

PERCEIVED PERSONALITY CHARACTERISTICS RELATION WITH WELL-BEING AMONG ADULTS

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Abstract

In many circumstances of life, personality has been proven to be more closely linked with wellbeing. It may also be due to the fact that temperament and other individual's characteristics can impact their sentiments and assessments of their lives. The present study primarily aimed to investigate mental health problems among adolescents of Pakistan. In the present study 306 adolescents participated, the sample was drawn from different colleges and universities located in the city of Faisalabad and Lahore, Pakistan. Descriptive Statistics, Correlation analysis, and t-statistics were employed to analyze the data in statistical terminology. Our results reveal that extraversion, conscientiousness, and agreeableness are strongly positively correlated with wellbeing, meanwhile, openness is not strongly correlated with both dimensions of wellbeing. However, neuroticism has no correlation with happiness and negatively associated with life satisfaction.

Keywords: *Mental health, Personality Characteristics, Wellbeing*

1. INTRODUCTION

The sets of actions, cognitions, and emotional patterns that arise from a combination of biological and environmental influences make up an individual's personality characteristics. It is the end product of an ongoing process of striving to better oneself through time. Personality is defined as a consistent combination of characteristics, such as traits, aptitudes, and temperaments, that are formed not just by genetics but also by sociocultural and environmental influences. In addition to Gibson et al., (2011), a number of additional writers have defined personality using the same pattern. A variety of elements, some of which are shared across people while others vary from one person to the next, are responsible for determining behavior (De Cenzo et al., 2011; Collier et al., 2010). People are seen to be unique due to the fact that they walk, speak, and express themselves in ways that are separate from one another, which is another prevalent concept. It is also thought that the various patterns of behavior that people exhibit can be linked back to this basic assumption. For instance, the manner in which a person expresses their sentiments might vary from person to person based on their personality.

The basic distinctions between people may be seen in their personality traits (Matthews et al., 2003). Personality traits such as Extraversion, Conscientiousness, and Agreeableness reside somewhere in the middle of each person's personality spectrum according to a number of trait theorists (Hirschfeld & Thomas, 2008). Five distinct personality traits are agreeableness, neuroticism, openness, conscientiousness, and extraversion (Schultz & Schultz, 2016; Goldberg, 1990). Conscientiousness is a Personal trait that includes meticulousness, self-discipline, and personal competency (Abraham, 2004). Conscientious persons, according to Perry et al., (2010), are goal-oriented, disciplined, and dependable. When it comes to defining their duties, Kalshoven & Boon, (2012) found that conscientious individuals were reliable and responsible. However, neurotic people are nervous, terrified, moody, and sad, as found by Judge et al., (2009), who found that neuroticism is associated with stress, fear, depression, anxiety, and mood swings among neurotic people. Miller & Lynam, (2003) concluded that people with low levels of neuroticism and agreeableness may feel emotional detachment because they do not care about the well-being of others.

Personality has some of the strongest associations with well-being, and research has shown that genes may play a role in the connection (E. Diener et al., 1999). Many studies have found links between the five main personality traits and a large array of behaviors, such as job performance, academic success, leadership, and overarching well-being (Mahmuda, 2017). Life circumstances have been associated with personality traits that have been related to mental wellbeing, including individual feelings of happiness and pleasure, among several other thoughts. They have been correlated with these characteristics, which have been directly measured using a variety of methods and theoretical frameworks. Whenever it relates to personas, people react naturally to different circumstances and adapt to their surroundings in diverse manners, which primarily depend on their personality characteristics (Ali, 2019).

Eysenck., (1967) described in his theory of personality, happiness is a trait of one's personality that has a biological foundation. When it comes to happiness and a person's personality, it seems that there is a great deal of disparities in the amount of happiness each individual experiences dependent on their personality. Variations that are almost certainly the result of the interaction of genetic factors. On the other hand, Kesebir & Diener, (2009), believe choose to believe that happiness is a state of mind characterized by a wide range of pleasurable feelings, from mild satisfaction to overwhelming joy. Many people hold the view that happiness is a state of mind marked by a proliferation of pleasant feelings.

