

Role of Narcissistic Attitude and Wrong Parenting in a Dysfunctional Family

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ABSTRACT

This study investigates the complex interplay between narcissistic attitudes and erroneous parenting practices within dysfunctional households. When narcissistic qualities show in parental duties, they can create a toxic atmosphere where children's emotional, social, and psychological development is jeopardized. Overbearing control, emotional manipulation, and the pursuit of personal fulfillment at the expense of familial necessities are all examples of such mindsets. As a result, children raised in these circumstances frequently experienced inconsistency in emotional support, low self-esteem, and a distorted concept of relationships. This study emphasizes the critical role of erroneous parenting approaches in worsening narcissism's detrimental influence. Inadequate parental attention, neglect, and permissive or authoritarian behaviours can foster an environment of uncertainty and unpredictability in children. The aim of this study is to portray the narcissistic attitude and wrong parenting in a dysfunctional family that go wrong for their children's development with special reference to a Pakistani drama named 'Pinjra'.

Keywords: child's development, dysfunctional family, expectation, narcissism, parenting

I. INTRODUCTION

Narcissistic people, who have an exaggerated feeling of self-importance, a lack of empathy, and a desire for adulation, frequently engage in behaviours that destroy familial peace and emotional well-being. A narcissistic mindset and erroneous parenting have the potential to produce a chaotic and destructive environment for children in the complicated exercise of family relations. When these two forces collide inside a dysfunctional family, the ramifications can be severe and far-reaching, leaving an indelible impact on the emotional, psychological, and relational development of the children. This note dives into the disturbing ways in which a narcissistic disposition combined with poor parenting practices can lead to deeply negative outcomes for children, providing insights into the distressing path these young souls traverse.

In a narcissistic home, children frequently find themselves on the perimeter of attention and validation. The unrelenting attention of a narcissistic parent to their own needs and desires can leave little room for a child's emotional nutrition. Neglect erodes their self-esteem, leaving them with feelings of inadequacy, unworthiness, and a warped self-image. As a result, these youngsters may find it difficult to form a strong sense of identity, repeating a cycle of self-doubt and inner turmoil.

A dysfunctional family characterized by narcissism and poor parenting creates an unstable basis for healthy emotional development. Children reared in such an environment usually lack adequate role models for emotional expression and management. This weakness can lead to difficulties recognizing and managing their own emotions, resulting in outbursts, retreats, or even suppression of feelings, with long-term consequences for their mental and emotional well-being.

Children raised in a narcissistic family frequently observe problematic communication habits and interpersonal interactions. The absence of true empathy and emotional attunement in their primary careers hinders the development of critical social skills such as active listening, conflict resolution, and cooperation. These impairments can impede their capacity to build meaningful relationships outside of the family, creating a cycle of isolation and loneliness.

Children who grow up in an environment dominated by narcissism and poor parenting are more likely to acquire maladaptive coping strategies. They may resort to people-pleasing behaviours in order to fill the emotional hole left by their parents. Alternatively, they could use defensive tactics such as withdrawal or even embrace narcissistic features as a method of survival, prolonging the dysfunctional cycle.

As children raised in this poisonous environment grow into adults, the effects of their upbringing frequently remain. The dysfunctional family dynamics might impact their parenting approaches, perpetuating the dysfunctional cycle for future

generations. Furthermore, because of unresolved emotional traumas and a distorted perspective of love and connection, these people may fail to form good, loving relationships.

The combination of a narcissistic attitude and poor parenting within a dysfunctional family environment has a significant impact on children, affecting their emotional landscape, social relationships, and self-concept. Understanding these complicated dynamics is critical for breaking the cycle of dysfunction and starting the healing process. We may endeavour to provide a more caring and supportive environment for children to thrive and overcome the significant obstacles posed by such an unfortunate convergence by recognising the possible dangers and addressing the underlying causes.

In this study, this issue was covered with the help of a Pakistani serial named '*Pinjra*'. As we are all aware, television has long been a dominant form of entertainment, providing a diverse selection of programming to audiences all over the world. It has had a significant impact on shaping popular culture and reflecting societal trends. One notable element of television is the advent of soap operas or 'saas-bahu' dramas, which have achieved huge popularity in many countries.

In recent years, the television landscape has expanded to include web programmes such as Pakistani serials that can only be accessed via internet platforms. The introduction of web series, or Pakistani serials, has also provided opportunities for newcomers, both in front of and behind the camera. As traditional entrance barriers are lowered, independent creators can showcase their skills and reach a global audience through internet distribution outlets. As a result, viewers now have access to a vibrant and dynamic multimedia ecosystem with a plethora of possibilities.

