

Psychopathological Personality: The Case of Nikos Metaxas, the 35 Years Old Serial Killer of Cyprus from a More Psychological Perspective

Pinelopi Spentzouri*

Psychologist, Msc in Criminology, Trained in Psychodynamic Psychotherapy, Greece

***Corresponding Author:** Pinelopi Spentzouri, Psychologist, Msc in Criminology, Trained in Psychodynamic Psychotherapy, Greece.

Received: May 13, 2020; **Published:** December 31, 2020

Keywords: *Narcissism; Psychopathy; Mental Disorders; Serial Killer*

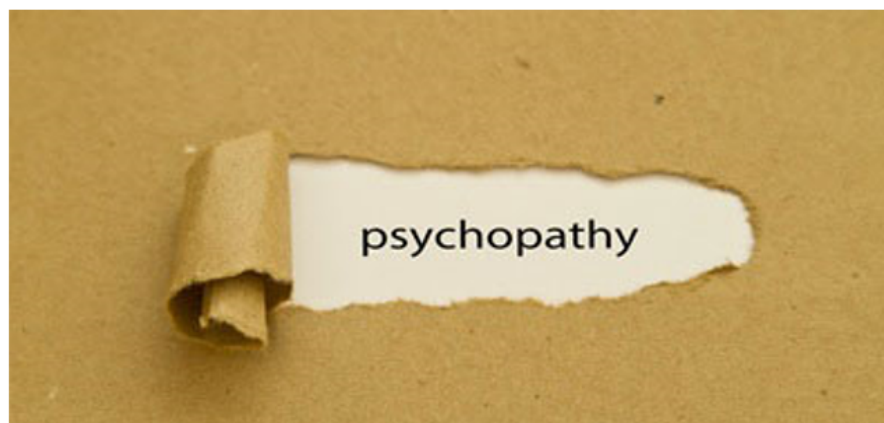


Figure 1

People that affiliate with perpetrators of hideous crimes usually refer to them as calm persons, with their jobs and everyday life and without having displayed any aggressiveness, while there is really nothing remarkable or socially non-acceptable in their behavior. Likewise, experts in mental health that assess them usually report that they are fully aware of their acts and have no remorse for them. That was also the case for Nikos Metaxas, the 35 years old killer in Cyprus, responsible for the murder of five women and two children, whereas the possibility of more victims is also under investigation. They describe him as a nice person, socially acceptable, friendly, without anger outbursts, a reserved person usually not expressing his feelings and displaying no aggressive behavior.

Research has showed that high functionality in a person's everyday life does not exclude that psychopathy is a major factor of this person's personality. This means that while this person holds a pretty well constructed identity is in good touch with its surroundings and itself and uses mature defensive mechanisms so as not to be seen as psychotic or borderline personality. Along with this well-constructed picture, antisocial tendencies seem to characterize basic ways of thinking or behaviors of the person (McWilliams, 2011).

Citation: Pinelopi Spentzouri. "Psychopathological Personality: The Case of Nikos Metaxas, the 35 Years Old Serial Killer of Cyprus from a More Psychological Perspective". *EC Psychology and Psychiatry* 10.1 (2021): 44-45.

The good impression now really makes sense. All the adaptive processes the psychopathic uses are about the special handling of the emotional speech and the dynamics behind his apparent behavior. The emotional speech for example is present, but not in order to express the person's feelings, but in order to manipulate others and is acquired under these terms mainly mimetically. There are deficits in "reading" basic emotions, and their adjustment. If we consider that, a low level responsiveness exists in the autonomous nervous system (Intrator, *et al.* 1997, Lykken, 1995) arousal can be reached through intense and vivid experiences. N.M. in one of his attestations said that when he strangled the first woman during the sexual act he felt nice and wanted to repeat the experience.

As one can imagine, a person with such a psychopathic personality is born with such tendencies. As an infant, he can be more energetic or more aggressive. However, in this instant too environment and social experience hold a major role. A family history of abuse, neglect, cruelty, and instability forms a breeding ground for potential antisocial tendencies, to be later evolve to a psychopathological personality.

According to information in mass media, the mother of N.M. is said to be from Bulgaria and his father from Cyprus. Moreover, it is said that his mother left him and his father in a young age, which had as result that the mother was not the person who nurtured him and a person of reference. When this kind of situation occurs, it is usually an impediment for any identification with the carer and the integration of "the good objective" through their relation. His development does not follow a normal path and the omnipotence and gradual gaining of independence that every child experiences depending on the development stage, is never to be accomplished.

N.M by adopting the role of a photographer, which he very successfully used for a normal socialization and, through his enlarged self-esteem that is said to characterize him, it seems that he was dominating over his victims, perhaps trying every time to reaffirm his omnipotence. A criminal act can serve many roles for a person with personality with psychopathic elements, for example to counter-balance the inner feeling of his utter weakness due to the early abandonment and absence of the mother raw model, to experience emotions he cannot connect to in any other way, the expression of early emotions which emerge violently after the perpetrator a psychological pressing event and so forth. Behind the domination over its surroundings, the antisocial person pursues to another person what he feels, by making him feeling the same way. This is mainly accomplished by means of hideous acts, behind of which lays shame or even sexual perversion that he tries to hide.

Generally, in order someone to be characterized as antisocial it is necessary for any observed elements of psychopathy to hold a major role in his personality. Surely, sometimes narcissistic, schizoid, and paranoid personalities be mislabeled as psychopathic. This is observed because must be present many factors and delicate balances between the behavioristic dynamics that exist in a person's life that is necessary to be searched and studied. This article could not in any case offer a diagnosis for N.M's case, as such a diagnosis would require a more analytical probe of his living space and familiars, however it is obvious that his behavior is characterized by some psychopathic elements at least as the known facts indicate.

Volume 10 Issue 1 January 2021

©All rights reserved by Pinelopi Spentzouri.