

DEVELOPMENT AND VALIDATION OF FORMAN NARCISSISM SCALE FOR YOUNG ADULTS

Sadia Abid^{1*}, Dr. Saima Majeed²

¹MS Research Student; ²Associate Professor

^{1&2}Department of Psychology, Forman Christian College, A Chartered University

^{1*}sadia.abid22@gmail.com, ²saimamajeed@fccollege.edu.pk

Corresponding Author: *

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ABSTRACT

The objective of the present study was to develop a valid and reliable scale to assess the traits of narcissism in young adults. The scale was developed by exploring different theories of narcissism. The study was conducted in three phases. Phase I was item generation, during this phase two focus groups were conducted; one with clinical psychologists who have a minimum of three years' experience working with clinical population, the second focus group was conducted with undergrad students, and interviews of three professors who are involved in teaching and advising with the targeted population. Interviews and focus groups discussion was recorded, and data was transcribed. Major themes were identified for items of scale. The researcher revised and reviewed the initial item pool. In the second phase of the study content validity was established. Item content validity index was calculated through content validity ratio (CVR). The items with a high CVR ratio were used in the final scale. In the third Phase, the scale was administered to young adults aged 18 to 25 (M=24.18 and SD=3.69); students from two private universities used a non-probability purposive sampling technique to establish the validity and reliability of the scale. The exploratory factor analysis was conducted through SPSS to evaluate construct validity and underlying factors. The internal consistency of the scale was established through Cronbach's alpha. Three factors were generated from Principal Component Analysis with the Varimax rotation method and Kaiser Normalization, named based on its content and theory-related concepts: Sense of Entitlement, Self-Centeredness, and Inflated Self-Esteem. The scale will help detect narcissism in young adults within the Pakistani cultural context.

Keywords: Narcissism, Narcissistic Personality Disorder, Narcissist, Narcissistic Personality Inventory Grandiose, Exhibitionism.

INTRODUCTION

In daily life, it has been seen that some people consider themselves as superior and special to others. They think they have every right to be admired and loved by others without giving that certain love and respect back. They have a sense of entitlement, and such people are often called "Narcissists". Narcissism is referred as an excessive interest in oneself and an excessive need for admiration in different areas of life. According to the American Psychiatric Association, 2013 (APA), it is defined as a personality trait having an excessive interest in one's achievements, and physical appearance such individuals are often preoccupied with their needs, grandiose thinking, and often are

manipulative and hurt others to get whatever they desire.

Narcissism is an epiphenomenon; there are many underlying traits and motives to develop narcissism in one's personality (Semenyna, 2018). The common traits of narcissists are entitlement, arrogance, and self-centeredness, they often manipulate others and show exploitative behavior to leverage themselves into authoritative positions (Holtzman & Donnellan, 2015). Selfishness and being boastful are found in human nature but being fully self-absorbed can open new pathological mental illness doors in the life of a person. It often leads to narcissistic personality disorder (NPD) if a person lacks empathy towards others and tries to dominate

him/herself by letting others down and making them feel inferior.

Narcissism is a personality trait, and people with such traits are preoccupied with admiration, self-love, being superior and exhibiting un-empathetic behavior. Their sexuality revolves around physical pleasure rather than emotional intimacy (Levy et al., 2007). Healthy narcissism is found to be a component of mature and healthy self-esteem and self-worth (Horton et al., 2006). Self-worth and self-esteem are protected by interpersonal and intrapersonal strategies (Horton et al., 2006). It is considered to be a healthy personality trait but high levels of narcissism are considered to be destructive and pathological. Freud described narcissism as a pathology and according to him narcissists are unable to love others, there's a lack of empathy, feelings of emptiness, boredom, emotional unavailability for others, getting authority in a social setting, and letting others down to get whatever they want (Kohut, 1971). In DSM-5, Narcissistic personality disorder is defined as exaggerated feelings of self-importance, pervasive patterns of grandiosity, lack of empathy, and feeling of being superior to others.

Freud incorporated the term "narcissism" in his psychoanalytic theory in his essay *On Narcissism* in 1914. According to Freud, we have levels of narcissism since birth, and the love grows outwards when we grow up and it is healthy. He describes it as "a necessary intermediate stage between autoerotism, and object-love, love for others and he named it primary narcissism". Secondary narcissism which is called "neurosis", is when individuals project their affection back on themselves, cut off their social connections, and get least interested in others (Freud, 1914).

