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The Relationship between Life Positions and Dark Sides of Personality

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Abstract

In recent years, many studies have been conducted on the concept of the dark triad but there are not many studies in the literature in which the concept of life positions and the concept of dark triad are examined together. In this study, it was aimed to examine the relationship between university students' life positions and dark triad personality traits. Relational survey model was used in this quantitative study. The study group of the research consisted of a total of 307 university students, 246 (80.1%) of whom were female and 61 (19.9%) of whom were male, studying in Konya province. "Personal Information Form", "Life Positions Scale" and "Abbreviated Dark Triad Scale" were used to collect data. SPSS 21.00 package program was used to analyze the data collected. According to the results of the study, a significant relationship was found between some sub-dimensions of university students' life positions and sub-dimensions of dark triad personality traits (narcissism, Machiavellianism and psychopathy). It was observed that there was a negative relationship between the I'm OKEY-You're OKEY life position and the dark triad personality traits, whereas there was a generally positive relationship between the other three life positions (I'm OKEY-You're not OKEY, I'm not OKEY-You're OKEY and I'm not OKEY-You're not OKEY) and the dark triad personality traits. In addition, as a result of the regression analysis, it was seen that life positions predicted the dark triad personality traits. Research results are discussed in the light of the related literature and suggestions are presented for future researchers.

Key Words

Life positions • Dark Triad personality traits • University students

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Introduction

Transactional Analysis Theory is a psychotherapy and communication theory put forward by Eric Berne, which focuses on individual development and change, which aims to help the individual to know himself better and more realistically, and which deals with the interactions of emotions, thoughts and behaviors between the individual and others (Berne, 1962). Transactional Analysis, which was put forward by Eric Berne and used to analyze interpersonal relationships, is a psychoanalytic theory and therapy method that aims to determine the ego states used by individuals to understand their behaviors and to examine these ego states (Omur & Esgin, 2021). Another important concept of Transactional Analysis Theory is the concept of "life positions", which defines how individuals perceive themselves and where they position themselves in their lives (Stewart & Joines, 2018). Life positions are a result of individuals' childhood experiences. While this concept affects individuals' decisions and choices, it also includes and expresses individuals' feelings, thoughts and behaviors towards other individuals (Stewart & Joines, 2018). The concept of life positions is a basic concept that emerges as a result of experiences in childhood, explains the behavior and decisions of the individual, and includes the feelings, thoughts and behaviors of the individual towards himself and other individuals (Akkoyun, 2001). Transactional Analysis argues that people manage their lives according to one of four basic life positions. These four basic life positions are; "I'm OKEY-You're OKEY", "I'm OKEY-You're not OKEY", "I'm not OKEY-You're OKEY", "I'm not OKEY-You're OKEY", "I'm not OKEY-You're not OKEY" (Isgor et al., 2012).

Individuals who use the "I'm OKEY-You're OKEY" life position believe that life is worth living by thinking that they and other individuals are important (Akkoyun, 2001). Individuals in the "I am OKEY-You are OKEY" life position are thought to have human qualities and virtue (Demircioglu et al., 2019). Individuals in this life position are close to themselves and the individuals around them, establish safe and healthy interactions with the individuals around them, and take an active role in solving their own and other individuals' problems (Corey, 2009).

"I'm OKEY-You're not OKEY" is an externalizing life position. Individuals in this life position display a negative attitude towards other people because they think that they have been wronged in a certain way (Akkoyun, 2001). The main characteristics of individuals who adopt this life position include; constantly giving advice to others, criticizing others, belittling others, and intolerance (Weisner, 2004).

"I'm not OKEY-You're OKEY" is an introjective life position in which depressive features are dominant. Individuals in this life position feel weak and worthless when they compare themselves with other people (Corey, 2009). The main characteristics of individuals who adopt and use the "I'm not OKEY-You're OKEY" life position include withdrawal, passivity, depressive mood, guilt and helplessness (Weisner, 2004).

"I'm not OKEY-You're not OKEY" is characterized as an unhealthy life position. Individuals who adopt this life position have lost the joy of life and generally show withdrawn behaviors (Alihsanoglu, 1995). The main characteristics of individuals who adopt and use this life position include overeating, excessive drinking, rebellion, and sad mood (Weisner, 2004).

