

Relationship between Trait Emotional Intelligence, Narcissism, and Life Satisfaction



A Thesis submitted

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CERTIFICATE

This is to certify that this thesis entitled “Relationship between Trait Emotional Intelligence, Narcissism, and Life Satisfaction”, being submitted in halfway satisfaction of necessities is for Masters of Arts in Psychology, submitted in the School of Liberal Arts and Sciences, Thapar Institute of Engineering and Technology, Patiala is a bonafide work completed under the oversight of Dr. Sohinee Ganguly, Professor, School of Liberal Arts and Sciences, Patiala and that no piece of this venture has been submitted for the honor of some other degree.

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I hereby declare that the work presented in this thesis entitled, “**Relationship between Trait Emotional Intelligence, Narcissism, and Life Satisfaction**,” in 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 Institute of Engineering and Technology, Patiala, is an authentic record of my own work carried out under the supervision and guidance of Dr. Sohinee Ganguly, Professor, School of Humanities and Social Sciences, 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 at this or any other university.

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ABSTRACT

This study examined the relationship between trait emotional intelligence, narcissism, and life satisfaction. The sample consisted of 153 participants ranging from 18-30 years. The data was collected using Trait Emotional Intelligence Questionnaire (TEIQue-SF), Satisfaction with Life Scale, and Narcissistic Personality Inventory (NPI-16). Results support both hypotheses that emotional intelligence positively correlates with narcissism and life satisfaction. Pearson correlation showed that trait emotional intelligence, narcissism, and life satisfaction are significantly correlated at a 0.01 level. Further regression analysis shows a total of 4.2 variance in narcissism was explained by trait emotional intelligence, and 16.4 variance in life satisfaction was explained by trait emotional intelligence. The findings of this study provide evidence that Trait emotional intelligence positively impacts narcissism and life satisfaction. Implications and directions for further research are discussed.

Keywords: Emotional intelligence, Trait emotional intelligence, Narcissism, Life satisfaction.

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CHAPTER 1

INTRODUCTION

1.1 Trait Emotional intelligence

Emotions are vital in shaping our thoughts, behaviors, and overall well-being. The ability to perceive, understand, and manage emotions effectively is known as emotional intelligence. Salovey and Mayer (1990, p. 189) defined emotional intelligence as the capacity to pay attention to one's own and other people's feelings and emotions, to discern between them, and to use this data to direct one's thinking and behavior. Trait emotional intelligence refers to an individual's characteristic pattern of emotional abilities and dispositions that influence their emotional functioning and responses across various situations. Trait emotional intelligence (trait EI or trait emotional self-efficacy) is a constellation of emotional self-perceptions at the lower levels of personality hierarchies (Petrides et al., 2007). Essentially, trait EI concerns people's perceptions of their emotional abilities, which is why it has also been labeled as "trait emotional self-efficacy.

Trait emotional intelligence encompasses several key components. First, it involves the recognition and understanding of one's own emotions, including the ability to identify and label different emotions accurately. Second, it includes the capacity to recognize and understand the emotions of others, referred to as empathy. This aspect enables individuals to perceive and interpret emotions in social interactions, enhancing their interpersonal skills. Third, trait emotional intelligence encompasses regulating and managing emotions, involving the ability to control and appropriately express emotions in a given situation. This regulation aspect allows individuals to adapt to emotional challenges and maintain emotional balance.

Trait emotional intelligence has been associated with numerous positive outcomes. Research suggests that individuals with higher trait emotional intelligence are more likely to experience higher levels of life satisfaction, subjective well-being, and overall psychological adjustment. They tend to have more fulfilling interpersonal relationships, exhibit better communication skills, and demonstrate increased resilience in adversity. Moreover, trait emotional intelligence has been linked to improved academic and occupational performance and higher levels of job satisfaction. Trait emotional intelligence is a multifaceted construct that plays a crucial role in shaping individuals' emotional experiences, interpersonal relationships, and overall life

satisfaction.

