

**Research Article**

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**Prevalence of Parent-Sibling Rivalries and Narcissism in Young Adults of Pakistan**

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**Abstract**

**Background.** The present study explored the relationships between parental rivalry, siblings conflict and narcissism among young Pakistani adults.

**Method.** In a correlational research design 147 young men and 154 young women ( $N = 301$ ) ranging in age from 19 to 40 years ( $M = 24.50$ ,  $SD = 4.23$ ) from different cities of Punjab completed a demographic sheet, Adult Sibling Relationship Questionnaire-Short (Lanthier et al., 2001a; 2001b) and Narcissistic Personality Inventory (Raskin & Terry, 1988).

**Results.** The results indicated sibling conflict was influenced by parental rivalry and narcissism. We believe a positive association between sibling conflict and parental rivalry (maternal and paternal) and narcissism suggested this influence. Results revealed parental rivalry and narcissism were stronger in joint than in nuclear families and in families where parents were separated or divorced. Sibling conflict was greater in nuclear than joint families because of parental favoritism. Parental rivalry was higher in females than males.

**Conclusion.** The result provides insight into the dynamics within the context of Pakistani families shedding light on the importance of how parental different treatment affects siblings relationships. Further research and interventions in this area can potentially enhance the family relationship and explore additional variables to deepen the understanding of complex dynamics within the families.

**Keywords.** Parental rivalry, paternal rivalry, maternal rivalry, sibling conflict, narcissism, family dynamics, gender, marital status, young adults, quantitative.



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## Introduction

The family is a social unit made up of a man and a woman who pledge to raise their children for the rest of their life. Families as a unit not only increase and promote survival, but they also carry out a number of other tasks like reproduction, economic services provision, socialization, and emotional support (Aghi et al., 2014). A family phenomenon known as favoritism occurs when parents treat one or more of their children better than they are thought to treat the other children. As an alternative, they could target out one or more of their kids and treat them differently or negatively by 'disfavoritism' (Hale, 2012). Either narcissistic grandiosity or narcissistic injury and emotions of inferiority might be linked to perceptions of unequal parental treatment. Being the family's outcast results in sentiments of unworthiness, unlove, and jealousy, which in turn strain sibling relationships and lead to narcissistic susceptibility (Angel, 2006).

Parental favoritism is defined by the Family Resource Group (2018). They define parental favoritism as when one or both parents consistently show preference for one child over another. This can take the form of increased privileges, less discipline, and more time spent together. It was revealed that most fathers and mothers like to be close to, confide in, and support some of their children more than others (Suitor et al., 2006 & 2008). A pilot study stated that the problematic nature of sibling relationships, which can lead to prejudice and jealousy if parents take sides (Hashim & Ahmad, 2016). Maladjustment may result from parents' alleged unfair treatment (Kramer et al., 2002). A study carried out at the Nueva Eciji University of Science and Technology suggest that a child's bond with their sibling is impacted by parental favoritism. Favoritism from parents has a negative impact on a person's mental, social, and emotional well-being (Santos, 2021). Fathers are supposed to behave differently toward their kids than mothers. Prior studies indicate biases in the investments made by mothers in their boys and fathers in their daughters (Salmon et al., 2012).

*Quarrelling* is the term used to describe the arguments and disagreements that occur between siblings, frequently because of rivalry for the love

and attention of their parents. However, *Antagonism* which can take the form of aggressive, irrational, or jealous actions, is the antagonism and opposition siblings show one another (Yuditia et al., 2019). Feeling of resentment, rivalry and animosity which develops among two or more siblings that arise as soon as a new sibling is born is known as sibling rivalry (Shafer & Kipp, 2010). According to Howe and Recchia (2008), children's ambivalence can also lead to beneficial behaviors like attachment and closeness to babies as well as negative behaviors like stress, aggression, and attachments (Gass et al., 2007). The youngster can gain from sibling disagreements by learning how to compromise, negotiate, and resolve conflicts. A vast array of factors has been examined by scholars and theorists in their investigation of sibling rivalry. These include how to resolve conflicts, issues with sibling differentials, the sibling gap, birth order, size of the family, and gender differences (Shafer & Kipp, 2010).

