

Associations between Personalities and Antisocial Behavior

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Abstract. The crime rate has been increasing in recent years, and antisocial behavior has gradually increased. A number of factors, including environment, location and quality of life, determine people's understanding of antisocial behaviour. Most of the data are related to personality. This paper summarizes some important personality theories: Myers-Briggs Type Indicator, Big Five personality (Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness to Experience), and Dark Triad personality (psychopathy, narcissism and Machiavellianism). On the basis of providing the theoretical framework of these personality theories, this article will also focus on the influence of these personality characteristics on antisocial behavior and their relationship to the behavior such as individual behaves arrogantly, lacks empathy will directly related as dark triad personality and affect some antisocial behavior such as persuasion and deception. Besides, this article will also analysis the propose of feasible measures and solutions to reduce the occurrence of antisocial behavior such as do some sitcoms to let people know this behavior, know the harm of this behavior, so as to prevent it.

Keywords: personalities, antisocial behaviors, MBTI.

1. Introduction

In recent years, the crime rate has been increasing, and antisocial behavior has gradually increased. The Supreme People's Procuratorate released a White Paper on Procuratorial Work for Minors, demonstrating that procuratorial agencies nationwide investigated and arrested 55,379 juvenile suspects in 2021 and investigated and prosecuted 73,998 juvenile suspects, up 30.6% and 24.2% respectively from 2017 [1]. The number of juvenile crimes rebounded, with the top five being theft 19,061, affray 9,049, rape 7,591, robbery 7,186 and trouble making 6,902, accounting for 67.3%. Additionally, the White Paper demonstrates that in 2021, procuratorial organs investigated and prosecuted 8,169 juvenile suspects between the ages of 14 and 16, constituting 11.04% of all juvenile delinquent suspects. Juvenile delinquency shows a trend of younger age. In terms of the number of criminals, there were 2,980 more in 2021 than in 2017, an increase of 57.4%. Adolescents are primarily responsible for the majority of criminal acts, and these actions often peak between the ages of 16 and 18 [2, 3].

Most of the above data are related to personality. Personality is a very wide field. It not only affects everyone but also affects the family environment and the social environment. If there are antisocial characteristics in the family or society, it is very likely to be domestic violence, revenge against society and theft, robbery, rape, and other bad behaviors [4]. Learning why character makes people have these behaviors can improve people's cognition, early understanding, contact, and prevention, which can greatly reduce the emergence of antisocial behaviors and create a better social environment.

In the psychological literature, the connection between personality and antisocial behaviors has received extensive study and empirical confirmation [5]. However, there are few studies on the influence of dark personality on antisocial behavior. At the same time, I also want to continue to supplement the influence of MBTI and the Big Five personality on antisocial behavior. According to some studies conducted thus far, group-based cognitive and behavioral interventions aimed at decreasing criminal behavior and other antisocial behavior should be considered for people with antisocial personality disorder who have a history of offending behavior and are receiving care in the community or in an institution.

This article is mainly the analysis of Five-Factor personality, MBTI, and the Dark Triad personality and the influence of antisocial behavior, mainly by summarizing the theoretical

framework of the three personality tests and discussing the three relations with antisocial behavior and the influence, further to reduce the rate of antisocial behavior by putting forward reasonable suggestions and solutions, and can successfully prevent, intervene and impede the occurrence of this kind of behavior.

2. Literature Review

2.1. Definition of Antisocial Behavior

A number of factors, including environment, location and quality of life, determine people's understanding of antisocial behaviour. In layman's terms, for one person, what may be considered an antisocial behavior, in another, is a behavior that can be understood and accepted. There is a broad definition of antisocial behaviour in the Crime and Disorder Act: "Behaviour which has caused or is likely to cause harassment, alarm or distress to one or more persons not of the same household"[6].

2.2. Theoretical Frameworks of Personalities

2.2.1 Dark Triad Personality

Paulhus and Williams proposed a three interrelated higher-order personality constructs: psychopathy, narcissism and Machiavellianism, which is referred to as the Dark Triad of Personality [7]. The Dark Triad traits were not selected on the basis of strict criteria. Instead, they were chosen because they share some common traits, such as social aversion, self-promotion, emotional coldness and aggressiveness [7, 8].

As a personality trait, although narcissism was initially conceptualized as a unidimensional construct, more recent researchers suggest that it is multidimensional [9]. Two alternative models exist a three-dimensional model proposed by Ackerman et al. and a two-dimensional model proposed by Back et al. [10, 11].

