

**EMOTIONAL REGULATION STRATEGIES IN NARCISSISTIC MALES
AND FEMALES**

A

Thesis submitted

In the partial fulfillment of the requirement for the degree of

**MASTER OF ARTS
IN
PSYCHOLOGY
(Clinical)**



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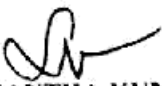
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June, 2017**

CERTIFICATE

This is to certify that the thesis entitled "**Emotional regulation strategies in narcissistic males and females**" being submitted in partial fulfillment of requirements for the award of degree of **Master of Arts in Psychology**, submitted in **the School of Humanities and Social Sciences, Thapar University, Patiala** is a bonafide work carried out under the supervision of **Dr. Santha Kumari**, Professor & Head, School of Humanities and Social Sciences, Thapar University, 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 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, "**Emotional Regulation strategies in narcissistic males and females**" in partial fulfillment of the requirement for the award of Degree of **Master of Arts in Psychology**, submitted in the **School of Humanities and Social Sciences, Thapar University, Patiala**, is an authentic record of my own work carried out under the supervision and guidance of **Dr. Santha Kumari**, Professor & Head, School of Humanities and Social Sciences, Thapar University, Patiala and refers other researcher's work which are duly listed in the reference section.

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

Date: 26th may, 2017

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



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TABLE OF CONTENTS

Declaration	ii
Acknowledgements	iii
Table of contents	iv
List of tables.....	v
Abstract	vi
Chapter 1 Introduction.....	1
1.1 Narcissism.....	1
1.1.1 Narcissistic character functioning.....	3
1.1.2 Functions of narcissistic tendencies.....	4
1.2 Emotional Regulation.....	5
Chapter 2 Literature review.....	8
Chapter 3 Motivation behind the study.....	11
3.1 Objective of the research.....	11
3.2 Hypotheses.....	12
3.3 Design.....	13
Chapter 4 Method.....	14
4.1 Sample.....	14
4.2 Tools used	14
4.2.1 The narcissistic personality inventory(NPI).....	14
4.2.2 Emotional regulation questionnaire(EQR)	14
4.3 Procedure.....	14
Chapter 5 Result.....	15
Chapter 6 Discussion.....	15
Chapter7 Future scope.....	18
Chapter8 References.....	20
Appendix.....	24

LIST OF TABLES

Table 1: NPI and ERQ scores.....	15
Table2: Regression analysis of female narcissism with expressive suppression.....	16
Table3: Regression analysis of male narcissism with cognitive reappraisal.....	16

ABSTRACT

The aim of this research is to study the emotional regulation of narcissistic individual (males and females). Narcissists are described by a profoundly constructive or swelled self-idea additionally, utilize a scope of intrapersonal and relational techniques for keeping up constructive self-views. Emotional regulation is an extraneous and inherent procedures in charge of observing, assessing, and adjusting emotional reactions. 200 participants (103 males and 97 females) aged 18-22 years ($M=21.83$, $SD=2.50$) completed the narcissistic personality inventory (NPI-40), and emotional regulation questionnaire. The results of the t statistics indicate that men are more narcissistic as compared to women. Results of the linear regression analysis provide evidence to prove that narcissistic females use more of expressive suppression facet of emotional regulation as compared to the narcissistic males. In addition to this, it has been found that the narcissistic males make use of cognitive reappraisal facet of emotional regulation more than female narcissists. The findings are explained in terms of the social acceptance of behavior related to narcissism in males and females.

Keywords: narcissism, emotional regulation, expressive suppression, cognitive reappraisal

CHAPTER 1

INTRODUCTION

1.1 Narcissism

The term narcissism has emerged from Greek mythology, where the young Narcissus turned out to be pitifully enchanted with his own appearance in a pool of water, i.e. he fell in love with himself. Narcissism is an idea in psychoanalytic hypothesis, which was prominently mentioned in Sigmund Freud's paper *On Narcissism*. Narcissists are depicted by an incredibly positive or extended self-thought. Narcissists utilize a scope of intrapersonal and relational procedures for keeping up constructive self-sees. For instance, narcissists dream about acclaim or power (Raskin & Novacek, 1991), react to basic criticism with outrage and self-improving attributions [Campbell & Elliot, 2000; Rhodewalt & Morf, 1996], and discredit the individuals who give debilitating input (Kernis & Sun, 1994). In addition, narcissists have relational connections that need in responsibility and minding (Campbell & Develop, 2001). On the Five element show (FFM) of personality, narcissism is associated most dependably to extraversion. Regardless, there is moreover some affirmation that narcissism is associated vehemently to openness/intellectance and unfavorably to neuroticism and appropriateness [Costa & Widiger, 1994; Rhodewalt & Morf, 1995].

Narcissism is a perplexing and multidimensional identity and clinical construct that has created impressive enthusiasm in the field of social sciences and in literature for a long time. Records of mainstream culture (Lasch, 1979; Wolfe, 1976) argue that we live in an era that advances more prominent narcissism among all individuals from Western culture. research on this conduct, in any case, has been prevented by constraints in its conceptualization, bringing about loose definition and questionable ways to deal with estimation. These challenges have emerged, because the construct includes an intricate example of trademark discernments, influences, practices, and relational connections open to various levels of investigations and translations.