According to Baek et al. (2023), there was a strong correlation between the number of siblings and the degree of conflict between men and women. Conflict for men was favorably connected with maternal affection, while conflict for women was strongly correlated with paternal conflict (Iftikhar & Sajjad, 2023). According to social comparison theories, it is predicted that teenagers who believe they are favored will report having better sibling relationships than those who believe they are unfavored (Mcswiggan, 2015).

According to research conducted in Pakistan, 89% of the changes in sibling rivalry and 73% of the changes in sibling conflict were caused by parental differential treatment (Iftikhar & Sajjad, 2023). According to a study by Donrovich et al. (2014), Sibling rivalry does occur in large families, but it is not as strong as it is in smaller. According to a poll on family conflict, over 40% of children reported being kicked, bitten, or punched by their siblings each year, and 70% reported physical violence between siblings (Feinberg et al., 2013).

According to Miller et al. (2021), narcissism is a pattern of behavior in relationships that is typified by an excessive desire for admiration, a sense of entitlement, and an overall deficiency in empathy. A pattern of privilege, an intense need

for acceptance from others and a lack of kindness are typically used to characterize narcissism. These traits combine to create an interpersonal pattern that is usually dysfunctional (Cain et al., 2008; American Psychiatric Association, 2013). The findings from a correlational study shows a strong correlation between the emergence of teenage narcissism and parental favoritism. In contrast to the child who seldom received more attention than the others, the family's favorite child is more likely to exhibit narcissistic traits (Huang et al., 2017).

Presently, the disorder is defined as a grandiose, adoration-seeking, and empathetic pattern with a popularity rate in nonclinical populations estimated to range from 0% to 6.2% (American Psychiatric Association, 2013). But considering that all people have narcissistic tendencies to some extent (Cain et al., 2008). According to research currently available, narcissistic people react very negatively to failure in achievement competitions; high NPI (Narcissistic Personality Inventory) scorers had severe negative affect when faced with upward comparisons with superior people (Bogart et al., 2004). Parental disfavoring of the responder has a negative impact on sibling friendliness and is a predictor of conflict for both parents (Dottan & Finzi, 2010).

This research can help to clarify the significance of dealing with parental favoritism and the possible effects it may have on sibling relationships. It emphasizes how important it is for parents to take responsibility for their actions and work toward achieving equality and fairness for their kids. It highlights how narcissism exacerbates these impacts and stresses the significance of creating constructive coping mechanisms.

### Objective

1. To examine the relationship between parental favoritism, siblings rivalry, and narcissism among young adults.
2. To examine the effect of socio-demographic variables on parental favoritism, siblings rivalry, and narcissism among young adults.

### Hypotheses

1. Parental favoritism is positively correlated

- with siblings rivalry among young adults.
2. Parental favoritism is positively correlated with narcissism among young adults.
3. Siblings rivalry is positively correlated with narcissism among young adults.
4. Sibling rivalry is higher in females as compared to males young adults.
5. Parental favoritism is higher in nuclear family system as compared to joint family system among young adults.
6. Sibling rivalry is higher in joint family system as compared to nuclear family system among young adults.
7. Narcissism is higher in joint family system as compared to nuclear family system among young adults.
8. Sibling rivalry is higher in those adults whose parents are separated and divorce as compared to married.
9. Narcissism is higher in those adults whose parents are separated and divorce as compared to married.
10. Sibling rivalry is higher in those adults who experience extreme problem of favoritism in family.
11. Narcissism is higher in those adults who experience extreme problem of favoritism in family.

## Method

### Sample

A convenient sample of 147 men (48.8%) and 154 (51.2%) women ( $N = 301$ ) ranging in age from 19 to 40 years ( $M = 24.50$ ,  $SD = 4.23$ ) were asked to complete two psychometric instruments (see below). To be included in the study each participants had to have one sibling, one living parent and could understand English. The sample revealed 62.1% belonged to joint families and 37.9% to nuclear families. Majority (86.7%) of participants had married parents, few had divorced (8%) and separated (5.3%) parents.

