

THE POSITIVE IMPACT OF BEING A NARCISSISTIC PORTRAYED BY THE MAIN CHARACTER IN NETFLIX SERIES “LUCIFER”

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Abstract

Lucifer. A serial film about a former hell keeper with a nearly perfect physique for a human who decides to come down to earth and chooses Los Angeles as his destination. The story begins with Lucifer meeting a beautiful pop star he knows, who is found brutally murdered outside his nightclub. For the first time in history after centuries he was created, something inside him awakened, a strange feeling, after witnessing this murder scene Lucifer felt confused and didn't know whether it was a normal feeling or a Sympathy that was impossible for a demon with a narcissistic Personality disorder. In general, people describe the word narcissism as something that is definitely bad, especially when it is associated with the word personality disorder, but this article will discuss the opposite. The main objective of this study is to recount the benefits or positive things contained in the narcissistic nature of a Lucifer Morningstar depicted in the Netflix original series, Lucifer. That being a person with Narcissistic Personality Disorder (NPD) is not always negative. The author uses the research method of library research methods with textual analysis as the method of analysis. To prove the motion regarding narcissistic personality disorder in the main character in the Lucifer movie series, the authors analyze two main aspects, namely intrinsic and extrinsic aspects. The intrinsic aspects that will be analyzed are the narrative elements shown through characterizations, as well as uncovering Lucifer's personality disorder and the cause of the disorder itself. The results of this study prove that the positive and beneficial impact on Lucifer's daily life as a person with NPD is proven from several aspects in the form of; lower anxiety, take better care of himself, easier to get a job, and build stronger relationships.

Keywords: Lucifer, Positive, Narcissism Personality Disorder, Character

INTRODUCTION

Literature can be defined as the written version of real life. As the reflection of society it can be used as the device to dig more into surrounding phenomena. Fortunately, contemporary literary works show concern for personality disorders so that these days we can easily find works that have so much awareness about psychological issues, most of the authors address mental health problems or personality disorders which of course bring out characterizations in their stories. René Wellek and Austin Werren (1949: 95) have defined “Their expression “literary psychology” is, (a) the psychological study of writers as types and individuals, (b) the study of the creative process, (c) the study of types and the laws of contained in literary works, and (d) the study of the influence of literature on readers.” In this regard, the following is a complete excerpt of explanation and an advanced introduction to what Narcissistic Personality Disorder (NPD) is and also details about the positive impacts that can be gained by this personality disorder.

The term Narcissus which is a Greek god originally came from 1856 where the Freud scientist first introduced it. The god Narcissus was known for being so beautiful that he was captivated by her own appearance and would not even hesitate to spend half of his life just gazing and admiring his own face in his own pool of water. Those with narcissistic personality disorder exhibit traits similar to Narcissus. According to Caligor E, et al (2017) in their article entitled “Narcissistic Personality Disorder: Diagnostic and Clinical Challenges” :argue that “Narcissistic personality disorder is one of the many types of personality disorders in which a person's mental condition tends to have a very high and increasing need for selfishness, individuals with narcissistic personality disorder have such a deep need for attention and excessive admiration from others with negative

impacts in the form of problematic emotional relationships, and a lack of empathy for others.” people with narcissistic personality disorder perceive that to depend on others is weak and threatening, so they rely more on their own self-evaluation. As the name suggests, greatness is a distinguishing trait, because their fantasies of power and success are so great that nothing else can occupy their minds, the most important thing is themselves, they think that no one can be above them. In interpersonal relationships, they use the right to demand that others do what they want, the needs of others always come second to the point that they ignore or belittle the needs and wants of others, to the point of not shying away from exploiting others for power. (2014: 268).