1.2 Narcissism

Narcissism, characterized by an inflated sense of self-importance, excessive self-focus, and a lack of empathy toward others, has garnered significant attention in psychological research. Psychologists are now more likely than ever to categorize narcissism as a non-clinical personality feature (e.g., Paulhus and Williams, 2002). Research shows that narcissism is connected to various psychological variables such as self-esteem and well-being (e.g., Sedikides et al., 2004; Dufner et al., 2012), and narcissism was found to be positively associated with trait emotional intelligence (Petrides et al., 2011; Veselka et al., 2012; Nagler et al., 2014; Zhang et al., 2015), While other research indicate that association was nearly negligible or even negative. (Vonk et al., 2013; Jauk et al., 2016).

Narcissism is a personality trait characterized by an inflated sense of self-importance, a strong desire for admiration and attention, and a lack of empathy for others. Individuals high in narcissism tend to have an inflated self-image, believing they are unique, exceptional, and deserving of special treatment. Narcissism is a complex construct that encompasses both grandiose and vulnerable dimensions. Grandiose narcissism manifests as an overt display of self-confidence, dominance, and a sense of entitlement. Individuals with grandiose narcissism often seek attention, engage in self-promotion, and are driven by a desire for power and success. On the other hand, vulnerable narcissism reflects an underlying insecurity and hypersensitivity to criticism. Individuals with vulnerable narcissism may appear self-effacing and dependent, yet they harbor a deep need for validation and often engage in self-pity or resentment.

Narcissism plays a crucial role in shaping individuals' interpersonal relationships. Narcissistic individuals tend to prioritize their own needs and desires over those of others, leading to difficulties in forming and maintaining meaningful connections. Their lack of empathy and preoccupation with their own self-interests often result in impaired social functioning and conflicts within relationships. Narcissism can have a significant impact on an individual's psychological well-being. While grandiose narcissism is associated with a sense of superiority and self-enhancement, vulnerable narcissism is linked to feelings of insecurity, self-doubt, and

emotional distress. Both forms of narcissism can lead to impaired psychological adjustment, reduced life satisfaction, and increased susceptibility to mental health problems such as depression, anxiety, and interpersonal difficulties.

1.3 Life Satisfaction

Feeling good about one's life is a fundamental concern for most people (Diener, 1998). Subjective well-being, which is characterized by the coexistence of satisfaction with life with a balance between positive and negative affect (Diener et al., 1999), has been the most frequently used conceptualization of how people positively evaluate their lives.

Life satisfaction, often referred to as subjective well-being or happiness, is a multidimensional concept that encompasses an individual's overall evaluation and perception of their own life. It is a subjective measure that considers various aspects of one's existence, including emotional experiences, social connections, personal achievements, and overall contentment. Life satisfaction is a central construct within the field of positive psychology, as it represents an individual's subjective assessment of their quality of life and their level of happiness and fulfillment. Research on life satisfaction aims to identify the determinants and correlates of subjective well-being. Scholars investigate the role of both internal and external factors in shaping an individual's overall life satisfaction. Internal factors may include personality traits, cognitive processes, self-esteem, and one's ability to regulate emotions. External factors may encompass social relationships, financial circumstances, occupational status, and cultural influences.

Experiencing more pleasant than unpleasant emotions and achieving well-being are universally desirable in most cultures; however, some cultural differences have been noted. People in individualistic countries report higher life satisfaction and more positive affect than their counterparts in collectivistic countries (Diener et al., 1995; Kitayama & Markus, 2000). Moreover, internal factors such as emotional states and personality are the primary determinants of life satisfaction in individualistic cultures, whereas, in collectivistic cultures, well-being depends on internal but also on external factors such as interpersonal relationships and relationship harmony (Diener et al., 1995; 1999; Kwan et al., 1997; Suh et al., 1998).

Many theories explain the various variables affecting life satisfaction. According to the set-point theory, people have a constant baseline level of happiness, and life's experiences and circumstances can momentarily change it before it returns to its natural set-point. According to the adaptation theory, people often adjust to positive and negative changes, eventually regaining their previous level of life satisfaction. Other theories emphasize the value of meeting psychological demands, including relatedness, competence, and autonomy, for achieving total life satisfaction.