### Assessment Measures

*Adult Sibling Relationship Questionnaire-Short (ASRQ-S)*. Originally developed by Stocker et al. (1997) with 81 items, ASRQ-S was later

modified by Lanthier et al. (2001a; 2001b) with 47 items consisting of three factors (and eight subscales): rivalry factor included Maternal Rivalry (MR, 6 items) and Paternal Rivalry (PR, 6 items), conflict factors that include Quarreling (Q, 5 items), Dominance (D, 6 items), Competition (C, 6 items), and Antagonism (A, 6 items). The third factor warmth included Intimacy (I, 6 items), Emotional Support (ES, 6 items), and Knowledge (K, 6 items). We used four subscales, that are Maternal Rivalry (MR), Paternal Rivalry (PR), Quarreling (Q) and Antagonism (A) subscales from rivalry and conflict factors for this study, subscales for warmth factor were not used. Each item on MR and PR subscales is rated on 5-point Likert scales (1 = I am usually favored, 2 = I am sometimes favored, 3 = neither I nor sibling is favored, 4 = sibling is sometimes favored, 5 = sibling is usually favored). These items were recoded as absolute discrepancy scores (0 = neither child is favored, 1 = parents sometimes favor one child over the other, 2 = parents usually favor one child over the other. These two subscales were used to measure Parental Favoritism. To calculate Sibling Rivalry two sub-scales of quarreling and antagonism were used. Each item on Q and A subscales was also measured on 5-point scale ranging from not at all (1) to Extremely much (5). Higher scores indicated higher parental rivalry and conflict. Internal consistency ( $\alpha = .91$ ) of rivalry is high (Lanthier et al., 1997) in our sample similar consistency was ( $\alpha = .86$ ) revealed; our data also showed high internal consistencies ( $\alpha = .92$ ) for MR and ( $\alpha = .96$ ) for PR. Internal consistency ( $\alpha = .95$ ) for conflict was also high (Lanthier et al., 1997), and our data revealed similar consistencies for Q ( $\alpha = .80$ ) and A ( $\alpha = .92$ ) see Table 1.

***Narcissistic Personality Inventory-16 (NPI-16).*** The NPI-16 is a short form self-report inventory trimmed from NPI and is used to measure narcissism (Raskin & Terry, 1988) traits and levels based on group cooperation, leadership, and arrogance. There are 16 items in this scale where each item is

measured on dichotomous scale yes (1) no (0) scale. The overall scores can range from 0 to 16, where higher scores represent greater narcissistic traits. Internal consistency ( $\alpha = .86 - .87$ ) is moderately high and test-retest reliability ( $r = .90$ ) in excellent (Rhodewalt & Morf, 1995; Emmons, 1984, 1987).

***Demographic Sheet.*** General information regarding age, marital status, qualification, occupation and socioeconomic status collected from the participants on the demographic sheet.

## Research Design

We used a correlational design to find simple relationships between parental rivalry, narcissism and sibling conflict in young Pakistani adults. The survey packet included the above scales and participants were sought in different cities of Punjab, Pakistan. After briefly telling the participants about the nature of the study they were asked to complete the afore mentioned instruments after getting their consent. After data collection statistical analyses were performed using SPSS v. 26.

## Results

Table 1 illustrates psychometric properties of scales and subscales. Internal consistencies of MR ( $\alpha = .92$ ), PR ( $\alpha = .96$ ), Q ( $\alpha = .80$ ), A ( $\alpha = .92$ ) and NPI ( $\alpha = .79$ ) were adequate to high. Skewness and kurtosis were less than 2 which suggested data was normally distributed and could be used for parametric testing. Table 1 also showed positive correlations among four subscales of ASRQ-S for example MR positively and significantly associated with PR ( $r = .71, p < .01$ ) Q ( $r = .24, p < .01$ ), A ( $r = .26, p < .01$ ) and the NPI-16 scale. Other correlations among the ASRQ-S were sporadic, Q correlated positively and significantly with A ( $r = .89, p < .01$ ) but not with PR or that PR was not related to A. This suggests not all subscales of ASQR-S were related to one another. But NPI-16 was positively and significantly correlated with all subscales of ASQR-S (see Table 1).