Narcissism is a vast phenomenon that is not based on a single underlying factor or trait (Semenyina, 2018). Grandiose exhibitionism, authoritative leadership, and exploitative entitlement are common facets of narcissism (Grijalva et al., 2015). Exploitative-entitlement is considered slightly to be found relatively more in men than women (Grijalva et al., 2015). The Grandiose-exhibitionism trait is associated with an inflated sense of self, yet overly ambitious, extraverted, and sociable. Authoritative

leadership is associated with a strong desire to rule a specific group and one's leadership skills and qualities surpass everyone in rivalry. Exploitative entitlement is a distorted belief that one has the right and deserves to get all privileges in life, holds a special status in society, and can use all tactics to maintain that special status in life.

The research has found that narcissists use two tactics to gain social status in society (Back et al., 2013). One tactic is being assertive and using charm to get admiration from others. The other is to gain a higher social position even at the cost of bringing others down. For this purpose, they often devalue others' accomplishments and become hostile toward those who get in their way (Back et al., 2013). The first trait is often associated with grandiose narcissism as they believe in a grandiose outlook of their personality. The second trait is associated with vulnerable narcissism as they fear they would get intimidated, and rejected by others, and fear of rejection (Back et al. 2013; Foster et al. 2016). But in general, narcissists share common traits, self-centeredness, entitlement, grandiosity, excessive admiration and validation from others, and social competitiveness.

Another research was conducted by Holtzman and Donnellan (2015) and they found that narcissistic traits are positively correlated with self-esteem and extroversion. However, the traits are found to be negatively correlated with agreeableness and conscientiousness (Holtzman & Donnellan 2015). It was also reported that narcissists have an easier time starting a new relationship and others perceive them more attractive rather than no-narcissists (Dufner et al. 2013). Despite being attracted by others still the exploitative-entitlement traits show negative social outcomes. They are so socially isolated and have rejected and troubled relationships. Their outward personality and attitude of charming others bring them close to others but their traits of entitlement, un-empathetic and grandiosity draw them away from having a meaningful long-term close relationship (Dufner et al. 2013).

The narcissists are unable to regulate self-esteem; the representation and maintenance of a higher self-cause them to have attention and admiration constantly to feed their fragile self-esteem (Cooper & Ronningstam, 1992). The key

feature of the narcissist personality trait is that there is a lack of empathy. This makes them manipulate and use others for their gain and their relations are long-term if their self-esteem is boosted and they are admired and loved in that relationship (De Wall et al., 2011). Grandiose self-image, exaggeration of one's talents and abilities, irrational set of goals and expectations, and unrealistic sense of superiority are some of the key traits of a narcissist. When their self-esteem is not boosted, and they face criticism it makes them extremely angry (Ronningstam & Gunderson, 1991). For a narcissist, the gratification of achievement praise is external rather than satisfying the inner self for accomplishing achievements in life (Cooper & Ronningstam, 1992).

Narcissism has been extensively increased in the recent years. Psychologists use various methods to measure narcissism. Projective techniques, linguistic clues, self-report measures interview-based assessment, and observation methods are named to few ways of assessing narcissism in an individual. The NPI is the most common and widely used method to measure traits of narcissism. Hypersensitive Narcissism Scale (HSNS), Five-Factor Narcissism Inventory (FFNI), and Pathological Narcissism Inventory (PNI) are also used to measure narcissism (Konrath et al., 2014).

Culture has been one of the major contributing factors to the rise of narcissism in individualistic societies. According to Roberta and Helson (1997), narcissism has increased in modern Western societies due to cultural transformation. The inherent cultural values shape the personality of individuals, and it is also seen that socio-cultural differences are one of the reasons for developing differences in self-esteem and narcissism

In the Pakistani cultural context, the empirical research is not vast and there is no indigenous tool to assess narcissism. The study would develop an indigenous scale that would help in the early detection of narcissism in young adults in indigenous languages. This will help to assess the traits of narcissism based on Pakistani cultures and traditions in the Urdu language.