Understanding the determinants of life satisfaction has significant implications for personal well-being, mental health, and public policy. Individuals with higher life satisfaction tend to experience lower stress levels, better physical health, and improved psychological functioning. Moreover, societies prioritizing their citizens' well-being often exhibit higher levels of overall life satisfaction, leading to greater social cohesion and productivity.

CHAPTER 2

REVIEW OF LITERATURE

2.1 Emotional Intelligence and Narcissism

A study was conducted to analyze the association between narcissism and emotional intelligence, social intelligence, and empathy in a sample of 306 participants. The findings suggest a positive association between narcissism, emotional intelligence, and social intelligence, whereas there is a negative association with empathy. Results also indicate that emotional intelligence, social skills, perspective-taking, emphatic concern, and age explain 28% of the variance in predicting narcissism (Lara Delič et al.)

In a study by K. V. Petrides et al. in 2011, a behavioral genetic investigation aimed to assess the relationship between trait emotional intelligence and dark triad traits of narcissism, Machiavellianism, and psychopathy was conducted on a sample of 214 adult twin pairs: 156 monozygotic twin pairs and 58 same-sex dizygotic twin pairs. Results suggest a positive correlation between trait emotional intelligence and narcissism, whereas there is a negative correlation between trait emotional intelligence and Machiavellianism and psychopathy. Findings also suggest that the primary factor for phenotypic associations was correlated genetic factors, and correlated nonshared environmental factors account for secondary characteristics, with shared environmental factors being nonsignificant in all cases.

Silvia Casale and colleagues conducted a study on 584 undergraduate students to measure the Trait-emotional intelligence and emotional manipulation capabilities of grandiose narcissists, vulnerable narcissists, and non-narcissists. The results showed that vulnerable narcissists scored much lower on the emotional intelligence scale than grandiose narcissists and non-narcissists. In contrast, general mood and intrapersonal intellect were areas where grandiose narcissists scored higher than non-narcissists. Additionally, research indicates that both grandiose and vulnerable narcissists are more likely to use emotional manipulation on others in order to achieve their own ends.

Emotional deficits are one of the core characteristics of the Dark Triad (Narcissism, Machiavellianism, and Psychopathy). A study conducted by Szabó, E., & Bereczkei, T. in 2017

aimed to assess how these deficits vary among the dark triad traits and they understand and evaluate emotions. Results showed that narcissism was positively associated with the trait emotional intelligence, whereas psychopathy was negatively associated. At the same time, empathy showed an overall deficit in psychopathy, whereas Machiavellianism and the perspective-taking aspect of cognitive empathy have a positive association.

A study by Zajenkowski M. et al. (2018) assessed the relationship between grandiose and vulnerable narcissism and trait and ability emotional intelligence. Findings suggest that vulnerable narcissism was negatively associated with the trait emotional intelligence; however, it does not correlate with the ability emotional intelligence. Grandiose narcissism was positively correlated with the trait emotional intelligence, while it was negatively predicted by ability emotional intelligence.

2.2 Emotional Intelligence and Life Satisfaction

Data on emotional intelligence, perceived stress, life satisfaction, psychological well-being, and personality factor scores were gathered in a study conducted by Urquijo, Extremera, and Villa 2015 on 400 graduates from the University of Deusto aged 22 to 60. The findings demonstrated a positive relationship between emotional intelligence, psychological health, and life satisfaction. Emotional intelligence has a crucial role in modulating the relationship between perceived stress, psychological well-being, and personality factors acting as covariables. The results point to an underlying mechanism through which individuals with high levels of emotional intelligence improve their well-being by minimizing their exposure to stressful events.

Another study was conducted to measure Emotional intelligence, personality, alexithymia, life satisfaction, social support, and health-related measures in a sample of 500 Canadian and 204 Scottish individuals. Results showed that emotional intelligence is positively associated with life satisfaction and social network and negatively associated with alexithymia and alcohol consumption. (Austin, E. J., Saklofske, D. H., & Egan, V. 2005).