Narcissism is a construct of significant enthusiasm to clinical therapists, social-identity analysts, and specialists. The purpose behind this intrigue is that narcissism has huge ramifications for self-assessments, intrapsychic forms, relational systems, and mental modification (Morf & Rhodewalt 2001). In spite of the impressive enthusiasm for narcissism that has created as of late, endeavors to incorporate the different assemblages of writing concerning narcissism that have created inside various orders have been hindered by irregularities in the way that narcissism is characterized and evaluated (Pincus & Lukowitsky 2010).

Clinical therapists and specialists have a tendency to conceptualize narcissism as an identity issue that is described by self-important or haughty practices, sentiments of qualification, an absence of sympathy, and a readiness to misuse different people. The type of narcissism examined by clinical analysts and specialists has plainly neurotic components and is regularly connected with enthusiastic insecurity and the inclination to experience negative feelings. Conversely, social-identity analysts frequently consider subclinical levels of narcissism that appear as an ordinarily disseminated identity highlight. This type of narcissism has a tendency to be more candidly versatile and extraverted than the type of narcissism that is by and large considered by clinical analysts and therapists. Rhodewalt & Peterson (2009) gives a succinct diagram of the narcissism writing that is a brilliant beginning stage for the individuals who are new to this build. Campbell & Mill (2011)operator is an important asset for the individuals who are occupied with adapting more about research concerning narcissism.

Clinical records of the narcissistic identity demonstrate a scope of attributes and practices among these patients. Some match the average desire of a narcissistic identity (ie, being proud, emphatic, and presumptuous). Others can at first seem cordial and tuned in, however bit by bit turn out to be strikingly removed and reserved. Some can be humble and unassuming with a quality of beauty. Still others present as unending disappointments, while always determined by unattainable, self important points. One can be bashful and peaceful, another beguiling and chatty, yet another tyrannical, forceful, and manipulative. Nonattendance of side effects and encounters of affliction can be a confusing gift for a few people with NPD while others are inclined to melancholy, substance utilize, state of mind swings, or dietary issue. A few people viably conceal their narcissistic points, while others straightforwardly and gruffly show their most extraordinary narcissistic attributes. All things considered, the hidden shared trait is that

they all battle with pretentiousness, confidence variances, restrictions in their relational connections, and extreme passionate responses to dangers to their self-encounter.

1.1.1 Narcissistic character functioning

Vacillation in narcissistic character working, particularly gaudiness, and variability both toward change and exacerbating is a range of studies with pertinence for the finding of NPD. A subsequent review indicated general change with less obsessive narcissistic qualities and finding following 3 years. It additionally recommended that pomposity, the center quality and the most recognizing and separating trademark for NPD, is responsive and state-subordinate. For example, it can be affected by brief depressive responses or depressive issue bringing about a more self-basic and humble mentality, or by moving from late youthfulness to adulthood with encounters of more reasonable accomplishments and relational encounters that balance out confidence. Sudden dangers to confidence or to more good mental self portraits can briefly expand protective pretentious conduct, for example, outrage and antagonistic vibe. On the other hand, such dangers can bring about lost confidence with disgrace and separation. Using the barrier component of part (Kernberg, 1975; Klein, 1957), the narcissist figures out how to keep the two clashing sentiments about the self far from cognizant mindfulness. The opposing feeling of narcissistic confidence in conjunction with the utilization of part has driven dynamic specialists [Kernberg, 1975; Kohut, 1977] to hypothesize the nearness of two types of narcissism, unmistakable and secretive narcissism.

The main subtype is described by the immediate articulation of exhibitionism, pomposity, and distraction with getting deference from others (Wink, 1996). Interestingly, clandestinely narcissistic people have all the earmarks of being touchy, on edge and unreliable, yet with individual connections described without anyone else liberality, vanity, and pomposity. Strikingly, Exploitativeness and Feeling of Privilege appear

to speak to a psychopathological center that is normal both to unmistakable and secretive subtypes of obsessive narcissism (Wink, 1996). Albeit both subtypes of narcissism are related with different types of maladjustment, obvious narcissism is by all accounts all the more relationally problematic. For instance, plain narcissists have been portrayed by their accomplices as "bossy," "prejudiced," and "remorseless" (Wink, 1991).

Lapsley & Aalsma (2006) found that clear and secretive subtypes of narcissism are apparent in pre-adulthood and both were related with an unavoidable example of brokenness. In any case, they additionally recognized teenagers with "solid" narcissism including generally low levels of uneasiness, relationship issues, misery, and confidence and family issues, and contended that it might serve a versatile capacity as the pre-adult grapples with the twin requests of affirmation and connectedness (Lapsley & Aalsma, 2006).

When it is overt, narcissistic pretentiousness prompts an immediate articulation of exhibitionism, gaudiness, and distraction with getting consideration and profound respect from others. This unmistakable type of narcissism is mentioned in the DSM-III criteria, which likewise recognize the opposing way of narcissistic confidence. Essentially, Reich's (1949) thought of phallic narcissism stresses self-important confidence, explicit self-assurance, and glaring presentation of predominance. The second type of narcissism, undercover narcissism, is set apart by to a great extent oblivious sentiments of glory and straightforwardly showed absence of fearlessness and activity, dubious sentiments of dejection, and a nonappearance of get-up-and-go for work (narcissistic inadequacy). Secretly narcissistic people give off an impression of being touchy, on edge, bashful, and uncertain, however on close contact shock eyewitnesses with their bombastic dreams (Kernberg, 1986). Additionally, they share with the plain narcissists those narcissistic attributes, for example, exploitativeness and a feeling of qualification.

