

# THE DARK TRIAD PERSONALITY: HOW TO MANAGE AND THE IMPACT OF DARK TRIAD TRAITS AT WORK

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## **Introduction**

The Dark Triad personality traits encompass a set of malevolent and socially aversive characteristics, consisting of narcissism, psychopathy, and Machiavellianism Muris et al. (2017) Jonason et al., 2009; Kaufman et al., 2019; Akat et al., 2022). These traits have been associated with a range of behaviors and outcomes, including short-term mating strategies, socially aversive outcomes, and selfish, exploitative, and aggressive behaviors (Jonason et al., 2009; Kaufman et al., 2019). Additionally, the Dark Triad traits have been linked to social media addiction, anti-natalist views, and risky behaviors (Siah et al., 2021; Schönegger, 2021; Maneiro et al., 2020). Furthermore, the Dark Triad traits have been found to predict selfish thinking and behavior, as well as deceptive behavior (Howell et al., 2023; Wissing & Reinhard, 2019). The Dark Triad personality has also been associated with counterproductive work behavior among nurses and has been studied in the context of leadership effectiveness (Panda, 2022). Moreover, the Dark Triad traits have been examined in relation to career growth and have been found to have a significant negative impact on employee career growth (النجار et al., 2023). The Dark Triad personality traits are characterized by antagonistic maladaptive personality traits and have been contrasted with the Light Triad, which represents a positive counterpart characterized by humanism, Kantianism, and faith in humanity (Kaufman et al., 2019; Peterson & Palmer, 2021). Additionally, the Dark Triad traits have been associated with a desire for power, status, and social dominance in the workplace, potentially drawing individuals towards occupations affording such outcomes (Vedel & Thomsen, 2017). Furthermore, the Dark Triad traits have been found to be significantly related to ambition and political participation (Peterson & Palmer, 2021). The Dark Triad personality traits have also been examined in the context of religiousness, with a person-centered approach revealing differences in intellectual humility, prosociality, and mental health (Lee et al., 2022; Sram & Bufford, 2021). In summary, the Dark Triad personality traits encompass malevolent and socially aversive characteristics and have been associated with a wide range of behaviors and outcomes, including short-term mating strategies, socially aversive outcomes, selfish and exploitative behaviors, and career-related implications. Understanding the implications of these traits is crucial for promoting responsible and ethical conduct in various contexts.

## **Definition of Dark Triad Personality Traits**

The Dark Triad personality traits, comprising narcissism, psychopathy, and Machiavellianism, have been extensively studied in various contexts. These traits have been associated with a range of behaviors and outcomes, including short-term mating strategies, socially aversive outcomes, and selfish, exploitative, and aggressive

behaviors Jonason et al. (2009). Additionally, the Dark Triad traits have been linked to social media addiction, anti-natalist views, and risky behaviors (Schönegger, 2021; Musek & Grum, 2021; Maneiro et al., 2020). Furthermore, the Dark Triad traits have been found to predict selfish thinking and behavior, as well as deceptive behavior (Wissing & Reinhard, 2019; Deutchman & Sullivan, 2018). The Dark Triad personality has also been associated with counterproductive work behavior among nurses and has been studied in the context of leadership effectiveness (Muris et al., 2017; النجار et al., 2023). Moreover, the Dark Triad traits have been examined in relation to career growth and have been found to have a significant negative impact on employee career growth (النجار et al., 2023). The Dark Triad personality traits are characterized by antagonistic maladaptive personality traits and have been contrasted with the Light Triad, which represents a positive counterpart characterized by humanism, Kantianism, and faith in humanity (Musek & Grum, 2021). Additionally, the Dark Triad traits have been associated with a desire for power, status, and social dominance in the workplace, potentially drawing individuals towards occupations affording such outcomes (Muris et al., 2017; Vedel & Thomsen, 2017). Furthermore, the Dark Triad traits have been found to be significantly related to ambition and political participation (Peterson & Palmer, 2021). The Dark Triad personality traits have also been examined in the context of religiousness, with a person-centered approach revealing differences in intellectual humility, prosociality, and mental health (Lee et al., 2022; Wertag & Bratko, 2019). Moreover, the Dark Triad traits have been found to play a role in social entrepreneurial intention, with empathic concern and perspective taking moderating their effects (Akat et al., 2022). In summary, the Dark Triad personality traits encompass malevolent and socially aversive characteristics and have been associated with a wide range of behaviors and outcomes, including short-term mating strategies, socially aversive outcomes, selfish and exploitative behaviors, and career-related implications. Understanding the implications of these traits is crucial for promoting responsible and ethical conduct in various contexts.

