

Leisure Time and Narcissistic Strategies in Young Adults: Towards Searching for Mutual Connections

Czas wolny i strategie narcystyczne u młodych dorosłych. W kierunku poszukiwania wzajemnych powiązań

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Received: 28 Nov 2024

Revised: 14 Jan 2025

Accepted: 16 Apr 2025

Published: 30 Jun 2025

Abstract: The article attempts to look for correlations between forms of spending free time and strategies of narcissism in the age group of young adults. It begins with a theoretical introduction on the concept of free time, then it presents the basic assumptions of the NARC model, based on which the author distinguishes two strategies of narcissism: narcissistic competition and narcissistic admiration. The aim of the research was to search for correlations between leisure activities and narcissism strategies in a group of young adults. The presented study used the author's own questionnaire, prepared for the needs of the research, and the NARQ-PL questionnaire in the Polish adaptation by Rogoza et al. (2016). The obtained research results identify the most common ways of spending free time by young adults as well as the existence of correlations between some ways of spending free time and narcissistic strategies. The research results seem interesting from a theoretical and practical perspective. They show the existing connections and outline opportunities for further research into the correlates of leisure time activities undertaken by young adults.

Keywords: free time, young adults, narcissistic competition, narcissistic admiration

Abstrakt: W artykule została podjęta próba poszukiwania powiązań pomiędzy formami spędzania czasu wolnego a strategiami narcyzmu w grupie młodych dorosłych. Dokonano teoretycznego wprowadzenia w zagadnienie czasu wolnego, przedstawiono podstawy modelu NARC, w oparciu o który zostały wyodrębnione dwie strategie narcyzmu: narcystyczna rywalizacja i narcystyczny podziw. W prezentowanym badaniu wykorzystano kwestionariusz ankiety własnego autorstwa, przygotowany na potrzeby badań oraz kwestionariusz NARQ-PL w polskiej adaptacji Rogoza i in. (2016). Uzyskane wyniki badań wskazują na najczęstsze sposoby spędzania czasu wolnego przez młodych dorosłych oraz na istnienie powiązań korelacyjnych pomiędzy niektórymi sposobami realizowania czasu wolnego i strategiami narcystycznymi. Uzyskane wyniki badań wydają się interesujące z perspektywy teoretycznej i praktycznej. Ukażują one istniejące powiązania, jak również nakreślają możliwości dalszego pogłębiania badań poprzez kontynuowanie poszukiwania korelatów czasu wolnego u młodych dorosłych.



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IN LIEU OF INTRODUCTION

Discussion on the question of leisure time falls into the scope of social sciences (e.g. Larson and Richards 1984; Fine et al. 1990; Czerepaniak-Walczak 1997; Orłowska 2007; Orłowska and Błeszyński 2016; Pięta 2014). Along with the development of societies and the observed transformations, people's habit related to the forms and ways of spending free time are also changing, irrespective of age. In order to function effectively in society, individuals need to adopt specific behavioural patterns and models. In this way, young people prepare for their roles within the social structure, assimilate into culture, and ultimately establish their positions in society. Political transformation in Poland, brought significant changes: the previous system of norms and values collapsed, social aspirations and goals changed which, in turn, induced changes in the scope of cultural patterns (Kargul 1995), namely, the former traditional patterns began to be replaced by Western ones. As a consequence, leisure-time habits also underwent changes.

Explanation of the term "free time" turns out to be challenging due to its inherent ambiguity. One of the older definitions of free time indicated that it is the time at the disposal of an individual following the completion of obligatory responsibilities including professional work, school education and essential domestic chores (Okoń 1975, 43). Leisure time is rationally used for rest (restoration of physical and mental strength); entertainment, social activity, development of interests and talents (Prokosz 2000, 70). Maria Czerepaniak-Walczak (2007, 222) delineates three areas for defining this concept, namely, structural, functional and attributive. A structural definition is exemplified by Aleksander Kamiński's (1972, 297) assertion that "free time is the segment of the time budget that is not allocated to regular and supplementary paid work or systematic university education, or the fulfilment of basic physiological needs (sleep, hygiene, meals), or by regular domestic duties and can be used either for leisure or familial activities that bring immediate benefits". Functional definitions of free time emphasize the roles that free time plays or ought to play in an individual's life. An example here is the definition proposed by M. Czerepaniak-Walczak that "free time contributes to personal development and allows to restore and maintain psychophysical balance in the human body" (1997, 29). Attributive definitions, on the other hand, refer to an individual, and underscore the subjectivity of that individual's leisure time (Orłowska and Błeszyński 2016, 20). Małgorzata Orłowska points out that free time is profoundly influenced by the surrounding environment and the associated culture (2007).

