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RELATIONSHIP BETWEEN NARCISSISTIC PERSONALITY, SLEEP DISORDER AND SUICIDE IDEATION AMONG UNDERGRADUATE STUDENTS

Ike Precious

Department of Psychology, Faculty of Social Sciences,
Nnamdi Azikiwe University, Awka

Nnaji M.Chinecherem

Department of Psychology, Faculty of Social Sciences,
Nnamdi Azikiwe University, Awka

Obiajulu A. Ugochukwu Nnedum

Department of Psychology, Faculty of Social Sciences,
Nnamdi Azikiwe University, Awka

Email: ou.nnedum@unizik.edu.ng

Ekwunife Gabriel Okafor

Department of Marketing, Nnamdi Azikiwe University, Awka
Email: ge.okafor@unizik.edu.ng

Patrick Chinenye Okafor PhD

Department of Educational Foundations, Faculty of Education,
Chukwu Emeka Odimegwu Ojukwu University, Igboariam Anambra State, Nigeria
Email: pc.okafor@coou.edu.ng

Abstract

In contemporary period, suicide, as well as sleep disorder has been on the increase among students. Cases of sleep deprivation leading to suicide has also been reported in Nnamdi Azikiwe University, Awka in recent times. This is why the researcher has become interested in the concept of sleep disorder, narcissism and suicide. In the present study a total number of 62 final year students of the faculty of law and the department of psychology were selected using the simple sampling technique to participate in this study. Their ages ranged between 20 and 31, with the mean age of 23.04 and standard deviation of 3.02. The Dark Triad of Personality (D3-Short) by Paulhus; (2013), Suicide ideation scale (SIS) by David Rudd (1989) and Sleep Disorder Questionnaire (SDQ) by Helen Driver (1994) were used for data collection. A correlational design was used for this study and person moment coefficient statistics was used to test the role of Narcissism (Dark Triad of personality) trait and suicide on sleep disorder. Two hypotheses were stated, namely; a) There will be a significant relationship between Narcissism trait and sleep disorder among undergraduate students. b) There will be a significant relationship between suicide ideation and sleep disorder among undergraduate students. The result revealed that Narcissism shows a significant relationship with sleep disorder among undergraduate students and Suicide ideation showed a significant relationship with sleep difficulty among undergraduate students thereby confirming the two hypotheses. It was therefore recommended that mental health experts and psychologist should gain a better understanding of the barriers to treatment of persons with sleep disorder so that a more comprehensive service can be rendered to individuals in need of mental health service. The Energy conservative Theory of sleep seems to capture the most significant sectors of sleep disorder, their characteristics and outcomes. Also, the researcher recommend that psychologist become aware of other causes of sleep disorder and also gain insight in perspectives relating to mental health treatment.

Keywords: Narcissistic personality, sleep disorder, suicide ideation, students' mental health.



Introduction

Sleep is a very important physiological process that is crucial in maintaining a state of wellbeing. It has been recorded as the greatest biological mystery of all times. Accordingly, Pilcher (1998) has it that quality of sleep correlates strongly with the psychological, physical health and other measures of well-being. Sleep pattern varies with the age, occupational demands, psychological and psychosocial characteristics; it is also affected by psychiatry and physical illness (Tsui & Wing, 2009). Mellinger et al. (2009) found that one-third of adults is known to have one form of sleep disorder. Generally, it has also been observed that a sizable proportion of students experience poor quality sleep. According to the national Sleep Foundation (2014), most adults need about seven to nine hours of restful sleep each night. Many individuals do

not get enough sleep. Nearly 30% of adults get less than six hours of sleep each night and only about 30% of high school students get at least eight hours of sleep on an average school night (Centers for Disease control and Prevention, 2017).

Sleep problems is presently causing considerable burden across the globe (Leger et al., 2008). Studies has it that sleep deprivation can increase mortality rate, errors and absenteeism in work place, decrease in production and deterioration of personal and professional relationship. It can also lead to sleepiness, impairment of vigilance, attention, concentration and memory. Gais et al., (2006) found that lack of sleep affects an individual's ability to focus and learn effectively.

According to Hooven et al., (2012), earlier vulnerabilities and poor developmental transitions from adolescence characterized by reduced social supports and pervasive

changes in social connections and contexts make emerging adults susceptible to suicide risks.

