

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

Divya Sarah Lal¹, Madanu Pavithra^{2*}

ABSTRACT

The aim of the study is to find the relationship between personality, self-efficacy and life satisfaction. The current research adopts a between groups design to study gender differences in young adults with respect to the dimensions of personality, self-efficacy and life satisfaction. A correlational design was used to determine the relationship between personality, self-efficacy and life satisfaction by using instruments like Big Five Personality inventory (John & Srivastava, 1999), General Self-Efficacy scale (Schwarzer & Jerusalem, 1995) and Satisfaction with Life scale (Diener, et. al., 1985). A non-probability purposive sampling technique was used to select a sample of 220 young adults of which 110 were men and 110 were women. The finding of the study revealed that in the dimensions of extraversion and agreeableness, women scored higher than men. There was no major gender difference found for the rest of the dimensions of personality, self-efficacy and life satisfaction. Positive relationship was found between life satisfaction and the dimensions of conscientiousness and extraversion. Negative relationship was found between life satisfaction and the dimension of neuroticism. There was a positive relationship found between self-efficacy and life satisfaction. Openness, conscientiousness, extraversion and agreeableness were all found to have a positive relationship with self-efficacy. Neuroticism showed negative relationship with neuroticism. The findings of this research shows that personality and self-efficacy play a major in the life satisfaction of a person and can help in improving the life of a person by using proper interventions.

Keywords: *Personality, Self-Efficacy, Life Satisfaction, Gender, Young Adults, Correlation, Between Groups.*

Young adulthood is a critical period in one's personal growth. This is the time when an individual's basic philosophical, social, and cultural values are created. In either case, a person establishes a basis for his or her collection of principles, which will impact the rest of his or her life. At the same time, young adulthood is an era of transition from childhood to adulthood. The term "young adulthood" refers to the period when people finish their education and basic academic activities on the one hand, and begin their professional careers on the other. Young adulthood is a critical stage in an individual's

¹Assistant Professor, Department of Psychology, St. Francis College for Women, Hyderabad, Telangana, India.

²Student, St. Francis College for Women, Uma Nagar, Begumpet, Hyderabad, Telangana, India.

*Corresponding Author

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A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

personal growth, according to developmental psychology. In reality, each person goes through various stages in his or her cognitive growth, with young adulthood being the time where a person's views and beliefs, as well as moral values and standards, are influenced. Furthermore, young adulthood is a transitional period in one's life when one completes their schooling and begins a professional career. This is a critical juncture in each person's growth. Young people, on the whole, have high expectations and are very hopeful about their future. Finally, young adulthood is the start of the development of strong family ties, as people look for a partner with whom they want to start a family. As a result, young adulthood is a vital stage in each person's personal growth (Zastrow & Kirst–Ashman, 2007).

Personality is an important factor for an individual to gain a sense of self-identity and realize how they react and interact with their environment. Personality is a stable, structured collection of psychological traits and mechanisms in a person that affects how he or she interacts with and changes the psychological, social, and physical environment in which they live (Larsen, et. al., 2018).

The trait approach to personality, unlike many other theories of personality, such as psychoanalytic or humanistic theories, focuses on individual differences. Each person's personality is formed by the interaction and combination of different traits. The aim of trait theory is to classify and quantify these unique personality traits (Fajkowska & Kreidler, 2018).

The Five Factor Model of personality is one of the most famous and seems to be nearly universally held, no matter the culture or tradition (McCrae, et. al., 2005). The model contains five dimensions of personality within it that can be remembered with the acronym OCEAN: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism (Costa & McCrae, 1992).

Self-efficacy can be defined as an individual's beliefs in their own abilities to execute judgments for any perceived situations (Bandura, 1986). Self-efficacy determines the amount of effort an individual would put into being able to achieve their goals and the way they are to deal with problems and stress (Baldwin & Ewald, 2006). Self-efficacy shows us that humans can develop and adapt to their situation for reaching their goals (Zimmerman & Schunk, 2003). Self-efficacy is a trait that can be developed and is not something that people are born with. Even with difference in environments and culture, every individual is capable of exercise and strengthen self-efficacy (Schunk & Ertmer, 2000).

