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The relation between pride and positive self-views in everyday life

Master Thesis

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Abstract

In the present study, the distribution and frequency of the two facets of pride and positive self-views were examined using a short-term intensive longitudinal design. Adults ($N = 105$) provided ratings up to four times a day about their experiences of authentic pride, hubristic pride, self-esteem and narcissism, over the course of 20 days. On average, individuals experienced authentic pride and self-esteem moderately and constantly across assessments, whereas hubristic pride and narcissism were rarely experienced. Furthermore, individuals who were more likely to experience authentic pride reported higher levels of self-esteem than individuals who were less likely to experience authentic pride ($r = .54$, $p < .01$). In contrast, individuals who were prone to hubristic pride reported higher levels of narcissistic admiration ($r = .41$, $p < .01$) and narcissistic rivalry ($r = .59$, $p < .05$). These findings provide new evidence that the two facets of pride intersect with the positive self-views self-esteem and narcissism in our everyday lives.

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Introduction

Worldwide, sadness, happiness, anger, fear, surprise and disgust are recognized as the six basic emotions (Ekman, 1999). Yet recently, a growing body of research focusing on self-conscious emotions of guilt, shame, embarrassment and pride has emerged (Tracy & Robins, 2004). Self-conscious emotions are unique because they require self-representations and self-awareness, and they are especially important to examine because they influence one's thoughts, feelings and behaviors regarding social status and social acceptance (Tracy & Robins, 2004). Pride is one fundamental, self-conscious emotion that is experienced when an individual meets or exceeds important goals (Tracy & Robins, 2007b). Pride occurs in response to a success or goal achievement which in turn, induces social status and group inclusion, and on an individual level increases self-worth and confidence (Shariff & Tracy, 2009; Williams & DeSteno, 2008; Tracy, Shariff & Cheng, 2010; Tracy & Robins, 2007). Research on pride has demonstrated that it is associated with well-being, productivity and social success, indicating that it is important for psychosocial functioning (Shi, Chung, Cheng, Tracy, Robins, & Chen, 2015; Conroy, Ram, Pincus, & Rebar, 2015). Furthermore, pride helps individuals succeed in life and is therefore important for self-actualization (Krettenauer & Casey, 2015).

Pride is conceptualized as having two facets: authentic pride and hubristic pride. Both types of pride are elicited in response to successes (Tracy & Robins, 2007). However, authentic pride is the positive response towards one's behavior while hubristic pride is the positive response towards one's self (Tracy & Robins, 2007). Authentic and hubristic pride are associated with different positive self-concepts such as self-esteem and narcissism and are linked to divergent motivational and behavioral outcomes (Williams & Desteno, 2008; Carver, Sinclair &

Johnson, 2010). A large body of research have examined the constructs of these self-concepts and pride on the trait level (Tracy, Cheng, Robins & Trzesniewski, 2009; Tracy & Robins, 2007; Williams & Desteno, 2008), which refers to general tendencies towards experiencing these emotions. However, how narcissism and self-esteem and the two facets of pride are related in the moment is still unknown. Most research on self-conscious emotions rely on estimates or changes in traits which are examined over a certain period (e.g. Church et al., 2013). This study provides direct thoughts, feelings and behavior and examines the microprocesses among self-conscious emotions and positive self-views within persons in people's everyday life. It is important to take a closer look at these self-conscious emotions and positive self-views because they influence how we evaluate ourselves and subsequently may help to explain future behavior (Tracy et al., 2009; Tracy & Robins, 2004). Therefore, in the present study, a short-term intensive longitudinal study is conducted to examine manifestations of authentic and hubristic pride, self-esteem, and narcissism in everyday life.

Authentic pride and hubristic pride

Despite their common focus on positive feelings about the self, authentic pride and hubristic pride are associated with divergent qualities and outcomes (Tracy & Robins, 2007). On the one hand, authentic pride is experienced when individuals ascribe their successes to the effort they have taken to achieve important goals, fostering positive behaviors and contributing to a genuine sense of self-esteem (Tracy & Robins, 2007). In one study, Tracy and Robins (2007) found that authentic pride results from certain attributions. These attributions refer to the extent that a person ascribes an event to something internal, unstable, and controllable (Tracy &

Robins, 2007). Internal attributions are indicated when the self is the cause of the event (Weiner, 1985). Controllability refers to the extent to which the causes of the events can be changed. Stability refers to the extent to which there is consistency in the cause of the event (Tracy & Robins, 2007). Therefore, people who experience authentic pride attribute their successes to actions and behaviors, for example, "I won the soccer match because I practiced."

On the other hand, hubristic pride is associated with narcissism (Lewis, 2000; Tracy & Robins, 2007) and fosters maladaptive behaviors such as aggression, hostility, interpersonal problems and relationship conflicts (Bushman & Baumeister, 1998; Tracy & Robins, 2007; Carver et al., 2010; Tracy et al., 2009). These associations are likely due to the fact that hubristic pride results when a person makes attributions to internal, stable and uncontrollable causes related to the self and personality, for example, "I won the soccer match because I'm great."

Taken together, both facets of pride concern feeling good about one's successes. However, authentic pride is characterized by the positive feelings that arise after working hard for an achievement, while hubristic pride is characterized by the positive feelings that occur after recognizing one's superiority (Millon, 1981; Back et al., 2015).

Furthermore, researchers theorize that because pride is an emotion that motivates people to strive to make progress in socially valued endeavors, the manifestation of pride signals to others that one is deserving of social status (Conroy et al., 2015; Tracy et al., 2010). However, the type of social status differs for each pride facet, such that authentic pride is related to prestige-based status (i.e. based on the possession of skills or expertise) and hubristic pride is related to dominance-based status (i.e. based on intimidation) (Tracy et al., 2010; Cheng, Tracy, & Henrich, 2010).

Another distinction between the two facets of pride is in their behavioral outcomes. Several researchers have found that authentic pride is associated with moral identity internalization (i.e. inward feeling of moral values such as being compassionate or honest) and internal moral motivation because it focuses on positive feelings about the self in action (Carver et al., 2010; Krettenauer & Casey, 2015). On the other hand, hubristic pride is more concerned with social recognition and therefore shows a more external moral orientation (e.g. by expressing their moral identity in observable public behaviors) (Carver et al., 2010; Krettenauer & Casey, 2015).

Although research to date has given us important insights regarding the two facets of pride, the majority of the extant research conducted has been cross-sectional. This cross-sectional research has provided insight into: 1) the general tendencies and behaviors that characterize those who are prone to pride on the trait level, and 2) the elicitors and motivational features of pride in laboratory settings. Yet we know little about the occurrence of these emotions in people's daily lives. Therefore, short-term intensive longitudinal research is required to understand the unfolding of these emotions via their daily manifestation.

Longitudinal research on pride

As stated above, the majority of extant research distinguishing the two facets of pride is cross-sectional. To date, only two studies have examined pride longitudinally (Conroy et al., 2015; Weidman, Tracy, & Elliot, 2015). Weidman et al. (2015) demonstrated that authentic pride gauges successes in achievement and fosters behavioral responses that eventually improve performance. Moreover, Conroy et al. (2015) investigated how authentic pride and hubristic pride were distributed in people's daily lives over time and which types of processes activate and

intensify these self-conscious emotions. They found that authentic pride is adaptive in daily life and is experienced on a moderate constant level during the day. In contrast to authentic pride, the manifestation of hubristic pride is relatively rare and only occasionally with any intensity (Conroy et al., 2015).

