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Review

"Categorical Classification of Personality Using the Ocean Model Based on Alcohol Consumption"- A Review of Literature

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ABSTRACT

Personality traits are the consistent and stable patterns of thoughts, feelings, and behaviours that people have. A person with a high Extraversion score is likely to be sociable in a range of situations and over time. According to trait psychology, people differ in terms of where they stand on a set of basic trait dimensions that persist over time and across environments. Excessive alcohol use has a negative impact on elements of personality. This study focuses on the effect of alcohol consumption on the OCEAN model's or The Five-Factor Model's personality traits. OCEAN is an acronym that stands for Openness, Conscientiousness, Extraversion, Agreeability, and Neuroticism. The purpose of this meta-analysis was to assess and identify moderators of the link between the Five-Factor Model of personality and alcohol use. There appears to be a distinct observation in the extremes of personality traits when the results are compared with the individual's sex, i.e., a difference in results between men and women and a comparison between clinically proven alcoholics and non-alcoholics, which has been highlighted in this research article. It also presents a review of literature for the same.

Although alcohol has several pleasant characteristics that contribute to its popularity, although it has several disadvantages. Nausea, sleep issues, a hangover, and accidental damage are just a few of the acute health repercussions of heavy alcohol consumption whereas the psychological effects could include short term effects like difficulty focusing, relaxation and diminished stress, problems with memory, affected vision, coordination and reflexes and long-term effects like increased depression and anxiety, tolerance development and increased substance use, dependency, otherwise known as alcoholism, impaired learning, and memory capacity, interrupted brain development and most importantly change in the personality traits which affect the individuals healthy functioning individually and in the society. Heavy alcohol consumption, even on a single

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occasion, can harm people other than the drinker, as foetal alcohol syndrome demonstrates, as well as acts of violence or abuse.

Personality experts have looked into different personality factors as possible causes of alcohol issues, such as sensation-seeking and impulsivity, because of the numerous harmful impacts of alcohol usage. The Five-Factor Model of Personality has gained a lot of traction in the last decade since descriptions of people demonstrate that these five components explain a lot of personality variation. The model has also been shown to predict a variety of significant outcomes, including job success and lifespan.

Extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience are the five personality variables at the centre of the paradigm. The following are some descriptors that describe these factors:
1. **Extraversion:** Excitability, friendliness, talkativeness, assertiveness, and high levels of emotional expressiveness are all characteristics of extraversion (or extroversion). People that are extraverted are outgoing and thrive in social situations. When they are in the presence of others, they become energised and happy. Low extraversion (or introversion) people are more reserved in social circumstances and have less energy to exert. Introverts frequently need time alone and in silence to "recharge" after engaging in social activities.
2. **Agreeableness:** Trust, benevolence, friendliness, compassion, and other prosocial actions are included in this personality characteristic. People with a high level of agreeableness are more cooperative, whereas those with a low level of agreeableness are more competitive and even manipulative.
3. **Conscientiousness:** High degrees of thinking, good impulse control, and goal-directed behaviours are all common characteristics of this dimension. Highly conscientious people are usually well-organized and detail-oriented. They think ahead, consider how their actions influence others and keep track of deadlines.
4. **Neuroticism:** Sadness, moodiness, and emotional instability are all characteristics of neuroticism. Those who score high on this attribute are prone to mood swings, irrational worry, impatience, and sorrow. Those with a low score on this trait are more emotionally stable and resilient.
5. **Openness To Experience:** Characteristics like inventiveness and insight are present in this trait. People that score high on this trait have a wide range of interests. They are interested in the world and other people, and they are eager to learn new things and participate in new activities. Individuals that have a high level of this personality trait are bolder and more imaginative. People that score low on this trait tend to be more traditional and may struggle to think abstractly.

According to a growing body of research, personality assessment is becoming increasingly important in assessing and treating alcohol-related disorders. Both concurrently and prospectively and prospectively and prospectively Low conscientiousness e.g., impulsivity, behavioural under control, disinhibition, and higher neuroticism i.e., the proclivity to experience negative emotions have been consistently linked to substance use disorders, but extraversion and sociability have yielded mixed results. Personality traits have been found as risk factors for the development and maintenance of alcohol use disorders, and when examined in multifactorial models, personality traits are major predictors of alcohol-related issues. Personality assessment has also been shown to be useful in the treatment of substance use disorders, with reliable personality subtypes discovered in people with addiction issues.

