

Narcissism and Self-Esteem as a Perspective to Substance Use in Young Adults

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Abstract: In the last few decades, narcissism has drawn more attention as a sub-clinical personality trait with significant everyday effects, such as self-enhancement in views of one's own conduct and characteristics. A solid sense of self-worth is more likely to be narcissistic because they aspire to have strong, meaningful relationships with others and think they are competent and deserving, even though they may not necessarily see themselves as superior to others. On the other hand, narcissists could think they are superior to others but might not necessarily perceive themselves as deserving. Provocative research has been done on the relationship between drug usage and low self-esteem. The negative traits of narcissism that may manifest in youth in conjunction with drug use can support an individual's prolonged drug dependence if narcissism and drug use persist into adulthood. As a result of their narcissistic sense of superiority, they may still be using drugs. In addition, there are a handful to reaffirm the narcissistic pattern, a sense of superiority, in which strong verbal self-esteem hides low implicit self-esteem. **Objective:** This study aims to understand the influence of personality traits like narcissism on self-esteem and the relationship among these factors that leads to the effects of drug use or abuse and the preventive measures to substance use. **Methods:** Different authors have used various methods in conducting the studies. Some of them are Longitudinal study, cross sectional study, qualitative semi-structured interview, case study, psychological questionnaire, psychometry assessments such as screening for self-esteem, Narcissistic personality inventory, Substance Use Risk Profile Scale, correlation methods, t test analysis, Observation method, and other statistical tools etc. **Results:** According to every study considered, there is a direct link between narcissism and drug abuse as well as a number of personality qualities and self-esteem. Evidently, there isn't much study that looks at all three and how drug usage, narcissism, and self-esteem are related. The results of the study suggest that narcissism may cause addictive behaviours in young people. In substance-dependent people and groups with high self-esteem and narcissism scores, substantial narcissistic disturbances are more likely to be brought on by vulnerability than by grandiosity, according to an associative study. A few studies have found a link between reduced self-esteem and a higher propensity for addiction to persist. To regulate self-esteem and stop people from using drugs, early intervention and therapy is required in cases of narcissism.

Keywords: Narcissism, Self-esteem, Drug use, Drug abuse, DAST 10, NPI, Rosenberg self-esteem scale, Personality traits, Young adults, Psychotherapy.

1. Objectives

1. To find the relation between narcissism and drug use in young adults.
2. To explore whether low self-esteem or high self-esteem contributes to drug use.
3. To find if there is any influence of narcissism to self-esteem.
4. To identify the correlation among the narcissism, self-esteem, and drug use.
5. To find the level of narcissism in young adults with drug use.
6. To study the preventive measures in drug users of young adults with high narcissistic traits and self-esteem.

2. Methodology

The systematic review of literature was carried out using the search engines namely, Google Scholar, Academia, Shodh Ganga, PsychInfo, Research gate, ScienceDirect and the electronic data was collected. The search words are narcissism, self-esteem, drug use, substance use, substance abuse, Rosenberg self-esteem scale, CDC drug use scale, DAST 20. Reviewed more than seventy-five related articles and selected only relevant articles with respect to personality traits, narcissism, self-esteem, drug use etc. Research studies conducted both in clinical and non-clinical setups were considered for the review of literature.

3. Introduction

The eminent British author and doctor Havelock Ellis first recognised narcissism, or pathological self-absorption, as a mental illness in 1898. A distorted self-image, a fantasy addiction, an unusual calmness, and serenity that are only affected when the narcissist's confidence is at risk, and a propensity to misjudge or take advantage of people are all characteristics of narcissism (Mandrekar J. & Sarwate R., 2021). According to Sigmund Freud, narcissism is a common stage in child development, but it is believed a disorder when it appears after puberty. (Baranger, W., 2018).

Definition and assessment:

Clinical testing is typically used to determine whether someone has narcissistic personality disorder. The Diagnostic

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and Statistical Manual of Mental Disorders (DSM) fifth edition (2013) defines it in terms of the personality traits of grandiosity and attention-seeking as well as in terms of significant impairments in personality functioning, such as relying excessively on others to control one's self-esteem, believing oneself to be exceptional, having diminished empathy, and having relationships that are primarily superficial. These characteristics are relatively constant throughout time and are not primarily caused by a disease, drug usage, or the developmental stage of the person. (Antonovych, M. O., 2020). The narcissistic personality type is a less severe variation of narcissism that has also been the subject of research. These people exhibit many, if not all, of the symptoms of narcissistic personality disorder but are considered within the normal limit of personality. (Lenzenweger, M. F., et al., 2018). Maintaining excessively positive self-concepts is a concern for those who exhibit either narcissistic personality disorder or the narcissistic personality type. They become obsessively focused on receiving flattering, self-aggrandizing feedback from others, and when they do or do not succeed in doing so, they react with strong good or negative feelings. Narcissists actively manipulate others to compel or elicit praise from them because they crave positive feedback about themselves. Therefore, it is believed that narcissism is a persistent interpersonal self-esteem control. (Brummelman, E., & Sedikides, C., 2020).

