



FACTORS AFFECTING ADOLESCENT COPING WITH NARCISSISTIC PERSONALITY: LITERATURE REVIEW

Cecilia Indri Kurniasari

Sekolah Tinggi Ilmu Kesehatan Panti Rapih Yogyakarta, Jl. Tantular No. 401, Pringwulung, Condongcatur, Depok, Sleman, Yogyakarta 55281, Indonesia
cecilindri@gmail.com

ABSTRACT

Narcissistic personality is a personality disorder that is often experienced by groups of teenagers in this modern technological era. This era causes various significant changes in aspects of life. Adolescents must have positive coping to adapt to significant changes in the environment, human resources and technological resources. Adolescents who cope negatively with these changes are at risk of developing narcissistic disorders. Adolescents with untreated narcissistic disorder may develop a narcissistic personality as a result of the condition's effects on their personality. The purpose of this review was to identify the factors affecting adolescents coping with narcissistic personalities. This review employed a literature review, with references sourced from articles/journals published between 2012 and 2022. Electronic databases such as PubMed, CINAHL, Wiley Online Library, and SpringerLink were used to conduct article searches. Several related research publications were obtained throughout the article search, including 1 from the Wiley Online Library, 47 from PubMed, 1 from CINAHL, and 419 from SpringerLink. From all of those articles, only five articles can be continued to analyze. All of five articles were review with inclusion and exclusion criteria to find factors influencing adolescents coping with a narcissistic personality. The findings of the synthesis of various articles show that both internal and external coping sources have an impact on adolescents' individual coping with a narcissistic personality. Internal factors consist of physical health, belief systems including beliefs or religion, commitments or life principles, feelings or emotional self, and social skills. Meanwhile, external factors include social support and material resources (economic conditions, home environmental conditions, and social relationship conditions).

Keywords: adolescent; individual coping; narcissistic personality

First Received 08 April 2023	Revised 28 April 2023	Accepted 30 April 2023
Final Proof Received 02 May 2023		Published 10 May 2023
How to cite (in APA style) Kurniasari, C. (2023). Factors Affecting Adolescent Coping with Narcissistic Personality: Literature Review. <i>Indonesian Journal of Global Health Research</i> , 5(2), 257-264. https://doi.org/10.37287/ijghr.v5i2.1662 .		

INTRODUCTION

Adolescence is described as a period that requires social recognition, namely the willingness to get along and be accepted in the environment of their age group.(Gallegos et al., 2021) Teenagers believe that to fit in with the group, they must be able to adapt, which includes keeping up with technology advancements and enhancing their quality of life and appearance (Gallegos et al., 2021). Teenagers today use technology in a variety of ways, from texting and tweeting to talking, video calling, playing online games, and submitting content on various Internet sites (Joshi et al., 2019). The majority of teenagers in the globe access technology mostly through the Internet. Teenagers use technology at a rate of 77% of the total population in the United States (Joshi et al., 2019). The general use of technology on social media and its relative novelty is associated with the emergence of new psychological and social phenomena (Sorokowski et al., 2015).

Today's social phenomena include the tendency to isolate oneself from others, to care little about one's surroundings, to seek attention and recognition from a large audience on social media, and to constantly stand out from the others (Lazarus & Pilkonis, 2018). The need to be admired and the motive for self-improvement is normal in the aspect of personality but becomes pathological when it is carried out excessively and is accompanied by disruption of daily activities in adolescents (Sorokowski et al., 2015). The existence of this phenomenon leads to a narcissistic personality. Individuals with narcissistic personalities are preoccupied with pleasing others and being in the spotlight since it is a source of pride for them (Keene & Epps, 2016). Narcissism is broadly defined as referring to an elevated self-image and the constant need to establish and maintain its image at the expense of healthy, interpersonal development connections (Lee-Rowland et al., 2017). Narcissistic personality tendencies are characterized by an exaggerated sense of self-interest, expecting special treatment from those around them and at the same time ignoring the feelings of others (Jiang et al., 2019)

Adolescent groups are the most vulnerable to experiencing narcissistic personalities (Van Schie et al., 2020). This is because teenagers are still searching for self-identity and self-ideal as part of the transition to maturity (Kauten & Barry, 2016). Adolescents must have good coping or adaptive coping processes to avoid developing a narcissistic personality. Coping mechanisms can be interpreted as a way or individual process of surviving stressful situations (Abdelmageed et al., 2022). During the process of coping mechanisms, adolescents will choose available coping sources and evaluate their impact on surviving difficult situations (Pimenta et al., 2021). Coping is regulated by a variety of circumstances, and these factors influence whether adolescents will be adaptive or maladaptive. Based on the aforementioned explanation, the researcher intends to conduct a literature review to determine the factors that influence coping in adolescents with narcissistic personalities.