Based on the explanations of this personality disorder that have been described previously, this series of problems seems to illustrate that narcissism is a state of mind that we must avoid like the plague. However, Susan Krauss Whitbourne (2012) in her article entitled “*The Healthy Side of Narcissism*” argues that narcissistic personality disorder does not fully characterize the negative psychological qualities of narcissism. Freud himself stated that narcissism can be positive, especially in early childhood development, as long as it is still under monitoring and the right amount of narcissism especially when we need to build a solid foundation to “love ourselves”.

There are reasons that we can believe about the levels that are used as a measure of narcissism, that is, by having a normal or appropriate amount, a person can be said to have adaptive narcissism.

“In general, in the current meaning of the concept of narcissism that is known in society, it can be said that it emphasizes an exaggerated version of narcissism, to the point that is quite extreme when justifying self-diagnosis of personality disorders, in other words, it can be concluded that narcissism is always synonymous with negative connotations. However, if the meaning only focuses on the distraction, then the description will deviate. The right type of narcissism in moderation can actually be beneficial for the sufferer and even those closest to him. In fact, researchers have identified a quality of adaptive narcissism. Those with a good dose of adaptive narcissism can be independent, able to take leadership positions, and be confident. They seem to be better able to cope with anxiety, especially in social situations” (Whitbourne, 2012).

Basically, having a healthy or correct level of narcissism can basically help individuals to love themselves more intensely by caring for themselves more intensely, paying attention to what they wear, this of course leads to a positive direction, one of which is being able to present the best version of oneself as well as a more professional image. In general, everyone certainly wants to look the best version of themselves, almost everyone will be willing to spend time and money just to look more presentable or attractive, especially for a specific purpose, such as in career promotion or in love life to attract the opposite sex, for example. People who have a healthy and appropriate level of narcissism or also called adaptive narcissism also tend to be able to easily and naturally easily get the job or promotion they want because of their self-confidence that leads them to higher goals. With the explanation above, the author intends to conduct further analysis specifically regarding the benefits that can be provided by Lucifer Narcissism Personality Disorder with the aim of disclosing and introducing it to the public, especially to sufferers so that they can feel calmer after knowing that NPD is so closely related to something bad turns out to have a positive impact. Thus the authors hope that readers of this study can care more about and understand about narcissistic personality disorder and its benefits through the character of Lucifer and increase self-awareness or those around them about this kind of personality problem.

Review of Related Literature

Definition of Narcissistic Personality Disorder

Vaknin in his book entitled *Malignant Self Love: Narcissism in retrospect*, he includes that Narcissistic Personality Disorder is a broad imagination of narcissism about fame, desire to be admired by others, and acute indifference that appears in a person early adulthood (2001:2). In

addition, according to Crowe (2000). Those with this narcissistic disorder are very happy with praise, they are when other people pay attention to them, and often exaggerate achievements just for praise, not infrequently their arrogant attitude can be very clear.

The researchers may determine that A personality characterized by a high intensity of self-involvement and chronic neglect of others is a hallmark of people with narcissistic personality disorder (NPD). They almost never, rarely, and do not want to take medication. This is because people with NPD subconsciously ignore or don't even care about the effect narcissism has on other people. Whereas the right therapist can really help people with NPD to better understand the harmful effects and even the positive impacts of narcissists.

Symptoms of Narcissistic Personality Disorder

A personality characterized by high intensity of self-involvement and chronic neglect of others is characteristic of people with narcissistic personality disorder (NPD). According to ML Crowe, 2000 The following are Some examples of the continuum of narcissistic traits :

Entitlement: Someone who feels they have the right to impose and are authorized over the rights of others to get whatever they consider to be their power. Some things that sound trivial in order to realize their desires, such as frequent cheating in exams, or even in more extreme ways, such as stealing.

Attention Seeker: People with NPD disorder by nature have an enormous need for attention and admiration from others. To get that, they will usually be perfectionists and excel at their jobs, so that as much as possible they will occupy positions of power that offer a lot of attention. Or not infrequently they will leave from situations that they think cannot satisfy their narcissism, when people in the circle don't give them as much praise as they expect even though they have sought a lot of attention.