Benjamin Palmer and colleagues examined the relationship between emotional intelligence and

life satisfaction using a modified version of the trait meta-mood scale. The results show a correlation between life satisfaction with the sub-scale that shows the perceived ability to understand and discriminate between moods and emotions and the other subscale that predicts difficulty understanding emotions. Findings also support that emotional intelligence accounts for individual differences in life satisfaction.

A study by Rey, L., Extremera, N., & Pena, M. (2011) on a sample of 316 adolescents measured the relationship between perceived emotional intelligence, self-esteem, and life satisfaction. The findings show that perceived emotional dimensions, mood clarity, and repair positively correlated with life satisfaction. Self-esteem was also found to be positively correlated with life satisfaction.

A study by Selda Koydemir et al. 2013 assesses the cross-cultural differences in emotional intelligence linked to life satisfaction and mediators in a sample of German and Indian university students. Results demonstrated that, Compared to German students, Indian students reported lower levels of emotional intelligence and subjective well-being. German students have a higher association between emotional intelligence and life satisfaction than India. The results also imply that affect balancing in Germany and perceived social support in India mediate the relationship between emotional intelligence and life satisfaction.

CHAPTER 3

RESEARCH GAP, THEORETICAL FRAMEWORK, OBJECTIVES.

RATIONALE AND HYPOTHESIS

3.1 Research Gap

While a significant amount of research has been conducted on the relationship between trait emotional intelligence, narcissism, and life satisfaction individually, there remains a notable research gap in exploring the interplay between these three constructs. Limited research has investigated how emotional intelligence and narcissism might jointly influence an individual's level of life satisfaction. Most existing research in this area has been cross-sectional; more longitudinal studies can be conducted to examine the dynamic nature of trait emotional intelligence, narcissism, and life satisfaction over time. Furthermore, expanding the research to include diverse cultural contexts would shed light on cultural variations and highlight the role of cultural values and norms in shaping these associations.

3.2 Theoretical Framework

The theoretical framework for this study is based on the following:

Self-Enhancement Theory posits that individuals are naturally inclined to maintain and enhance their self-esteem. According to this perspective, narcissism can be seen as a form of self-enhancement, where individuals inflate their self-worth and seek admiration from others. From this standpoint, it is possible that individuals high in trait emotional intelligence may possess strong self-awareness and emotional regulation skills that allow them to effectively manage and enhance their self-esteem, potentially leading to higher levels of narcissism.

Emotional Regulation and Well-Being: Emotional intelligence encompasses the ability to regulate and manage one's emotions effectively. Individuals high in trait emotional intelligence may have a better ability to cope with stress, navigate interpersonal relationships, and handle setbacks, which are essential components for achieving and maintaining higher levels of life satisfaction. Effective emotional regulation may contribute to an increased positive outlook on life and the ability to experience and express positive emotions, thereby enhancing overall life satisfaction.

3.3 Objective

- I. To study the relationship between Trait Emotional Intelligence and Narcissism.
- II. To study the relationship between Trait Emotional Intelligence and Life Satisfaction.

3.4 Rationale and Hypotheses

The existing literature shows that Trait emotional intelligence impacts narcissism and life satisfaction.

The hypotheses is based on the notion that emotional intelligence enables individuals to navigate and understand their emotions effectively, allowing them to develop a heightened sense of self-awareness. Moreover, individuals with high emotional intelligence are likely to possess strong interpersonal skills, which could facilitate the acquisition of external validation and admiration, key characteristic associated with narcissism. Additionally, by understanding and managing their emotions effectively, individuals with higher emotional intelligence may experience greater emotional well-being and cope more effectively with stressors, contributing to overall higher life satisfaction.

H1: Trait Emotional intelligence will be positively correlated to Narcissism.

H2: Trait Emotional intelligence will be positively correlated to Life satisfaction.

CHAPTER 4

METHODOLOGY

4.1 Sample

A total of 153 students in the age groups ranging from 18 to 30 years participated in the study, of which 66 were females and 87 were males.