Method

Phases of Study

The present study is comprised of three phases. The first phase consisted of item generation. In the second phase of the study, content validity was established and in the third phase, basic psychometric properties of the scale were assessed. Data was collected by using a purposive sampling technique.

Phase 1

The first phase was devoted to item pool generation with the help of two focus groups and two semi-structured, in-depth interviews. The first focus group was conducted with senior clinical psychologists with at least three years of clinical experience. The second focus group was conducted with undergrad students. Semi-structured interviews were conducted with three university professors with at least 3 years of teaching experience at the university level. The inquiry questions were related to 'how narcissism is developed', 'what the common traits of narcissists' are, 'how different phases of their life suffer', 'difference between self-love and pathological narcissism', and 'how they handle rejection and their relationships'. The purpose of formulating these questions is to get detailed information and a comprehensive understanding of the subject. Focus group discussions and interviews were recorded, and transcribed and major themes were derived during data analysis. After driving themes, an item pool of 56 items was constructed in the indigenous Urdu language.

Phase 2: Item Analysis

The objective of the second phase was to establish content validity. Five clinical psychologists with a minimum of three years of clinical experience were requested to analyze items on three domains including sentence structure, sentence construction, and content of items related to the construct of narcissism. The items were analysed on 5-point Likert scale where 0 considered to be not relevant, and 4 considered to be highly relevant. The experts rated items and also gave suggestions regarding the construct and content of the items. The content validity of the scale was calculated

through the item content validity index and inter-item correlation. Some items were also rephrased after being given feedback by experts regarding sentence structure and construction.

Phase 3: Reliability and Validity

The purpose of the third phase of the study was to establish the reliability and validity of the scale. For this purpose, exploratory factor analysis was conducted, and the construct validity was established. The sample size was 305 participants from 2 private universities. The criteria included young adults aged 18 to 25 ($M=24.18$ and $SD=3.69$) and university students currently enrolled in a program or graduated. The data was collected after getting permission from the authorities. The consent of the participant was also taken, and they were briefly informed about the objective of the study and notified about their confidentiality. They were communicated that they'd participation in the study is voluntary and they have can withdraw form the study anytime they want to. Statistical Package for Social Sciences (SPSS) 2022 was used to analyze the results. Exploratory Factor Analysis was conducted with Varimax rotation method. Three factors were extracted after the elevation of the screen plot and the factor structure on 3 number of factors were analyzed. In the coefficient display of format, 0.3 was selected as the minimum factor loading value. This led to 51 items and after factor analysis 5 items were excluded.

Ethical Considerations

Ethical considerations were an important part of the study, and all ethical standards of the American Psychiatric Association (APA) were followed.

- The study was first approved by BOS and Institutional Review Board (IRB) for ethical perspectives.
- Permission for data collection was taken from Private universities.
- The informed consent was taken from the participants, and they

briefly described the purpose of the study.

- Participants were also informed that their participation in the present study is voluntary, and they can withdraw from the study at any time without any penalty or prejudice.
- They were also informed that confidentiality of responses would be maintained at any cost, and they have the right to know about the results.
- Official information which included the email, phone number, and email address of the researcher was also provided.
- The results were entered in the SPSS and only the researcher and supervisor had access to the data and all information. It was made sure that responses and coded data in SPSS are kept confidential.

Results

SPSS 2022 was used to analyse the data. The analysis of the data was done by the exploratory factorial analysis, Pearson Product Moment Correlation, Split- half reliability analysis, Cronbach alpha reliability test, and construct validity of the Forman Narcissism Scale for young adults. Results were calculated by using the SPSS software version 25.0. The exploratory factor analysis was conducted through SPSS to evaluate construct validity. Construct validity was also assessed of the scale. The internal consistency of the scale was established through Cronbach's alpha. Three factors were generated from Principal Component Analysis with Varimax rotation and Kaiser Normalization which are labelled as Sense of Entitlement, Self-Centeredness and Inflated Self-Esteem. Construct validity and Cronbach's alpha revealed that criterion-related and internal consistency of Forman Narcissism Scale is found to be excellent ($\alpha = .97$).

