

## A Study of The Effect of Personality Traits on Prosocial Behavior among Youth

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### ABSTRACT

Personality traits have a significant effect on person's behaviors, feelings and patterns of thoughts. This makes people different from others in terms of where they stand on a set of basic trait dimensions that persist over time and across situations. The objective of this study is to see if there is an effect of personality traits on pro-social behavior. The sample consisted of 50 people; 25 boys and 25 girls. Data analysis was done using SPSS Version 29.0 and Linear Regression Analysis was used to check the hypotheses. It was found that none of the five personality traits had a significant effect on pro-social behavior on the total sample, male sample and the female sample. Only Neuroticism was found to have a significant and negative effect on pro-social behavior in females only with its value being -0.538 (Significant at .05 level).

**Keywords:** *Personality Traits, Pro-social behaviour, Youth*

The term "personality" is derived from the Latin word *persona* and refers to the stage mask worn by a performer to play a role or disguise an identity. Each time we use one of these words, like "talkative," "quiet," "active," or "anxious," to define those around us, we are talking about a person's personality. Personality may consist of unconscious structures. It can consist of personal stories that we build up throughout our lives (Cervone, Shadel, & Jencius, 2001).

### **Big Five Personality Traits:**

1. Openness is a quality that involves imagination and insight.
2. Conscientiousness describes a person's ability to adjust their impulse control to take goal-directed actions (Grohol, 2019).
3. Extraversion reflects a propensity and strength to seek interaction with the environment, especially from a social perspective.
4. Agreeableness refers to how people tend to treat their relationships with others.
5. Neuroticism is considered by sadness, moodiness, and emotional instability.

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### *Pro-social Behavior*

Pro-social behavior refers to “voluntary acts aimed at helping or benefiting another person or group of people” (Eisenberg and Mussen 1989).

Pro-social behavior is any behavior that is intended to benefit another person or persons (Dunfield, 2014). Volunteer work, donating money, or helping a neighbor move a heavy item of furniture are examples of pro-social behavior. The most prominent type of pro-social behavior is altruism, where a person takes on a cost to help another person with no expectancy or possibility of receiving a benefit in return. When you help a person to reach a goal, share your resources, or offer comfort, you are engaging in pro-social behavior.

One explanation of pro-social behavior consists of empathy – the ability to be able to experience others emotional states, feel sympathetic toward them, and take their perspective. (e.g., Eisenberg, 2000; Hodges, Kiel, Kramer, Veach, & Villaneuva, 2010). We help others because we experience some unpleasant feelings they are experiencing vicariously. And we have a urge or want to help bring their negative feelings to an end.

### **METHODOLOGY**

Methodology is scientific research at its best. However, the word can also refer to the method itself or the discussion of background thoughts. A method is a systematic process to achieve a particular goal. In the context of research, this goal is usually to find new knowledge or use existing knowledge. This usually involves several steps such as selecting a model, collecting data from that model, and interpreting that data.

### *Objectives of Study*

- O1. To study the effect of personality traits on pro-social behavior among youth.
- O2. To study the effect of personality traits on pro-social behavior among youth boys.
- O3. To study the effect of personality traits on pro-social behavior among youth girls.

### *Hypotheses*

- H1. There is an effect of personality traits on pro-social behavior among youth.
- H2. There is an effect of personality traits on pro-social behavior among youth boys.
- H3. There is an effect of personality traits on pro-social behavior among youth girls.

### *Variables*

- Independent variable – personality traits
- Dependent variable – pro-social behavior

### **Sample Size – 50**

### *Representation of Sample*

<b>TOTAL NO. OF SAMPLE</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>50</b>	<b>25</b>	<b>25</b>

### *Tool Description*

To collect data, The Five Personality Trait Inventory by K. S. Mishra and the Altruism Scale by Dr. S. N. Rai and Dr. Sanwat Singh (to assess pro-social behavior) were used.

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### *Data Analysis*

The data was analyzed using SPSS Version 29.0 and Linear Regression Analysis was used to test the hypotheses.

### **RESULTS AND ANALYSIS**

After conducting data analysis the following results were found. Results for each hypothesis are given separately.

For the first hypothesis, regression analysis was performed and the following table was obtained:

<b>Coefficients<sup>a</sup></b>						
<b>Model</b>		<b>Unstandardized Coefficients</b>		<b>Standardized Coefficients</b>	<b>t</b>	<b>Sig.</b>
		<b>B</b>	<b>Std. Error</b>	<b>Beta</b>		
1	(Constant)	29.673	10.956		2.708	0.010
	Conscientiousness	0.186	0.218	0.135	0.850	0.400
	Openness	0.244	0.227	0.211	1.073	0.289
	Neuroticism	-0.273	0.145	-0.268	-1.877	0.067
	Agreeableness	-0.172	0.288	-0.119	-0.595	0.555
	Extraversion	0.163	0.198	0.128	0.826	0.413

a. Dependent Variable: AS raw score

Through Linear Regression Analysis, the effect values for the five personality traits are: C = 0.135, O = 0.211, N = -0.268, A = -0.119 and E = 0.128. None of the traits were significant at any level.