4.2 Design

Independent variable: Trait Emotional Intelligence

Dependent variable: Narcissism and Life Satisfaction

Correlational design was used.

4.3 Statistical analysis

Descriptive statistics (mean and standard deviation), correlation, and stepwise regression were computed using the statistical package for social sciences (SPSS version 20).

4.4 Instruments

Trait Emotional Intelligence Questionnaire (TEIQue-SF) - It is a 30-item scale measure that evaluates global trait EI, though it can also be used to assess the four traits EI factors: Well-Being, Self-Control, Emotionality, and Sociability. It uses a 7-point Likert Scale and was developed by Petrides in 2009.

Satisfaction with Life Scale - It is a 5-item scale using a 7-point Likert scale response format developed by Diener et al. 1985. It shows an internal consistency of 0.74 (Cronbach's alpha).

Narcissistic Personality Inventory (NPI-16) - It is a 16-item scale, where each question contains 2 statements. It was developed by Ames, Daniel R., Rose, Paul, and Anderson, Cameron P. 2006. The NPI-16 items are drawn from across the dimensions of Raskin and Terry's (1988) 40-item measure. The NPI-16 has a Cronbach's alpha of 0.72 and good levels of test-retest reliability of 0.85.

4.5 Procedure

Participants completed an online questionnaire survey consisting of the TEIQue-SF, SWLS, and NPI-16, and they were asked to complete the questionnaires with full concentration and honesty. The participants were informed in detail about the study protocols, and their written consent was obtained. Further, the participants were informed about the procedure, and instructions were given “You will be provided with five questionnaires. For all three questionnaires, kindly tick mark the response you think describes your answer the best. Please answer all the questions honestly and carefully. Information collected from you will be kept strictly confidential.” Participants were asked to sit comfortably and avoid external disturbances.

CHAPTER 5

RESULTS

Table 1: Descriptive Statistics

Mean	Std. Deviation	N
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LS	22.268	6.05024	153
NPI	5.5817	3.00135	153
EI	142	23.94868	153

Table 1 shows descriptive statistics for 153 participants. the mean value for life satisfaction came out to be 22.268, and the standard deviation came out to be 6.05024. the mean for narcissism came out to be 5.5817 and the standard deviation came out to be 3.00135. the mean for Trait emotional intelligence came out to be 142, and the standard deviation came out to be 23.94868.

Table 2: Correlations analysis of trait emotional intelligence, narcissism and life satisfaction

		EI	NPI	LS
EI	Pearson Correlation	1		

NPI	Pearson Correlation	.219	1	
LS	Pearson Correlation	.411	.265	1

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

The given Pearson correlation analysis examines the relationships between three variables: Trait emotional intelligence, narcissism, and life satisfaction.

Results shows that Trait emotional intelligence is positively correlated to narcissism ($r = 0.219$, $p < 0.01$). The coefficient is statistically significant at the 0.00 level ($p < 0.01$).

The relationship between Trait emotional intelligence and life satisfaction was found to be positive and significant at a 0.01 level ($r = 0.411$, $p < 0.01$).

Life satisfaction was found to have a positive and significant relationship with Narcissim ($r = 0.265$, $p < 0.01$).

Overall, this correlation analysis suggests that emotional intelligence, narcissism, and life satisfaction are positively correlated. However, the interpretation of this analysis is limited by the need for more information about the variables and the context in which the analysis was conducted.

Table 3: Regression Analyses of trait emotional intelligence and life satisfaction

Model	Unstandardized Coefficients	Standardized Coefficients	t	Sig.	Adjusted R Square	f
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Table 3: Regression Analyses of trait emotional intelligence and life satisfaction

	B	Std. Error	Beta				
1 (Constant)	7.511	2.698		2.783	0.006		
EI	0.104	0.019	0.411	5.546	0.00	0.164	30.758

Dependent Variable: LS

The stepwise regression analysis was done where Trait emotional intelligence was independent variable and Life satisfaction was dependent variable.