Evans (2005) has it that the prevalence of suicide attempts is estimated to be around 10% while the prevalence of suicide ideation can reach up to 50%. Most studies about suicidal behaviour in adolescents have been conducted in high income countries, this is why Rukundo et al. (2018) reported in a recent publication the toll of data in suicidal behaviours in children and adolescents in low and middle-income countries within the African continent. A protocol was proposed for a systematic review to determine the prevalence and risk factors of suicidal behaviour in sub Saharan African's children and adolescents (Rukundo et al., 2018) One of the studies was conducted among Malawi adolescents and 12.9% prevalence of suicide was found during a recall period of 12 months (Shaikh et al., 2016). The study also carried out in Uganda for suicidal ideation showed a

rate of 23.5% in the past year (Culbreth et al., 2018).

In Nnamdi Azikiwe University, Awka Nigeria suicidal death among undergraduate students is on the increase (Nnedum, 2022). Lately, there has been a greater focus on the increasing suicide cases among emerging adults in Nigeria. Very recent statistics show that the suicide rate in Nigeria is 9.5 per 100,000 people with an annual figure of 18,608 deaths (World Population Review, 2019).

There are many contributing and protective factors for suicide and personality traits are some of the critical variables included. A lot of studies have investigated personality traits and has associated them with suicide. One of the growing aspect of research includes the study of sleep and suicidality. Many evidences suggest that disturbance in sleep are associated with a heightened risk for suicidal behaviours. Sleep disorders and general sleep complaints appear to be linked

to greater levels of suicidal ideation, as well as attempted and completed suicide. (Krakow et al 2000; Agargun et al 1997; Fawcett et al 1990). The Substance Abuse and Mental Health Services Administration (SAMSHA) in consideration to these findings have listed sleep problems among the top 10 warning signs of suicide (National Mental Health Information Center 2005). Sleep problems coexist with the symptoms of depression or anxiety. Sleep problems can increase depression or anxiety also depression or anxiety can lead to sleep problems. However, robust studies have been done on suicide ideation as noted above but little or none of this study has been done in relationship with dark triad personality especially in Nigeria. This is why this research is interested in delving deep into the study of the dark triad personality specifically and its relationship with suicide ideation.

Statement of problem.

As sleep disorder is on the increasing side daily in various sides of the world and also finding its base in Nigeria, it becomes a phenomenon of concern by scholars and psychologists. Many concepts have been researched on and proposed to be the cause of sleep disorder and they include mental disorders, depression and a host of others. Ogbolu et al., (2019) conducted a study of sleep problems among out patients in Lagos. Adewole (2013) in a study with colleagues examined sleep disorder and quality among general adult out patients.

Orji et al (2020). conducted a study that associated sleep quality with suicidality in Nigeria among out-patients with schizophrenia. The researcher found that the prevalence of suicidality was 65 (42.5%) while the current prevalence of suicidal ideation and attempts were 54 (34.3%) and n=2 (1.3). Suicidality was found to be

significantly associated with poor subjective sleep quality. Studies in Nigeria has associated suicide ideation and sleep disorder among students (Adewole et al , 2008;Orji et al 2020; Osaigbovo et al , 2020). Most studies in Nigeria was carried out on clinical population but not normal population; none of the known studies has examined the association of suicidal ideation with sleep disorder and the dark triad personality in south eastern Nigeria.

Specifically, the main aims of this study is to find out:

- Whether there will be a significant relationship between narcissism trait and sleep disorder.
- Whether there will be a significant relationship between suicide ideation and sleep disorder.

Research questions

This study then aims to explore the influence of narcissism trait on suicide ideation and

wishes to find answers to the following questions:

- Would there be a significant relationship between narcissism trait and sleep disorder?
- Would there be a significant relationship between and suicide ideation and sleep disorder?

Review of related Literature

Concept of Dark traid Personality

The concept of personality has been viewed by many scholars in many ways. It is a concept of human endeavor that is defined as a dynamic and organized set of characteristics possessed by a person uniquely and in various situations. According to Contello (1997), personality is also seen as a pattern of collective behavioural, emotional, mental, and personal characteristics or traits.

Bernstein and Nash (1999) refers to personality as a unique pattern of enduring psychological and behavioural characteristics by which a person can be compared and contrasted with other people.