**Table 1***Psychometric Properties of ASRQ-S Subscales and NPI-16 Scale Established in Young Adults of Pakistan*

Scale & Subscale	<i>k</i>	$\alpha$	<i>M</i> ( <i>SD</i> )	Score Range		<i>S</i>	<i>K</i>	MR	PR	PTR	SR	Q	A	NPI-16
				Pot	Act									
MR	6	.92	17.84 (7.90)	6-30	6-30	.18	-1.14	-	.71**	.07	.26**	.24**	.26**	.21**
PR	6	.96	15.24 (8.28)	6-30	6-30	.47	-.95		-	.73**	-.09	-.08	-.09	.15**
PTF	12	.86	33.08(11.69)	12-60	8-30	.29	.09			-	.11*	.11*	.11*	.04*
SR	11	.95	37.61(12.60)	11-55	11-55	-.13	-1.39				-	.89**	.61**	.62**
Q	5	.80	17.25 (5.81)	5-25	5-25	-.16	-1.42					-	.89**	.61**
A	6	.92	20.36 (7.15)	6-30	6-30	-.27	-1.23						-	.59**
NPI-16	16	.79	9.77 (3.80)	0-16	1-16	.09	-.87							-

*Note.* *k* = number of items,  $\alpha$  = Cronbach alpha, *M* = mean, *SD* = standard deviation, Pot = potential, Act = actual, *S* = skewness, *K* = kurtosis, MR = maternal rivalry, PR = paternal rivalry, PTF = Parental favoritism, SR = Sibling rivalry, Q = quarreling, A = antagonism, NPI-16 = Narcissistic Personality Inventory-16

*N* = 301

\**p* < .005, \*\**p* < .01

Table 2 illustrates women (*M* = 19.78, *SD* = 8.02) had significantly (*p* < .001, *d* = .51) higher MR than men (*M* = 15.82, *SD* = 7.48), but women (*M* = 14.24, *SD* = 8.15) significantly (*p* < .03, *d* = .24) scored lower than men (*M* = 16.28, *SD* = 8.32) for PR. And as data would have it no significant (*p* > .05) differences were found in women (*M* = 34.01, *SD* = 11.59) and men (*M* = 32.09, *SD* = 11.74) for PTF. Women (*M* = 39.28, *SD* = 11.99) did score significantly (*p* < .02, *d* = .27) higher than men (*M* = 34.01, *SD* = 11.59) for SR. Women also (*M* = 18.03, *SD* = 5.49) scored significantly (*p* < .02, *d* = .16) higher than men (*M* = 16.42, *SD* = 6.02) for Q; and women (*M* = 21.25, *SD* = 6.81) scored significantly (*p* < .03, *d* = .25) higher than men (*M* = 19.44, *SD* = 7.41) for A. No significant (*p* > .05) differences were found between women (*M* = 21.25, *SD* = 6.81) and men (*M* = 19.44, *SD* = 7.41) for NPI-16.

**Table 2***Gender Differences across ASRQ-S Subscales and NPI-16 Scale*

Scale & Subscale	Gender <i>M</i> ( <i>SD</i> )		<i>t</i>	<i>p</i>	95% CI		<i>d</i>
	Men	Women			<i>LL</i>	<i>UL</i>	
MR	15.82 (7.48)	19.78 (8.02)	4.43	.00	-5.72	-2.20	.51
PR	16.28 (8.32)	14.24 (8.15)	2.15	.03	.17	3.91	.24
PTF	32.09 (11.74)	34.01 (11.59)	1.43	.15	-4.57	.72	-
SR	35.86 (13.02)	39.28 (11.99)	2.37	.02	-6.26	-.58	.27
Q	16.42 (6.02)	18.03 (5.49)	2.43	.02	-.29	-.30	.16
A	19.44 (7.41)	21.25 (6.81)	2.21	.03	-3.42	-.19	.25
NPI-16	9.63 (3.69)	9.91 (3.92)	.65	.52	-1.15	.58	-

*Note.* MR = maternal rivalry, PR = paternal rivalry, PTF = Parental favoritism,, SR = Sibling rivalry, Q = quarreling, A = antagonism, NPI-16 = narcissistic personality inventory-16

*n*<sub>Men</sub> = 147, *n*<sub>Women</sub> = 154

Table 3 Furthermore, the findings of family system indicates that Maternal favoritism was higher in nuclear family system than joint (*M* = 18.29, *SD* = 7.26). Nuclear showed higher paternal rivalry than joint family system (*M* = 16.09, *SD* = 8.06). Nuclear showed higher parental favoritism (PTF) than joint (*M* = 34.39, *SD* = 11.32). Joint showed higher quarreling than nuclear family system (*M* = 17.82, *SD* = 5.74).