Trait emotional intelligence predicted life satisfaction (B=.104, SE= .019, β = .411, t= 5.546, F=30.758) Adjusted R²= 0.164

It was found that every one unit in trait emotional intelligence led to a .104 increase in life satisfaction.

Where 16.4 variance in life satisfaction was explained by trait emotional intelligence.

Table 4:Regression Analyses of trait emotional intelligence and narcissism

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Adjusted R Square	f
	B	Std. Error	Beta				
1 (Constant)	1.684	1.433		1.175	0.242		
EI	0.027	0.01	0.219	2.758	0.007	0.042	7.609

Dependent Variable: NPI

The stepwise regression analysis was done where Trait emotional intelligence was independent variable and Narcissism was dependent variable.

Trait emotional intelligence predicted narcissim (B=.027, SE= .01, β = -.219, t=2.758, F=7.609)
Adjusted R2= 0.042

It was found that every one unit in trait emotional intelligence led to a .027 increase in narcissim.
Where 4.2 variance in narcissim was explained by trait emotional intelligence.

CHAPTER 6

DISCUSSION

The present study examined the relationship between trait emotional intelligence, Narcissism, and life satisfaction. Based on the notion that trait emotional intelligence enables individuals to navigate and understand their emotions effectively, allowing them to develop a heightened sense of self-awareness. Moreover, individuals with high emotional intelligence are likely to possess strong interpersonal skills, which could facilitate the acquisition of external validation and admiration, key characteristic associated with Narcissism. Additionally, by understanding and managing their emotions effectively, individuals with higher emotional intelligence may experience greater emotional well-being and cope more effectively with stressors, contributing to overall higher life satisfaction. The following hypotheses were formed.

Hypothesis 1 states that Trait Emotional intelligence will be positively correlated to Narcissism. Consistent with previous research, the results revealed a positive correlation between the trait emotional intelligence and Narcissism.

In a study by K. V. Petrides et al. in 2011, a behavioral genetic investigation aimed to assess the relationship between trait emotional intelligence and dark triad traits of Narcissism, Machiavellianism, and psychopathy was conducted on a sample of 214 adult twin pairs: 156 monozygotic twin pairs and 58 same-sex dizygotic twin pairs. Results suggest a positive correlation between trait emotional intelligence and Narcissism, whereas there is a negative correlation between trait emotional intelligence and Machiavellianism and psychopathy. Findings also suggest that the primary factor for phenotypic associations was correlated genetic factors, and correlated nonshared environmental factors account for secondary characteristics, with shared environmental factors being nonsignificant in all cases. Another study shows that Emotional deficits are one of the core characteristics of the Dark Triad (Narcissism, Machiavellianism, and Psychopathy). A study conducted by Szabó, E., & Bereczkei, T. in 2017 aimed to assess how these deficits vary among the dark triad traits and they understand and evaluate emotions. Results showed that Narcissism was positively associated with the trait emotional intelligence, whereas psychopathy was negatively associated. At the same time, empathy showed an overall deficit in psychopathy, whereas Machiavellianism and the perspective-taking aspect of cognitive empathy have a positive association.

This finding suggests that individuals with higher levels of trait emotional intelligence may also exhibit certain narcissistic tendencies. One explanation for this connection could be that individuals with higher emotional intelligence may be more aware of their own emotions, leading to a greater sense of self-awareness and self-importance. Additionally, emotional intelligence encompasses the ability to regulate one's own emotions effectively, which may contribute to a heightened self-confidence and self-assuredness characteristic of Narcissism. However, it is important to understand that this correlation does not imply a causal relationship and further longitudinal studies are needed to establish the directionality of this association.

Hypothesis 2 states that Trait Emotional intelligence will positively correlate to Life satisfaction.

This study's findings support the hypothesis, indicating a positive correlation between the trait emotional intelligence and life satisfaction.

