

Correlational Study Of Personality Traits With Resilience And Life Satisfaction

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Abstract

The purpose of the present research was to investigate the relationship of Personality Traits (Extraversion, Agreeableness, Conscientiousness, Negative Emotionality, and Open-Mindedness) with Resilience and Life Satisfaction. Sample of 132 students of age group 18-25 years pursuing graduation or postgraduation courses was selected through purposive sampling. Big Five Inventory-2 (BFI-2-S) by Soto and John (2017) was used to measure the Big Five Personality Traits, Connor-Davidson Resilience Scale (CD-RISC-10) by Campbell-Sills and Stein (2007) was used to measure Resilience, and Satisfaction with Life Scale (SWLS) by Diener, Emmons, Larsen and Griffith (1985) was used to measure Life Satisfaction. The data was analyzed using Pearson Moment correlation coefficient. Results revealed that there is a significant positive correlation between Extraversion and Resilience also there is a significant positive correlation between Agreeableness and Life Satisfaction. Moreover, Conscientiousness shows a significant positive correlation with Resilience and Life Satisfaction while Negative Emotionality shows a significantly negative correlation with Resilience and Life Satisfaction. Also, Resilience and Life Satisfaction show a not-significant correlation.

Keywords: Personality Traits, Extraversion, Agreeableness, Conscientiousness, Negative Emotionality, Open-Mindedness, Resilience, Life Satisfaction.

Introduction

The strength of personality has been adequately confirmed by reviews of studies demonstrating relationships between traits and significant life outcomes. Trait theories presuppose that people reliably differ from one another in their stable patterns of cross-situational behaviour (Funder, 2001). Personality has been conceptualized from many theoretical perspectives. (John, Hampson, & Goldberg, 1991; McAdams, 1995). Each has added to our understanding of how people differ in their experiences and behaviors. People's distinct thought, feeling, and behaviour patterns are reflected in their personality traits. It implies consistency and stability—someone who scores high on a specific trait is expected to behave accordingly in different situations and over time.

A systematic framework for identifying, classifying, and labelling individual characteristics in people's behaviour and experiences has been developed by the field of personality psychology. A taxonomy is the term used to describe such a systematic framework. Allport and Odbert (1936) laid the bedrock of the taxonomic work by listing personality related terminologies from a dictionary. Cattell began making a significant attempt to

choose personality traits that were reflective of the entire "personality sphere" in the early 1940s. He created 35 bipolar variables from the Allport and Odbert list through a series of reduction stages, which, according to Cattell's own assessment, implied at least twelve factors (John, Angleitner, & Ostendorf, 1988). Analysis and evaluation by other researchers concluded that there are five replicable factors that can be termed as the basis dimensions of Personality which later were came out as the Big Five (Fiske, 1949; Tupes & Christal, 1961; Norman, 1963; Borgatta, 1964; Digman & Takemoto-Chock, 1981). Similar five-dimensional structures based on variable sets have been reported by Digman (1972), Goldberg (1990), John, Goldberg, and Angleitner (1984), Digman and Inouye (1986), McCrae and Costa (1985, 1987), Conley (1985), and Peabody and Goldberg (1989). These Big Five Personality Traits are Extraversion, Agreeableness, Conscientiousness, Negative Emotionality and Open-Mindedness.

Resilience is generally believed as the capacity to sustain or regain mental health despite facing challenges. Some people adjust successfully after a very stressful and potentially devastating life event, displaying a stable trajectory and optimal functionality, whereas others may undergo distress

in the moments following the event. Resilient individuals possess social competence, problem-solving skills, mastery, autonomy, and a sense of purpose and future (Rutter 1985; Werner & Smith 1987; Masten, Best & Garmezy 1990; Gore & Eckenrode 1994). Resilient individuals also have high aspirations, a purpose for life, goals, individual responsibility, and interpersonal problem-solving abilities, all of which combine to prevent the detrimental behaviours linked to learned helplessness (Bernard 1991).

Life Satisfaction is linked to one's sense of fulfilment, satisfaction, wellness, achievement, worthiness, and belongingness (Kirmani et al., 2015). Life Satisfaction can also be understood as subjective wellbeing lead by the presence frequently experiencing high levels of positive affect than negative affect.