It is believed that happiness is connected to the three fundamental components of subjective well-being, which include experiencing happy emotions on a regular and consistent basis, having a high degree of life satisfaction, and having relatively few negative emotions. In its most fundamental form, the idea of "life satisfaction" refers to the process through which individuals assess their current conditions in the context of the norms and expectations of their respective cultures and societies (Ehrhardt et al., 2000). It is generally agreed that one of the most essential components of happiness is feeling fulfilled in one's life. It is essential to have a significant quantity of joyful experiences in one's life in order to have a high degree of one's own subjective well-being (Schimmack et al., 2004).

Emotional states, such as pleasure and sadness (positive and negative affect, respectively), experience more frequent change than cognitive ones, such as life satisfaction (Haybron, 2007; Schnittker, 2008). Your whole feeling of happiness and contentment with

your existence may be summed up in a single word and referred to as your "wellbeing." Because of this, it is essential to educate individuals on the idea that the traits of their personalities may influence the degree to which they experience pleasure and contentment in their lives.

The following is a list of the hypotheses that this research is testing:

H₁= There would be significant correlation on perceived personality characteristics and well-being among adults.

H= There would be significant difference on perceived personality characteristics and well-being among male and female adults.

2. METHOD

Research Design

The statistical method known as "Pearson correlation analysis" is used to determine the degree to which two numerically measured continuous variables are related.

Sampling Strategy

Identifying the demographic and the sample size is critical from the outset. We collected data using a convenient sampling method. Adults make up the majority of the study's participants since it focuses on their characteristics. Participants varied in age from 18 to 35 years old. Google Forms was used to collect replies from participants in an online poll.

Setting & Participants

The total number of respondents in the research was 306, with 151 adults belonging to male groups and 155 adults belonging to female groups. The study was conducted on adults. The sample was collected from a variety of educational institutions situated in the Pakistani cities of Faisalabad and Lahore respectively.

Instruments:

To be more explicit, the following conceptual frameworks are used in order to investigate particularly the correlations that exist between the qualities of an individual's personality and two facets of wellbeing, namely happiness and life satisfaction. The inventory consists of 44 questions developed by Goldberg, (1993) is used to evaluate the personality of individual in terms of the Big Five Personality traits (components). In order to get a more accurate measurement of pleasure, we have included four questions that were taken directly from the study of (Lyubomirsky & Lepper, 1999). We have included five questions of agreeableness, which were taken from the study of, in order to gauge how fulfilled people, feel in their lives (Diener et al., 1985).

Procedure

In order to address concerns about the veracity of the cause-and-effect relationship among variables, we looked at reliability before moving on with online data gathering. In order to do this, we looked at the questionnaire's reliability according to Sekaran & Bougie, (2010). Despite the fact that this study is using an adaptive questionnaire type, not a single item was rephrased to better suit the needs of the study or had its content validity evaluated by adults. The data was tabulated on the "Microsoft Excel sheet" when scoring was finished. The data

was examined using "Statistical Package for Social Sciences (SPSS, α V 12.0)". To statistically assess the strength of a relationship between two numerically recorded continuous variables, "Pearson correlation analysis" is used. The difference in personality characteristics and well-being among adolescents was then calculated using "one way, Analysis of Variance (ANOVA)."

3. RESULTS

Reliability of Questionnaire:

In order to quantify the internal consistency of our constructs, we used Cronbach's Alpha (α). We found that all constructs had substantial Cronbach alpha (α) values to evaluate personality traits, happiness and life satisfaction. Table-1 shows the findings of the questionnaire's dependability. Characteristics of personality and well-being have Cronbach alpha (α) values of 0.768 and 0.74, respectively, confirming that the questions or items introduced to the study instrument sufficiently express the notion behind theory.

