The Dark Triad: Making Life Better or Worse?

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Abstract

The Dark Triad consists of three negative personality traits, namely, Narcissism, Psychopathy and Machiavellianism. The researches in the Dark Triad have increased since the past decade. Many researches focus on the negative effects of possessing the dark triad on interpersonal relationships. Very less researches focus on the positive effects of the dark triad on the occupational lives of the individuals. This review is conducted with only one aim: to find out whether possessing the dark triad is actually beneficial for an individual or not. Most of the researches that have been conducted on this topic, have shown the negative aspects of having the dark triad. A few researches show how the dark triad is effective for an individual. This review measures the actual effects of the dark triad on the quality of life of an individual. The researches of the past 15 years were studied in this review. It was found that possession of dark triad traits disrupts an individual’s life and creates problems in the social, emotional and occupational areas of his/her life.

Keywords: The Dark Triad, Machiavellianism, Psychopathy, Narcissism.

The dark triad is a subject in psychological research that shines spotlight on three personality characteristics: narcissism, Machiavellianism, and psychopathy. Utilization of the expression "dark" suggests that individuals having these characteristics have malignant qualities. Research on the dark triad is utilized as a part of applied psychological research, particularly inside the fields of law authorization, clinical psychology and business administration. Individuals scoring high on these characteristics will probably carry out violations, cause social trouble and make extreme issues for an association, particularly on the off chance that they are in authority positions. Every one of the dark triad characteristics are theoretically unmistakable albeit exact proof shows them to be covering. They are related with a hard manipulative relational style.

Narcissism is portrayed by gaudiness, pride, self-love, and an absence of compassion. Machiavellianism is portrayed by control and misuse of others, a pessimistic negligence for profound quality, and an attention on self-intrigue and duplicity. Psychopathy is portrayed by proceeding with standoffish conduct, impulsivity, self-centeredness, hardness, and callousness.

The long talked-about "nature versus nurture" issue has been connected to the dark triad. Research has started to explore the sources of the dark triad attributes. In a comparable way to look into the Big Five, exact investigations have been led with an end goal to comprehend the relative commitments of science (nature) and ecological elements (nurture) in the improvement of dark triad attributes.

One of the courses in which scientists endeavor to dismember the relative impact of hereditary and ecological factors on identity (and individual contrasts all the more for the most part) is a wide investigative procedure approximately assembled under the heading of "twin studies". For instance, in one way to deal with twin investigations, scientists analyze the identity scores of monozygotic (MZ) or indistinguishable twins raised together to dizygotic (DZ) or friendly twins raised together (Petrides & Vernon, et al., 2011). Since the two sorts of twins in this plan are raised together, all twin sets are viewed as having shared a 100% regular condition. Conversely, the monozygotic twins share 100% of their qualities while the dizygotic twins just offer around half of their qualities. In this way, for any given identity attribute, it is conceivable to divide impacts by first getting the MZ connection (reflecting 100% normal condition and 100% shared qualities) and subtracting the DZ relationship (reflecting 100% regular condition and half shared qualities). This distinction speaks to half of the
hereditary impact; multiplied, this number is said to represent 100% of the hereditary impact, and is one approach to infer a file of heritability (now and again called the heritability coefficient and spoke to as $h^2$). Essentially, MZ - $h^2$ might be viewed as a gauge of the impact of the normal condition. At long last, since singular contrasts and the earth should represent the totality of conduct, it is said that subtracting the entirety of $h^2$ and the normal condition impact from 1 is equivalent to the impact of extraordinary or non-shared situations.

All in all, clinicians regard these characteristics as neurotic, something that should be dealt with, and intrinsically undesirable, e.g. socially denounced or actually counter-profitable. Be that as it may, others contend that versatile qualities may go with the maladaptive ones. The developmental point of view considers the dark triad to speak to various mating procedures. Their recurrence in the quality pool requires at any rate some nearby adjustment.

The regular variants of these characteristics show up in understudy and group tests, where even abnormal states can be seen among people who figure out how to get along in everyday life. Indeed, even in these specimens, inquire about shows relationships with aggression, racism, and bullying among different types of social averseness. Ernest O’Boyle (2012) found that there was a consistent decrease in job performance which was associated with rise in Machiavellianism and psychopathy. It was also found that job counter productivity was directly associated with an increase in the levels of all three characteristics of the dark triad.

Narcissism was talked about in the compositions of Sigmund Freud, and psychopathy as a clinical analysis was tended to in the early works of Hervey Cleckley in 1941 with the distribution of The Mask of Sanity. Given the dimensional model of narcissism and psychopathy, supplemented independent from anyone else report appraisals that are proper for the all-inclusive community, these characteristics would now be able to be learned at the subclinical level. In the all-inclusive community, the pervasiveness rates for sub-clinical and clinical psychopathy are evaluated at around 1% and 0.2%, respectively. Unfortunately, there don't appear to be any dependable assessments of either clinical or sub-clinical narcissism in the general population.

