ATTACKING THE DARK SIDE OF HUMAN PSYCHOLOGY: REFLECTIONS AND SOLUTIONS

Parinita Ratnaparkhi [1], Avdhesh Jha [2]

1 Assistant Professor, Waymade College of Education CVM University

2 Professor and Principal, Waymade College of Education CVM University

Abstract

*The **World Happiness Report (2021)**, it has been observed that the happiness index is continuously declining with about 4.5 in 2013 to nearly 3.5 in 2020. In contrast, the crime rate has substantially increased. The data from year 2005 to 2018 shows that the crimes related to IPC has increased by 71%. In year 2020, the case of Sushant Singh Rajput (SSR), as well as other cases of rape, dowry, suicides, and increasing other crime rates etc. are examples which made us ponder on the dark side of human psychology. In psychology, dark triad consists of three main components, Narcissism, Machiavellian and Psychopath. **Carl Jung (1918)** used the term 'shadow' for dark side of human psychology. At times, some cases are highlighted so much by the media that people avoid reading newspaper and/or listening/watching the news. A study conducted by **Muñiz-Velázquez, Gómez-Baya, & Lozano (2021)** related to correlation between happiness and media consumption during COVID-19 Confinement found that people with greater well being spent less time in watching TV news rather spent more time in social networking sites.*

*In a way, the projection by the media allows the layman to conclude as if there is nothing worthy than utter nonsense and crimes. These days most people believe that most of the said news is just created because of political and other agendas working in background. This indicates that there is something wrong in the society. That something very wrong in the society victimizes the people because ultimately they are the only sufferers. **Durkheim (1952)** in his book 'Suicide: A study in Sociology' opines that the force behind the suicide is social not psychological. The paper does not cover the theoretical framework of any Psychologists in the field; rather focus on the practical aspects of the same. Hereby this article is an attempt to explore the human psychology especially the dark side, what are the reasons behind emergence of this dark side of human nature as well as some solutions to overcome and understand the human nature.*

Key words: *Human, psychology, behaviour, human psychology, suicide*

People are well aware about psychology and human psychology. Whereas psychology is science of behaviour; human psychology is science of human behaviour. Hereby, when the title refers to dark side then the first question that arises is - Do we have any dark side?

Dark Side of Human Psychology

To understand this, let us first start with a simple question – What is the difference between you and your parents? Let us not bother about physical features rather let's care about the differences you have with your parents with respect to your physical, sociological and psychological environment. Indeed, there are lot many differences viz. culture, values, facilities, food items, clothing, gadgets type and modes of entertainment, the idea of privacy, mass media and social media, nuclear family, single child, working parents, career and competition, and many other factors affecting the human life etc. and yes most importantly, being the person of the era of technology which turns today's generation special.

The differences in the traits are often visible from one person to another. Rather it is important to consider the presence of such some traits which create hindrance in human life to be happy and lead a contented life. Here comes the emergence of dark side of human psychology. It consists of some negative traits that exist in every human being. But certain situations lead to the visibility and activation of such traits and keep a human being away from being happy and having a successful life.

Dark Side of Human Psychology: Some Examples

Being a human in the era of technology, each one of us is aware of SSR case. Whether suicide or murder, it is yet to be proved but prima facie, it was presented as a case of suicide. Not restricting to this case, there are many cases of suicides. It's not new for any of us. Then again, the question – Why people commit the suicide? What is the reason behind it? Anxiety, anger, state of being cheated by trustworthy, false and fake environment, fatigue, adjustment issues, stress, depression! Then again, why fatigue? Why stress? Why depression? Why a person can't overcome this dark side of human psychology? What are the reason that keeps him/her devoid of happiness and a content life?

All these questions should necessarily come under the purview of the Education system. Even a single suicide case from the institutes of National Importance, scientists, scholars etc. clearly depicts that something important is missing in the society;

something important is missingwhich takes away the life of one important citizen on the globe.

