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THE ROLE OF PSYCHOLOGICAL CAPITAL IN THE DEVELOPMENT OF THE DARK AND LIGHT TRIAD OF PERSONALITY TRAITS IN UNIVERSITY STUDENTS

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Abstract

This study examines the relationship between psychological capital and traits associated with the dark and light triad of personality. In particular, it aims to determine how the parameters of psychological capital – self-efficacy, hope, optimism, and stability – interact with traits of the dark triad (narcissism, Machiavellianism, and psychopathy) and the light triad (humanism, Kantianism, and faith in humanity). Empirical tests were used to investigate the hypothesis about these parameters' interrelationships and mutual influence. The study included 103 students of the Institute of Pedagogy and Psychology of the Cherepovets State University aged between 17 and 22 (average age 18.3 years). The diagnostic tools used in the study included special questionnaires to assess traits related to the dark and light personality triad and psychological capital. Data analysis involved the use of correlation and regression analysis techniques for mathematical processing. It was found that of the dark triad traits, only narcissism, which is positively correlated with self-efficacy, hope, optimism, and stability, is positively correlated with psychological capital and some of its parameters. The two factors of psychological capital that have the greatest influence on the characteristics of narcissism are self-efficacy and optimism. Narcissism, on the other hand, only affects optimism. With regard to the characteristics of the light triad, it was found that optimism, self-efficacy, and resilience are positively correlated with faith in humanity, while optimism is positively correlated with humanism. The regression analysis revealed that optimism, faith in humanity, and humanism are not only interrelated but also influence each other. Specifically, optimism is a predictor of faith in humanity and humanism, while faith in humanity and humanism predicts optimism as an attitude toward life. These findings contribute to understanding the interplay and mutual influence of holistic personality traits. They have practical implications for counselors of student groups and university psychological services.

Keywords: *dark triad, light triad, psychological capital, students*

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Introduction

Dark and light triads and psychological capital refer to essential features of personality. While the dark and light triads encompass generalized negative or positive orientations toward the social environment, psychological capital refers to a resource used by individuals in their actions and behaviors.

The dark triad was first described in 2002 by D. Paulhus and K. Williams [1] and included Machiavellianism, narcissism, and psychopathy. Machiavellianism refers to the tendency to manipulate others, narcissism involves an exclusive focus on one's own personality, and psychopathy includes manifestations of arrogance, impulsivity, and aggressiveness. These traits are often associated with immoral and antisocial behavior and contrast with honesty, modesty, agreeableness, integrity, and emotionality [2].

The dark core, identified as the intersection of traits within the dark triad, is manipulative, heartless, and strategic, as suggested by D. Jones and A. Figueredo [3]. Manipulative, heartless, and strategic behavior predicts the general personality factor of aggressiveness [4] and the desire to solve many problems through hard or soft manipulation [5]. In addition, the dark triad personality traits have been found to elicit behaviors associated with the violation of ethical norms and rules [6]. Managers with strong dark triad personality traits, especially psychopathy and Machiavellianism, have been shown to have a negative impact on the work environment of employees. Such managers have a negative impact on the professional goals and mental health of their employees [7].

Despite the generally negative connotation of characteristics of the dark triad of personality, psychologists point to exceptions, such as narcissism. In a study by M. Dębska et al., a positive correlation was found between narcissism and a healthy lifestyle in students [8]. In another study examining the relationship between dark triad personality traits and attitudes towards danger among university students, a positive relationship was found between narcissism and sensitivity to threats and choosing appropriate responses in dangerous situations [9]. In contrast to the dark triad, S. Kaufman et al. presented a model of the light triad of personality in 2019 [10]. This triad includes faith in humanity, humanism, and Kantianism, the latter of which derives its name from Immanuel Kant's philosophical principles that emphasize the intrinsic value of human beings. The researchers attempted to characterize the qualities contained in the triad of light comprehensively. It has been shown that the triad of light correlates positively with various factors. These include age, femininity, lower unpredictability in childhood, higher religiosity, spirituality, life satisfaction, acceptance of others, belief in the innate goodness of people, compassion, empathy, openness, conscientiousness, enthusiasm, and the presence of a calm ego. Positive correlations were also found with curiosity, interest, love, kindness, teamwork, forgiveness, and gratitude.

