

Attitude towards Smell, Personality Traits and Psychological Well-Being Among Middle Adolescents

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ABSTRACT

Adolescence is a period of life in which the biological and psychosocial transition from childhood to adulthood occurs. Adolescence spans the second decade of life, a phase described as beginning in biology and ending in society. The objectives guided the study are to assess the Attitude towards smell, Personality traits and psychological well-being along with Demographic variables like Gender and Perfume use. A correlational research design was used by the researcher. The data was collected from Kerala. The researcher used a purposive sampling technique for data collection. Questionnaire method was adopted to collect the data. Almost all the Findings are substantial and relevant in line with hypotheses. The kaleidoscope of personality is shaken in adolescence and where the pieces land is of profound importance – long-term studies show that the traits that appear in our teenage years are predictive of a wide range of outcomes in life. Adolescence seems to be the amount of human development subjected to dynamic socio-biological changes that directly precedes the height of olfactory ability. Psychological well-being takes an important part in personality and development theories both theoretically and practically. It is early days for research on this topic, but the potential implications are exciting and important because, by learning more about the forces that shape teenagers, we can potentially intervene and help set them on a healthier, more successful path.

Keywords: *Adolescence; Attitude Towards Smell; Personality Traits; Psychological Well-Being*

The word 'adolescence - comes from the Latin word - adolescere' which means 'to grow'. Adolescence spans the second decade of life, a phase described as beginning in biology and ending in society (Peterson et al., 1988). This phase of life is characterized by deep anxieties, conflicts, protests, descriptions, upheavals, cognitive restructuring, emotional outbursts, and physical changes. Adolescence is usually thought of to be a time of transition from childhood to adulthood that involves important amendments in social and emotional development, behavior, and cognitions. However, adolescence is additionally an amount of nice joy, excitement and optimism throughout that the delights of autonomy, intimacy and also the future are contemporary, and potentialities are created for happiness, success and psychological growth, throughout the rest of life. among their

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creativity, energy and enthusiasm youth will change the globe in astonishing ways in which creating it a stronger place not just for themselves except for everybody (Goodburn and Ross, 1995).

The kaleidoscope of personality is shaken in adolescence and where the pieces land is of profound importance – long-term studies show that the traits that appear in our teenage years are predictive of a wide range of outcomes in life, including academic success and risk of unemployment. It is early days for research on this topic, but the potential implications are exciting and important because, by learning more about the forces that shape teenagers' personalities we can potentially intervene and help set them on a healthier, more successful path. Olfactory senses are the most Olfactory identification performance seems to develop till the second decade of life, once it reaches the best level and it starts to deteriorate after the end of the fifth decade. This may be caused by various health-related causes, adore accumulative impact of continual infections on the olfactory epithelial tissue. As yet, most studies focused on the developmental aspects of olfactory skills enclosed infants, older kids and adults, however, not several reports included adolescents.

Adolescence seems to be the amount of human development subjected to dynamic socio-biological changes that directly precedes the height of olfactory ability. Throughout this era of life, the build is subjected to the profound biological changes together with odor emission and perception; as well as changes regarding psychosocial functioning. For this reason, adolescence looks to be vital amount of exteroception development, but the present literature on olfaction in adolescence is scarce and wishes to be supplemented. Adolescence is a period of transition and adaptation to the bodily changes of puberty exerts a strong influence on adolescents' psychological wellbeing. Decades of research shows that personality traits play a critical role in how we experience, approach, and appraise our lives (DeNeve & Cooper, 1998; Headey & Wearing, 1989; Steel, Schmidt, & Shultz, 2008).

According to psychological well-being theory, individual's psychological health depends on his positive functioning in certain aspects of his life. Individual should have in positive relationship with others; should be dominant over the environment; should accept himself and his past; should has a goal and meaning in his life; should have personal development and the ability to make his own decisions (Özen, 2005). For this reason, there is a potential tension between psychological well-being, happiness, and development (Ryff and Singer, 1998). Psychological well-being takes an important part in personality and development theories both theoretically and practically. Psychological well-being, which guides clinical studies that will help advisors to make their advisees reach their goals, informs about the goals and purposes regarding psychology consulting (Christopher, 1999).