Bohdan Jung (1987) proposed a comprehensive definition of free time, indicating its several categories: a) psychological-subjective definitions – free time is equated with the "act of contemplation" and "style of conduct;" b) residual definitions which perceive free time as a remnant of other types of time (duties, work hours); c) autonomous-personal definitions, based on the essential characteristics of free time; d) normative, instrumental and functional definitions, which regard free

time as all activities undertaken by an individual for rest, voluntary social activity or creative pursuits; e) behavioural definitions, which specifically define free time as any activity conducted outside of work hours; f) hedonistic definitions, which highlight the significance of free time in self-fulfilment; g) economic definitions, which stress that "time has no price" (Jung 1987; Orłowska 2007; Orłowska and Błeszyński 2016). The scope of the present study prevents a more detailed discussion of these definitions. Aleksander Kamiński's idea (1972) is worth noting here.¹ It refers directly to J. Dumazedier, a distinguished global authority on the definition of leisure. Aleksander Kamiński perceives free time as a component of time, "free time is [...] part of the time budget" (Kamiński 1972, 297), and he also provided a list of activities that may or may not be classified as free time.

Maria Czerepaniak-Walczak, referring to Aleksander Kamiński's concept, pointed to the core of his interpretation of free time. The author resigned from enumerating the constitutive characteristics of this idea, following Kamiński's example, and instead associated them with an individual's subjective decisions (cf. Ostrowska 1996, 24). Małgorzata Czerepaniak-Walczak asserts that "free time is an interval of subjective existence during which an individual experiences intellectual, emotional and physical well-being (...), absence of any of these components results in the fact that a person's time is filled with obligations or becomes a source of coercion, enslavement and deprivation (...). Leisure time constitutes the fabric of personal existence, affirming one's identity as an individual, while simultaneously providing the opportunity for engagement in the public domain" (2007, 236). A review of the definitions of free time reveals the many perspectives on the subject matter. Gordon Walker and Fenton Litwiller (2011) attempted to ascertain whether the institutional emphasis on research regarding ways of spending free time in North America has changed over the last 20 years (whether it has decreased, increased or remained constant). They compared data for the years 2000-2008, comprising articles and abstracts on this subject with data for the years 1990-1999 previously gathered by other researchers. The conclusion indicates that despite extensive research on free time, institutions exhibit only minimal engagements applying these findings in practice. Jan Pięta presents an extended definition of free time, characterising it as: "that part of the time budget that is not occupied by regular or supplementary paid employment, systematic university education, essential physiological needs (sleep, meals and hygiene), or routine household chores (cooking, cleaning, etc.) and can be used either for leisure, or for family life, social obligations and activities that bring immediate benefits" (Pięta 2014, 25).

In foreign literature, leisure is regarded as an economically unproductive activity undertaken for personal enjoyment (Larson and Richards 1994). It is noted that each person has specific preferences as regards leisure activities and people differ greatly in this respect (Tinsley and Tinsley 1986). The forms and ways of spending free time may change throughout life, with some remaining consistent

¹ A more in-depth approach to the concept of free time was presented in the publication edited by M. Walczak (1996). *Koncepcja czasu wolnego Aleksandra Kamińskiego*.

while entirely new ones may emerge due to factors such as human development and progression through various developmental stages (Raymore 1995). Free time is a social phenomenon that occupies a central place in the lives of young people, i.e., modern adolescents and young adults (Agnew and Petersen 1989). Adolescents and young adults perceive leisure as an activity that brings them a sense of fulfilment (Csikszentmihalyi and Larson 1984). Moreover, leisure time provides a space in which young people can learn social norms, and which offers them an opportunity to practice and validate their newly acquired skills in a social setting (Fine et al. 1990; Đuranović 2024).