METHOD

This article was written with a literature review design to analyse numerous studies to find factors influencing adolescents coping with a narcissistic personality. The process of searching for research articles took place starting from August 2022. The article search strategy uses databases available on e-resources, including *PubMed*, *CINAHL*, *Wiley Online Library*, and *SpringerLink*. Adolescent, individual coping, and narcissistic personality were the keywords used to find the article. Several related research publications were obtained throughout the article search, including 1 from the *Wiley Online Library*, 47 from *PubMed*, 1 from *CINAHL*, and 419 from *SpringerLink*. From all of those articles, only five articles can be used. The inclusion criteria to determine the criteria for a literature review study include: 1) Articles with research design Randomized Controlled Trials (RCT); 2) Experimental research; 3) Original article from main source (primary source); 4) Research articles published between 2012 and 2022; 5) Full text article in English; and 6) Participants in the article are teenagers. Furthermore, the exclusion criteria for this review are: 1) General psychological articles; 2) Article published prior to 2012; 3) Indonesian articles; 4) Articles only contain the abstract part or part of the content; 5) Respondents in the study were adults or elderly; and 6) Literature review article. Among the articles obtained, five fulfil the inclusion and exclusion criteria. Thus, they can be analysed for further identification.

RESULTS

Five experimental research articles were reviewed to determine the factors that affect adolescents coping with narcissistic personality. The selected researches are research published in the 2012-2022 period. Table 1 lists the criteria used in the study, as well as the

research characteristics (author/researcher, research title, journal, method, participants, and results).

Table 1.
Matrix Analysis of Data on Articles Used in the Literature Review

Author, Year	Method Design	Results
Kauten, R. L., & Barry, C. T. (2016).	Randomized Control Trial	155 at-risk adolescents (M age = 16.8 years, SD = .77; 127 males, 28 females). Adolescents in the residential program are separated into groups of approximately 25–34 individuals. Participants completed a series of questionnaires including the PNI, NPIC, PTM, TSIS, and BIDR through the Qualtrics online survey system. Non-pathological narcissism demonstrated a positive relation with parent-reported pro-social behaviour, and grandiose narcissism was positively related to both self- and parent-reported pro-social behaviour. Both non-pathological narcissism and grandiose narcissism can interfere with social activities in adolescents.
Lee-Rowland, L. M., Barry, C. T., Gillen, C. T. A., & Hansen, L. K. (2017).	Randomized Control Trial	358 participants (301 male, 55 female, 2 not reported) who ranged in age from 16 to 19 years and enrolled in a 22-week residential program. All questionnaires (Inventory of callous and unemotional traits, Antisocial process screening device, Narcissistic personality inventory for children) were completed in a classroom setting in groups of approximately 15–18 adolescents across two to three 45-min sessions. These results suggest that forms of narcissism most closely connected to internalizing problems combined with callous unemotional traits are associated with relatively heightened aggression in youth.
Pace, U., Urso, G. D., Ruggieri, S., & Schimmenti, A. (2020).	Experimental study	Participants were 273 male adolescents and young adults aged 15–19 recruited in sports betting centres. They completed the South Oaks Gambling Screen, the Narcissistic Admiration and Rivalry Questionnaire, the Hypercompetitive Attitude scale, and the Coping Strategy Indicator. These findings suggest that narcissistic features, maladaptive coping strategies, and commitment to life may be involved in the development of disordered gambling in youth, support a compensatory model of this addictive behaviour and claim preventive measures that take into account the psychological vulnerability of adolescents and young adults.
Savci, M., Turan, M. E., Griffiths, M. D., & Ercengiz, M.	Experimental study	305 adolescents (165 girls and 140 boys), the participant group was aged 14–18 years and they were administered the Personality Belief Questionnaire-Short Form, Need for Social Approval Scale, Desire

Author, Year	Method Design	Results
(2021).		for Being Liked Scale, and Social Media Disorder Scale. Need for social approval, inadequate social skills and desire to being liked has a positive impact on social media addiction. Finally, addicted to social media positively affect narcissistic personality beliefs.
Lau, K. S. L., & Marsee, M. A. (2013).	Experimental Study	The final participating sample consisted of 139 youth (51 % females) between the ages of 11 to 17 years old. The questionnaires that used are Peer Conflict Scale, Antisocial Process Screening Device, Inventory of Callous-Unemotional Traits, and AbbreviatedDeregulation Inventory. Assessments took approximately 90–120 min, and participants were allowed short breaks if necessary. Upon completion of the parent and youth assessments, each parent and each child received \$25 in compensation for their time. Narcissistic nature shows the strongest unique association with overt, relational aggression, behavioural deregulation, and emotional deregulation. This has an impact on psychological instability in adolescents.