Taken together, these studies suggest that there is a variation in the manifestation of authentic pride and hubristic pride and both facets have divergent influences on behavioral strategies. Although these results are relevant for understanding self-conscious emotions, previous studies did not investigate their relations with self-views. It is important to investigate these relations empirically, as the current theoretical view assumes that pride is the driving force behind how worthy we feel about ourselves, including in relation to others. Moreover, it is unclear how positive emotions intervene with people's self-views and therefore it is valuable to investigate this more in detail.

The present study extends previous research (e.g. Conroy et al., 2015; Tracy et al., 2009) by examining daily fluctuations in authentic and hubristic pride and their relations with positive self-views (i.e., self-esteem, narcissism). This study provides a high-resolution picture of the emotion dynamics of authentic and hubristic pride by tracking 105 individuals, 4 times a day, over 20 days. In doing so, this study has the potential to offer conclusions about the frequency and distribution of state authentic pride and state hubristic pride.

Pride and positive self-views

Two types of positive self-views that are linked to pride are self-esteem and narcissism. Self-esteem and narcissism are similar constructs because they share a sense of positive self-regard, however they are also distinct from each other (Tracy et al., 2009). Self-esteem is the

extent to which an individual exhibits a favorable attitude toward the self and is therefore the positive and subjective evaluations that people have of themselves (Kernis, 2003; Rosenberg; 1965; Rosenberg, Schooler, Schoenbach, & Rosenberg, 1995). Individuals who have high self-esteem hold positive attitudes towards themselves, feel a genuine sense of self-worth, and are satisfied and determined regarding their social competence (Robins, Hendin & Trzesniewski, 2001).

Whereas self-esteem is an individual's representation of the global feeling of self-worth, narcissism concerns self-enhancement with seeking for admiration on the one hand and rivality towards others on the other hand (Geukes, Nestler, Hutteman, Küfner & Back, in press; Back et al., 2015; Campbell & Campbell, 2009). Narcissism is the extent to which an individual sees himself or herself in a positive light and as superior to others, and is characterized by selfishness, obsession with one's own personality and lack of empathy (Back et al., 2015). Individuals who are narcissistic hold grandiose views of themselves, specifically in relation to others, and are often dominant and ambitious, ignoring criticism and being prone to exhibitionism (Raskin & Terry, 1988; Back et al., 2015; Church et al., 2013).

Both narcissism and self-esteem have a positive self-regard in common and share a positive self-image (Geukes et al., in press; Back et al., 2015). However it is still unknown how the frequency and distribution between them will function in a dynamic manner. Furthermore, it is reasonable that the two positive self-views have been studied together with the two facets of pride because both are about feeling good about what we have reached (Conroy et al., 2015; Weidman et al., 2015). Although the self-concepts are similar in sharing positive image of the self, they have been related to divergent correlates. Therefore, it is important to investigate the patterns of covariation among narcissism and self-esteem and authentic pride and hubristic pride.

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The present study investigates how self-esteem and narcissism co-vary with authentic pride and hubristic pride in daily life. To date, there exists no research studying the covariation among the facets of pride and self-esteem and narcissism at the within-person level. Building on previous literature (Tracy et al., 2009; Tracy & Robins, 2007; Tracy & Robins, 2007b), a relation is expected whereby hubristic pride is related to narcissism and authentic pride with self-esteem.

Why should hubristic pride be expected to covary with narcissism? Within the developmental literature, narcissism develops when parents have high expectations and unrealistic demands upon their children (Otway & Vignoles, 2006). The continuous effort to be perfect and the striving for parental recognition, which is repeatedly answered with rejection, could lead to an internal conflict (Tracy et al., 2009). Subsequently, positive self-representations (e.g. positive and idealized feeling at the explicit level) might be dissociated from negative self-representations (e.g. negative self-image at the implicit level). The vulnerability of a possible imbalance between positive and negative self-representations leads to threats of self-worth (Tracy et al., 2009). To regulate their self-esteem and to overwhelm their self-image, narcissists seek for approval and admiration of their peers and ignore negative experiences which elaborates an inflated and idealized feeling of entitlement and deservingness (Raskin, Novacek & Hogan, 1991; Morf & Rhodewalt, 1993). A positive and artificial view of the self leads to internal stable and uncontrollable attributions (i.e. people who tend to make ability). As mentioned earlier, hubristic pride is related to these attributions (Tracy & Robins, 2007; Tracy et al., 2009). Moreover, narcissists pay high attention towards being superior to others and hubristic pride is also featured with feelings of superiority and egotism (Bushman & Baumeister, 1998).

Why should authentic pride be expected to covary with self-esteem? Extant research shows that authentic pride consists of feelings of confidence, self-worth, productivity, and

achievement while hubristic pride consists of feelings of arrogance, egotism, and conceit (Tracy & Robins, 2007; Shi et al., 2015). Tracy et al. (2009) demonstrated that hubristic pride is related to narcissism and authentic pride is related with genuine self-esteem. Even though prior studies provided relevant information to the existing literature, conclusions were based on how emotions were experienced in general. This study focuses on the experience of a current manifestation of the two facets of pride and therefore offers unique information about the frequency, distribution, and the covariation of authentic and hubristic pride.

Present study

The present study is the first study of its kind to examine the covariation among the two facets of pride and self-esteem and narcissism, using short-term intensive longitudinal methodology. Specifically, this study describes the frequency and distribution of pride in daily lives and investigates how these results correlate with self-esteem and narcissism. In conducting an intensive short-term longitudinal study with several assessments each day, the variability that occurs within persons over time can be estimated. Following previous research, authentic pride was expected to be often and consistently encountered in daily life whereas hubristic pride was expected to be rarely experienced with some outbursts (Conroy et al., 2015). Furthermore, a positive relation between authentic pride and self-esteem and a positive relation between hubristic pride and narcissism was expected (Tracy et al., 2009).

These data provide a unique opportunity to learn more about the manifestation of authentic and hubristic pride and positive self-views in daily life. More specifically, the present research addressed three main questions concerning the manifestation of pride in daily life: First, to what extent, in terms of frequency and distribution, do people experience authentic and

hubristic pride in their daily lives? Second, to what extent, in terms of frequency and distribution, do people experience narcissism and self-esteem in their daily lives? Third, to what extent do authentic pride and self-esteem and hubristic pride and narcissism co-vary?

Method

Procedure

This study was part of a larger study focused on assessing a range of emotional experiences. Participants were recruited from Amazon's Mechanical Turk (http://mturk.amazon.com), an online platform that allows researchers to collect data from participants in exchange for monetary compensation. 634 native English speakers were willing to participate in the study. Based on their position on the distribution of the Big Five personality dimensions, 120 adults were selected to participate in this study (final $N = 105$ participants). First, the participants were asked to fill out questionnaires about their demographic background, personality traits, and other characteristics. Participants were then asked to create an email address specifically for the purpose of receiving notifications regarding the study. Thereafter, participants were sent e-mails at specific times using Gmail's Boomerang service (http://www.boomeranggmail.com) to remind them to complete each assessment. Within each email, participants were provided a link to the survey four times per day (at 8 am, 11 am, 2 pm and 5 pm) for 20 days in a row. The online survey software Qualtrics was used so that surveys were easily accessible via multiple devices such as computer, tablet or mobile phone.