1.1.2 Functions of narcissistic tendencies

Although clinical and social-identity points of view on narcissism wander fairly in their conceptualization of the basic procedures, they focalize in their perspective of the capacities. Both points of view consider narcissism to be a type of effect direction, with clinicians describing it as a guard against an oblivious feeling of deficiency, and social-identity analysts underscoring its part in confidence improvement. Like Morf & Rhodewalt, we trust that narcissism serves a more extensive capacity also. Morf & Rhodewalt display an assortment of various motivational elucidations of narcissistic procedures, yet they don't expressly propose a solitary, intelligible useful record. In consequent areas we expand on their discourse of the objectives and thought processes that drive narcissistic practices and convictions, theorize about the formative starting points of narcissistic intentions, and address the general example of versatile and maladaptive practices describing the disorder.

1.2 Emotional regulation

Emotional regulation is the ability to react to the advancing solicitations of contribution with the extent of emotions in a way that is socially widely appealing and enough versatile to permit unconstrained reactions and furthermore the ability to defer unconstrained reactions as required. It can moreover be portrayed as outward and common methodology accountable for watching, surveying, and changing enthusiastic reactions. Emotional control has a place with the more broad plan of emotional regulation, which consolidates the heading of one's own feelings and the bearing of other people's slants.

Emotions appear to travel every which way however they see fit. However, we really hold extensive influence over our emotions: We impact which feelings we have and how we experience and express these feelings. The procedure model of feeling control portrayed here recommends that how we manage our feelings matters. Regulatory strategies which exhibit in front of plan for the inclination generative process should have extremely remarkable outcomes than procedures that showing later. This overview focuses on two extensively used strategies for down-controlling feeling. The important, reappraisal, comes in front of plan for the inclination generative process. It involves changing how we consider a situation remembering the ultimate objective to decrease its eager impact. The second, covering, comes later in the inclination generative process. It incorporates quelling the outward signs of feeling. Speculation and research suggest that reappraisal is more intense than disguise. Reappraisal reduces the experience and behavioral enunciation of feeling, and has no impact on memory. By multifaceted nature, covering reduces behavioral expression, yet fails to decrease the experience of feeling, and truly debilitates memory.

Emotional regulation is a mind boggling process that incorporates beginning, curbing, or managing one's state or lead in a given situation – for example the subjective experience (suppositions), scholarly responses (contemplations), feeling related physiological responses (for example heart rate or hormonal activity), and feeling related direct (significant exercises or expressions). For all intents and purposes, energetic control can in like manner insinuate systems, for instance, the inclination to focus one's respect for an endeavor and the ability to smother wrong lead under rule. Passionate direction is a significantly basic limit in human life.

The narcissist's passionate world spins around an assortment of particular reluctant feelings, including pride, disgrace, and mortification. Narcissists, more than different people, search out circumstances in which they can feel pride and maintain a strategic distance from circumstances in which they may encounter disgrace or mortification. Clinical analysts have since a long time ago noticed the focal part of disgrace in narcissism, calling it the "cornerstone influence" of the confusion (Wright, O'Leary, & Ballun, 1989). As per this point of view, narcissism is a resistance against over the top disgrace. In any case, this disgrace is not really experienced deliberately: People may manage it through concealment, externalization, and unequivocal self-magnification creating the example of practices, musings, and sentiments all things considered known as narcissism (Kohut, 1971; Lewis, 1987). In the event that narcissists just felt terrible, instead of feeling awful about themselves (i.e., disgrace), we probably would not see a considerable lot of the relational and intra psychic results that check this identity procedure. For instance, narcissistic antagonistic vibe and fury will not be so normal or harmful if the basic torment were because of an option that is other than disgrace taking after dangers to self-esteem.

It sets that early encounter of weakness and denigration prompt sentiments of disgrace that are solidly experienced and excessively difficult, making it impossible to hold up under in light of their traumatic nature. The narcissistic answer for the control of these encounters is to fabricate an expanded impression of self-esteem keeping in mind the end goal to stay away from sentiments of insufficiency and in addition disguised self-criticizing assaults. Also, trying to dodge future potential relational encounters of mortification, educated activity based maligning social examples are effectively embraced and kept up involved with others.

An individual tends to direct their feelings in two ways: to start with, cognitive reappraisal is a feeling control methodology that includes changing the direction of an emotional reaction by reinterpreting the significance of the enthusiastic jolt. For instance, a man may come up short a progression of tests and contemplate his or her execution upon first accepting the outcomes. The individual returns to his or her passionate reaction to the circumstance and later perspectives the outcomes as an approach to test and better him or herself. Second, Expressive suppression is a part of feeling direction. It is an idea "in view of people's feeling learning, which incorporates information about the reasons for feeling, about their substantial sensations and expressive conduct, and about the conceivable methods for changing them".