Unlike narcissism and psychopathy, Machiavellianism has no clinical equivalent in the DSM-5 classifications. It is a personality trait that should characterise an effective leader who is able to maintain resources and privileges at any cost, and is always characterized as apathy, lack of a sense of traditional morality, and lack of empathy [8].

The structure of psychopathy is closely related to Machiavellianism due to their theoretical overlap [12, 13]. Although these two characteristics have different impulse control abilities, they have similar emotional, behavioral, and cognitive characteristics. Thus, only the ability to regulate impulses sufficiently differentiates these two traits, and the theoretical overlap between them is high[12, 14].

2.2.2 MBTI Personality

Based on Jungian psychology, the Myers-Briggs Type Indicator (MBTI) is a self-report questionnaire. It consists of 94 questions requiring respondents to select between two options and provides scores for eight factors and four dimensions: Introversion - Extraversion, Sensing-Intuition, Thinking-Feeling, and Judging-Perceiving. Based on the highest score on each bipolar scale, respondents are categorised into one of 16 personality types [15]. The test provides linear scores, so the outward-inward dimension is normally distributed, so higher scores are more extroverted, and lower scores tend to be introverted.

The basis of the MBTI personality theory is founded upon Carl Jung's classification of psychological types, which was subsequently researched and refined by American psychologists Katharine Cook Briggs and Isabel Briggs Myers[16].

This assessment employs a trait-based approach to examine personality as opposed to a type-based model. Character trait-based methods are an easier and more reliable measure of correlations between personality traits and other traits. In addition, The MBTI test is divided into four dimensions: energy source-inward (I) extraversion (E), cognitive mode-sensory (S) intuition (N), judgment mode-thinking (T) emotion (F), and life attitude-perception (P) judgment (J). Among them, outward points to the external world, inward points to the inner world, besides feeling is like understanding the actual

situation through facial senses, while intuition is like using imagination to understand the pattern of things, the connection between things, and finding new possibilities. Thinking is based on causal logic and objective analysis to make decisions, emotion is based on value judgment and considers the importance of people to make decisions, and life attitude in the dimension of judgment refers to the planned, orderly way of life and clarity. Instead, perception refers to the flexible, free way of life and variation. For a more specific example, E people are mostly good at socializing and expressing, while I people prefer some quiet activities.

2.2.3 Five-Factor Personality

The Five-Factor Model of character (FFM) has five broad personality traits or domains. They are commonly known as the “Big Five”: Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness to Experience [17].

Openness is deemed as the most significant personality trait, primarily due to its focus on imagination and insight. Individuals with high levels of openness possess a diverse range of interests. Individuals with a high level of this personality trait are likely to exhibit an inclination towards adventurousness and creativity. In contrast, those with a low level of this personality trait may display more conventional tendencies and encounter difficulties with abstract reasoning. Conscientiousness is described by a high degree of thoughtfulness, effective impulse control and goal-oriented actions. Individuals with high scores tend to possess organizational skills and be attentive to details. Individuals scoring lower in this primary personality trait tend to be disorganized and lack structure. They may postpone tasks, leading to missed deadlines. Extraversion is defined by traits such as excitability, sociability, talkativeness, assertiveness, and emotional expressiveness. Highly extraverted individuals are outgoing, and they find social situations invigorating as they gain energy from being around others. Conversely, introverted individuals or those with low levels of extraversion tend to be more reserved. People with this temperament tend to have reduced energy levels when socializing, causing social events to feel draining. This bears similarity to individuals with “E” or “I” designations in MBTI. Agreeableness encompasses attributes such as trust, altruism, kindness, affection and other behaviours that facilitate prosocial interactions. Individuals with high levels of agreeableness demonstrate greater cooperative tendencies, whereas those low in this personality trait can exhibit greater competitiveness and even manipulative behaviours. Neuroticism is a personality trait that is defined by feelings of sadness, moodiness, and emotional instability. Individuals who score high in neuroticism tend to experience frequent changes in mood, anxiety, irritability, and sadness. Conversely, individuals who score low in this personality trait tend to have greater emotional stability and resilience.