Other studies show that people with stronger Light Triad traits show more compassion and kindness [11], have a negative attitude towards infidelity [12], and are more satisfied with their work [13] than people with weaker Light Triad traits.

Psychological capital is another integral feature of personality that has attracted the attention of psychologists in recent years. The credit for conceptualizing this construct is often attributed to F. Luthans, C. Youssef, and B. Avolio, who define it as a positive psychological state of personal development that includes self-efficacy, hope, optimism, and resilience to negative influences [14]. Self-efficacy is characterized by a person's confidence in achieving set goals and solving tasks, while hope involves persistence in pursuing these goals and a willingness to explore different ways to achieve them. Optimism is reflected in a positive attitude toward achieving positive outcomes, and resilience refers to the ability to overcome difficulties. In recent years, psychological capital has been actively studied in various areas of human life, including the student body. In particular, the relationship between psychological capital and academic achievement [15], motivation to learn and engagement in learning activities [16], and successful adjustment to higher education [17] has been identified.

Over time, the identification of psychological capital and the dark and light triad of personality has raised the question of their interrelationships and their role among university students. The need to address this question has led to a number of specialized psychological studies. We will now give a brief overview of some of these studies.

Review of studies

In the article by X. Zhu and Y. Geng [18], which examined the cause-effect relationship between psychological capital and the dark triad of personality (an additional trait, sadism, was added to the three dark triad traits) in university students, the results showed a positive correlation between narcissism and psychological capital, while psychopathy, Machiavellianism, and sadism are negatively correlated.

B. Stephan et al. [19] investigated the correlation of dark triad traits with psychological capital in different industries. As a result, the correlation of narcissism with psychological capital was found in almost all industries, while psychopathy was only negatively correlated with psychological capital in some industries (architecture, automotive industry, consulting).

The study by A. Elbers et al. [20] investigated the possible influence of psychological capital on the relationship between managers' dark triad traits and employees' satisfaction with their basic work-related needs. The results showed that managers' dark triad characteristics and employees' psychological capital are predictors of satisfaction with basic work-related needs.

S. Rezazadeh Yazd and H. Sharbaf [21] investigated the role of psychological capital in the relationship between the dark triad and the creativity of artists. The results showed a significant inverse correlation between dark triad personality traits and creativity, with psychological capital mediating this relationship.

I. Sabir et al. [22] examined narcissistic personality disorder in nurses and its effects on cognitive organizational cynicism (employees' skeptical attitude towards the organization's activities), with psychological capital playing a mediating role. The results indicated a significant positive relationship between narcissistic personality disorder and cognitive organizational cynicism. In addition,

psychological capital was found to play a mediating role in mitigating employees' negative behaviors towards management and the organization as a whole.

As for the relationship between the Light Triad personality traits and psychological capital, little research addresses this issue. However, some indirect evidence points to a possible positive relationship between the light triad and the parameters of psychological capital. For example, K. Neumann et al. [23] found correlations of the light triad with trust in others, life satisfaction, and high self-esteem. M. Romascanu and D. Stanescu [24] reported a negative correlation between the light triad and counterproductive behavior in the workplace and a positive correlation with civil behavior in organizations. In addition, N. Ilyichev and A. Zolotareva [25] showed correlations between the light triad and factors from the Big Five personality traits such as extraversion, agreeableness, openness, conscientiousness, and neuroticism.

Based on the analysis of the studies, several research questions arise regarding the relationship between the traits of the dark and light triad of personality and the psychological capital of Russian students. First, will the fact of the highest correlation of psychological capital with a dark triad trait such as narcissism be confirmed? Second, is there indeed a correlation between the light triad traits and psychological capital, and if so, which traits show the strongest correlation? Third, can high levels of psychological capital serve as a predictor of light triad personality? These questions lead to the aim of this study, which is to uncover the role of psychological capital in the expression of traits within the dark and light triad of personality in university students.

The following hypotheses were formulated:

- Students with dark triad traits are expected to show a positive relationship between narcissism and psychological capital, while Machiavellianism and psychopathy are expected to show a negative relationship with it.

- Students with light triad personal traits are expected to show a positive correlation with psychological capital and its individual parameters.

- The hypothesis is that psychological capital will act as a predictor of light triad personality traits.