Persons who display either narcissistic personality disorder or the narcissistic personality type are preoccupied with maintaining excessively positive self-concepts. They become overly concerned with obtaining positive, aggrandizing feedback from others and react with extreme positive or negative emotions when they succeed or fail to receive confirmation that others hold them in high regard. Narcissists want positive feedback about themselves, and they actively manipulate others to solicit or coerce admiration from them. Accordingly, narcissism is thought to reflect a form of chronic interpersonal self-esteem regulation. (Brummelman, E., & Sedikides, C., 2020). The Narcissistic Personality Inventory (NPI), the most popular self-report questionnaire of this type that can also be used to evaluate narcissistic personality disorder, is used to test the narcissistic personality type. The NPI asks respondents to choose which of two statements best describes them by answering a series of forced-choice questions. Others filling out the NPI might be questioned if "people always appear to appreciate my authority" or "being an authority doesn't mean that much to me" best describes them. Arrogance, pretence of superiority, and aggression are just a few of the narcissistic behaviours that people with high NPI scores have been reported to exhibit. (Pincus & Lukowitsky., 2010). A clinical diagnosis of narcissistic personality disorder is also associated with higher NPI scores than other psychiatric disorders or individuals in control groups. The narcissistic personality type is measured through self-report questionnaires such as the Narcissistic Personality Inventory (NPI), the most widely used such scale, which can also be used to assess narcissistic personality disorder. The NPI presents respondents with a set of forced-choice items in which they must decide which of two statements is most descriptive of them. For

example, persons completing the NPI would be asked whether they are best described by "people always seem to recognize my authority" or by "being an authority doesn't mean that much to me." People who score high on the NPI have been shown to display a wide variety of narcissistic behaviours, such as arrogance, feigned superiority, and aggressiveness. (Pincus & Lukowitsky, 2010). In addition, people with a clinical diagnosis of narcissistic personality disorder score higher on the NPI than do people with other psychiatric diagnoses or those in control groups. In contrast, according to Kernberg's theory, narcissism serves as a form of protection. It develops from the child's response to the parents' lack of warmth and empathy, which may be a result of their own narcissism. Kernberg claims that the youngster experiences emotional hunger and wrath in response to the parents' neglect. According to this theory, the narcissistic defence is the outcome of the child's desire to find solace in a trait about themselves that inspires adoration in others. This defence eventually leads to a grandiose and inflated sense of self. According to Kernberg, narcissists are grandiose on the appearance yet fragile and self-conscious on the inside. (Kubarych, T. S et al, 2004). Both the theories of Kernberg and Kohut define narcissists as people who, as adults, have grandiose conceptions of themselves that promote a conflicted psychological dependence on others and who have a history of unsatisfying social connections from their childhood. (Russell, G. A., 1985).

Narcissistic pathology and behaviour:

According to research using the NPI, narcissists have exaggerated and grandiose views of themselves. Therefore, it is not unexpected that narcissists claim to have a strong sense of self-worth. (Bosson, J. K., et al, 2008). The NPI has been used in research to paint a picture of narcissists as having exaggerated and grandiose self-images. Therefore, it should come as no surprise that narcissists claim having high self-esteem. (Naus, F., et al, 2007). In one study, narcissistic and non-narcissistic men (as determined by their NPI findings) were each given the same social feedback by a woman who conducted an interview. However, narcissistic men placed a higher value on the woman's attractiveness to them than did non-narcissistic men. According to other research, narcissists tend to give themselves more credit for successful outcomes, even when they were the result of luck or chance. (Bleske-Rechek, A., et al, 2008).

Although narcissists have high self-esteem, their fluctuation shows that it is also weak and insecure. It varies more from hour to hour and day to day than it does in less narcissistic persons. According to other studies, narcissists are more likely to have poor implicit (unconscious or automatic) self-esteem than they are to have high explicit (conscious, self-reported) self-esteem. This research implies that although narcissists have positive self-descriptions, their unconsciously held opinions of themselves are not as flattering. (Campbell, W. K., et al, 2007).

Narcissism and self-esteem:

Although narcissists' self-esteem is high, it is also fragile and insecure, as evidenced by its variability. It fluctuates from moment to moment, day to day, more than that of less-narcissistic people. Other research indicates that narcissists are

more likely to have high explicit (conscious, self-reported) self-esteem and low implicit (nonconscious, or automatic) self-esteem. This finding suggests that although narcissists describe themselves in positive terms, their nonconscious feelings about themselves are not so positive. Kernis, M. H. (2003). The relationship between self-esteem and drug misuse has produced conflicting findings; some authors claim that low or high self-esteem can be a risk factor or a protective factor for drug use, while others claim there is no connection (Jessor et al., 1991; McBride et al., 1991; Thompson, 1989; Schroeder et al. 1993). As a result, it has been suggested that self-esteem and teen use of alcohol and illegal drugs are associated (Kavas, 2009). In a sample of adolescents in secondary school, it was discovered by Donnelly et al. (2008) that certain aspects of self-esteem were more significant when compared to overall self-esteem, which had no correlation with drug use. Increased self-esteem that was specifically tied to home or academic achievement had a protective quality, but self-esteem that had an equivocal relationship to peers, depending on the sort of additional delinquent behaviour it was associated with, functioning as either a risk factor or a protective factor. (Salazar, J., et al, 2021).