Each assessment consisted of a list with 164 emotion adjectives and participants were asked to indicate to what extent they felt this way in the past hour, with response options ranging from 1 *(not at all)* to 5 *(extremely)*. The present study was focused on a subset of these adjectives

to assess authentic and hubristic pride (see below for items). Reliability for the authentic pride and hubristic pride measures was computed using omega; this coefficient provides more accurate estimates of reliability without assuming unidimensionality of the construct (Revelle & Zinbarg, 2009).

Ethics

Participants were asked to fill out the survey four times a day. Therefore, participants were made more aware of their emotional states and had the opportunity to gain self-insight. Yet, such increased self-reflection may have caused emotional discomfort or mild psychological stress. However, participants were given the option to discontinue the study at any time. Contact information was provided to participants and a webpage with Frequently Asked Questions was also available for participants. Finally, participants were not asked for identifying information, ensuring anonymity.

Participants

The sample consisted of 105 adults. 49% of participants were female and 51% were male. The mean age was 37 years old (range = 21 to 69 years old). 39% of participants completed their bachelor degree, 25% completed a high school diploma or GED, 19% completed an associates degree or vocational certificate, 12% completed a master's degree, 2% completed a doctorate, 1% did not finish high school, and 2% reported "other". 90% of participants were born in the United States. 74% were White, Caucasian or Anglo, 11% were Black/African-American, 7% were Asian, 5% were Hispanic/Latino/Chicano, and 4% were multiracial. 61% of participants were employed for wages, 22% were self-employed, 10% were home makers, 5% were out of work and looking for work, 2% were out of work and not currently looking for work, and 1% was retired.

<u>Measures of the study variables</u>

Authentic pride – Authentic pride is the extent to which individuals ascribe their successes to the effort they have taken to achieve important goals. Authentic pride was measured with the following adjectives: purposeful, determined, accomplished and competent (Chung & Denissen, in preparation). The item was rated on a 5-point Likert scale ranging from 1 *(not at all)* to 5 *(extremely)*. The omega reliability of the Authentic Pride Scale was .84.

Hubristic pride – Hubristic pride is the extent to which someone ascribes success to one's global self. Hubristic pride was measured with the following adjectives: stuck-up, conceited, arrogant and cocky (Chung & Denissen, in preparation). Each item was rated on a 5-point Likert scale ranging from 1 *(not at all)* to 5 *(extremely)*. The omega reliability of the Hubristic Pride Scale was .89.

Self-esteem - Self-esteem is the subjective evaluation of one's self-worth. The state self-esteem is measured on a Single item Self-Esteem Scale (Robins et al., 2001). The item was, "I have high self-esteem". The item was rated on a 5-point Likert scale ranging from 1 (*not very true of me*) to 5 (*very true of me*).

Narcissism - Narcissism is the extent to which an individual both sees himself or herself in a positive light and as superior to others. The states Narcissistic Admiration and Rivalry were each measured with single items adapted from Narcissistic Admiration and Rivalry Questionnaire (Back et al., 2013). The item for Narcissistic Admiration was, "I was the center of attention because of my outstanding contributions". The item for Narcissistic Rivalry was, "I was trying to prevent others from stealing the show". Each item was rated on a 5-point Likert scale ranging from 1 *(strongly disagree)* to 5 *(strongly agree)*.

Results

The data were restructured prior to analyzing the data. Data were converted from wide to long format where each row represented each person's rating for each assessment. To investigate the distribution and frequency of the authentic pride, hubristic pride, narcissism, and self-esteem on the hourly level, descriptive statistics were computed by using R Studio (Rstudio Team, 2015). Means, standard deviations and kurtosis of these variables are displayed in Table 1.

Frequency and distribution of authentic pride and hubristic pride

Frequency and distributions were computed on a within-person level by first averaging the reported ratings of all assessments for each person and thereafter computing the mean across all participants. The second column of Table 1 shows that authentic pride had a mean of 2.25 (*Mdn* = 2.5) which demonstrated that this emotion was experienced on moderate levels on the hourly level. Furthermore, the skew and kurtosis of authentic pride was close to zero which indicated that the distribution was normal. These results demonstrated that, on average, authentic pride was experienced frequently and consistently across the individuals in our sample. In contrast, hubristic pride was less frequently experienced on the hourly level, showing a mean of 1.13 (*Mdn* = 1.0). The skew of hubristic pride displayed in Table 1 showed that its distribution was asymmetric. Moreover, the relatively high kurtosis demonstrated that hubristic pride was rarely experienced by the majority of individuals in our sample, with the exception of some outliers. Therefore, hubristic pride had a distribution with an asymmetric tail extending toward higher values.

Frequency and distribution of self-esteem and narcissism

In the previous section, the frequency and distribution of the two facets of pride were examined. In this section, the two positive self-views will be examined. Self-esteem showed a

mean of 2.65 and was therefore experienced moderately on the hourly level (*Mdn* = 3.0).

Furthermore, the skew and kurtosis of self-esteem showed a constant distribution and appeared

therefore to conform, like authentic pride, to a normally shaped distribution. In contrast,

narcissistic rivalry and narcissistic admiration showed a different pattern of results compared to

self-esteem. In terms of frequency, narcissistic admiration showed a mean of 1.24 and

narcissistic rivalry showed a mean of 1.13. Furthermore, for both subscales, the median was 1.0.

Therefore, the individuals in our sample were not likely to experience narcissism during the

hourly assessments. Additionally, the kurtosis of narcissistic rivalry (Kurtosis = 20.33) had a

bigger value than narcissistic admiration (Kurtosis = 10.64), indicating that although both

subscales were rarely experienced, narcissistic rivalry showed more extreme outliers than

narcissistic admiration. However, together with their skewness, both subscales of narcissism

demonstrated that narcissism had an asymmetric distribution extending toward higher values.

In sum, authentic pride and self-esteem were experienced moderately and constantly

during the hourly assessments and showed a normal shaped distribution. On the other hand,

participants were less likely to experience hubristic pride and narcissism except for some

outliers, therefore the latter variables showed a high positive skew.

Table 1 Descriptive statistics among study variables across the hourly assessments

	Mean	Standard Deviation	Median	Skew	Kurtosis	Standard Error
Pride						
Authentic	2.25	1.09	2.5	0.35	-0.64	0.01
Hubristic	1.13	0.40	1.0	3.97	17.87	0.00
Self-esteem	2.65	1.37	3.0	0.24	-1.21	0.02
Narcissism						
Admiration	1.24	0.67	1.0	3.20	10.64	0.01
Rivalry	1.13	0.50	1.0	4.38	20.33	0.01

Note. Mean and standard deviation are examined by averaging across all reported ratings for each participant, and then averaging across all participants.