CHAPTER 2

LITERATURE REVIEW

2.1 Narcissism and emotional regulation

Exact investigations of gender orientation contrasts in emotion have delivered far less predictable outcomes than may be normal in view of general conviction. As per mainstream views, there is some affirmation that in the space of passionate expression, women indicate more feeling than men (Brody, 1997). Notwithstanding strong conspicuous starts of sex differences in emotionality and striking sex differentiates in the inescapability of messes thought to incorporate feeling dysregulation, the writing on the neural bases of feeling direction is about noiseless with respect to sexual orientation contrasts (Gross, 2007; Ochsner & Gross). The present discoveries recommend that it is the last mentioned (enthusiastic and motivational) feeling of conceit that is unequivocal for animosity. The transcendence of the passionate and motivational example was foreseen by Kernberg (1975), whose work on narcissism closed by expressing, "in this manner, a definitive nature of narcissism is reliant upon the advancement of effect airs" (pp. 340-341). Late discoveries by Morf and Rhodewalt (1993), have similarly accentuated the full of feeling part of narcissism, particularly the inclination to feel furious and unfriendly because of feedback.

As per a review, the self-administrative process display has cleared up the definition and workings of the build. By putting forth unequivocal expressions about the conditions under which narcissistic procedures ought to occur, the model has unraveled a portion of the clashing perspectives of narcissism and assemble an inexorably intelligent representation of the relations of the individual segments.

The discoveries of a review by Paul wink (1991) affirm the proposed order of narcissism scales into two generally uncorrelated sets. Both the Powerlessness Affectability and Gaudiness Exhibitionism elements partaken in like manner narcissistic qualities of pride, liberality, and negligence for the requirements of others. These discoveries are reliable with the view that there are two particular (undercover and clear) types of narcissism. Correspondingly, there are

likewise two unmistakable arrangements of self-report narcissism scales, none of which catch the full extravagance of the develop.

In a review by Paul Wink and Karen Donahue it was researched that the connection between two sorts of narcissism and fatigue. MMPI-based measures of obvious and secret narcissism both corresponded decidedly with the Fatigue Inclination Scale (BPS) and its subscale measuring a requirement for test and energy. Just Unmistakable Narcissism, corresponded with the BPS subscale measuring sentiments of anxiety and restlessness because of outside limitations on conduct. Just Secretive Narcissism, associated with BPS subscales measuring troubles in keeping oneself intrigued and engaged (absence of inside incitement), sentiments of pointlessness, and the observation that time is going by gradually.

In a study W. Robin and L. Tracy light up a portion of the focal flow of narcissism and distinguish systems connecting these progression to relational practices. High on this examination motivation are observational trial of (a) the separation amongst certain and unequivocal self-portrayals, (b) the centraliq of disgrace and pride to narcissism, (c) the phenomenology of narcissists' responses to disappointment, (d) the course of narcissists' cozy connections, (e) the practical record of narcissism, (f) the formative birthplaces of narcissism, and (g) the expenses and advantages of narcissistic states of mind and practices. In a review proposed by Morf and Rhodewalt there is a self-administrative preparing model of narcissism and audit supporting proof. The model throws narcissism as far as persuaded self-development, in it the narcissist's self is molded by the dynamic association of subjective and emotional intrapersonal forms and relational self-administrative procedures that are carried out in the social field. It draws association between the present model and other preparing models in identity and utilizes these models to additionally clarify the build of narcissism. Reconceptualizing narcissism as a self-administrative preparing framework guarantees to determine a number of its evident conundrums, in light of the fact that by seeing how narcissistic comprehension, influence, and inspiration interrelate, their inner subjective rationale and intelligibility come into core interest.

Absence of sympathy in patients with narcissistic identity issue by R.Kathrin, D.Isabel, P. Sandra, R.Anke, V. Aline, F.Thomas , L.Claas-Hinrich , R. Heekeren , Stefan Roepke. The review's goal was to exactly evaluate psychological and passionate compassion in patients with narcissistic identity issue (NPD). The review's outcomes were that people with NPD showed critical impedances in passionate sympathy on the MET. Besides, in respect to BPD patients and

solid controls, NPD patients did not indicate shortages in psychological sympathy on the MET or MASC. Vitaly, this empathic profile of NPD is not caught by the Organized Clinical Meeting for DSM-IV for Pivot II Issue (SCID-II). The review's decisions were that while NPD includes deficiencies in enthusiastic compassion, intellectual sympathy appears to be horribly unaffected.

2.2 Gender differences in narcissism

In a review it is recognized that various courses in which the investigation of the self interfaces with the investigation of feeling. It contends that every territory has much to offer the other; particularly, how hypothetical and experimental experiences rising up out of the self writing can help clarify feeling forms and, alternately, how bits of knowledge rising up out of the feeling writing can illustrate self procedures

Gaudy Narcissism Versus Defenseless Narcissism in Undermining Circumstances: Enthusiastic Responses to Accomplishment Disappointment and Relational Dismissal , by Avi Besser and Beatriz Priel. This review looked at self important narcissism and defenseless narcissism as far as passionate responses to dangers including accomplishment disappointment and relational dismissal. It was estimated that pompous narcissism is related with powerlessness to accomplishment mishaps. Conversely, defenseless narcissism includes affectability to disgracing relational encounters. As indicated by this current review's discoveries, in the high accomplishment risk gathering, yet not in the high relational danger gathering, pompous narcissism altogether anticipated more prominent change in negative results. Interestingly, despite an abnormal state relational risk, yet not an abnormal state accomplishment danger, large amounts of helpless narcissism were essentially connected with more prominent change in negative results. These discoveries represent how distinctive sorts of undermining circumstances change in their pertinence to vainglorious narcissism when contrasted with helpless narcissism.