There was found a difference between antagonism among family system. Joint family system showed higher than nuclear ( $M = 21.05$ ,  $SD = 7.04$ ). Joint showed higher on siblings rivalry than nuclear ( $M = 38.87$ ,  $SD = 12.40$ ). Joint families showed higher on narcissism than nuclear ( $M = 10.45$ ,  $SD = 3.61$ ) families. To see the effect size among mean differences of males and females, Cohen's  $d$  was also computed. Cohen's  $d$  of all the variables shows the small to moderate effect size.

**Table 3**

*Differences in Family Structure across ASRQ-S Subscales and NPI-16 Scale*

Scale & Subscale	Family Structure $M(SD)$		$t$	$p$	95% CI		$d$
	Joint	Nuclear			LL	UL	
MR	17.57 (8.42)	18.29 (7.26)	-.77	.44	-2.60	1.14	0.09
PR	14.72 (8.39)	16.09 (8.06)	-1.39	.16	-3.30	.56	0.16
PTF	32.28 (11.86)	34.39 (11.32)	-1.52	.13	-4.83	.62	0.18
SR	38.87 (12.40)	35.54 (12.71)	2.24	.03	.41	6.26	0.26
Q	17.82 (5.74)	16.30 (5.80)	2.21	.02	.16	2.86	0.26
A	21.05 (7.04)	19.23 (7.22)	2.16	.03	.16	3.49	0.25
NPI-16	10.45 (3.61)	8.66 (3.87)	4.06	.00	.92	2.66	0.47

*Note.* MR = maternal rivalry, PR = paternal rivalry, PTF = Parental favoritism,, Q = quarreling, A = antagonism, SR = Sibling rivalry, NPI-16 = Narcissistic Personality Inventory-16

$n_{\text{Joint}} = 187$ ,  $n_{\text{Nuclear}} = 114$

Table 4 shows mean, standard deviation,  $F$  and eta square values on study variables among three groups of marital status of parents (married, divorced and separated). Significant mean difference were seen in quarreling. It was revealed that quarreling, antagonism and siblings rivalry was higher in adults whose parents were divorced and separated then married ( $MD = 6.29$ ,  $p < .05$  and  $5.49$ ,  $p < .05$ ) ( $MD = -7.33$ ,  $p < .05$  and  $5.91$ ,  $p < .05$ ) ( $MD = 13.63$ ,  $p < .05$  and  $11.39$ ,  $p < .05$ ). Narcissism were also higher in adults whose parents were divorced and separated then married ( $MD = -3.33$ ,  $p < .05$  and  $3.23$ ,  $p < .05$ ). Eta square was also calculated. Eta square of all the variables showed small to medium effect size.

**Table 4**

*Differences in Marital Status across ASRQ-S Subscales and NPI-16 Scale*

Scale & Subscale	Marital Status $M(SD)$			$F$	$p$	Post-hoc	95% CI		$\eta^2$
	Married	Divorced	Separated				LL	UL	
MR	17.58 (7.58)	19.71 (10.36)	19.31 (10.52)	1.06	.35				
PR	15.45 (7.86)	14.75 (10.83)	12.44 (10.61)	1.04	.35				
PTF	33.03 (11.12)	34.46 (16.67)	31.75 (12.55)	.27	.76				
SR	35.92 (12.36)	49.54 (5.45)	47.31 (10.24)	20.13	.001	D>M*; S>M*	-9.09; 2.10	-3.49; 8.87	.12
Q	16.45 (5.71)	22.75 (2.75)	21.94 (3.75)	20.90	.001	D>M*; S>M*	-10.81; 1.70	-3.84; 10.82	.12
A	19.46 (7.05)	26.79 (2.81)	25.38 (6.57)	17.40	.001	D>M*; S>M*	-19.72; 4.04	-7.53; 18.76	.10
NPI-16	9.33 (3.69)	12.67 (3.42)	12.56 (3.27)	14.13	.001	D>M*; S>M*	-5.21; .97	-1.46; 5.49	.09

*Note.* MR = maternal rivalry, PR = paternal rivalry, PTF = Parental favoritism,, Q = quarreling, A = antagonism, SR = Sibling rivalry, NPI-16 = Narcissistic Personality Inventory-16, M = Married, D = Divorced, S = Separated