Despite its crucial role, the sense of smell received comparatively little attention compared to the various senses (e.g., sight and hearing). The sense of smell is particularly related to eating behavior, awareness of environmental hazards, and social communication (for an overview, see Stevenson, 2010). It influences desire (De Jong et al., 1999), the perception of food and the quality of taste (Aschenbrenner et al., 2008; Seo and Hummel, 2009; Novakova et al., 2012; composer et al., 2012) and social behavior in relation to food (Aschenbrenner et al., 2008). For example, people with olfactory impairment appear to have additional risks of an unbalanced organic process standing (Duffy et al., Ninety ninety-five; Schiffman and Graham, 2000) and poor food intake (Aschenbrenner et al., 2008), although these results have not been systematically verified in previous studies (De Jong et al., 1999; Composer et

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al., 2012; Smoliner et al., 2012; Smoliner et al. In addition, some form of the odor will be exposed to not only microbial hazards such as feces, decay, and spoilage (Stevenson, 2010), but also non-microbial threats such as gas leaks and smoke (Miwa et al., 2001; metropolis et al., 2004; Croy et al., 2012) Finally, the genotype and body odor of the main advanced organic phenomenon (MHC) can play an important role in partner selection, avoiding not only inbreeding but also through detective work by party colleagues (Wedekind et al. nineteen ninety five; Gangestad and Thornhill, 1998; Herz and Inzlicht, 2002; Croy et al., 2013; for a review, see Yamazaki and Beauchamp, 2007; Stevenson, 2010).

A recent study conducted by Havlívc (2012) found a big correlation between participants' anxiety traits (a psychoneurosis facet) and their ability to discriminate odors. That is, as participants were additional anxious, they discriminated odors more properly. Finally, temperament modulates participants' reaction speed with reference to sense modality cues (Chen and John Dalton, 2005). Chen and Dalton (2005) incontestable that each neurotic and anxious men detected pleasant/unpleasant odors more quickly than showing emotion neutral odors, whereas stable and calm men detected both odors equally quickly (i.e., no significant variations in latent period to both pleasant/unpleasant and neutral odors). In a more modern study, La Buissonnière-Ariza et al. (2013) the response times of each adult with high and low anxiety with pleasant odors and unpleasant odors to food (i.e., smell of strawberry and fish, respectively).

As with previous findings by Chen and John Dalton (2005), they found that extremely anxious people, despite pleasant or unpleasant smells, also discovered smells more quickly than less anxious people. Likewise, previous studies have highlighted the modulating effects of temperament traits in relation to the perception of the sensory modality, estimating olfactory sensitivity, discrimination and identification. Furthermore, previous analyzes have clearly shown that people's attitudes towards the sense of smell will vary as an operation on the performance of the sensory modality (Frasnelli and Hummel, 2005; Shu et al., 2011). One study examined the relationship between body odor and the dimensions and dominance of the Big Five's personality. 20 evaluators evaluated 60 odor samples each. Key Findings In the present study, it was found that, for some personality traits, the correlation between the self-rated personality of odorists and judgments based on their body odor was above the random level. The correlations were strongest for extraversion (.36), neuroticism (.34), and dominance (.29). Two studies were conducted to examine the relationship between olfactory sensitivity and 12 personality dimensions (including extraversion and neuroticism). In the first study, individual odor measurements were compared with repeated measurements. In the second study, twins were recruited as test subjects in order to also examine the inheritance of odor sensitivity. The results show that neuroticism is a stronger predictor of olfactory sensitivity than extraversion.

Given the ideas that (1) temperament traits influence olfactory performance and (2) olfactory performance seems to be closely concerning attitudes toward olfaction 3) olfaction seems to be closely connected with psychological wellbeing 4) Psychological well-being and personality of the individual is connected, we tend to hypothesize that personality traits might be related to attitudes toward sense of smell and psychological well-being. Up to now, very little has been known about a potential connection between personality traits, psychological well-being, and attitudes toward sense of smell. To build on previous findings, this study has aimed to determine whether personality traits, psychological well-being, and olfactory perception are related.

METHODOLOGY

Sample

The sample consisted of 300 Adolescence, out of which 150 were males and 150 were females. The researcher used a purposive sampling technique for data collection.