Self-Involvement: Self-involvement does not always mean selfishness. Those with NPD may appear generous, giving and caring enough if it serves their needs or amazes others as to what they crave. People with this disorder do not hesitate to sacrificing others in order to fulfill their needs to be flattered off. For example, a narcissistic mother may spend most of her time seeking attention from others while neglecting her child and family.

Approval Seeking: A person with NPD may continue to try to curry favor with someone they think is powerful or important, such as a boss or a politician. With that the people they consider less important are likely to be ignored.

The Positive Impacts of Being A Narcissistic

In today's contemporary era, research has become increasingly widespread which reveals the advantages or positive sides that we can get by having a high sense of self-esteem and awareness of what other people think of us. As with most things, this certainly requires realistic expectations and moderation. But with that in mind it goes without saying that having enough support for "healthy narcissism" is a concept now being recognized in the psychological community at large.

The following are some of the other benefits that come from having an optimal level of narcissism according to Whitbourne (2007) in his journal entitled *"There are still a benefits by being a narcissistic"* :

Makes those with narcissism feel like better adults – Psychologists generally agree with the statement that an appropriate or healthy level of narcissism in late adolescence and early adulthood can help them overcome difficulties in dealing with the issue of independence obtained from their parents while also dealing with the failures or unachieved goals which often occur during this age period.

Lowers Anxiety and Risk for Depression – Those with a healthy narcissism level have much higher self-esteem, which can lower stress levels and create the basis for happiness in general. "They're

better able to impress people because of their higher self-esteem," Whitbourne. "People will not desperately seek the approval of others. It can really relieve stress in our daily lives."

Take better care of themselves –Those with healthy levels of narcissism experience less social anxiety about exercising in group settings. Therefore, they exercise more often. Whitbourne (2017) quotes "Again, logic drives this one: If you care about how other people perceive you and you have a higher sense of self-worth, it makes sense that you would take care of your body and health. And the point is it doesn't matter why you're healthy, as long as you're healthy." (It should be noted here that if someone with a high level of narcissism, excessive or unhealthy can lead to obsessive tendencies towards sports as well as eating disorders, reminders rather than balance is key.)

Easier to get a job - According to Burne, for better or for worse, bosses tend to like those who care and spend time improving their own appearance. In addition, self-confidence and high self-esteem are qualities that can be beneficial to someone looking for a job, as interviews are the only place where saying nice things about yourself is necessary. So it's not surprising that some studies have found that people with narcissistic qualities are more successful at job interviews than candidates with similar, more modest qualifications.

Builds Stronger Relationships – "Narcissism at the level of the disorder makes a person barely able to maintain healthy relationships. However, optimal levels can help. A strong foundation of self-esteem makes a person less needy and dependent on others for happiness, which in turn, can lead to successful personal relationships. People with healthy narcissism don't have to rely on others for affirmation, they feel good enough about themselves that they don't always have to test the atmosphere. It's beneficial for relationships". (Whitbourne 2007).

Ways to Gain Positive Impacts of NPD

Susan Krauss Whitbourne (2012) provides the following tips to get the benefit from strengthening to become an adaptive narcissism:

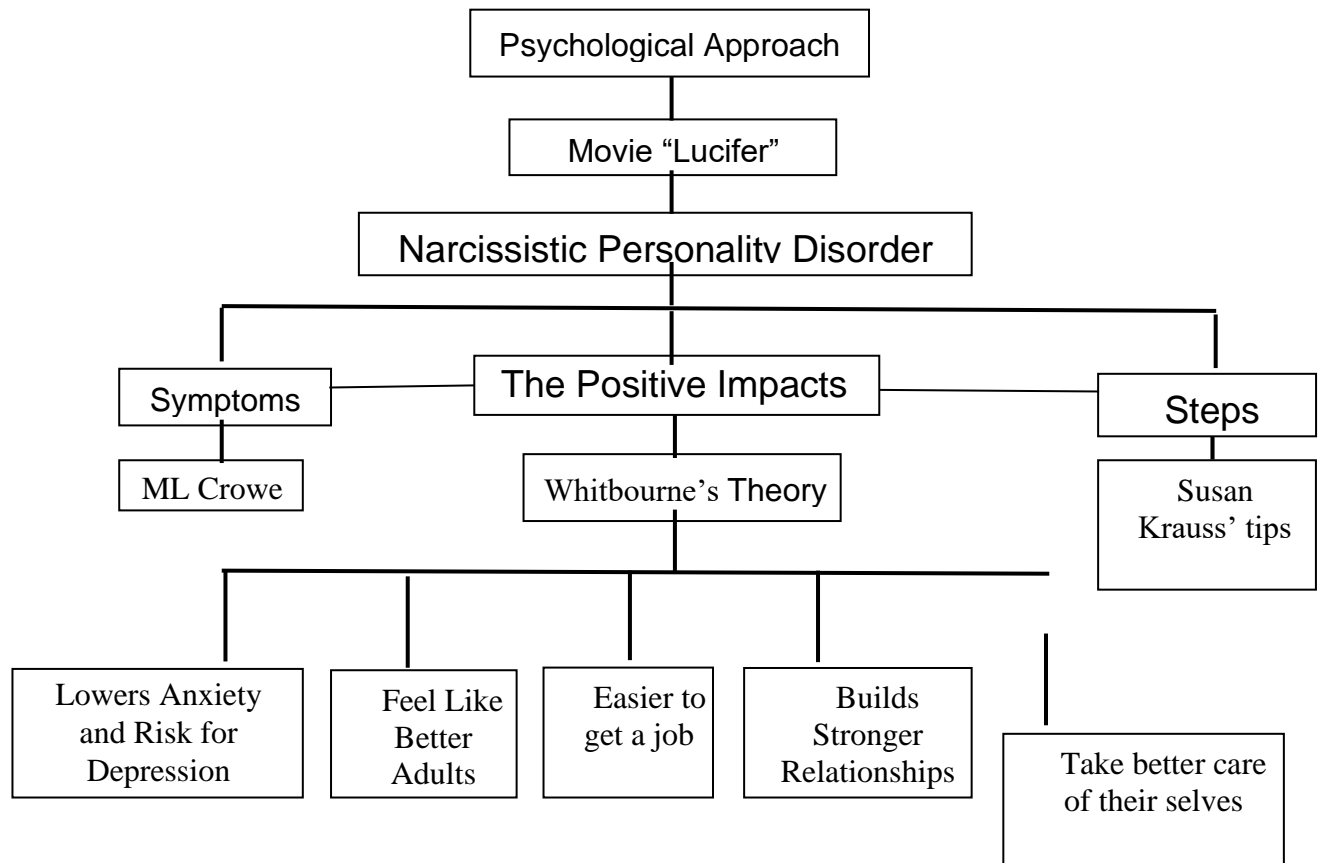
Build healthy narcissism to protect your own health. Without getting too preoccupied with appearances, incorporate control over diet and exercise habits into your daily life.

Don't worry about your appearance while exercising. Studies of adaptive narcissism in college students show that there are many benefits to not being afraid to exercise in public. Remember that most people at the gym are more concerned with their own appearance than anyone else's.

Find the right balance between assertiveness and resistance in leadership situations. A leader will most likely try to take a position of control when no one else seems ready to take over. As long as there is confidence that no one else will be forced out or will be harmed then go for it.

Turn on the empathy detector. People with high levels of narcissism tend not to feel what other people feel because they are more attuned to their own emotions. Even if there is a healthy dose of a healthy type of narcissism, it is still necessary to watch out for blind spots on yourself.

Try to help the narcissist you know too see the light. People in the less adaptive form of narcissism may be heartened to know that they can turn their weaknesses into personal strengths.