Table 1
Descriptive Characteristics of Demographic Variables (N=305)

Variables	F	%	M	SD
Age			24.18	3.699
Gender				
Male	110	36		
Female	195	64		
Marital Status				
Unmarried	203	66.6		
Married	59	19.3		
In a relationship	39	12.8		
Separated	2	.7		
Prefer not to say	2	.7		
Hostilities	68	22.2		
Day Scholar	237	77.8		
Residential Area				
Rural	88	28.9		
Urban	217	71.1		
Family System				
Joint	236	77.4		
Nuclear	69	22.6		
Education/Academic Major			.37	.593
Undergrads/Bachelors				
Masters	211	69.2		
Above	76	24.9		
	18	5.9		



Father's Education		
Illiterate	14	4.6
Matric	165	54.1
Intermediate	58	19.0
Bachelors	64	21.0
Masters	3	1.0
Other	1	.3
Mother's Education		
Illiterate	32	10.5
Matric	128	42.0
Intermediate	76	24.9
Bachelors	69	22.6
Masters	0	0
Others	0	0
Father's Occupation		
Unemployed	15	4.9
Retired	46	15.1
Self-employed	147	48.2
Government Officer	60	19.7
Private Job	37	12.1
Other	0	0
Mother's Occupation		
Unemployed	15	4.9
Retired	12	3.9
Self-employed	19	6.2
Government Officer	43	14.1
Private Job	26	8.5
Home-maker	158	51.8
Other	7	10.5
Monthly Income		

198578.22

709484.635

*Note F=Frequency, %=Percentage M=Arithmetic Mean, SD=Standard Deviation

The above table illustrates the demographics of research participants of study (N=305). The demographic variables present the characteristics of the participants presented in the study. There were 305 participants (N=305), 18 to 25 (M=24.18 and SD=3.699). Different variables were used in the demographic characteristics to get better understanding of the background history of participants.

Construct Validity

The Pearson Product-Moment Correlation analysis was carried out with the total number of

items on 51 items of Forman Narcissism Scale. The inter-item correlation was found to be high. The assumption for correlation values was assumed as the values were above .30 (Tabachnick and Fidell, 2013). After conducting the EFA, the items were hence selected and then arranged according to their factor loadings. The 51 items that were selected based on factor loadings on three factors are shown in Table 1. The varimax rotation was also carried out. The value of Kaiser-Meyer-Olkin (KMO) was found to be significant at .95 ($p < .001$).

Table 2

KMO and Bartlett's Test Result

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		0.955
	Approx. Chi-Square	10093.752
Bartlett's Test of Sphericity	Df	1540
	Sig.	0.000

The results are indicative of the adequate sample to carry out further analysis on the sample. The KMO value is 0.955 which is indicative of meritorious value. The current

results show significance level less than 0.001 which also provides the preliminary idea that sample is adequate and representative. Hence, the results gave direction to interpret other analysis.

Table 3

Factor Loadings of Forman Narcissism Scale for Young Adults with Varimax Rotation Method (N=305).

Sr. No	Item No	F1	F2	F3
1	2	0.66		
2	4	0.62		
3	6	0.45		
4	8	0.58		
5	9	0.56		
6	10	0.66		
7	13	0.65		
8	14	0.78		
9	17	0.53		
10	18	0.45		
11	20	0.58		
12	22	0.55		
13	24	0.51		
14	27	0.54		
15	29	0.69		
16	32	0.69		
17	40	0.48		
18	42	0.66		
19	45	0.73		
20	46	0.63		
21	50	0.52		
22	51	0.52		

23	52	0.64		
24	56	0.70		
25	1		0.50	
26	5		0.58	
27	7		0.57	
28	16		0.43	
29	23		0.51	
30	25		0.47	
31	28		0.52	
32	30		0.47	
33	31		0.60	
34	34		0.47	
35	35		0.49	
36	37		0.50	
37	38		0.59	
38	39		0.43	
39	41		0.51	
40	44		0.54	
41	48		0.46	
42	53		0.41	
43	3			0.50
44	11			0.52
45	12			0.58
46	19			0.45
47	21			0.44
48	26			0.48
49	33			0.48
50	47			0.51
51	49			0.56
Eigen Values		21.42	2.82	2.16
% Variance		38.25	5.04	3.87
Cumulative %		38.25	43.30	47.17

Note. Factor loading >.40.