Free time can be indirectly defined by its forms and functions, primarily categorised into recreational activities and play (Dumazedier 1960). Marian Grochociński (1980, 8) distinguished five functions of free time activities: 1) creative – enhancing personality through individual creative endeavours; 2) perceptive – fostering personality development by engaging with and appreciating others' creativity; 3) recreational – restoring and sustaining psychophysical equilibrium; 4) socializing – activities that shape social attitudes; 5) harmful – involving activities that adversely affect participants and may lead to pathologies. Maria Truszkowska-Wojtkowiak (2012, 117) identifies four fundamental purposes of leisure in Polish literature: 1) physical and mental recreation, 2) play, 3) self-development (self-fulfilment), 4) socializing function.

Robert Parol (2009) drew attention to the preventive function of free time, emphasizing that the challenge of facilitating active recreation for students is a major educational concern, and that the structuring of free time is as critical as the organization of academic activities. Proper organization of free time supports the process of upbringing and socialization, thereby constituting a preventive measure facilitating appropriate development of young people's personality (2009, 398).

Teresa Freire (2013) emphasized the importance of free time for youth in the context of developing a constructive identity. She perceived free time in adolescents as an experience that is realized between people and their environment. Individual forms of spending free time depend, in this sense, on the environment in which young people live, as well as on their individual intrapsychic characteristics. Studies indicate a wide range of factors related to free time that influence the development of youth (Verma and Caldwell 2003). Shaw et al. (1995) emphasized the importance of free time for the formation of young people's identity. Linda L. Caldwell (2016) highlights the importance of free time and relaxation for healthy development of teenagers and young adults. Numerous studies indicate the significant importance of free time and rest for proper formation of young people's identity, their mental health and overall well-being. Matthew McDonald et al. (2015) indicate the role of the correlation between narcissism and consumption-oriented behaviours. They also highlight the impact of narcissistic culture on changes in behaviours and forms of spending free time by young people. Research conducted by Anne Becker (2004) on a cohort of adolescent females on the Fiji Islands, demonstrated detrimental effects of watching television on developing patterns related to individual's body image. The research was

conducted on a cohort of 30 young women, 3 years subsequent to the introduction of television on the island. The findings revealed indicated a preoccupation with the body image portrayed in the media and its impact on individuals' perceptions of their own bodies among the examined group. Research conducted by Helga Dittmar (2005) showed that compulsive shopping is driven by the desire to attain the "ideal self" via material possessions. Such difficulties are more often experienced by women, while in men a significant predictor were materialistic values. Kasser and Ahuvia (2002) in a study conducted in a group of students showed that people who attached greater importance to material values exhibited lower levels of happiness, well-being, and poorer indicators of psychophysical well-being. Research conducted at the Amity Institute of Psychology and Allied Science in a cohort of 121 young adults aged 18-40 demonstrated a correlation between participation in leisure activities and mental well-being (Grover and Imran 2024). The research revealed that people characterized by the highest physical activity in their leisure time also attained high indicators of mental well-being. Analyses conducted by Miller et al. (2024) presents similar results. The literature aims to demonstrate links between the sense of alienation, the sense of self and the use of mass media, or more generally, the use of advantages of mass culture. Michael Sipiora (2000) points to the relationship between free time devoted to watching television and the feelings of alienation. He emphasizes that contemporary media coverage exacerbates the sense of alienation of modern people. Research including 703 adolescents indicated that free time spent on structured activities correlated with a reduced propensity for antisocial behaviour. On the other hand, engaging in unstructured leisure activities was more likely to incite antisocial behaviours (Mahoney and Stattin 2000). Similarly, interesting results were obtained by Joseph Mahoney in a longitudinal study conducted in a group of 607 boys and girls, which showed that participation in organized extracurricular activities during school years correlated with reduced dropout rates and a diminished propensity for criminal behaviour in adulthood (Mahoney 2000). Longitudinal studies revealed behavioural trends in leisure activities throughout the transition from late adolescence to early adulthood (Raymore et al. 1999, 98-99). The findings of these studies reveal distinct variations in normal behavioural tendencies between the examined men and women. Among the women, the most typical patterns of behaviour in free time were identified as: proactive engagement, diffuse pattern, risk-taking pattern, and home-based activities. The predominant patterns identified among the male cohort are: risky, active (formal) pattern, and diffuse, active (informal) pattern. The literature also emphasizes the importance of free time in children and adolescents as an important element in fostering their creativity and facilitating social engagement (Katavić et al. 2024).