Just think of, if you ever turn angry with any of your fast friend? Take the example of two very good friends who used to be together all the time. Today for the first time, friend A finds the other friend B after three days. A called B several times but didn't have any response from the other. The mental status of A will be shattered/disturbed up to some extent.How do you feel will A react with B?

During such times of upheaval, when (s) he fails to get appropriate response from the so called most beloved (parents, relatives, cousins, roommate, colleague, peer, friend, teacher or other important person in life), what is their state of mind? The person gets anxious. The mobile, which is just a gadget, the person starts seeking some help from the same. Looking at mobile phone again and again, lifting and looking at it again. Sometimes hopelessly or holding it carelessly. Again, in other instance, if someone is on the way, awaiting the other one, his/her eyes are just on the way searching the loved ones in each face passing by. At job when one pours all his/her efforts and still the boss shout and scream, what is their status of mind then? Let's discuss some examples and circumstances from the present scenario which might be some common reasons for the activation of dark traits of one's personality.

How We Fall a Prey to the Dark Side of Human Psychology?

In life, very often people come across such situations whether in education, career, job, business, with or without love, with or without marriage, arrange marriage vs. love marriage, married life, with or without partner, with or without children, parenting issues, issuesrelated generation gap, relationships, peer pressure, priorities and responsibilities at different stages of life, etc. Below are some situations and instances discussed briefly. These may lead to the emergence of dark traits of human personality and create havoc.

Passion and Priorities

Every one of us understands that each situation is different from the previous one. Passions ofa person varies from time to time, being a child - toy is important, being an adult - peer group and friends are important, followed with choice of career and profession, and so on. It's all about priorities during different stage of human life. It is visible that if one is too busy means – s/he has different priority depending upon various internal and external factors.

There is a simple rule – *As you take, so shall you feel. As you give, so shall you* get.

Sometimes one feels that, 'I love someone too much.' Let see the fact closely and understand that you feel that you love someone too much but it's not completely true. The fact is that youlove, only to be loved. Noteworthy is its uncertainty to be rewarded back with the same. There are many who love us so much and in most cases we don't even know about it. Though the person is loved but in the absence of proper communication or otherpriorities of life one misses the opportunity. On the other side the unsaid and unwanted pressure of society, work, career etc. Sometimes lead to the emergence of dark traits of their personality and pave way to negativities in life.

Adjustment Issues: Understanding Each other

Whether in family, married life, friends, job or elsewhere, if understanding is missing, if passion is uncontrollable and the past is lamented than starts the problem. This problem comes into existence only because of our strive to impress the other one without being understood and so we place all our efforts to impress and in most cases you are successful buthereby, we hardly know what impressed the other one – maybe looks, dressing style, extravagance, popularity, background, luxury, thoughts, way of living etc. Remember, if one is impressed with anything less than thoughts, he/she is in trouble. Thus all that is needed to avoid the problem is a little understanding and clarity.

Emotions: Balance and bonding

It is well said by **Pope John XXIII** that family is the basic and essential cell of the human society. With nuclear family, people got luxury and leisure but they failed to have the company of brothers and sisters, cousins, uncle, aunts, grandparents etc. (the presence of whom inculcatea lot feelings and emotions) which again deprived them of the feelings, adjustment, understanding etc. Again, in most cases single child fails to value the feeling of brothers and sisters.

Today privacy is the talk for most of the youth. Having a separate room and much more is treated as privacy. With big and huge houses, people have their room but do they feel it is good? A person calls it privacy but is it privacy or loneliness whereby they just care and wander for a company. Results that slowly and silently they get emotionally attached with anyone from outer world, whom they hardly know and then too they feel that they know everything. Leaving behind their dearer and nearer ones in the name of privacy, they isolate themselves and then blame others and fall a prey to the outer world in need of care and love. Hereby they are unaware of this change and as and when they come to know about it, they hitthemself hard for privacy.