The items with values below .40 in a factor were not retained (Stevens, 1992). Whereas the items that were found to have values above .40 were retained and loaded on the three factors.

Description of Factors

The descriptive labels or names were assigned to each of the factors based on the underlying theme that was presented in the items in those particular factors.

F1: Sense of Entitlement

The first factor identified was named as “Sense of Entitlement”, which comprised of 24 items. Example items include being selfish, wanting attention, always saying the right thing and making the right decisions etc.

F2: Self-Centeredness

The second factor identified was named as “Self-Centeredness”, which comprised of 18 items. Example items include love hearing compliments, like being the center of attention, getting angry if people don’t do what I want, receiving compliments all the time etc.

Table 4

Cronbach’s Alpha of the Forman Narcissism and Three Factors

Scale	No. of Items	α
F1- Sense of Entitlement	24	.96
F2- Self-Centeredness	18	.91
F3- Inflated Self-Esteem	9	.84
Total Forman Narcissism	51	.97

Note. α = Cronbach’s Alpha

The Cronbach’s Alpha test shows the internal consistency of the Forman Narcissism scale as part of its psychometric properties. The alpha value of the respective factors such as Sense of Entitlement is excellent ($\alpha = .96$), Self-

F3: Inflated Self-Esteem

Lastly, the third factor identified was named as “Inflated Self-Esteem”, which comprised of 9 items. Example items include confidence in one’s abilities, doing everything in the best way, ability to make believe what one says, not relying on others for their work, etc.

4.3 Psychometric Properties of Forman Narcissism Scale

For the psychometric properties of the Forman Narcissism Scale, the following reliability and validity tests were computed i.e., Cronbach’s Alpha reliability, split-half reliability, and construct validity.

Construct Validity

Table 3 presents the items that were found to be reliable as their Cronbach’s Alpha range from .84 to .96. This showed that Forman Narcissism Scale had excellent reliability ($\alpha = .97$). Moreover, table 4 showed the correlation which was found to be significant between the total calculates scores of the scale and the three factors.

Centeredness is strong ($\alpha = .91$), Inflated Self-esteem ($\alpha = .84$), and overall Forman Narcissism Scale is found to be excellent ($\alpha = .97$), See table 4.

Table 5
 Inter-correlations, Means, and Standard Deviations of Subscales, and Forman Narcissism

Variable	Sense of Entitlement	of Self-Centeredness	Inflated Self-Esteem	Forman Narcissism
Sense of Entitlement	—	0.74**	0.76**	0.96**
Self-Centeredness		—	0.68**	0.88**
Inflated Self-Esteem			—	0.84**
Forman Narcissism				—
M	51.01	46.59	23.06	120.67
SD	23.84	13.56	6.94	40.84

Note. N = 305. M=Mean, SD= Standard Deviations, **p<.001

The above table shows the inter-correlations, standard deviations, and mean of the three factors and the total Forman Narcissism scores. The subscale Sense of Entitlement is positively and significantly correlated with Self-Centeredness, Inflated Self-esteem, and Forman Narcissism. Whereas, Self-Centeredness is also found to be positively and significantly correlated with Inflated Self-esteem, and Forman Narcissism. Finally, the results also revealed that Inflated Self-esteem is positively and significantly associated with Narcissism.

Discussion

The present study was based on developing an Indigenous scale on narcissism in young adults age range from 18 to 25. The study’s basic purpose was to develop a reliable and valid tool that can help detect narcissism in young adults, and it may also help clinicians to whether is in the normal range or not. Another purpose of the study was to examine the psychometric properties of the Forman Narcissism scale so a reliable and valid scale of measuring narcissism can be formulated. EFA, Principal Component Analysis with Varimax rotation, and Kaiser Normalization with Screen Plot and theatrical relevance three factors were generated including 51 items to detect narcissism in young adults.

During the split-half reliability of Forman Narcissism, the arrangement method of odd-even was used by dividing it into two halves. The first half consisted of 26 number of odd items, while the second half consisted of 25 number of even items. The correlation between these two halves was found to be .96 (p < .001) as observed in unequal length due to 51 odd number of total items. The internal consistency of first half was .93 and the second half of even number items was .94.