"Categorical Classification of Personality Using the Ocean Model Based on Alcohol Consumption"- A Review of Literature

There is a link between heavy drinking and alcohol problems, but not everyone who drinks heavily has these issues. Alcohol-related issues are often socially unpleasant and discourage by the social environment. There are also important distinctions to be made between normal alcohol consumption (drinking) and alcohol-related issues.

Researchers discovered that qualities associated with neuroticism and disinhibition in men and women show comparable patterns of relation with alcohol-related behaviours. Previous theoretical and empirical work on gender-specific personality correlates of alcohol intake contradict the findings. While considering the parameters of gender, it is determined that men consume more alcohol than women and are diagnosed with alcoholism more frequently. According to studies, males are less likely than women to spontaneously cease their hazardous drinking habits. Gender does appear to play a moderating impact on the link between personality and alcohol use. Although studies have demonstrated that, in general, women have greater levels of neuroticism, agreeableness, warmth, and gregariousness, and openness to feelings than men do.

Individualistic cultures have been discovered to have more pronounced differences than collectivist societies, and these distinctions are more evident in individualistic cultures. The technique of measurement can occasionally have an impact. However, it's plausible that some of these distinctions account for observed gender variations in the role of women in the workplace. In terms of alcohol use, personality matters. For instance, the distinctions were seen in the role of neuroticism in the development and it's possible that alcohol consumption disorders can be maintained in both men and women.

Many people want to know why their buddy or family chose alcohol; why their spouse or acquaintance made room in his or her life for an alcoholic. People become alcoholics for a variety of causes, including genetic predisposition, societal pressure, stage of upbringing, socioeconomic situation, presence or lack of support systems, and the impact of institutionalization. These elements influence the form of an alcoholic's personality. Some of the most prevalent personality qualities of an alcoholic include emotional immaturity, isolation, low self-esteem, reliance, anxiety, bad interpersonal interactions, co-dependence, low frustration tolerance, perfectionism, guilt, and grandiosity which is studied as an objective in the meta-analysis.

Research Objectives and Research Questions
The objective of this review paper is to study the effects of alcohol consumption based on the categorical classification on the five factors of personality as stated in the Big Five Model of personality. The research question focuses on 1. understanding the critical difference in personality between alcohol consumers and non-alcoholics. 2. If there is a distinct difference in results of men and women considering both to be alcohol consumers.

Inclusion and exclusion criteria
The inclusion criteria for this review paper are individuals in the age group of 18 to 35 years categorized as young adults and the exclusion criteria are individuals below and above the age group of 18 and 35 years respectively.

REVIEW OF LITERATURE
Grace Fong (2001) studied the findings in moderate alcoholics to severe alcoholic inpatients, suggesting that alcoholics can be characterized along certain normal personality dimensions

(high Neuroticism, low Conscientiousness, low Agreeableness) regardless of severity. Personality variables distinguishing alcoholics from a healthy population were examined to evaluate their utility in identifying which individuals experience greater severity in a model controlling for age of alcoholism onset. Neuroticism appears to be associated with greater severity particularly when examining the socioemotional consequences of alcoholism, suggesting that personality does matter in the prediction of severity even beyond the age of onset. This study was correlational in nature and could not directly address causal mechanisms suggesting that personality, particularly Neuroticism, has a strong role in and influence over various aspects of alcoholism.

John et al (2007) concluded their meta-analysis by measuring and finding modifiers of the relationship between the Five-Factor Model of personality and alcohol involvement. There were 20 studies in all, 119 effect sizes, and 7,886 people in the meta-analysis. The following modifiers were looked at: five-factor rating type (self vs. other); study time frame (cross-sectional vs. longitudinal); sample type (treatment vs. non-treatment); kind of alcohol involvement measure employed; participants' gender; and participants' age. Several substantial effect size moderators were discovered, including the following: Individuals in alcohol treatment showed a more negative pattern of personality traits than those in other studies; cross-sectional studies, but no longitudinal studies, showed a significant effect for agreeableness, possibly implying that low agreeableness has a different causal link to alcohol involvement than the other factors; mixed-sex samples tended to have lower efficacy than single-sex samples.

