

FSR@S3 | SECOND EDITION
E-BULLETIN
OCTOBER 2024

FACULTY OF SPORTS SCIENCE AND RECREATION



In conjunction with student association



Identifying and Keeping Your Peace When Dealing with Narcissistic Friends in University

Yusandra Md Yusoff¹ and Emmy Nurashikin Ismail Hashim²

¹Faculty of Sports Science and Recreation, UITM Seremban Campus.

²College of Computing, Informatics and Mathematics (KPPIM).

“Choose those who lift you up, not those who bring you down.”

When you first enrol in university, you encounter countless new people, places, and opportunities to form friendships. While some friendships will endure a lifetime, others may fade after just a semester or two. Additionally, you could occasionally run into individuals who initially seem entertaining and attractive but gradually show a selfish side that drains you. Yes, narcissistic friends are the subject of what we are discussing.

A Narcissistic Friend: What Is It?

Initially, narcissistic friends can be challenging to identify. You may be captivated by their charisma, confidence, and intriguing stories. But as time goes on, you will notice trends: they are attention-seekers, rarely care about your feelings, and frequently divert every conversation back to themselves, ignoring your achievements and departing from your worries.



Identifying and Keeping Your Peace When Dealing with Narcissistic Friends in University

The Price It Costs

Being with narcissistic friends can make you feel as though you are giving all the time and getting nothing in return. Classes, tests, and adapting to an unfamiliar environment can make your university life stressful enough, but adding an emotionally exhausting friendship can make it even more difficult. When you discover that your narcissistic friends are not as invested in you as you are in them, it might make you feel invisible or irrelevant.

Over time, these friendships could lower your self-esteem, raise your stress levels, and even cause you to doubt your value. You should have friendships that make you feel good, not ones that make you doubt your worth.

How to Keep Your Energy Safe

First, it all comes down to identifying the warning symptoms. Take a step back and consider how your friend's actions affect you if they consistently take center stage, minimize your emotions, or seem to have unlimited demands. It could be time for you to set some boundaries if you notice a consistent pattern.

Try spending less time together or staying clear of delicate subjects that can cause unnecessary drama, for instance. It is also beneficial to surround yourself with friends who truly support you and appreciate you for who you are. These connections can help overcome the emotional gap left by narcissistic friends and serve as a reminder of what wholesome friendships look like.

Distancing oneself is sometimes the best course of action. It is acceptable to distance yourself from a friend whose narcissism is

beginning to negatively impact your well-being. Although letting go can be difficult, it is worth it for your emotional and mental well-being.

Moving Forward

Make sure you cherish your friendships. You can keep the supportive relationships you deserve by recognizing narcissistic behaviors, setting boundaries, and putting yourself first. Relationships worth maintaining are those in which true friends listen, show concern, and provide support.

References

- [1] K. Peets & E. V. E. Hodges. Longitudinal associations between adolescents' narcissism and friendship features depend on gender and friends' narcissism. *Developmental Psychology*. 2023.
- [2] C. Wehner & M. Ziegler. Narcissism and friendship quality: A longitudinal approach to long-term friendships. *Journal of Social and Personal Relationships*. 2023.
- [3] P. K. Jonason & D. P. Schmitt. What have you done for me lately? Friendship-selection in the shadow of the Dark Triad traits. *Evolutionary Psychology*. 2012.