$n_{\text{Married}} = 261$ ,  $n_{\text{Divorced}} = 24$ ,  $n_{\text{Separated}} = 16$

\* $p < .05$

Table 5 shows severity of favoritism were divided into four categories i.e., Extreme (Ex), Sometime (So), Slight (Sl) and None (No) see Table 5. It was revealed that problem of favoritism was extreme in adults

whose experienced maternal favoritism than not a problem ( $MD = 5.09, p < .05$ ). Quarreling, antagonism and siblings rivalry were higher in adults whose experienced extreme problem of favoritism in their families than slight, sometime and not a problem ( $MD = 6.42, p < .05, 9.16, p < .05$  and  $8.72, p < .05$ ) ( $MD = 7.73, p < .05, 11.21, p < .05$  and  $10.47, p < .05$ ) ( $MD = 14.15, p < .05, 20.36, p < .05$  and  $19.18, p < .05$ ). Narcissism was also higher in adults whose experienced extreme problem of favoritism in their families than slight, sometime and not a problem ( $MD = -3.47, p < .05, 4.53, p < .05$  and  $4.58, p < .05$ ). Eta square was also calculated. Eta square of all the variables showed small to large effect size.

**Table 5**

*Differences in Favoritism Severity across ASRQ-S Subscales and NPI-16 Scale*

Scale & Subscale	Favoritism Severity $M(SD)$				$F$	$p$	Post-hoc	95% CI		$\eta^2$
	Extreme	Sometime	Slight	None				LL	UL	
MR	19.66 (9.95)	16.70 (6.82)	17.88 (4.48)	15.59 (4.59)	5.09	.001	Ex > No*	1.15	6.97	.05
PR	14.58 (10.28)	15.84 (6.79)	15.72 (5.98)	15.77 (5.72)	.53	.66				
PTF	34.23 (14.01)	32.54 (10.48)	33.60 (8.15)	31.36 (8.64)	1.09	.35				
SR	47.20 (8.81)	33.05 (10.78)	26.84 (8.51)	28.02 (7.56)	102.36	.001	Ex > So*	10.43	17.87	.51
							Ex > Sl*	15.23	25.49	
							Ex > No*	15.89	22.47	
Q	21.59 (4.06)	15.18 (5.17)	12.44 (4.18)	12.87 (3.46)	96.17	.001	Ex > So*	4.68	8.16	.06
							Ex > Sl*	6.76	11.56	
							Ex > No*	7.17	10.26	
A	25.61 (4.98)	17.88 (6.18)	14.40 (5.20)	15.15 (4.90)	88.39	.001	Ex > So*	5.54	9.92	.47
							Ex > Sl*	8.19	14.22	
							Ex > No*	8.52	12.39	
NPI-16	12.05 (3.46)	8.58 (3.21)	7.52 (3.12)	7.48 (2.61)	44.78	.001	Ex > So*	2.14	4.80	.02
							Ex > Sl*	2.69	6.36	
							Ex > No*	3.39	5.75	

*Note.* MR = maternal rivalry, PR = paternal rivalry, PTF = Parental favoritism, Q = quarreling, A = antagonism, SR = Sibling rivalry, NPI-16 = Narcissistic Personality Inventory-16, Ex = Extreme, So = Sometime, Sl = Slight, No = None

$n_{\text{Extreme}} = 137, n_{\text{Sometime}} = 57, n_{\text{Slight}} = 25, n_{\text{None}} = 82$

\* $p < .05$

Table 6 shows mean, standard deviation, F and eta square values on study variables among four groups of favor by i.e Father, mother, disfavor and equal. Significant mean difference were seen in maternal favoritism. It was revealed that maternal favoritism is greater than father in paternal rivalry ( $MD = 5.26, p < .05$ ). Parental rivalry is greater than father ( $MD = 3.58, p < .05$ ). It was revealed that Quarreling is higher when mother is favoring me than equal treatment to all ( $MD = 5.72, p < .05$ ). Quarreling is higher when father is favoring me than disfavor and equal ( $MD = 4.06, p < .05$ )  $MD = 4.06, p < .05$ ). Furthermore, it was revealed that Antagonism is higher when father favoritism is greater than mother, disfavor and equal ( $MD = 2.83, p < .05$ ) ( $MD = 4.41, p < .05$  &  $MD = 8.78, p < .05$ ). Antagonism is also higher when mother is favoring me then giving equal treatment to all siblings ( $MD = 6.39, p < .05$ ). Significant mean difference were seen in narcissism. It was revealed that narcissism is higher when mother and father is favoring me then giving equal treatment to all siblings ( $MD = 2.72, p < .05$  &  $MD = 3.51, p < .05$ ).