Life satisfaction can be defined as a person's unique judgment of wellbeing and quality of life based on their own chosen principles (Diener, 1984). The cognitive or judgmental dimension of subjective well-being is life satisfaction, which involves people comparing their situation to certain standards.

The Bottom-up and Top-down theories of life satisfaction goes in depth and evaluates the level of satisfaction with everything in a person's life (Brief, et. al., 1993). The bottom-up theory states that life satisfaction is influenced by factors which are materialistic and available in the person's surroundings, this includes income, marriage, social standard, job and health (Heidemeier & Göritz 2016; Luhmann, et. al., 2013). On the other hand, the top-down theory states that life satisfaction depends on the person's internal characteristics like Personality traits, attitudes, self-esteem and beliefs (Diener, et. al., 2003).

Personality and life satisfaction

Researches done to find the relationship between personality and life satisfaction have found personality to be one of the most significant variables for determining life satisfaction. Life satisfaction positively correlated with extraversion, agreeableness, and conscientiousness. Moreover, life satisfaction negatively correlated with neuroticism. A similar pattern of results, even slightly stronger, was found in the case of positivity and personality traits (Heidemeier & Göritz, 2016).

In young adults, it was found that neuroticism and extraversion predicted mental well-being and life satisfaction 40 years later. Extraversion having a positive impact and neuroticism showed a negative impact on the individual (Gale, et. al., 2013). A study showed that the influence of personality on life satisfaction is mediated by hedonic balance and that the relation between hedonic balance and life satisfaction is moderated by culture. Extraversion and Neuroticism influenced hedonic balance to the same degree in all cultures, and overall balance of both positive and negative affect was a stronger predictor of life satisfaction in individualistic than in collectivistic cultures (Schimmack, 2002).

Self-Efficacy and Life Satisfaction

It was found out that self-efficacy of young adults significantly predict their life satisfaction. High level of self-efficacy determined psychological well-being and psychosocial harmony. It also has a great impact on a person's health as it directly manages the levels of stress and indirectly affects other health related behaviors. The positive relationship between self-efficacy and life satisfaction can be understood by the fact that people with high self-efficacy have the ability to overcome stressful situations. These people tend to look at things in a positive light and see them as opportunities to grow and learn from. On the contrary, the individuals with low self-efficacy believe that the things they will do are harder than they are in reality which causes more anxiety. The beliefs of general self-efficacy are mostly considered to be relative to psychological well-being (Çakar, 2012). Young adults having low self-efficacy beliefs are more likely to use self-defeating strategies (Johnson, & Awaida, 2005).

Personality and Self efficacy

The Big Five personality traits and self-efficacy are seen to be independently related to different outcomes across domains of functioning. The trait model specifies that the Big Five traits influence performance directly and indirectly through partial mediation of self-efficacy. In the independent model, the Big Five traits influence self-efficacy and performance independently, without mediation of self-efficacy. In the intrapersonal model, the effects of the Big Five traits on performance are fully mediated by self-efficacy. Self-efficacy positively related to academic performance across the models, conscientiousness and emotional stability were predictive of self-efficacy and performance in some analyses, and the significance of the other three traits was momentary (Stajkovic, et. al., 2018). A study indicates self-efficacy as a possible mediator of the effects of neuroticism, extraversion, openness, and conscientiousness on global life satisfaction (Strobel, et. al., 2011).

A study conducted on Israeli students showed that Higher levels of conscientiousness and extraversion, as well as lower levels of neuroticism, were found to lead to higher self-efficacy. Higher levels of conscientiousness, neuroticism, and extraversion, on the other hand, were associated with higher outcome expectations. These results contribute to our

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

knowledge of personality traits as antecedents of self-efficacy and outcome expectations (Brown & Cinamon, 2016).

Relationship between domains of self-efficacy and five factor models showed that conscientiousness and extraversion both correlated positively with a broad range of self-efficacy domains, while neuroticism displayed significant negative relationships with nearly all forms of career self-efficacy (Hartman, et. al, 2007).