Table 1 the scale used in the five studies above is PNI (Pathological Narcissisms Inventory), PTM (Pro social Tendencies Measure), TSIS (Tromso Social Intelligence Scale), and BIDR (Balanced Inventory of Desirable Responding), ICU (Inventory of Callous and Unemotional Traits), APSD (Antisocial process screening device), NPIC (Narcissistic personality inventory for children), NARQ (the Narcissistic Admiration and Rivalry Questionnaire), HA (the Hypercompetitive Attitude) scale, and CSI (The Coping Strategy Indicator), PBQS (Personality Belief Questionnaire-Short Form), NSAS (Need for Social Approval Scale), DBLS (Desire for Being Liked Scale), and SMDS (Social Media Disorder Scale), PCS (Peer Conflict Scale), APSD (Antisocial Process Screening Device), and ABI (Abbreviated Deregulation Inventory). Narcissistic personality and coping in adolescents have been described in the six articles. There is one article that explains that there is a relationship between narcissistic personality and aggressive behaviour in adolescents.

DISCUSSION

In the theoretical study of psychology and psychotherapy, narcissism is a critical issue. Narcissism develops as a reaction to rejection, coldness, and a strict childhood (Neumann, 2017). Society identifies that higher rates of narcissism result from rejected parental behaviours and constant praise and admiration since both extremes interfere with independent development (Odenweller et al., 2014). Narcissistic development mainly focuses on narcissistic behaviour resulting from disturbances in development and self-regulation or self-emotional (Huxley & Bizumic, 2017). Teenagers still searching for their identity must be protected from developing this personality disorder. Prevention can be done by getting used to having adaptive coping (Jiang et al., 2019). Adaptive coping is a coping that supports the function of integration, growth, learning and achieving goals (Pace et al., 2020). Coping other than adaptive is maladaptive coping. Coping maladaptive is a coping that blocking the integration function, break down growth, decreases autonomy and tends to dominate

environment (Pace et al., 2020). Research conducted by Pimenta et al. (2021) shows that choosing the right coping can help teens avoid mental health problems or personality problems. Coping selection is influenced by various aspects, from within or outside. These aspects can be categorized into two factors, namely internal factors and external factors.

Internal factors

Internal factors are associated to anything personal that the teenager has gone through. One of the most important internal factors is physical health. Physical health is very important to participate in maintaining psychological health. A healthy physique will affect the mood and mindset (Gallegos et al., 2021). It also happens the other way around. Research conducted by Ohrnberger et al. (2017) discovered that a healthy physique increases feelings of comfort and provides positive suggestions for the body. This has a positive impact when individuals face problems. Adolescents who have a healthy physique can deal with problems in adaptive coping. Belief systems, including beliefs or religion, are an internal factor that influences adolescent dealing with narcissistic personality. Research by Aflakseir & Mahdiyar (2016) has shown that religious beliefs and practices can help people to cope with difficult situations such as physical illnesses, stress, and depression. Strong beliefs among adolescents have an impact on the adaptive coping strategies they choose when faced with challenging situations.

Internal factors also include dedication or guiding concepts in addition to physical health and personal convictions. Commitment or life principles are guidelines that can be used by teenagers who are still looking for identity and preparing for their future (Pimenta et al., 2021). Research conducted by Buser & Kearney (2017) found that the principle of life or commitment can be used as a reminder when choosing to cope with problem-solving. The stronger the teenager holds on to the commitments that have been made, the smaller the risk of experiencing personality disorders, especially narcissistic personality (Lau & Marsee, 2013). After talking about commitment, internal factors also include self-emotion and social skills. Self-emotion is an internal aspect that is very influential in coping (Buser & Kearney, 2017). Emotions are controlled by themselves. Teenagers who are still looking for self-identity have self-emotions that need to be trained. Self-emotional instability in adolescents can increase the risk of narcissism (Nguyen & Shaw, 2020). Research conducted by Lee-Rowland et al. (2017) uncontrolled emotional self develops into callous-unemotional and results in adolescents prone to narcissism. Emotional management is also correlated with social skills. Research conducted by Kauten & Barry (2016) found that non-pathological narcissism shows a positive relationship with parent-reported pro social behaviour of adolescents. This corresponds to one of the narcissistic personality traits, namely the desire to always look attractive and satisfy others in order for teenagers to receive approval or recognition.