Mark et.al. (2014) studied the links between domains and facets of the Five-factor model and drinking and alcohol-related issues. They looked at gender's moderating effects by using self-report and interview assessments on 200 students (99 men and 101 women) who had consumed alcohol in the previous year. Some significant connections were discovered by bivariate analyses. Neuroticism and Conscientiousness were connected to drinking in multivariate studies that accounted for gender, however only certain of the components from these domains had significant connections to drinking. Drinking was linked to Extraversion and Agreeableness facets. In multivariate analyses, neuroticism and conscientiousness and most of their features were linked to alcohol-related issues. There were no significant interactions between gender and characteristics.

Adithya and Rajeev (2015) investigated to make a comparative study of Personality Traits among Alcoholics and Non-Alcoholics of Jaipur city. The total sample of (Ruiz, 2010) study was 50 out of which 25 alcoholics were of Gautam Hospital & De-addiction centre and Nashamukti Kender, Jaipur, and 25 Non-Alcoholic from the Jaipur society. A descriptive survey method was employed to collect data with the help of DPI. The six very important personality dimensions were selected for the study and measured by the NEO Personality Inventory. For the data analysis t-test, statistical technique was used. The study revealed that there is a significant difference in dimensions of personality in alcoholics and their counterparts.

Ana Adan et al (2016) examined 70 participants with binge drinking (30 males) and 70 healthy controls (30 women), who were chosen to account for variables known to be associated with alcohol consumption. The alcoholics had higher ratings on Neuroticism than the controls. Higher scores in the group in Neuroticism were attributable to higher scores in

the women's group, whereas higher scores in the men's group were attributable to higher scores in the Agreeableness and extraversion subscales.

Diana et al (2017) studied the differences in personality profiles of females addicted to alcohol by hypothesizing the significant differences in personality profiles among subgroups of women who present with alcohol use disorders. Out of 157 consecutive women with a diagnosis of alcohol addiction, 62 fulfilled the required criteria. The Revised NEO Personality Inventory was used to obtain the data (NEO-PI-R). To examine the relationships between personality qualities and the likelihood of belonging to one of the research groups, multiple stepwise discriminant analysis was performed. Except for Openness to Experience, there were significant variations in NEO-PI-R scores between groups for all major personality traits. Substance-addicted women scored significantly higher on Neuroticism and lower on Conscientiousness when compared to controls. Female alcoholics scored higher on Conscientiousness and lower on Neuroticism.

Findings
Alcohol has an imperative effect on the personality traits of an individual. The personality profile linked to alcohol consumption differs slightly from the pattern observed in a meta-analysis of the Five-Factor Model and psychological clinical symptoms. Low extraversion was also a tendency in psycho-logical diseases in general. Low agreeableness did not predict future alcohol involvement, but it did link with existing engagement. It's possible that personality qualities cause alcoholism, or that a third factor, such as genetic predisposition, influences both personality and alcoholism.

CONCLUSION

The effects of gender on the links between personality, drinking, and alcohol-related issues were not very significant although it inclined towards agreeableness. Studies demonstrate the importance of taking a more detailed look at the relationship between personality and drinking. Increased drinking was linked to high levels of neuroticism and low levels of conscientiousness. High levels of Neuroticism and Conscientiousness, on the other hand, predicted drinking variance beyond that predicted by gender.

Drinking was primarily linked to facets of Conscientiousness and Neuroticism but also associated with facets of Extraversion and Agreeableness. Alcohol-related problems were more consistently associated with Neurotic and Conscientiousness than with neuroticism and had no significant associations with Extraversion or Agreeableness whereas Individuals not associated with drinking were usually found to be average on all the personality traits of the five-factor model.

Therefore, considering the objectives of the article it can be concluded that alcohol involvement using the gender parameter does not show a distinctive significant difference although women being slightly agreeable than men. Considering the difference in personality traits between alcoholics and non-alcoholics definitely showed that alcohol consumption inclined towards high neuroticism and low conscientiousness.

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