The lives of young adults are turbulent, therefore, it is crucial for them to sustain their mental health and have satisfaction with their lives even when confronted with difficult situations and in particular, to grow out of the problems they landed themselves into. Each dimension of personality trait is associated with certain characteristics, thoughts, and behaviour patterns that might be correlated to how a person perceives and handles the hardships of life as well as what perspective they hold towards their life.

Need of the research study

Every person encounter challenges and issues throughout their lives. To get through the challenges and issues Resilience is of paramount importance. A person needs resilience in order to accomplish more challenging and long-term goals. Moreover, a person does not necessarily need to meet certain predetermined criteria in order to be satisfied in life. Each of us has their own standard for what constitutes satisfaction in life. Both Resilience and life satisfaction can be enhanced with the right intervention.

Each of us is having a unique personality. Our personality decides our traits and attitudes to a great extent, which includes Resilience and Life Satisfaction. This study intends to find out the relationship between Personality Traits, Resilience and Life Satisfaction.

People who exhibit characteristics that are negatively correlated with Resilience and Life Satisfaction can benefit from appropriate intervention to enhance these two factors, which

will significantly improve their quality of life. This can be used to select candidates for positions that demand a high level of resilience and life satisfaction. Additionally, those with the personality traits that are positively correlated with resilience and job satisfaction can be selected with preference.

Review of related literature of research study

Rivera, Shapoval, and Medeiros (2021) investigated the relationship between career adaptability, hope, resilience, and life satisfaction of hospitality students' during the COVID-19 pandemic to examine students' adaptability during times of crisis. Results revealed that hope is an important driver of resilience and life satisfaction.

Ramos-Díaz, Rodríguez-Fernández, Axpe, and Ferrara (2019) aimed to examine whether resilience serves as mediator in the relationship between perceived emotional intelligence and life satisfaction in adolescence ($N = 363$). Results indicated that resilience mediated the association between the dimensions of emotional intelligence (emotional attention, emotional clarity, and emotional repair) and life satisfaction. Findings also revealed a direct influence of the sub-scale of emotional repair on life satisfaction.

YAKICI and Zeliha (2018) aimed to reveal the contribution of emerging adulthood in terms of personal strength, structural style, social competence, family cohesion and social resources which are sub dimensions of psychological resilience. University students were administered with a sample of $N = 659$ (543 females and 116 males). It was found that life satisfaction and loneliness levels of university students was related to structural style, future perception, family cohesion, self-perception, social competence and social resources which are sub- subscales of psychological resilience. Hence, results reveals that psychological resilience is significantly predicted by life satisfaction and loneliness.

Kjeldstadli, et, al. (2006) carried out a longitudinal study to examine the relationship between life satisfaction among medical students and a basic model of personality, stress and coping. They investigated at how life satisfaction changed over the duration of medical school, compared medical students' levels of satisfaction to those of other university students, and discovered resilience variables. The life satisfaction declined while in medical school. In their first year of studies,

medical students reported similar levels of satisfaction to other students, but they were less content by the time they graduated. In comparison to their peers, medical students who reported high levels of life satisfaction thought that medical school interfered with their social and personal lives less and were less likely to employ emotion-focused coping techniques such as wishful thinking.

Liu, Wang, and Li (2012) studied the influence of neuroticism and resilience on life satisfaction and investigate the mediating effects of positive and negative affect on this relationship. A total of $N=282$ participants were administered. Results revealed that the mediational role of positive rather than negative affect in the relationships between neuroticism, resilience and life satisfaction.

Bajaj and Pande (2016) investigated the potential mediating role of resilience in the impact of mindfulness on life satisfaction and affect as indices of subjective well-being. $N=327$ undergraduate university students were administered. Results revealed that the relationship between mindfulness and life satisfaction and affect components was partially mediated by resilience.

Identification of Research problem

To investigate the relationship between Personality Traits with Resilience and Life Satisfaction.

Objective

To find the correlation of Personality Traits with Resilience and Life Satisfaction.

Scope of research study

The study was conducted on students pursuing graduation and postgraduation courses of cities of Uttar Pradesh between the age of 18-25 years.

Formulation of important terms of research Personality traits-

It is a relatively stable, consistent, and enduring internal characteristic that is inferred from a pattern of behaviors, attitudes, feelings, and habits in the individual. (APA)

- i. Extraversion- It implies an energetic approach towards the social and material world and includes traits such as sociability, activity, assertiveness, and positive emotionality (John & Srivastava, 1999).