The Dark triad personality has become an interesting aspect of research since it was introduced by Paulhus and Williams (2002)

According to Kowalski Robin (2002), Dark triad is a set of adverse personality triad described as being an abnormal behaviour, pathological and immoral values. The term 'Dark' in this concept means that it is an undesirable personality trait that has maladaptive tendencies. Jones and Figueredo discovered that the dark triad personality consists of three overlapping but distinct personality traits: Narcissism, Machiavellianism and Psychopathy. These three dimensions of dark triad are inter-correlated but each of them holds their respective distinct behavioural, cognitive and

personality qualities. The dimensions of the dark triad will be discussed below:

Narcissism: This dimension of the dark triad is usually traced to a legend in Greek mythology. Havelock Ellis (1898 is) one of the first scholars that used the concept of narcissism. This concept is difficult to define because it is studied in various disciplines such as social-personality, clinical psychology and psychiatry. Keith Campbell, et al. (2010)

The clinical psychologists and the psychiatrists see narcissism as a personality disorder but in social psychology, narcissism is mainly considered at sub-clinical level. Narcissism is characterized by excessive self-admiration, and the need for authority and superiority over others. Narcissists show an excessive ego and selfish behavior. The main domains of narcissistic personality inventory on a conceptual level include grandiosity, entitlement, dominance and superiority (Paulhus & Williams, 2002).

According to Campbell and Campbell, although narcissists lack empathy and have very few close relationships, they will seek social contact with other people as a means of gaining admiration and attention. In essence, they promote themselves so much and strive for admiration.

Machiavellianism: This term originally came from Niccolo Machiavelli, the infamous political philosopher of the renaissance (Festinger & Schacher, 2013). Paulhus defines Machiavellians as master manipulators that pursue a long term oriented and calculated manipulation. Machiavellianism is characterized by manipulation, deceitful behaviours, distrustfulness and they are motivated by self-interest. Persons that are high in Machiavellianism are malevolent, vindictive and pragmatic. They seek only to win but disregard whatever will cause it (Danilo Garcia et al., 2015). Hawley notes that Machiavellians are "coercive controllers".

They are cold hearted and callous and their primary motivation lies in obtaining money, status and power.

Psychopathy: This term is derived from 'psych' which means the soul and then 'pathy' which means suffering or disease. It was introduced by the German psychiatrist J.L.A Koch. Psychopathy is characterized by impulsiveness, a disregard towards others with an absence of remorse and empathy. Reports from a previous study has it that psychopathic individuals were found to be pragmatic in making decisions and thereby present no emotional and meaningful factor. They focus on things that only benefit them. They can make use of a previous discussion and information with the intent to exploit others and have personal gain. According to Paulhus and Williams (2002), psychopathy is regarded as the darkest among the dark triad personality. Research points out two key factors of psychopathy which are deficit in affect (i.e. callousness) and self-control (i.e.

impulsivity) (Cleckley, 1941/1976; Hare, 1970; Lykken, 1995). According to Hare and Neumann (2008), the self-control deficit is central and has remained so to criminal and non-criminal conceptions of psychopathy.

Concept of Suicide.

The intentional act of taking one's life is what suicide is all about. Suicidal ideation involves having the thoughts of killing oneself or the thoughts of being dead without taking any active efforts to do so. A suicidal intent is characterized by having plans on how to kill oneself and intentions of carrying out the plan. Suicidal behaviour is a broad term that involves all actions that is related to suicide. CDC defined suicide as a "death caused by self-directed injurious behaviour with any intent to die as the result of the behaviour" (CDC, 2013).

THE CONCEPT OF SLEEP DISORDER.

Many persons do not get enough sleep. Studies has it that nearly 30 percent of adults get less than six hours of sleep each night and only about 30% of high school students get at least eight hours of sleep on an average school night. How much sleep needed varies in age and from person to person. According to the National Sleep Foundation, most adults need about 7-9 hours of sleep each night. Sleep is a very important need of humans and it is critical to both mental and physical health. There are two types of sleep that generally occur in a pattern of three to five cycles per night:

1. Rapid Eye Movement (REM) - This is when most dreams occurs.
2. Non-REM – this phase is into three phases including the deepest sleep.

Sleep helps our brain function properly while insufficient sleep has potential consequences. Such consequences include fatigue, decreased energy, irritability and problems of focusing. The ability to take decisions and

mood can also be affected by insufficient sleep.