Materials and methods

The study involved 103 Institute of Pedagogy and Psychology students of Cherepovets State University aged 17 to 22 years, with an average age of 18.3 years, ten males. (9.71%), ninety-three females (90.29%). Three questionnaires were used as diagnostic tools: 1) the Russian version of the questionnaire by D. Jones and D. Paulhus to determine the dark triad of personality [26], adapted by M. Egorova, M. Sitnikova, O. Parshikova [27]; 2) questionnaire on the light triad of personality, authors S. Kaufman, D. Yaden, E. Hyde, E. Tsukayama [10]; 3) Russian version of the questionnaire by F. Luthans, C. Youssef and B. Avolio to determine the parameters of psychological capital, adapted by V. Maralov, M. Kudaka, O. Smirnova [28]. The raw scores were converted into a standardized ten-point scale for all three questionnaires. The results were analyzed using mathematical statistics methods, including correlation and regression analysis.

Study Results

Table 1 provides a comprehensive overview of the investigated subjects, including all studied parameters.

Table 1

Descriptive statistics on the personality traits and psychological capital of the dark and light triad

Parameters under study	Average values	Median	Mode	Standard deviations	Minimum	Maximum
The dark triad of personality						
Machiavellianism	6.20	6	6	0.97	4	9
Narcissism	5.72	6	6	1.01	4	8
Psychopathy	4.29	4	4	0.95	3	7
The light triad of personality						
Faith in humanity	7.42	7	8	1.29	4	10
Humanism	7.90	8	8	1.12	4	10
Kantianism	7.67	8	8	1.15	5	10
Psychological capital						
Self-efficacy	6.83	7	7	1.48	3	10
Hope	6.44	6	7	1.57	2	10
Optimism	6.99	7	7	1.47	3	10
Sustainability	6.63	7	7	1.55	2	10
Overall	6.87	7	7	1.35	3	10

Table 1 shows the dominance of the light triad of personality over the dark triad. All the investigated traits of the light triad lie close to a high level, ranging from 7.42 (SD = 1.29) for faith in humanity to 7.9 (SD = 1.12) for humanism. In contrast, the Dark Triad traits are either average (Narcissism – 5.72 (SD = 1.01); Machiavellianism – 6.20 (SD = 0.97)) or below average (Psychopathy – 4.29 (SD = 0.95)). This observation is understandable and can be attributed to the fact that the study population consists of students who have chosen subjects related to education and psychology, which implies a certain sense of responsibility and a predisposition to a positive attitude toward others. Relatively constant scores were determined for psychological capital, ranging from 6.44 (SD = 1.57) for hope to 6.99 (SD = 1.47) for optimism, which is slightly above average. The results show that the people surveyed have an optimistic view of the world. However, it can be difficult for them always to find optimal solutions to problems that arise or to master problem situations effectively.

Let's look at the correlation analysis results, which examine the relationship between traits of the dark and light triad of personality and psychological capital. These results are summarized in Table 2.

As shown in Table 2, Machiavellianism and psychopathy showed a statistically significant correlation ($r = 0.24$, $p \leq 0.05$) among the dark triad personality traits, while narcissism appeared to be less pronounced. In the light triad traits, all three traits showed statistically significant correlations with each other (correlation coefficients between 0.35 – “faith in humanity – Kantianism”

and 0.6 – “faith in humanity – Humanism,” at $p \leq 0.001$). Similar patterns were observed for the psychological capital parameters, where all attributes showed strong correlations (correlation coefficients between 0.57 and 0.88, at $p \leq 0.001$).

Table 2
Matrix of correlations between the parameters of the dark and light triad of personality and students' psychological capital

		1	2	3	4	5	6	7	8	9	10	11
1	Machiavellianism	1										
2	Narcissism	-0.00	1									
3	Psychopathy	<i>0.24</i>	0.19	1								
4	Faith in humanity	-0.02	0.14	-0.13	1							
5	Humanism	0.02	0.17	-0.11	0.6	1						
6	Kantianism	<i>0.20</i>	-0.00	-0.24	0.35	0.52	1					
7	Self- efficacy	-0.04	0.38	0.04	<i>0.20</i>	0.12	0.03	1				
8	Hope	-0.13	0.29	-0.17	0.16	0.14	-0.00	0.61	1			
9	Optimism	-0.19	0.37	-0.10	0.37	<i>0.24</i>	0.04	0.57	0.69	1		
10	Resilience	-0.12	0.33	-0.11	0.23	0.17	0.13	0.68	0.68	0.67	1	
11	Psychological capital, in general	-0.13	0.37	-0.08	<i>0.24</i>	0.18	0.04	0.79	0.86	0.82	0.88	1

Note. Significant correlations at $p = 0.01$ are highlighted in bold, and at $p = 0.05$, are highlighted in italics.