- ii. Agreeableness- It refers to a prosocial and communal orientation towards others with includes traits such as altruism, tender-mindedness, trust, and modesty (John & Srivastava, 1999).
- iii. Conscientiousness- It describes socially prescribed impulse control that facilitates task and goal-directed behavior, such as thinking before acting, delaying gratification, following norms and rules, and planning, organizing, and prioritizing tasks (John & Srivastava, 1999).
- iv. Negative Emotionality- It is a contrast on emotionality stability and even-temperedness with traits such as feeling anxious, nervous, sad, and tense (John & Srivastava, 1999).
- v. Open-Mindedness- Describes the breadth, depth, originality, and complexity of an individual's mental and experiential life (John & Srivastava, 1999).

Resilience

Resilience refers to an individual's ability to thrive despite adversity (Campbell-Sills & Stein, 2007).

Life Satisfaction

A global assessment of a person's quality of life according to his chosen criteria. (Shin & Johnson, 1978)

Hypothesis of research study

1. There would be no correlation between Personality Traits and Resilience.
2. There would be no correlation between Personality Traits and Life Satisfaction.
3. There would be no correlation between Resilience and Life Satisfaction.

Research Methodology

Sample

Mentioned below are the complete details of the sample

1. Sample Size- 132
2. Age group- 18 to 25 years
3. Sampling Technique- Purposive Sampling

Statistical Techniques

Correlational analysis- Pearson Product Moment correlation coefficient.

Test/ Tools

1) **Big Five Inventory-2 (BFI-2-S)**: It is a self-report inventory designed by Soto and John (2017) to measure the Big Five dimensions (Extraversion, Agreeableness, Conscientiousness, Negative Emotionality, and Open-mindedness). It consists of 30 items in total. The Cronbach's alpha reliabilities of the BFI scale typically ranges from .75 to .90 and average above .80; three-month test-retest reliabilities ranges from .80 to .90, with a mean of .85. The BFI scales shows adequate convergent-discriminant validity coefficient which ranges from 0.573 to 0.803.

2) **Connor-Davidson Resilience Scale (CD-RISC-10)**: This is a 10-item scale which was developed by Campbell-Sills and Stein (2007), based on factor analysis. It is a Likert-type additive scale with five response options (0 = never; 4 = almost always). The final score on the scale is the sum of the responses obtained on each item (range

0-40) and the higher scores indicate high level of resilience. The scale shows high internal consistency (Cronbach's $\alpha=0.88$). For the Indian population, the CD-RISC appeared to be a reliable ($\alpha = 0.89$) and valid measure evidenced by strong concurrent validity.

3) **Satisfaction with Life Scale (SWLS)**: It is a 5-item scale designed by Diener, Emmons, Larsen and Griffith in 1985. This scale has a single factor, high internal consistency, is reliable and is content appropriate for a wide range of groups. Convergent validity of this scale was established through high correlations with other scales, including the Fordyce Scale and the Giunn Scale. Additionally, the SWLS is likely to be reliable over affective states as it shows weak correlation of (.09) with measures of affect intensity.

Data Analysis & Interpretation

Table 1

	Extraversion	Agreeableness	Conscientiousness	Negative Emotionality	Open-Mindedness	Resilience	Life Satisfaction
Extraversion	1						
Agreeableness	0.01	1					
Conscientiousness	.040**	.28**	1				
Negative Emotionality	-0.44**	-0.13	-0.25**	1			
Open-Mindedness	0.01	0.06	0.080	0.04	1		
Resilience	0.23**	0.15	0.35**	-0.33**	-0.05	1	
Life Satisfaction	-0.09	0.26**	0.22*	-0.19*	-0.03	0.12	1
** . Correlation is significant at the 0.01 level (2-tailed).							
* . Correlation is significant at the 0.05 level (2-tailed).							

Table 1 shows that

1. There exists significantly positive correlation between Resilience and Extraversion ($r=.23$).
2. There exists significantly positive correlation between Resilience and Conscientiousness. ($r=.35$).
3. There exists a significantly negative correlation between Resilience and Negative Emotionality ($r=-0.33$).
4. There exists a significantly positive correlation between Life Satisfaction and Agreeableness ($r=.26$).
5. There exists a significantly negative correlation between Life Satisfaction and Conscientiousness ($r=-.22$).
6. There exists a significantly negative correlation between Life Satisfaction and Negative Emotionality ($r=-.19$).
7. There exists a not-significant correlation between Resilience and Life Satisfaction.