The growth of internet series has also opened up opportunities for emerging talent, both in front of and behind the camera. As traditional barriers to entry are lowered, independent producers can showcase their skills and reach a global audience through internet distribution networks. This has created a vibrant and dynamic content ecosystem with a plethora of possibilities for viewers. One well-known Pakistani serial is '*Pinjra*', which has garnered notice for its creative storytelling and gripping narrative. This online series stands out for its distinct style, engaging characters, and high production quality, all of which captivate viewers.

II. DISCUSSION AND DEBATES

Introduction of the Series

Pakistani television dramas have grown in popularity both domestically and internationally thanks to captivating content and great performances. Among these significant dramas, "*Pinjra*" stands out as an engrossing series that dives into societal themes and challenges that face Pakistani society. We can say that these challenges are not only faced by Pakistani society but have also happened in many other societies.

Pinjra was a Pakistani drama television series with 28 episodes. It was directed by Najaf Bilgrami and written by the late Pakistani screenwriter Asma Nabeel. Shazia Wajahat produced this series under the company Showcase Productions. It was scheduled to premiere on ARY Digital on October 6, 2022, with two episodes per week. The stars of this series were Haqiqqa Kiani (Khadija), Omair Rana (Javed), Sunita Marshall (Wajiha), and Furqan Qureshi (Arsalan), with child actors Aashir Wajahat (Azaan), Ahmad Usman (Abaan), Ania Asif (Abeer), Emaan Khan (Dua), and Zuhab Khan (Fardaan).

'*Pinjra*' is centred on Khadija, a young woman caught in a loveless marriage, confined under the cultural constraints and expectations of traditional norms. The plot masterfully examines the complicated aspects of relationships, family ties, and the search for personal freedom. The story resonates with viewers because it depicts the struggle and tenacity of individuals seeking escape from societal oppression.

Narcissistic Attitudes

The impact of narcissistic attitudes and inappropriate parenting practices in developing dysfunctional family dynamics and their consequent negative effects on children's development is a critical topic. This study dives into the matter, with special emphasis on the Pakistani television series '*Pinjra*,' which portrays these concerns in a heartbreaking manner.

"Narcissistic attitudes," defined by self-centeredness, a lack of empathy, and a persistent desire for adulation, can have a significant impact on family dynamics. When both parents display these characteristics, the family unit can become fertile ground for emotional manipulation, control, and disagreement. The Pakistani serial '*Pinjra*' depicts this issue convincingly. Javed, the central character's father, has narcissistic traits that cause him to prioritize his desires over his children's well-being. This behaviour creates an emotionally charged environment and impedes the characters' personal progress.

Parenting Style

Erroneous parenting practices, which are frequently the outcome of narcissistic attitudes, aggravate the condition. The impact of these practices is vividly depicted in '*Pinjra*.' Javed's parenting style oscillates between neglect and tyranny, leaving his children emotionally damaged and unable to face the world. The children's inability to express themselves and their suppressed emotions reflect the real-life effects of dysfunctional parenting, particularly in a culture where traditional norms can affect parenting practices, not only in Pakistan but all over the world.

The series emphasizes the dysfunctional loop that can result from narcissistic attitudes and poor parenting. The consequences are seen across generations, as evidenced by the characters' difficulties in building healthy relationships and making appropriate life decisions. When unresolved concerns and maladaptive behaviours are handed down, the cycle continues.

The portrayal of narcissistic attitudes and misdirected parenting in the Pakistani serial '*Pinjra*' matches the real-life implications of these issues on the development of children inside dysfunctional homes. This representation emphasizes the need to tackle these issues through awareness campaigns, support systems, and mental health resources. It is possible to interrupt the cycle of dysfunction and establish a more caring atmosphere for children's growth and well-being by understanding the harmful influence of narcissism and pushing for healthy parenting practices.

The Storyline of the Drama with Debate

'*Pinjra*' was a realistic family drama with transparent storylines. This drama portrayed two different families: one with a married couple but devastated children, and another with separated parents but calm children. It started with a conversation between a happily married couple (Javed and Khadija). They have three children. Their elder son was an outstanding student at his school and was the good child of his parents, as he always made his parents proud, while their young son was good in arts and music but weak in studying, whereas their daughter was the complete opposite of her siblings. As his younger son was interested in arts and music, he wanted to be active in this field, but his parents did not allow him to do the same because they were so strict regarding education. His mother understood his feelings, but she could not stand up for her son against her husband. Her husband was a narcissistic person, so he thought that he was doing his best for everything, whether it was related to his personal life or profession. He imposed everything on his family members without any ifs or buts. Running parallel to this story was Khadija's friend, who was an independent divorcee woman, named Wajiha who lived with her children and a maid. Wajiha was a great mother who worked as an air hostess. Being a single parent, she had a good relationship with her children, giving them independence and trust without being rude and strict.

