

Gender Differences on Personality Trait

Tamanna Gupta^{1*}

ABSTRACT

This is the universal and scientific truth that males and females are different in the biological aspect, but psychology proves through empirical researches, that they are different in psychological aspects too. The present research reveals that both gender (males and females) are different in their personality traits. The sample comprised of 165 adolescence and early adults, their education is above the 12th standard, and the age range was between 17-26 years. To assess the personality traits of adolescence NEO-FFI by McCrae and Costa (1992) was used. T-test as used as a statistical tool. The finding reveals that there is a difference between males and females on the dimensions of big-five personality traits.

Keywords: *Personality traits, Gender differences, NEO-FFI, Big-five traits*

Males and females are different in the biological as well as psychological aspects. But the question is why they are different? Why they show different scores on personality inventories? A possible answer can be, because, both genders play a different role in society, they socialized to behave differently. As a result of this role, their psychology is different. Some theories also state that heredity and environment play an important role to make individuals' personalities. There are specifically two models that suggest and prove differences between sexes. These models are: biological, and socio-cultural. Biological models explain that there is an innate temperamental difference between males and females. Twin studies, studies on hormones; specifically, gonadal hormones or some physiological measures prove that there is a difference present. Zukerman's sensation-seeking theory also suggests that the traits of aggression and dominance are different in both sexes. The reason behind this is gonadal hormones. The socio-cultural model also emphasis, that there is a difference between sexes. Males and females are born and developed in a different environment. People can be the same around them but they treated differently. They socialized to behave differently. That is why society and their culture affect and make different personalities. Bandura's (1977) social learning theory and Sigmund Freud's psychodynamic theory of personality both show that nature and nurture both influence on persons' personality. Mainly, the study of personality is very useful to define this.

Now the question is what is personality? It is the combination of characteristics (Gupta, 2017) and can state as the "essence of the person" (Gupta, 2019). Weinberg & Gould (1999)

¹Research scholar, Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar-Haryana, India.

*Corresponding Author

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says “Personality is the characteristics or blends of characteristics that make a person unique”. These stable characteristics of one’s behavior are called traits. ‘Big Five’ term is the most popular term to examine personality traits. According to McCrae and Costa, there are five dimensions of personality traits, i.e., Neuroticism vs. emotional stability, extraversion vs. introversion, openness vs. closeness, agreeableness vs. antagonism, conscientiousness vs. lack of direction. These five traits are called ‘OCEAN’ as a short form. Extroverts are those who are assertive, full of positive emotions, outgoing, and sensation- seeker, sociable. Introverts are just the opposite of extroverts. An agreeable person is trustworthy, straightforward, sympathetic, and not stubborn. Antagonists are just opposite to agreeable person. Conscientious are those who are dutiful, organized, self-disciplined, and deliberate. Neurotics are full of anxiety, depression, and hostility, shy, moody, and vulnerable. They are just opposite to emotionally stabled. Openness to experience means those who have wide interest, imaginative, and curious.

Gender and Personality Traits

Connections of many things have been seen with personality traits. Gender difference is one of them. Feingold’s (1994) results explore that female are more extroverted than males and males are more assertive than females. Shuqin, Wang, & Rocklin (1995) reveal that woman’s scores significantly higher than men’s on measures of neuroticism and agreeableness. Similar results were founded by Goldberg, Sweeney, Merenda, & Hughes (1998); Budaev, 1999; and Goodwin, & Gotlib (2004); McCrae, et al., (2005); Chapman, Duberstein, & Lyness (2007).

In a big study, on Big Five traits across 55 nations, found men reported low scores than women on the dimension of neuroticism, agreeableness, conscientiousness, and extraversion (Schmitt, Realo, Voracek, & Allik, 2008). Several studies reported that women are more neurotic, agreeable, and open to feelings, whereas mens are more assertive and open to ideas (Costa, Terracciano, & McCrae, 2001; Goodwin, & Gotlib, 2004; Shokri, Kadivar, & Daneshvarpoor, 2007). Yanna, Colin & Jacob (2011) reveal that women scored significantly higher on Neuroticism, Extroversion, & Agreeableness than men. Soudeh & Masound (2012) said that girls have significantly higher openness to experience and agreeableness than boys.