Dark Triad Theory (MacArthur & Wilson, 1967)

This theory is derived from the general evolutionary theory. It explains the differences in the amount of bioenergetics and material resources allocated for somatic effort (i.e., resources devoted to continued survival) and reproductive efforts (i.e. devoted to mating or parenting). Originally, researchers use life history theory to account for specific-level differences, however, this theory has proved useful in understanding differences in within-species, including humans (Rushton, 2004). In humans, systematic within species differences are referred to as personality traits or individual differences. In essence, life history theory

predicts the clustering of personality traits in a non-random fashion as adaptations to solve adaptive tasks (Thornhill & Palmer 2004) in response to the stability or harshness of socio-ecological conditions encountered as a child (Brumbach et al. 2009). Consistent with this contention, family structure, intelligence, sexual behavior, and personality correlate with one another (Rushton 1995). Over the past 10 years, life history theory has proven to be a robust albeit “underappreciated individual difference” (Figueredo et al., 2005). For instance, a slow life strategy is associated with a secure attachment pattern, supportive communication patterns (Brumbach et al., 2009), a general psychological disposition for long-term strategizing (Brumbach et al., 2009), and long-term mating effort (Figueredo et al., 2005). In general, an individual’s life history strategy manifests through a large arrangement of psychosocial indicators (Figueredo et al., 2006). Research on both

life history strategy in general (Gladden et al. 2009) and the Dark Triad suggests this may be so (Jonason & Kavanagh, 2010). From recent studies, psychopathy, in particular, and Machiavellianism, to a lesser degree, are personality that indicates a faster life strategy as evidenced through diminished self-control, a short-term mating disposition, selfishness, and other manifestations of a generally antisocial aspects.

Psychoanalytical theory of Narcissism (Freud, 1910)

In the first explicit formulation of narcissism, Freud (1910) conceived it as a normal phase of development standing midway between autoeroticism and object love. During this transitory period, initially diverse and unconnected autoerotic sensations were fused into what was experienced as one's body, which then become a single, unified love-object. In 1914, Freud aligned narcissism with libido theory and proposed

that it ultimately matured and diffused into object relationships. Shortly after that, he reformulated his thinking on the developmental sequence and spoke of the autoerotic phase as the “primary narcissistic condition”. This first phase became the initial repository of libido from which emerged not only the love of self but love in general (Freud, 1910). In time narcissism was conceived by Freud as a universal developmental process that continued through life but unfolded through sequential stages. He recognized that difficulties may arise in this normal, sequential progression. First, there may be failures to advance from libidinal self-love to object-love, and, second, “peculiarities” may occur in the way the person expresses narcissistic love. Freud (1914) suggested that in certain cases— notably among “perverts and homosexuals” — libidinal self-centeredness stems from the child's feeling that they cannot be shown love by their guardian. Since they are rebuffed by

their parents or subjected to fickle and erratic attention (seductive one moment and deprecating the next) these children “give up” as far as trusting and investing in others as love-objects. Rather than rely on the capriciousness of others or risk their rejection, these youngsters avoid the lasting attachment they achingly desire and decide to trust and love only themselves.

Current debates within psychoanalytic circles has it that it is important to note that the developmental origin of the term narcissism described here was only one of several concepts that Freud posited as the source of libidinal self-cathexis (Forman, 1975). Moreover, the paper was not written for the purpose of formulating either a narcissistic personality type or a narcissistic character structure. Rather, Freud’s interest was in exploring and elaborating variations in both the development and the nature of libidinal cathexis. Freud’s characterization of the narcissist’s strength and confidence is very

striking, especially since it contrasts with the low self-esteem, feelings of emptiness, pain, and depression that certain of his recent disciples (Forman, 1975) attribute to this personality. Disparities in characterizations such as these often arise as a consequence of shifts in Freud’s formulations from one period to another: over his productive and long career. In this case, it can be traced to the fact that Freud identified several origins of narcissistic self-cathexis, only one of which is the type of parental caprice and rejection may lead to feelings of emptiness and low self-esteem. As evident from earlier works, and as later elaborated further, Freud’s description of the narcissistic libidinal type, brief though it is, corresponds much more closely to how the DSM-III portrays the narcissistic personality than several contemporary characterizations that trace their antecedents to either parental rebuff or unreliability. Another relevant point to this issue is Freud’s view that narcissistic

self-investment is more likely to be a product of parental overvaluation than of parental devaluation.

