feeling 'down' I can usually understand how they feel.
3. I find it easy to put myself in somebody else's shoes.
4. I have a hard time reading people's emotion.
5. I can tell when others are sad even when they do not say anything.
6. People I am with have a strong influence on my mood.
7. Other people's feelings don't bother me at all.
8. I remain unaffected when someone close to me is happy.
9. I often have tender, concerned feelings for people less fortunate than me.
10. My heart goes out to people who are unhappy.
11. I would describe myself as a pretty soft-hearted person.
12. Sometimes when people talk about their problems, I feel like I don't care.
13. If I see someone going through a difficult time, I try to be caring toward that person.
14. When others feel sadness, I try to comfort them.
15. When others are feeling troubled, I usually let someone else attend to them.
16. I like to be there for others in times of difficulty.
17. Volunteering to help someone is very rewarding.
18. I dislike giving directions to strangers who are lost.
19. Doing volunteer work makes me feel happy.
20. Helping others is usually a waste of time.
21. Helping people does more harm than good because they come to rely on others and not themselves.
22. Unless they are part of my family, helping the elderly isn't my responsibility.
23. Giving aid to the poor is the right thing to do.
24. Children should be taught about the importance of helping others.

**Liebowitz's Social Anxiety Scale:**

1. Telephoning in public.
2. Participating in small groups.
3. Eating in public places.
4. Drinking with others in public places.
5. Talking to people in authority.
6. Acting, performing or giving a talk in front of an audience.
7. Going to a party.
8. Working while being observed.
9. Writing while being observed.
10. Calling someone you don't know very well.
11. Talking with people you don't know very well.
12. Meeting strangers.
13. Urinating in a public bathroom.
14. Entering a room when others are already seated.
15. Being the center of attention.
16. Speaking up at a meeting.
17. Taking a test.
18. Expressing a disagreement or disapproval to people you don't know very well.
19. Looking at people you don't know very well in the eyes.
20. Giving a report to a group.
21. Trying to pick up someone.
22. Returning goods to a store.
23. Giving a party.
24. Resisting a high-pressure salesperson.