An Investigation of Interpersonal Relationships in Terms of Machiavellianism and Personality Traits*

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Abstract: In this research, interpersonal relations have been examined in terms of Machiavellianism and personality traits. 500 participants consisting of 341 women and 159 men have participated in the research on a voluntary basis. The research group is between the ages of 18-35. The average age of the group is 23.53. Personal Information Form, "Interpersonal Relationship Dimensions Scale", "Adjective-Based Personality Test" and "Machiavellianism Scale" have been applied to the research participants. Descriptive statistical values have been calculated in the analysis of the data in this research, Pearson product-moment correlation and stepwise multiple regression analysis technique have been used to calculate the relations between the variables. According to the results, negative significant relationships have been found between deci-dependence, empathy, trust in others and awareness of emotions and Machiavellianism in interpersonal relationships. In addition, significant negative relationships have been found between emotion awareness, emotional dependence and trust in others and neurotic personality trait in interpersonal relationships. The results obtained have been discussed within the framework of the literature and recommendations have been presented for the studies to be carried out.

Keywords: Interpersonal Relationships , Personality Traits, Machiavellianism.

1. Introduction

As a social being, man must establish relations with other people in the environment he lives in. These relationships occur through several interpersonal interactions. People interacting in interpersonal relationships have the aim of conveying their feelings and thoughts arising from a need directly or indirectly to the other party, either explicitly or implicitly. Behaviors that emerged in line with this purpose created interpersonal relations (Leary, 1957). Interpersonal relationships are the most basic element of human social life. The relationships established by individuals who interact with each other many times throughout their lives do not develop spontaneously. The motivations for establishing these relationships and the qualities of the relationships are affected by different variables. When the literature is examined, it is seen that interpersonal relationships are affected by the personality traits, attachment styles, self-perceptions and social skills of the individuals in the relationship (Bartholomew & Horowitz, 1991;İmamoğlu, &Aydın, 2009; Karataş, 2019; Trouba, 2007). According to the results of various studies revealing the effect of personality traits on interpersonal relationships, it can be said that some personality traits create healthy interpersonal relationships, and some personality traits create unhealthy/toxic relationships (Paulhus& Williams, 2002; Petrides et al. 2011). In different studies on the subject, it has been stated that the "dark features" of personality have an effect on relationships. These dimensions, which entered the literature as the dark triad, include the narcissistic, psychopathic and Machiavellian characteristics of the personality. Common features of narcissism, Machiavellianism and psychopathy; It can be summarized as egocentric thinking, superficiality in interpersonal relationships, interest-oriented relationships, and manipulation in relationships (Özsoy&Ardıç, 2017). When the dimensions that make up the dark triad are examined as separate variables in the context of interpersonal relations, although there are studies on the characteristics of narcissism and psychopathy in the literature, studies examining the characteristics of Machiavellianism in the context of interpersonal relations, which do not have a clinical definition, are not frequently encountered (Jones &Paulhus, 2009).

Machiavellianism entered the literature with the examination of the behavioral characteristics mentioned by the Italian politician Nicolla Machiavelli in his work "The Prince"(Chiristie, 1970). The concept of Machiavellianism refers to the strategies used by the parties to achieve their goals in interpersonal relations. When it comes to the Machiavellian understanding, the most basic strategy that comes to mind is the understanding that "every way to the goal is