Narcissists are more aware of and responsive to comments from others because they have positive but insecure perceptions of themselves. Narcissists, on the other hand, value admiration and respect more than any other kind of response or input from others. Being liked and accepted are less important to narcissists than being admired and seen as superior. According to studies, a narcissist's sense of self-worth is influenced by how much they feel admired. (Thomaes, S., et al, 2013). Moreover, narcissists pursue admiration from others by attempting to manipulate the impressions they create in others. They make self-promoting and self-aggrandizing statements and attempt to solicit regard and compliments from those around them. They also respond with anger and resentment when they feel threatened by others. They are more likely to respond aggressively on such occasions and derogate those who threaten them, even when such hostile responding jeopardizes the relationship. (Zeigler-Hill, V., & Vrabel, J. K., 2022). Narcissists are more aware of and responsive to comments from others because they have positive but insecure perceptions of themselves. Narcissists, on the other hand, value admiration and respect more than any other kind of response or input from others. Being liked and accepted are less important to narcissists than being admired and seen as superior. According to studies, a narcissist's sense of self-worth is influenced by how much they feel admired. (Brummelman, E., & Sedikides, C., 2020).

4. Related Work

Narcissism, Self-esteem, Substance use/Substance abuse:

Cramer, P. (2011). [1] Narcissists are characterized as being unduly centred on having their own needs happen – mainly the need for admiration. As part of their egocentric focus, they are often unsuccessful to form caring, lasting relationships with others, and are demonstrated in the research of Campbell and Foster (2002) and in the clinical writings of Kernberg (1998),

even though narcissists have an exciting, long-lasting need for admiration from others. A unique explanation for the source of narcissism assumes that narcissism outcomes not from excessive gratification, but quite from insufficient immediate gratification (Kernberg, 1975; Kohut, 1977; Miller, 1981). The adult who has experienced insufficient gratification as a child will be the one who demands excessive admiration from others, to balance both for the shortage of that psychological support when a child and for being continuing hope that needs will not be attained.

Bilevicius et al, (2019). [2] Problem drinking and gambling are the addictive behaviours that are suffered by young adults and generally occur with narcissism. Research has recognised two distinct forms of narcissism: grandiose and vulnerable. There has been different works that has examined the association between grandiose and vulnerable narcissism and addictive behaviours, but it was limited, mostly with vulnerable narcissism. Testimony recommends vulnerable narcissism, but not grandiose narcissism, is correlated with greater negative affect.

Luhtanen, R. K., & Crocker, J. (2005). [3] The distinctive effects of level of self-esteem, narcissism, and exigencies of self-worth assessed preceding to college on use of alcohol during the first year were examined. Narcissism forecasted alcohol use, but level of self-esteem have not shown any prediction. The research on addiction and pathological narcissism has been always centred on the study of their conjunction by applying Diagnostic and Statistical Manual of Mental Disorders (DSM) definitions for these clinical facts or by assessing trait narcissism among substance-dependent populations. Clinically informed widespread conceptualizations of narcissism in turn focuses on its phenomenological choice from vulnerability to grandiosity which have not been utilized in studying the certain narcissistic disturbances that trigger the relationship between these comorbid circumstances.

Focusing to examine this relationship, this study associated presence of the pathological narcissism, and further specifically narcissistic grandiosity and vulnerability, in case of substance-dependent individuals in treatment with individuals from the young adult's population.

Karakoula, P., & Triliva, S. (2016). [4] Associative study indicates that substance-dependent individuals experience significant narcissistic disruptions more likely related to vulnerability than grandiosity.

Carter, R. R., et al, (2012). [5] A research study conducted and gave the outcomes says high concentrations of narcissism have always been linked to impulsive behaviours.

Barry CT, et al (2009). [6] A study conducted reveals combative and proactive aggression, and severe behavior problems in adolescents and also as good as sensation-seeking, relational aggression, and criminal behaviour.

Barry CT et al., (2007). [7] Remarkably, narcissistic adolescents that exhibit these associated negative behaviors are at heightened risk for emerging substance use disorders or high levels of drug use which remain persistent into adulthood (Research findings reveal that when narcissistic and genuine

self-esteem are analytically distinguished, genuine self-esteem is positively linked to successful social relationships and good mental health, however narcissistic self-aggrandizement is positively linked to aggression and various other antisocial behaviors.

