

Narcissism, Perfectionism and Aggression among Police Officers: Evidence from Pakistan (Lahore)

Rehman S*

Center for Peace and Security Studies (CPSS), University of the Punjab Lahore, Pakistan

Abstract

The research investigated relationship between narcissism, perfectionism and aggression among police officers from Pakistan (Lahore). The sample was comprised of N=150 police officers from different police stations of Lahore, Pakistan. Narcissistic Personality Inventory, Multidimensional Perfectionism Scale and Buss & Perry Aggression Scale was used. Results showed that there was significant positive relationship between the narcissism, perfectionism and aggression among police officers. Results also revealed there is no significant gender difference on narcissism, Perfectionism and aggression. Findings highlight importance of reducing the level of aggression among police officers.

Keywords: Narcissistic personality traits; Perfectionism; Aggression

Introduction

Narcissistic people try to show themselves as perfect too, which induces aggression in them. These tendencies create problem for other people in society. It becomes more problematic when these traits and tendencies are present in police officers, which are not acceptable by the people in society. Aggression is often accompanied by strong negative emotional states. The emotion that we call anger is usually aroused by some provocation. Anger is most often thought of as an intervening condition that instigates, and then guides, affective aggressive behavior aimed primarily at injuring the provoking person. It is accompanied by distinctive patterns of activity in the central and autonomic nervous systems, including activation of the hypothalamus, increased blood flow to the musculature, heightened blood pressure and pulse rate, pupillary dilation and decreased flow of blood to the viscera [1-4].

Tyrer's model of personality was created for disarranged personality [5]. In people with serious personality issue, the feeling of unification and rationality is frequently lost [6]. In spite of the fact that Tyrer's model concentrates on personality problem instead of personality as a rule, it is clear that Tyrer's model looks like McAdams beginning verbalization of his personality theory [7].

Everybody has narcissistic traits; it is typical to think about one's self and attempt to get out necessities met. We see the world through our own particular fixed standpoint focused around our past history and our conditioning. We all need to think enough about our self (narcissism) and capacity adequately in life. It is just when self-centered conduct escapes from hand and causes issues for the individual and those around him [8].

Narcissistic damage happens to the child when his or her passionate needs are not met. The narcissistic guardian has uncertain requirements for consideration and caretaking in light of the fact that his or her needs were not met in their initial life. Disregard, physical, mental and sexual ill-use, being ruined and not given structure and points of confinement make the injuring. Narcissism could be an expanded conscience sub part or the attribute can assume control over the identity. Narcissistic state of mind and conduct originate from the personality barriers that capacity as smoke screens to shroud the profound disgrace and breaks that originated from being harmed sincerely or physically as a child [9].

Man ought to produce for those individual clashes, a technique that rejects retribution, aggression and countering, which can be enjoyable

[10]. There's very little skepticism of which aggression was the adaptable execute for many our own obsolete precursors. Adult men utilized aggression in order to know more about ladies, food, retreat, and various resources. Females use aggression to guard her offspring and boost resources on their behalf [11].

Significance of the Study

It was evident that the police officers in our society consider themselves as too much important and misuse their authority. No one can say anything in front of them and they think that whatever they say, that is the perfect and the last thing, which should be accepted blindly by the people in the community. If people try to negate the orders of the police officers, they become aggressive. This study was an attempt to understand that do they really have narcissistic personality falls under psychopathology and believe in perfectionism or there is no relationship of both these factors and the aggressive behavior of the police.

Furthermore the study of the literature revealed an interesting relationship between narcissism and aggression and narcissism and perfectionism so the basic reason of this research is to infer whether there is relationship between narcissism, perfectionism and aggression in Pakistani Police officers [12,13]. Researches have shown that there is strong relationship exist between narcissism, perfectionism, and aggression [14].

Hypotheses

From the objectives, the following hypotheses are formulated:

There is likely to be a relationship between narcissism, perfectionism and aggression among police officers.

*Corresponding author: Rehman S, Research Assistant, Center for Peace and Security Studies (CPSS), University of the Punjab Lahore, Pakistan, Tel: +92 42 99233132; E-mail: Sadafrehman24@gmail.com

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There is likely to be positive relationship between hostility, anger, physical aggression and verbal aggression among police officers.

There is gender difference in narcissism, perfectionism and aggression among police officers.

Methods

The sample comprised of 150 police officers (75 female police officers and 75 male police officers) with age range 25-55 years from various police stations of the city of Lahore, Pakistan. The police officers from the city of Lahore Pakistan were included in this who was in service in the present times. The police officers from the city of Lahore Pakistan were excluded who was suspended, or retired in the present times (Table 1).