It was analyzed that the over expectations, the over exam pressure, the over strictness, insulting in front of their siblings, keeping their morale down, and not understanding at all kill their children's' mental sanity and destroy their lives. Parents did not even realize the trauma they were inflicting on the child's mindset. A healthy competition should be encouraged, and each child should be appreciated for their own merits and abilities. The reality of life is that you cannot treat children and expect them to function according to how you did 20 years ago as a child. Neither should children expect their parents to change themselves according to today's standards. But both should not affect each other on a personal level. If people start understanding that "kids" is human beings who are not robots and have their own lives, the majority of people and children in our society will be happy. It is so sad that it is considered the norm in our toxic cultures to compare not only siblings but cousins too.

On the other side of this drama, it was shown that an independent and calm lady suffered from physical violence by her husband, and after lots of struggle, it was decided by her that she would take a divorce after discussing it with her children as her children analyzed the pain of her mother. In this family, every family member had the right to participate in every decision. It can be argued that people need to learn that strict parenting is not the only way to go. Having an open relationship with your kids is very important for raising well-behaved kids. The time has changed. Teach your kids to trust you so that they do not go behind your back and do stupid things.

Wajiha played a faithful friend role in this drama even after knowing that her husband did not like her. She tried to make her friend realize that she never tried to find out the reason behind the deepness in his younger son's drawing. As a mother, she should interact with him in a friendly way. The ideology of Wajiha was totally different from her friend's husband. Khadija always felt guilty over Javed's behaviour in front of her friend still it did not affect the friendship of both women. Despite parenting, this drama also depicts the normal thinking of society, showing how the '*thakaidar*' of our society, like Javed, thought about women struggling with a cruel world, despite how hard she tried to keep balance between both work and personal life. In our patriarchal society, it was difficult to understand the struggle of a single woman because everyone saw her with suspicious eyes.

Due to the narcissistic attitude of the father and the ideologies for becoming success only through performing well in studies, children of both families could not avail opportunities for participating in a musical concert even after the selection. The talent of these children remained visible.

After recognizing the family issues, the elder son tried to discuss about all these matter with his mother but as always his mother supported her husband. She did not listen anything of her son. It is a common phenomenon in our society that most people think that giving them shelter, a home, blankets, access to hygiene and cleanliness, food, water, clothing, and a luxury life is enough to show how much you love and care for the child. Luxury life means giving facilities to your children, but it is not enough to show that you love them. These things come after the relationship between a parent and a child and also provide fair options and trust towards the child so they can feel comfortable discussing their problems, whether they are wrong or right. As parents, we need to make our children believe that we will support them in tough times, no matter what is happening. This

is how healthy parenting relationships work. Being a fair parent prevents children from committing a big crime, and becoming your parents best friend helps the children get half their knowledge and education at home with their parents and learn new life skills.

The story of this drama turned into an interesting point while the sister of this poor boy got into trouble for bullying a girl on her social media account, and no one had any idea about it, especially her parents. During this incident, the poor boy found a kid named Umer who was trash talking about Abir. This boy could not control his anger and fought with Umer. Accidentally, Umar had fallen from the school's terrace and was sent to the hospital. Due to this incidence this poor boy had to send to prison. After many trial by the lawyer, this boy could not get bail. Javed blamed his wife for this entire incident. When children commit any sort of crime, especially at a young age, instead of teaching them a lesson, they will blame others or a different party for their crime in order to feel better. Sometimes parents pretend and say that we have raised our children and taught them manners in all the best possible ways, but they don't realize that parents are responsible for their children's crimes. Deep down, somewhere in the parents' hearts, the feeling is hidden that they were responsible for their child's crime because they were really harsh and strict towards them.