Table-1:
Results of Construct's Reliability

Sr no	Scales	Cranach's alpha	No of items
1	Personality Characteristics	0.768	44
2	Wellbeing	0.74	10

Table-2: Frequency Results of Demographic Characteristics (n=306)

Demographics	<i>f</i>	%
Gender		
Male	151	47.9
Female	155	49.2
Education		
Intermediate	7	2.2
Graduate	129	41.0
Post-Graduate	170	54
Residence		
Rural	9	2.8
Urban	297	94.3
Marital Status		
Married	29	9.2
Unmarried	277	87.9
Job Status		
Student	211	66.9
Self-employment	69	21.9
Part-time employee	15	4.8
Other	11	3.5

Table 2 presents the demographic information of the full set of data, including the individuals' gender, level of education, marital status, place of residence, and employment status. Because the data is not quantitative, it does not provide the mean or the standard deviation. However, it does give the frequency and the percentage of occurrences. The group of adolescents is subdivided further into male and female adults (n = 306, with 151 males and 155 females respectively), accounting for a respective proportion of 47.9 and 49.2 respectively.

The levels of education are categorized as intermediate, graduate, and post-graduate; however, the frequency and proportion of each level are as follows: intermediate = 7, 2.2 percent; graduate = 129, 41 percent; post-graduate = 170, 54 percent. In addition, respondents came from both rural and urban sections of the country. Their frequency and proportion are as follows: rural: 9; rural: 2.8 percent; urban: 297; urban: 94.3 percent. The work status of the respondents is then classified as follows: student = 211, which accounts for 66.9 percent; self-employment = 69, which accounts for 21.9 percent; part-time employee = 15, which accounts for 4.8 percent; and other = 11, which accounts for 3.5 percent.

Hypothesis-I:

There is a strong association between perceived personality characteristics and well-being among adults, according to our first hypothesis. Table 4.3 shows that, with the exception of the emotionally unstable characteristic, the well-being of people is linearly related to their personality qualities. In addition, we show how each of the five personality traits affects the well-being components.

Table-3: Results of correlation among variables

	Correlations								
	<i>M</i>	<i>SD</i>	1	2	3	4	5	6	7
Extraversion	33.4	4.07	-						
Agreeableness	33.3	4.23	.88**	-					
Conscientiousness	33.4	4.19	.93**	.88**	-				
Neuroticism	24.7	2.08	.10	.12*	.09	-			
Openness	37.10	4.518	.29**	.30**	.32**	.353**	-		
Happiness	32.32	4.281	.56**	.57**	.55**	.064	.21**	-	
Life Satisfaction	25.70	6.160	.45**	.45**	.45**	-.037	.14*	.17**	-

** . "Correlation is significant at the 0.01 level (2-tailed)".

* . "Correlation is significant at the 0.05 level (2-tailed)".

Hypothesis-II:

The second hypothesis of this study is that there would be significant difference on perceived personality characteristics and well-being among male and female adults.

Table-4: T-test Results

	Male	Female	T	(df)	p

Variables							95% confidence interval		Cohen's d	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>L.L</i>	<i>U. L</i>		
Extraversion	33.60	4.22	33.36	3.94	.52	304	.61	-.67	1.16	0.06
Agreeableness	33.73	4.26	33.06	4.19	1.37	304	.17	-.29	1.61	0.16
Conscientiousness	33.70	4.37	33.23	4.01	.97	304	.33	-.48	1.41	0.11
Neuroticism	27.18	4.78	27.81	4.89	-.00	304	.99	-1.09	1.08	0.13
Openness	37.16	4.53	37.05	4.52	0.21	304	.84	-.91	1.12	0.02
Happiness	32.44	4.28	32.21	4.29	.46	304	.65	-.74	1.19	0.05
Life Satisfaction	26.01	6.29	25.39	6.03	.87	304	.38	-.77	2.00	0.10

