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## Behavioral Configuration of Mindfulness in Adolescents Through Identification of Narcissism, Trait Mindfulness, and Aggressiveness

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### ABSTRACT

*Everyone has the capacity to turn their observations, ideas, memories, and imagination into actions, especially during the adolescent stage. This is because each person will naturally show an action as a result of self-actualization, thus behavior may be difficult to be controlled. Every teenager has their own way of achieving self-actualization, and some of them may display narcissistic behavior, in an effort to gain respect and admiration from others. The aim of the research is to analyze the configuration of mindfulness actions in adolescents through the identification of narcissism, trait mindfulness, and aggressiveness. This article's research is based on a narrative literature review. Based on the analysis that has been carried out, the configuration of mindfulness actions in shows that by applying mindfulness, people with narcissistic tendencies have increased mental toughness, better performance at work or school, and a higher sense of self-esteem, which makes them appear to be more courageous and assertive. Although narcissistic behavior has certain benefits to some degrees, there will be no benefit if it continues. A person with the trait of mindfulness is able to be very aware and alert of their environment. People will pay close attention to everything that happens around them. Having the attributes of mindfulness can make someone happier, less anxious, and more resistant to depression. Mindfulness is one of the suggested alternatives that can reduce levels of aggression. Hence, mindfulness is a quality that is beneficial to one's life and can be cultivated.*

### KEYWORDS

Mindfulness, adolescents, narcissism, aggressiveness



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## INTRODUCTION

Everyone has the capacity to turn their observations, ideas, memories, and imagination into actions, especially during the adolescent stage. This is because each person will naturally show an action as a result of self-actualization, thus behavior may be difficult to be controlled (Livana et al., 2023). Every teenager has their own way of achieving self-actualization, and some of them may display narcissistic behavior, in an effort to gain respect and admiration from others (Dyah & Fourianalisyawati, 2018). Conventional social beliefs and public governing standards limit teenagers' behavior in social situations. The transition from infancy to adulthood is marked by adolescence (Amru & Ambarini, 2021). Due to their lack of maturity and developing personalities, teenagers are prone to experiencing crises during this period of change. Adolescents undergo many significant changes and challenges in their lives. Adolescence is often depicted as a time of "storm and stress," characterized by considerable emotional tension due to the hormonal and physical changes that occur during this period.

Adolescents need skills such as mindfulness because it is crucial in developing their ability to face various challenges, including internal and external academic problems. Therefore, adolescents require a retrieval process and decision-making skills to understand themselves and overcome the pressure to perform well (Setiawan et al., 2023). Adolescents who practice mindfulness find it easier to recognize their emotions and physical sensations, which in turns helps reduce anxiety and makes them more comfortable and better prepared to handle problems. Mindfulness skills are crucial to introduce and use from an early age. Practicing mindfulness can enhance emotional regulation, self-control, mental and physical health, and reduce aggressiveness (Erpiana & Fourianalisyawati, 2018). Both the body and mind greatly benefit from mindfulness. Moreover, cultivating mindfulness can help individuals become more aware of the present moment and accept their bodies and conflicting emotions.

Adolescents can reach self-actualization in various ways, one of which is shown through narcissistic behavior in an effort to earn respect and admiration from others. Norms, values, and regulations governing public social behavior become limitations for teenagers in social situations. Teenage behavior needs to be controlled to prevent excessive self-love, commonly referred to as narcissistic behavior (Engkus et al., 2017). Narcissism can also be understood as a form of self-actualization, where a person seeks attention and adoration by displaying superiority and self-importance compared to others around them (Khadijah & Arlizon, 2022). The term narcissism describes traits like selfishness, self-love, a superiority complex, a demand for attention from others, expectations of special treatment, and a tendency to take advantage of others. Additionally, people who experience narcissism often show feelings of jealousy towards others. Narcissism encompasses a wide range of aspects; it not only covers material possessions and lifestyle but also strengths, achievements, physical attributes, and beauty.

The emergence of social media has evidently brought changes to existing cultural norms, ethics, and established culture. Additionally, almost every age group owns and uses social media as a method to socialize and adapt to current developments. According to the Ministry of Communication and Information

(Kemenkominfo), 95% of the 63 million Internet users access social media (Saudah, 2022). Research conducted by a French technology company indicates that Indonesians have increasingly used the internet since the beginning of the Covid-19 pandemic. This trend is especially noticeable among teenagers, who report spending up to 70% more time online every day. Similar findings have been reported by UNICEF (2014) and Kominfo, showing that teenagers mainly use the internet for entertainment, interacting and communicating with friends and family, and obtaining necessary information to collect and share knowledge with a wider community.