For the second hypothesis, regression analysis was performed and the following table was obtained:

Through Linear Regression Analysis, the effect values for the five personality traits in males are: C = 0.209, O = 0.264, N = -0.041, A = -0.112 and E = 0.162. None of the traits were significant at any level.

<b>Coefficients<sup>a,b</sup></b>						
<b>Model</b>		<b>Unstandardized Coefficients</b>		<b>Standardized Coefficients</b>	<b>t</b>	<b>Sig.</b>
		<b>B</b>	<b>Std. Error</b>	<b>Beta</b>		
1	(Constant)	15.981	18.387		0.869	0.396
	Conscientiousness	0.277	0.332	0.209	0.834	0.414
	Openness	0.334	0.481	0.264	0.693	0.497
	Neuroticism	-0.041	0.232	-0.041	-0.177	0.862
	Agreeableness	-0.158	0.471	-0.112	-0.337	0.740
	Extraversion	0.178	0.304	0.162	0.585	0.565

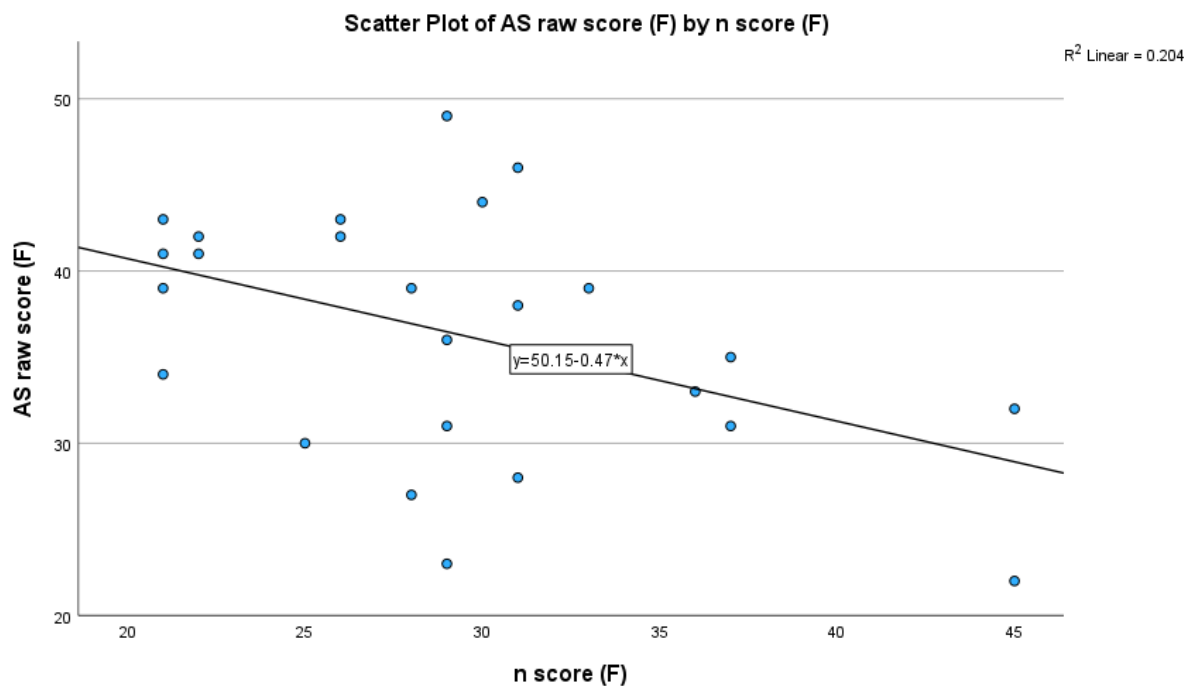
a. Dependent Variable: AS raw score  
b. Selecting only cases for which gender = male

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For the third hypothesis, regression analysis was performed and the following table was obtained:

Coefficients <sup>a,b</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	35.602	15.087		2.360	0.029
	Conscientiousness	0.072	0.321	0.050	0.224	0.825
	Openness	0.314	0.300	0.295	1.048	0.308
	Neuroticism	-0.562	0.239	-0.538	-2.355	0.029
	Agreeableness	-0.092	0.455	-0.061	-0.201	0.843
	Extraversion	0.196	0.363	0.119	0.541	0.595

a. Dependent Variable: AS raw score  
 b. Selecting only cases for which gender = female



Through Linear Regression Analysis, the effect values for the five personality traits in females are: C = 0.050, O = 0.295, N = -0.538, A = -0.061 and E = 0.119 Only Neuroticism was found to be significant at 0.05 level. None of the other traits were significant at any level.

### **DISCUSSION**

After conducting regression analysis, it was found that none of the five personality traits had a significant effect on pro-social behavior among the total sample and male sample. Thus, our first and second hypothesis were rejected. In females, it was found that out of five only one personality trait (Neuroticism) was found to have a significant effect on pro-social behavior.

## CONCLUSION

It is found that there is no significant effect of personality traits on pro-social behavior. In this study three of the five personality traits (Conscientiousness, openness, and extraversion) are showing positive effect on pro-social behavior. The other two traits (Neuroticism and agreeableness) showed a negative effect on pro-social behavior. Out of the five personality traits, neuroticism had a higher prevalence in the sample, both in males and females.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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