Figures 1 to 5 display plots for the states authentic pride, hubristic pride, self-esteem, narcissistic admiration and rivalry, separately for each individual. Each dot represents a participant's rating during the hourly assessments. Figure 1 shows that authentic pride and self-esteem have similar density levels and distribution. On the other hand, hubristic pride and narcissism were less likely to experience except for extreme outliers.
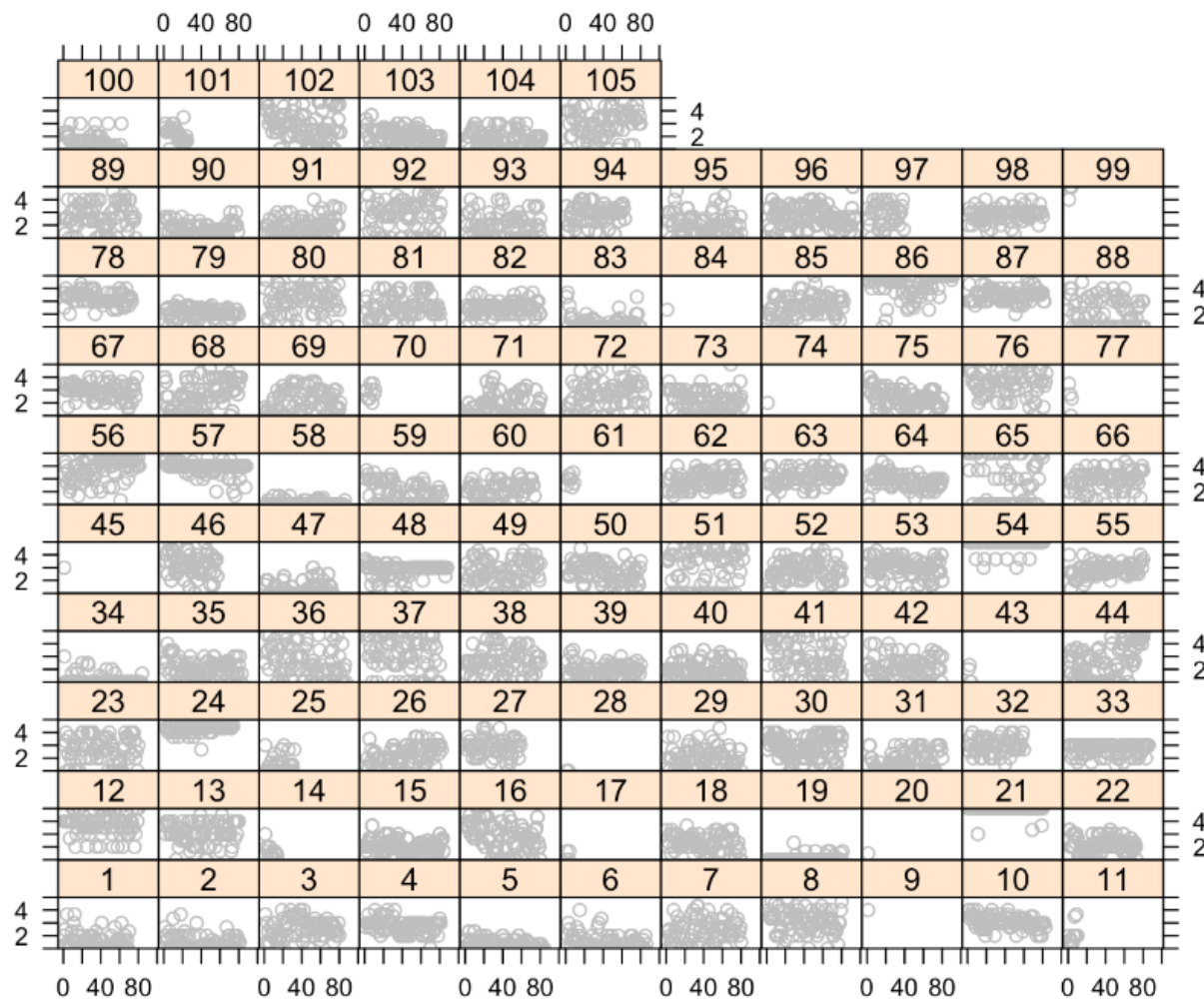

