Mental Health Issues in Young Adults of Pakistan: The Relationship of Narcissism and Self-Esteem With Aggression

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The current research was aimed to investigate the relationship between narcissism, self-esteem and aggression. Sample was comprised of 155 university students (84 men and 71 women). Narcissism Personality Inventory (NPI) (Raskin & Terry, 1988), Direct and Indirect Aggression Scale (DIAS: Bjorkqvist, Lagerspetz, & Osterman, 1992) and Rosenberg Self-Esteem Scale (RSES: Rosenberg, 1965) were used to measure the constructs of the study. Reliability analysis depicted that all the scales and their sub constructs have satisfactory alpha reliability coefficient. Pearson correlation shows that narcissism is positively associated with aggression, whereas self-esteem is negatively correlated with aggression. Significant gender differences are found in narcissism, as men scored significantly high than females. The research problems specify interventional strategies to limit the severity of narcissism and anger explosion in young adults.

*Keywords:* Narcissism, self-esteem, aggression