The Interpersonal Theory of Suicide

This theory by Thomas Joiner states that suicide results from the combination of three factors which are; Thwarted belongingness, Perceived burdensomeness (i.e. belief that one is a burden to other people) and an acquired ability to enact lethal self-injury. The first two factors are the most dangerous form of suicidal desires. They are presumed to be distinct but still related to each other; this raises the issue of construct definition. However, the capability to engage in suicidal behaviour is separate from the desire to engage in suicidal behaviour. There are persons who possess the capability and also the desire to engage in suicidal behaviour (Joiner, 2005). The last component actually depicts the idea that it is difficult to overcome the most basic instinct of all which is self-

preservation and that such individual acquired this capability through experience with painful and provocative events. It is through these experience that individuals get used to the pain of self-injury and build knowledge that fuels self-injury. This theory posits that the desire to die by suicide is not sufficient for lethal suicidal behaviour to result because dying by suicide is not an easy thing to do. The authors' of this nomenclature posits that all suicide-related behaviour are self-initiated but the behaviours can vary in terms of the presence or absence of intent to die and presence or absence of physical injury sustained. Furthermore, suicide attempts possesses the following qualities; 1. Self-initiated, potentially injurious behaviour, 2. Presence of intent to die, 3. Non-fatal outcome. Furthermore, this theory has it that in order to die by suicide, an individual must lose some fear associated with suicidal behaviour which would be very uncommon if not impossible to find someone

born with the level of fear low enough to engage in suicide.

Yet the theory agrees that it is possible to acquire the capability for suicide which is composed of both increased physical pain tolerance and reduced fear of death through habituation and activation of opponent process, in response to repeated exposure to physically painful and fear inducing experiences.

Psychological Theories of Suicide

Sigmund Freud posits that death instincts 'Thanatos' and the suicide drive is in harmony with 'Eros'. Edwin Shneidman says that suicide is caused by a certain kind of psychological pain called 'psychache'. Psychache is defined as a general psychological and emotional pain that reaches intolerable intensity. Aron Beck emphasizes the role of hopelessness in suicide. In one study, Beck and colleagues correctly identified 91% of those who later died by suicide. Those with high

hopelessness were 11 times more likely to die by suicide than those with lower scores. Ray Baumeister proposed an escaped theory of suicide, He described a series of steps leading up to serious suicidal behaviour:

1. Individual experiences a negative and sever discrepancy between expectations and actual events.
2. An aversive state of high self-awareness develops and leads to negative effect. This is to say that a person may dwell on personal inadequacies leading to distress, sadness and worry.
3. An individual attempts to escape from negative affects as well as from the aversive self-awareness by retreating into a numb state of cognitive destruction.

Cognitive destruction according to Ray Baumeister is a situation where a “person disregards meaningful thoughts about self and replaces them with lower-level more immediate goals and tasks”. This results to

reduced inhibition result which leads to lack of impulse control in general (particularly with respect to suicidal behaviour).

Sleep Disorder Theory

Energy conservation theory: Sleep has been implicated as a means of energy conservation. This theory posit that the main function of sleep is to reduce a person's energy demand during part of the day and night when it is least efficient to hunt food. The fact that the body has decreased metabolism by up to 10% during sleep supports this theory. The body temperature and calorie needs to be low during sleep and increase when awake. The theory also support that fact that sleep plays an important role in energy conservation.

Restorative theory: This theory supports the notion that sleep is necessary to revitalize and restore the physiological process that helps in rejuvenating the body and mind. Furthermore, it posit that sleep allows for the body to repair and replete cellular

components necessary for biological functions that become depleted throughout an awake day. The release of hormones for growth and many other functions in the body such as the muscle repair, tissue growth and protein synthesis happens primarily during sleep as backed up by findings. In essence sleep serves to restore what the body loses while you are awake and then give the body the chance to rejuvenate and repair itself. This theory supports the concept of allowing patients to get sufficient rest after undergoing surgeries in order to promote efficient recovery process.