Instruments

Three measures were used in this study,

1.Importance of Olfaction Questionnaire to measure Attitudes toward sense of smell:

The “Importance of Olfaction Questionnaire” (IOQ) was designed by Croy et al. (2010). The IOQ includes three subscales: “association,” “application,” and “consequence.” Each subscale is in turn composed of six questions to be answered with a 4-point category scale (1 = I totally disagree to 4 = I totally agree). The association-subscale indicates emotion, memory, and episode triggered by a sense of smell. The application-subscale reflects the extent to which people use sense of smell in their daily activities. Finally, the consequence-subscale reflects the extent to which people rely on sense of smell for daily decision-making. The additional subscale of “aggravation” developed for clinical applications (Croy et al., 2010) was not used because this study was designed for a general population. Focusing on the structure of the questionnaire, the data showed that the three scales are correlated ($r=0.40-0.50;P=0.001$), but can be discriminated from each other. Furthermore each scale shows expectable high correlations with the main score ($r=0.77-0.83;P\backslash 0.001$). The questionnaire offers a good internal reliability (Cronbach’s Alpha=0.77).

2.EPQ to measure Personality traits: Participants’ personality traits is assessed using the “Eysenck Personality Questionnaire Revised” (EPQ-R; Eysenck et al., 1985). The EPQ-R, a 48-question self-reporting questionnaire, examines four major dimensions of personality trait: “psychoticism” (P: 12 questions), “extraversion” (E: 12 questions), “neuroticism” (N: 12 questions), and “lie-scale” (L: 12 questions). The psychoticism-subscale assesses behavior patterns used to characterize psychotic individuals or psychoses (Eysenck, 1997; Weiner and Craighead, 2010). The extraversion-subscale measures the extent to which individuals are sociable and active (Eysenck, 1997; Weiner and Craighead, 2010). The neuroticism-subscale assesses the extent to which individuals are predisposed to experience negative emotion (Eysenck, 1997; Weiner and Craighead, 2010). Finally, the lie-scale subscale reflects individuals’ socially conforming behaviors or their tendency to “fake good” (Weiner and Craighead, 2010). Cronbach’s α coefficients were 0.55, 0.80, 0.81, and 0.70 for P, E, N, and L scales, respectively

3. Psychological Well-Being

Flourishing Scale (FS) was used to assess the Psychological well-being. The Flourishing Scale consists of eight items describing important aspects of human functioning ranging from positive relationships to feelings of competence, to having meaning and purpose in life. The scale was called Psychological Well-being in an earlier publication, but the name was changed to more accurately reflect the content because the scale includes content that goes beyond psychological well-being narrowly defined. Each item of the FS is answered on a 1–7 scale that ranges from Strong Disagreement to Strong Agreement. All items are phrased in a positive direction. Scores can range from 8 (Strong Disagreement with all items) to 56 (Strong Agreement with all items). High scores signify that respondents view themselves in positive terms in important areas of functioning. Although the scale does not separately provide measures of facets of well-being, it does yield an overview of positive functioning across diverse domains that are widely believed to be important.

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Procedure

Questionnaire method was adopted to collect the data and was given to the participants directly. Adolescents of the age 15-17 who were undergoing formal education was considered. Physically and mentally challenged individuals were excluded.

RESULTS

Table 1 showing the descriptive statistics among variables.

Variables	N	Mean	Std. Deviation	Variance
Olfactory Perception	300	50.80	9.283	86.181
Extraversion	300	14.31	3.705	13.725
Psychoticism	300	4.00	1.723	2.970
Neuroticism	300	11.55	5.608	31.446
Psychological well-being	300	42.03	6.344	40.240

Table 2. Gender differences in Attitude towards smell, Personality traits and Psychological well being.

Gender	Personality	Mean	Std Deviation	Mean difference	t	P
Male	Attitude towards smell	48.48	8.352	4.554	4.365	0.000
Female		53.73	9.719			
Male	Psychoticism	2.91	3.139	0.932	3.568	0.000
Female		1.98	2.256			
Male	Extraversion	16.35	2.879	0.925	3.395	0.001
Female		15.42	3.042			
Male	Neuroticism	9.33	5.784	-1.349	2.551	0.011
Female		10.68	5.611			
Male	Lie	8.99	4.242	-0.573	1.490	0.137
Female		9.57	4.015			
Male	Psychological well being	42.34	7.104	0.593	0.807	0.045
Female		41.75	5.602			

Table 3- To assess the relationship between variables.