In the present generation everyone is always running after something to achieve life satisfaction and forget to see their own thought, emotions and behaviors. Maybe the reason doesn't lie on the outside but it has always been within ourselves and something that we need to look into to understand on why we behave a certain way or manner. An individual might have more positive cognition that allows them to look at their situation in a more positive manner. In this research, by looking into one of the most unique characteristic of person, which is their personality and self-efficacy which is considered to be an important tool to achieve goals, we can understand an individual's perspective of life satisfaction and how different personality traits might show differing levels of satisfaction.

METHODOLOGY

Objectives

To determine –

- If there are any gender difference with respect to the dimensions of personality (Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism), Self-efficacy and life satisfaction
- If personality traits like openness, conscientiousness, extraversion and agreeableness are positively correlated to life satisfaction while traits like neuroticism are negatively correlated to life satisfaction.
- If self-efficacy is positively related to life-satisfaction
- If personality traits like openness, conscientiousness, extraversion and agreeableness are positively correlated to self-efficacy while traits like neuroticism are negatively correlated to self-efficacy.

Hypothesis

H1: There will be a gender difference with respect to the dimensions of personality (Ai) openness, (Aii) conscientiousness, (Aiii) extraversion, (Aiv) agreeableness and (Av) neuroticism, (B) Self-efficacy and (C) Life Satisfaction.

H2: There will be a positive correlation between personality domains of openness, conscientiousness, extraversion and agreeableness with life satisfaction while neuroticism is negatively correlated to life satisfaction.

H3: There will be a positive relation between self-efficacy and life satisfaction.

H4: There will be a positive correlation between personality domains of openness, conscientiousness, extraversion and agreeableness with self-efficacy while neuroticism is negatively correlated to self-efficacy.

Research Design

The present study adopts a between groups design to determine whether there are any gender differences in the achievement of Life Satisfaction based on the dimensions of Personality and Self-Efficacy. The present study also adopts a correlational research design to determine if there is a correlation between the domains of personality (Openness, Conscientiousness,

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

Extraversion, Agreeableness and Neuroticism) and Self-efficacy to life satisfaction in young adults.

Sample

A non-probability purposive sampling method was used with 250 being the target number of samples. Young adults from the age range of 18-25 were used as the sample target. A survey was conducted and a sample of 220 individuals was collected, of which 110(50%) were men and 110(50%) were women.

Inclusion Criteria

- Men and women within the age range of 18-25.
- Citizens of India.
- English speaking individuals from different religion and family backgrounds where included.

Exclusion Criteria

- Anyone below the age of 18 or above the age of 25.
- Individuals with any psychological disorder.
- Individuals who are on medications.

Instruments

Three measures were used in this study,

1. Big Five Inventory (BFI)

The Big Five inventory was developed by John, O. P., & Srivastava, S. (1999). It is a 44-item inventory that measures an individual on the Big Five Factors (dimensions) of personality (Goldberg, 1993). BFI shows high convergent validity and reliability is seen to be around 0.79 to 0.88. Participants indicate how much they agree or disagree with each of the items using 5-point Likert scale. It ranges from 1 – “Disagree Strongly”, 2 – “Disagree a little”, 3 – “Neither Agree nor Disagree”, 4 – “Agree a little” to 5 – “Agree Strongly”.

Each of the factors is then further divided into personality facets. The Big Five Factors are-

- **Openness to experience** - Characteristics like imagination, curiosity, and wisdom are present in this trait. Item numbers 5, 10, 15, 20, 25, 30, 35R, 40, 41R, 44 belong to this dimension (R= reverse scoring).
- **Conscientiousness** - High levels of productivity, thoughtfulness, good impulse control, and goal-directed behaviors are all common characteristics of this dimension. Item numbers 3, 8R, 13, 18R, 23R, 28, 33, 38, 43R belong to this dimension (R= reverse scoring).
- **Extraversion** - Excitability, sociability, talkativeness, assertiveness, and high levels of emotional expressiveness are all characteristics of extraversion (or extroversion). Item numbers 1, 6R, 11, 16, 21R, 26, 31R, 36 belong to this dimension (R= reverse scoring).
- **Agreeableness** - Trust, altruism, modesty, kindness, affection, and other pro-socially directed behaviors are all included in this personality dimension. Item numbers 2R, 7, 12R, 17, 22, 27R, 32, 37R, 42 belong to this dimension (R= reverse scoring).
- **Neuroticism** - Sadness, moodiness, and emotional instability are all characteristics of neuroticism. Item numbers 4, 9R, 14, 19, 24R, 29, 34R, 39 belong to this dimension (R = reverse scoring)