The concept of life position refers to one's existential ideas about oneself and others (Corey, 2009). The healthy and good life position is "I'm OKEY-You're OKEY". People in this position have positive affect towards others (Ozpolat et al., 2015). While other life positions are unconscious decisions made by the individual in the first

years of life, the "I'm OKEY-You're OKEY" life position is consciously chosen by the individual (Harris, 2014). It is known that every adult individual shapes his/her life depending on one of these life positions and that individuals who choose the "I'm OKEY-You're OKEY" life position generally have more positive evaluations of themselves and others than those who choose other life positions (Kayalar, 2003; as cited in Demircioglu et al., 2019). While individuals in the "I'm OKEY-You're OKEY" life position think that life is worth living, individuals in the "I'm OKEY-You're not OKEY" life position think that the lives of others are not worth much, individuals in the "I'm not OKEY-You're OKEY" life position think that their own lives are not valuable and individuals in the "I'm not OKEY-You're not OKEY" life position think that nothing in life is valuable (Dixit & Shukla, 2016).

The life positions that individuals adopt and use in their daily lives play an important role in their relationships and interactions with other individuals. These relationships and interactions may sometimes progress in a negative direction. It is also known that the dark triad personality traits (Machiavellianism, psychopathy and narcissism) focus on the negative aspects of personality and can cause some problems in individuals' relationships and interactions with others (Paulhus & Williams, 2002) and have a negative relationship with individuals' well-being levels (Saltoglu & Irak, 2020). In this respect, it is thought that there may be significant relationships between life positions and dark triad personality traits.

In the literature, the concepts of Machiavellianism, narcissism and psychopathy are considered as the "dark triad" (Paulhus & Williams, 2002). Dark triad personality traits are defined as personality traits that prevent positive outcomes of interpersonal relationships and interactions and allow individuals to use interpersonal relationships for their own interests and benefits (Paulhus & Williams 2002).

These personality traits, which are known as Machiavellianism, narcissism and psychopathy and are examined as a dark structure, are defined as socially undesirable personality traits that occur in the form of exhibiting attitudes and behaviors that are beneficial to oneself but harmful to oneself but harmful to others (Rauthmann & Kolar, 2012). Although Machiavellianism, narcissism and psychopathy correspond to different definitions, they include socially harmful and bad aspects of personality based on different degrees of emotional indifference, hostility, hypocrisy, disloyalty and negative behavioral tendencies (O'Boyle et al., 2015). The common characteristics of Machiavellianism, narcissism and psychopathy include selfishness, shallow and self-interested interpersonal relationships, incompatibility and manipulative behaviors (Ozsoy & Ardic, 2017).

Narcissism, one of the dark triad personality traits, is defined as pushing the lack of certain qualities or psychological needs that the individual does not have into the unconscious, the exaggerated self-perception created by the individual (Ozsoy & Ardic, 2017); developing excessive attachment to one's own physical or psychological self, excessive love for one's own characteristics, or lack of empathy (Miller & Campell, 2008). Studies that argue that narcissism can be beneficial for mental health accept narcissism as a harmless and even necessary personality trait for mental health as long as it remains at a certain level (Foster & Campbell, 2007).

The concept of Machiavellianism is the result of the combination of three interrelated personality traits. These are; the belief that it is useful to use manipulative tactics when interacting with other people, the belief that human beings are inherently evil, and the belief that interests are more important than principles. The main motivation of individuals with Machiavellian traits is the idea that "everything is permissible on the way to the

goal". People with Machiavellian personality traits think that everything can be done in line with their own goals, believe that other individuals are gullible and easily deceived, and do not have any concerns about manipulating other individuals in the direction of their own wishes (Toplu Yashloglu & Atilgan, 2018). Individuals with the personality trait of Machiavellianism are generally more likely to resort to deception, not tell the truth and be disloyal, but they are less likely to show antisocial behaviors (Ferris & King, 1996). Machiavellian individuals generally think that other people are bad and approach them with suspicion. Another characteristic of Machiavellian individuals is their effort to appear perfect. These individuals who try to appear strong for others are actually trying to mask their own weaknesses (Sherry et al., 2006).