Bosson, J. K., et al (2008). [8] A study done meanwhile suggests that narcissism reveals high explicit self-esteem that have been masking low implicit self-esteem, but other analyses fail to imitate this pattern.

Papps, B. P., & O'Carroll, R. E. (1998). [9] Research conducted, persuaded that individuals with both high-level of self-esteem and narcissism would describe especially high inclinations to experience and convey anger and aggression and those with extreme self-esteem and a low narcissism would account the lowest. These predictions were shaped by theories that accentuate the role of threats to high-level of self-esteem in the construction of aggression and violence. Results reveal that groups defined by their severe scores on the self-esteem and the narcissism scales generated levels of rage expression in the projected direction.

Fuentes, M. C., et al (2020). [10] Substance use had a notable negative relationship with academic, family, and physical self-esteem. Meanwhile there exists a considerable positive relationship between use of drug and social self-esteem. Though Prominent relationship faded after statistically well controlling for age and sex, applying both the partial correlation analyses and covariance analysis have been applied. Intriguingly, beyond the meaning of each influence related to drugs, preventive science firstly to be able to identify whether the primary psychological variables like social or physical self-esteem and are the risk or protective aspects for drug use.

Köse, Ö. B., & Dogan, A. (2019). [11] The relation between self-esteem and addiction is not restricted to the substance addiction, in fact, it has been expanded to the social media addiction (eg. Instagram, Facebook, Twitter etc). Fake account holding owners and stalkers are much more addicted to all kinds of social media than any others. Meanwhile, a moderate, negative correlation still persists between the levels of self-esteem and addiction of social media. The correlation coefficient raises for users who have higher than 500 followers in the types of relapses and conflict.

Pincus, A. L., & Lukowitsky, M. R. (2010). [12] Recognition of both the concepts grandiose and vulnerable themes of narcissistic dysfunction has been increasingly turn out to be the norm. Ronningstam (2005a, b) recognised subtypes of narcissistic personality grounded on similarities and differences in the self-esteem dysregulation, affect dysregulation, and also difficulties in Narcissistic vulnerability: dysfunction categorised by a depleted, weakened self-image; shameful, angry and depressed affects; self-critical and suicidal; interpersonal hypersensitivity and social withdrawal PDM is Psychodynamic Diagnostic Manual interpersonal relationships. Grandiose ideas are emphasized in portrayals of the arrogant narcissist and the psychopathic narcissist. The former handles with self-esteem dysregulation by creating an ultimate exaggerated sense of dominance and uniqueness as well as by absorbing in grandiose fantasies. These individuals with

grandiose exhibit claim, exploitativeness, and a dearth of empathy, and experience deep envy and aggression as an outcome of their affect dysregulation. The psychopathic narcissist manages with self-esteem dysregulation by keeping in antisocial behaviours to defend or enhance their overblown self-image. Such individuals will commit vicious criminal acts to increase admiration from others, exhibit extreme fury reactions to criticism, and are interpersonally brutal without undergoing remorse or empathy. Meanwhile Consistent with Akhtar's (2003) and Dickinson & Pincus's (2003) while describing about narcissistic vulnerability, Ronningstam's shy narcissists split with self-esteem dysregulation by appealing in grandiose desire while also feeling intensified shame with respect to their needs and motivation. The prevailing affect problem for shy narcissists is disgrace rather than greed or aggression, and they get out of interpersonal relationships since of hypersensitivity to refusal and criticism. The Psychodynamic Diagnostic Manual

Pyszczynski, T., et al (2004). [13] A research Empirical evidence related to the theory was reviewed and the result shows that higher levels of self-esteem diminish anxiety and anxiety-related defensive behaviour, prompts of one's mortality increase self-esteem ruthless and defence of self-esteem alongside threats in a diversity of domains.

Cast, A. D., & Burke, P. J. (2002). [14] The self-esteem has been built up by self-verification which cushions the negative emotions that would arise when the self-verification is problematic, hence allowing continued contact and continuity in structural plans during the periods of interference and change. However, at the end, a desire for self-esteem, formed in part through self-verification, soothes the group since it motivates individuals to create and maintain relationships that authentic identities.

Fisher, S., et al (2017). [15] A study conducted on finding the correlation between Self-esteem and substance use had the findings that Fifty percent of adolescents had already tried an unlawful drug and 70% have had tried alcohol before they reach their high school, with much more higher rates among the multiracial youth. This study indented to the purpose to examine the protective effect of ethnic identity of the use of substance and to decide whether this relationship operated subliminally through the self-esteem, a potent predictor of substance use among adolescent population. The results shows that ethnic identity was certainly related to the substance use, somewhat through changes in the self-esteem. However, the gender difference were not considered in this study.