Consistent with previous research, Data on emotional intelligence, perceived stress, life satisfaction, psychological well-being, and personality factor scores were gathered in a study conducted by Urquijo, Extremera, and Villa 2015 on 400 graduates from the University of Deusto aged 22 to 60. The findings demonstrated a positive relationship between emotional intelligence, psychological health, and life satisfaction. Emotional intelligence has a crucial role in modulating the relationship between perceived stress, psychological well-being, and personality factors acting as covariables. The results point to an underlying mechanism through which individuals with high levels of emotional intelligence improve their well-being by minimizing their exposure to stressful events.

Another study by Selda Koydemir et al. 2013 assesses the cross-cultural differences in emotional intelligence linked to life satisfaction and mediators in a sample of German and Indian university students. Results demonstrated that, Compared to German students, Indian students reported lower levels of emotional intelligence and subjective well-being. German students have a higher association between emotional intelligence and life satisfaction than India. The results also imply that affect balancing in Germany and perceived social support in India mediate the relationship between emotional intelligence and life satisfaction.

This result aligns with previous research highlighting the role of trait emotional intelligence in promoting subjective well-being. Individuals with higher levels of trait emotional intelligence tend to possess better emotion regulation skills, self-awareness, and empathy, contributing to their overall satisfaction with life. These individuals may be better equipped to manage stress, maintain positive relationships, and navigate challenges effectively, leading to higher life satisfaction.

The findings of this study also show a positive correlation between narcissism and life satisfaction. Suggesting that individuals with higher levels of narcissism tend to report higher life satisfaction. Narcissistic individuals often have a heightened sense of self-importance and a constant need for admiration and attention. These characteristics may contribute to a greater self-perception of life satisfaction, as they perceive themselves as deserving of admiration and success. However, it is important to interpret this correlation with caution, as high levels of narcissism can also lead to interpersonal difficulties and a diminished capacity for genuine relationships. The positive correlation between life satisfaction and narcissism may be influenced by individual differences in self-perception and self-enhancement strategies rather than reflecting genuine well-being and fulfillment.

These findings highlight the complex relationship between trait emotional intelligence, narcissism, and life satisfaction. While higher trait emotional intelligence is associated with greater life satisfaction, it does not necessarily negate the presence of narcissistic traits. Further research should delve deeper into the underlying mechanisms contributing to this correlation and explore the roles of other factors.

CHAPTER 7

CONCLUSION, IMPLICATIONS, LIMITATIONS, AND SCOPE FOR FUTURE RESEARCH

7.1 Conclusion

The findings of this study provide evidence that Trait emotional intelligence has an impact on narcissism and life satisfaction. Individuals with higher emotional intelligence tend to exhibit higher levels of narcissism while also experiencing greater life satisfaction.

These findings contribute to our understanding of the complex interplay between these psychological constructs. It also suggests that an individual possessing strong emotional intelligence skills, such as self-awareness and empathy, may also exhibit characteristics associated with narcissism, such as a need for admiration and a sense of entitlement. The findings also emphasize the importance of considering both emotional intelligence's positive and potentially negative aspects.

7.2 Implication

The findings of this study demonstrate a positive correlation between trait emotional intelligence, narcissism, and life satisfaction, which have several implications for both research and practice. This study demonstrates a positive correlation between trait emotional intelligence and both narcissism and life satisfaction, contributing to the existing body of knowledge and deepening our understanding of these constructs. This knowledge can inform the development of tailored interventions that focus on strengthening emotional intelligence skills and reducing narcissistic tendencies to promote greater life satisfaction. The positive correlation between trait emotional intelligence and life satisfaction suggests that early interventions to enhance emotional intelligence skills could have long-term benefits for individuals' well-being.

7.3 Limitation

There are several limitations of the current study that should be addressed. First, the convenient nature of the sample and the recruitment procedure need to be considered. Data were collected using online methods, which may lower the response control. Another limitation is that the data were collected using self-report measures and may be susceptible to several biases, such as

interpretative or social desirability.