Theoretical Framework

The theoretical framework that is guiding this study is the interpersonal theory of suicide of Thomas Joiner (2005), which emphasizes that suicide comprises of three factors namely; Thwarted belongingness, Perceived burdensomeness (i.e. belief that one is a burden to other people) and an acquired ability to enact lethal self-injury. These are

distinct but related factors which express that the capability and the desire to engage in suicidal behaviour could be both present in a human, one could be present and the other absent. The last factor then expresses how difficult it is for one to go into the act of suicide attempt. It actually stems from past painful and provocative experiences. It can be deduced that the Dark triad personality is one of the factors that fuels suicide ideation, sleep disorder is a second factor. However, this theory is chosen as a theoretical framework guiding this study because of its argument that a person's intention to die by suicide is self-initiated but then, the behaviour is characterized and also vary in terms of the presence or absence of intent to die and presence or absence of physical injury sustained.

Cutting age empirical review

The structure of Narcissism as a personality trait was initially conceptualized as a uni-dimensional construct (Raskin & Hall, 1979); however, recent propositions posit that it is multi-dimensional. A two alternative model exists and there are: the three-dimensional model proposed by Ackerman et al. (2011) and a two-dimensional model proposed by Back et al (2013). Ackerman et al., (2011) model assumes the existence of adaptive (i.e. leadership/Authority – self perceived leadership abilities) and maladaptive (i.e. Grandiose Exhibitionism – self-absorption, vanity and exhibitionistic tendencies; and Entitlement / Exploitativeness –entitled beliefs and manipulative behaviours) aspects of Narcissism. Within the confine of maladaptive narcissism, it is the Entitlement / Exploitativeness that is socially toxic, while the Grandiose Exhibitionism has both negative and some positive aspects (Ackerman et al., 2011). The limitation of this model is the fact that it was developed on

the basis of Narcissistic Personality Inventory (NPI) which is meant to reflect the DSM-III (APA 1980) narcissistic personality disorder diagnostic criteria. Jonason et al. (2013) observed a link between “darker” DT elements (Machiavellianism, secondary psychopathy and exploitive narcissism) and a night specialism (Chronotype). This is a predisposition of individuals towards optimal cognitive performance during the hours of darkness. In essence, Jonason et al (2013) reported that only exploitative narcissism was associated with night specialism. Sabouri et al (2016) conducted a study to find out if there would be an association between dark triad traits sleep disturbances and other variables. A total number of 341 adults (M=29 years) were used for the study and it was found that a higher Dark Triad score was associated with increased sleep disturbances. Precisely the result indicates that Machiavellianism and psychopathy, are associated with sleep disturbances in young

adults. In addition this study found also that the association between dark triad and sleep disturbances arises from unfavorable cognitive-emotional process. Only few studies have examined the connection between suicide and sleep complaints beyond the explanation by depression. First, Keshavan et al (1994) examined the REM sleep in psychotic patients with and without the history of suicide attempts. Sequel to this study, patients with a history of suicidal behaviour showed more REM activities. Roberts et al (2001) showed that insomnia was a predictor of elevated suicidal ideation with depression as a covariate. Another study conducted by Rebecca et al, (2007), they found that suicidal ideation and behaviours are closely associated with sleep complains and that in some cases the association exists above and beyond depression (Roberts et al, 2001; Berneth et al. 2005). Liu and colleagues (2004) found that nightmares were strongly associated with suicide

ideation. Orji et al. conducted a study that associated sleep quality with suicidality in Nigeria among out-patients with schizophrenia. The researcher found that there was prevalence of suicidality was 65 (42.5%) while the current prevalence of suicidal ideation and attempts were 54 (34.3%) and n=2 (1.3). Suicidality was found to be significantly associated with poor subjective sleep quality. Studies has it that the relationship of Narcissistic personality disorder to suicidal behaviour is under studied. The modest body of existing research suggests that narcissism is protective against low-lethal suicide attempts but associated with high lethality attempts. Though there were no bivariate relationship of NPD on suicide attempt in the logistic regression patients with NPD on suicide attempts, in the logistic regression, patients, patients with NPD were 2.4 times less likely to make a suicide attempt (OR = 0.41; 95% CI = 0.19 – 0.88; $p < 0.05$), compared with non

NPD patients and controlling for possible confounding variables (Daniel Coleman et al. 2017).

Hypotheses

- I. There will be a significant relationship between narcissism trait and sleep disorder among undergraduate students.
- II. There will be a significant relationship between suicide ideation and sleep disorder among undergraduate students.

