

DARK TETRAD PERSONALITY DURING COVID-19: AN OVERVIEW OF PSYCHO-SOMATIC THERAPIES FOR MANAGING MENTAL HEALTH RESPONSE

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SUMMARY

The recent empirical data represented the unprecedented opportunity to understand how threatful situations affect people adaptive and mal-adaptive behaviour and diverse ways to cope with the situation. In particular, the people with existing mental health issues such as dark tetrad personality found to be higher in forming an unhealthy relationship on cyber as well as real life during COVID-19. The current paper provides an interesting but alarming picture of how people with dark tetrad personality trait formed relationships with others during COVID-19. Also, the current paper highlights the significance of psycho-somatic therapies in managing their mental health response during COVID-19.

Key words: dark-tetrad personality - mental health response - psycho-somatic therapies - COVID-19

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INTRODUCTION

COVID-19 fallout led to dramatic damage on human beings and originated an unprecedented challenge to all areas of public health. In particular, the human relationship bearded a significant loss due to physical threat. The individual during pandemic manifested high ratio of darker tetrad personality due to fear, stress and frustration in response to social, personal and economic loss (Rehman & Iela 2020). The recent data recommended the significant correlation between dark tetrad personality and physical or verbal aggression (Van Geel et al. 2020). Surprisingly the ration of online aggression among dark tetrad personality found to be higher during the quarantine. As recent studies also validated the findings and recommended that online aggression found to be higher among people with dark tetrad personality (Law et al. 2012).

Recent data concluded that the prevalence of cyber aggression increased significantly among dark tetrad personality during COVID-19 (Zhang & Zhao 2020). Therefore there is a dire need to promote self-help coping strategies among people with dark tetrad personalities. The somatic or embodied therapies develop self-awareness among people about the actual condition of their own bodies (Fisher 2018). It addresses how people can take a snapshot of their condition in the entire day and promote the self-regulations calmness and safety during the stressful time of COVID-19. The open and focused attention towards the body, listening to the body functions and tracking

the bodily states are good techniques of soma to develop bodily insight among people. The lack of awareness from body states leads to more mental and physical health issues (Fisher 2018). Somatic therapies and embodied self-awareness encompass multiple strategies, which helps in COVID-19 trauma recovery. The current study provides an overview of diverse tetrad pattern and their impact on human relationships. The following dimensions of dark tetrad personality found to be affected and need psychological assistance on priority.

NARCISSISM (SELF-AGGRANDIZEMENT)

The sense of superiority and grandiosity among people during the threatful situation is important to investigate. Recently a study has been carried out to investigate how people manifest narcissistic traits for self and the collective group. The findings of the study reported that narcissistic people reported their group activity for the precautionary rule was superior compared to other groups (Bartłomiej et al. 2020). The peak of narcissism was found to higher during COVID-19 on social media. The people portrait their grandiose self and perfect life in all possible ways on social media. In addition they consider themselves free of contagion and more complied for precautionary rules but in actual they found to be least compliant with rules (Zajenkowski et al. 2020). The sense of superiority for personal group distorts the quality of the relationship, therefore must be treated. The embodied self-awareness is an effective therapy for

people with narcissistic personality traits (Fogel 2020). Identification of self-strengths and weakness through somatic therapies found to be effective in promoting healthy relationship among narcissistic personalities.

MACHIAVELLIANISM (WILLINGNESS TO MANIPULATE)

The tendency to manipulate others increased to a significant extent. As COVID-19 led to significant economic loss therefore, the tendency to use others for personal interest found to be heightened. The health risk behaviours such as unprotected sex and drug abuse found to higher among Machiavellianism's (Hardin et al. 2020). In particular the use of diverse cyber chat app has increased significantly, which has raised the issue of cyber bullying on a high scale (Jain et al. 2020). According to recent data the chat apps exploits people as it is quite easier to manipulate peoples on social media. Embodied self-awareness and resources help people to understand what exercises work for them to recover from crises management. In what challenges what types of response helps you better to heal from a stressful situation. The identification of internal and external resources is crucial in mitigating the adverse effect of COVID-19. The maintenance of somatic coherence between peace and conflict may ameliorate better consequences. The therapist implements three states of embodied self-awareness to elicit self-awareness i.e. restorative embodied self-awareness, modulated embodied self-awareness and dysregulated embodied self-awareness (Fogel 2020).