Conclusion

It could be concluded that students with who score high on Extraversion also have high Resilience and those who score high on Agreeableness have high Life Satisfaction. Moreover, students who score high on Conscientiousness have high resilience and high Life Satisfaction while those who scored high on Negative Emotionality have low resilience and low Life Satisfaction. Also, Resilience and Life Satisfaction show a not-significant correlation.

Testing the hypothesis

1. There would be no correlation between personality traits and Resilience is partially accepted.
2. There would be no correlation between personality traits and life Satisfaction is also partially accepted.
3. There would be no correlation between Resilience and Life Satisfaction is accepted.

Suggestion and recommendations for future research on the same topic

1. The future studies can involve other age group.
2. The future studies can also take various intervention strategies into consideration.
3. It is recommended that future researchers should consider a larger sample size so that they can better represent the population involving more heterogenous sample.
4. Convenient sampling method was used in the selection of the participants in study. In the

future studies, students can be selected by stratified sampling.

5. The present investigation was conducted on Graduation and Post-Graduation student. It can be generalized to students of other levels, such as secondary school students, senior secondary school students etc.
6. Data collection relies on self-report measures, which may result in social desirability bias. Although self-report measurement of cyberbullying has demonstrated validity, future studies could attempt to collect additional information and conduct a qualitative analysis.

Appendices

The Big Five Inventory–2 Short Form (BFI-2-S)

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

1 Disagree strongly	2 Disagree a little	3 Neutral; no opinion	4 Agree a little	5 Agree strongly
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I am someone who...

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. ___ Tends to be quiet. 2. ___ Is compassionate, has a soft heart. 3. ___ Tends to be disorganized. 4. ___ Worries a lot. 5. ___ Is fascinated by art, music, or literature. 6. ___ Is dominant, acts as a leader. 7. ___ Is sometimes rude to others. 8. ___ Has difficulty getting started on tasks. 9. ___ Tends to feel depressed, blue. 10. ___ Has little interest in abstract ideas. 11. ___ Is full of energy. 12. ___ Assumes the best about people. 13. ___ Is reliable, can always be counted on. 14. ___ Is emotionally stable, not easily upset. 15. ___ Is original, comes up with new ideas. | <ol style="list-style-type: none"> 16. ___ Is outgoing, sociable. 17. ___ Can be cold and uncaring. 18. ___ Keeps things neat and tidy. 19. ___ Is relaxed, handles stress well. 20. ___ Has few artistic interests. 21. ___ Prefers to have others take charge. 22. ___ Is respectful, treats others with respect. 23. ___ Is persistent, works until the task is finished. 24. ___ Feels secure, comfortable with self. 25. ___ Is complex, a deep thinker. 26. ___ Is less active than other people. 27. ___ Tends to find fault with others. 28. ___ Can be somewhat careless. 29. ___ Is temperamental, gets emotional easily. 30. ___ Has little creativity. |
|---|---|

Please check: Did you write a number in front of each statement?
BFI-2 items copyright 2015 by Oliver P. John and Christopher J. Soto.

Connor–Davidson Resilience Scale (CD-RISC-10)

1	2	3	4	5
Not true at all	Rarely True	Sometimes True	Often True	True nearly all the time

- 1) Able to adapt to change
- 2) Can deal with whatever comes
- 3) Tries to see humorous side of problems

- 4) Coping with stress can strengthen me
- 5) Tend to bounce back after illness or hardship
- 6) Can achieve goals despite obstacles
- 7) Can stay focused under pressure
- 8) Not easily discouraged by failure
- 9) Thinks of self as strong person
- 10) Can handle unpleasant feelings

Satisfaction with Life Scale (SWLS)

Instructions:

Below are five statements that you may agree or disagree with. Indicate your agreement with each item by tapping the appropriate box, from strongly agree, to strongly disagree. Please be open and honest in your responding.

		Strongly agree	Agree	Slightly agree	Neither agree nor disagree	Slightly disagree	Disagree	Strongly disagree
1	In most ways my life is close to my ideal.	7	6	5	4	3	2	1
2	The conditions of my life are excellent.	7	6	5	4	3	2	1
3	I am satisfied with my life.	7	6	5	4	3	2	1
4	So far I have gotten the important things I want in life.	7	6	5	4	3	2	1
5	If I could live my life over, I would change almost nothing.	7	6	5	4	3	2	1

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