The relationship between the personality traits of the dark and light triad and psychological capital is shown in Figure 1.

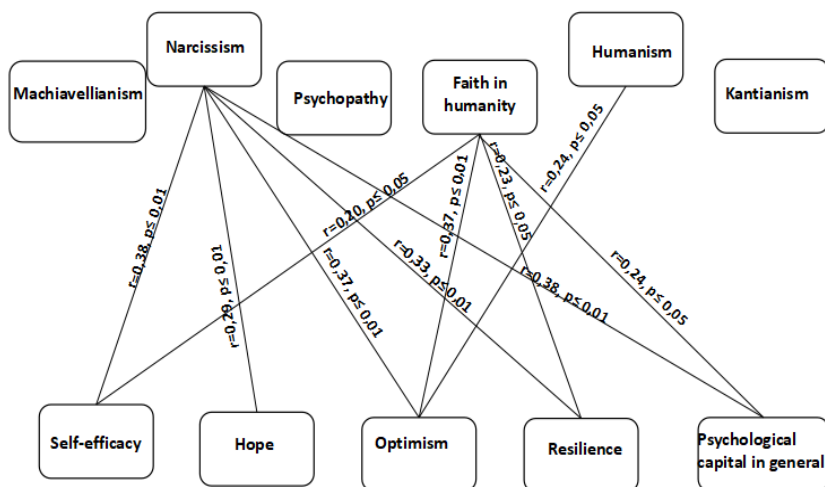


Figure 1. Correlation of dark and light triads of personality traits with students' psychological capital

As can be seen in Figure 1, of the personality traits in the dark triad, only one trait – narcissism – showed a positive correlation with psychological

capital overall and its individual parameters. Here, the correlation coefficients vary from $r = 0.29$, $p \leq 0.01$ (hope) to $r = 0.38$, $p \leq 0.01$ (psychological capital in general and self-efficacy). Neither positive nor negative correlations were found for Machiavellianism and psychopathy in this group of subjects. As far as the traits of the light triad are concerned, here, too, only one characteristic – faith in humanity – shows a close correlation with psychological capital in general ($r = 0.24$, $p \leq 0.05$) and with its three indicators: self-efficacy ($r = 0.20$, $p \leq 0.05$), optimism ($r = 0.37$, $p \leq 0.01$) and resistance to negative influences ($r = 0.23$, $p \leq 0.05$). Another trait, humanism, correlated with only one psychological capital variable, optimism ($r = 0.24$, $p \leq 0.05$). No significant correlation was found for Kantianism.

The correlation analysis provides information on statistically significant relationships between the parameters examined. However, a regression analysis was carried out to understand the possible influence and interplay between psychological capital and the personality traits of the dark and light triad. Table 3 shows the results, whereby only the parameters with high correlation coefficients were considered.

Table 3

Results of the Regression Analysis

Dependent variables	R^2 (correlation coefficient squared)	F-statistic	β (predictors)
Narcissism (the impact of psychological capital on narcissism)	0.18	5.31, $p = 0.000$	β_1 (self-efficient-The value) = 0.17, $p = 0.056$; β_2 (optimism) = 0.17, $p = 0.085$
Self-efficacy (impact of narcissism on self-efficacy)	0.14	6.77, not significant	Not identified
Optimism (influence of narcissism on optimism)	0.14	5.79, $p = 0.000$	β (narcissism) = 0.53, $p = 0.000$
Faith in humanity (the impact of psychological capital on faith in humanity)	0.16	4.57, $p = 0.002$	β (optimism) = 0.42, $p = 0.001$
Optimism (the effect of faith in humanity on optimism)	0.14	15.92, $p = 0.000$	β (Faith in humanity) = 0.42, $p = 0.000$
Humanism (the influence of psychological capital on humanism)	0.06	1.58, $p = 0.19$ (not significant)	β (optimism) = 0.2, $p = 0.08$
Humanism (the influence of optimism on humanism)	0.06	6.13, $p = 0.015$	β (optimism) = 0.18, $p = 0.015$
Optimism (influence of humanism on optimism)	0.06	6.13, $p = 0.015$	β (humanism) = 0.31, $p = 0.015$

The results of the regression analysis (Table 3) complement the results of the correlation analysis and make it possible to determine not only relationships between the personality parameters investigated but also a one-sided or reciprocal influence on each other.

