

Narcissism: A Personality Behaviour Disorder Problems Among the Adolescent Children

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Abstract:

Today we are living in a complex and mentally sick society leading towards various behavioural personality disorders and narcissism is one among them. Narcissism is a self centered personality style characterized by an excessive preoccupied thoughts and feelings with oneself and one's own needs, often at expense of others. This paper tries to identify the causes and therapies for treating narcissistic behaviour in adolescents.

Keyword: Narcissism, Personality, behaviour Disorder, Adolescent

Introduction:

narcissism, [pathological](#) self-absorption, first identified as a [mental disorder](#) by the British essayist and physician [Havelock Ellis](#) in 1898. Narcissism is [characterized](#) by an inflated self-image and [addiction](#) to fantasy, by an unusual coolness and composure shaken only when the narcissistic confidence is threatened, and by the tendency to take others for granted or to exploit them. The disorder is named for the mythological figure [Narcissus](#), who fell in love with his own reflection. According to [Sigmund Freud](#), narcissism is a normal stage in [child development](#), but it is considered a disorder when it occurs after [puberty](#). In [psychology](#) and [personality](#) theory, narcissism refers to one element of the so-called “[dark triad](#)” of related negative personality traits—the other two being [Machiavellianism](#) and [psychopathy](#).

Meaning:

Narcissism behaviour is a **personality disorder trait which depicts in their behaviour a sense of self-importance, self worth, a lack of empathy for others, a need for excessive admiration, and the belief that one is unique and different which deserve special treatment.** Narcissistic personality disorder is a mental health condition in which people have an unreasonably high sense of their own importance, need and seek too much attention, and want people to admire them. People with this disorder may lack the ability to understand or care about the feelings of others.

Definition:

It is defined by the fifth edition (2013) of the [Diagnostic and Statistical Manual of Mental Disorders](#) (DSM) in terms of the personality traits of grandiosity and attention-seeking and in terms of significant impairments in personality functioning—such as looking excessively to others for the regulation of [self-esteem](#), viewing oneself as exceptional, having impaired [empathy](#), and having mostly superficial relationships.

Symptoms:

- People with such disorders generally have an unreasonably high sense of self-worth
- They constantly require excessive admiration, praise and appreciation from others.
- They are the “I” and “Me” type of people.
- Feel that they deserve privileges and special treatment.
- They have high expectations to be recognized as superior even without achievements.
- Be preoccupied with fantasies about success, power, brilliance, beauty or the perfect mate.
- Believe they are superior to others and can only spend time with or be understood by equally special people.
- Be critical of and look down on people they feel are not important.
- Expect special favors and expect other people to do what they want without questioning them.
- Take advantage of others to get what they want.
- Have an inability or unwillingness to recognize the needs and feelings of others.
- Be envious of others and believe others envy them.
- They feel proud and arrogant.
- Insist on having the best of everything — for instance, the best car or office.
- Become impatient or angry when they don't receive special recognition or treatment.
- Have major problems interacting with others and easily feel disgusted .
- Have difficulty managing their emotions and behavior.
- Experience major problems dealing with stress and adapting to change.
- Withdraw from or avoid situations in which they might fail.
- Feel depressed and moody because they fall short of perfection.
- Have secret feelings of insecurity, shame, humiliation and fear of being exposed as a failure.

Causes of Narcissistic Personality Disorder

While the exact cause is unknown, researchers have identified some factors that may contribute to the disorder. Some early life experiences are thought to contribute to narcissistic personality disorder, including:

- Abuse or trauma
- Excessive praise
- Lack of an authentically validating environment
- Parental overindulgence
- Unreliable parenting

Therapeutic Approaches For Treating Narcissistic Personality Disorder

Delving into therapeutic approaches for treating Narcissistic Personality Disorder involves a comprehensive strategy that aims to address the core issues contributing to the disorder's manifestations. With a blend of techniques and interventions, individuals dealing with narcissism can embark on a journey towards self-awareness and personal growth.

- 1. Psychotherapy:** In therapy sessions, individuals with Narcissistic Personality Disorder can explore their thoughts, feelings, and behaviors in a safe and supportive environment. Through modalities like cognitive-behavioral therapy (CBT) and psychodynamic therapy, therapists help clients uncover underlying insecurities and develop healthier coping mechanisms.

2. **Dialectical Behavior Therapy (DBT):** DBT is particularly effective in treating individuals with difficulties in regulating emotions, which is a common challenge for those with narcissistic traits. By learning mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills, individuals can enhance their emotional intelligence and build more stable relationships.
3. **Group Therapy:** Participation in group therapy provides individuals with Narcissistic Personality Disorder an opportunity to gain insights from others' experiences, receive feedback, and practice interpersonal skills in a controlled setting. Group dynamics foster empathy, perspective-taking, and accountability.
4. **Family Therapy:** Including family members in the therapeutic process can be beneficial in addressing relational patterns and dynamics that contribute to or are influenced by narcissistic behaviors. Family therapy sessions focus on improving communication, setting boundaries, and fostering understanding among family members.
5. **Medication:** While medication is not a direct treatment for Narcissistic Personality Disorder, pharmacological interventions may be prescribed to manage co-occurring conditions such as depression, anxiety, or mood disorders that often accompany the disorder. Psychiatric assessment guides the appropriate use of medication.
6. **Support Groups:** Engaging with support groups specifically tailored for individuals with narcissistic traits can offer a sense of community, validation, and shared learning experiences. Connecting with peers facing similar challenges can reduce feelings of isolation and promote acceptance.
7. **Yoga and Meditation:** Engaging in yoga and meditation practices can promote relaxation, reduce stress, and enhance self-awareness. These mindfulness techniques can aid individuals in managing their emotions and building a sense of inner peace.
8. **Art Therapy:** Utilizing creative expression through art therapy can help individuals explore their emotions and self-perceptions in a nonverbal way. This form of therapy can facilitate emotional healing and self-discovery.
9. **Acupuncture:** Acupuncture, an ancient Chinese practice involving the insertion of thin needles into specific points on the body, is believed to restore the flow of energy and promote overall well-being. Some individuals find acupuncture helpful in reducing stress and improving emotional balance.
10. **Equine-Assisted Therapy:** In equine-assisted therapy, interactions with horses are used to promote emotional growth and self-reflection. Working with these animals can help individuals build empathy, trust, and communication skills.
11. **Nutritional Therapy:** Adopting a balanced and nutritious diet is crucial for overall well-being. Consulting a nutritionist can help individuals develop meal plans that support mental and emotional health, contributing to a holistic approach to addressing narcissistic traits.
12. **Aromatherapy:** Aromatherapy involves using essential oils to promote relaxation, reduce anxiety, and improve mood. Certain scents can have a calming effect and support emotional well-being.

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