permissible". (Machiavelli, 2015). Individuals with high Machiavellian personality traits such as moral deprivation, distrust of others, desire for control and status are generally characterized by extraverted but superficial and hypocritical behaviors in interpersonal relationships (Paulhus& Williams, 2002). When the findings of the studies on Machiavellianism in relations are examined; It has been stated that Machiavellian individuals show characteristics likealexithymia characteristics that are not related to their own emotions (Wastell& Booth, 2013). However, there are also studies supporting that Machiavellian individuals have low emotional intelligence (Austin et al. 2007). One of the underlying reasons for these behaviors of the Machiavellians, who emotionally avoid sharing and intimacy, is the desire to protect themselves from the outside world due to the anxious attachment style developed in early childhood. Therefore, they cannot maintain long-term relationships that require commitment and may be unfaithful in their relationships (Ali et al. 2002). Remarkable results have been obtained in studies in which these characteristics of Machiavellian individuals in general interpersonal relationships and close relationships are discussed in terms of attachment styles. For example, indifferent-avoidant attachment style individuals have emotional disconnection from their parents due to early attitudes. Negative experiences such as parents being psychologically inaccessible to the child, not meeting the child's need for security, and avoiding physical contact with the child prevent attachment to the child. As a result, the adult develops a belief that emotional experiences in relationships are harmful and close relationships are painful, and they pay little or no attention to emotional experiences. Emotionally, this deprivation is associated with alexithymia in the literature. The coolness of Machiavellian individuals in relationships and their intimacy without mutual sharing have also been associated with such an attachment style (Montebarocci et al. 2004). In addition, in the indifferent-avoidant attachment style, the self-image of the person is positive, they develop excessive self-esteem and self-confidence in order to meet their need for self-confidence against rejection and loss in their relationships. This naturally brings about being "self-centered" in his relationship with others, and for him, others cannot go beyond being a tool used to protect this image (Fraleyve Shaver, 1999; Fraley and Davis, 1997; Mikulincer. 1995). Although they are in favor of superficiality in their relationships, Machiavellian individuals do not engage in their relationships by avoiding them; They set it up in a way that they will not give anything of themselves, but only assume the role of receiver, that is, they are in a relationship only to meet their own expectations (Kessler et al. 2010). They only show their positive aspects in social situations because they believe that sharing their feelings and deficiencies in their personal characteristics is a sign of weakness (Sherry et al. 2006). Machiavellian individuals manipulate their partners against their will, and this exploitative behavior limits their partner's personal expectations and development. Therefore, the people they are in a relationship with feel used and bad. According to research, this purely self-interested relationship is a relationship that leaves it vulnerable not only for the exploited party, but also for the Machiavellian individual in essence. Because, despite the principle of "closeness" and "reciprocity", which forms the basis of the concept of relationship, the distant attitude of Machiavellianism creates a feeling of constant anxiety in the Machiavellian individual. Lang, and Bereczkei, (2015).

In the light of these data, it was aimed to examine interpersonal relations in terms of personality traits and Machiavellian traits, and to reveal the relationships between variables. The research is important in terms of its contribution to the literature, as no current study on Machiavellianism has been found in studies examining the relationships between interpersonal relationships and personality traits.

In the research,in this study, answers were sought to the question of whether there is a significant relationship between interpersonal relations and personality traits and Machiavellianism, and whether Machiavellianism and personality traits explain interpersonal relationships at a significant level.

2. Method

Thecorrelationalresearchdesignwasused in thecurrentstudy. Correlationalresearchdesignis research conducted to determine the relationships between two or more variables and to obtain clues about cause and effect (Büyüköztürk et al. 2018).

2.1. Participants

The study group of the research was reached through Google forms due to the Covid 19 pandemic process. 500 people, 341 women and 159 men, participated in the research on a voluntary basis. The research group is between the ages of 18-35. The average age of the group is 23.53.

2.2. Participants

2.2.1. Interpersonal Relationship Dimensions Scale

This scale, designed by İmamoğlu and Aydın (2009) to determine the dimensions of interpersonal relationships in our society, consists of a total of 53 5-point Likert type items. The study group of the scale consists of 680 young adult views between the ages of 20-40 using random sampling method. Responses of the participants; 1= Fully Describes, 2= Completely Describes, 3= Partially Describes, 4= Very Little, 5= Not at all. The scale in which content analysis method was used in its development; It includes four sub-dimensions: approval principles, empathy, needs, trust, and emotion principles. It explains that these four dimensions explain 36.04% of the total test variance and include all sub-dimensions in the middle order. Reading Study of Interpersonal Dimensions Scale, "Social Skills Assessment Scale", "Social Anxiety Scale" and "Communication Skills Inventory" were used. The validity and visual study of the scale was again made by İmamoğlu and Aydın (2009), and the test-retest results were between .62 and .96; Cronbach Alpha values were between .78 and .85; It describes the validity and reliability of the operation.