In particular, it was found that psychological capital influences narcissism. The overall regression proved to be statistically significant ($R^2 = 0.18$, $F(4, 98) = 5.31$, $p = 0.000$). Among the factors examined, self-efficacy and optimism showed the most significant effects on narcissism (self-efficacy = 0.17 , $p = 0.056$; optimism = 0.17 , $p = 0.085$). At the same time, there was no inverse effect of narcissism on self-efficacy, but its effect on optimism was evident (narcissism = 0.53 , $p = 0.000$).

Thus, a high level of self-efficacy, expressed in the individual's belief that they can achieve their goals, coupled with an optimistic outlook on success, may favor the development of narcissistic personality traits. On the other hand, narcissism does not always predict a high degree of self-efficacy in an individual but, at the same time, tends to contribute to the development of an optimistic attitude in a personality.

The investigation of the influence of psychological capital on faith in humanity as a characteristic of the light triad of personality also revealed a statistically significant regression ($R^2 = 0.16$, $F(4, 98) = 4.57$, $p = 0.002$), with optimism playing a particular role (optimism = 0.42 , $p = 0.001$). Faith in humanity, on the other hand, influences optimism (Faith in humanity = 0.42 , $p = 0.000$).

The investigation of the influence of psychological capital on humanism did not lead to a statistically significant regression ($R^2 = 0.06$, $F(4, 98) = 1.59$, $p = 0.19$). In particular, optimism proved to be the factor that came closest to significance (Optimism = 0.02 , $p = 0.08$). When we isolated this factor and subjected it to regression analysis again (influence of optimism on humanism), we obtained a satisfactory model ($R^2 = 0.06$, $F(1, 101) = 6.13$, $p = 0.01$) in which optimism already plays a significant role (optimism = 0.18 , $p = 0.015$). The reverse effect of humanism on optimism was also found (humanism = 0.31 , $p = 0.015$). The investigation of the influence of psychological capital on Kantianism did not produce a statistically significant regression model.

In summary, it can be said that belief in humanity, humanism, and optimism are closely linked and influence each other.

Discussion of the results

The results regarding the relationship between the dark triad and psychological capital are consistent with previous research, particularly the studies of X. Zhu and Y. Geng [18] and B. Stephan et al. [19]. This suggests that individuals with narcissistic tendencies, characterized by beliefs such as the importance of recognition and the expectation of a promising future, tend to have high levels of psychological capital. Indeed, such beliefs often require psychological resources to realize in practical life. Our study also highlights the central role that two factors of psychological capital play in this dynamic: Self-efficacy and optimism. In other words, a person's self-efficacy, together with

an optimistic attitude, in conjunction with other factors and psychological conditions, can create the conditions for the expression of narcissistic personality traits. However, it should be noted that while narcissism is often associated with a belief in one's own abilities and exceptionality – indicating an optimistic attitude – this does not always reflect the person's actual self-efficacy. A number of authors point to the relationship between narcissism and optimism. For example, S. Hickman et al. found that healthier forms of narcissism correlate directly with optimism and inversely with pessimism [29].

This conclusion confirms the data available in psychology that narcissism is in some ways distinct from the other two traits of the dark personality triad, which has led some psychologists to view it as the light side of the dark personality. In particular, the study by Y. Krasavtseva and T. Kornilova, which shows the positive relationship between narcissism, verbal intelligence, and uncertainty tolerance, supports the categorization of narcissism as the light side [30]. Other authors have also reached similar conclusions, noting that narcissism is in some ways distinct from Machiavellianism and psychopathy [31]. This duality in the interpretation of narcissism has led scholars to distinguish between two types of narcissism: The first type is associated with immoral tendencies and is thus related to Machiavellianism and psychopathy, whereas the second type reflects the more utilitarian side of human functioning [32]. Considering that the study was conducted with a group of students who were training to become teachers or psychologists, it is very likely that the light side of narcissism was more pronounced in this sample. A positive correlation was therefore found with psychological capital, with factors such as self-efficacy and optimism dominating.