2. General Self-Efficacy scale

General Self-Efficacy scale is a measure of self-efficacy developed by Schwarzer, R., & Jerusalem, M. (1995). It is a questionnaire containing 10 items. It is a 4-point Likert scale with no reverse scoring. It ranges from 1-“Not at all true”, 2 – “Hardly true”, 3 – “Moderately true” to 4- “exactly true”. Internal reliability for GSE = Cronbach’s alphas between .76 and .90. The General Self-Efficacy Scale is correlated to emotion, optimism, work satisfaction. Negative coefficients were found for depression, stress, health complaints, burnout, and anxiety. The total score is calculated by finding the sum of the all items. For the GSE, the total score ranges between 10 and 40, with a higher score indicating more self-efficacy.

3. Satisfaction with Life Scale

The Satisfaction with Life scale developed by Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). A 5-item scale designed to measure global cognitive judgments of one’s life satisfaction (not a measure of either positive or negative affect). The coefficient alpha for the scale has ranged from .79 to .89, indicating that the scale has high internal consistency. The scale was also found to have good test-retest correlations (.84, .80 over a month interval). Participants indicate how much they agree or disagree with each of the 5 items using 7-point Likert scale that ranges from 7 – “strongly agree”, 6 – “Agree”, 5 – “Slightly Agree”, 4 – “Neither Agree nor Disagree”, 3 – “Slightly Disagree”, 2 – “Disagree” to 1 – “Strongly disagree. There are no reverse code items. Scoring should be kept continuous (sum up scores on each item), The Benchmarks used are - (1) 31 - 35 Extremely satisfied (2) 26 - 30 Satisfied (3) 21 - 25 Slightly satisfied (4)20 Neutral (5) 15 - 19 Slightly dissatisfied (6) 10 - 14 Dissatisfied (7) 5 - 9 Extremely dissatisfied.

Procedure

After selecting measures for the study, the researcher contacted the participants through social media. The individuals were informed that their participation was purely voluntary. They were assured of maintaining confidentiality throughout the study and were asked to fill the form. They were even informed that if they are not interested in providing their names, they can provide initials. The research was done through social media by sending Google forms to the participants. The form contained in the first part demographic details which need to be filled by the participant. All the instructions were provided at the beginning of the questionnaire. The participant took around 20-25 minutes to fill the demographic details and the questionnaires. The data collected was then coded, entered in SPSS and statistically analyzed.

RESULTS

The obtained data of this study were analyzed using independent sample t-test and Pearson product moment correlation using the Statistical Package for Social Sciences (SPSS). Independent sample t-test was used to analyses gender differences among young adults in the dimensions of personality (viz., Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism), self-efficacy and life satisfaction. Pearson product moment correlation was used to determine the relationship of life satisfaction with dimensions of personality and self-efficacy. Pearson product moment was used to determine the correlation between dimensions of personality and self-efficacy.

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

Table 1: Mean, Standard Deviation and t-values of males and females with respect to dimensions of personality, self-efficacy and life satisfaction.