2.2.2. Adjective-Based Personality Test

The "Adjective-Dayya Personality Test" aimed at focusing on non-pathological personality traits was developed by Bacanlı et al. (2009) visited by. The scale consists of 40 pairs of opposite, two-pronged adjectives. For the validity and visual study of the scale, analyzes were made on the data obtained from 285 effects. Based on the Five Factor Theory, it was determined that the five factor dimensions, extraversion, agreeableness, responsibility, emotional instability and attribution to experience, in general, explained %56.63 of the Adjective-Based Personality Test variance. During the development of the scale, "Negative-Positive Emotion Scale", "Trait Anxiety Inventory", "Reaction to Conflict Scale" and "Sociotropy Scale" were used to determine congruent validity. It was stated that the dimensions of the scales compared, and the dimensions of the Adjective-Based Personality Test had a moderate and significant structure. The internal consistency coefficient of the scale was reported to be between .73 and .89.

2.2.3. Machiavellianism Scale

To measure Machiavellianism, one of the dark triad components of personality, Dahling et al. (2009) developed by. The scale was translated into Turkish by Ülbeği (2016) and its validity and reliability study were conducted. The scale consists of moral deprivation, status desire, distrust of others and desire for control sub-dimensions and 16 items. According to the data obtained from 458 participants for the validity and reliability of the scale, the reliability coefficient of the scale was found to be between .80 and .86. According to the factor analysis applied for the construct validity of the scale, it was stated that these four sub-dimensions explained 67% of the total variance. As a result, the "Machiavellianism Scale" has been brought to the literature as a valid and reliable scale for the studies to be carried out in Turkey.

2.3. Data Collecting

The application of the data was carried out online via Google Forms due to the pandemic conditions. Before the forms were sent, the participant candidates were briefly informed about the content of the study to be conducted. "Personal Information Form", "Interpersonal Relationship Dimensions Scale", "Machiavellianism Scale" and "Adjective-Based Personality Test" were applied to the people who volunteered to participate in the study. However, it was explained to the participants that the data obtained would only be used for scientific purposes and that their personal information would be kept confidential. Within the scope of the research, a total of 500 volunteer participants, 341 women and 159 men, were reached.

2.4. Data Analysis

In the study, first, Pearson product-moment correlation technique was used to calculate the relationships between interpersonal relations, Machiavellianism and personality traits. Then, whether Machiavellianism and personality traits explain interpersonal relationships significantly or not was calculated with the stepwise multiple regression technique. However, descriptive statistics (N mean and standard deviation) values were calculated in the analysis of the data. SPSS 18 package program was used in the analysis of the data.

3. Findings and Results

The findings obtained within the scope of the research are given below.Table 1 shows the relationship between interpersonal thinking, Machiavellianism and personality.

Table 1. Correlations between variables and descriptive statistics

	1	2	3	4	5	6	7	8	9	10	11	12	13
1.Moral deprivation	1												
2.Distrust of others	.48**	1											
3.Desire for status	.39**	.48**	1										
4.Desire for control	.34**	.46**	.43*	1									
5.Confirmation dependency	-.24**	-.28**	-.18**	-.12	1								
6.Empathy	-.22**	.08	-.14**	.5	.1	1							
7.Trust others	-37**	-.48**	-.56**	-.33**	-.41**	.20*	1						
9.Emotion awareness	-.42**	-.44**	-.39**	-.34**	-48**	-29**	.49**	1					
9.Emotional instability	.17**	.38**	.29**	.23**	-.23**	-.18**	-.40**	-.47**	1				
10.Extroversion	-.07	-.12**	-.06	.06	.34**	.32**	.29**	.23	-.18**	1			
11.Openness to experience	-.13**	-.08	-.06	.03	.30**	.34**	.12**	.27**	-.22**	-.63**	1		
12.Agreeableness	-.32**	-.26**	-.25**	-.34**	.00	.37**	.21**	.38**	-.39**	.24**	.36**	1	
13.Conscientiousness	-.21**	-.09	-.07	.070	.20**	.29**	.15**	.27**	-.21**	.50**	.40**	.36**	1
N	500	500	500	500	500	500	500	500	500	500	500	500	500
Average	9.36	14.63	14.63	9.03	47.99	18.09	42.74	34.23	25.25	45.13	44.85	44.55	38.07
Standard deviation	4.16	3.97	3.97	2.60	9.612	4.963	9.24	8.06	7.052	9.419	6.41	7.46	6.73
Cronbach Alfa	.70	.68	.70	.70	.78	.74	.61	.67	.68	.60	.63	.80	.66

** p<0.01 * p<0.05

When Table 1 is examined; Confirmation dependency, which is a sub-dimension of interpersonal relations, and Moral deprivation, which is a sub-dimension of Machiavellianism (r= -.24, p<.01), Distrust of others(r= -.28, p<.01), Desire for status (r = -.18, p<.01) and Desire for control(r= -.12, p<.01) there is a negative low-level significant relationship.