Figure 1. *Frequency distributions presented for authentic pride for all participants. Each dot represents a state report from a participant during an hourly assessment. The Y-axis displays to what extent the participant experienced authentic pride in the past hour. The X-axis displays the number of the assessment.*
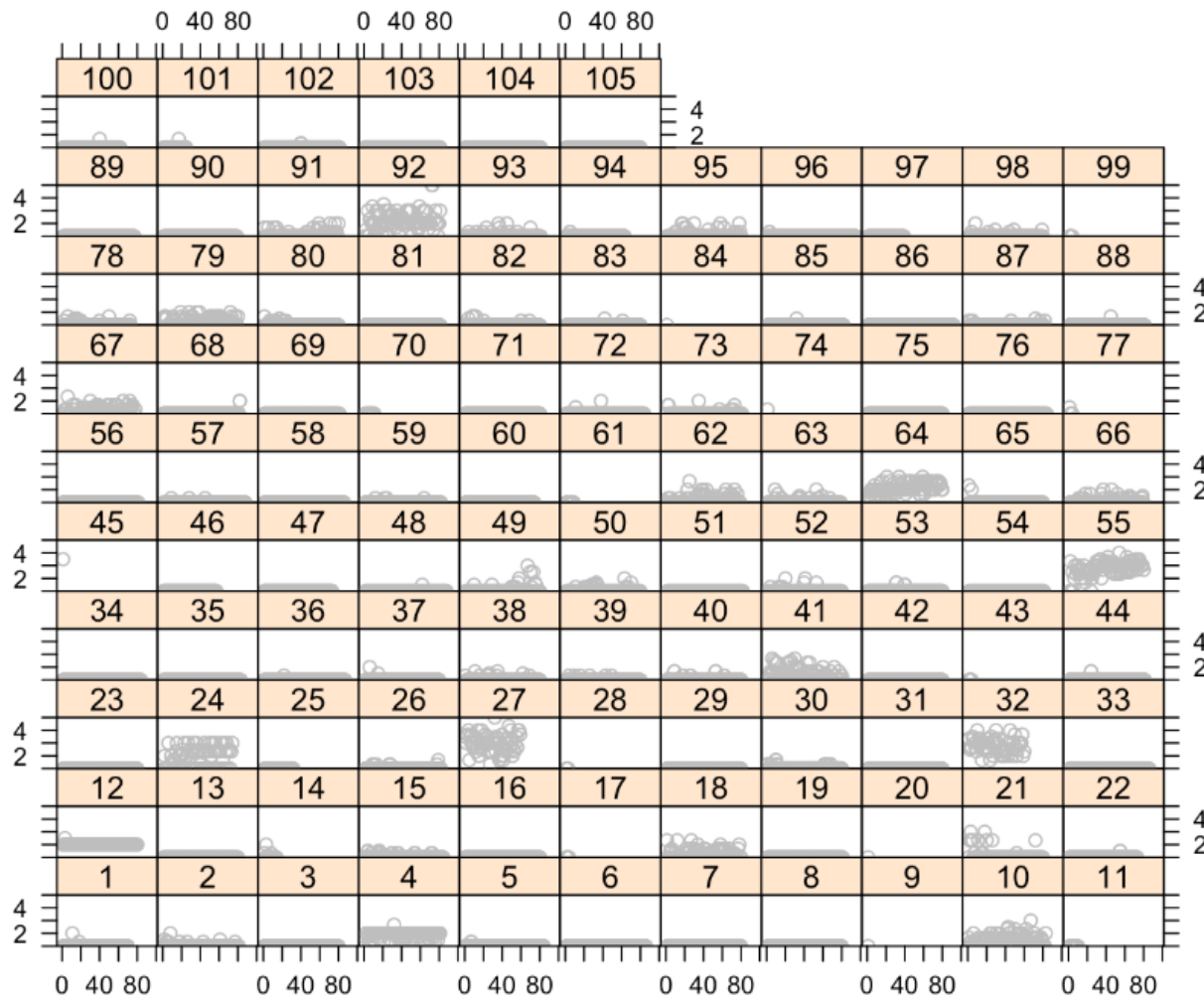
Figure 2. *Frequency distributions presented for hubristic pride for all participants. Each dot represents a state report from a participant during an hourly assessment. The Y-axis displays to what extent the participant experienced hubristic pride in the past hour. The X-axis displays the number of the assessment.*
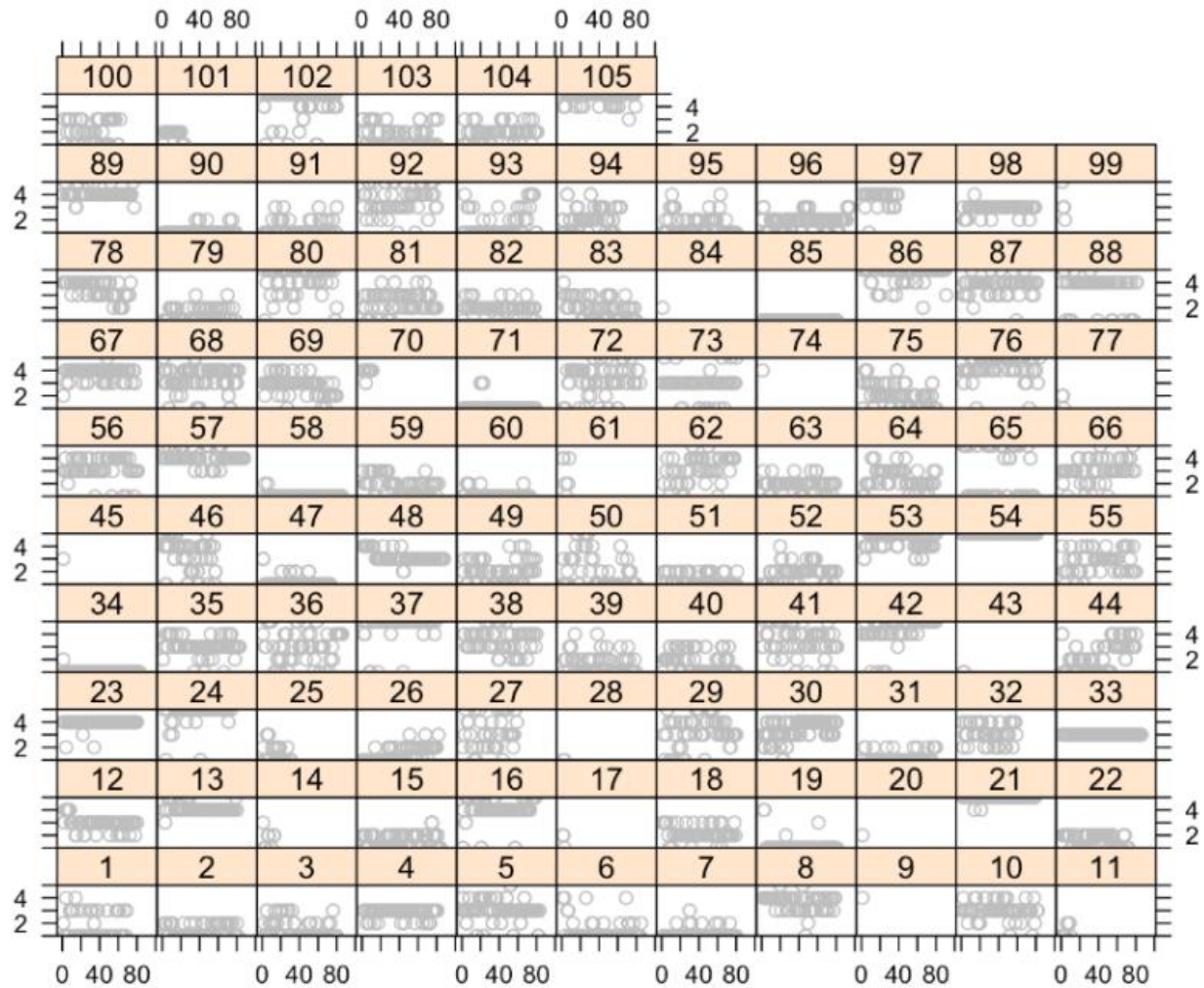
Figure 3. *Frequency distributions presented for self-esteem for all participants. Each dot represents a state report from a participant during an hourly assessment. The Y-axis displays to what extent the participant experienced self-esteem in the past hour. The X-axis displays the number of the assessment.*
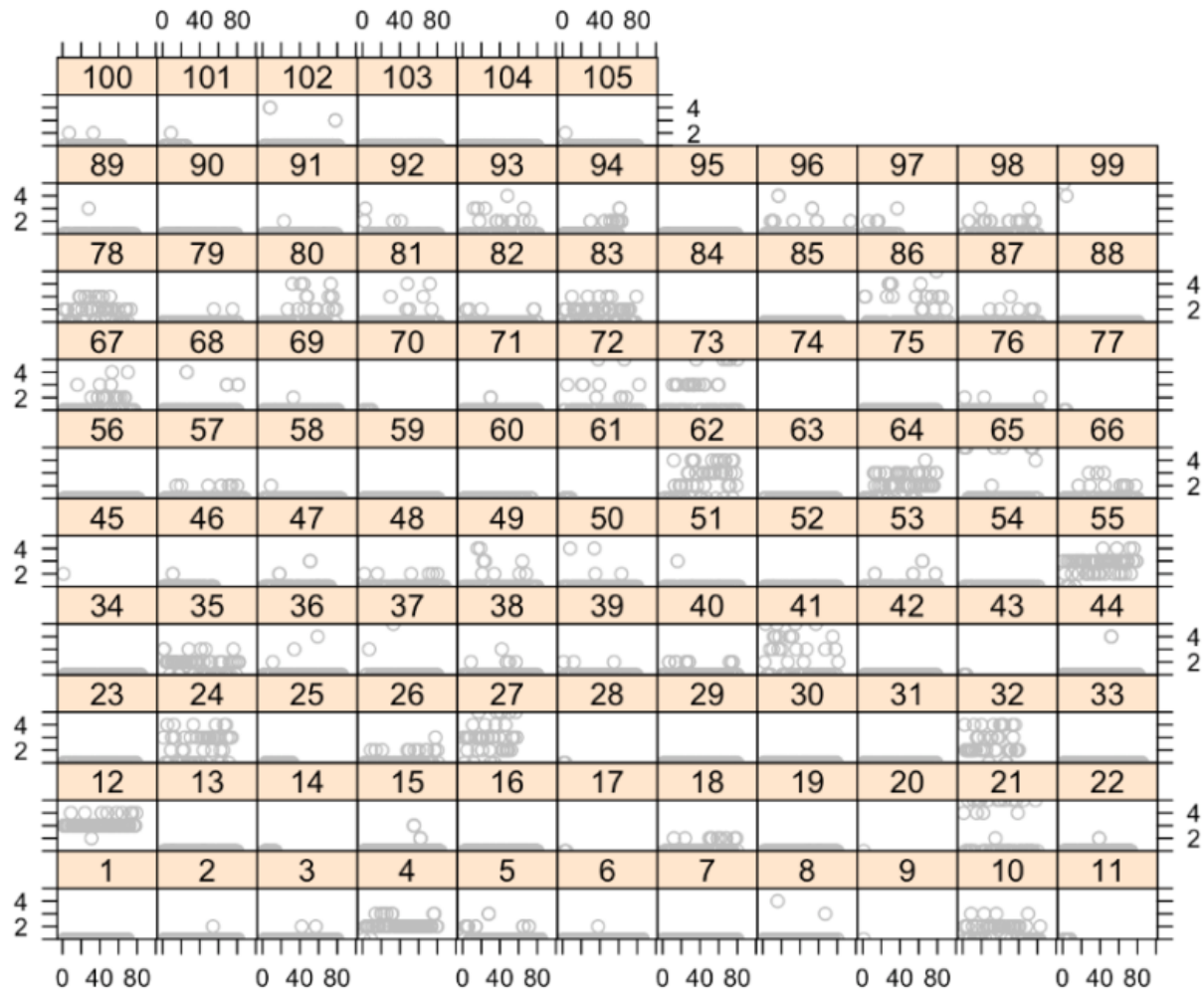
Figure 4. *Frequency distributions presented for narcissistic admiration for all participants. Each dot represents a state report from a participants during an hourly assessment. The Y-axis displays to what extent the participant experienced narcissistic admiration in the past hour. The X-axis displays the number of assessment.*
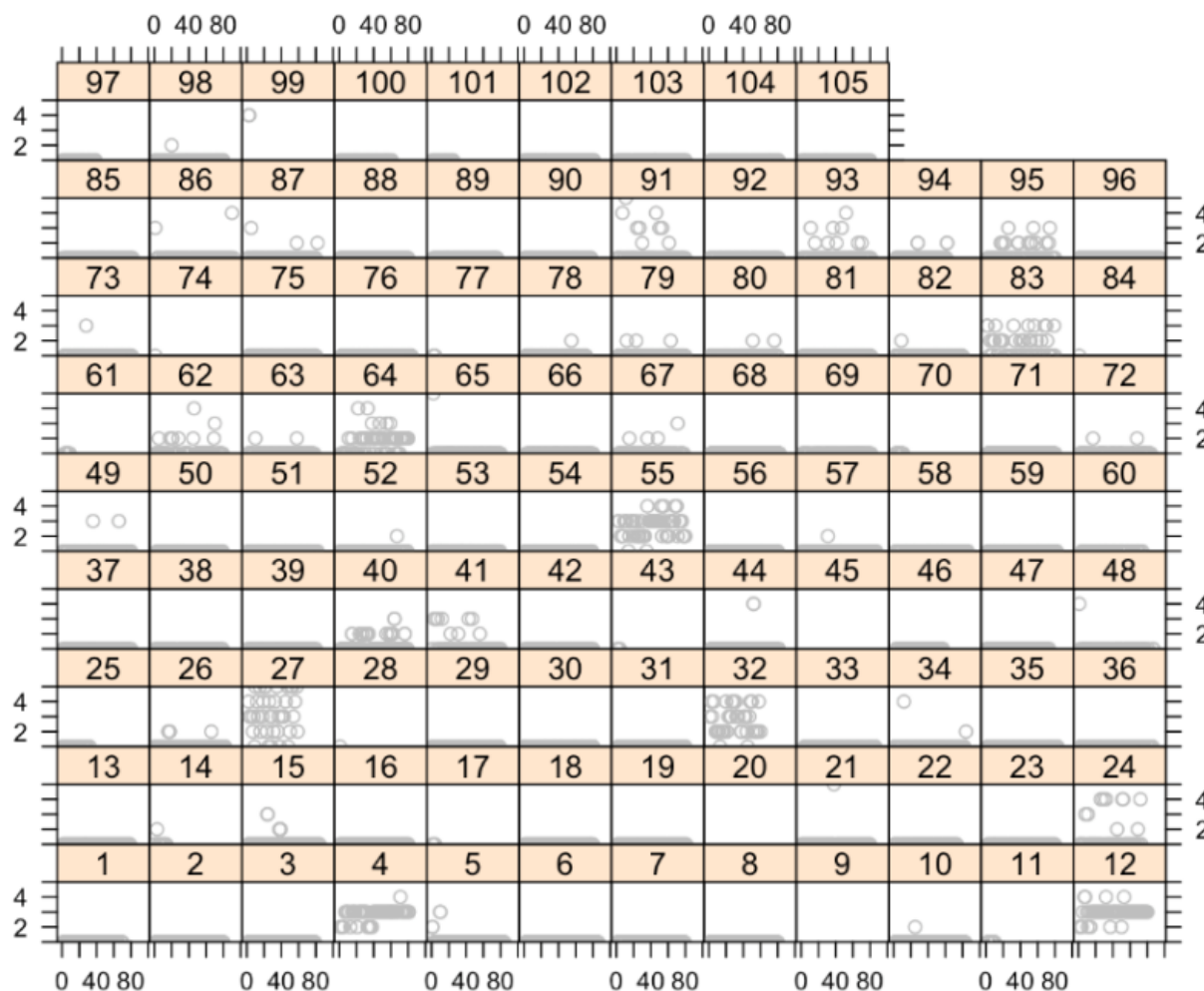
Figure 5. *Frequency distributions presented for narcissistic rivalry for all participants. Each dot represents a state report from a participants during an hourly assessment. The Y-axis displays to what extent the participant experienced narcissistic rivalry in the past hour. The X-axis displays the number of assessment.*