Privacy thus is the first step initiated by themselves to cheat themself, their personality and their dearer and nearer ones. Here they started to hide something and maybe much more. It's very simple, if people are not doing anything which is against the societal norms of age and requirements, why do they hide something or some talks and why do they seek and wish for privacy? A study conducted by **Bardosono, Hildayani, Chandra, Wibowo, & Basrowi, (2017)** found that playing together with family members help to improve happiness of all the members of the family.

Relationship, Love, and Marriage Age

Consider the example of *Passion for the partner before marriage and after marriage*. Is it that after marriage they don't love each other or their love is fading day by day? No not at all.*It's all about priorities*. Human instinct depicts that possession of a person or a thing turns you at ease with respect to that person or thing. Earlier they wanted to impress each other, now that's not the stage. Again, earlier they were a different entity now they are one and need to think of their progress and future because now they understand the fact that love also needs food, clothing and shelter as well luxury which demands hard work and earning with savings and so changes their priorities - priority from person to materialistic objects and its possession or ownership. Here the best part is the partners take themselves as one and developed the satisfaction and trust which turns them at ease towards their partner. Hereby if understanding exists, its fine and if not then starts the blame game that leads to divorce and/or other crimes.

There is a particular age for marriage too. The question is why the *society insists on a particular marriage age?* Apart of caring your physical needs, the days are gone when your parents were able to control you. After the teen age you are capable to take care of yourself and people around you, think and differentiate between good and bad, take appropriate decisions, learn new rules and regulations of life etc. Again at this age, you need someone else to care you, control you. With ageing effect and tedious life now your parents are wandering and lamenting for your childhood. Seeing you gives them joy but they want you to embrace their heart as you did in the childhood. They need someone who could fill their life with joy. Further, you need to continue the progeny and satisfy your emotional needs. So, now you need someone special to care and share your emotions. Its natural law, when the wings of birds turn strong, they fly on their own and see the world in the company of their parents and then on their own and thus feel the joy of the freedom of flying higher and higher in the sky. Thus we have marriage at a particular age and if we fail that again starts the problems.

Problem Solving and Decision Making

Again in other case, just imagine you are very involved with your work environment but fail to get proper solution. What will happen? You are not happy with work, work environment, others etc. You turn anxious which leads to nervousness and the person remains at unease. This leads to anxiety which leads to anger, fatigue, stress and thus to depression, if it is not resolved. If such problem continues for longer duration of time, obviously this will lead to the emergence of dark traits of a human personality. The heap of negativity gives rise to many other problems in the life of the human being.

Age of Technology

Again, coming to our point, being the person of the era of technology, with technology people got mobile, internet, media, ease of access to entertainment and knowledge, nuclear family, but simultaneously people missed something worthy, infact missed a lot. A study conducted by **Twenge (2019)** related to relations between digital-media use and psychological well-being found that non users of technology shows lower well being as compared to users who use technology in a balanced and limited manner.

Just before two decades, people used to have only one land line number and all members used to talk with the same phone one after another. Here, we developed patience, perseverance, adjustment, recognition, priorities, time sense, etc. Since the talk was normally in a common room, there was little to hide and thus remained crystal clear and so known to the family members.

The internet, mobile, media and technology lead people to be young at younger age – although it added to knowledge but simultaneously it added to newer hopes, desires and aspirations which they wish to feel and cherish before their age permits. The social websites are more likely to be less used and more misused as well as abused. Technology in most cases is used less for educational purpose and more misused and abused for publicity and propaganda.

The above discussed examples are very common to each individual. These instances occur almost with everyone and there are problems that come all along the way. There are some people who tackle the situations very finely and overcome it, but another side some people fall prey to such circumstances and their dark side of the personality traits becomes dominant.