It was found that there is a negative low-level significant relationship between approval and addiction, which is the sub-dimension of interpersonal relations, and emotional instability (r= -.23, p<.01) from personality traits. In addition, extraversion with approval and dependence (r= .34, p<.01), Openness to experience (r= .30, p<.01) and moderate and Conscientiousness (r= .20, p<.01) It has been found that there is a low-level significant relationship in the positive direction. No significant relationship was found between agreeableness and confirmation dependency.

Empathy, which is the sub-dimension of interpersonal relations, and Moral deprivation (r= -.22, p<.01) and Desire for status (r= -.14, p<.01), which is the sub-dimension of Machiavellianism, and Emotional instability (r= - .18, p<.01) in the negative direction, there is a low-level significant relationship. However, with Empathy, personality traits include Extroversion (r= .32, p<.01), Openness to experience (r= .34, p<.01), Agreeableness (r= .37, p<.01), and Conscientiousness (r= .29, p<.01), a moderately significant positive correlation was found between.

Trust others, which is the sub-dimension of interpersonal relations, and Moral deprivation, which is the sub-dimension of Machiavellianism (r= -.37, p<.01), Distrust of others (r= -.48, p<.01), Desire for status (r= -.56, p<.01), Desire for control (r= -.33, p<.01) and Emotional instability (r= -.40, p<.01) were found to have a significant negative correlation. However, Trust others with Extroversion (r= .29, p<.01), Openness to experience (r= .12, p<.01), Agreeableness (r= .21, p<.01), and Conscientiousness (r = .15, p<.01), a significant positive correlation was found between.

Emotion awareness and moral deprivation, which is the sub-dimension of interpersonal relations (r= -.42, p<.01), Distrust of others (r= -.44, p<.01), Desire for status (r= -.39, p <.01), desire for control (r= -.34, p<.01) and Emotional instability (r= -.47, p<.01) were found to have a significant negative correlation. However, Emotion awareness and Extroversion (r= .23,

p<.01), openness to experience (r= .27, p<.01), agreeableness (r= .38, p<.01), and conscientiousness (r = .27, p<.01), a significant positive correlation was found between.

Relationship between machiavellianism and personality traits on consent and addiction in Table 2.

Table 2. The relationship between machiavellianism and personality traits on approval and dependence

	R	R²	R2ch	B	β	t	P
1 Still				58.46		2.45	.00**
Moral deprivation				-30	129	2.58	.01**
Distrust of others	31ᵃ	10	09	.54	01	4,07	.00**
Desireforstatus				-.17	.00	.70	.45
Desireforcontrol				.14	.00	.76	.45
2. Still				57.92		12.92	.00**
Moral deprivation				.36	.15	3.26	.00**
Distrust of others				-.33	.14	2.67	.01**
Desireforstatus				-.06	-.02	-.39	.70
Desireforcontrol				-.35	-.09	-1,97	.05*
Emotionalinstability	.52ᵇ	.27	.25	-.22	-.16	-3.56	.00**
Ekstraversion				.21	.21	3.81	.00**
Opennesstoexperience				.29	.19	3.62	.00**
Agreeableness				-.4	-.32		.00**
Conscientiousness				.0	.07		.15

When Table 2 is examined; It is seen that approval and dependence, which are the sub-dimensions of interpersonal relationship, explain Machiavellianism significantly. It was found that the personality traits entered the model in the second step significantly explained approval and dependence. When the sub-dimensions contributing to the model are examined; It is seen that there is moral deprivation, distrust of others, desire for control, emotional instability, extroversion, openness to experience and agreeableness.

Relationship between machiavellianism and personality traits on empathy are given in Table 3.