PSYCHOPATH (IMPULSIVITY AND CALLOUSNESS)

Psychopath manifests the least empathy for others and found to be more sensitive to external threats (Lucas et al. 2020). Furthermore, the people with psychopath traits found to indulge in health risk behaviours (i.e. drug abuse & unprotected sex). The health risk behaviours during a sensitive period of COVID-19 may increase the chance of mortality or risk for getting contagion. During COVID-19 the meet up and ratio of romantic relationship is more dependent on cyber (Brown et al. 2019). People spend hours on screen and indulge in unhealthy sexual activities on net (Zhang & Zhao 2020). Therefore self-awareness for self-health risk behaviours or habits is very crucial to understand. Somatic therapies provide a comprehensive framework for promoting self-awareness among people with psychopath disorder or symptoms. Open attention and Making empathetic statements are very effective techniques to teach a psychopath about their current state of mind and promoting empathy. Both the

techniques found to be effective for multiple patience experienced traumatic events in their lives. Open attention primarily focuses to develop the non-judgemental awareness of "seeing what is". The patient is instructed to notice what's going on in the present moment (Fogel 2020).

SADISM (CRUEL FOR PLEASURE)

The ration of unhealthy spouse relationship during COVID-19 increased to a vivid extent. The unemployed males found to be indulged in sadism behaviour. According to a substantial body of researches, the females and children bearded substantial cruel behaviour during the critical period of a pandemic. Sadism found to be enjoyed in the suffering of humans (Hardin et al. 2020). The ratio of sadism or cruel behaviour increase due to sensitivity or fear of external threat such as COVID-19. Sadist found to spend more time on social media and least involved in quality relationship with others (Zhang & Zhao 2020). They exploit the self-esteem of their cyber friend by negative comments and remarks. Therefore, there is a dire need to promote sympathetic behaviours among people with sadism behaviour. The somatic therapies provide a wide range of effective techniques to promote sympathy and empathy among people with sadism traits. The most effective technique is sympathetic and parasympathetic social engagements, which can make sadism feel safe and active. Once they feel safe and productive, they gradually will learn to feel empathy for others.

According to recent data, the tolerance level found to be low among people with sadism traits. They commit cruel behaviour due to lack of tolerance. Therefore, the best way to promote somatic awareness is to expand the window of tolerance chart. It helps to elicit resilience arousal in three levels i.e. hyper-arousal, hypo-arousal and optimum arousal. In this technique, the patient is psycho-educate by showing the visual prompt (Fisher 2018). How different arousal occurs in a threatening situation and how I can resource myself. What are the triggering and resource point to ensure the scanning towards safety.

Apart from this, the container metaphor beliefs also help the individual to discover their belief towards COVID-19 effects (Fogel 2020). Sometimes unrealistic beliefs for threatful also plays a major role in developing sadism symptom among people. These unrealistic beliefs are mandatory to control for a healthy mind and body functioning. The trauma stressor timeline helps in highlighting the unrecovered conflict of beliefs which shakes the recovery from a stressful situation. After the identification of beliefs, calling your experiences by true name, and releasing the psoas muscles, peace can be retrieved (Fogel 2020). According to recent data trauma stressor timelines is a very effective somatic technique to release stress and promoting empathy among people.

CONCLUSION

In inference, we can conclude the somatic therapies and embodied self-awareness can ameliorate better consequence to control the adverse effects of dark tetrad personalities. Also, these therapies are effective in promoting healthy relationship among dark tetrad personality during pandemic crises.

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