

## **Bright side of personality: Bright Triad**

In past decades, the psychological research increasingly focused on the positive aspects of human behavior and experience. This conceptual reorientation of psychology labeled "positive psychology" can be defined as "the scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life" (Seligman & Csikszentmihalyi, 2000). Positive psychology emerged as a reaction and criticism of long period of research being devoted to the negative events and phenomena including psychopathology, psychological disorders, negative emotions, hopelessness, distress, burn-out. Instead, the positive psychology became more and more oriented to the positive life events including well-being (Diener, 1984; Ryff, 1989; Ryff & Keyes, 1995), happiness (Myers, 1992), wisdom (Baltes & Staudinger, 2000), optimism (Seligman, 1998), flow (Csikszentmihalyi, 1990), hope (Snyder, 2000), self-determination (Ryan et al., 1996), good life (Seligman, 2009; Simonton, 2000) and similar (see Musek, 2010; Musek & Avsec, 2002; Seligman & Csikszentmihalyi, 2000). According to Seligman (2011), the positive aspects of the life can be summarized as the pursuit of positive emotions, engagement, relationship, meaning and achievement or accomplishment (PERMA) in the life of individual person.

In the field of personality, the questions can be raised concerning the personality bases of the core concepts of positive psychology. Positive psychology stresses the importance of character strengths and virtues (Peterson & Seligman, 2004) in producing authentic happiness and good life (Seligman, 2009). Some personality dimensions are good candidates for the fundamentals of our well-being, happiness, positive emotionality, self-esteem, optimism, hope and others concepts of positive psychology (Musek, 2007, 2010, 2017). Yet, here is an inevitable question, which are then the personality representatives of the negative psychological aspects. Better knowledge of both positive and negative side of our personality could significantly contribute to the answering the important questions raised by the positive psychology.

Since the research introducing so called Dark Triad (McHoskey, Worzel & Szyarto, 1998; Paulhus & Williams, 2002), the dimensions of Narcissism, Machiavellianism and Psychopathy have been repeatedly recognized as the representatives of the negative side of personality (Furnham, Richards & Paulhus, 2013). Obviously, the Dark Triad dimensions are related to some personality dimensions, even to the high-order factors of personality, such as Big Five (Furnham, Richards & Paulhus, 2013; Jakobowitz & Egan, 2006; Veselka, Schermer & Vernon, 2012), Big Two or the Big One (General Factor of Personality /GFP/; Regovec, 2015; Musek & Regovec, 2017). The question is, however, whether the connections between the Dark Triad and personality dimensions are strong enough to allow us to conceive Dark Triad as a part of normal personality?

The next question concerns the bases, which can justify the judgment of Dark Triad as representative of the negative side of personality. From the mental health point of view, the relationships between Dark Triad components and well-being measures are interesting here. The research yielded controversial results: Psychopathy has been generally negatively correlated with well-being, while Narcissism tend to be even positively correlated. Aghababaei & Błachnio (2015) reported positive correlations with subjective emotional wellbeing and with some components of psychological wellbeing for Narcissism, while Psychopathy tend to be negatively associated with some components of psychological wellbeing and Machiavellianism remained uncorrelated with both psychological and subjective emotional wellbeing. In another studies, Dark Triad dimensions tend to be negatively correlated to the well-being, yet only to a modest degree (Egan, Chan & Shorter, 2014; Regovec, 2015; Musek & Regovec, 2017). On the other side, narcissism can be positively associated to the self-esteem (Witt, Donellan & Trzesniewski, 2011). If the Dark Triad

really subsumes the negative side of our personality, then, what is the basis of its "negativity"? It seems that the "negativity" of Dark Triad is based on the moral or ethical assessment more than other criteria (Furnham, Richards & Paulhus, 2013). Dark Triad dimensions have strong negative correlations with Honesty-Humility dimension from HEXACO model (Furnham, Richards & Paulhus, 2013). The Dark Triad dimensions presumably contain personality characteristics that are conceived as signs of egoism and malevolence (Paulhus & Williams, 2002), and consequently, the dimensions of the bright personality should encompass the characteristics of benevolence and altruism. Indeed, the Dark Triad may be denoted as the core of the "immoral" and "toxic" personality (Jonason, Slomski & Partyka, 2012). Thus, the "negativity" of the Dark Triad can be obviously linked to the low commitment to the accepted societal values, ethics and moral standards.

After defining the dark side of personality with the Dark Triad, we may reasonably ask the question, which dimensions of personality are most representative for the opposite, the "bright" side of personality, which is so important for positive psychology. Following simple logic, these dimensions should be found among the traits that are most negatively associated with the Dark Triad traits. Besides, they must be substantially connected to the well being and prosocial value orientation. Apart from the already mentioned Honesty-Humility, we can identify three general dimensions within the Five Factor Model of personality, which offers the most widely adopted taxonomy of high-order personality dimensions today. According to the research results, Agreeableness, Conscientiousness and probably also Emotional stability (reversely coded Neuroticism), have substantial negative correlations with the components of Dark Triad (Paulhus & Williams, 2002; Jakobowitz & Egan, 2006; Jonason et al., 2010; Jonason & Webster, 2010; Douglas, Bore & Munro 2012; Aghababaei & Błachnio, 2015; Regovec, 2015). Thus, we may hypothesize that Agreeableness, Conscientiousness and Emotional stability can be main representatives for the bright side of personality in opposition to the Dark Triad.

Despite the considerable research of the positive and negative aspects of personality, there are some unresolved problems connected with the Dark Triad and related or opposite concepts in personality domain. According to previous deliberations, we can formulate some plausible questions concerning the "dark" and the "bright" side of human personality:

- Are the Dark Triad dimensions really a part of normal personality, are they like other personality traits or dimensions?
- If so, which personality dimensions form the opposite end of the Dark Triad, which are most representative for the prosocial, bright side of personality?
- Which known personality dimensions or superdimensions (higher-order personality dimensions) mostly resemble the bright personality domain?
- How the dark and bright components of personality are related to the well-being?
- How the dark and bright components of personality are related to the moral principles and values?