Assessment Measures

Narcissistic personality inventory

The Narcissistic Personality Inventory was used to measure

Variables	F	%	Cumulative Frequency
Age			
25-35	91	60.00%	60.7
36-45	43	28.70%	89.3
46-55	16	10.70%	100
Total	150	100.00%	
Gender			
Female	75	50.00%	50
Male	75	50.00%	100
Total	150	100%	
Education			
Matric	32	21.30%	21.3
Inter	43	28.70%	50
Graduation	45	30.00%	80.7
Masters	30	20.00%	100
Total	150	100.00%	
Birth Order			
Ist	54	36.00%	36
Middle	67	44.70%	80.7
Last	29	19.30%	100
Total	150	100%	
Designation			
Constable	51	34%	34
ASI	35	23.30%	57.3
SI	43	28.70%	86
Inspector	21	14.00%	100
Total	150	100.00%	
Marital status			
Single	52	34.70%	34.7
Married	98	65.30%	100
Total	150	100.00%	
Monthly Income			
15000-45000	145	96.70%	96.7
45000-65000	5	3.30%	
Total	150	100.00%	
Family System			
Joint	60	40.00%	40
Nuclear	90	60.00%	100
Total	150	100.00%	

Note. F: frequency, P: percentage, ASI: assistant sub inspector, SI: sub-inspector

Table 1: Frequency distribution of overall participants according to demographic variables.

narcissism. The actual NPI is based on the actual DSM clinical conditions intended for narcissistic personality condition (NPD), though it was meant to measure these capabilities within the common inhabitants. It measures “normal” as well as “subclinical” (borderline) narcissism. It is two statements and the respondent has to select any one of them.

Multidimensional perfectionism scale (MPS)

This MPS is 30 items survey built to evaluate perfectionism. All the six to eight subscales can be obtained by means of summing the items. Furthermore, there’s a general perfectionism report which can be the sum of the the subscales except Organization. This Matter around Mistakes (CM) subscale (Item #'s: 9, 10, 13, fourteen, 17, 21 years old, 12, 30, 34) demonstrates unfavorable responses to errors, some sort of trend to read errors because equal to disappointment, and also a trend to believe that one will forfeit the regard associated with people next disappointment. Private Criteria (PS) (Items #'s: several, 6, 12, sixteen, nineteen, 24, 30) demonstrates the placing associated with extremely high standards and also the too much magnitude put on these kind of higher standards with regard to self-evaluation. This trend to believe that one’s parents fixed extremely high targets consists of the Mum or dad Expectations (PE) degree. (Items #'s: 1, 11, 15, 20, 26). This notion that one’s parents are usually (or were) very crucial makes up the Parental Critique (PC) degree. (Item #'s: 3, 5, 22, 35). Doubting associated with Behavior (D) (Item #'s: 18, 28, 32, 33) contains objects in the Maudsley Obsessive-Compulsive Products questioning subscale and demonstrates the scope to that persons question his or her power to attain jobs. The organization (O) (Items #'s: two, 7, 8, 35, 29, 31) subscale can be somewhat individual but associated with certain size. The item measures the trend to be organized or even organized and demonstrates a great increased exposure of order and orderliness that has frequently been recently linked to perfectionism.

Buss and Perry aggression scale (1992)

The Buss-Perry Aggression Questionnaire was designed by Arnold Buss and Mark Perry. It is a 29 item questionnaire where participants rank certain statements along a 5 point continuum from “extremely uncharacteristic of me” to “extremely characteristic of me.” Four subscales of Buss & Perry aggression scale are:

- Physical Aggression
- Verbal Aggression
- Anger
- Hostility
- Procedure

An authority letter was sought from the Institute of the Social and Cultural Studies, University of the Punjab Lahore, Pakistan, explaining the nature of the research project. Sample was taken from different police stations of Lahore, Pakistan. The letter authenticated the researcher’s identity and the topic of the research. The letter was presented to the authoritative person of the police stations of Lahore, Pakistan. A consent form was given to the participants. The nature and purpose of the study was explained to the participants and any queries from the participants were answered. The SPSS software program version 21.0 was used to analyze the correlation between narcissistic personality traits, perfectionism and aggression among police officers. Pearson product moment correlation was used for analysis of the relationship between narcissistic personality traits, perfectionism and

aggression among police officers. Independent sample t-test was used to assess the gender differences between narcissistic personality traits, perfectionism and aggression among police officers.

Results

It was hypothesized that there is likely be a relationship between narcissism, perfectionism and aggression in police officers. Further analysis was carried out to check the correlation between sub-scales of the variables as well (Table 2).

The above Table 2 shows the significant relationship between narcissism, perfectionism and aggression in police officers. There is also significant relationship between other subscales too (Table 3).

Above Table 3 shows comparison of male and female police officers on narcissism, perfectionism and aggression. Results revealed no significant gender differences on narcissism, perfectionism and aggression. The mean scores show that female police officers are more aggressive as compared to male police officers, whereas male police officers are more narcissistic and perfectionist as compared to female police officers.

Discussion

The purpose of conducting this research was to investigate the relationship of narcissism, perfectionism and aggression among police officers. It was hypothesized that there is positive relationships in narcissism, perfectionism and aggression among police officers. This chapter discusses the major findings of the research.