Young Adults					
Dimensions of Personality	Male(N=110)		Female(N=110)		t-test
	Mean	SD	Mean	SD	
Openness	34.32	5.501	35.35	4.974	-1.453
Conscientiousness	29.31	4.623	29.85	5.448	-0.801
Extraversion	25.12	3.874	26.37	4.831	-2.125*
Agreeableness	30.64	5.165	32.93	4.494	-3.510**
Neuroticism	23.87	4.903	24.61	6.023	-0.994
Self-efficacy	28.77	5.957	30.02	5.673	-1.588
Life Satisfaction	24.32	6.322	24.20	6.548	0.136

Note: * $p \leq 0.05$; ** $p \leq 0.01$; $df = 218$

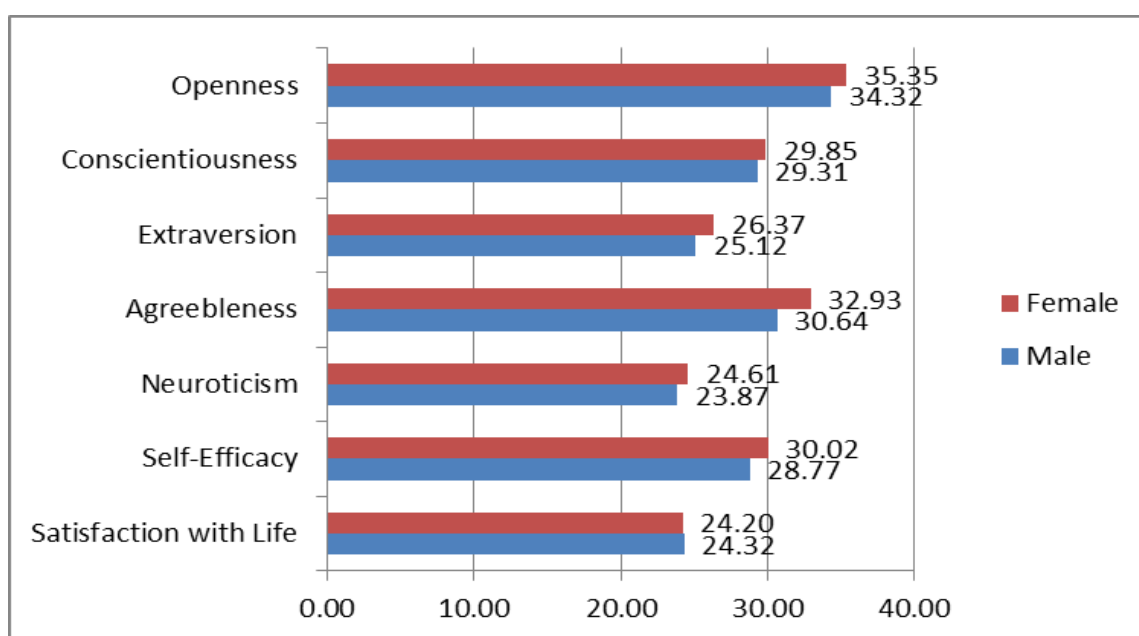


Figure 3: Bar graph showing mean scores of males and females with respect to dimensions of personality, self-efficacy and satisfaction with life (N=220)

Table 1 reveals that there was a significant gender difference in extraversion dimension of personality ($t = -2.125, p < 0.05$). as it is evident from the mean scores, males ($M = 25.12$) reported lower levels of extraversion compared to females ($M = 26.37$). In other words, females have higher extraversion. **Thus, Hypothesis H1 (Aiii) is accepted.**

Table 1 also showed a significant gender difference in agreeableness dimension of personality ($t = -3.150, p < 0.01$). as it is evident from the mean scores males ($M = 30.64$) reported lower levels of agreeableness compared to females ($M = 32.93$). In other words, females have a higher agreeableness. **Thus, Hypothesis H1 (Avi) is accepted.**

Moreover table 1 showed that there were no significant gender differences found in the dimensions of openness, conscientiousness and neuroticism ($p > 0.05$). **Thus, hypothesis H1 (Ai)- H1(Aii) and H1(Av) is rejected.**

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

Table 1 also shows that there was no significant gender difference found in self-efficacy ($p > 0.05$). **Thus, Hypothesis H1 (B) is rejected.**

Table 1 also shows that there was no significant gender difference found in life satisfaction ($p > 0.05$). **Thus, Hypothesis H1 (C) is rejected.**

Table 2: Correlation matrix showing the relationship between dimensions of personality (viz. Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism), self-efficacy and life satisfaction (N=220).