Relation between authentic and hubristic pride

Previous results have shown how the self-conscious emotions and self-views are elicited and distributed in daily life, however relations between these variables on this level are still unknown. Therefore, associations between the two facets of pride and the two positive self-views were examined using a generalized linear multilevel modeling framework implemented in Mplus (Muthén & Muthén, 1998). Because the focus of the present study was on the relations of these

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constructs within people, Mplus was used to create a within-person correlation matrix. These outcomes reflect within-person relations, that is, without between-person effects. The results represent how the states of authentic pride, hubristic pride, self-esteem and narcissism are related with each other in the moment. Thus, the relations found represent the average within-person relation across the participants in the sample without trait-level effects. Correlations of state variables on the within-person level are displayed in Table 1. First, correlations between the two facets of pride were examined. Results indicate that authentic pride and hubristic pride have a small positive association with each other ($r = .16$, $p < .05$) suggesting that they are largely distinct from each other, but overlap in terms of feeling good about an achievement.

Relations among self-esteem, narcissistic admiration, and narcissistic rivalry

After examining the relation between authentic and hubristic pride, the relations among self-esteem, narcissistic admiration, and narcissistic rivalry were investigated. Self-esteem had a positive association with narcissistic admiration ($r = .22$, $p < .01$). People who had have a high level of self-esteem and have a positive attitude toward the self tended to be more likely to report having made an outstanding contribution in the past hour. Furthermore, self-esteem did not have a significant relation with narcissistic rivalry. Narcissistic admiration had a moderate positive association with narcissistic rivalry ($r = .47$, $p < .01$) supporting the notion that both subscales of narcissism generally contain the striving for maintaining grandiosity (Back, et al., 2013).