Concerning experimental research, psychopathy was not formally examined until the 1970s with the spearheading endeavors of Robert Hare, his Psychopathy Checklist (PCL), and its amendment (PCL-R). Hare notes in his book, Without Conscience that asking psychopaths to self-write about mentally vital issues does not really give precise or impartial information. Notwithstanding, late endeavors have been made to examine psychopathy in the dimensional domain utilizing self-revealed instruments, as with the Levenson Primary and Secondary Psychopathy Scales, The Psychopathic Personality Inventory, and the Self-Report Psychopathy Scale. Correspondingly, evaluation of narcissism required clinical meetings, until the well known "Narcissistic Personality Inventory" was made by Raskin and Hall in 1979. Since the NPI, a few different measures have risen which endeavor to give self-report contrasting options to identity issue assessment. Moreover, new instruments have been created to examine "neurotic" narcissism instead of "vainglorious" narcissism, which is the thing that many contend the NPI measures.

Machiavellianism has never been referenced in any form of the Diagnostic and Statistical Manual of Mental Disorders (DSM) for mental scatters. It has been dealt with as entirely an personality construct. The first distributed adaptation of the Mach-IV is as yet the most generally utilized as a part of observational research.

**Review of Literature**

Jesse Fox and Margaret C. Rooney (2015) inspected the Dark Triad (i.e., narcissism, Machiavellianism, and psychopathy) and quality self-objectification as indicators of time spent on Social Networking Sites by American men. Self-objectification and narcissism anticipated time spent
on SNSs. Narcissism and psychopathy anticipated the quantity of selfies posted, though narcissism and self-objectification anticipated altering photos of oneself posted on SNSs. They talked about specific self-introduction forms via web-based networking media and how these characteristics may impact interpersonal relationship improvement in PC intervened correspondence. Kibeom Lee and Michael C. Ashton, et al. (2012) discovered that the regular difference of the Dark Triad was exceedingly associated with low Honesty–Humility and that the interesting fluctuation of each of the Dark Triad factors additionally demonstrated hypothetically significant relations with the other five HEXACO factors. Moreover, the Dark Triad and Honesty–Humility were solid indicators of three areas of result factors—Sex (here and now mating propensities and sexual quid pro quos), Power (Social Dominance Orientation and want for influence), and Money (obvious utilization and realism)—that were not all around anticipated by the measurements of the Big Five. Peter K. Jonason and Victor X. Luevano, et al. (2012) found that by and large, the Dark Triad were emphatically corresponded with inclinations for here and now connections and contrarily associated with inclinations for a long haul relationship. In particular, narcissism was interestingly corresponded with inclinations for one-night stands and friends with benefits and psychopathy was remarkably connected with inclinations for booty call relationships. Both narcissism and psychopathy were contrarily corresponded with inclinations for genuine sentimental relationships. Michael Wai and Niko Tiliopoulos (2012) determined if the dark triad is related with shortcuts in psychological or emotional compassion as measured through self-reports and outward appearances assignments. The sample included 139 college students. All dark triad identities were related with shortages in affective empathy, however indicated little confirmation of impedance in cognitive empathy. The outward appearance errands gave additional support to the affective nature of the dark triad’s empathic deficiencies. At long last, the outcomes stressed the significance of essential psychopathy, as the fundamental indicator of empathic shortages inside the dark triad. Holly M. Baughman and Sylvia Dearing, et al. (2012) conducted a study in which members finished the Short-D3, a measure of the Dark Triad identity qualities, and a Bullying Questionnaire which was developed for this investigation. Correlational investigations showed that psychopathy was most firmly identified with bullying, trailed by Machiavellianism, and narcissism. Daniel N. Jones and Delroy L. Paulhus (2011) examined the relationship of the Dark Triad factors with Dickman’s measures of practical and broken impulsivity. In light of regression analyses, psychopathy was most intently connected with useless impulsivity while narcissism was related with useful impulsivity. It creates the impression that narcissistic impulsivity includes bold social engagement while psychopathic impulsivity comes from poor self-direction. Of course, Machiavellianism had no steady relationship with either kind of impulsivity. To put it plainly, the Dark Triad individuals demonstrate a lucid example of relations with impulsivity. John F. Rauthmann (2011) addressed whether the Dark Triad involves diverse social outcomes by examining self-evaluations, appraisals of others, and evaluations by others for the Dark Triad. In a naturalistic setting, 93 informal, insignificantly familiar student dyads worked quickly on an agreeable undertaking and in this way gave self and other-appraisals on the Big Five and insight, self-evaluations on the Dark Triad, and evaluations on properties of the cooperation. Generally speaking, narcissism, Machiavellianism, and psychopathy showed in an unexpected way: profile examinations demonstrated that Machiavellians separated from narcissists and psychopaths in self appraisals, evaluations of others, and evaluations by others, while narcissists and psychopaths met to a direct degree. Peter K. Jonason and Phillip Kavanagh (2011) corresponded the Dark Triad with love styles. People who scored high on the Dark Triad seem to have a ludus – game playing – and a pragma – cerebral – love style. Diversion playing may enable these people to keep others at a passionate separation to keep up their transient mating style. The Dark Triad composite somewhat intervened the sexual orientation contrast in the appropriation in the ludus love style, proposing that the mental frameworks that underlie this love style may identify with the reception of an agentic social style. Essentially, cherishing with one’s head and not one’s heart might be a statement of the constrained empathy/passionate frameworks normal for these people. Peter K. Jonasen and Norman P. Li, et al. (2010) demonstrated that the individuals who are disagreeable, extraverted, open, and have high confidence alongside low levels of neuroticism and conscientiousness score high on the Dark Triad. Moreover, having a more individualistic and aggressive way to deal with
others and not an emphatically philanthropic introduction will likewise help the individuals who are high on the Dark Triad. They battled that the Dark Triad may speak to one social system that is portrayed by an agentic social style. Jonason, P.K. and Webster G.D. (2010) created and approved a compact, 12-item measure of the Dark Triad: narcissism, psychopathy, Machiavellianism. In 4 studies including 1,085 members, they inspected its auxiliary dependability, convergent and discriminant validity (Studies 1, 2, and 4), and test–retest reliability (Study 3). Their measure held the adaptability expected to gauge these 3 autonomous yet-related constructs while enhancing its productivity by decreasing its item tally by 87% (from 91 to 12 items). The measure held its center of disagreeableness, here and now mating, and forcefulness. They call this measure the Dirty Dozen, yet it neatly measures the Dark Triad. Jonason, P.K. and Norman P. Li, et al. (2008) discovered that attributes collectively known as the Dark Triad (i.e. narcissism, psychopathy and Machiavellianism) were associated with different measurements of short-term mating yet not long haul mating. The connection between the Dark Triad and short-term mating was more grounded for men than for ladies. The Dark Triad mostly intervened the sex distinction in shorter term mating conduct. Philip A. Vernon and Vanessa C. Villani (2008) revealed the first behavioral hereditary examination of the three Dark Triad factors (narcissism, Machiavellianism, and psychopathy) and their associations with the Big 5 identity characteristics. A sum of 278 grown-up twins finished survey measures of the Dark Triad and the Big 5. They discovered huge relationships among a portion of the Dark Triad factors and between each of the Dark Triad factors and a portion of the Big 5. To the degree that these factors were connected at the phenotypic level, these relationships were to a great extent owing to corresponded hereditary variables. Delroy L Paulhus and Kevin M Williams (2002) assessed the current dispute that, in ordinary examples, this 'Dark Triad' of builds are one and the same. In an example of 245 understudies, they gauged the three develops with standard measures and inspected an assortment of research center and self-report corresponds. The measures were tolerably between associated, yet absolutely were not comparable. Their exclusive regular Big Five associate was disagreeableness. Subclinical psychopaths were recognized by low neuroticism; Machiavellians, and psychopaths were low in principles; narcissism demonstrated little constructive relationship with subjective capacity.