METHOD

Participants: A total number of 62 students in two faculties in the Nnamdi Azikiwe University, Awka were conveniently selected to participate in this study. The faculties include the faculty of Law and the faculty of social science; department of psychology specifically. The participants comprises of male and female students. Their age ranged between 20 and 31 with the

mean age of 23.04 and standard deviation of 3.02.

Instrument: Three psychological instruments were used for data collection; they include

Dark Triad of Personality: Dark triad of personality otherwise known as D3-Short is a 27 item inventory in total which measures the dark triad of personality. The Dirty Dozen (DD) scale (developed by Jonson & Webster, 2010) also tried to measure the Dark triad but it appears to be too short. the D3-Short is divided into 3 sub sections with 9 items each which makes it 27 items altogether, the dimensions are;

1. Narcissism - Characterized by manipulation, callousness and grandiosity.
2. Machiavellianism - Characterized by lack of morality, manipulateness and protective of their reputation.

3. Psychopathy - Characterized by callousness, impulsivity, recklessness and thrill seeking behaviour.

Suicide Ideation Scale: SIS is a 10-item inventory developed by Rudd, (1989) to measure and provide critical information about the presence or absence of suicidal thinking, the intensity of those thoughts and the presence or absence of prior suicide attempts. The SIS is scored on a likert-type scale with anchors at 1 = Never to 5 = Always.

Sleep disorder questionnaire:SDQ is a 16-item questionnaire developed and put together by Helen Driver in the Toward Optimized Practice to evaluate insomnia and sleep disorder. Items 1-5 was adopted from the scale. SDQ is scored on a likert scale; Never, Rarely, Occasionally, Most Nights\days, and Always.

Reliability and Validity estimates

Dark Triad of Personality: The coefficients of reliability reported by Paulhus (2013)

The Cronbach Alpha for the sub dimensions in the Dark triad of personality include;

Machiavellianism .78, Narcissism .77, Psychopathy .80.

Suicide Ideation Scale: The reliability of the suicidal desire factor was .89. The split half reliability factor with the first five items forming the first half and the second half is was .88.

The reliability of the resolved plans and preparation factor was also .89.

Sleep Disorder Questionnaire: The reliability of the sleep disorder questionnaire was .89.

Procedure:

The researcher went to the lecturers that teach the final year students of the law faculty and the department of psychology which was selected for the study. An

agreement was made that the questionnaire would be administered after their second lecture that Thursday morning. Through the help of the course rep, the researcher gained the attention of the classes and gave them instructions on how to fill the questionnaire. The copies of the questionnaire were then distributed and collected on the same day. The questionnaire was filled by students who were willing and readily available to participate in the study. Hence, they were sampled using the convenience sampling techniques. Out of the 62 copies of questionnaires administered to each student was properly filled and returned. The returned data was subjected to SPSS version 23 for data management.

Design and Statistics: This study will be a correlational research design that apply cross sectional survey method. This design is considered appropriate because the objective of the study will establish a relationship and significant difference that

exists between the study variables. Pearson product moment coefficient statistics was used in testing the role effect of the

independent variables on the dependent variable

Results

This section presents the data analyzed, tabular presentations of the output, and the interpretations.

Table 1: Intercorrelation matrix of the study variables

Variables	Mean	SD	1	2	3
Age	23.04	3.02			
Income	221,428	180,594			
Gender	1.73	.45			
1. Sleep disorder	17.4	3.1	1		
2. Narcissism	30.6	3.4	.242*	-.093	-.076
3. Suicide ideation	36.1	6.3	.298*	-.191	.151

*= $p < .05$

Table above shows the intercorrelation matrix of the study variables. Hypothesis 1 states that there will be a significant relationship between Dark triad personality and sleep disorder among undergraduate students. From the table 1 above, it is shown that the Narcissism dimension of the Dark

triad personality did show a significant relationship with sleep disorder – Narcissism ($r = .242, p > .05$). Thus, hypothesis 1 was accepted. Hypothesis 2 states that there will be a significant relationship between suicide ideation and sleep disorder among undergraduate students. From table 2 above,

it is shown that there is a significant relationship between suicide ideation and sleep disorder among undergraduate students ($r = .298, p < .05$). This entails that as level of sleep disorder manifests that the frequency of suicide ideations may increase as well.

Discussion

The present study investigated “Narcissism and Suicide ideation as Correlates of Sleep disorder. Initially, it was discovered that Hypothesis 1 which states that “There would be a significant relationship between Narcissism Personality trait and sleep disorder among undergraduate students” was accepted. This is because the personality characteristic of Narcissism under the Dark Triad personality showed significant correlation with sleep disorder.