2.3. The Relationship between Personalities and Antisocial Behavior

2.3.1 Dark Triad and Antisocial Behavior

The dark triad of personality hurts many interpersonal variables. Narcissism boosts life satisfaction and happiness while Machiavellianism detracts from them. Narcissistic personality is a special kind of personality. The average individual behaves arrogantly, lacks empathy, and has a grandiose need for self-image and power. Individuals with psychopathic traits will exhibit tendencies such as self-centeredness, deception, emotional superficiality, lack of empathy and irresponsibility, impulsiveness, and violation of social norms. This pathological feature will directly react to the behavior, leading to some burning, looting, playing with feelings, and even the destruction of public goods. In addition, like psychopathy, Machiavellians are characterized by apathy, lack of a sense of traditional morality, and lack of empathy. Furthermore, Machiavellians also show a tendency to manipulate others and are good at using manipulative strategies, such as persuasion and deception, in interpersonal interactions to make others serve their interests [18]. This personality often applies to lying fraud and is even used for seemingly unrelated to most people’s ordinary life drug trade. These will become one of the factors that affect the self. At the same time, These characteristics will also bring about a bad interpersonal relationship, which will have a certain impact on psychology, resulting in antisocial

behavior. In general, some studies show that the dark personality has a remarkable prediction of antisocial behavior [15, 19].

2.3.2 MBTI and Antisocial Behavior

There is a close relationship between personalities and antisocial behavior. One of the personalities is antisocial personality, and they often show an inability to think about long-term interests and no empathy. Meanwhile, many media outlets claim that they like to “manipulate others.” For example, many American cult leaders can not only control their assistants but also control their prey, let people commit suicide. However, not all people who show antisocial behavior have an antisocial personality. Many other personalities can also lead to antisocial behaviors, such as vicious narcissism, psychopathy, and borderline personality disorder. Psychopathy is closely linked to committing crimes and is a complex personality trait that has various dimensions [20]. A research found that people who have Schizotypal personality show various effects of enrichment for both positive Schizotypal traits and disorganization. There was also a significant interaction between enrichment and nutrition for cognitive disorganization. Distinctive personality traits are strongly and meaningfully linked with both altruism and antisocial behaviour. Absorption and a lack of aggression in altruism are connected to aggression and a lack of control in antisocial behaviour [21].

Personality can influence thought and behavior. According to research, some personality factors predict career success and antisocial behavior at work [22]. In the recent popular MBTI test, several personality characters are also prone to antisocial behavior. For example, the ISTJ (Logistician Personality) personality type lacks empathy. They often come across as cold, emotionless, and rather stiff. Besides, People with INTJ (Architect personality) personality type are dismissive of others' opinions, pugnacity, disregard for pointless rules, and social ignorance, characterized by their lack of emotional intelligence.

2.3.3 Five-Factor Personality and Antisocial Behavior

Additional findings from the Multidimensional Personality Questionnaire Brief Form indicate that there is a moderate correlation between AGG-ASR and RB-ASR. This suggests that both dimensions are affected by and connected to aggression [23]. As the mentioned above, psychopathology is also closely related to antisocial behavior. There is a strong link between personality disorders and antisocial behaviour, which can predict aggressive actions [5]. Moreover, some have focused on studying the relationship between antisocial behavior and personality through the five-factor personality model and externalizing spectrum modeling [13, 21]. The initial factor is the five-factor model of personality, which demonstrates that personality is connected to antisocial behaviors in a moderately reliable manner. Anger, hostility, depression and impulsivity are all positively linked to various antisocial behaviors. Continuing with further analysis, among the three antisocial behavioral variables (neuroticism, conscientiousness, agreeableness), angry hostility and impulsivity most directly affect the neurotic domain, although it does not often appear alone. In terms of agreeableness, trust, frankness, and compliance, made the most consistent independent contributions. Finally, dutifulness and deliberation make the most consistent contributions to conscientiousness. Moreover, significant causal differences for each particular syndrome remain after accounting for general externalizing factors [21].

3. Implications

Dark personality, a real part of human nature, has complex and contradictory results: on the one hand, on the individual level, they are often highly adaptable; on the group level, they are potentially destructive, with many aggression, fraud, bullying, crime, and antisocial behavior. In the family, these negative emotions and behaviors will lead to the family becoming divided. Domestic violence, family money fraud, elderly abuse, and other behaviors are countless. In addition, those who consider their own selfish egoists in society because of desires to others spiritual or physical damage, and this kind of people are the least have sincere dating ability, “friends” around are deceived by him because he

does not consider even can easily sacrifice the interests of others, thus no longer contact, it will deepen this kind of crowd only good, and never consider the characteristics of others. Of course, as a dimension of a very important dark personality, its behavior impulse and lack of self-control will produce antisocial behavior, and it is more common to injure, kill or even die together. The superiority of narcissism in the last dimension of dark personality, the extreme desire for attention, will make this kind of people desperate to climb to the top of the pyramid, and the process of taking the people around them as a ladder, with no morality at all.