*Mean Differences Across Favor by (You are Favored by ) Between Study Variables Among Young Adults (N = 301)*

**Table 6**

*Differences in Respondent Favored by Others across ASRQ-S Subscales and NPI-16 Scale*

Scale & Subscale	<i>M(SD)</i>				<i>F</i>	<i>p</i>	Post-hoc	95% <i>CI</i>		$\eta^2$
	Mother	Father	Disfavor	Equal				<i>LL</i>	<i>UL</i>	
MF	16.24 (8.55)	21.50 (8.80)	16.89 (6.62)	15.71 (4.19)	11.31	.00	F > M*	-8.13	-2.40	.10
							F > E*	2.77	8.81	
PF	16.66 (9.33)	13.08 (9.17)	17.11 (7.49)	15.63 (4.88)	3.68	.01	M > F*	.504	6.65	.04
PTR	32.98 (12.89)	34.58 (12.73)	34.00 (13.11)	31.34 (7.83)	1.20	.30				
SR	39.98 (13.19)	43.81 (10.46)	35.33 (12.03)	27.86 (7.57)	34.46	.00	M > E*	7.82	16.39	.26
							F > D*	1.04	15.90	
							F > E*	11.62	20.26	
Q	18.55 (5.84)	19.95 (4.97)	15.89 (5.99)	12.79 (3.66)	33.50	.00	M > E*	3.73	7.69	.25
							F > D*	6.30	7.49	
							F > E*	5.12	9.15	
A	21.47 (7.71)	23.85 (5.68)	19.44 (6.39)	15.07 (4.76)	31.01	.00	E > D*	.14	8.69	.24
							F > E*	6.29	11.27	
							M > E*	3.94	8.86	
NPI-16	10.43 (4.02)	11.21 (3.48)	9.00 (3.31)	7.63 (2.53)	16.11	.00	M > E*	1.32	4.12	.14
							F > E*	2.10	4.19	

*Note.* MF = maternal favoritism, PF = paternal favoritism, PTR = Parental rivalry, Q = quarreling, A = antagonism, SR = Sibling rivalry, NPI-16 = Narcissistic Personality Inventory-16, Ex = Extreme, So = Sometime, Sl = Slight, No = None

$n_{\text{Mother}} = 102$ ,  $n_{\text{Father}} = 98$ ,  $n_{\text{Disfavor}} = 18$ ,  $n_{\text{Equal}} = 83$

\* $p < .05$



## Discussion

The present study aimed to explore the relationship between parental favoritism, siblings' rivalry and narcissism among young adults. The study examined the relationship between parental favoritism and siblings' rivalry. The result of the study supported previous research that highlighted the crucial role of parental favoritism in siblings rivalry. Alpha coefficient of all the scales and their sub-scales were satisfactory (Stocker et al., 1997). Finding revealed that the value of skewness and kurtosis indicates that scores are regularly distributed, and found to be within acceptable ranges -2 to +2 (Table 2).

Correlation analysis (Table 3) revealed that there is positive relationship between parental favoritism and siblings rivalry as hypothesized (H1), that Sibling rivalry and parental favoritism are positively correlated (Finzi-Dottan, 2010). As it is also shown by the correlation analysis that there is positive correlation between parental favoritism and narcissism among young adults, hence hypotheses 2 is accepted, that there is strong correlation between the emergence of teenage narcissism and parental favoritism. In contrast to the child who seldom received more attention than the others, the family's favorite child is more likely to exhibit narcissistic traits (Huang & colleagues, 2017). Hypotheses 3 is also accepted that there is positive relationship between siblings rivalry and narcissism. Ferencz (2022) also discovered a favorable correlation between narcissism and disputes with siblings.

Significant mean difference were seen in Sibling rivalry and its sub-scales; Quarreling and Antagonism, where females shows more Quarreling and Antagonism than males. Siblings rivalry is higher in females than males. As hypothesized (hypotheses 4) siblings rivalry is higher in females than males. Finding are consistent with Finzi-Dottan and Cohen (2011) which indicated a high level of conflict among sisters.