Another question addressed in this article is the topic of narcissism as a strategic concept. An extensive introduction to the issue of narcissism goes beyond the scope of this study, however, for theoretical purposes, a general concept will be presented that is the basis for the conducted study. The conceptual foundation for the examination of narcissism is the NARC model (Narcissistic

Admiration and Rivalry Concept) (Back et al. 2013). Its assumption is to explain the processes behind narcissism, as well as to integrate previous methodologies for addressing it. Matija D. Back et al. (2013, 1013) assert that narcissism is an internally contradictory phenomenon comprising opposing processes. On the one hand, narcissism manifests as self-assurance and a charismatic disposition, which can give the impression of energy and charisma. On the other hand, these individuals tend to show a deficiency in empathy and violent inclinations, which can lead to difficulties in social interactions. This model distinguishes two strategies. The first one is the “tendency to attain social acknowledgement through self-enhancement (admiration strategy), whereas the second one is the propensity to avert social failure through self-defence (rivalry strategy)” (Rogoza et al. 2016, 413). These techniques exhibit unique cognitive, behavioural, and affective-motivational elements (Back et al. 2013; Rogoza et al. 2016). The NARC model delineates two elements of narcissism: admiration and rivalry. This notion is predicated on the premise that the principal objective of a narcissistic individual is to preserve a grandiose self-image. They can accomplish this by employing two distinct social strategies: “the inclination to seek social admiration via self-promotion (assertive self-enhancement) and the inclination to evade failure through self-defence (antagonistic self-defence)” (Rogoza et al. 2016, 414). This approach conceptualises narcissism as a process, indicating that an individual exhibiting narcissistic traits will select one of the aforementioned strategies. “Selection of a strategy may result in social potential (ego-enhancing) or social conflict (ego-threatening), so implicitly reinforcing the chosen course of action” (Rogoza et al. 2016, 414-415).

Research on the relationship between narcissism and diverse leisure activities, particularly online engagement, suggests that people using Facebook are more inclined to attract attention by posting a profile picture featuring captivating material. In addition, they are more likely to use self-referential pronouns in describing themselves and use more words characterised by antisocial intensity (DeWall et al. 2011). Other studies on Facebook users have demonstrated the manifestation of narcissism and self-esteem on this social networking platform. Correlation analyses indicate that individuals exhibiting elevated narcissism and diminished self-esteem engaged more actively on the Internet and utilized self-promotional information (Mehdiziadeh 2010). A study by Eileen Y.L. Ong et al. (2011) investigating the relationship between several aspects of psychosocial functioning and narcissism revealed that narcissism was the most significant predictor of daily time spent on Facebook, applicable to both students and non-students. Narcissism emerged as the most significant predictor of daily logon frequency among non-students. Research in Poland by Paweł Izdebski and Martyna Kotyśko (2012) demonstrated that individuals with and without a profile photo on Facebook had no significant differences in their overall narcissism scores and its subscales. This result parallels the findings reported in this article. Izdebski and Kotyśko (2012, 202) found that various factors differentiated the studied group

regarding narcissism, including: the angle of the photograph, facial expression, the photographer, motivation for posting the photograph, negative self-description, type of educational institution, and duration of Facebook account usage. The study by Marius Vieth and Piet Kommers revealed a strong correlation between Facebook usage, narcissism, and loneliness among a group of undergraduates (2014). It seems interesting that the existing study on the relationship between narcissism and leisure time predominantly focuses on the time spent in the online reality.

The research detailed in the article aimed to identify correlations between leisure time and narcissistic strategies. This study investigates the correlation between intrapsychic characteristics and leisure activities, specifically examining the relationship between the inclination to employ narcissistic strategies (narcissistic admiration/narcissistic rivalry) and leisure activities among young adults.

1. RESEARCH PROBLEM AND OBJECTIVE

Following a review of the existing literature, the following research objective was formulated: Investigate the correlation between leisure time and narcissism in young adults.

Detailed research questions:

1. What forms of spending free time do young adults prefer?
2. Do correlations exist between leisure activities and narcissistic strategies in young adults?
3. What types of correlations between leisure time and narcissistic strategies can be distinguished in the study group?

The following research hypotheses were established:

1. The research participants can be distinguished by various forms of spending free time
2. Narcissistic admiration and narcissistic rivalry are correlated with different forms of spending free time.