Variables	Self-efficacy	Life satisfaction
Dimensions of Personality		
Openness	0.439**	-0.042
Conscientiousness	0.541**	0.348**
Extraversion	0.343**	0.209**
Agreeableness	0.428**	-0.014
Neuroticism	-0.348**	-0.394**
Self-efficacy	1	0.302**

Note: * $p \leq 0.05$; ** $p \leq 0.01$; $df = 218$

Table 2 showed that there was a significant positive correlation between conscientiousness and life satisfaction ($r = 0.348$, $p < 0.01$). In other words, higher conscientiousness corresponds to higher satisfaction with life. **Thus, hypotheses H2 is accepted.**

Table 2 indicated that there was a significant positive correlation between the personality dimension of extraversion and life satisfaction ($r = 0.209$, $p < 0.01$). In other words, higher extraversion corresponds to higher satisfaction with life. **Thus, hypothesis H2 is accepted.**

Similarly, Table 2 shows that there was a significant negative correlation between neuroticism and satisfaction with life ($r = -0.394$, $p < 0.01$). In other words, higher neuroticism corresponds to lower life satisfaction. **Thus, hypothesis H2 is accepted.**

There was no significant correlation in the dimensions of agreeableness and openness with life satisfaction. **Thus, hypothesis H2 is rejected.**

Table 2, indicated that there was a significant positive correlation between self-efficacy and life satisfaction ($r = 0.302$, $p < 0.01$). In other words, higher self-efficacy corresponds to higher life satisfaction. **Thus, hypothesis H3 is accepted.**

Table 2, showed that there was a significant positive correlation between openness and self-efficacy ($r = 0.439$, $p < 0.01$). In other words, higher openness corresponds to higher self-efficacy. **Thus, hypotheses H4 is accepted.**

Table 2 also showed that there was a significant positive correlation between conscientiousness and self-efficacy ($r = 0.541$, $p < 0.01$). In other words, higher conscientiousness corresponds to higher self-efficacy. **Thus, hypotheses H4 is accepted.**

Table 2 indicated that there was a significant positive correlation between the personality dimension of extraversion and self-efficacy ($r = 0.343$, $p < 0.01$). In other words, higher extraversion corresponds to higher self-efficacy. **Thus, hypothesis H4 is accepted.**

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

Table 2 indicated that there was a significant positive correlation between the personality dimension of agreeableness and self-efficacy ($r = 0.428$, $p < 0.01$). In other words, higher agreeableness corresponds to higher self-efficacy. **Thus, hypothesis H4 is accepted.**

Similarly, Table 2 shows that there was a significant negative correlation between neuroticism and self-efficacy ($r = -0.348$, $p < 0.01$). In other words, higher neuroticism corresponds to lower self-efficacy. **Thus, hypothesis H4 is accepted.**

DISCUSSION

The first aim for this study was to find the gender differences among the population in relation to the variables. The second aim was to find the relationship between personality traits, self-efficacy and life satisfaction among young adults. The researcher had collected data from 220 individuals. Out of this 110 were male and 110 were female. The participants belonged to the age group of 18 to 25 years. The individuals belonged to the young adult population from India. Non-purposive sampling technique was used to select the sample.

The first hypothesis of the study aimed at finding if there will be a gender difference with respect to the dimensions of personality (Ai) openness, (Aii) conscientiousness, (Aiii) extraversion, (Aiv) agreeableness and (Av) neuroticism, (B) Self-efficacy and (C) Life Satisfaction. The results showed that the dimensions of extraversion ($t = -2.125$, $p < 0.05$) and agreeableness ($t = -3.150$, $p < 0.01$) had gender differences and hence H1 (Aiii) and H1 (iv) were accepted. The results showed that women had higher scores of extraversion and agreeableness when compared to men.

Overall, we discovered a slight but substantial gender gap in Extraversion, with women scoring higher than men. Extraversion is seen to have a more complex trend in previous researches. Talkative, sociable, action-oriented, enthusiastic, polite, assertive and outgoing are all terms used to describe extroverts. In enthusiasm, women outperform men and hence might show higher extraversion (Yanna, et. al., 2011). On the other hand, previous research has shown that men are more assertive and seek excitement than women in areas such as assertiveness (Costa, et. al., 2001).