Table 3. Relationship between Machiavellianism and personality traits on empathy

	R	R2	R2ch	B	β	t	P
1 Still				16.07		17.88	.00**
Moral deprivation				.26	.23	4.47	.00**
Distrust of others	.24ᵃ	.06	.05	-.07	-.06	-1.08	.28
Desire for status				.16	.09	1.75	.08
Desire for control				-.07	-.04	-.75	.45
2. Still				33.16		14.80	.00**
Moral deprivation				.17	.15	3.11	.00**
Distrust of others				-.13	-.11	-2.14	.03*
Desire for status				.01	.06	.22	22
Desire for control				-.09	-.05	-1.03	.30
Emotional instability	.48ᵇ	.23	.22	.03	.04	.84	.40
Extraversion				-.08	-.17	-3.02	.00**
Openness to experience				-.08	-.10	-1.93	.05*
Agreeableness				-.16	-.25	-5.06	.00**
Conscientiousness				-.03	-.04	-.86	.39

When Table 3 is examined; It is seen that all sub-dimensions of Machiavellianism significantly explain the sub-dimension of interpersonal relationship, empathy. It was determined that the personality traits entered the model in the second step also explained empathy at a significant level. It is seen that the sub-dimensions contributing to the model are moral deprivation, extroversion, openness to experience and agreeableness.

In the below, machiavellianism and personality on trust in others are also given (Table 4).

Table 4. Machiavellianismandpersonality on trust in others

	R	R2	R2ch	B	β	t	P
1 Still				21.26		14.81	.00**
Moral deprivation				.21	.09	2.25	.02*
Distrust of others	.62ᵃ	.38	.37	5.08	.23		,00**
Desireforstatus				1.35	.40	9.48	.00**
Desireforcontrol				.08	.02	.568	.57
2. Still				16.12		4.42	.00**
Moral deprivation				.297	.134	3.34	.00**
Distrust of others				.291	.125	2.87	.00**
Desireforstatus				1.237	.369	9.30	.00**
Desireforcontrol	.69ᵇ	.47	.47	.235	.066	1,62	,10
Emotionalinstability				.276	.211	5.53	.00**
Ekstraversion				-.315	-.321	-7.04	.00**
Opennesstoexperience				.184	.128	2.89	.00**
Agreeableness				.101	.082	1.98	.05*
Conscientiousness				.050	.037	.90	.37

When Table 4 is examined, it is seen that trust other, which is the sub-dimension of interpersonal relationship, explains all sub-dimensions of Machiavellianism at a significant level. It was found that the personality traits entered the model in the second step significantly explained the Trust other. It is seen that the sub-dimensions contributing to the model are moral deprivation, distrust of others, desire for status, emotional instability, extroversion, openness to experience and agreeableness.

Tablo 5. Relationshipbetweenmachiavellianismandpersonalitytraits on emotionalawareness

	R	R2	R2ch	B	β	t	P
1 Still				17.37		12.87	.00**
Moral deprivation				.42	.22	4.87	.00**
Distrust of others	,53ᵃ	.28	.27	.42	.21	4,30	,00**
Desireforstatus				.466	.16	3.47	.00**
Desireforcontrol				.324	.10	2.33	.02*
2. Still				26.99		8.01	.00**
Moral deprivation				.36	.19	4.43	.00**
Distrust of others				.22	.11	.31	.02**
Desireforstatus				.32	.11	2.57	.01**
Desireforcontrol	,64ᵇ	.41	.40	.36	.11	2,67	,01**
Emotionalinstability				.32	.28	6.88	.00**
Ekstraversion				-.03	-.03	-.73	.47
Opennesstoexperience				-.12	-.010	-2.11	.04*
Agreeableness				-.05	-.05	-1.08	.27
Conscientiousness				-.10	-.09	-2.00	.04*

When Table 5 is examined; It is seen that all sub-dimensions of Machiavellianism significantly explain Emotion awareness, which is the sub-dimension of interpersonal relationship. It was found that the personality traits entered the model in the second step significantly explained the emotion awareness. It is seen that the sub-dimensions contributing to the model are Moral deprivation, distrust of others, desire for status, desire for control, emotional instability, openness to experience and conscientiousness.