External Factors

External factors are factors that affect from outside themselves. Various aspects from outside are social support and material resources. Social support consists of support from parents or family, support from friends or friends, and support from co-workers or neighbours around the house (Huxley & Bizumic, 2017). Research conducted by Nguyen & Shaw (2020) shows that childhood experiences and the role of parents greatly determine the occurrence of narcissistic susceptibility. Families, especially parents, have a big role in providing support to adolescents during this developmental period. Support from parents is the main basis for teenagers to survive in the face of various currents of progress (Van Schie et al., 2020). When families or parents do not support adolescents, they are at risk of choosing maladaptive coping and are prone to excessive narcissism (Van Schie et al., 2020). Other social support consisting of peers, co-workers and neighbours, can complement the support that has been given by

parents or family. Social support must be in proportion by giving recognition or praise according to what has been achieved. If social support is given in excess, the risk of narcissism will increase (Marshall et al., 2015).

Besides social support, material sources also play a role in the influence of adolescent coping on narcissistic personality. The source material consists of economic conditions, home environmental conditions, and social relations conditions. Economic conditions that are less capable and do not match the expectations of teenagers to always exist have the impact that teenagers can be more aggressive and stressed (Diamond & Meehan, 2013). The condition of the home environment also affects the coping decisions of adolescents. According to research by Marshall et al. (2015) poor home conditions, make teenagers feel inferior and result in blaming themselves so low self-esteem problems arise. Then, source material regarding the condition of social relations. The condition of good social relations, by giving adequate recognition or appreciation, can make adolescents have positive suggestions for themselves (Savci et al., 2021). The existence of positive thinking or adaptive coping makes adolescents not confident enough and narcissistic behaviour is not excessive

CONCLUSION

According to this review of the literature, internal and external factors both have an impact on how well teenagers deal with narcissistic personalities. Internal factors namely physical health, belief systems including beliefs or religion, commitments or life principles, feelings or emotional self, and social skills. External factors are such as social support and material resources (economic conditions, conditions in the family environment, and social relations conditions. These two factors are interrelated and cannot stand alone. All things, both internal and external factors in adolescents, affect coping decisions. Adaptive and maladaptive coping are the main choices for teenagers in surviving in the midst of technological advances. Choosing the right coping can prevent teenagers from having narcissistic personalities.

REFERENCES

- Abdelmageed, R. I., Elhenawy, Y. I., Zaafar, D. K., & Abdelaziz, A. W. (2022). Coping strategies among children and adolescents: validity and reliability of the Arabic version of the Kidcope scale. *Heliyon*, 8(1), e08706. <https://doi.org/10.1016/j.heliyon.2021.e08706>
- Aflakseir, A., & Mahdiyar, M. (2016). The role of religious coping strategies in predicting depression among a sample of women with fertility problems in Shiraz. *Journal of Reproduction and Infertility*, 17(2), 117–122.
- Buser, J. K., & Kearney, A. (2017). Stress, Adaptive Coping, and Life Satisfaction. *Journal of College Counseling*, 20(3), 224–236. <https://doi.org/10.1002/jocc.12071>
- Diamond, D., & Meehan, K. B. (2013). Attachment and object relations in patients with narcissistic personality disorder: Implications for therapeutic process and outcome. *Journal of Clinical Psychology*, 69(11), 1148–1159. <https://doi.org/10.1002/jclp.22042>
- Gallegos, C., Connor, K., & Zuba, L. (2021). Addressing internet gaming disorder in children and adolescents. *Nursing*, 51(12), 34–38. <https://doi.org/10.1097/01.NURSE.0000800088.75612.0f>
- Huxley, E., & Bizumic, B. (2017). Parental Invalidation and the Development of Narcissism. *Journal of Psychology: Interdisciplinary and Applied*, 151(2), 130–147. <https://doi.org/10.1080/00223980.2016.1248807>