Significant mean difference was found with family system on parental favoritism which is high in nuclear family system then joint. Maternal and paternal favoritism is also higher in nuclear family system then joint. As hypothesized (hypotheses

5) parental favoritism is higher in nuclear family system then joint. Parents in nuclear families are more concerned with their children's academic performance and plan for their education and career after speaking with professionals (Khusboo et al., 2017).

Significant mean difference was also found in siblings rivalry which is high in joint family system then nuclear family system. Quarreling and antagonism is also high in joint family system. As hypothesized (hypotheses 6) sibling rivalry is higher in joint family system as compared to nuclear. Due to shared resources and space restrictions, sibling rivalry may be more likely to occur in joint family systems, where several generations coexist (Alexandre et al., 2012). Narcissism is also higher in joint family system than nuclear (hypotheses 7). Although the joint family system may not directly lead to increased narcissism, its interactions and dynamics can influence people's development of narcissistic tendencies (Ruqia et al., 2016).

Siblings rivalry is higher in adults whose parents were divorced and separated than married (hypotheses 8). Studies repeatedly demonstrate the negative effects of parental divorce and separation on sibling relationships, which frequently result in increased conflict (Poortman, 2009; Noller, 2008). As hypothesized (hypotheses 9) Narcissism were also higher in adults whose parents were divorced and separated then married. According to Lan (2020), teenagers from divorced homes were more prone to have narcissistic tendencies, especially if their parents were extremely strict.

Siblings rivalry were higher in adults whose experienced extreme problem of favoritism in their families (hypotheses 10). According to research, extreme parental favoritism has been repeatedly linked to increased levels of sibling rivalry in adulthood (Finzi-Dottan, 2010; Boll, 2003; Gilligan, 2013).

Narcissism were also higher in adults whose experienced extreme problem of favoritism in their families (hypotheses 11). High degrees of parental favoritism were linked to higher levels of narcissism (Finzi-Dottan's, 2010).

## Conclusion

Present study is a set to explore narcissism in relationship between parental favoritism and siblings rivalry among young adults ( $N=301$ ). The findings are related to previous literature to some extent. For this purpose, self report measure was used correlation analysis, T test, ANOVA, regression and moderation run through SPSS 26 and Hayes process macro. Results revealed that parental favoritism was positively related to sibling rivalry. The results clearly indicated that parental favoritism positively related with narcissism. It was also revealed that sibling rivalry positively associated with narcissism. It was found that Sibling Rivalry and narcissism seems more in joint family systems than in nuclear families. Parental favoritism was higher in nuclear family system as compared to joint family system. Sibling rivalry was higher in females than males. Furthermore the results indicate that Sibling rivalry and narcissism was higher in those adults whose parents are separated and divorce as compared to married. Sibling rivalry and narcissism were also higher in those adults who experience extreme problem of favoritism in family. The result provides insight into the dynamics within the context of Pakistani families shedding light on the importance of how parental different treatment affects siblings relationships.

## Implications of the Study

Teaching parents about the negative effects of favoritism and how narcissistic qualities in kids can intensify sibling rivalry can assist parents in becoming more balanced parents. Healthy family dynamics may result from this insight. Research on how kids watch and pick up on parental behaviors like favoritism can help us better understand how family dynamics affect relationships and social conduct beyond the home. Partnerships between sociologists, educators, psychologists, and legislators can support all-encompassing strategies for resolving family issues and fostering healthy sibling relationships.

## Limitations and Suggestions

The small sample size may make it impossible to extrapolate the results to bigger populations. The scale used in this study was only available

in English. It is not a longitudinal study; rather, it provides a snapshot of sibling interactions at one particular period in young adulthood. To obtain a deeper knowledge of family dynamics, including subjective feelings of favoritism and its effects on sibling relationships, combine quantitative surveys with qualitative interviews.

## Declaration

**Funding:** No financial support was provided for this study.

**Conflict of Interest:** The authors have no competing interests to disclose.

**Availability of Data:** The datasets remain confidential and are not publicly accessible due to privacy agreements.

**Ethical Approval:** The study received ethical clearance from the appropriate institutional review board and informed consent was obtained from the participant before data collection.

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