4. Discussion

In this study, the examination of interpersonal relations in terms of Machiavellianism and personality traits is discussed. Sub-dimensions of the interpersonal relationship dimensions scale used in the research, confirmation dependency, empathy, trust others and emotion awareness. The sub-dimensions of the Machiavellianism scale are moral deprivation, desire for status, Distrust of others, and Desire for control. The sub-dimensions of the adjective-based personality test are emotional instability, extraversion, openness to experience, agreeableness, and conscientiousness. According to the results of the data analysis, the relationships between the variables and the comments on the relationships are as follows; There are negative significant relationships between confirmation dependency, which is the sub-dimension of interpersonal relationship dimensions, and all sub-dimensions of Machiavellianism. Approval dependence has a low negative level between Moral deprivation and distrust of others; there was a low negative correlation between desire for status and desire for control. Approval dependence in interpersonal relationships means that the person constantly waits for approval from the other in order to feel safe (Siyez, 2015).

According to the result obtained, we can deduce that individuals with high approval dependence in their relationships have low Machiavellian characteristics. The result of Machiavellian people who think that others are unreliable (Jones &Paulhus, 2009) does not need to feel secure in their relationships, and as Machiavellian characteristics increase, approval dependency decreases, which is consistent with the literature. There was a low negative level between confirmation dependency and emotional instability, one of the sub-dimensions of the adjective-based personality test; between confirmation dependency and extraversion and openness to experience, positive low level; a very low positive correlation was found between confirmation dependency and conscientiousness. Confirmation dependency, which causes the individual to care about the expectations of others rather than himself, brings with it the tendency of the person to act harmoniously and to stay in balance (Karaşar and Öğümüs, 2016). According to the result obtained, it can be deduced that as confirmation dependency increases, emotional instability decreases. Similarly, the result obtained is consistent with studies showing that emotional instability decreases as social competence increases (Bilgin, 2017), considering that approval dependency in relationships will also affect social competence. If the finding about the positive relationship between the personality traits of approval addiction and extraversion and openness to experience is evaluated from a theoretical perspective; confirmation dependence in relationships may point to oral period obsession in psychoanalytic approach. Because people with oral period obsession may exhibit behaviors such as excessive expectation, interpersonal dependence, and exaggerated optimism in their relationships. The person may have developed a personality trait that is extroverted and open to experience by turning to others with the need to establish relationships (Feist & Feist, 2012; Tagay&Karataş, 2017). There is a low negative level between empathy, which is the sub-dimension of interpersonal relationship dimensions, and moral deprivation, one of the sub-dimensions of Machiavellianism; There was a very low negative correlation between desire for status and desire for status. According to the result, it can be deduced that moral deprivation from Machiavellian characteristics decreases as the level of empathy increases in interpersonal relationships. In fact, the fact that Machiavellian people establish their relations with only an instrumental point of view, devoid of any mutual sharing and moral values, explains their lack of empathy (Austin et al2007; Kessler et al. 2010; Vezir, 2017. There was a low level of positive correlation between empathy and extraversion, openness to experience and conscientiousness, which are sub-dimensions of the adjective-based personality test; on the other hand, a low positive correlation was found between empathy and agreeableness.

The linear relationship between the level of empathy, which is considered as a social skill in interpersonal relations, and the level of extraversion and openness to experience, can be associated with the person's self-perception. Since the individual will interact with the environment according to his/her self-perception, a person who thinks he/she has the skill of Empathy may be extroverted, sociable and open to experience in the social environment (McCrae & Costa, 2003; Şahin, 2017). According to the results obtained, it can be interpreted that individuals with a high level of empathy in interpersonal relations are extroverted, open to experience, and are responsible and compatible because they can take care of the needs of the person they are in a relationship with. Negatively moderate level between trust others, which is the sub-dimension of interpersonal relationship dimensions, and desire for status and distrust of others, which are the

sub-dimensions of Machiavellianism; Negatively low level between trust others and moral deprivation; a low negative correlation was found between trust others and desire for control. According to this result, it can be deduced that Machiavellianism decreases as trust others increase in interpersonal relations. The result obtained is consistent with the literature, as it has similar conceptual characteristics with the dimension of distrust of others, one of the sub-dimensions of Machiavellianism. There is a moderate negative correlation between trust others and emotional instability, one of the sub-dimensions of the adjective-based personality test; a low level of positive correlation was found between trust in others and extraversion and agreeableness, and a very low positive correlation between trust in others and openness to experience and conscientiousness. In the research (Akdur&DurakBatıgün, 2017), it has been shown that individuals with dominant characteristics of openness to experience, compatibility, extroversion and conscientiousness, which are sub-dimensions of the five-factor personality theory, also show nurturing relationship features in their relationship styles, and individuals with emotional instability feature a toxic relationship style. In the nurturing relationship style, it is an important feature that the relationships are based on trust. In this context, it can be deduced that the individual who does not trust others lacks a nurturing relationship style. In addition, despite the principle of "closeness" and "reciprocity" that form the basis of the concept of a healthy relationship, the distant attitude of Machiavellianism creates a feeling of constant anxiety in the Machiavellian individual. The anxiety experienced can cause the person to not be able to balance emotionally. It has already been stated in research that people with high Machiavellian traits are characterized by unstable emotional functioning, hostile and negative attitudes, and depressive symptoms. (Ináncsiet al., 2015).