The relations among two facets of pride and positive self-views

Finally, the relations among authentic pride, hubristic pride, self-esteem and narcissism was examined. Individuals who were more likely to experience authentic pride in their daily lives tended to report higher levels of self-esteem ($r = .54$, $p < .01$) and narcissistic admiration ($r = .25$, $p < .01$) than individuals who were less likely to experience authentic pride. This result

indicates that participants who were proud of their achievement because of their actions also experienced higher levels of self-esteem, and also felt they were more admired by others.

Furthermore, hubristic pride was associated with narcissistic rivalry ($r =.59$, $p < .05$), and to a lesser extent narcissistic admiration ($r = .41$, $p < .01$) and self-esteem ($r =.13$, $p < .05$), as indicated by a Fisher's r to z test (Steiger, 1980). Thus, participants who were hubristic in their daily lives also presented a defensive attitude toward others. Furthermore, although to a lesser extent, they felt more admired by others and finally experienced more self-esteem.

Table 2 *Descriptive Statistics and Correlations for Within-Person measures*

Variable	*M*	*SD*	*Range*	1	2	3	4
1. State Authentic Pride	2.55	0.75	1.00-4.94	-			
2. State Hubristic Pride	1.15	0.88	1.00-3.50	.16**	-		
3. State Self-esteem	2.65	0.88	1.00-4.96	.54**	.13*	-	
4. State Narcissistic admiration	1.14	0.81	1.00-4.50	.25**	.41**	.22**	-
5. State Narcissistic rivalry	1.28	0.68	1.00-4.00	.10	.59*	.05	.47**

*Notes: Within-person measurements of the self-conscious emotions and positive self-views on the state-level. M = Mean, SD = Standard Deviation and next to the range, correlations are displayed. *p <.05, **p<.01.*

Discussion

The present study replicates extant research among the self-conscious emotions and positive self-views (e.g. Conroy et al., 2015; Tracy & Robins, 2007) and thus contributes to a growing literature on how authentic pride and hubristic pride change throughout everyday life, within people. Furthermore, the present study extends previous research by examining the relations among the two facets of pride as well as their associations with the positive self-views of self-esteem and narcissism. Below, we discuss the implications of our findings.

The first aim of the present study was to examine the distribution and frequency of authentic pride, hubristic pride, self-esteem, and narcissism. In asking the participants to report about their experiences of authentic pride and hubristic pride in the past hour, self-reports of the two prides show divergent distributions. Authentic pride conforms to a normal distribution and hubristic pride seem to be asymmetrical. These findings are consistent with previous research that shows that authentic pride is frequent in daily life whereas hubristic pride is rarely experienced (Conroy et al., 2015). The different distributions are explained by Tracy et al. (2010) who stated that authentic pride and hubristic pride are caused by divergent attributions. However, future research is needed to further examine causes that elicits the two facets of pride in everyday life (Tracy et al., 2010).

The second aim of the present study was to examine the distributions and frequencies of self-esteem and narcissism in daily life. Hourly reports of these positive self-views show that, like authentic pride and hubristic pride, self-esteem and narcissism are distributed in a divergent manner. Self-esteem is experienced on a moderate level and, like authentic pride, is experienced more consistently. In contrast, daily experience of narcissism remained non-activated except for some rare extreme outliers, like hubristic pride. This is the first study that shows the distribution

of narcissism and self-esteem in people's daily lives. However, these outcomes are coherent with the expected relations of authentic pride with self-esteem and hubristic pride with narcissism (Tracy et al., 2009).

The last aim of the present study was to examine the relations among the two facets of pride and positive self-views in daily life, namely self-esteem and narcissism. Previous research demonstrated that authentic pride was associated with self-esteem, however these studies were cross-sectional and based on the trait level (Tracy & Robins, 2007; Tracy et al., 2009). The present study demonstrates that, on a within-person level, state authentic pride and state self-esteem are highly associated. This is in line with previous research stating that people that are proud of their effort to achieve something develop a positive attitude towards themselves and increase self-esteem (Tracy & Robins, 2007). Additionally, hubristic pride was expected to be associated with narcissism (Lewis, 2000; Carver et al., 2010). The results from the present study suggest that in their daily lives, people tend to report higher levels of narcissistic admiration and narcissistic rivalry when hubristic pride is experienced. This indicates that people who feel superior to others increase their protection of grandiosity by approximating admiration and preventing social failure (Back et al., 2013).

Conroy et al. (2015) examined the variation and distribution of self-conscious emotions and emotional, motivational and interpersonal influences on them. This study proceeds by demonstrating that these self-conscious emotions covariate with positive self-evaluations. In particular, these results extend previous research by demonstrating that self-evaluations intersect with the experience of pride at the momentary level. By examining the emotional states authentic pride and hubristic pride, results show similar movements between self-conscious emotions and positive self-views within persons in everyday life. Specifically, people experiencing authentic

pride in everyday life have more positive attitudes towards the self and also experience more self-esteem. In contrast, people experiencing hubristic pride reported feelings of superiority over others, sought for admiration, and had a negative attitude towards others.

Limitations and future directions

Several limitations should be considered when interpreting the results of this study. First, this research has limitations concerning the sample size. Although, the sample size was highly powered in terms of within-person effects (i.e., 105 participants yielded over 6000 observations), a larger sample size is recommended for future research to increase power to draw conclusions.

Second, participants were asked to fill out the questionnaires four times a day to examine the frequencies and distributions of self-conscious emotions and positive self-views. However, to fully investigate such emotional states within persons over time, assessments should take place more times a day. Therefore, to determine state effects of authentic pride, hubristic pride, self-esteem and narcissism, it is recommended to carry out more assessments each day to gain a more accurate picture of the distributions and frequencies of the two facets of pride and positive self-views. Third, this study gave important insights about the relation between the two facets of pride and self-esteem and narcissism. However, tests for directionality were not examined to consider causality. Therefore, cross-lag models should be examined to investigate the causation between self-conscious emotions and positive self-views.

Finally, emotions at the state-level and trait-level have not been studied together. Yet these studies can give more insight to what extent the constructs overlap each other between and within people, and to what extent they show divergent outcomes. Furthermore, as indicated by the frequency plots, we saw that there were some individuals who were more likely to experience certain emotions than others, which suggests that there are differences between people that

contribute to the frequency of their emotional experiences. We encourage future research to investigate the conditions that influence these differences between people.

Conclusion

This study provides new perspectives on the associations among authentic pride and hubristic pride and the positive self-views self-esteem and narcissism in everyday life. Authentic pride and self-esteem appeared to be experienced on a moderate and constant level. In contrast, hubristic pride and narcissism were asymmetrically distributed and were experienced on a less frequent basis, with the exception of a few extreme outliers. Furthermore, there were significant relations between the two facets of pride and the two positive self-views. On the one hand, when ascribing success to effort, individuals experienced more self-esteem. On the other hand, when ascribing successes to one's global self, individuals felt superior to others and showed a hostile attitude towards others. Therefore, these results indicate that authentic pride and hubristic pride intersect with positive self-views.

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Master Thesis
The relation between pride and positive self-views in everyday life

Appendix

List of Emotion Terms

Instructions: Below are a number of words that describe different feelings and emotions. Read each item and then bubble in the appropriate answer.