Theoretical Framework

From the theoretical framework above, the researcher uses a psychological approach to examine the film series with the title "Lucifer". In short, this series tells the story of the main character, Lucifer, who has a god complex because basically he is a retired ruler of hell. As time goes on in the world, Lucifer begins to show a side of him that can be considered humane, which is very fatal for his figure who is a celestial being. Lucifer shows a personality that is considered a narcissist with so many disliked behaviors that even disturb the people around him, but from another point of view, Lucifer's personality disorder actually has benefits that he can pick for his survival in this world. With that, the researcher aims to completely identify and analyze what are the benefits or positive sides for the main character in this series, namely Lucifer with his narcissistic personality disorder, by prioritizing depictions to introduce his personality disorder and its symptoms. Then the researcher analyzes what steps can be taken to make this personality disorder useful or benefit those with this personality disorder using Susan Krauss' theory which of course is reflected by Lucifer from this Netflix original film series.

RESEARCH METHOD**Research Design**

The writer used a qualitative descriptive method since the purpose of this research is to analyze and give the hypotheses towards the positive impacts of a main character personality disorder in Netflix original series, Lucifer. Semi in Suwardi Endraswara (2003) argues about the advantages of a descriptive qualitative approach in a study that the form of qualitative research writing can provide

complex details about phenomena that are difficult to address with quantitative research. In qualitative research execution is used to appreciate the interaction between concepts that are being studied empirically or in other words without using numbers.

Data Source

The data source of this research is in the Netflix original series. Lucifer is an urban fantasy, comedy-drama, police procedural genre, TV series created by American television writer, Tom Kapinos that launched its first episode in early 2016 by Fox Movies and picked up by Netflix in 2018 to continue the fourth season to its last. Currently Lucifer has in total 75 episodes for five seasons. To support this research, the researchers gathered information from various sources relevant to the movie, such as articles, books, journals, and the transcript of the movie "Lucifer" from various websites.

Data Collection Procedures

The data collection procedures in this study were split into the following sections:

1. Watching carefully every scenes and episodes in Lucifer series by netflix official site so that the writer could comprehend the story and find the supporting evidence of the notion narcissism disorder reflected by Lucifer.
2. Collects and gathered informations by several references either by internet or library, in form of related articles, books/e-book, and journals or previous similar topics of research.
3. Analyzed as a whole, the information that has been obtained from thus different sources with two stages of continuous formulation. Starting from answer the first problem with utilizing theory of character and characterization then answer the second problem formulation by allocating the theory of psychoanalysis by Sigmund Freud and Theory of Narcissistic Personality Disorder (NPD).
4. Drawing a conclusion. Determining conclusions as the final step of data collection in concluding the main problem of this research.

Technique of Data Analysis

The researchers used multiple procedures in the technique of data analysis based on the theory of Sangidu (2007) data analysis techniques have the main objective in order to simplify data into a form that is easier to read and interpret. Analysis in qualitative research consists of three supporting components, namely, data condensation, data display, and verification. . The researcher used this step to collect the data by writing, classifying, editing, presenting and describing the symptoms, types, and impacts, specifically the positive impacts of being a narcissist portrayed by Lucifer in the movie series "Lucifer" which is more detailed and easier to understand.

FINDINGS AND DISCUSSIONS

Positive Impacts of NPD

Makes those with narcissism feel like better adults

Due to an advance self-awareness in adulthood, as well as the developmental thinking that adults have, it may be easier to steer the personality disorder toward something more beneficial as long as the individual diagnosed has a healthy level of NPD, below are some of the data that researchers found in the Lucifer movie series:

Extract 1

Season 1, Episode 4 "Manly Whatnots" (34:40--3:21)

Dr. Linda : "You say she's nothing special, but I think you've put her on a pedestal. You need to really get to know her, warts and all. I'm sure she has some. So, demistify her back down to your own level."