The scores of extraversion also change according to the culture and religious differences of the population. A study done on Iranian women showed how they were expected to be serious and conservative, which reflected on their scores of extraversion being lower (Abbas, et. al., 2012). In this study, women showing higher extraversion can be due to their more sociable, enthusiastic and warm traits that might have developed due to their cultural and religious contexts.

There was a substantial gender gap in Agreeableness, with women scoring higher than men, confirming previous results. Trust, altruism, empathy, love, and other pro-social traits are included in this personality dimension. Women tend to be more sensitive, warm, attentive to others and empathetic compared to men (Rachael, 2013).

A research done on undergraduate students showed how women had higher scores on openness to experience and agreeableness compared to men. Men showed lack of interest in social conventions and being aware of others emotions (Soudeh, 2012).

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

The dimensions of openness, conscientiousness and neuroticism did not show any differences. Men and women were seen to show similar scores. Hence, hypothesis H1 (Ai), (Aii) and (Av) were rejected.

We found no major gender disparity in conscientiousness which was not consistent with previous studies. Women were discovered to have a slightly higher degree of conscientiousness than men (Noah, 2019). High levels of thoughtfulness, strong impulse control, and goal-directed behaviors are all common characteristics of this dimension. The gender disparity in conscientiousness was moderated by age, with the gender difference favoring women at younger ages disappearing and reversing at older ages.

For women, the age trend showed a decrease in conscientiousness, while for men, the trend showed a rise (Yanna, 2011). The age range and culture might be the reason for having no gender difference in the dimensions of conscientiousness for this study.

We found no substantial difference in Openness and neuroticism at the Big Five domain level, which is consistent with previous research. The gender disparity in openness and neuroticism was moderated by age, with the gender gap narrowing as people got older. This pattern of findings may be explained by the fact that neuroticism rises in females but not in males during emerging adulthood (Soto, et. al., 2011).

There was no major disparity between the genders in relation to life satisfaction. Hence, H1 (B) was rejected which was consistent with previous research. A study conducted in United Kingdom showed that although men and women have comparatively same levels of life satisfaction, the reason for achieving it are different. The fact that women and men assign different weights to satisfaction with different life dimensions may explain any variations (Marina, 2011).

A study conducted on Indians showed no gender differences between any of the coping variables and life satisfaction. Despite gender disparities in the frequency in which the different techniques were used in stressful situations, the extent of the relationships between each coping variable and overall life satisfaction tends to be consistent across both genders (Susan, et. al., 2015).

We found no major gender disparity in relation to self-efficacy. Hence, H1 (C) was rejected. The results were consistent with previous research. A study conducted on 283 students in Malaysia showed no gender differences between the men and women (Siti, 2013).

Another study conducted on college students showed no gender difference in self-efficacy and their attitude towards computers (Busch, 1995). Men are known to exaggerate their own skills on self-efficacy scales, while women are far more modest in their evaluations (Mary, 2010). This might be a major cause for any discrepancies in results.

The second hypothesis of the study stated that there will be a positive correlation between personality domains of openness, conscientiousness, extraversion and agreeableness with life satisfaction while neuroticism is negatively correlated to life satisfaction. Positive correlation was seen between life satisfaction and the dimension of extraversion ($r = 0.209$, $p < 0.01$) and conscientiousness ($r = 0.348$, $p < 0.01$). Hence, higher scores in dimensions of extraversion and conscientiousness leads to higher life satisfaction.

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

The result of the present study is consistent with previous researches where it was concluded that extraversion and conscientiousness played a positive role in life satisfaction (Azra, 2015). It has been seen that individuals who are emotionally stable, optimistic, and socially engaged, considerate and cooperative, inspired, and responsible are more likely to achieve life satisfaction over time, according to research (Hounkpatin, et. al., 2018).

Negative correlation was seen between life satisfaction and neuroticism ($r = -0.394$, $p < 0.01$). Hence, lower scores in neuroticism show higher scores of life satisfaction. Neuroticism is considered as one of the strongest predictors of life satisfaction. The depression facet of neuroticism is one of the strongest and necessary predictors of life satisfaction (Ulrich, et. al., 2004). Neuroticism has also shown to affect level of work stress and burnout (Peter, 2018). Hence, neuroticism can be repeatedly seen to show negative correlation to life satisfaction (Malgorzata, 2019).