Psychopathy is defined as indifference towards other individuals and the mechanisms that provide social order, inability to control impulses and desires, lack of remorse or guilt when harming other people, and lack of remorse. Psychopaths, who usually experience superficial emotions, show immoral behaviors involving crime to achieve their goals (Hare & Neumann, 2009). In addition, people with a high tendency towards psychopathy are defined as people who do not care about the size or smallness of the goal they are trying to achieve, engage in risky and dangerous actions for the sole purpose of having something, act unplanned in their daily lives and are undesirable to be friends with (Erdogan, 2018).

The aim of this study is to investigate the relationship between life positions and dark triad personality traits of university students. Thus, understanding the relationship between life positions and dark triad personality traits is expected to contribute to intervention programs that aim to help individuals use healthier life positions. Looking at the domestic and foreign literature, it was seen that the concepts of attachment styles (Bohols et al., 2005), loneliness (English, 1995; Karababa, 2016), relationship and life satisfaction (Karababa, 2019; Karamehmetoglu Cemberci, 2019), parental attitudes (Sabir, 2019), depression (Anne & Bohols, 2021; Konur, 2018), positive mental health and psychopathology (Fedotov & Surkova, 2022; Yagmurlu, 2018) were examined together with life positions. In the literature review, almost no studies aiming to reveal the relationship between life positions and dark triad personality traits were found. It is thought that this study will shed light on both the literature and the researchers who want to study with these concepts in the future. This study aims to examine the relationship between university students' life positions and dark triad personality traits. For this purpose, the following hypotheses were examined:

H1: There is a significant relationship between life positions and dark triad personality traits.

H2: Life positions significantly predict dark triad personality traits.

Method

Research Model

In this study, in which the relationship between university students' life positions and dark triad personality traits was examined, the relational survey model, which is a quantitative research method and aims to reveal the existing situation, and which is also a general survey model, was used. The general survey model is a type of research conducted in order to reach general information about the universe and to cover the entire universe in a universe consisting of a large number of elements. The relational survey model is a research model that aims to reveal the presence, absence or degree of differentiation between two or more than two variables (Karasar, 2013).

Study Group

The sample of the study consisted of 307 university students, 246 (80.1%) female and 61 (19.9%) male, who were studying in Konya province in the 2022-2023 academic year. The ages of the participants were between 18 and 28. The data of the study were collected online using Google Forms from two public universities in Konya using convenience sampling method. The survey link was sent to the students via WhatsApp groups.

Measurement Tools

Personal Information Form

A Personal Information Form was developed to determine the participant profile and to obtain personal information about the participants. This form was prepared to find out the participants' gender, age, grade level, socioeconomic level and faculties of education.

Life Positions Scale

Life Positions Scale was developed by [Boholst \(2002\)](#). [Isgor et al. \(2012\)](#) conducted validity and reliability studies by adapting the scale into Turkish. The correlation coefficient between the original and adapted form scores of the scale was found to be .79. The reliability coefficient of the Life Positions Scale was found to be .81 for the Turkish form. The internal consistency coefficient of the scale items was calculated as .84. The total number of items of the Life Positions Scale is 20. The scale has four sub-dimensions ("I'm OKEY-You're OKEY", "I'm OKEY-You're not OKEY", "I'm not OKEY-You're OKEY", "I'm not OKEY-You're not OKEY) and the sum of the scores obtained from the sub-dimensions of the scale defines the life position that the person has and uses in daily life.

Dark Triad Dirty Dozen Scale

The abbreviated Dark Triad Scale, or Dark Triad Dirty Dozen in its original name, is a scale developed by [Jonason & Webster \(2010\)](#) and consists of 12 items in total. The abbreviated Dark Triad Scale measures the dark traits of personality consisting of Machiavellianism, psychopathy and narcissism with four items each. The validity and reliability study of the Turkish form of the scale was conducted by [Ozsoy et al. \(2017\)](#). The internal consistency coefficients calculated for the Turkish form of the scale were .80 for the Machiavellianism dimension, .79 for the psychopathy dimension, .72 for the narcissism dimension and .73 for the overall scale. The scores obtained from the sub-dimensions of the scale show the level of dark triad personality traits in individuals.