The impact of neurotic narcissism on enthusiastic and motivational reactions to negative occasions: The parts of perceivability and worry about embarrassment by Avi Besser and Virgil Zeigler-Slope. The present review inspected the relationship between obsessive types of narcissism and reactions to situations portraying private or open negative occasions. The self important type of neurotic narcissism was related with expanded negative effect and less absolution for open offenses, though the helpless type of obsessive narcissism was related with

expanded negative influence taking after private negative occasions. Worries about mortification interceded the relationship of neurotic narcissism with expanded negative effect yet not the relationship between affected narcissism and absence of absolution for open offenses. These discoveries recommend that neurotic narcissism may elevate maladaptive reactions to negative occasions that happen in private (helpless narcissism) or open (vainglorious narcissism).

CHAPTER 3

MOTIVATION FOR THE STUDY

The present study investigated the gender difference and relationship of narcissism with cognitive reappraisal facet of emotional regulation and expressive suppression facet of emotional regulation.

In spite of the generally held conviction that men are more narcissistic than women, there has been no orderly survey to set up the greatness, changeability crosswise over measures and settings, and dependability after some time of this sexual orientation contrast. In spite of convictions that men are more narcissistic than ladies, generally little research has unequivocally evaluated the extent of the distinction. In like manner, few reviews have given an integrative assessment of the way of sex contrasts in narcissism or gave a thorough assessment of estimation comparability crosswise over sexual orientations.

Also, not much studies have been found on the relationship of narcissism and emotional regulation. On the off chance that sex contrasts (ordinarily) neglect to rise in investigations of enthusiastic reactivity, how are we to clarify the far reaching agreement that there are gender differences in emotional regulation? What's more, how are we to clarify the stamped sexual orientation contrasts in emotional issue?

Many studies have been conducted in the field of narcissism in the western culture, but this study focuses on eastern culture and is based on the same.

3.1 Objectives

The objectives of the current research were as follow:

- A) To study the emotional regulation of narcissistic individuals.
- B) To study the gender difference in narcissism.
- C) To study the gender difference in emotional regulation strategies.

3.2 Hypotheses

Based on the above objectives, the following hypotheses were formulated:

Originally, Freud trusted that women were more narcissistic than men, in view of his presumption that women were more diverted with their physical appearance and tend to "settle on protest decisions in reference to qualities craved for the self" (Wink & Gough, 1990). Be that as it may, experimental research by and large seems to propose the inverse example of results, with men showing higher narcissism than women (e.g., Morf, & Turner, 1998 [$d = .29$]; Paulhus & Williams, 2002 [$d = .23$]). In the meantime, different reviews have found that the narcissism sex distinction is close to zero (Bizumic & Duckitt, 2008 [$d = .04$]; Remiker, & Cook, 2008 [$d = -.002$]); Furnham, 2006, [$d = .00$]) Subsequently, the greatness of the narcissism sexual orientation distinction stays indistinct.

H₁: Males are more narcissistic as compared to female.

Thoits (1994) discovered that women utilize a more extensive assortment of versatile as well as maladaptive adapting techniques than men. Correspondingly, a meta-investigation discovered huge gender differences in 11 out of 17 adapting methodologies, where women revealed more utilization of all techniques than men (Tamres, Janicki & Helgeson, 2002), including rumination, looking for social support, positive selftalk (or reappraisal), dynamic adapting and suppression.

H₂: Narcissistic females make use of expressive suppression facet of emotional regulation.

Men indicated more noteworthy down-regulation of amygdala action and less prefrontal movement amid direction, it may be presumed that men can manage their negative feeling with more proficiency than women. In spite of their tantamount decrements in negative involvement, it is conceivable that reappraisal might be less effortful for men than women, requiring less engagement of the prefrontal structures generally embroiled in the vital execution of psychological and enthusiastic control. A few zones of prefrontal cortex have been involved in the utilization of cognizance to regulate emotions (Ochsner & Gross, 2005).

H₃: Narcissistic males make use of cognitive reappraisal facet of emotional regulation.

CHAPTER 4

METHODOLOGY

4.1 Sample

The sample of the study includes 103 male and 97 female students of Punjabi University, Patiala. Subsequent to getting the fundamental authorization from the Morals Board of trustees of the college, the exploration was led. Before organization, the motivation behind the review was disclosed to the members, their informed consent was received, and secrecy was ensured. Age of the participants ranged between 18 - 22 years ($M=21.83$, $SD=2.50$).

4.2 Design

In this study, the independent variable is the narcissistic individuals (males and females), the dependent variable is emotional regulation, which includes cognitive reappraisal facet and expressive suppression facet. t-test and Regression is used to analyze the data.

4.3 Tools Used

Narcissistic personality inventory (NPI)

The Narcissistic Personality Inventory, Raskin & Hall (1981) to measure narcissism. This version of NPI consists of 40 pairs of statements and the subject had to choose the one out of the two statements, according to their preferences.