Eileen M. Emery PhD, et al (1993). [16] Through research done expressed the relationship with home self-esteem and school self-esteem with respect to the history of substance use. The findings says that inspite of any drug used the scores of both the self-esteem, home self-esteem and school self-esteem, the scores are very less, hence self-esteem and substance use have a higher corelation, lower the self-esteem higher the substance use.

Riquelme, M., et al (2018).[17] This study based on the adolescents' developing psychosocial maladjustment through self-esteem and use of drug measures and the shield or risk

provided by the parents' socialization style was evaluated. The study analyses corroborated the adolescents' psychosocial instability and the outcome of vulnerability. The notable effects were of the age group which had indicated a constant pattern across all the variables analysed such as self-esteem (physical, family, emotional) and drug usage like Alcohol, cannabis, Tobacco, and Synthetic drugs. The study also arrives at a conclusion that during late adolescence, the age of 16-17 years old, self-esteem (emotional, family, and physical) was measured to be lower, while usage of substances like (alcohol, tobacco, cannabis, and synthetic drugs) was higher.

Hamme Peterson, C., et al (2010). [18] Self-esteem seems to be a factor of mediation or between association of drug and alcohol use, such that individuals with higher levels of participation had higher levels of self-esteem and, accordingly, lower the levels of drug and the alcohol use.

Bartsch, L. A. et al (2017). [19] The study aimed to probe the impact of self-esteem on latest alcohol use considering the alcohol use in the recent past 30 days and recent binge drinking that is five or more alcoholic beverages on same occasion among youths. Longitudinal study was conducted and data analysis of the National Longitudinal Study on Adolescent to Adult Health. Youth participants from grades 7 through 12 were assessed. The study arrived at the findings that, recent alcohol use and recent binge drinking has been increased by grade level and also youths with low self-esteem were at increase in numbers for recent binge drinking among males and female student's. Hence, concluding lower self-esteem has a related association to alcohol use.

Chung Gun Lee et al, (2017). [20] Self-esteem was kept as a significant prognosticator for the use of all 3 substances uses like alcohol, cocaine, binge drinking at 15 years of age. As per this study, at the age of 21, self-esteem has no longer been the prognosticator for binge drinking and marijuana use among the controlled model. It seems that self-esteem loses its shielding role against the substance use except for the use of cocaine as a transition from adolescent to young adulthood.

Alavi, H. R. (2011). [21] A study was conducted to find the correlation between self-esteem, addiction, theft and robbery among the normal and imprisoned with the record holdings of addiction, theft and robbery. The study findings reveal that lower the self-esteem it has the higher tendency and the correlation persists to the addiction.

Khajehdaloue, M., et al (2013). [22] This study showed a considerable association between the Rosenberg self-esteem assessment results and smoking, and illegal drug abuse like heroin, pills, alcohol, and other substances. Hence, it is very essential to increase the self-esteem to prevent the adolescents' emotional and behavioral disorders, and thus, it could guide us to establish the new strategies for smoking and drug-abuse prevention among the adolescents.

Salazar, J., et al (2021). [23] Study conducted with the intention to examine the root reasons of addiction and drug usage or to develop a theory regarding them. A brief overview of the idea of narcissism, its typology, and any potential implications for patterns of drug use, particularly its function as a starter drug and also looked at narcissism as a contributing

factor to continued consuming. They emphasized the significance of considering narcissism as a personality trait, a mental condition, and a societal environment as well narcissistic features would be the outcome of a process where the individual strives to be well, managing his well-being by dosages of self-esteem in his interpersonal connections by gaining adulation or by his method of handling humiliation. These investigations on the connection between narcissism and substance misuse undoubtedly call for more research and development, but they also provide novel treatment options for the condition of drug abuse. The research presented here shows that drug and alcohol abusers utilise intoxication to fulfil their narcissistic desire to feel superior to others, contrary to the fundamental assumption of treatment, which is that people who take drugs have low self-esteem and more focus must be given to this procedure in order to address drug usage issues.

Day, N. J., et al (2020). [24] A study conducted shows the following traits of "grandiosity" that participants described in their relative included: needing adulation, displaying arrogance, entitlement, envy, exploitativeness, grandiose fantasy, lacking empathy, self-importance, and interpersonal appeal. The following terms were used by participants to define the relative's "vulnerability": victimhood, emptiness, wrath, devaluation, hypersensitivity, and insecurity. These lofty and fragile traits were frequently mentioned simultaneously by 69% of the respondents those who were interviewed. Additional characteristics mentioned by participants included being anankastic, vindictive, and distrustful. There were also cases of excessive religion, substance misuse, and childhood trauma in family members. The significance of evaluating the entire narcissistic personality component as well as related personality traits is supported by these findings. According to the data presented here, pathological narcissism's sneaky effect on others is a result of the underlying defects of emptiness and emotional instability. The first range of complaints may be incorrectly identified if the full picture is not comprehended, which has clinical ramifications for diagnosis and therapy. Living with someone who exhibits significant mood swings, vacillating attitudes, and conflicting wants can be a sign of pathological narcissism.