Data Analysis

In order to collect the data to be used in the study, university students studying in Konya province were preferred. The data to be used in the study were collected between September and December 2022. The prepared data collection tools (scales) were applied to the participants electronically (Google Forms). The time required to fill out the scales was calculated as approximately 6-7 minutes. Participants were informed about the purpose of the study, confidentiality and voluntariness, and were informed that personal information was not requested.

A total of 307 university students participated in the study. The data collected for use in the study were analyzed using the SPSS 21.00 package program. It was examined whether the data collected from the university

students were normally distributed and the values of the measures of central dispersion. "Q-Q Plot and Histogram graphs" were analyzed to test whether the data were normally distributed. Based on the results of these graphs, it was determined that the collected data were close to normal distribution. In addition, the kurtosis and skewness coefficients of the collected data were examined and found to be within normal limits. Based on all these findings, it was assumed that the data showed normal distribution and it was deemed appropriate to use parametric tests in the analysis of the data (Tabachnick & Fidell, 2013). Pearson Correlation Coefficient technique was used to determine whether there is a significant relationship between the life positions of university students and the dark triad personality traits. Linear Regression Analysis was used to determine whether the life positions of university students predicted the dark triad personality traits at a significant level.

Results

Correlation Results on the Relationship between Life Positions and Dark Triad Personality Traits

Under this heading, the relationship between life positions and dark triad personality traits was examined. The correlation values between life positions and dark triad personality traits are shown in Table 1.

Table 1

Bivariate correlations between life positions and dark triad personality traits

Variables	Machiavellianism	Psychopathy	Narcissism
I'm OK-You're OK	-.149*	-.231**	.027
I'm OK-You're not OK	.274**	.193**	.216**
I'm not OK-You're OK	.021	.024	.202**
I'm not OK-You're not OK	.318**	.336**	.251**

* $p < 0.05$, ** $p < 0.01$

When Table 1 is analyzed, it is observed that there is a negative and low-level significant relationship between Machiavellianism and "I'm OK-You're OK" life position ($r = -.149$, $p < .05$). This shows that as the "I'm OK-You're OK" life position of individuals increases, Machiavellianism personality trait decreases; in other words, while Machiavellianism scores increase, "I'm OK-You're OK" life position scores decrease. The highest correlation between life positions and the Machiavellianism sub-dimension of the dark triad was observed between the "I'm not OK-You're not OK" position ($r = .318$, $p < .01$). In other words, a positive and moderately significant relationship was observed between the life position "I'm not OK-You're not OK" and Machiavellianism. This shows that as these life positions of individuals increase, Machiavellianism personality trait also increases, in other words, as Machiavellianism scores increase, "I'm not OK-You're not OK" life position scores also increase. It is seen that Machiavellianism personality trait is most related to the life position "I'm not OK-You're not OK". A significant positive correlation was also found between the "I'm not OK-You're not OK" life position and Machiavellianism ($r = .274$, $p < .01$). In contrast to these findings, the correlation coefficient calculated between the sub-dimension of the life position "I'm not OK-You're OK" and Machiavellianism was not statistically significant ($r = .021$, $p > .05$). The only sub-dimension in which there was no significant relationship between Machiavellianism and the four life positions was "I'm not OK-You're OK".

It was observed that there was a negative and low-level significant relationship between psychopathy and "I'm OK-You're OK" life position ($r=-.231, p<.01$). This shows that psychopathy personality trait decreases as "I'm OK-You're OK" life position increases; in other words, while psychopathy scores increase, "I'm OK-You're OK" life position scores decrease. The highest correlation between life positions and the psychopathy sub-dimension of the dark triad was observed between the "I'm not OK-You're not OK" position ($r=.336, p<.01$). In other words, a positive and moderately significant relationship was observed between the life position "I'm not OK-You're not OK" and psychopathy. This shows that psychopathy personality trait increases as these life positions of individuals increase, in other words, as psychopathy scores increase, "I'm not OK-You're not OK" life position scores also increase. It is seen that psychopathy personality trait is most related to the life position "I'm not OK-You're not OK". A significant positive correlation was also found between "I'm OK-You're not OK" life position and psychopathy ($r=.193, p<.01$). On the other hand, the correlation coefficient calculated between the sub-dimension of the life position "I'm not OK-You're OK" and psychopathy was not statistically significant ($r=.024, p>.05$). The only sub-dimension in which there was no significant correlation between psychopathy and the four life positions was "I'm not OK-You're OK".