2. RESEARCH METHOD AND CHARACTERISTICS OF THE RESEARCH SAMPLE

The research used a self-developed questionnaire to gather data on how young adults spend their time, in addition to the NARQ-PL questionnaire, which was translated into Polish by Rogoza et al. (2016). The NARQ questionnaire questionnaire comprises 18 assessment items. Respondents provide answers to questions using a 6-point Likert scale ranging from 1 (strongly disagree) to 6 (strongly agree). The Polish adaptation was performed on a large population of adult Poles, demonstrating external validity, reliability, and a consistent factor structure. The authors of the Polish version of the scale indicate that the NARQ questionnaire could serve as an effective instrument for evaluating narcissism (Rogoza et al. 2016).

The study included 122 participants; however, due to incomplete data, the final analysis was based on the results of 102 individuals. The research group was chosen using purposive random sampling. The snowball method was also used. The study was conducted as an online survey. The study participants consisted of students aged 18-26 from Nicolaus Copernicus University in Toruń, John Paul II Catholic University of Lublin and Cardinal Stefan Wyszyński University in Warsaw. The majority of the study participants were women. The group consisted of 92 women (90%) and 10 men (10%). The study participants gave their consent to participate.

3. DATA ANALYSIS METHODOLOGY

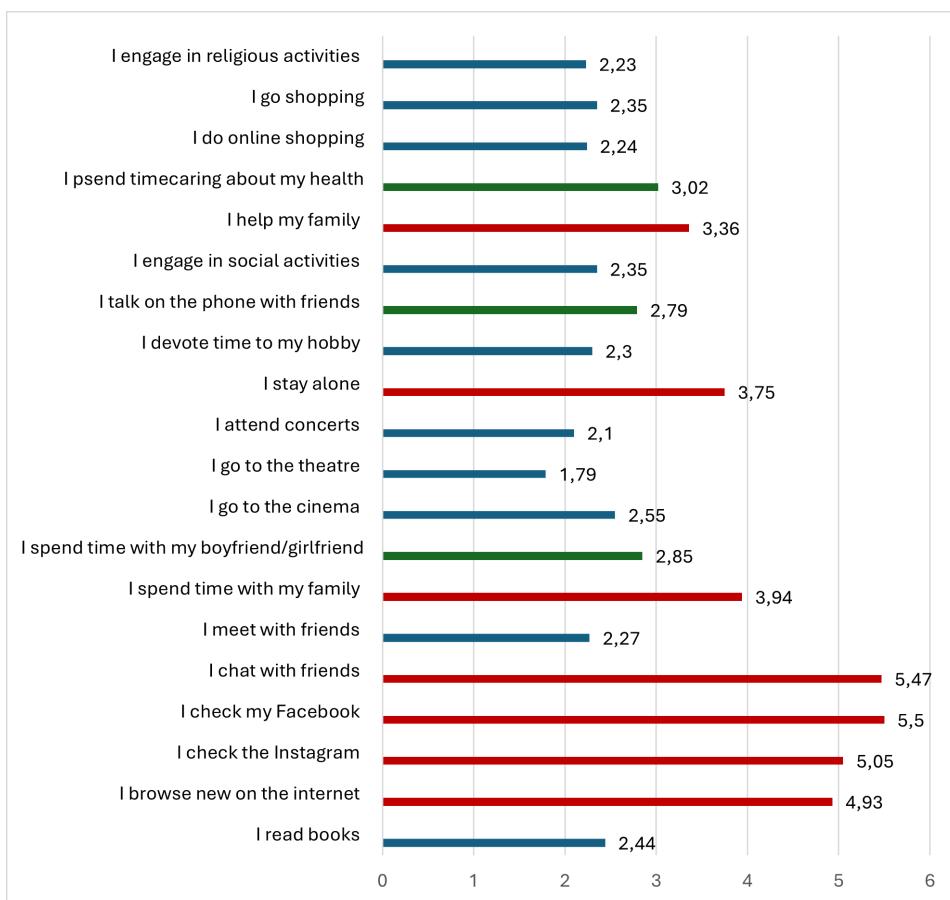
Descriptive statistics for the variables of narcissistic admiration, narcissistic rivalry, and leisure activities among young adults were calculated using the SPSS program. A correlational analysis of the examined variables was performed. Particular attention was paid to the correlations between individual narcissistic strategies and forms of spending free time, which pertained to the intended focus of the data analysis.

The presented research findings are part of a larger project conducted among a cohort of young adults.