Please indicate to what extent you have felt this way in the PAST HOUR.

Response options: 1 (*Not at all*), 2 (*A little*), 3 (*Moderately*), 4 (*Quite a bit*), 5(*Extremely*)

1. abandoned
2. accepting
3. accomplished
4. active
5. admiring
6. adoring
7. adventurous
8. affectionate
9. afraid
10. aggravated
11. aggressive
12. agitated
13. agonized
14. alarmed
15. alert
16. alienated
17. amazed
18. amused
19. angry
20. anguished
21. annoyed
22. anxious
23. apologetic
24. appreciative
25. approving
26. aroused
27. arrogant
28. ashamed
29. assured
30. astonished
31. attracted
32. awestruck

33. awful
34. bad
35. baffled
36. bashful
37. beloved
38. bewildered
39. bitter
40. blissful
41. blue
42. bored
43. brokenhearted
44. calm
45. careful
46. caring
47. cautious
48. challenged
49. charitable
50. charmed
51. cheated
52. cheerful
53. cheerless
54. cocky
55. compassionate
56. competent
57. conceited
58. concerned
59. condescending
60. confident
61. conflicted
62. confused
63. contemptuous
64. contented

65. crabby
66. cranky
67. cruel
68. crushed
69. curious
70. defeated
71. defensive
72. defiant
73. deflated
74. delighted
75. demoralized
76. depressed
77. desperate
78. despicable
79. determined
80. devastated
81. disappointed
82. disapproving
83. discouraged
84. disgraced
85. disgruntled
86. disgusted
87. disheartened
88. displeased
89. dissatisfied
90. distraught
91. distressed
92. distrustful
93. disturbed
94. doubtful
95. down
96. dreadful

97. dreary
98. dumbfounded
99. eager
100. ecstatic
101. egotistical
102. elated
103. embarrassed
104. empathetic
105. enchanted
106. encouraged
107. encouraging
108. energetic
109. enraged
110. entertained
111. enthralled
112. enthusiastic
113. envious
114. erotic
115. excited
116. expansive
117. fantastic
118. fascinated
119. fearful
120. fearless
121. fond
122. forgiving
123. frightened
124. frightful
125. frustrated
126. fulfilled
127. funny
128. furious
129. giggly
130. giving
131. glad
132. gleeful
133. gloomy
134. glum
135. grateful
136. gratified
137. greedy
138. grieving
139. grouchy

140. grumpy
141. guilty
142. happy
143. hateful
144. heartbroken
145. helpless
146. homesick
147. hopeful
148. hopeless
149. horrible
150. horrified
151. hostile
152. humiliated
153. hurt
154. hysterical
155. impressed
156. infatuated
157. inferior
158. inhibited
159. inspired
160. insulted
161. interested
162. intimidated
163. irritable
164. jealous
165. jittery
166. jolly
167. joyful
168. joyless
169. lonely
170. longing
171. lovable
172. lovesick
173. loving
174. low
175. mad
176. marvelous
177. meditative
178. melancholy
179. merry
180. miserable
181. mortified
182. mournful

183. moved
184. neglected
185. nervous
186. nostalgic
187. offended
188. outraged
189. overconfident
190. overjoyed
191. overwhelmed
192. pained
193. painful
194. panicky
195. passionate
196. peaceful
197. peeved
198. perplexed
199. pitiful
200. pity
201. playful
202. pleasant
203. pleased
204. positive
205. powerful
206. protective
207. proud
208. purposeful
209. puzzled
210. questioning
211. reassured
212. reflective
213. refreshed
214. regretful
215. rejected
216. rejoicing
217. relaxed
218. relieved
219. reluctant
220. remorseful
221. repulsed
222. resentful
223. resigned
224. respectful
225. revived

226. romantic
227. rotten
228. sad
229. satisfied
230. scared
231. scolding
232. scornful
233. secure
234. seductive
235. sensual
236. sentimental
237. serene
238. sheepish
239. shocked
240. sickened
241. skeptical
242. slighted
243. smug
244. somber
245. soothed
246. sorrowful
247. sorry
248. spiteful
249. startled
250. stern
251. stimulated
252. stressed
253. stuckup
254. stunned
255. suffering
256. superior
257. surprised
258. suspicious
259. sympathetic
260. tearful
261. tender
262. tense
263. terrible
264. terrific
265. terrified
266. terrorized
267. thankful
268. threatened
269. thrilled
270. tormented
271. touched
272. tranquil
273. triumphant
274. troubled
275. unamused
276. uncaring
277. uncertain
278. unfulfilled
279. unhappy
280. unpleasant
281. unsatisfied
282. unsure
283. unworried
284. upset
285. vengeful
286. victorious
287. wanting
288. wary
289. woeful
290. wonderful
291. wondering
292. worried
293. worshipful
294. wrathful
295. yearning

Narcissistic Admiration and Rivalry Questionnaire (Back, Küfner, Dufner, Gerlach, Rauthmann, & Denissen, 2013)

Please indicate the extent to which you disagree or agree with each of the following statements.

1- Strongly Disagree
2- Disagree
3- Neither Agree nor Disagree
4- Agree
5- Strongly Agree

1. I secretly take pleasure in the failure of my rivals.
2. Other people are worth nothing.
3. I often get annoyed when I am criticized.
4. I manage to be the center of attention with my outstanding contributions.
5. I want my rivals to fail.
6. I show others how special I am.
7. Most of the time I am able to draw people's attention to myself in conversations.

8. Being a very special person gives me a lot of strength.
9. I deserve to be seen as a great personality.
10. Mostly, I am very adept at dealing with other people.
11. I enjoy my successes very much.
12. I can barely stand it if another person is at the center of events.
13. I will someday be famous.
14. I enjoy it when another person is inferior to me.
15. I am great.
16. Most people are somehow losers.
17. I react annoyed if another person steals the show from me.
18. Most people won't achieve anything.

Single item Self-Esteem Scale (Robins, Hending, & Trzesniewski, 2001).

I have high self-esteem.

Not very true of me 1 ----2 ----3 ----4 ----5 ----6 ----7 Very true of me.

10-item Rosenberg Self-Esteem:

1- Strongly Disagree
2- Disagree
3- Neither Agree nor Disagree
4- Agree
5- Strongly Agree

1. On the whole, I am satisfied with myself
2. At times, I think I am no good at all
3. I feel that I have a number of good qualities
4. I am able to do things as well as most other people
5. I feel I do not have much to be proud of
6. I certainly feel useless at times
7. I feel that I'm a person of worth, at least on an equal plane with others
8. I wish I could have more respect for myself
9. All in all, I am inclined to feel that I am a failure
10. I take a positive attitude toward myself

7-item Authentic and Hubristic Pride Scales (Tracy & Robins, 2007).

Below are a number of words and phrases that describe different feelings and emotions. Read each item and then indicate the extent to which you generally feel this way (i.e., how you feel on the average) using the scale shown below:

1. Not at all
2. Somewhat
3. Moderately
4. Very much
5. Extremely

Authentic Pride Items

1. Accomplished
2. Like I am achieving
3. Confident
4. Fulfilled
5. Productive
6. Like I have self-worth
7. Successful

Hubristic Pride Items

1. Arrogant
2. Conceited
3. Egoistical
4. Pompous
5. Smug
6. Snobbish
7. Stuck-up