Emotional regulation

Emotional regulation questionnaire (ERQ) by Gross & John (2003) A 10-item scale intended to quantify respondents' propensity to direct their feelings in two ways: (1) Cognitive Reappraisal and (2) Expressive Suppression.

4.4 Procedure

The consent of the participants was taken before conducting the test. The participants were guaranteed the confidentiality of the data and were informed in detail about the study protocol.

CHAPTER 5

RESULTS

The present research aims to understand the emotional regulation in the narcissistic individuals. Two different measures were used to measure the narcissism (narcissistic personality inventory) and emotional regulation (EQR). After the scores were obtained, t-test and regression was used to analyze the data.

The scores were compiled and data were analyzed using the Statistical Package for the Social Sciences (SPSS.22.0). T-test and Regression was used to analyze the data. Mean, standard deviation and t-test was computed on the NPI and emotional regulation scores of males and females. Table 1 shows the mean, standard deviation and t scores of NPI and emotional regulation were computed. The mean, standard deviation and t scores of males is $M = (20.14 \text{ SD} = 4.5)$ females is $M = (18.06 \text{ SD} = 5.6)$ and $t(185) = 2.86$, which is significant. Therefore, it has been found that males are more narcissistic as compared to females.

Emotional regulation is of two types, i.e. cognitive reappraisal and expressive suppression. Cognitive reappraisal mean and standard deviation of males is $M = (26.85 \text{ SD} = 4.32)$, females is $M = (28.10 \text{ SD} = 6.4)$ and of expressive suppression of males is $M = (17.52 \text{ SD} = 3.6)$, females is $M = (16.58 \text{ SD} = 4.38)$, shown in table 1.

t-test was used to find the gender difference in narcissism and regression was used to find the relationship between narcissistic individuals (males and females) and their emotional regulation.

TABLE 1: Mean , standard deviation and t scores of NPI and Emotional regulation.

SCALES	MALES	FEMALES	t SCORE
Npi	M=20.14 (SD=4.5)	M=18.06 (SD=5.6)	2.86*
Cognitive Reappraisal	M=26.85 (SD=4.32)	M=28.10 (SD=6.4)	-1.59
Expressive Suppression	M=17.52 (SD=3.6)	M=16.58 (SD=4.38)	1.59

t(185)=2.86,p<0.004

Correlation was computed between NPI score and different emotional regulation strategies in males and females. The correlation between narcissistic scores and expressive suppression facet of emotional regulation in females was found to be significant at .05 ($r = 0.26$). Similarly, the correlation between narcissistic scores and cognitive reappraisal facet in males was found to be 0.19 and significant at 0.05 level. Regression analysis was carried out in order to study the association between the predictive variable, narcissism and criterion variable, emotional regulation for males and females separately. The results are given in table1 and table 2.

TABLE2: Regression analysis of narcissism and expressive suppression in females

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
1 (Constant)	13.004	1.457		8.927	.001
npi Female	.198	.077	.256	2.576	.012

a. Dependent Variable: expressive suppression

The scores in the table2 show that, there is a positive relation between female narcissism and expressive suppression facet of emotional regulation, as the scores are, $t = 2.576$, which is significant at .012. Mean and SD scores for female narcissism are $M = (M=18.06 \text{ SD}=5.6)$ and for expressive suppression are $M = (16.58 \text{ SD}=4.38)$. It is evident from the B value that, 1 unit increase in female narcissism will lead to .198, increase in expressive suppression. The adjusted R square obtained is .055, therefore 5.5% variation in expressive suppression can be explained by the female narcissism.

TABLE3 : Regression analysis of narcissism and cognitive reappraisal in males.

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
1 (Constant)	22.690	1.890		12.005	.000
NPI male	.207	.092	.218	2.259	.026

a. Dependent Variable: cog reap male

The scores in the table3 show that, there is a positive relation between male narcissism and cognitive reappraisal facet of emotional regulation with $t = 2.259$, which is significant at .026. The mean and SD scores for male narcissism are $M = (20.14 \text{ SD}=4.5)$ and for cognitive reappraisal are $M = (26.85 \text{ SD}=4.32)$. It is evident from the B value that, 1 unit increase in male

narcissism will lead to .207, increase in cognitive reappraisal. The adjusted R square obtained is .038, therefore 3.8% variation in cognitive reappraisal can be explained by the male narcissism.

CHAPTER 6

DISCUSSION

Narcissists interest many of us, since they seem to have such an indistinguishable arrangement of attributes and maybe on the grounds that they appear like grown-up renditions of childish characteristics most people abandon right on time over the span of improvement. Similarly, the topic of narcissism has instructed a long-standing interest in the psychoanalytic and clinical literary works and is getting a charge out of a current resurgence of enthusiasm from identity and social analysts. It is recommended that a critical piece of the proceeding with academic enthusiasm for narcissism comes from the way that the disorder is exceptionally perplexing, hard to characterize and measure, and connected to various fairly clashing hypothetical points of view.

In the present research we aim to study the emotional regulation in the narcissistic individuals, which includes both males and females. It was hypnotized that, males are more narcissistic than females, which has been proved to be significant and the hypothesis has been accepted.