Other problems encountered by teenagers include increasing loneliness. This issue has also been discussed previously. It may occur due to the expectations faced from the previous phase, such as demands related to job prospects or future careers, as well as financial problems. Additionally, this is a crucial period for resolving the psychosocial crisis of intimacy vs. isolation. A person's ability to build mutual, trusting, and honest relationships with others depends significantly on how well they navigate this stage. The trait of mindfulness, which involves an open attitude toward current experiences, contributes to the quality of one's personality.

On the other hand, narcissistic individuals tend to become more aggressive. This occurs because narcissists tend to feel intimidated when others question aspects related to their self-esteem. In their research, Ojanen, Findley, and Fuller (2012) found a connection between peer friendships during adolescence, temperament, physical aggressiveness, and narcissism. One form of social behavior that arises due to the narcissistic tendencies of individuals, particularly in adolescents, is aggressiveness. Increased emotional responses to certain situations can manifest as social behavior. Teenagers have tendency in adapting to their social environment, which is why they may show higher levels of aggressiveness as a type of social behavior when they feel threatened (Ramadhan et al., 2022). A teenager's mood can fluctuate drastically due to their unstable emotional development. Teenagers must learn to be emotionally independent from their parents and other adults, as this connection can compel them to disobey their wishes or disagree with others' beliefs. Aggressiveness is the ability to fight, hurt, attack, kill, or punish others with violence. Aggressive behavior, in short, is intended to harm others. It involves the deliberate use of force to cause physical or psychological harm to others. Although aggressive actions are not effective, they are still considered to create a sense of hostility if the objective is to intentionally hurt others. Based on the explanation above, this article aims to analyze the configuration of mindfulness behavior in adolescents through the identification of narcissism, mindfulness traits, and aggressiveness.

## **RESEARCH METHOD**

This article research uses a qualitative approach with a narrative literature review type. A literature review is a type of research methodology in which a research question and methodology are selected. The research objective is to find research literature and identify, evaluate, and assess each research finding. Research

findings published in scientific journals, publications, or credible studies on related subjects.

## **RESULTS AND DISCUSSION**

Adolescence is associated with physical and psychological maturity, but it is still limited. Studies show that physical development also has a psychological impact, especially in relation to emotional and mental instability, as well as a tendency to deviate from socially accepted norms and standards. Teenagers sometimes experience tension that is not effectively managed, leading to prolonged conflict.

Adolescents who exhibit narcissistic behavior can be observed in both real and virtual environments. In everyday life, narcissistic traits among adolescents include excessive use of accessories, a dominating attitude that places them at the center of attention, impulsiveness, an inability to accept criticism, and an obsession with their own attractiveness. The frequency with which adolescents post pictures or videos on social media indicates their presence in the virtual world. Research findings by Maulana (2023) state that the level of self-esteem, whether high or low, significantly influences the tendency towards narcissistic behavior in adolescents. Another study by Salsabilla et al. (2023) found that the high intensity of social media use among adolescents is related to their tendency to behave narcissistically, as social media is perceived to provide numerous opportunities for them to showcase their best selves. Further research by Khadijah et al. (2022) explains that excessive narcissistic behavior can impact mental health and may lead to narcissistic personality disorder. However, someone is considered narcissistic when they believe they are the most perfect and constantly seek praise from social media followers. The disorders associated with narcissistic behavior include mental health issues, tendencies towards antisocial personality, and anorexia nervosa. The research by Engkus et al. (2017) also states that narcissistic behavior among adolescent students in the East Bandung region falls into the moderate category. Nevertheless, this does not imply a safe situation, as their behavior is likely to increase with the advancement of information and communication technology. Comprehensive and continuous policy interventions must be implemented, involving various relevant stakeholders. The underlying reasons for these symptoms include low self-esteem and loneliness, which are components of narcissism in adolescents. These elements may emerge independently.

