

The Effect of Narcissistic Admiration and Rivalry on Mental Toughness

Harry Manley*, Somboon Jarukasemthawee, Kullaya Pisitsungkagarn
Faculty of Psychology, Chulalongkorn University, Bangkok, Thailand

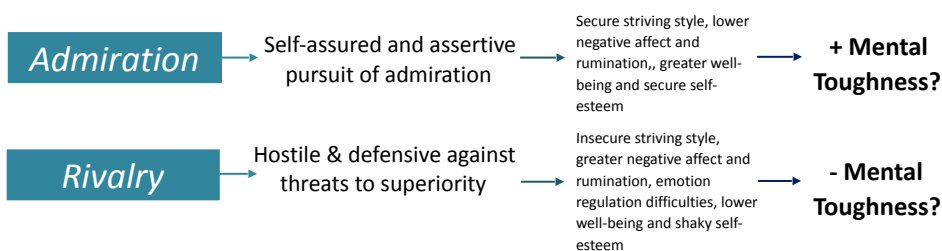
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INTRODUCTION

Multiple studies find that narcissism is positively associated with mental toughness (MT). But are narcissistic individuals *really* mentally tough? Previous research has treated narcissism as a unitary construct, examining how the agentic side of narcissism relates to mental toughness, and largely ignoring the effect of the darker and more toxic components of narcissism.

Current Study. We examined the effect of narcissistic admiration (i.e., agentic narcissism) and narcissistic rivalry (i.e., antagonistic narcissism) on mental toughness in a sample of elite Thai athletes. We control for self-esteem and assess mental toughness using a combination of self-report measures and coach ratings of observed, behavioural mental toughness.

Hypothesis. Based on the contrasting motivational dynamics and behavioural correlates of each dimension of narcissism, we predicted that admiration would be positively associated with mental toughness, whereas rivalry would be negatively related to mental toughness.



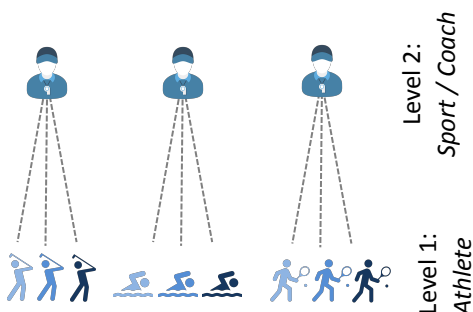
METHODS

Coaches ($n = 24$)

- Coach-Rated Mental Toughness (provided for a subset of athletes)

Athletes ($N = 297$)

- Narcissistic Admiration and Rivalry (NARQ; Thai translation)
- Mental Toughness Inventory
- Self-Esteem



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RESULTS

Analysis. Linear mixed effect models examined the effect of admiration and rivalry on mental toughness, accounting for the hierarchical organization of athletes within sport or coach.

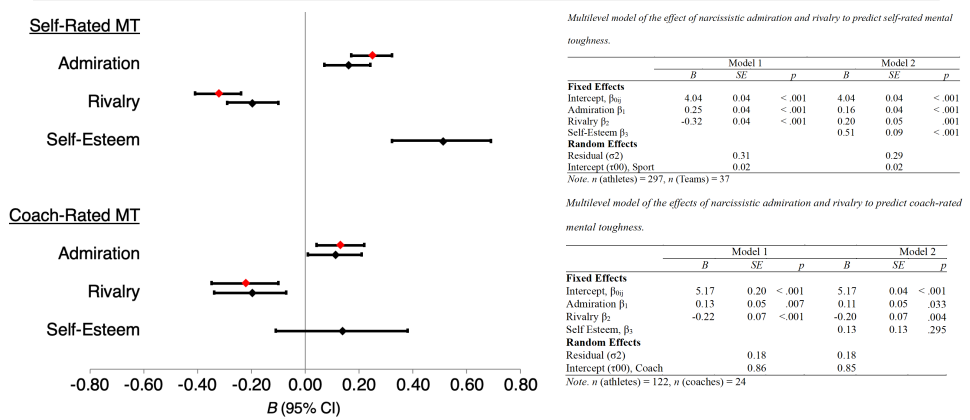


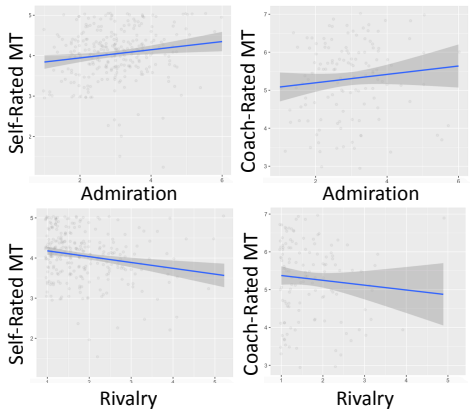
Figure 1. Estimates of fixed effects with 95% CI to predict self-rated (top) and coach rated (bottom) mental toughness. Estimates of the effect of admiration and rivalry from the model with self-esteem are presented in black and with self-esteem are in red.

Zero-order correlations, means and SD.

	1	2	3	4	5
1. Narcissistic Admiration	-				
2. Narcissistic Rivalry	.48	-			
3. Self-Esteem	.16	-.34	-		
4. Coach-Rated Mental Toughness	.09	-.08	.21	-	
5. Self-Rated Mental Toughness	.15	-.26	.45	.32	-
M	3.00	1.90	3.29	5.31	4.04
SD	0.94	0.87	0.39	1.00	0.63
α	.84	.88	.71	.93	.90
Scale Bounds	1-6	1-6	1-4	1-7	1-5

Note. Statistically significant correlations ($p < .05$) are indicated in boldface. α = Cronbach's alpha for scale reliability.

Figures 2-5. → Scatter plots of self and coach-rated mental toughness and admiration (top) and rivalry (bottom)



CONCLUSION

Narcissistic admiration positively predicted both self and coach-ratings of mental toughness. In contrast, narcissistic rivalry was negatively related to both self and coach-rated mental toughness