According to Freud (1914), women were more narcissistic than men, in light of his suspicion women were more engrossed with their appearance and tend to "make object choices in reference to qualities desired for the self" (Wink & Gough, 1990). Experimental research by and large appears to propose the backwards case of results, with men demonstrating higher narcissism than women, which has been demonstrated in the present review too. This can be on account of the identity contrasts, similar to narcissism, can emerge from sexual orientation generalizations and desires that have been instilled after some time. The industrious absence of ladies in senior influential positions may mostly come from the difference between generalizations of gentility and authority. Additionally, *The Narcissist next door*, a book by Jeffrey Kluger (2014) proposed that our society, still to a great extent patriarchal, will probably endure male narcissism and aggressiveness than female narcissism and hostility.

As it has been mentioned earlier, emotional regulation can be classified into two categories i.e. cognitive reappraisal aspect and expressive concealment feature. Subjective reappraisal is a

feeling control technique that includes changing the direction of an enthusiastic reaction by reinterpreting the importance of the passionate boost. For instance, a man may come up short a progression of tests and contemplate his or her execution upon first getting the outcomes. The individual returns to his or her enthusiastic reaction to the circumstance and later perspectives the outcomes as an approach to test and better him or herself. Yet, As indicated by Campbell, narcissism impact evaluations of personality objective significance. They impact the inclination to manage unsure feelings through reappraisals. They may reappraise negative occasions as superfluous to character objectives , for instance, moving the significance of different personality goals(e.g., it's alright that I fizzled my exam since I would prefer not to be a specialist in any case I'd rather look cool to my companions)" Narcissistic self-upgrade predispositions may advance outer attribution for disappointment.

The second hypothesis stated that, narcissistic females make use of expressive suppression facet of emotional regulation more, as compared to male narcissists, which also has been proved to be significant with a positive relationship between female narcissists and expressive suppression facet of emotional regulation. Hence, the second hypothesis has been proved to be true.

People have a tendency to watch and learn gender roles from a youthful age, and may confront reaction for veering off from society's desires. Specifically, women frequently get unforgiving feedback for being aggressive or definitive, which creates pressure for them to smother presentations of narcissistic conduct. This can be one of the reasons, why female narcissists are high on expressive suppression. More noteworthy concealment among the females may likewise mirror the wild way of the burdens they confront Blanchard-Fields (2007); Lawton (2001) and social standards that their recorded accomplice was raised on.

Thirdly, it was hypothesized that narcissistic males make use of cognitive reappraisal facet of emotional regulation more than female narcissists. This has also been proved to be true, as there is a positive relation between male narcissists and cognitive reappraisal facet of emotional regulation.

Emotional regulation can be consider or continual, cognizant or oblivious, and can incorporate changes in the significance, term, or nature of one or a couple portions of an enthusiastic reaction. Emotional regulation systems can concentrate all alone sentiments or those of someone

else, at a combination of time centers in the feeling era processe (Gross, 2007). Merging proof from a few reviews has demonstrated that reappraisal adequately lessens negative effect as measured by self reported emotional experience (Gross, 1998), the affectively-adjusted startle reaction (Jackson, Malmstadt, Larson, & Davidson, 2000), and other fringe physiological measures (Birbaumer & Anders, 2007). In addition, people who report utilizing reappraisal all the more frequent of the time in regular daily existence encounter lesser adverse effect and less depressive side effects (Gross & John, 2003). In a research it was found that men are not only more honed in utilizing reappraisal (which would be reflected more prominent recurrence of utilization) but rather than that when they are told to direct, they do as such in a speedier, more programmed way. The significant explanation for this can be the abnormal state of narcissism found in men when contrasted with women, which has been demonstrated before.

Conclusion

The main aim of this research was to study the emotional regulation of narcissistic individual (males and females). Narcissists are described by a profoundly constructive or swelled self-idea additionally, utilize a scope of intrapersonal and relational techniques for keeping up constructive self-views. Emotional regulation is an extraneous and inherent procedures in charge of observing, assessing, and adjusting emotional reactions. The results from t-test prove that men are more narcissistic as compared to women. Whereas, linear regression prove that, narcissistic females use more expressive suppression facet of emotional regulation as compared to the narcissistic males. Also, it has been proved that the narcissistic males make use of cognitive reappraisal facet of emotional regulation more than female narcissists.

Implications of the study

This study explains the relationship between narcissism and emotional regulation. Understanding the narcissistic tendencies and the way they deal with their emotions can be useful in the treatment interventions for the people diagnosed with narcissistic personality disorders. The various emotional regulation strategies can help an individual to avoid negative emotions and reappraising them to positive ones.

CHAPTER 7

FUTURE SCOPE AND LIMITATIONS

In the present research, the aim was to study the emotional regulation of narcissistic individuals. We have considered the narcissists in general also two types of emotional regulation facets, which involve expressive suppression and cognitive reappraisal. There are two facets of narcissism, i.e. overt and covert narcissism, which can be used in further studies to find the relationship with emotional regulation.

Other than finding the relationship between these factors only, research can be done to see the relationship of emotional regulation with seven component traits of overt narcissism which can be found out using NPI scores.

Since the NPI was initially in view of DSM criteria for NPD, there has been much research on its element structure. Raskin and Terry (1988) recognized seven elements of the NPI mapping them generally onto the DSM criteria for NPD. Studies should be possible to additionally analyze the element structure of the NPI with differing comes about. For instance, a few reviews can report three variables; some can report four components. It is additionally frequently the case that elements of the NPI show low inward consistency (despite the fact that the full scale displays adequate dependability). A recent report endeavored to gauge narcissism with a solitary thing. Contrasted with the NPI, one preferred standpoint of the single-thing measure is that it doesn't appear to conflate narcissism with typical, or solid, confidence.