4. DISCUSSION

Happiness is strongly linked to certain personality traits, except for emotional instability (Neuroticism), for which there is no correlation (0.06). Other characteristics, like extraversion (0.56), agreeableness (0.57), conscientiousness (0.55), and openness (0.21), are also linked to happiness. The findings of this study are consistent with those of other studies that found positive correlations with well-being and the following personality characteristics: extraversion, agreeability, conscientiousness, and neuroticism (Gomez et al., 2009; Ha et al., 2013; Przepiorka et al., 2019). It is clearly shown that one's outlook on life and one's ability to maintain a positive disposition are both positively correlated with one's level of emotional stability (Hounkpatin et al., 2018). Previous research carried out by Steel et al., (2008) found that being open to new experiences was a significant contributor to one's level of happiness, but it had no bearing on either one's level of life satisfaction or their level of positive mood. The findings from this investigation lend support to this conclusion. Openness, also known as sensitivity to new ideas, appears to have a distinct pattern of relationships, in way of comparison to the other characteristics that are accounted for by the Five Factor model. The willingness to take into account differing points of view is one definition of openness. It has been demonstrated that higher levels of four traits excepts neurotics are associated with higher degrees of happiness. On the other hand, it has been demonstrated that lower levels of negative affectivity are associated with lower degrees of happiness. The personality qualities of agreeableness, extraversion, and conscientiousness have been shown to have a significant

relationship with one another and with levels of happiness. Prior research found that workers who were more conscientious earned much more money than their colleagues who were less conscientious (Barrick et al., 1993). They are more content than their contemporaries because they feel like they have accomplished something. It is possible to employ an individual's persuasive personality traits in order to boost their general feeling of pleasure in an effort to improve their overall state of well-being. People who have high levels of neuroticism are emotionally unstable, and as a result, they are more prone to suffer from anxiety and stress than those who have lower levels of neuroticism. It is because of the fact that high levels of neuroticism are associated with higher levels of the trait. Therefore, they are unable to take pleasure in the little things in life that provide satisfaction to other people, such as appreciating the beauty that surrounds them.

Extraversion (0.45), Agreeableness (0.45) Conscience (0.45) and Open-ness (0.45) are positively connected with Satisfaction with life, according to our findings (0.14). In contrast, it has a negative correlation (-0.04) with Neuroticism, but no significant correlation with Openness. It has been theorized that extroverted, conscientious people are more likely to report happiness with their lives than their more introverted, neurotic counterparts. As one may expect, the strongest link between happiness and conscientiousness can be found. Soto, (2015), found that those with high degrees of conscientiousness reported higher levels of life satisfaction, which is consistent with our findings. Since conscientious people are well-known for their meticulous attention to detail and strict observance of social rules, this finding comes as no great shock. Their lives tend to go according to plan as a result, which may contribute to feelings of discontent with their daily routines as well as their overall lifestyles. According to (Ha & Kim, 2013) who found that Extraversion positively increases life happiness among South Korean individuals, these results are in agreement. A person's feeling of well-being suffers as a result of neuroticism. A study by Soto, (2015), indicated that those who were deemed to be emotionally unstable had lower levels of life satisfaction (Chen, 2008). In contrast to openness, the relationship between happiness with one's life and agreeableness is substantial. Establishing charismatic personalities that boost people's contentment with life satisfaction, open to experience, neuroticism, and propensity to work together may enhance people's well-being.