Narcissistic behavior in humans is characterized by the severity of narcissistic traits, which determine how well individuals are treated as a result. Psychological therapy is commonly employed to aid individuals with high narcissism who are trapped in the belief that everything about themselves is perfect. This can lead to issues in their lives and their surrounding environments. During the transitional period of adolescence, teenagers begin to develop specific interests, such as a focus on their appearance, striving to always present themselves as attractively as possible to receive recognition and approval. According to Kernan (1973), self-presentation, particularly among peers, serves as a strong indicator of teenagers' interest in socialization. Overly emphasizing self-appearance during adolescence may indicate

a tendency toward narcissistic traits, often stemming from issues with self-confidence.

Based on these issues, the practice of mindfulness is required, which brings benefits such as increased mental resilience, improved performance at work or school, and higher self-esteem that makes individuals more courageous and assertive (Widiyanti et al., 2017). Although narcissistic behavior in certain degrees has benefits for individuals, it will not be beneficial if it continues. Narcissistic individuals may realize that they are more selfish than others, which can lead to tendencies towards depression, albeit within certain limits. This is because narcissistic individuals do not care about what others think of them, thus helping to reduce the severity of depressive disorders in themselves. Individuals with greater narcissistic tendencies are more involved in activities solely for their own pleasure. This also has a significant impact on everyday relationships and typically pays less attention to the feelings of others.

Someone with a high trait of mindfulness is capable of being more aware of their environment, thus becoming more vigilant. They will carefully observe everything happening around them. Having the attribute of mindfulness can make a person feel happier, less prone to worry, anxiety, and at lower risk of experiencing depression. It can also enhance physical resilience and improve interpersonal relationships. Two defining qualities of mindfulness are: a continuously unmanipulated mental state and non-judgmental participatory observation that avoids rapid conceptualization of passing mental contents or losing emotional reactions.

The emotional state of a teenager may fluctuate drastically due to their unstable and chaotic emotional development. Adolescents must learn to emotionally individuate from their parents and other adults, as these relationships may compel them to resist conformity or disagree with others' beliefs. Aggressive behavior can be defined as angry reactions or violence in response to unmet expectations or disappointments. This aggression may be directed towards people or objects, manifesting as hostile actions towards individuals or objects, or traits or impulses targeting something perceived as distressing, obstructing, or hindering. Hostility is an emotional response (Sentana & Kumala, 2017). The goal of adolescent development is emotional autonomy. Therefore, it can be said that aggressive tendencies in early adolescence are behaviors that harm others, carried out by teenagers who have not yet developed strong emotional independence (Thohar, 2018).

The aggressive behavior is expressed either physically or verbally towards people or objects, and serves as a means to express desires to harm others or things. This implies that each teenager has a unique method of resolving problems, even when applying techniques to address the main issues. These differences become evident in how urgent situations are handled and the responses that follow. The influence of teenage aggression cannot be separated from an individual's personality. Gender is identified as a contributing factor to the manifestation of aggressive behavior (Enopadaria, 2021). Teenage boys typically exhibit more aggressive behavior compared to girls. For instance, in school environments, aggressive boys often cause disruptions in class, possibly as a response to feeling

neglected by their parents. Several studies suggest that mindfulness could be an effective alternative for reducing levels of aggression. Mindfulness refers to self-awareness (consciousness), which involves being aware of one's circumstances and paying attention. Research findings indicate that teenagers who practice mindfulness can reduce their aggressive behaviors.

### CONCLUSION

Based on the analysis conducted, the configuration of mindfulness behavior in adolescents through the identification of narcissism, trait mindfulness, and aggressiveness has a structured configuration as follows. By applying mindfulness, individuals with narcissistic tendencies experience increased mental resilience, improved performance in work or school settings, and higher self-esteem, which in turn enhances assertiveness. Other factors influencing aggressiveness include social factors such as frustration, provocation, and social environment (family environment and living conditions), cultural factors such as differences in values and norms, as well as gender role differences, personal factors such as personality differences and gender variations, and situational factors such as ambient temperature and alcohol consumption. The mindfulness trait helps individuals become more aware and alert of their surroundings. They pay close attention to everything happening around them. Possessing mindfulness attributes can lead to increased happiness, reduced worry, anxiety, and less vulnerability to depression. Research findings suggest that adolescents practicing mindfulness may exhibit lower levels of aggression. Therefore, mindfulness is recommended as an alternative practice to reduce individual aggression levels, especially in adolescents with narcissistic tendencies.

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