### **How to Identify Dark Triad Traits**

To identify Dark Triad traits, researchers have utilized various measures and assessments to capture the malevolent and socially aversive characteristics associated with narcissism, psychopathy, and Machiavellianism. Studies have employed self-report measures such as the Short Dark Triad Scale (SD3) Brunett & Oberle (2022), as well as other established instruments to assess the Dark Triad traits, including the HEXACO factor of honesty-humility (Muris et al., 2017), the Dark Triad traits from a life history perspective (Jonason et al., 2017), and the Dark Triad traits and the PID-5 maladaptive personality traits (Wissing & Reinhard, 2017). Additionally, researchers have explored the relationship between the Dark Triad traits and different types of jealousy (Barelds & Dijkstra, 2021), as well as the association between the Dark Triad and the detection of parental judicial manipulators (Clemente et al., 2020). Furthermore, studies have investigated the Dark Triad traits in various contexts, such as professional fighters (Hauwermeiren et al., 2023), social networking site use (Hussain et al., 2021), and the detection of others' darkness (Lämmle et al., 2019). Additionally, research has examined the Dark Triad traits from a multidimensional view, considering the relationship between empathy and the Dark Triad (Jonason & Kroll, 2015), and the link between bright and dark personality traits and different types of

jealousy (Barelds & Dijkstra, 2021). Moreover, studies have explored the Dark Triad traits in the context of mate-selection and the creation of a volatile environment (Jonason et al., 2011), as well as the association between the Dark Triad and the perceived effectiveness of penalties in traffic offender and non-offender groups (Vadvilavičius et al., 2023). In summary, the identification of Dark Triad traits has been approached through the use of various measures and assessments, allowing researchers to explore the malevolent and socially aversive characteristics associated with narcissism, psychopathy, and Machiavellianism in different contexts and populations.

### **How To Manage People With Dark Triad Traits**

Managing individuals with Dark Triad traits can be challenging due to their malevolent and socially aversive characteristics. However, understanding and addressing these traits can help in effectively managing individuals with such tendencies. Here are some strategies based on relevant research:

1. **Awareness and Training:** Educate and train managers and team members to recognize the signs of Dark Triad traits. Awareness can help in identifying potential issues and addressing them early on (O'Boyle et al., 2012).
2. **Set Clear Boundaries:** Establish clear and firm boundaries in the workplace to prevent individuals with Dark Triad traits from engaging in manipulative or exploitative behaviors (Serenko & Choo, 2020).
3. **Encourage Ethical Behavior:** Promote a culture of ethical behavior and integrity within the organization. Emphasize the importance of honesty, fairness, and respect for others (Prusik & Szulawski, 2019).
4. **Supervision and Monitoring:** Provide close supervision and monitoring, especially in roles where individuals with Dark Triad traits may have the opportunity to exploit others or engage in unethical behavior (Spurk et al., 2015).
5. **Supportive Leadership:** Encourage supportive and transformational leadership styles that focus on building positive relationships and fostering a healthy work environment (النجار et al., 2023).
6. **Addressing Motivation:** Understand the motivations of individuals with Dark Triad traits and provide alternative, positive outlets for their ambitions and desires for power and status (Khan et al., 2021).
7. **Psychological Safety:** Foster an environment of psychological safety where employees feel comfortable reporting any concerns about potential manipulative or abusive behavior (Wisse & Sleebos, 2016).
8. **Conflict Resolution:** Develop effective conflict resolution strategies to address interpersonal conflicts that may arise due to the behavior of individuals with Dark Triad traits (Biçer, 2020).
9. **Performance Evaluation:** Use objective and fair performance evaluation processes to assess the contributions of individuals with Dark Triad traits, ensuring that their behavior does not negatively impact others (Smith et al., 2015).
10. **Seek Professional Help:** In severe cases, consider involving mental health professionals to provide support and guidance in managing individuals with extreme Dark Triad traits (Diller et al., 2020).