Freestone, M., et al (2020). [25] The study was intended on obsessive identity curation, and it may be the root of some worry, if not outright moral panic, that the growing dedication to the online "screen self" would have detrimental effects on social cohesiveness and wellbeing. Additionally, there is data that suggests that younger people are more likely to have this preoccupation. When narcissism is described as a straightforward insult it was no longer understood the meaning of the clinical term, which was value-neutral and described the result of a developmental process that indicated suffering and a glaringly inadequate emotional experience of the world. This has serious ramifications for the person's physical and psychological health, including the risk of suicide due to narcissistic destabilization. The study also says about the clinical speaking, excessive self-promotion could be a symptom of a variety of disorders, narcissism being merely one of them and an improbable one at that. Despite having much greater

prevalence rates than narcissism and being associated to self-esteem, bipolar illness, obsessive-compulsive disorder, and other types of personality disorders, no attempt has been made to determine whether these constructs are a better "match" for a surge in selfie posting. Second, clinical professionals, such as psychologists or psychiatrists, must reconsider the functional significance of the idea of narcissism, including working with patients who have received this label.

Jauk, E., & Dieterich, R. (2019). [26] This study was conducted in non-clinical and clinical population and concludes that narcissism and psychopathy, but not Machiavellianism, are linked to substance-related and non-substance-related addictive behaviour. This is in line with the Hierarchical Taxonomy of Psychopathology (HiTOPassertion)'s that narcissism and psychopathy belong on the externalising spectrum of mental disorders with substance use disorders. Additionally, the HiTOP distinguishes between disinhibited-externalizing conduct, which is characterised by drug use disorders and antisocial features, and antagonistic-externalizing behaviour, which is characterised by narcissistic as well as antisocial qualities. Because they are connected by disinhibited conduct, this model places antisocial traits closer to substance use than narcissistic traits (94). While research on psychopathic qualities and addictive behaviour supports this viewpoint, research on narcissism also points to connections with substance use. This is consistent with meta-analytic data showing a connection between substance use disorders and both disinhibition (connected to psychopathy) and hostility (associated to narcissism and psychopathy). The mechanisms promoting addictive behaviour in relation to narcissism and psychopathy may be different: those who exhibit narcissistic traits may be preoccupied with self-regulatory objectives (e.g., affect regulation, stabilisation of self-esteem), whereas disinhibition may promote substance use in relation to psychopathy. These processes probably aim at various stages of the addiction cycle. In the beginning, self-regulatory objectives might be more important; impulsivity might be essential to the emergence of fully formed substance use disorders.

Mowlaie, M., et al (2016). [27] The study looked at how pathological narcissism and substance misuse are related to one another as well as the mediating effect of self-control and found that there is a positive correlation between pathological narcissism and substance misuse. High levels of pathological narcissism cause people to take drugs, alcohol, have sex, gamble, and have competitive impulses. Because narcissists have an exaggerated feeling of their own importance, Mathieu and St-Jean (2013) hypothesised that there is a positive correlation between narcissism and a propensity for risk. This conclusion may also be explained by the fact that high pathological narcissists don't care about being kind or moral, which leads them to utilise drugs (Campbell et al., 2002). Substance abuse is intimately linked to narcissistic defects, according to ego psychologists (Acker, 2002). Alcohol may be a fundamental strategy used by narcissists to maintain their omnipotence and feed their pathological grandiosity. Additionally, it has recently been proposed that the connection between narcissism and addiction is the outcome of a pattern of

giving in to innate tendencies in a way that confirms expensive and damaging behaviours (Baumeister, Vohs, & Tice, 2007). According to the general theory of crime, those who lack self-control are more likely to act impulsively, be insensitive, take risks, and commit crimes. The fact that substance addiction offers instant gratification is the cause of this inclination. Additionally, they also discovered a bad correlation between pathological narcissism and restraint. There are striking parallels between pathological narcissism and those who lack self-control. High levels of pathological narcissism are characterised by exaggerated self-image, lack of concern for others, and a self-importance that is over the top. Thus, it is not surprising to learn that narcissists have poorer self-control scores. Social acceptability is not typically a driving force for pathological narcissists (Raskin, Novacek, & Hogan, 1991). Finally, the study concluded that narcissistic individuals who lack self-control and exhibit traits of self-enhancement and self-disclosure may experience short-term pleasures, but in the long run, these individuals may engage in risky behaviours like substance misuse.