4. RESULTS

The survey respondents were asked to specify their leisure activities. Chart 1 presents a graphical representation of the overall average results obtained by the participants. The most common ways of spending free time in the group of surveyed young adults included: checking Facebook ($M=5.5$), chatting with friends ($M=5.47$), browsing Instagram ($M=4.93$), spending time with family ($M=3.94$), spending time alone ($M=3.75$) and helping family ($M=3.36$). It is clear that the free time of young adults is organized mainly around online activities. The four predominant responses regarding the way of spending free time refer to engagement in the virtual reality. Another common leisure activity involves spending time with family and, at a comparable level, spending time alone. The next most popular activity undertaken by young adults was spending time with a boyfriend/girlfriend ($M=2.85$), followed by talking to friends on the phone ($M=2.79$). It is interesting that remote communication activities are more frequent than direct, live interactions with friends. It seems that these results accurately represent the social functioning of contemporary young people. On the opposite side are the average results regarding the least frequently used forms of spending free time, including going to the theatre ($M=1.79$) and attending concerts ($M=2.1$).

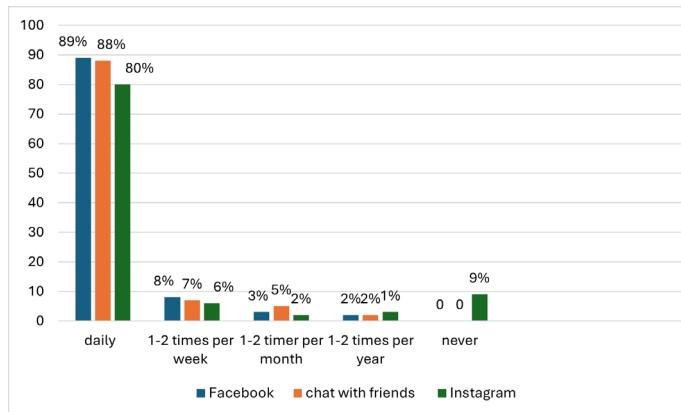
Chart 1. Average scores on how young adults spend their free time



Source: Own research

The following section will present comparisons of results regarding the frequency of engaging in a given form of spending free time. Due to the volume of this study, only results referring to the most common forms of leisure activities undertaken by respondents have been presented. Each listed leisure activity was to be specified by the respondents on a 5-point scale of frequency of its performance: daily, 1-2 times per week, 1-2 times per month, 1-2 times per year, never. Chart 2 presents detailed comparative data on the online activity of young people. These results indicate that, as regards daily activities, the majority of surveyed young adults use social media (Facebook 89%; Instagram 80%,) and chat with friends (88%). Only a few surveyed respondents indicated that they use these forms of free time activities less frequently, i.e., 1-2 times a week, month, year or even never.

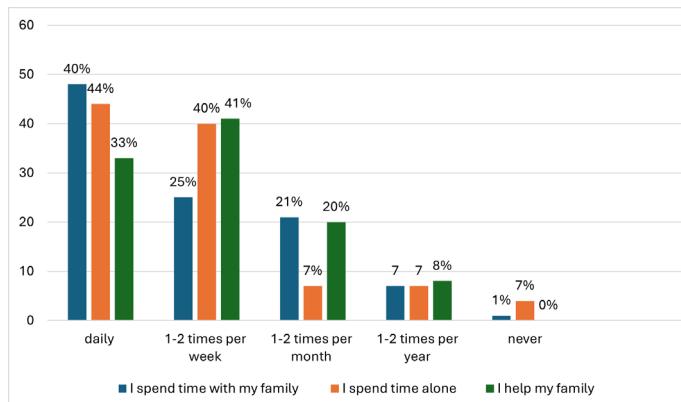
Chart 2. Frequency of responses regarding the amount of free time spent checking Facebook, chatting with friends, and checking Instagram



Source: Own research

The comparisons of results regarding the frequency of spending free time with family, alone or helping family reveal some differences. The results are much more diverse compared to the duration of time spent online. The young people surveyed declared that in more than half of cases they spend their free time daily with family (49% of respondents), alone (44%) or helping family (33%). For a frequency of 1-2 times per week, the most common answer was helping family (41%) and spending time alone (40%). On the other hand, in relation to activities undertaken 1-2 times per month, the most common answers were related to spending time with family (21%) and helping family (20%). The answers regarding undertaking these activities 1-2 times per year or never were much less frequently chosen by respondents.

