

## **Rasgos de la tríada oscura de la personalidad, autoestima y creencias sobre el amor y la agresión sexual en hombres colombianos.**

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### **RESUMEN**

En América Latina, pese a los avances hacia la equidad de género, persisten discursos y creencias arraigadas en la sociedad que legitiman la violencia contra la mujer. Este fenómeno ha despertado el interés científico por identificar las raíces psicológicas y socioculturales que lo sostienen y perpetúan modelos tradicionales de masculinidad, los cuales refuerzan estos comportamientos y dificultan su erradicación. Por esto, la presente investigación tuvo como objetivo analizar la relación entre los rasgos de la Tríada Oscura de la Personalidad, la autoestima, la aceptación de mitos sobre la agresión sexual y las creencias tradicionales sobre el amor romántico en hombres colombianos. Se utilizó un diseño no experimental, transversal y correlacional. La muestra estuvo conformada por (n=100) hombres colombianos de entre 18 y 49 años. El muestreo fue no probabilístico, intencional y por bola de nieve. Se aplicaron la Escala de Autoestima de Rosenberg, el Short Dark Triad, la Escala de Mitos sobre el Amor y la Escala de Aceptación de Mitos Modernos sobre la Agresión Sexual. Los resultados mostraron que el 49% de los participantes tenía una pareja formal. La mayoría reportó vida sexual activa, con inicio en la adolescencia, y el 75% afirmó usar métodos anticonceptivos. En cuanto al historial sexual, el 31% indicó haber tenido entre 2 y 3 parejas sexuales y el 25% más de 10 parejas sexuales.

Respecto al consumo de pornografía, el 41% reportó hacerlo actualmente. Entre las razones para el consumo de pornografía el 24% destacaron de igual forma el aburrimiento o la falta de actividad y la masturbación placentera y el 16% el deseo de recrear lo visto con la pareja. Respecto a la Triada Oscura, el 52% mostró altos niveles de maquiavelismo, el 38% de narcisismo y el 44% de psicopatía. Asimismo, se evidenció en el 53% alta aceptación de mitos sobre la agresión sexual, el 52% aceptó tener creencias sobre idealización del amor y el 25% normalizó las creencias entre amor y maltrato. El 45% presentó niveles altos de autoestima. Por otra parte, se observó que la aceptación de mitos sobre la agresión sexual se relacionó positivamente con los tres rasgos de la Tríada Oscura, así como con las creencias que idealizan el amor y con la idea de que el amor puede vincularse al maltrato. El maquiavelismo se asoció con el narcisismo, la psicopatía y la normalización del vínculo entre amor y violencia. La autoestima no presentó correlaciones significativas con ninguna de las variables analizadas, lo que sugiere un papel limitado en la predisposición hacia creencias o actitudes que legitiman la violencia contra las mujeres. En conclusión, el estudio evidencia que en Colombia donde persisten altos niveles de violencia de género vinculados a modelos tradicionales de masculinidad, existe un perfil de riesgo en los hombres caracterizado por la presencia de rasgos de maquiavelismo, psicopatía y la aceptación de mitos sobre el amor romántico y la agresión sexual. Se propone implementar estrategias preventivas que promuevan masculinidades equitativas y relaciones basadas en el respeto, el cuidado y la igualdad.

**Palabras clave:** Tríada Oscura; Autoestima; Violencia de género; Masculinidad; Mitos sobre la agresión sexual; Mitos sobre el amor romántico.

## ABSTRACT

In Latin America, despite advances toward gender equity, deeply rooted social discourses and beliefs that legitimize violence against women persist. This phenomenon has sparked scientific interest in identifying the psychological and sociocultural roots that sustain it and perpetuate traditional models of masculinity, which in turn reinforce such behaviors and hinder their eradication. The present study aimed to analyze the relationship between Dark Triad personality traits, self-esteem, the acceptance of myths about sexual aggression, and traditional beliefs about romantic love in Colombian men. A non-experimental, cross-sectional, and correlational design was employed. The sample consisted of 100 Colombian men aged 18 to 49 years, selected through non-probabilistic, purposive, and snowball sampling. The Rosenberg Self-Esteem Scale, the Short Dark Triad, the Love Myths Scale, and the Acceptance of Modern Myths About Sexual Aggression Scale were administered. Results showed that 49% of participants reported having a formal partner. Most were sexually active, with sexual debut occurring during adolescence, and 75% reported using contraceptive methods. Regarding sexual history, 31% reported having had between two and three sexual partners, while 25% reported more than ten. In terms of pornography consumption, 41% reported

current use. The most frequent reasons cited for consumption were boredom or lack of activity (24%), pleasurable masturbation (24%), and the desire to recreate what was seen with a partner (16%). Regarding Dark Triad traits, 52% scored high in Machiavellianism, 38% in narcissism, and 44% in psychopathy. Likewise, 53% exhibited high acceptance of myths about sexual aggression, 52% endorsed beliefs idealizing romantic love, and 25% normalized the association between love and abuse. Forty-five percent presented high levels of self-esteem. Correlation analysis revealed that acceptance of myths about sexual aggression was positively related to all three Dark Triad traits, as well as to beliefs idealizing love and the notion that love can be linked to abuse. Machiavellianism was associated with narcissism, psychopathy, and the normalization of the link between love and violence. Self-esteem showed no significant correlations with any variables analyzed, suggesting a limited role in the predisposition toward beliefs or attitudes that legitimize violence against women. In conclusion, the study provides evidence for the Colombian context, where high rates of gender-based violence persist alongside traditional models of masculinity. A risk profile was identified in men characterized by high levels of Machiavellianism, psychopathy, and the acceptance of myths about romantic love and sexual aggression. It is recommended to implement preventive strategies and psychoeducational programs that promote equitable masculinities and relationships based on respect, care, and equality.

**Key Words:** Self-esteem; Gender-based violence; Masculinity; Sexual aggression myths; Romantic love myths

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