The items grouped in factor 1 sense of Entitlement (total 24 items) are related to the feeling of entitled of others. The sense of entitlement is seen as a pervasive and distorted self, one believes that he/she deserves everything and is entitled to others (Campbell et al., 2004). It is also considered to be expecting special treatment, unrealistic and unmerited favors from others without reciprocating (Emmons, 1984). American Psychiatric Association (APA) defines entitlement as the expectation of special favors and privileges without holding the responsibility of reciprocity. It is seen in the research that beliefs in adolescents and young adults often exhibit socially problematic behaviours. It is one of the traits of narcissists who believe that they deserve

the best treatment over others. They believe to have more privileges, opportunities, recognition, and resources over others and deserve what they already have in life. They expect to get preferential treatment in life, and they lack empathy. It is developed in individuals for different reasons. If parents provide everything to their children without realizing them how to earn things in life they often develop sense of entitlement. These children adopt this behaviour in early childhood and expect to act in the same in adulthood. They expect to get things without getting rewards and expect others to fulfil their demands and needs without reciprocating. Often, they become adults who lack proper social and communication skills and have troubled healthy relationships and develop self-righteous attitudes. A self-entitled person has extreme self-confidence and there's underlying belief that he has right to get benefit out of everything. In drastic form it would take the shape of a personality disorder more of a narcissistic or anti-social personality disorder. When an individual with a sense of entitlement does not get what he wants he often lashes out and shows frustration. The root cause of this problem is the belief system they hold that they deserve admiration and attention, and often socially problematic behavior is exhibited by such individuals.

Self-esteem is associated with a positive image of self. The positivity in one's attitude would lead to nurturance and warmth in their personal and social relations. The narcissists, however, are unable to regulate self-esteem; the representation and maintenance of higher and superior self-image cause them to have constant attention and admiration which feeds their fragile self-esteem (Cooper & Ronningstam, 1992). The key feature of narcissist personality traits is that there is a lack of empathy. This is the reason they manipulate and use others for their personal gain, and their relations are long-termed if their self-esteem is boosted and they are admired and loved in that relationship (De Wall et al., 2011). Grandiosity, exaggerating one self's talents and qualities, an unrealistic set of goals and expectations, and an unrealistic sense of superiority are some of the key traits of a narcissist. When their self-esteem is not boosted and gratified by others, and they face criticism it makes them extremely angry (Ronningstam &

Gunderson, 1991). For a narcissist, the gratification of achievement praise is external rather than satisfying the inner self for accomplishing achievements in life (Cooper & Ronningstam, 1992).

The second factor was loaded with 18 items, and they were related to one of the traits of narcissism: self-centeredness. The Narcissists believe they are unique and special, and they are absorbed in this thinking about how great they are. They often exaggerate their achievements and talents and live in grandiose view of themselves. The narcissists become more selfish and more self-centred and eventually, they do not care about the feelings and needs of others. the combination of genes and childhood trauma and trauma is one of the key factors of developing self-centeredness. In early childhood, the primary caregiver (usually mother) shapes up the personality of a child and how a child feels about himself and others. If an individual's emotions and sentiments are neglected the person would not be able to develop a stable sense of wholeness and relatedness (Gaydukevych & Kocovsku, 2012). If a child is emotionally or physically abused, faces early social or emotional rejection or is bullied his sense of safety and wholeness may be damaged. This would cause him sense of disconnectedness and he will feel broken and isolated and ultimately slip into self-centeredness (Gaydukevych & Kocovsku, 2012).

The third factor is comprised of 8 items which are related to the inflated self-esteem a personality trait of a narcissist. Narcissism is a component of multiple underlying factors. In the words of the researchers, it involves a self that is "puffed-up but shaky". It is considered a vulnerable self and often disliked by others (Haslam, 2017). Narcissists consider them superior over others and they think they deserve all attention and admiration in the world. They need constant admiration from others for how great they are, and they are manipulative in achieving whatever they want. They appear to have high self-esteem, but they are defensive, and their self-esteem is fragile. Behind their grandiose view of themselves, narcissists see themselves negatively in all aspects of life. The narcissism stems from different dysfunctional schemas and distorted beliefs about the self, world, and the future. These schemas are formulated early by the

beliefs and comments incorporated into a child by parents, family members, friends, and significant others and experiences that shape the personality, personal uniqueness, self-love, and importance of an individual. A narcissist sees themselves as an exceptional person and to maintain that supreme image, grandiose fantasies, and personal gratification they justified every move they make. They are demanding in social interactions, self-indulgent and sometimes show aggressive behavior (Beck & Freeman, 2013)