On the other parallel story, Khadija's friend met a man named Arsalan, who worked in an NGO for the welfare and betterment of the children. He knew the reality of the lawyer and suggested changing him. But due to his narcissistic father, no one convinced him to change his lawyer, as he intervened and thought that Khadija's friend had an affair with that man since he did not like Wajiha and denied changing his lawyer. Wajiha continued to try to make her friend realize that her husband did not take the right decision for his child, so she tried to collect some information related to his lawyers with the help of Arsalan. She always pushed her friend to talk to her husband about changing the lawyer, even though she knew that her husband did not like her. This drama showed that you are never alone and nothing bad can happen to you, or at least you would not be suffering alone if you have friends like Wajiha and her son. Friends who treat your family as their own and your problem as their own Friends who are always standing right behind you in every decision of your life, no matter what Wajiha played the important role of a modest, humble, and positively bold lady who knew what she was doing and somehow always ended up getting the love of people. She was so natural with her acting.

After collecting many clues regarding the lawyer, it was shown to Javed, and this time Javed was totally broken and handed over this case to Arsalan at the risk of his wife. One more time, Javed behaved like a narcissistic dad. Even after finding out how wrong he was to retain his lawyer, he did not want to retain the other lawyer. It was on the pretext that his reputation would be at stake if the other lawyer also did not work properly. He was still worried about his ego and reputation, not his child.

After investigating and collecting all the proof, it was concluded that this poor boy was not guilty of this incident. Actually, on the day of the misshaping, there was an argument between Umer and the poor guy, and during this argument, Umer fell down accidentally. This poor boy tried to save his life by holding his hand, but he could not save him. And lastly, everyone thought that this boy had done all this. The story was totally turned on its head at an interesting point when this boy refused to come back home after completing this case.

In the whole drama, it was analyzed that all was happening due to the narcissist father, as he always compared his younger son to the elder one. He always discouraged his younger son. He did not analyze his ability, while it might be possible that this poor guy will do better in the future in the field in which he is interested. Comparison between siblings and the attitude of the narcissistic father ruined the life of his younger son.

The judge gave permission to stay in jail only for one week, while this boy denied going home. During this period, one day he met with his brother in jail and got frustrated with him when he finally confronted all his emotions in front of his brother for the very first time. The toxic behaviour of his parents in comparing the two kids has created this hatred between the brothers, while his elder brother was very caring and humble for his younger brother. Still, he thought that his elder brother was his enemy; that was the only reason that he was always insulted by his father. Parents, please be very careful and mindful of your actions and words. It can make or break a person, and the consequences can be as bad as this story.

At the end of the story, one more time, Wajiha paid off her duties as she always did in the whole drama to make her friend realise that now was the time to sort out the misunderstanding between her and her husband. And finally, she went to her house with her children with pride. When Javed saw his family at the dining table, his feelings melted away, and now everything was fine.

On the other side of this story of Wajiha, a single mother spent all her life rearing her children in a very well-mannered and friendly environment. She played a very powerful role model character that had the correct balance of love and friendship but was also vocal enough to raise her concerns with her kids. Even she turned down Arsalan's proposal because of her children. But at the end of the story, her children realized that this was the best proposal for her mother, as Arsalan was a very nice guy. So they decided to marry her mother with Arsalan.

III. CONCLUSION

How did the wrong parenting style lead to such disastrous turmoil in the lives of the kids in the house? It was amazing how people like Lady Principal, S.P. are basically good human beings, but the system they are in is so messed up that their hands are tied up in spite of good intentions. It was interesting to see how their roles evolved, and finally one day they gathered courage enough to be on the correct side and be a part of justice being served.

Father was also good at heart, but his lenses of the world were distorted so badly. The concept of male egoism made him rough towards his own family as well as women. Even the personality he grew as a narcissist father through the socialization process made him rude and self-centric. He was getting hurt, but unable to face the fact that he was behind all the miseries, he realized how, in his love for his family, he had caged them by overprotecting them.

Parents should recognize your children's talents and help them polish those talents instead of imposing study on everyone. Your child could be a good cricketer, a painter, an athlete, or a musician. Humans need to channel their emotions through something they are good at and feel good about it, which eventually helps them flourish and prosper in ways you cannot imagine. Sometimes I wish the world in which we live was not like a factory producing graduates to run a frat race. I wish we could go back to appreciating people the way they are. The world would be more colourful.

This Pakistani serial has expertly stitched together the delicate threads of narcissistic attitudes and the destructive effects of poor parenting within the framework of a dysfunctional family in the big tapestry of life. The show has raised awareness about the disastrous implications of such toxic interactions through its engaging plot while simultaneously embracing the notion of women's empowerment. We saw the tremendous transformation that can occur when individuals break free from the chains of their past and embrace their real potential as the characters negotiated their stormy paths. The touching conclusion of the serial serves as a reminder that empowerment is a lifelong process of self-discovery and resilience. This film is thought-provoking in its depiction of the relationship between family dynamics and personal progress.

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