It is important to note that managing individuals with Dark Triad traits requires a nuanced and careful approach. Understanding the underlying motivations and behaviors associated with these traits can help in developing effective management strategies while maintaining a healthy and productive work environment.

### **The Impact of Dark Triad Traits at Work**

Based on the provided references, the impact of Dark Triad traits at work is a multifaceted and complex issue. The Dark Triad traits, comprising narcissism, psychopathy, and Machiavellianism, have been associated with various workplace-related behaviors and outcomes. Here are some key insights from the literature:

1. **Negative Psychosocial Outcomes:** Dark Triad traits have been found to be substantially intercorrelated and associated with various types of negative psychosocial outcomes, suggesting potential challenges in interpersonal relationships and work dynamics (Muris et al., 2017).
2. **Health Beliefs and Pandemic Responses:** The Dark Triad traits have been correlated with behaviors affecting people's health, indicating a potential influence on responses to health crises such as the COVID-19 pandemic (Nowak et al., 2020).
3. **Workplace Deviance:** Research suggests that individuals with Dark Triad traits may engage in undesirable workplace behaviors, and modeling the effects of these traits may be important in understanding workplace deviance (Ellen et al., 2021).
4. **Impact on Employee Career Growth:** The presence of Dark Triad traits in leaders has been linked to ineffective job behavior, lower job performance, greater stress levels, and decreased job satisfaction among employees (النجار et al., 2023).
5. **Leadership Effectiveness:** There is a positive relationship between leaders scoring high in Dark Triad personality traits and their desire for power, which may impact their leadership effectiveness (Panda, 2022).
6. **Selfish Behavior and Attitudes:** Dark Triad traits have been associated with increased selfish thinking and behavior, as well as attitudes towards infidelity among married individuals (Howell et al., 2023; Akin et al., 2021).
7. **Workplace Relationships:** The Dark Triad traits have been linked to emotional manipulation, strategic followership, and perceptions of dark triad characters in media, indicating potential challenges in workplace relationships and dynamics (Hyde et al., 2020; Schyns et al., 2019; Snyder et al., 2019).
8. **Organizational Impact:** The Dark Triad traits have been associated with negative workplace behaviors, suggesting potential implications for organizational culture and dynamics (Schyns et al., 2022).

In summary, the impact of Dark Triad traits at work encompasses a wide range of behaviors and outcomes, including workplace deviance, leadership effectiveness, workplace relationships, and organizational culture. Understanding and addressing the implications of these traits is crucial for promoting a healthy and productive work environment.

### **Conclusion**

Based on the provided references, here are some key points and insights related to the Dark Triad traits:

1. Impact on Workplace Behavior: The Dark Triad traits, including narcissism, psychopathy, and Machiavellianism, have been associated with various workplace behaviors, such as workplace deviance, abusive supervision, and job performance (Uppal (2021)Wisse & Sleebos, 2016; Jonason et al., 2011).
2. Relationship with Health Beliefs: Research has explored the relationship between the Dark Triad traits and behaviors related to health crises, such as the COVID-19 pandemic, indicating potential implications for adaptive and maladaptive behaviors during such events (Nowak et al., 2020).
3. Leadership and Career Outcomes: The presence of Dark Triad traits in leaders has been linked to ineffective job behavior, lower job performance, and decreased job satisfaction among employees, suggesting potential implications for leadership effectiveness and employee career growth (Panda, 2022).
4. Social and Interpersonal Dynamics: The Dark Triad traits have been associated with emotional manipulation, cyberbullying, and mate selection, indicating potential challenges in social relationships and interpersonal dynamics (Jonason et al., 2015; Snyder et al., 2019).
5. Psychological and Personality Factors: Studies have examined the relationship between the Dark Triad traits and factors such as emotional intelligence, empathy, and personality disorders, providing insights into the complex suite of associations related to these traits (Schade et al., 2021; Somma et al., 2020).
6. Gender and Age Differences: Research has explored cross-sectional age differences and gender-related aspects of the Dark Triad traits, shedding light on how these traits may manifest across different demographic groups (Kawamoto et al., 2020).
7. These key points provide a comprehensive overview of the impact of Dark Triad traits in various contexts, including the workplace, health-related behaviors, leadership, social dynamics, and psychological factors.

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