There was no correlation between the dimensions of agreeableness and openness. Hence, H2 was rejected. Our findings support other studies (Steel, et. al., 2008) that found openness to experience was significantly linked to happiness and quality of life, but not to life satisfaction. It was observed that openness is not related to whether people have a positive impact or are satisfied with their lives on a hedonic basis (Diener, 1998).

The findings on agreeableness are contradictory to previous researches. A research showed that agreeableness could facilitate the positive experiences in social situations (Hayes & Joseph, 2002). Agreeableness is not an important factor when compared to extraversion and neuroticism across various cultures and that might play a role in the discrepancies.

The third hypothesis stated that there will be a positive relation between self-efficacy and life satisfaction. There was a positive relation between self-efficacy and life satisfaction ($r = 0.302$, $p < 0.01$). Hence, high self-efficacy leads to higher life satisfaction which was similar to the previous research done on this topic (Misbah, 2019). Efforts to increase self-efficacy can reduce the fear of failure. Individuals' life satisfaction will improve as their self-efficacy understanding improves and their fear of success decreases (Hasan, 2018). Positive relations are seen between self-efficacy and life satisfaction which helps in reducing burnout (Burhan, 2012).

There is a connection between adults' self-efficacy and their overall well-being, according to research. As we all know, life satisfaction is an individual's cognitive assessment of his or her living circumstances based on parameters set by the individual. In other words, the balance of an individual's life satisfaction and accomplishments determines his or her level of life satisfaction (Tagay, 2016)

The fourth hypothesis stated that there will be a positive correlation between personality domains of openness, conscientiousness, extraversion and agreeableness with self-efficacy while neuroticism is negatively correlated to self-efficacy. Positive relation was seen between the dimensions of extraversion ($r = 0.343$, $p < 0.01$), agreeableness ($r = 0.428$, $p < 0.01$), openness ($r = 0.439$, $p < 0.01$) and conscientiousness ($r = 0.541$, $p < 0.01$) with self-efficacy while a negative relation was seen between neuroticism and self-efficacy ($r = -0.348$, $p < 0.01$). Hence, H4 was accepted which means higher level of Openness, conscientiousness, extraversion and agreeableness leads to higher levels of self-efficacy while higher levels of neuroticism leads to lower levels of life satisfaction. Previous studies

A Study on The Relationship Between Personality, Self-Efficacy and Life Satisfaction

have shown that extraversion, agreeableness and conscientiousness to be the main predictors of self-efficacy.

One of the Big 5 personalities, neuroticism, is characterized by a proclivity for anxiety, depression, self-doubt, and other negative emotions and hence is seen to negatively affect self-efficacy (Ambiel & Noronha, 2016).

Research indicate that conscientiousness and extraversion have universal effects because they both associated favorably with a wide variety of self-efficacy domains, while neuroticism had strong negative relationships with virtually all types of career self-efficacy (Hartman & Betz, 2007).

CONCLUSION

Limitations

The sample size is small and hence minor variations might have been observed in the results due to it. Although it was suggested that agreeable people would be more satisfied, it was found that it was not the case in this research. The data was collected through online mode and hence all demographics might have not been included. Any queries regarding any items within the questionnaires couldn't be rectified as the information was taken through online mode.

Applicative Value

The study enhances our knowledge about the relationship between personalities, self-efficacy and life satisfaction among young adults. Understanding the correlation can help in enhancing the relationship of a person with their environment. Different personality groups achieve life satisfaction by different means, understanding that can help an individual to make better decisions. It sheds lights on the internal dynamics of a person that influences their drives and motivations to achieve well-being. Interventions can be conducted for young adults based on their results from this research. Self-efficacy can be seen to play a major role and hence can be incorporated into schools and workplaces to obtain better results. This data can be used in educational, work or psychological settings as assessments to improve the lifestyle of individuals.

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Conflict of Interest

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