However, the finding of the present study shows a link with the study of Jonason et al., (2013). The study investigated the relationship between chronotype and the dark triad personality in a series of zero-order

correlations. The composite Dark triad score was ($r(261) = -.16, p < .01$), total psychopathy ($r(261) = -.14, p < .01$), secondary psychopathy ($r(261) = -.14, p > .01$), Machiavellianism ($r(263) = -.14, p < .01$), and the entitlement/exploitative facet of the Narcissism ($r(261) = -.20, p < .01$). when shared variance between the Dark Triad were controlled, secondary psychopathy ($-.20, p < .01$) and the entitlement / exploitative facet of Narcissism ($-.24, p < .01$) were linked to the evening chronotype.

Although most studies that examine relationships between sleep related concepts and personality traits make important contributions to the conceptual understanding of sleep, several methodological issues limit the generalizability of such findings. A major limitation of past findings is that they virtually make use of the cross-sectional method where researchers collect data simultaneously or at one point in time within

a brief duration (Levin, 2006). This cross-sectional method is criticized because responses represents only a tip of characteristics associated with the measured outcome at a particular point in time.

Narcissism has shown to clash between grandiosity identity and underlying insecurity which manifests as the need for constant ego-reinforcement (Jones & Paulhus, 2014). Several studies also reported the existence of two or more forms of narcissism (Miller et al., 2011). The most prevalent distinction between grandiose and vulnerable; Grandiose comprises grandiosity, aggression and dominance, whereas vulnerable narcissism reflects a defensive and insecure grandiosity that obfuscate adverse cognitions, perceptions and emotions. (Miller et al., 2011).

According to Adewole (2017), about seven out of every ten patients presented to the family Medicine Clinic of OAUTHC has sleep disorders. This implies how crucial it is

to have enough sleep. Screening for sleep disorder is very important for early detection and treatment.

Since the Hypothesis states that there will be a significant relationship between Dark triad personality and sleep disorder and also that there will be a significant relationship between suicide ideation and sleep disorder and this study supports that fact, this implies that those who are Narcissists will have sleep disorder and those who engage in suicidal thoughts would also have sleep disorder.

A good sleep quality is known to be associated with improved quality of life, thus more attention should be paid to educating patients on good sleep hygiene and the need to avoid anything that leads to it.

Implications of Study

The present studies show the relationship between dark triad personality, suicide ideation and sleep disorder. The studies show that suicide ideation correlates positively

with sleep disorder. This implies that suicide ideation will lead to sleep disorder. The study also shows that Narcissism- Dark triad personality correlates positively with sleep disorder. This implies that Narcissistic personality will lead to sleep disorder.

Limitations of the study

The major limitation of the present study is the limited number of participants that participated in the study. The researcher believes that a greater number of participants would yield a more credible and reliable result that will promote the confidence of its generalization

Recommendations

Having studied and discussed the finding of this research, the researcher recommends the following:

1. Based on the finding, the researcher recommends that mental health experts and clinicians become aware of other causes of sleep disorder and

also gain insight in perspectives relating to mental health treatment.

2. The researcher recommends that students should be educated on the importance of quality sleep and encouraged to avoid anything that may lead to it.
3. The ultimate recommendation is to gain a better understanding of the barriers to treatment of persons with sleep disorder. Thus a more comprehensive service can be rendered to individuals in need of mental health service.
4. The researcher also recommend that a longitudinal study be done on the concept of Dark Triad Personality, suicide ideation and sleep disorder instead of a cross-sectional study in the future. This would give a reliable data which would help strengthen generalization.

5. Finally, further studies needs to establish cross-cultural, age and gender invariance to help counter potential measurement bias.

sleep disorder among undergraduate students.

Suggestions for future studies

The researcher suggests that in future studies, a larger number of participants should be used in other to gather much reliable data that would strengthen generalization. Further research should also look into other aspects of personality that can predict sleep difficulty so as to curb such problem.

Conclusion

From the findings of the study, the researcher concludes that:

- a. The personality characteristic of Narcissism (Dark Triad) showed significant relationship with sleep disorder among undergraduate students
- b. Suicide ideation showed a significant relationship with suicide ideation and

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