The results of the second part of the present study on the relationship and mutual influence of psychological capital and light triad traits pose a challenge for interpretation, as there is not enough work in modern psychology dealing with this topic. However, it was evident that one trait, faith in humanity, showed significant associations with psychological capital and most of its parameters. The second trait, humanism, correlated positively only with optimism. The third trait, Kantianism, showed no significant correlations. The link between faith in humanity and humanism is optimism, which is a predictor for each trait. In addition, faith in humanity and humanism are predictors of optimism. This results in a new core of personality that encompasses all three of the above parameters.

If we compare the results of the study on the relationship between psychological capital and the Dark Triad and the Light Triad of personality, a remarkable pattern emerges. Psychological capital exerts a significant influence on the expression of narcissism within the dark triad and the expression of faith in humanity and humanism within the light triad of personality. A parameter of psychological capital, such as optimism, plays a leading role in this process.

It is crucial to understand the influence of optimism on various personality traits, including those described here. Optimism, as defined by C. Carver and M. Scheier, represents an individual difference variable that reflects the extent to which individuals have generally favorable expectations about their future

[33]. High levels of optimism are associated with better subjective well-being in times of adversity or challenge. It also correlates with a greater commitment to overcoming obstacles and taking proactive measures to protect one's health. Optimism is associated with good mood, stamina, performance, and physical health [34]. Specific studies have shown that optimists have better social relationships because they are more committed to them [35]. Optimists are more likely than pessimists to pay attention to threats to their well-being and deal with them proactively [36].

Narcissism is characterized by a person's tendency to dominate others, seek attention, and exhibit egocentric behavior. This sense of exclusivity often leads narcissists to expect similar treatment from others, which fosters an inherent optimism. For narcissists, a belief in a bright future is crucial to maintaining their self-perception and identity. A study conducted by J. Barnard has shown that narcissism predisposes people to develop a positive outlook on life. This predisposition stems from narcissists' ability to navigate social reality and their high self-esteem, which correlates with optimism and a lack of hopelessness [37].

A slightly different perspective emerges when looking at the relationship and mutual influence of optimism with faith in humanity and humanism. The light triad that encompasses humanism in the broader sense reflects a person's attitude rooted in a positive worldview and positive human relationships. Consequently, by definition, a humanist cannot advocate pessimism, as this would contradict the essence of humanism. The very notion of faith in humanity implies a positive attitude toward the future, which is related to the nature of human relationships. The available empirical studies confirm this position.

In the study by I. Tariq and A. Zubair, optimism combined with robust character traits proved to predict high social competence [38]. In addition, the results of a study by Z. Ye et al. among junior high school students in China found positive correlations between optimism and positive relationships with teachers and peers, social self-concept, and sense of coherence [39]. Similarly, a study by R. Sumi among Japanese university students showed positive correlations between optimism scores and ratings of social support and reciprocity and negative correlations with ratings of interpersonal conflict [40]. A study by N. Akhtar and S. Saleem found a positive correlation between optimism and feelings of happiness, conscientiousness, emotional stability, agreeableness, and openness among teachers. In addition, feelings of happiness, conscientiousness, and emotional stability were found to be predictors of optimism [41]. Overall, these results suggest that optimism is the most important attribute that characterizes the humanistic orientation of personality as reflected in the light triad.

Given the above, we can say that the theories have only been partially verified.

According to the first hypothesis, a positive correlation was expected between narcissism and psychological capital and a negative correlation between Machiavellianism and psychopathy. The first part of the hypothesis

was fully confirmed, as narcissism showed a positive correlation with psychological capital and some of its parameters. In addition, under certain conditions, self-efficacy and optimism were identified as predictors of narcissism, while narcissism itself predicted expressions of optimism. However, the second part of the hypothesis could not be confirmed, as neither positive nor negative correlations between Machiavellianism and psychopathy with psychological capital were found.

According to the second hypothesis, all characteristics of the light triad would be expected to correlate positively with psychological capital. In reality, however, only a positive relationship was found between faith in humanity and psychological capital. In addition, humanism showed a partial positive correlation, especially with one parameter of psychological capital – optimism.