The narcissist demands excessive admiration and praise from others, and they promote grandiose images of themselves. They are highly competitive when it comes to challenges, and they don't mind letting others down and often cause them damage when it comes to winning something. They display dominance in their attitude and act they owe all special treatments and privileges in life. Behind this mask of grandiose image is poor and fragile self-esteem and instability in life. It is deeply rooted in self and others. The early experience, environmental, and social factors shape the behaviors of a person. Early traumas abuse and certain tragedies can change the behaviors of a person and can damage the self-esteem of a person.

Kernberg (1970) suggests that parent and child relationships play a vital role in developing a healthy and stable self-esteem in a person. When a person is not emotionally and mentally nurtured by his parents and surrounding in childhood it causes inferiority complex in person. The more a parent-child relation is the more negative personality of a child would be. To compensate for or combat the feeling of inferiority a person adopts an illusive and grandiose self-image, and explicit self-esteem (Kernberg, 1975). The grandiosity is also boosted in a child when he is praised and admired regardless of their incompetent behaviors. When such children grow, they expect certain behavior from everyone and hold others entitled (Millon, 1981). Narcissism would lead to demeaning attitudes towards others and such individuals would have maladaptive outcomes (Millon, 1981).

The purpose of the construction of the Forman Narcissism scale was to assess narcissism in indigenous languages. There are

different personality inventories and tests to assess narcissism, but they are not found to be in indigenous languages.

Conclusion

The present study was based on developing an indigenous reliable and valid scale on Narcissism for young adults. The purpose of the study was achieved through focus groups, semi-structured in-depth interviews, and content validity. The scale along with demographic questionnaire was administered on clinical (N=305) sample. The construct validity of the scale was established through Exploratory Factor Analysis (EFA) which resulted in 51 items distributed in three factors. The internal consistency of the scale was established through Cronbach's alpha which showed that all the factors and the scale itself had reliability greater than 0.9. The indigenous scale was developed, and it will help to detect narcissism in young adults and will help clinicians to rule out narcissism at an early age and to see whether it is in the normal range or not.

Limitations

- The sample size was limited although it was collected with a 1:5 ratio which is equal to 5 subjects for one item of scale. Fate can be increased for the ratio of 1:10 in further studies.
- The data was collected from two private universities in Lahore.
- The study could not identify cultural, linguistic, ethnic, and traditional differences due to time constraints.
- The psychometrics of the study was not developed due to time restraints.

Suggestions

- There's a need to conduct a Confirmatory Factor Analysis (CFA) with new data.
- The variety in data collection is suggested.
- The present study included only Exploratory Factor Analysis (EFA), there's a need to work on its psychometric properties to use it conventionally in professional settings.

- There could be gender differences, but it was not identified in the study because of a shortage of time.

Implications and Future Directions

The present study developed an indigenous scale to assess traits of narcissism in young adults. This study will also help clinicians to rule out narcissism in young adults and to see whether it is in the normal range or not in youngsters. Another objective of the study was to examine the psychometric properties of the scale so a reliable and a valid scale of measuring narcissism can be formulated. Exploratory Factor Analysis, Principal Component Analysis with Varimax rotation and Kaiser Normalization with Screen Plot and theatrical relevance three factors were generated including 51 items to detect narcissism in young adults. This showed that scale is reliable and valid to use in professional and clinical settings. The findings of the study will be helpful to see how narcissism has been increasing in our society, whether it is normal or not, is there any gender or cultural difference among individuals. The study will help individuals who are identified as narcissists to get early help which will help them to have a more meaningful and satisfied life. This will help them to work on their personal and social relations and eventually, they will be able to become more respectful and responsible citizens.

The narcissists find it difficult to have significant long-term relationships but with early detection of narcissism they would get on time help and it will ultimately help them to have more intimate, enjoyable and healthy relationship. It will also help them to have healthy boundaries and their overall life satisfaction will be improved.

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