Mitterauer, B. J. (2021). [28] A study performed on the model of narcissistic interactions with environmental items can be used to infer addictive behaviour. In the event when narcissistic desire cannot be narcissistic person tries to deal with the absence of expected items in their surroundings by abusing addictive substances and narcissism, concentrating on personality neuroscience to create a more comprehensive understanding of narcissism. Experimental studies show that opioid receptors are upregulated in response to frequent exposure to cocaine and ethanol, as well as the ensuing activation of opioid receptors, may be significant contributors to desire. Similar to acute nicotine misuse, chronic nicotine abuse increases the number of nicotinic acetylcholine receptors in the brain, which promotes the desire for nicotine. Together, the rise in brain receptors that can underlie yearning on a behavioural level can be seen as a narcissistic desire's "pseudo-satisfaction," leading to addiction, it should be noted that the suggested biosystematics model highlights fundamental mechanisms of narcissism susceptible to addictive behaviour, including both drug abuse and compulsive use of social media. Like a physical addiction, narcissists yearn for validation from others.

Vaknin, S. (2018). [29] The narcissist's preferred drug, narcissistic supply, is the source of pathological narcissism. Therefore, it should come as no surprise that other compulsive and risky behaviours like workaholism, alcoholism, drug addiction, pathological gambling, compulsive shopping, or reckless driving feed off this core reliance. The narcissist enjoys these antics, just like other addicts of this kind do. However, they also support and reinforce their inflated illusions of being "special," "better," "entitled," and "selected." They elevate them beyond the norms and constraints of everyday life and remove them from the discouraging and sombre demands of reality. They make them the centre of attention while also isolating them from the demeaning crowd in "splendid isolation." Such mandated and irrational activities give people a psychological exoskeleton. They provide as an alternative to daily life. They

provide the narcissist with a schedule, deadlines, and fake accomplishments. The narcissist, also known as an addict to adrenaline, believes that he is in charge, awake, enthusiastic, and alive. narcissists do not see his circumstance as dependent. The narcissist erroneously thinks that he can control his addiction and stop it whenever he wants. For fear of "losing face" and defying the lawless, flawless, pristine, and almighty image he creates, the narcissist suppresses his cravings. When confronted with their irresponsible and addictive behaviour, narcissists undervalue, rationalise, or intellectualise it, making it a crucial component of their grandiose and wonderful False Self.

Buelow, M.T., Brunell, A.B. (2018). [30] This study was conducted to understand several studies which used self-report and behavioural measurements to examine how narcissism affected risk-taking behaviours. Most of the research was on inflated narcissism. Recent studies have evaluated risk-taking behaviour and the connections between homogeneous narcissistic features and vulnerable narcissism. Grandiose narcissism has been associated with an increase in risky sexual behaviour, sexual aggressiveness, aggressive driving, compulsive exercise, alcohol and drug misuse, compulsive shopping, gambling, and obsessive exercise. Aggressive driving and obsessive shopping are traits of vulnerable narcissism. Grandiosity, exploitativeness, and entitlement are some of the typical narcissistic features that have been linked to sexual aggressiveness, participation in high-risk sports, gambling, and unethical behaviour. The association between narcissism and risk-taking is particularly significant when it comes to performance on behavioural tests meant to gauge risk-taking behaviours.

Kastner-Bosek, A., et al (2021). [31] This study was aimed at finding the parallels between narcissism and cocaine usage in behaviour and neuroimaging show that both short- and long-term effects of cocaine may be sufficient to cause a behavioural phenotype reflecting crucial aspects of narcissistic behaviour, particularly when it comes to grandiosity on the part of the narcissist. However, phenotypic similarities are not always manifested on the same molecular backdrops, even though they are quick to suggest the idea of shared causes and conditions. Prospective studies clarifying the connection between cocaine addiction and narcissism are still missing. However, results on a temporal correlation in the expression of personality traits related to narcissism, social cognitive skills, and increases or decreases in cocaine consumption, as well as comparable changes in brain structure and function We have also discussed data linking the direct effects of cocaine on certain neurotransmitter systems to the excessive behaviours associated with narcissism, with serotonin in particular modulating the emotional aspects. The connection between sensations of majesty and vulnerability may be directly regulated by serotonin, which is implicated in empathy. It is impossible to know for sure whether this is true without investigating the neurotransmitters involved in narcissism. We believe an imbalance in the dopamine (DA), serotonin (SS), and norepinephrine (NE) systems, as well as their interactions, is a viable candidate explanation that can guide further

investigation. The insular cortex, which appears to be a crucial brain region when it comes to controlling the intensity of drug seeking in general, is particularly concerned by this. Although the findings from functional and structural imaging investigations in cocaine abuse and narcissism are strikingly similar, changes in the insular cortex are not unique to cocaine abuse nor to narcissism but have been noted in a number of mental illnesses.

Ersöğütçü, F., & Karakaş, S. A. (2016). [32] This descriptive study was carried out to evaluate the levels of self-esteem and social functioning in people with substance abuse diagnoses. Their social functioning and the length of their substance usage were found to be significantly correlated ($p = 0.005$). In this study, a strong positive association between social functioning and self-esteem was discovered ($p = 0.001$). According to this study, patients who abuse drugs or alcohol have a moderate level of social functioning and self-esteem. It was shown that there is a strong positive association between self-esteem and social functioning. Additionally, it was shown that there is a connection between self-esteem and the age of first substance use. It is advised that patients seek counselling to boost their sense of self-worth and enhance their social skills.