In China, MBTI is most commonly used, usually in business management and career planning, and then in the field of education. One of the most remarkable features of MBTI is that its basic logic is simple, its tendency symbols are easy to understand, strong transmission, and easy to promote. Today, MBTI burst fire again, with more than 80% of people to the test, to a certain extent, for the spread of modern psychology played a driving role, also indirectly improving the public cognitive level and literacy, letting people know what his character is, need to notice in public or family what release. Some positive characteristics, such as E people mentioned in the article, can infect people around on social occasions to set off the atmosphere. On the contrary, some negative characteristics, such as T, should pay more attention to how to mobilize their emotions as much as possible in interpersonal relationships or ways of doing things, rather than indifference and no feelings.

People with high scores on openness in the Big Five are more curious and creative, which, negatively, may also cause such people to explore illegal things or commit crimes. On the contrary, in the dimension of conscientiousness, people with lower scores are more likely to be impulsive, which is similar to the dimension of psychopathy in dark personalities, such as injury and killing. The second is the dimension of agreeableness, and low scores will appear hostile, harsh, or suspicious characteristics, light by the flesh injury, heavy will produce irreversible criminal behavior. The last dimension of neuroticism is that people with higher scores are more likely to be anxiety and depression, and anger hurts families and socially hurts friends. In contrast, anxious and depressive are often more harmful to themselves. The Big Five personality is commonly used because it can forecast a person's mental well being and social skills.

4. Conclusion

In conclusion, this study summarizes the effects of the dark triad personality, MBTI, and the Big Five personality on antisocial behavior, respectively, and the effects of the three tests themselves on oneself, family, and society. Considering the influence of external factors, the results reflected by these three tests all affect an individual's personality to different degrees, but combined with external factors, such as family and interpersonal relationships between friends, will also lead to changes in these personality characteristics.

These results provide some directions and ideas for further research on how to prevent and solve the problem of antisocial behavior caused by different personalities, such as exposing teenagers to the sunny side of society rather than the dark side and exposing children to the sun rather than the clouds. Secondly, pay more attention to the emotions of people around you. Parents should also pay more attention to the children's usual behavior habits. When they make mistakes, do not unthinkingly blame them, but give correct guidance and a very reasonable and as far as possible to ensure everyone is satisfied with the solution. Try to let the child think and put forward ideas first, and if there is a difference in ideas, you can calmly sit down and discuss together rather than directly deny the child's ideas. In addition, on the psychological level, do more to affirm the child's thoughts and explore sexual behavior, as much as possible to avoid turning the chat into a non-stop lecture. At the same time, it should pay more attention to the emotional changes of children, especially teenagers in adolescence. Many things will be emotions, and emotions become fragile. This time is the most need to pay attention to because it is very likely that some things handled improperly will lead to peoples' negative emotions being infinitely amplified, a series of antisocial behaviors like smashing things and beating others. Moreover, some antisocial behaviors, such as family violence, parents dealing with

problems radically and violently, or genes carrying some violent tendencies. And from the school level, campus violence, as the most serious kind of behavior in school, must be eradicated. Meanwhile, a good campus atmosphere is also the first important thing. Smoking and drinking should not affect others in dormitories, toilets, or even classrooms. These can rely on rich legal provisions that prohibit minors and adults from being punished if so, and the government should add legal provisions to protect the rights of victims, such as compensation or compensation.

In addition, schools can also appropriately reduce the pressure on students, take them to museums and other places to relax after the intense study and release the pressure. To change the cognition of some teenagers or adults who have antisocial behavior, we should try our best to let all of them know the most basic laws and respect the law without crossing the line. At the same time, it can increase the publicity of positive energy. This does not mean that we should hand over the money we find to the police, but the real people who do good deeds without leaving their names so that people who commit crimes or have antisocial behaviors can understand and know that there is not only a dark side of the society but also a more positive side.

Early detection and intervention can further prevent the generation of antisocial behavior is the duty of every citizen, whether family parents pay more attention to the child's psychological development or society after colleagues, friends of physical and mental health, the purpose is to the negative personality characteristics of a series of negative behavior, prevent good, so as to build a positive environment.

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