- Jiang, X., Wang, J., Sun, W., Xu, L., Tang, X., Cui, H., Wei, Y., Hui, L., Qiao, Y., Wang, J., & Zhang, T. (2019). Frequency of narcissistic personality disorder in a counseling center population in China. *BMC Psychiatry*, 19(1), 1–7. <https://doi.org/10.1186/s12888-019-2185-5>
- Joshi, S. V., Stubbe, D., Li, S. T. T., & Hilty, D. M. (2019). The Use of Technology by Youth: Implications for Psychiatric Educators. *Academic Psychiatry*, 43(1), 101–109. <https://doi.org/10.1007/s40596-018-1007-2>
- Kauten, R. L., & Barry, C. T. (2016). Adolescent narcissism and its association with different indices of prosocial behavior. *Journal of Research in Personality*, 60, 36–45. <https://doi.org/10.1016/j.jrp.2015.11.004>
- Keene, A. C., & Epps, J. (2016). Childhood physical abuse and aggression: Shame and narcissistic vulnerability. *Child Abuse and Neglect*, 51, 276–283. <https://doi.org/10.1016/j.chiabu.2015.09.012>
- Lau, K. S. L., & Marsee, M. A. (2013). Exploring Narcissism, Psychopathy, and Machiavellianism in Youth: Examination of Associations with Antisocial Behavior and Aggression. *Journal of Child and Family Studies*, 22(3), 355–367. <https://doi.org/10.1007/s10826-012-9586-0>
- Lazarus, S. A., & Pilkonis, P. A. (2018). Affective Processes in Social Interactions. 126(7), 898–910. <https://doi.org/10.1037/abn0000286>.The
- Lee-Rowland, L. M., Barry, C. T., Gillen, C. T. A., & Hansen, L. K. (2017). How do different dimensions of adolescent narcissism impact the relation between callous-unemotional traits and self-reported aggression? *Aggressive Behavior*, 43(1), 14–25. <https://doi.org/10.1002/ab.21658>
- Marshall, T. C., Lefringhausen, K., & Ferenczi, N. (2015). The Big Five , self-esteem , and narcissism as predictors of the topics people write about in Facebook status updates. *PERSONALITY AND INDIVIDUAL DIFFERENCES*, 85, 35–40. <https://doi.org/10.1016/j.paid.2015.04.039>
- Neumann, E. (2017). Emotional Abuse in Childhood and Attachment Anxiety in Adult Romantic Relationships as Predictors of Personality Disorders. *Journal of Aggression, Maltreatment and Trauma*, 26(4), 430–443. <https://doi.org/10.1080/10926771.2017.1299826>
- Nguyen, K. T., & Shaw, L. (2020). The aetiology of non-clinical narcissism: Clarifying the role of adverse childhood experiences and parental overvaluation. *Personality and Individual Differences*, 154(September 2019), 109615. <https://doi.org/10.1016/j.paid.2019.109615>
- Odenweller, K. G., Booth-Butterfield, M., & Weber, K. (2014). Investigating Helicopter Parenting, Family Environments, and Relational Outcomes for Millennials. *Communication Studies*, 65(4), 407–425. <https://doi.org/10.1080/10510974.2013.811434>
- Ohrnberger, J., Fichera, E., & Sutton, M. (2017). The relationship between physical and mental health: A mediation analysis. *Social Science and Medicine*, 195, 42–49. <https://doi.org/10.1016/j.socscimed.2017.11.008>

- Pace, U., Urso, G. D., Ruggieri, S., & Schimmenti, A. (2020). The Role of Narcissism , Hyper - competitiveness and Maladaptive Coping Strategies on Male Adolescent Regular Gamblers : Two Mediation Models. *Journal of Gambling Studies*, 0123456789. <https://doi.org/10.1007/s10899-020-09980-z>
- Pimenta, S. M., Hunter, S. C., Rasmussen, S., Cogan, N., & Martin, B. (2021). Young People's Coping Strategies When Dealing With Their Own and a Friend's Symptoms of Poor Mental Health: A Qualitative Study. *Journal of Adolescent Research*. <https://doi.org/10.1177/07435584211062115>
- Savci, M., Turan, M. E., Griffiths, M. D., & Ercengiz, M. (2021). Histrionic Personality, Narcissistic Personality, and Problematic Social Media Use: Testing of a New Hypothetical Model. *International Journal of Mental Health and Addiction*, 19(4), 986–1004. <https://doi.org/10.1007/s11469-019-00139-5>
- Sorokowski, P., Sorokowska, A., Oleszkiewicz, A., Frackowiak, T., Huk, A., & Pisanski, K. (2015). Selfie posting behaviors are associated with narcissism among men. *PERSONALITY AND INDIVIDUAL DIFFERENCES*, 85, 123–127. <https://doi.org/10.1016/j.paid.2015.05.004>
- Van Schie, C. C., Jarman, H. L., Huxley, E., & Grenyer, B. F. S. (2020). Narcissistic traits in young people: Understanding the role of parenting and maltreatment. *Borderline Personality Disorder and Emotion Dysregulation*, 7(1), 1–10. <https://doi.org/10.1186/s40479-020-00125-7>