It was observed that there was a positive and low-level significant relationship between narcissism and the life positions "I'm OK-You're not OK" ($r=.216, p<.01$), "I'm not OK-You're OK" ($r=.202, p<.01$) and "I'm not OK-You're not OK" ($r=.251, p<.01$). This shows that as the scores of these life positions increase, narcissism personality trait also increases, in other words, as the scores of these life positions increase, narcissism scores also increase. In addition, the highest correlation between life positions and the narcissism sub-dimension of the dark triad was observed between the life position "I'm not OK-You're not OK". On the other hand, the correlation coefficient calculated between the "I'm OK-You're OK" sub-dimension of life positions and narcissism was not statistically significant ($r=.027, p>.05$). The only sub-dimension in which no significant relationship was observed between narcissism and the four life positions was "I'm OK-You're OK".

Linear Regression Analysis Results on the Power of Life Positions to Explain Dark Triad Personality Traits

Under this heading, the explanatory power of life positions on dark triad personality traits was analyzed. The regression analysis results regarding the explanatory power of life positions for the dark triad personality traits are shown in Tables 2, 3 and 4.

Table 2

The power of life positions to explain machiavellianism personality trait

Predictor	B	ShB	β	t
Constant	2.193	2.030		1.080
I'm OK-You're not OK	.115	.047	.147	2.444*
I'm not OK-You're OK	-.098	.050	-.124	-1.949*
I'm not OK-You're not OK	.167	.035	.324	4.745**
$R=.375, R^2 = .141$				

* $p<0.05$, ** $p<0.01$; Dependent variable: Machiavellianism

Linear Regression Analysis was conducted to reveal the effect of university students' life positions on the Machiavellianism sub-dimension of the dark triad. As a result of the Regression Analysis, the model was found to be significant ($F= 16.55, p<.05$). It was seen that the four life positions together explained approximately 14 percent of the total variance ($R^2=.141$) of Machiavellianism scores. In other words, it can be said that 14 percent of Machiavellianism personality trait is determined by life positions. According to the standardized regression coefficient (β), the relative order of importance of the predictor variables on Machiavellian personality trait scores is as follows: "I'm not OK-You're not OK" ($\beta= .324$); "I'm OK-You're not OK" ($\beta= .147$); I'm not OK-You're OK" ($\beta=-.124$). When the T-Test results regarding the significance of the regression coefficients are analyzed, it can be said that the dimensions of "I'm OK-You're not OK" ($t=2.444, p<.05$), I'm not OK-You're OK" ($t=-1.949, p<.05$) and I'm not OK-You're not OK" ($t=4.745, p<.01$) are significant predictors of Machiavellianism scores.

Table 3

The power of life positions to explain psychopathy personality trait

Predictor	B	ShB	β	<i>t</i>
Fixed	5.234	1.866		2.805**
I'm OK-You're not OK	.024	.034	.034	.557
I'm not OK-You're OK	-.122	.046	-.168	-2.620**
I'm not OK-You're not OK	.191	.032	.404	5.901**
$R= .371, R^2 = .138$				

* $p<0.05$, ** $p<0.01$; Dependent variable: Psychopathy

Linear Regression Analysis was conducted to reveal the effect of university students' life positions on the psychopathy sub-dimension of the dark triad. As a result of the Regression Analysis, the model was found to be significant ($F= 16.11, p<.01$). It was seen that the four life positions together explained approximately 14 percent of the total variance ($R^2 = .138$) of psychopathy scores. In other words, it can be said that 14 percent of psychopathy trait is determined by life positions. According to the standardized regression coefficient (β), the relative importance of the predictor variables on the psychopathy personality trait scores were as follows: "I'm not OK-You're not OK" ($\beta=.404$); "I'm not OK-You're OK" ($\beta=-.168$); "I'm OK-You're not OK" ($\beta=.034$). When the T-Test results regarding the significance of the regression coefficients are analyzed, it can be said that "I'm not OK-You're OK" ($t=- 2.620, p<.01$) and "I'm not OK-You're not OK" ($t=5.901, p<.01$) dimensions are significant predictors of psychopathy scores. The dimension "I'm OK-You're not OK" ($t=.557, p>.05$) was not a significant predictor of psychopathy scores.