Xia, M., & Yang, C. (2019). [33] With results that demonstrated a significant direct correlation between social support and loneliness, this study sought to examine the links among self-esteem, affect balance, social support, and loneliness among Chinese people with drug use disorders. The findings also indicated that since self-esteem and affect balance served as mediators in the relationship between social support and loneliness, we could affirm that these two factors were significant predictors of loneliness. This suggests that we may be able to take related, practical steps to assist people with substance use disorders in raising their self-esteem and balancing their emotions, which will reduce their loneliness.

5. Discussion

From the reviewed papers it is clearly understood that factors like narcissism, self-esteem and provokes the use of substance use and substance abuse. Authors have studied the various factors responsible for the use of drug use in adolescents, young adults, and students. Authors have studied to identify behavioural similarities between narcissism and cocaine use. Results from neuroimaging suggest that both short- and long-term effects of cocaine may be sufficient to produce a behavioural phenotype that closely resembles narcissistic behaviour, particularly when it comes to the narcissist's grandiosity. Meanwhile the authors have understood that there is a specificity in self-esteem to the age of first drug use. The authors in the most literatures have also suggested that assistance can be provided to people who are addicted by improving their self-esteem to regulate their emotions, to reduce the feeling of loneliness, which is also a characteristic exhibited by the narcissistic people. Few authors have conducted studies to learn more about narcissism and concluded that, one such character of narcissistic nature is a risk-taking behaviour. Furthermore, the connection between homogenous, vulnerable grandiose narcissism to risk taking

behaviours like compulsive behaviours, sexual drives and aggressiveness, gambling, and unethical behaviours. Inflated illusions like being special, entitled, which also means seeking an addict to adrenaline by being awake, enthusiastic and in charge to make the narcissistic self-realise about the false self in believing themselves that they control their own addiction at point of time, early identification of such personality traits is essential. Authors have suggested early interventions would help control such behaviours in case of narcissistic nature. Narcissistic individuals lack in self-control and exhibit certain self-importance behaviours to gain short term pleasure where in long term they indulge in risk taking behaviours such as drug misuse. Early intervention and preventive measures like psychotherapy can help them to retain from drug misuse.

The research will be carried out using valid psychometric assessments like Rosenberg Self-esteem Scale, DAST 20, Narcissistic Personality Inventory, Case Study Schedule, Personal Interview. The results would be shared to the centres wherever the study will be conducted, and necessary suggestions would be given to the centres. High preference would be considered in keeping the well-being of young adults who makes the better society.

6. Research Gap

Most of the studies conducted have concentrated on the narcissism and drug use, self-esteem and drug use. The intervention methods were not given much of importance. Various studies were done on different aspects of personality traits as contributing factors for drug use. As a whole, a comparative or correlative of two factors such as narcissism and self-esteem as a combined contributing factor for drug use or substance abuse is less or even not present in the past studies in my knowledge. Past studies in the review of literature have found the reasons for substance use and more preventive measure is not highlighted or given attention too. The future study would concentrate to fill these gaps to benefit the young adults who are on the verge, instigated or an already a substance user to enlighten them keeping their future in my and also the wellbeing if the individuals who makes and part of the society. The future study also believes in creating each citizen a responsible and a better citizen.

7. Research Agenda

- In this review of literature young adult and adolescent population was studied for their mental health and promotion of wellbeing.
- The early identification of psychological issues reduces the risks of substance use.
- Early intervention and identification of certain traits can help the people in indulging in substance use.
- Proper guidance to parents, partners as well as the young adults to prevent and create awareness about the substances.
- To help the young adults in the treatment process by suggesting appropriate therapies.
- Invention to study and know more about the causes of certain traits in the young adults to suggest appropriate

solution.

- Addressing the emotions of the young adults to make them self-realize in leading a better-quality life.
- Educating them regarding the consequences of drug use and providing awareness will be helpful in coping with the situation.

8. Conclusion

The reviewed research papers give an idea of how important the mental health of young adults. The main issues they start using drugs are influence personality traits, low and high self-esteem, narcissistic nature, and in these studies all the authors suggested to diagnose the mental issues early by screening. Most of the studies suggested assessing for narcissistic traits using valid scales such as NPI and Rosenberg Self-esteem scale, and DAST 20 which gives more accurate levels of self-esteem. Working on all possible methods to create awareness, prevent drug use and mould the characteristic features with help of parental support, conducive environment, and suitable therapies along with medications in case an existing substance abuse young adults. Early screening of the substance use young adults and proper intervention will be helpful in alleviating the suffering. The future research will be conducted to improve the quality of life with the holistic treatment in my upcoming project.

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