**Discussion**

It was found that in many of the studies, presented above, the researchers have found that possessing the dark triad traits of personality leads to a disruption of daily-living. For example, in a study, conducted by Peter K. Jonason et al. (2008), it was found that individuals, especially men, who possess the dark triad traits, tend to engage in short-term mating lifestyle, rather than long-term mating. Similarly, a study conducted by Michael Wai and Miko Tiliopoulos (2012) indicated that individuals having the dark triad traits have affective empathy deficits as well as there was some evidence of cognitive impairment.

Jones and Paulhus (2011) found that psychopathy and narcissism are closely and coherently associated with functional and dysfunctional impulsivity in individuals. Jonason and Kavanagh (2010) found that individuals high on dark triad traits kept others at an emotional distance which further contributed to their short-term mating love life. Researches in the area of dark triad started in early 2000’s and the main focus of these researches at that time was to identify the presence of these traits in various sets of population.

One of the first studies on this topic was conducted by Kevin Matthew Williams for his thesis in 2002. According to that study, it was found that the three dimensions of the dark triad are three separate personality traits. The same was found by Paulhus and Williams in 2002, in their study, which stated that although the three traits are overlapping, they are distinct. A 2001- study conducted by Williams, McAndrew, et al., found that psychopaths took part in the highest amount of delinquent behaviour. This trait also correlated with a preference for anti-social media of different forms. Narcissism was correlated with only a preference for violent sports, whereas for the Machiavellians,
this trend of preference was a little weaker. Jonason and Tost (2010) found that Machiavellianism and Psychopathy were correlated with lower self-control, while Narcissism had no relation with the same.

Conclusion

All in all, it can be concluded that the possession of dark triad traits of personality leads towards emotional, social, and occupational disruptions in life. These conditions should be treated as clinically significant and proper treatment must be sought for the same. In some instances, the possession of dark triad traits may even lead the individual into a legal trouble. It would be suggested that more research be carried out in the effects of dark triads in our daily functioning.

References