Chart 3. Comparison of the frequency of responses regarding the amount of free time spent with family, free time spent alone, and free time spent helping family



Source: Own research

The subsequent analysis of obtained results involved a comparison of two narcissistic strategies: admiration and rivalry in relation to leisure activities of young adults. Detailed results are presented in Table 1. The existing literature suggests that the chosen approach of narcissism is likely to coincide with leisure activities in the virtual world. However, the obtained results did not confirm this hypothesis. It turned out that the strategy of narcissistic admiration co-occurs with the following forms of spending free time: going to the cinema (.196*; $p<0.05$) and engaging in activities related to appearance (.236*; $p<0.05$). Both correlations are positive. On the other hand, the strategy of narcissistic rivalry co-occurs with the following forms of spending free time: engaging in activities related to health (.231*; $p<0.05$) and engaging in religious activities, negative correlation (-.375*; $p<0.01$). The latter correlation is the strongest. In the current study, it turned out that none of the narcissistic strategies correlated with spending free time in the virtual world.

Table 1. Correlational links between the strategies of narcissistic admiration and narcissistic rivalry and forms of spending free time by young adults

Forms of spending free time	Narcissistic admiration			Narcissistic rivalry		
	Correlation coefficient	Significance (bilateral)	N	Correlation coefficient	Significance (bilateral)	N
I go to the cinema	.196*	0.048	102			
I engage in activities related to my appearance	.236*	0.017	102			
I engage in activities related to my health				.231*	0.020	102
I engage in religious activities				-.375*	0.000	102

Source: Own research

In the last stage of the analyses, an attempt was made to differentiate comparisons and co-occurrences of individual forms of spending free time in the young adults under research. Detailed results are presented in Table 2. The analysis of the results reveals the following correlational relationships. Using Facebook in free time correlates negatively with meetings with friends (-.219*, $p<0.05$) and pursuing hobbies (-.256**, $p<0.05$) and positively with spending time with a boyfriend/girlfriend (.206*, $p<0.05$) and engaging in appearance-related activities (.251*, $p<0.05$). Using Instagram correlates positively with spending time with a boyfriend/girlfriend (.221*, $p<0.05$). On the other hand, browsing the news on the Internet correlates negatively with talking on the phone with friends (-.207*, $p<0.05$) and positively with browsing Instagram in free time (.255*, $p<0.05$). The research revealed a positive correlation between reading books in

free time and going to the theatre (.236*, $p<0.05$) as well as going to concerts (.224*, $p<0.05$). Conversely, behaviours related to spending free time with family correlate positively with helping the family (.443**, $p<0.01$). Behaviours related to spending free time with a boyfriend/girlfriend correlate negatively with helping the family (-.253**, $p<0.01$), spending time alone (-.265**, $p<0.01$) and shopping activities (-.196*, $p<0.049$).

Table 2. Correlations between individual forms of spending free time among young adults.

Forms of spending free time	I browse Facebook	I browse Instagram	I browse the news on the Internet	I read books	I spend time with my family	I spend time with my girlfriend/boyfriend
I meet friends		-.219*				
I spend time with my girlfriend/boyfriend	.206*		.221*			
I pursue my hobby		-.256**				
I engage in activities related to my appearance	.251*					
I talk on the phone with my friends			-.207*			
I go to the theatre				.236*		
I go to concerts					,224*	
I browse Instagram			.255*			
I help the my family					.443**	-.253**
I spend time alone						-.265**
I go shopping						-.196*

Source: Own research; * $p<0.05$; ** $p<0.01$

The results of conducted research confirm the theory concerning the forms of spending free time by young adults. In accordance with the assumptions, the activities are varied, nonetheless, the predominant ones are those related to spending free time in the virtual world, through frequent use of social media. The conducted research and analyses of the obtained data allowed to identify correlational relationships between narcissistic admiration and narcissistic rivalry. The current study revealed that narcissistic strategies had no correlational

relationships with behaviours related to the use of virtual space in free time. This result does not confirm the results of existing research in this area, which suggest the existence of such correlations.