Variables	Perfume use	Olfactory Perception	Extraversion	Psychoticism	Neuroticism	Psychological well being
Perfume use	1	r=0.007 p=0.905	r=-0.190** p=0.001	r=-0.233** p=0.000	r=-0.038 p=0.514	r=0.277** p=0.000
Olfactory Perception	r=.007 p=0.905	1	r=.095 p=0.101	r=.142* p=0.014	r=.417** p=0.000	r=-0.417** p=0.000
Extraversion	r=-0.190** p=0.001	r=0.095 p=0.101	1	r=-0.010 p=0.863
Psychoticism	r=-0.233** p=0.000	r=0.142* p=0.014	1	r=-0.097 p=0.094
Psychological well-being	r=-0.038 p=0.514	r=0.417** p=0.000	r=0.127* p=0.028	r=0.108 p=0.062	r=-0.90 p=0.120	r=-0.090 p=0.120
Neuroticism	r=-0.277** p=0.000	r=-0.050 p=0.385	1	r=-0.90 p=0.120

**0.05 level **0.01 level*

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Table 4: Regression table showing, Psychological well-being as dependent variable and Olfactory Perception as independent variable.

Source	B	SEB	β	T	p
Well being	0.285	0.036	0.417	7.924	0.000

*R square =0.417, *p<0.05*

DISCUSSION

Table 1 shows that the mean, standard deviation, and variance in Olfactory Perception is 50.8,9.283 and 86.181, respectively. This means that the attitude towards sense of smell is above average and smell triggers emotions, memory and they use it in their daily activities. The mean, standard deviation, and variance in Extraversion trait is 14.31,3.705 and 13.725, respectively. This means that most of the sample obtained are extraverts who are sociable and active. The mean, standard deviation, and variance for the population in Psychoticism trait is 4,1.723 and 2.970, respectively. This means that only a very little portion of the sample are having a tendency towards psychoses. The mean, standard deviation and Variance in Neuroticism trait are 11.55,5.608 and 31.444, respectively. This means that there is a more than average of the sample who are experiencing Negative emotions. The mean, standard deviation and variance obtained in Psychological well-being is 42.03,6.344 and 40.240, respectively. This means that there is above average level of psychological well-being among the adolescents.

In fact, table 2. shows the existence of significant differences between boys and girls in all the three personality traits as defined by Eysenck and discussed above. Males scored significantly higher in psychoticism and extraversion, whereas Females presented higher scores in neuroticism. Therefore, the hypothesis which states that there no is gender differences in personality is rejected. This is in agreement with the study conducted by Murteira Morgado, Alice; da Luz Vale Dias, Maria.

In fact, table 2 shows the existence of significant differences between boys and girls in attitude towards smell. Therefore, the hypothesis which states that there no is gender differences in olfactory perception is rejected. This agrees with the study conducted by Karwowsky. Women have more cells in the olfactory bulb – the area of the brain that is dedicated to sense of smell – than men. This explain why women are reported to have a better sense of smell than men.

Table 2. shows the significant differences between boys and girls in psychological well being. This means that p value is not significant. Therefore, the hypothesis which states that there is no relationship between gender and psychological well-being is accepted. This is in agreement with the study conducted by Nurul Aaina Binti Salleh Che Su Binti Mustaffa. The results of this study support the finding of Amran and Khairiah (2014) which showed that no significant difference of general well-being towards gender.

Table 3 shows the Pearson Correlation and significant values. The r value and p value for the correlation between Gender and Perfume use is 0.068 and 0.242 respectively. The hypothesis which states that there is no relationship between gender and perfume use is accepted. This agrees with the study conducted by Sachin Borgave and Chaudhari J.S which states that there are no gender differences in the consumption of perfume among males and females.