As we all can see, there are many pieces of researches on this topic. But one thing grabs the attention that these all are done in a foreign land. There is a shortage of such researches in the Indian context. This research is very helpful to understand that personality differences on gender bases are present not only in foreign countries but in India also. India is a country with diversity; where people differ not only by gender, and religion but their lifestyle, culture, caste, and so on. Culture, values, traditions change even a few miles. But beyond this kind of diversity both males and females consider equally; they have equal opportunities and responsibilities. This research sheds light that they do not differ only on biological bases but psychological also. Still, they together do work and handle their responsibilities, contribute to a nation equally.

Ethical consideration

This research was done according to ethical standards of human experimentation in accordance to the Helsinki Declaration.

METHODOLOGY

Sample

Sample was comprised 165 adolescence and early adults (68 males and 97 females). Undergraduate and post-graduate students were selected for the data collection. There age range was between 17-26 years.

Measure

NEO-FFI Questionnaire by McCrae and Costa (1992) was used. It is a self – administered questionnaire which consists of 60 items with five-point Likert response. There are five scales in this inventory. Each scale has 12 items.

RESULT AND DISCUSSION

The results of the study given below:

Personality Traits	Gender	N	Mean	Standard deviation	t	Sig.
Neuroticism	Females	97	23.26	7.50	-2.110	.036
	Males	68	25.84	8.05		
Extroversion	Females	97	29.97	7.21	2.059	.041
	Males	68	27.79	5.83		
Openness	Females	97	25.23	7.86	-2.047	.042
	Males	68	27.59	6.40		
Agreeableness	Females	97	27.74	5.66	1.066	.288
	Males	68	26.65	7.53		
Conscientiousness	Females	97	28.47	6.16	.946	.345
	Males	68	27.63	4.76		

Neuroticism

Results of a t-test reveal that **males** are more neurotic than females. There is a significant difference between both the genders on $p < 0.05$ level. The result of this research is not matched with the results of the previous research. All the previous findings reveal that females scored higher on neuroticism. This research gave a new insight on this area.

Extroversion

Results of a t-test reveal that **females** are higher on the dimension of extroversion than males. There is a significant difference on $p < 0.05$ level. It indicates that females are more social, assertive, chatty, and active. On this dimension, this research is in accord with some previous research. In one study Feingold (1994); Schmitt, Realo, Voracek, & Allik (2008) reveal that females are more extroverted than males. Yanna, Colin & Jacob (2011) found that women scored significantly higher on extroversion than men.

Openness

Results of a t-test reveal that **males** are higher on the dimension of openness than females. There is a significant difference on $p < 0.05$ level. It indicates that males are more open about their feelings and ideas than females. In one study Costa, Terracciano, & McCrae (2001)

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also found that women were higher in openness to feelings and men were higher in openness to ideas.

Agreeableness

Results of a t-test reveal that there is **no significant difference** between the both genders. Here is slightly difference between the mean of both genders that is not significant. It indicates that both males and females are cooperative, altruistic, tender-minded, and straightforward. The result of this research is not similar as the results of previous research. Costa, Yanna, Colin & Jacob (2011); Soudeh, Masound (2012) and many more found that women have significantly higher on agreeableness than men.

Conscientiousness

Results of a t-test reveal that there is **no significant difference** between males and females on the variable of conscientiousness. It indicates that both males and females are equally dutiful, achievement striving, responsible. This finding is different from previous researches. All the previous findings define those females are more conscientious.

CONCLUSION

Finding reveals that males and females are significantly differ on the dimension of personality traits. We found that females scored higher on the dimension of Extraversion. But on the dimension of Neuroticism and openness; males scored higher than females.

Practical implications of the study

This study is useful to a counselor for counseling; specifically, marriage counselors, and vocational counselors.

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Conflict of Interest

The author declares no conflict of interests.

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