The third hypothesis was also partially confirmed. Of the psychological capital parameters, only optimism proved to be a predictor of faith in humanity and humanism. In turn, faith in humanity and humanism do indeed predict optimism. Consequently, these three traits together form a conglomerate that characterizes a humanistically oriented and positive personality.

The study has certain limitations. First, it included mainly female participants (90%). With a male sample, the results might be different. Secondly, the students were first- and second-year students. The results could also be different for third- and fourth-year students. Thirdly, these were students with a psychological and pedagogical focus, which implies an initially positive attitude towards people. For representatives of other educational fields, the ratio of dark and light triad characteristics may be fundamentally different, as are the correlations between all the parameters studied.

Despite these limitations, we believe that the results presented here on the relationship and mutual influence of the dark and light triad of personality traits with psychological capital make a particular contribution to understanding the role of integral personality characteristics, which include the dark and light triad and psychological capital of personality, in explaining people's behavior and their reactions to ambiguous life situations.

Conclusion

Based on the results discussed, it can be concluded that both the dark and light triads of personality show positive correlations with psychological capital or individual characteristics. In particular, the narcissism of the dark triad showed the closest relationship to psychological capital and correlated positively with self-efficacy, hope, optimism, and resilience. Among the light triad traits, faith in humanity, which reflects a positive attitude towards human interactions, was positively related to self-efficacy, optimism, and resilience. In addition, humanism, another characteristic of the light triad, correlated with optimism. Furthermore, self-efficacy and optimism were found to be reliable predictors of narcissism, with narcissism often associated with optimism. Conversely, optimism was found to be a predictor of faith in humanity and humanistic traits, which in turn contribute to people's optimism about their present and future.

The results of the present study contribute to the discussion of the relationship between the dark and light triad of personality traits and students' psychological capital, which can also be used in the practical work of university psychological services and the work of student group counselors.

Future research possibilities include expanding the topic contingent to include male students, older students, and representatives of majors other than psychology and education.

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РОЛЬ ПСИХОЛОГИЧЕСКОГО КАПИТАЛА В ПРОЯВЛЕНИЯХ ЧЕРТ ТЕМНОЙ И СВЕТОЙ ТРИАД ЛИЧНОСТИ У СТУДЕНТОВ

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Аннотация. Исследование посвящено выявлению роли психологического капитала в проявлениях черт Темной и Светлой триад личности. Проверялась гипотеза о наличии взаимосвязи и взаимовлияния параметров психологического капитала (самоэффективности, надежды, оптимизма, устойчивости) с параметрами Темной (макиавеллизм, нарциссизм, психопатия) и Светлой (вера в человечество, гуманизм, кантианство) триад личности. В исследовании приняли участие студенты института педагогики и психологии Череповецкого государственного университета (N = 103) в возрасте от 17 до 22 лет (средний возраст – 18,3 года). В качестве диагностического инструментария использовались специальные опросники на выявление черт Темной и Светлой триад личности, а также психологического капитала. Математическая обработка осуществлялась с использованием методов корреляционного и регрессионного анализа. В результате было установлено, что с психологическим капиталом и отдельными его параметрами из черт Темной триады положительную связь обнаружил только нарциссизм, который положительно прокоррелировал с самоэффективностью, надеждой, оптимизмом и устойчивостью. Наибольшее влияние на проявления нарциссизма оказывают два фактора психологического капитала – это самоэффективность и оптимизм. В свою очередь, нарциссизм оказывает влияние только на оптимизм. Из черт Светлой триады вера в человечество обнаружила положительную связь с самоэффективностью, оптимизмом и устойчивостью, а гуманизм – с оптимизмом. На основе регрессионного анализа установлено, что оптимизм, вера в человечество и гуманизм не только связаны друг с другом, но и оказывают взаимное влияние друг на друга: оптимизм является предиктором веры в человечество и гуманизма, а вера в человечество и гуманизм – предиктором оптимизма как жизненной установки личности. Полученные результаты вносят определенный вклад в понимание проблемы взаимосвязи и взаимовлияния интегральных характеристик личности, могут быть использованы в работе кураторов студенческих групп, а также в деятельности психологических служб вузов.

Ключевые слова: *Темная триада, Светлая триада, психологический капитал, студенты.*

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