Between emotion awareness, which is the sub-dimension of the interpersonal relationship dimensions, and moral deprivation, distrust of others and desire for status, which are the sub-dimensions of Machiavellianism, at a moderately negative level; On the other hand, a low negative correlation was found between emotion awareness and desire for control. Accordingly, it can be deduced that as Emotion awareness decreases in interpersonal relations, Machiavellianism increases. As a matter of fact, the result obtained shows parallelism with the findings of the studies on Machiavellianism in relations; It has been stated that Machiavellian individuals show characteristics that are not related to their own emotions, that is, like alexithymia characteristics (Wastellve Booth, 2013). In addition, there are studies supporting that Machiavellian individuals have low emotional intelligence (Austin et al. 2007). Finally, in relationships, there is a low level of positive correlation between emotion awareness and extraversion, openness to experience and conscientiousness, which are sub-dimensions of adjective-based personality test; on the other hand, a low-level correlation was found between emotion awareness and agreeableness, which is positive and close to medium level. Considering the predictive relationship between emotion awareness and emotion regulation ability, (Ünal-Doğan, 2020), the relationships between personality traits and emotion regulation skills can be examined to understand the relationship between emotion awareness and personality traits. So much so that, according to the results of a study in which personality traits and emotion regulation skills were examined in the dimension of interpersonal relations; It has been stated that people with high levels of agreeableness, self-control, openness to development and extroversion need to establish relationships in order to regulate their positive emotions. In addition, it has been stated that individuals with high emotional instability need to model their negative emotions and establish relationships as a tool to be soothed (Gökdağ&Naldöken, 2021). According to the result obtained, it can be deduced that as emotion awareness increases, extraversion, openness to experience and responsibility increase.

According to the results of the research, as confirmation dependency increases, Machiavellian features decrease, and the common denominator of these two concepts is the feeling of trust in relationships. Therefore, both Machiavellian attitudes and approval dependence can be prevented by developing a sense of trust in oneself and in interpersonal relationships. The positive relationship between personality traits such as extraversion, conscientiousness and openness to experience with approval dependence in relationships revealed the importance of self-awareness and having boundaries in relationships. Because the source of an individual's being extroverted, open to experience or high conscientiousness may be acceptance/approval from others. This can result in the person being the exploited party in a Machiavellian relationship. Therefore, psychoeducational studies for adults on self-awareness and boundaries in interpersonal relationships can be included. A negative relationship was found between empathy and moral deprivation. Considering that the understanding of each other's feelings and thoughts in relationships is an important factor for healthy interpersonal relationships, carrying out studies to develop the skill of Empathy can prevent Machiavellian relationships. In general, according to the results of the research, as Machiavellian characteristics increase in interpersonal relationships, the decrease in personality traits such as empathy, emotion awareness, conscientiousness, and being emotionally balanced, which play a role in establishing healthy relationships, reminds the importance of personality development. Therefore, preventive studies can be done for healthy personality development in critical periods such as early childhood and adolescence. Apart from the studies for individuals with Machiavellian characteristics, awareness raising activities

can also be carried out for individuals who are exposed to the exploitative and abrasive behaviors of these individuals in their relationships. There are many studies on personality traits in interpersonal relations, but there has not been much study on Machiavellianism in relational terms, except for work and organizational psychology. For this reason, studies on Machiavellianism can be increased both as a personality trait and in the psychology of interpersonal relations.

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Recommending Citing:

Kuzu, E.D. (2022). An Investigation of Interpersonal Relationships in Terms of Machiavellianism and Personality Traits. *Journal of Innovative Education Studies – JIES, 3(2),* 12-21.

Conflict of Interest

it has been reported by the authors that there is no conflict of interest.

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