LIMITATIONS: The present study has only focused on narcissism in general terms, whereas, narcissism is of two types i.e. overt and covert. NPI measures only overt narcissism, considering covert narcissism could have made the study more strong. Purpose sampling has been used for this research. The narcissistic personality inventory also involves seven component traits of overt narcissism, which have not been taken in this study, adding them to the research could have given more interesting results.

CHAPTER 8

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APPENDIX

CONSENT FORM

I am the student of MA Psychology of School of Humanities & Social Sciences of Thapar University, doing a research project. I need your co-operation for the conduct of this study by way of filling up this questionnaire.

I assure you that the information given by you would be used only for academic purposes and will be kept strictly confidential. If you wish to have the feedback about your performance I will provide you.

Thanking you for your cooperation and time.

I, _____ hereby give the consent to participate in this research.

Signature of the Participant

Gender _____

Age _____

You may identify with both A and B. In this case you should choose the statement which seems closer to yourself. Or, if you do not identify with either statement, select the one which is least objectionable or remote. In other words, read each pair of statements and then choose the one that is closer to your own feelings. Indicate your answer by writing the letter (A or B) in the space provided to the right of each item. Please do not skip any items.

1. A. I have a natural talent for influencing people.
B. I am not good at influencing people. 1. _____
2. A. Modesty doesn't become me.
B. I am essentially a modest person. 2. _____
3. A. I would do almost anything on a dare.
B. I tend to be a fairly cautious person. 3. _____
4. A. When people compliment me I sometimes get embarrassed.
B. I know that I am good because everybody keeps telling me so. 4. _____
5. A. The thought of ruling the world frightens the hell out of me.
B. If I ruled the world it would be a better place. 5. _____
6. A. I can usually talk my way out of anything.
B. I try to accept the consequences of my behavior. 6. _____
7. A. I prefer to blend in with the crowd.
B. I like to be the center of attention. 7. _____
8. A. I will be a success.
B. I am not too concerned about success. 8. _____
9. A. I am no better or worse than most people.
B. I think I am a special person. 9. _____
10. A. I am not sure if I would make a good leader.
B. I see myself as a good leader. 10. _____

11. A. I am assertive.
B. I wish I were more assertive. 11. _____
12. A. I like to have authority over other people.
B. I don't mind following orders. 12. _____
13. A. I find it easy to manipulate people.
B. I don't like it when I find myself manipulating people. 13. _____
14. A. I insist upon getting the respect that is due me.
B. I usually get the respect that I deserve. 14. _____
15. A. I don't particularly like to show off my body.
B. I like to show off my body. 15. _____
16. A. I can read people like a book.
B. People are sometimes hard to understand. 16. _____
17. A. If I feel competent I am willing to take responsibility for making decisions.
B. I like to take responsibility for making decisions. 17. _____
18. A. I just want to be reasonably happy.
B. I want to amount to something in the eyes of the world. 18. _____
19. A. My body is nothing special.
B. I like to look at my body. 19. _____
20. A. I try not to be a show off.
B. I will usually show off if I get the chance. 20. _____
21. A. I always know what I am doing.

- B. Sometimes I am not sure of what I am doing. 21. _____
22. A. I sometimes depend on people to get things done.
B. I rarely depend on anyone else to get things done. 22. _____
23. A. Sometimes I tell good stories.
B. Everybody likes to hear my stories. 23. _____
24. A. I expect a great deal from other people.
B. I like to do things for other people. 24. _____
25. A. I will never be satisfied until I get all that I deserve.
B. I take my satisfactions as they come. 25. _____
26. A. Compliments embarrass me.
B. I like to be complimented. 26. _____
27. A. I have a strong will to power.
B. Power for its own sake doesn't interest me. 27. _____
28. A. I don't care about new fads and fashions.
B. I like to start new fads and fashions. 28. _____
29. A. I like to look at myself in the mirror.
B. I am not particularly interested in looking at myself in the mirror. 29. _____
30. A. I really like to be the center of attention.
B. It makes me uncomfortable to be the center of attention. 30. _____
31. A. I can live my life in any way I want to.
B. People can't always live their lives in terms of what they want. 31. _____

32. A. Being an authority doesn't mean that much to me.
B. People always seem to recognize my authority. 32. _____
33. A. I would prefer to be a leader.
B. It makes little difference to me whether I am a leader or not. 33. _____
34. A. I am going to be a great person.
B. I hope I am going to be successful. 34. _____
35. A. People sometimes believe what I tell them.
B. I can make anybody believe anything I want them to. 35. _____
36. A. I am a born leader.
B. Leadership is a quality that takes a long time to develop. 36. _____
37. A. I wish somebody would someday write my biography.
B. I don't like people to pry into my life for any reason. 37. _____
38. A. I get upset when people don't notice how I look when I go out in public.
B. I don't mind blending into the crowd when I go out in public. 38. _____
39. A. I am more capable than other people.
B. There is a lot that I can learn from other people. 39. _____
40. A. I am much like everybody else.
B. I am an extraordinary person. 40. _____