7.4 Scope for Future Research

Future research could benefit from longitudinal designs to investigate the trait emotional intelligence, narcissism, and life satisfaction that can provide valuable insights into how these constructs interact and influence each other over time. Also, the influence of culture and contextual factors on the relationship between trait emotional intelligence, narcissism, and life satisfaction could be explored. Furthermore, designing and implementing studies to enhance emotional intelligence, reduce narcissistic tendencies, and promote life satisfaction would be a helpful direction for future research.

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Appendix A

Trait Emotional Intelligence Questionnaire (TEIQue-SF)

Instructions: Please answer each statement below by putting a circle around the number that best reflects your degree of agreement or disagreement with that statement. Do not think too long about the exact meaning of the statements. Work quickly and try to answer as accurately as possible.

There are no right or wrong answers. There are seven possible responses to each statement ranging from 'Completely Disagree' (number 1) to 'Completely Agree' (number 7).

1. Expressing my emotions with words is not a problem for me.
2. I often find it difficult to see things from another person's viewpoint.
3. On the whole, I'm a highly motivated person.
4. I usually find it difficult to regulate my emotions.
5. I generally don't find life enjoyable.
6. I can deal effectively with people.
7. I tend to change my mind frequently.
8. Many times, I can't figure out what emotion I'm feeling.
9. I feel that I have a number of good qualities.
10. I often find it difficult to stand up for my rights.
11. I'm usually able to influence the way other people feel.
12. On the whole, I have a gloomy perspective on most things.
13. Those close to me often complain that I don't treat them right.
14. I often find it difficult to adjust my life according to the circumstances.
15. On the whole, I'm able to deal with stress.
16. I often find it difficult to show my affection to those close to me.
17. I'm normally able to "get into someone's shoes" and experience their emotions.
18. I normally find it difficult to keep myself motivated.
19. I'm usually able to find ways to control my emotions when I want to.
20. On the whole, I'm pleased with my life.
21. I would describe myself as a good negotiator.
22. I tend to get involved in things I later wish I could get out of.
23. I often pause and think about my feelings.
24. I believe I'm full of personal strengths.
25. I tend to "back down" even if I know I'm right.
26. I don't seem to have any power at all over other people's feelings.
27. I generally believe that things will work out fine in my life.
28. I find it difficult to bond well even with those close to me.
29. Generally, I'm able to adapt to new environments.
30. Others admire me for being relaxed.

Appendix B

Satisfaction with Life Scale

DIRECTIONS: Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Slightly Disagree
- 4 = Neither Agree or Disagree

5 = Slightly Agree

6 = Agree

7 = Strongly Agree

- 1. In most ways my life is close to my ideal.
- 2. The conditions of my life are excellent.
- 3. I am satisfied with life.
- 4. So far I have gotten the important things I want in life.
- 5. If I could live my life over, I would change almost nothing

Appendix C

Narcissistic Personality Inventory (NPI-16)

Read each pair of statements below and place an “X” by the one that comes closest to describing your feelings and beliefs about yourself. You may feel that neither statement describes you well, but pick the one that comes closest. Please complete all pairs.

1.

I really like to be the center of attention

It makes me uncomfortable to be the center of attention

2.

I am no better or no worse than most people

I think I am a special person

3.

Everybody likes to hear my stories

Sometimes I tell good stories

4.

I usually get the respect that I deserve

I insist upon getting the respect that is due me

5.

I don't mind following orders

I like having authority over people

6.

I am going to be a great person

I hope I am going to be successful

7.

People sometimes believe what I tell them

I can make anybody believe anything I want them to

8.

I expect a great deal from other people

I like to do things for other people

9.

I like to be the center of attention

I prefer to blend in with the crowd

10.

I am much like everybody else
I am an extraordinary person

11.

I always know what I am doing
Sometimes I am not sure of what I am doing

12.

I don't like it when I find myself manipulating people
I find it easy to manipulate people

13.

Being an authority doesn't mean that much to me
People always seem to recognize my authority

14.

I know that I am good because everybody keeps telling me so
When people compliment me I sometimes get embarrassed

15.

I try not to be a show off
I am apt to show off if I get the chance

16.

I am more capable than other people
There is a lot that I can learn from other people