Lucifer : "You're right. It's not her, it's me. I need to take back control. I need to behave like I always have."

After his session with Dr. Linda where Lucifer complains about Chloe's ignorant act towards him then Lucifer began to realize his attraction to Chloe so he started to pull his self together and decided to put himself first. It shows that Lucifer's narcissistic attitude can be directed in a more positive way because his thinking develops because he feels he is a better adult.

Extract 2

Season 5, Episode 1 *"Really Sad Devil Guy"* (44:37-45:21)

Lucifer: *How can you presume to compare yourself to me? I am here out of responsibility. Demons were in full revolt. I had to protect humanity! I had to protect her!.*

In this extract what Lucifer refers as 'here' is in Hell, this line of sentence in this scene said by Lucifer to one of a sinful human that he had to punish. Lucifer gets mad because he thinks nobody could outshine him especially being compared with that sinful human being, this type of reaction shows how Lucifer thinks he is the most superior one. But other than that it can be seen that Lucifer is a responsible and helpful adult which is the opposite of the fact that he is a devil. The only thing that led him to this trait was his maturity and confidence as someone who felt he was a better adult.

Lowers Anxiety and Risk for Depression

According to Whitbourne Those with NPD disorders have an advantage in attracting the attention of the people around them compared to those who do not have narcissistic disorders because of their higher self-esteem and then he continues that People will not go out of their way to seek the approval of others. It can completely relieve stress in our daily life. Those who have a healthy or appropriate level of narcissism are not easily stressed due to their very high self-loving nature, which is the reason for them to always be happy so that they are rarely found sad or down due to lack of confidence. Below are some extracts that researchers got through the Lucifer movie series which supports the motion that Lucifer's high level of self-confidence helps him to be free from anxiety disorders.

Extract 3

Season 1, Episode 2 *"Lucifer, stay,, good devil"* (20:33-20:58)

Linda: *"You look to hide insecurities in humor, don't you?"*

Lucifer: *(Laugh) I don't have insecurities.*

In the above extract we can conclude that Lucifer's very high self-confidence which is also one of the characteristics of someone who has NPD, Lucifer firmly states that he has absolutely no sense of insecurity. This means that there is no reason for Lucifer to experience an anxiety disorder that comes from his lack of self-confidence so that he has insecurities.

Take better care of their selves

Those who have narcissistic personality disorder are definitely very concerned about how they look, in fact another important thing for diagnosing patients with NPD can be seen from their eccentric stature, but this can be very helpful in various aspects, from comfort in getting a partner, looking more attractive and stand out from others, for the advantages that require the advantages of other appearances. What follows is a testament to how Lucifer attaches great importance to his appearance.

Extract 4

Season 1, Episode 1 *"Pilot"* (49:11-49:45)

Lucifer: *"Maze! Come here take a look. Do you think my shoes represent my wealthiness enough?"*

Mazikeen: *"You don't need a pair of them to show it tho, your appearance do"*

Lucifer: *"Right?! Since this thing is a well known brand and human loves to see it I'm going to wear"*

it along with my beautiful expensive suit, let them enjoy the view tonight”.

People who attach importance to what they wear are individuals who care about themselves, taking care of themselves does not always have a negative connotation, it can actually bring up various kinds of benefits. In the above quote before going anywhere Lucifer takes the time to ask his personal assistant's opinion, no matter how rushed they are because according to Lucifer, appearance is the most important thing.

Easier to get a job

In looking for a job, recruiters will generally prioritize the level of confidence of the candidate. Those with NPD disorders have been scientifically proven to have excessively high self-esteem so it is this quality that someone with NPD can benefit from in their job search. The interview session is the only place to promote and say good things about you. So, it is not surprising that several studies have found that people with narcissistic qualities are more successful in job interviews than candidates with more modest qualifications.