The level of narcissism, perfectionism and aggression among over all police officers according to gender was compared and its results showed that the female police officers are more aggressive, narcissistic, whereas male police officers are more perfectionist. Berkowitz research's findings were consistent with the present study [15].

If we limit aggression to physicals strategies only, then it is certainly true that males are more aggressive than females, at least in Western societies. But, as anthropological studies have shown, such as research by Biancoli it is not a universal truth. It does not hold for all cultures and it's not supported our present result's findings. There can be cause for not supporting our present findings that woman police officers can be more aggressive due to their job nature, nurture and requirements which leads to more aggressive behavior of women Police Officers.

In general, different studies shows that women are more aggressive than men and that this sex difference is more pronounced for physical than psychological aggression [16]. It also demonstrates that men and women think differently about aggression and suggests that these differing beliefs are important mediators of sex differences in aggressive behavior. Men reported more guilt and anxiety as a consequence of aggression, more vigilance about the harm that aggression causes its victims, and more concern about the danger that their aggression might bring to themselves. Women's and men's beliefs about the consequences of aggression diverge considerably, when, for example, the situation provides an opportunity to aggress physically rather than psychologically. In such situations, sex differences in aggression are often relatively large [17].

Ang and Yusuf findings also support the results of our study that female are more narcissistic than male. Another research also reveals a substantial degree of variability in the extent to which narcissism differs in both genders. In Pakistani police there is no gender difference it may be due to cultural differences.

The findings of the previous literature also showed that male police officers are more perfectionistic than female police officers. As it is a universal truth that males are more perfectionist than females. It is concluded that perfectionism is more common in males and is a more relevant construct in the study of anxiety than is public self-consciousness. So this research supports our present results findings.

In this present research it is investigated the relationship of Narcissistic personality traits, perfectionism and aggression in police officers which resulted that there is significant relationship between the narcissism and perfectionism. And there is a significant positive relationship between the aggression and perfectionism. It also resulted that there is positive significant relationship between narcissism and perfectionism.

A study examines the relationship between narcissism and aggression. The link between narcissistic personalities and heightened aggressive response to ego threat has been substantiated in the literature, but it is unclear whether this response is driven by a self-repairing mechanism to restore damaged self-esteem or by an ego-promoting mechanism to vent frustration at not being admired [18]. These mechanisms were tested by giving narcissists either mistaken public ego threats or negative feedback. Results replicate the link between narcissism and aggression but do not point to one mechanism

Scales/Subscales	2	3	4	5	6	7	8	9	10	11	12	13
1. Total aggression	-0.16*	-0.48**	0.88**	0.65**	0.77**	0.86**	-0.01	0.38**	0.31**	0.39**	0.47**	0.20*
2. Total narcissism		-0.01	-0.09	-0.26**	-0.14	-0.09	0.68**	0.01	0.08	-0.16	-0.1	0.08
3. Total perfectionism			0.43**	0.37**	0.27**	0.44**	0.13	0.81**	0.75**	0.46**	0.37**	0.75**
4. AF1				0.42**	0.62**	0.66**	0.02	0.31**	0.28**	0.33**	0.31**	0.21*
5. AF2					0.35**	0.46**	-0.11	0.31**	0.21*	0.21*	0.40**	0.16
6. AF3						0.54**	-0.03	0.20*	0.1	0.38**	0.41**	0.07
7. AF4							0.06	0.38**	0.37**	0.32**	0.43**	0.18*
8. PER-CM								0.09	0.22**	-0.02	0.08	0.13
9. PER-PS									0.55**	0.14	0.27**	0.77**
10. PER-PE										0.18*	0.28**	0.64**
11. PER-PC											0.34**	0.02
12. PER-D												0.07
13. PER-O												

Subscales of Aggression scale: AF1: aggression factor 1, AF2: aggression factor 2, AF3: aggression factor 3, AF4: aggression factor 4. Subscales of Multidimensional Perfectionism Scale: PER-CM: perfectionism-concern over mistake, PER-PS: perfectionism-personal standards, PER-PE: perfectionism-parent expectation, PER-PC: perfectionism-parental criticism, PER-D: perfectionism-doubting of actions, PER-O: perfectionism-organization.

Table 2: Correlation Analysis between Narcissism, Perfectionism and Aggression and their Subscales (N=150).

	Male (n=75) M (SD)	Female (n=75) M (SD)	t	P
Narcissism	108.7 (23.2)	115 (21.1)	1.74	0.08
Perfectionism	59.4 (4.8)	58.8 (3.8)	0.74	0.4
Aggression	85.3 (15.6)	87.3 (16.92)	0.75	0.45

Note. P>0.05 n=no. of participants, M=mean, SD=standard deviation, t=t-score, p=significant value.

Table 3: Gender Differences on Narcissism, Perfectionism and Aggression in Police Officers (N=150).

over the other; additional data, however, provide information about other aspects of the aggressive response, suggesting it is more sadistic than simply a reaction to being threatened.

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