The results of hypothesis II showed that there isn't much of a difference between men and women when it comes to agreeableness (0.16), conscientiousness (0.11), neuroticism (0.13), and life satisfaction (0.100). The effect of extraversion (0.58), openness (0.05), and happiness (0.02), on the other hand, is the same for both men and women. This is because Feingold, (1994), found that women usually do better than men on tests of agreeableness and related traits like being tender-minded (Costa et al., 2001). Conscientiousness is a personality trait that shows things like being disciplined, organized, and able to control your impulses. It seems to stand for the ability to use self-control to do things like follow rules or work toward a goal. Feingold (1994), found that women score higher than men on "order, duty, and self-discipline," while men score slightly higher on other aspects of conscientiousness (Costa et al., 2001). Anxiety, hopelessness, wrath, self-consciousness, and poor impulse control are all symptoms of neuroticism, which is the predisposition to experience these feelings in response to stressful situations or events. Neuroticism is one of the Big Five traits, and when looked at the Big Five trait level, it has been shown that women have more of this trait than men do.

Positive affect, assertiveness, and friendliness are hallmarks of extraversion, which has previously been linked to a heightened sensitivity to rewards as stated by (Depue & Collins, 1999). Smaller differences in extraversion between both the male and females may be seen at the facet level than at the exact rate of the extraversion category (where women tend to score higher) (DeYoung & Gray, 2009). It's possible that this is because gender differences may manifest themselves in a variety of ways and directed at different aspects of extraversion. In general, women do better than men in terms of warmth, gregariousness, and good feelings; yet, men perform better than women in terms of assertiveness and seeking excitement (Feingold, 1994; Costa et al., 2001). Open to new ideas of individual and their pleasure of aesthetic experiences may be inferred from their level of intellectual curiosity as well as their creativity, intellectual curiosity, and inventiveness. There are often no discernible gender variations in Openness/Intellect at the domain level. This is likely due to gender differences in the trait's manifestation. In terms of aesthetics and emotions, women tend to outscore men, whereas men tend to outscore women when it comes to ideas, as stated by (Feingold, 1994; Costa et al., 2001). It's interesting to note that our findings align with the findings of these earlier investigations.

5. CONCLUSION

In conclusion, we have provided the most in-depth research yet conducted on the links between aspects of personality and facets of well-being. Surprisingly, our results add to the growing body of research suggesting that the association between personality characteristics and well-being among Pakistani adults is, to some degree, comparable to that which has been seen in other countries. This conclusion is congruent and compatible with the set-point theory and notion of well-being (Cummins & Weinberg, 2015; Headey & Wearing, 1992), which holds that well-being is largely stable despite short-term fluctuations in response to a number of fleeting occurrences. These theories were developed by (Cummins & Weinberg, 2015; Headey & Wearing, 1992), respectively. Even though personality traits are not "set in stone," they can shift over time as a result of specific experiences, such as interventions Roberts et al., (2017) or even in response to one's own personality trait in order to change the goal Ashton & Lee, (2016); McCrae et al., (1999); Soto et al., (2011). As a consequence of this, it would be incorrect to point to the considerable association between personality and well-being as evidence of the non-transitive character of an individual's pleasure (Hudson & Fraley, 2015). Conversely, attempts to improve well-being should center on the most salient features of an individual's personal regular or unique patterns of behavior and experience, as indicated in fundamental personality traits. This is because these aspects are the most likely to have an effect on an individual's level of happiness. Our results, which are in line with those of other researchers, suggest that the five most common personality characteristics, conscientiousness, agreeableness, openness, and neuroticism—are all interconnected in significant ways, as are many facets of well-being, such as happiness and life satisfaction. To be more explicit, the findings of our study showed that people who are prone to emotional instability (neuroticism) had a considerably adverse association with both happiness and life satisfaction.

Limitations & Recommendations

This dissertation was without a doubt put together in an original way, and it makes a substantial contribution conceptually with its findings; yet, it also includes a number of serious weaknesses that might be corrected in further research. To begin, we only used five personal attributes to evaluate adult personal qualities; however, researchers may use numerous personality traits

including A type personality, B type personality, Universality and Influential Factors, and so on. We only used five personality traits because that was all we had available to us when we began. We only utilize two components of well-being to evaluate the well-being of people: happiness and life satisfaction. However, researchers may also include psychological well-being, emotional well-being, and social well-being in their evaluations.

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