How to Help Ourselves to Overcome the Dark Side of Human Psychology?
These and many more are the drawbacks with this modern era which may posit the people several questions like - Is this life? For what should I live? What is this life? Who cares for me? For whom should I live? What am I living for? Hereby, the question arises what is missing – courage, spirit, acceptance, patience, perseverance, attitude, positivity, love and affection,

motivation, bonding, association, self confidence… The answers to all these questions are very easy and crystal clear but madness for an aspect - maybe a person, thing or desire turns every vision dark for people. Does it mean that for all and any reason we start doing suicide? A study conducted be **Moodley (2009)** found that adolescent suicidal risk are buffered by family bonding, social capital and peer banding capital. These and many more questions may drown anyone if they don't share it with their parents, family, friends and teachers. Here, people need to think again and again, what if I am not? Who will suffer the most in my absence? How will my dearer and nearer ones remain without me? How will people those who live and die for me will react in my absence?

We have just to remember that our life is not only ours. Our life is the investment of our parents. It is the fruit of their hard work, efforts, dreams, hopes, aspirations and joy. They are the one who cried, when we cried; felt our pain when we were hurt; turned the most helpless with our helplessness and most joyous with our success. Not restricted to parents, we are the source of the heaps and heaps of happy times for our family members, friends and people known to us which filled their memories with the mountains of joy higher than the highest mountains of the world. Amongst our friends also, although unknown to us, there would be atleast one person who might be adding light to his life with our company and association. If you are married, there is atleast one in your family maybe your partner or your child, who loves you more than himself/herself. You are the sunshine and the moonlight of your parents; the day and night of your partner; the joy, hopes, aspirations and ideal of your child; hope of your teachers; company of your friends and the future of your society and community. The society has invested in you a lot. You should neither be so weak and feeble nor be so selfish to deprive all or any of these of their joy, wishes and desire for you. The anger, hopelessness, stress, fatigue, depression are merely the state of mind imposed by the environment. One may feel that these are like the unending gloomy darkest night or the deepest valleys from where no one can come back. But simultaneously we have the mountains of light in the form of parents, partners, friends and children. So as and when we find the dark side in our life, just feel free, throw it on those whom we feel and care the most as well also throw it on those who feel and care us the most. Those who care and love you will forgive you for any of your mistakes and extend their love in the form of support for any problem troubling you. They will help you to find the solution.

A little thinking on the above cited questions will help anyone feel the light and a little more thinking on these answers will enlighten them. This is true, for the light is in us and with us, so needn't to ponder and wander aimlessly at wrong places with wrong people. Don't forget, there is nothing more valuable than our life in this short life.

Conclusion

Life has some troubles because with joy we have the pain also. But it's up to us as such how to take it. We should just not cover ourself with the gloom of those thoughts. Excess anxiety has never helped anyone rather it added to fatigue, stress and lead towards depression. People have the problems but along with it they have the solutions too. But people cover themselves so much with the problem that they are unable to uncover and discover their solutions which is just besides them. The light is just besides you and if you see that light, you will find that the light is with you and with a little more effort you will find that the same light is within you too and it is this light that will cover your dark side.

Let's resolve to cover all our dark side of human psychology with this light.

References

Durkheim, E., & Suicide, A. (1952). *A study in sociology*. London: Routledge & K. Paul.

Bardosono, S., Hildayani, R., Chandra, D. N., Wibowo, Y., & Basrowi, R. (2017). Bonding Development between Parents and Children through Playing Together to Improve Family Happiness. *World Nutrition Journal*, *1*(1), 41-51.

Jung, C. G. (1918). The role of the unconscious. *Collected works*, *10*, 3-28.

Helliwell, J. F., Layard, R., Sachs, J. D., & Neve, J. E. D. (2021). World happiness report 2021.

Moodley, J. K. (2009). *An investigation of the association between bonding family social capital and bonding peer social capital and adolescent suicide risk* (Doctoral dissertation).

Muñiz-Velázquez, J. A., Gómez-Baya, D., & Lozano Delmar, J. (2021). Exploratory Study of the Relationship Between Happiness and the Rise of Media Consumption During COVID-19 Confinement. *Frontiers in Psychology*, *12*, 1484.

Twenge, J. M. (2019). More time on technology, less happiness? Associations between digital-media use and psychological well-being. *Current Directions in Psychological Science*, *28*(4), 372-37