Extract 5

Season 1, Episode 3 *“Finally, The prince of darkness”* (39:11-40:00)

Lucifer: *” So, Detective, looks like you’ve solved another case because of me.”*

Chloe: *“I solve this case despite you”*

Lucifer: *”and, I solved another crime, identity theft. Come on, admit it—we solved this one together. Or are you too egotistical to acknowledge my help?”.* In the extract above, Lucifer prides himself on his expertise in solving problems with detectives, in the series it is told that Lucifer gets several opportunities to work as a detective because of his skills and is also supported by Lucifer's character, how he promotes himself shamelessly so that he becomes chairman of the LPD. interested and happy to hire him as a detective partner.

Builds Stronger Relationships

According to Withbourne (2007), the optimal level of NPD can help those with this disorder have a lasting relationship. People with NPD have a foundation or foundation of self-esteem that is so strong that it makes them not so dependent on other people or partners or in other words to feel happy they don't make meeting the main reason, which in turn can lead to healthy and personal relationships. success. People with healthy levels of narcissism feel no need to rely on others for affirmation, so there's no reason to trigger a fight between partners in this regard.

Extract 6

Season 1, Episode 8 *“Et Tu, Doctor?”* (05:12-05:20)

Linda: *”What’s bothering you right now?”.*

Lucifer: *“Well, right now i’m experiencing a very odd feeling. It’s like a fat man sitting on my chest. But not in a fun way”.*

Linda: *“ And when is that happening? anything with Chloe?”*

Lucifer: *“Yes. Well, actually, lately, when I been busy with my job here and there and so does she, everything went fine when we’re together at house isn’t something odd? Maze says we should have more time for each other as a couple .”*

Linda: *“ Lucifer. That is normal, it is a healthy relationship they called.”*

Lucifer : *“Right? I know something is wrong with Maze”.*

In the conversation above between Lucifer and doctor Linda you can see how Lucifer is still new to having an affair with Chloe, he asks for Dr. Linda's advice as his personal therapist regarding his confusion about the relationship he has just had with the detective, because Maze thinks that they rarely spend time together, according to Dr. Linda, their relationship is actually healthy because each

understands his business and personal space. With one of the traits of Lucifer's narcissistic personality where he doesn't need other people to feel happy, including his partner. Therefore, even though Chloe is not with him all day long, Lucifer does not question and question it, which will trigger fights, even to the point of ending a relationship. they.

CONCLUSION

The researchers found that although in socially those with this personality disorder are not very liked, but there are some good impacts that can be obtained despite experiencing narcissism. there are five positive impacts of being a narcissist; Makes those with narcissism feel like better adults, Lowers Anxiety and Risk for Depression, Take better care of their selves, Easier to get a job, and Builds Stronger Relationships. In the study *Mental Toughness: A Personality Trait That Is Relevant Across Achievement And Mental Health Outcomes*, Dr. Kostas Papageorgiou (2007), found that someone who display some of the traits associated with narcissism may also be mentally tougher, therefore it is easier for them to do better in school or work. Basically enough things will lead to good as well as with narcissism, those who can see the side of their narcissism and use it to improve their lives and those around them are those with the right level of narcissism. People with NPD are very confident and not easily hurt because of trivial things which can be beneficial for those closest to them too.

We must stop associating narcissism with negative connotations so as to create stereotypes, nowadays information is very easy to obtain, the internet is full of articles discussing narcissism with negative stereotypes, and we must embrace the diversity of human personalities, one of which is NPD.

The researcher provides suggestions for this study so that readers are more aware and pay attention to themselves and those around them who are diagnosed with NPD to see more of the positive side that can be useful by learning and applying the benefits and tips that have been given in this research. In addition, in analyzing the main character in this film series, the researcher uses a psychological strategy which does not rule out being a source of information for future researchers who want to analyze this film with another approach to gain a broader understanding from the movies. Therefore, researchers really need criticism, suggestions and corrections for this research from dear readers.

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