Table 4

The power of life positions to explain narcissism personality trait

Predictor	B	ShB	β	<i>t</i>
Fixed	.297	2.440		.122
I'm OK-You're not OK	.176	.056	.192	3.118**
I'm not OK-You're OK	.156	.061	.168	2.570*
I'm not OK-You're not OK	.061	.042	.101	1.442
R= .317, R ² = .101				

* $p < 0.05$, ** $p < 0.01$; Dependent variable: Narcissism

Linear Regression Analysis was conducted to reveal the effect of university students' life positions on the narcissism sub-dimension of the dark triad. As a result of the Regression Analysis, the model was found to be significant ($F = 11.29$, $p < .01$). It was seen that the four life positions together explained approximately 10 percent of the total variance ($R^2 = .101$) of narcissism scores. In other words, it can be said that 10 percent of narcissism trait is determined by life positions. According to the standardized regression coefficient (β), the relative importance order of the predictor variables on narcissism personality trait scores is as follows: "I'm OK-You're not OK" (.192), "I'm not OK-You're OK" (.168) and "I'm not OK-You're not OK" (.101). When the T-Test results regarding the significance of the regression coefficients are analyzed, it can be said that "I'm OK-You're not OK" ($t = 3.118$, $p < .01$) and "I'm not OK-You're OK" ($t = 2.570$, $p < .05$) are significant predictors of psychopathy scores. The dimension "I'm not OK-You're not OK" ($t = 1.442$, $p > .05$) was not a significant predictor of narcissism scores.

Discussion, Conclusion & Suggestions

In the study, the relationship between university students' life positions and dark triad personality traits was examined. According to the findings, a significant relationship was found between life positions and dark triad personality traits in university students. It was also observed that life positions significantly predicted dark triad personality traits.

In university students, a negative relationship was found between Machiavellianism and the life position "I'm OK-You're OK", a positive relationship was found between the life positions "I'm OK-You're not OK" and "I'm not OK-You're not OK" while no significant relationship was found between the life position "I'm not OK-You're OK" and Machiavellianism. In addition, life positions were found to be a significant predictor of Machiavellianism personality trait. While a negative relationship was found between psychopathy and the life position "I'm OK-You're OK", a positive relationship was found between the life position "I am OK-You're not OK" and "I'm not OK-You're not OK"; no significant relationship was found between the life position "I am not OK-You're OK" and psychopathy. In addition, life positions were found to be a significant predictor of psychopathy personality trait. While no significant relationship was found between narcissism and the life position "I'm OK-You're OK", positive and significant relationship was found between the life positions "I am OK-You're not OK", "I am not OK-You're OK" and "I'm not OK-You're not OK" and narcissism. In addition, life positions were found to be a significant predictor of narcissism personality trait. When the literature was examined, no study examining life positions and the concept of dark triad together was found. The findings

obtained from the study on some variables related to life positions and dark triad personality traits are discussed below in the light of the relevant literature.

Bohols et al., (2005) examined the relationship between life positions and attachment styles. As a result of the study, it was seen that the life position of "I'm OK-You're OK" was associated with secure attachment, the life position of "I'm OK-You're not OK" was associated with rejectionist attachment and the life position of "I'm not OK-You're not OK" was associated with fearful attachment. In addition, in the study conducted by Dayhan (2023), it was observed that anxious and avoidant attachment had different effects on dark triad personality traits. Considering that the positions other than the "I'm OK-You're OK" life position are related to insecure attachment style and the dark triad personality traits are also related to insecure attachment, it can be interpreted that there may be a negative relationship between the "I'm OK-You're OK" life position and dark triad personality traits, and a positive relationship between the other three life positions and dark triad personality traits. In our study, a negative correlation was found between the "I'm OK-You're OK" life position and Machiavellianism and psychopathy personality traits. In addition, a positive relationship was found between the life positions "I'm OK-You're not OK" and "I'm not OK-You're not OK" and Machiavellianism and psychopathy; a positive relationship was found between the life positions "I'm OK-You're not OK", "I'm not OK-You're OK" and "I'm not OK-You're not OK" and Machiavellianism, psychopathy and narcissism. It can be interpreted that the findings of this study are in parallel with the related literature. It can also be interpreted that individuals with insecure attachment are more likely to show dark triad personality traits than individuals with secure attachment.