5. DISCUSSION OF RESULTS

Comparing the results of the conducted research with the data from studies reviewed in literature, discrepancies in the relationship between various dimensions of narcissism and activity in the virtual world become evident. For example, Piotr Sorokowski et al. (2015) conducted a study in a group of 1296 people aged 14-47 revealing correlations between narcissism and the use of social media, particularly in posting selfies, with these correlations being stronger in men than in women. The research by Santokh Singh et al. (2018) investigated the relationship between narcissism traits and the frequency of posting selfies and engaging in other self-promotional behaviours on social media. Global research revealed a substantial correlation with many behaviours in social media, including the frequency of posting selfies, perceived attractiveness of selfies, tagging/commenting/liking behaviours, as well as variables specific to individual social media platforms. This result also confirmed the relationship between narcissistic traits and social media use and engagement. The presented research did not confirm a comparable result.

Silvia Casale and Venessa Banchi (2020) reviewed and analysed 14 articles examining the relationship between narcissism and problematic social media usage. The authors' analyses suggest a hypothesis that narcissism may be associated with problematic use of social media. However, the existing body of research on this subject remains insufficient to, according to the authors, definitively validate such a concept. On the one hand, their review of studies indicates the existence of studies that confirm this assumption, but at the same time, these studies have their limitations which must be considered when interpreting the results. The authors also indicate that the analyses conducted so far did not distinguish between the online platforms used by the respondents, which, in the researchers' opinion, could eventually affect the results. In the research conducted and reported in this article, an initial attempt was made to differentiate the social media used by the respondents. This factor should be taken into greater consideration in future studies conducted in this area.

Previous analyses by Jessica McAin and W. Keith Campbell (2018, 322) demonstrated that grandiose narcissism correlates with behaviours in social networks under certain, but not all, conditions. In yet other studies, it was shown that boredom in free time correlated with increased Internet usage, particularly on forums. This fact may explain the influence of boredom, difficulties in managing free time on surfing the Internet. Narcissism turns out to be a good predictor of Internet usage, particularly on social media (Chi-Him Poona and Wing-Chi Leung 2011), however, in the research data presented in this article could not substantiate these correlations. The respondents examined in the presented group did not demonstrate such correlations.

Research conducted by Małgorzata Niesiobędzka and Karol Konaszewski (2022) including a group of 323 Polish students identified correlations between narcissistic strategies (measured using NARQ), Facebook activity and luxury goods consumption. Narcissistic rivalry directly affects the propensity for purchasing such goods, and narcissistic admiration is associated with self-verified activity on Facebook. It is also linked with difficulties in the psychosocial functioning of young people (Kurtyka-Chałas 2023). In turn, engaging in Facebook enhances acquisition and display of expensive, spectacular products as external indicators of social status. The findings presented in this article contrast with those of Niosobędzka and Konaszewski (2021) in the scope of co-occurrence of narcissistic strategies with time spent using social media (the occurrence of these links in previous studies and the lack of these links in the results of our own research presented in the article). In turn, research conducted by Elke Rohmann et al. (2024) including a group of 149 participants revealed a correlation between narcissism and aggressive online behaviour including trolling (people who secretly engage in aggressive online activities towards other people).

6. RESEARCH LIMITATIONS

The research was conducted using a quantitative methodology for empirical research. This enabled assessment of the variables' levels, as well as the correlations and relationships among them, in line with the formulated research questions. It is worth noting that the group of respondents was moderately large. Initially, a larger number of questionnaires were collected, however, as some were rejected due to being incorrectly or incompletely filled out, data from 102 questionnaires were used for final analyses. For this reason, the presented research results are preliminary in nature regarding the analysis of the subject addressed in the study. However, the provided empirical data serve as a basis for developing further research hypotheses and may facilitate expansion of the study to a larger and more diverse research group. It is also important to extend the formula for enquiring about forms of spending free time in future studies, which will allow for obtaining more varied results in this area in the future.

CONCLUSIONS

Considering the results obtained in the conducted research and the analysis of data available in literature, it can be stated that the hypothesis related to the forms of spending free time by young adults was confirmed. These forms are varied and largely focus on virtual activity. Comparative analysis of the relationship between narcissistic strategies and forms of spending free time indicates that the examined narcissistic strategies had no correlation with spending free time in the virtual world. This hypothesis was formulated based on the existing literature review. It turned out that the strategies of narcissistic admiration and narcissistic rivalry co-

occur with non-virtual forms of spending free time. This result appears interesting because of the unforeseen relationship revealed in the presented study. It would be interesting to expand this research with a bigger and more varied research group. The acquired data may serve as an inspiration and incentive for further research into this field.

Funding: This research received no external funding.

Institutional Review Board Statement: Not applicable.

Conflicts of Interest: The author declares no conflict of interest.

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