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The r and p value for the correlation between Perfume use and Olfactory perception is 0.007 and 0.905. The p value is not significant. Therefore, the hypothesis which states that there is no significant relationship between Perfume use and Olfactory perception is accepted.

The r value and p value for the correlation between Perfume use and Extraversion is 0.190 and 0.001, respectively. p value is significant, therefore there is high positive correlation between Perfume use and Extraversion. The r value and p value for the correlation between Perfume use and Psychoticism is -0.233 and 0.00, respectively. p value is significant, therefore there is high negative correlation between Perfume use and Psychoticism. The r value and p value for the correlation between Perfume use and Neuroticism is -0.038 and 0.514, respectively. p value is significant, therefore there is high negative correlation between Perfume use and Neuroticism. Therefore, the hypothesis which states that there is no correlation between Perfume use and Personality traits is rejected. This is in agreement with the study conducted by Wim Janssens Patrick De Pelsmacker.

The r value and p value for the correlation between Perfume use and Psychological well-being 0.277 and 0.00, respectively. p value is significant and there is positive correlation between Perfume use and Psychological well-being. This agrees with the study conducted by Lisa Hipgrave. Fragrances directly and/or indirectly affect the psychological and physiological conditions of humans. In addition, the electroencephalograph studies clearly revealed that fragrances significantly modulate the activities of different brain waves and are responsible for various states of the brain. Further, several studies have scientifically supported the beneficial use of various aromatic plants in aromatherapy.

The r value and p value for the correlation between extraversion and olfactory perception is 0.095 and 0.101 respectively. p value is not significant. The r and p value for the correlation between olfactory perception and psychoticism is 0.142 and 0.014 respectively value is significant, therefore there is positive correlation between olfactory perception and psychoticism. The r and p value for the correlation between olfactory perception and neuroticism is 0.417 and 0.000 respectively value is significant, therefore there is high positive correlation between olfactory perception and neuroticism. Therefore, the hypothesis which states that there is no significant relationship between olfactory perception and personality is partially rejected. This agrees with the study conducted by Seo, H. S., Lee, S., & Cho, S. A plausible explanation for the relationship between smelling behavior and personality traits, can be found in a neuroanatomical convergence of olfactory and emotional information in the limbic system, orbitofrontal cortex, insula, and anterior cingulate cortex (for a review, see Soudry et al., 2011). Functional brain-imaging studies have revealed that the limbic and paralimbic areas are involved in regulation of emotional and social desirability (Haas et al., 2010; Boehme et al., 2013) as well as in the processing of odor valence, odor memory, and odor-induced emotion (for review, see Gottfried, 2006; Soudry et al., 2011). Based on neuroanatomical convergence, it is to be expected that individuals who are faking good are vulnerable to emotional olfactory signals, possibly leading them to rely on olfactory cues for social communication and daily decision-making.

The r and p value for the correlation between Olfactory perception and Psychological well-being is 0.417 and 0.000 respectively. The p value is significant, therefore there is positive correlation between olfactory Perception and Psychological well being. This is in agreement with the research conducted by Rochet, M., El-Hage, W., Richa, S., Kazour, F., & Atanasova, B. According to a 2011 study conducted by Masahiro et al, positive emotions,

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which can be elicited by certain fragrances have been proven to lower stress levels and improve overall mental outlook.

The r and p value for the correlation between Extraversion and Psychological well-being is 0.127 and 0.028, respectively. The p value is significant, therefore there is positive correlation between Extraversion and Psychological well-being. Past studies have revealed that extraversion is related to psychological well-being. Some investigations have shown that extraversion has a consistent and strong correlation with psychological well-being (Headey & Wearing, 1989; Hotard, McFatter, McWhirter, & Stegall, 1989; Lu, 1995). A linear regression analysis was conducted to evaluate how well Olfactory Perception predict Psychological well-being among Adolescents. The correlations of the variables are shown in the above table. It can be found that between Olfactory Perception and Psychological well-being ($B=0.285$, $p<0.01$) therefore, it can be found that the correlations are statistically significant. Between Olfactory Perception ($F=62.791$, $p<0.05$) and Psychological well-being the model was significant and accounted for approximately 41% of the variance of Psychological well-being.

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Conflict of Interest

The author declared no conflict of interests.

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