Francis & Crea (2021) concluded that Machiavellianism and psychopathy are significant predictors of emotional exhaustion. In addition, Karamehmetoglu Cemberci (2019) found a positive relationship between "I'm OKEY" life position and relationship satisfaction, and a negative relationship between "I'm not OKEY" and "You're not OKEY" life positions and relationship satisfaction. Considering that emotional exhaustion and relationship satisfaction are opposite concepts, it is expected that there would be a negative relationship between "I'm OK-You're OK" life position and dark triad personality traits, and a positive relationship between other life positions and dark triad personality traits. In this study, results supporting these findings were obtained.

In a study conducted by Anne & Bohols (2021), it was found that the life position "I am not OK-You're not OK" was most associated with depression, followed by "I'm not OK-You're OK", "I'm OK-You're not OK" and "I'm OK-You're OK". In addition, it was also revealed that negative beliefs about both self and others contribute significantly to depression. In addition, considering the finding of our study that individuals who use life positions other than "I'm OK-You're OK" exhibit dark triad personality traits more, it can be interpreted that it is also expected that these individuals show depressive symptoms.

Karababa (2019) examined the relationship between life satisfaction and life positions in university students. The findings of the study showed that life satisfaction was positively associated with the life positions of "I'm OK-You're OK" and "I'm OK-You're not OK"; negatively associated with the life positions of "I'm not OK-You're OK" and "I'm not OK-You're not OK". Considering the negative relationship between dark triad personality traits and life satisfaction (Kaufman et al., 2019) and the existence of a negative relationship between narcissism scores and life satisfaction in university students (Tozar, 2019), it can be interpreted that there may be a positive relationship between life positions other than "I'm OK-You're OK" and dark triad personality traits.

The finding of a significant positive relationship between some life positions and dark triad personality traits in our study confirms this. In addition, [Filiz et al. \(2023\)](#) found that Machiavellianism and psychopathy negatively affected the happiness level of university students. Considering that the "I'm OK-You're OK" life position is a healthy life position ([Dixit & Shukla, 2016](#)) and has a positive relationship with happiness and life satisfaction, it is an expected result that the "I'm OK-You're OK" life position has a negative relationship with dark triad personality traits as in our study.

In this study, it was concluded that there was a significant relationship between the life positions of university students and dark triad personality traits and that life positions predicted dark triad personality traits. As a result, it can be concluded that individuals with a positive perception of themselves and others (I'm OK-You're OK) are far from the dark triad personality traits (Machiavellianism, psychopathy and narcissism), while individuals with a negative perception of themselves and/or others are more prone to dark triad personality traits. When the domestic and foreign literature was examined, no study examining life positions and the concept of the dark triad together was found. The fact that this is the first study to examine these variables together increases the importance of this study and it is hoped that this study will inspire future research.

Suggestions

1. Studies examining life positions and dark triad personality traits together are limited in the literature. Therefore, the number of studies examining these variables together can be increased.
2. Based on the results obtained from this study, a comprehensive psychoeducation program can be developed and applied to students through school in order to strengthen the positive life positions of university students and to keep the dark aspects of personality under control.
3. Seminars can be organized for university students by Psychological Counseling and Guidance units at universities to raise their awareness of life positions and darker aspects of personality.
4. This study was conducted with students studying in Turkey. In order to reach the results in different cultures and countries, similar studies can be conducted with students in those countries.
5. Quantitative data were obtained and analyzed with the measurement tools in this study. This study can be repeated using qualitative research methods.

Limitations

1. This study is limited to the study group selected from university students studying in Konya province. In future studies to be conducted with the variables examined in this study, different study groups with different characteristics can be studied and the findings obtained can be compared with the results of this study.

Ethic

In this study, scientific, ethical and citation rules were followed; it has been committed that no falsification has been made on the collected data and that all responsibility belongs to the authors for all ethical violations to be encountered.

Author Contributions

Both authors contributed equally to each section of this article.

Conflict of Interest

The authors declare that they have no conflict of interest.

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