

Relationship between Personality Traits and Life Satisfaction among College Student of Varanasi U.P.

Dr. Kashi Nath Pandey^{1*}

ABSTRACT

The aim of this research is to examine the relationship between openness to experience new things, neuroticism, agreeableness, conscientiousness, and extraversion as they relate to life satisfaction. Purposive sampling was used to choose 200 students in the 18–25 age range who were enrolled in graduation or post-graduation programmes at the university and different colleges in Varanasi. The Big Five Personality Traits were assessed using Form-S, the 2010 NEO-Five Factor Inventory developed by Arora et al. (2010). Life satisfaction was measured using the Satisfaction with Life Scale (SWLS), which was developed by Diener, Emmons, Larsen, and Griffith in 1985. Stepwise regression and the Pearson Moment correlation coefficient were used to evaluate the data. The study's findings demonstrated that agreeableness, extraversion, and life satisfaction are significantly positively correlated. In addition to this result, it has also been observed that there is a strong negative relationship between neuroticism and life satisfaction.

Keywords: *Agreeableness, Conscientiousness, Extraversion, Neuroticism, Openness, Life satisfactions*

The validity of personality has been sufficiently confirmed by meta-analyses showing associations between traits and important outcomes. According to Funder (2001), trait theories assume that individuals consistently differ from one another in their consistent patterns of behaviour across various contexts. Numerous theoretical vantage points have been used to conceptualise personality (McAdams, 1995; John, Hampson, & Goldberg, 1991). Each has deepened our comprehension of the ways in which individuals differ in their experiences and behaviours. Personality traits represent an individual's unique ways of thinking, feeling, and acting. It suggests stability and consistency—a person with a high trait score should exhibit that behaviour over time and in a variety of contexts.

Young adults lead turbulent lives, so it's important for them to maintain their mental health, feel content with their lives even in the face of adversity, and, most importantly, get out of the situations they find themselves in. Every personality trait dimension is linked to specific traits, ideas, and behavioural patterns that may be connected to an individual's outlook on life, their approach to overcoming adversity, and how they view the world.

¹Ph.D., Department of Psychology, M.G.K.V.P. Varanasi, U.P., India

*Corresponding Author

Received: May 12, 2024; Revision Received: May 21, 2024; Accepted: May 25, 2024

REVIEW OF LITERATURE

A study done by **Anglim et al. (2020)**, and that extraversion and conscientiousness demonstrate a relatively robust association with well-being, while openness and agreeableness exhibit a more moderate correlation.

The correlation patterns between personality and subjective well-being (SWB) observed in the meta-analysis conducted by **Anglim et al. (2020)** closely resembled those found in the study conducted by **Steel et al. (2008)**.

Szczésniak et al. conducted a study in 2019 in which respondents in the age group of 18 to 75 were selected. The total number of samples was 213. Research results show that there is a positive relationship between life satisfaction and extraversion, agreeableness, and conscientiousness and a negative relationship with neuroticism.

In their study, **Odaci and Cikrikci (2019)** incorporated a sample of 620 students enrolled in Turkish universities and view that extraversion, agreeableness, and conscientiousness, and low neuroticism, exhibit substantial predictive power in relation to an individual's level of satisfaction with life.

In a study conducted by **Suldo et al. (2015)**, the objective was to examine the correlation between the Big Five personality traits and life satisfaction within a sample of 624 high school students in the United States. The findings of the study indicate that with regards to life satisfaction, the trait of neuroticism the predictor exhibits a low level of predictive capability. Simultaneously, it has been observed that key facets of personality such as openness, conscientiousness, and extraversion exhibit a substantial correlation with life satisfaction.

Objectives of the Study

The aim of the study was to examine the relationship between personality traits and life satisfaction.

Hypotheses

There would be no relationship between a group of college-enrolled student's levels of life satisfaction and the Big Five personality traits.

METHODOLOGY

Sample

A sample of 200 school students was taken from different colleges in Varanasi District, U.P. Of these 200 students, 100 were boys' students and 100 were girls' students.

Behavioural Measures

- **Form-S, the 2010 NEO-Five Factor Inventory (Arora et al.):** An adaptation of this inventory in Hindi was created by Arora, Dubey, Gupta, and Kumar (2010) and used in areas near the project's population. Participants in the population were both male and female, and their ages ranged from 17 to 50. There are 60 unique items on the scale.
- **Life scale satisfaction (SWLS; Diener et al., 1993):** The SWLS is used to measure subjective well-being. The scale can be completed in sixty seconds or less by the average respondent. It discloses how someone feels about their own life's quality.

Relationship between Personality Traits and Life Satisfaction among College Student of Varanasi U.P.

This is a one-dimensional, very short device. The results are determined using a 7-point Likert scale. The SWLS, as developed by Diener et al. (1993), is a five-item scale that employs a seven-point scale. Total scores range from 5 to 35. The SWLS has very high reliability and validity, according to reports.

Procedure

For the objective of this study, a representative sample was selected to consist of two hundred students currently enrolled in higher education in the city of Varanasi. For each of the two hundred students that attended the different colleges, a personality and life satisfaction scale were given on an individual basis.

RESULTS AND DISCUSSION

Correlation between the Big Five personality factors and life satisfaction among college-going students

Table 1: Relationship between satisfaction with life and personality factors (neuroticism, extraversion, openness, agreeableness, and conscientiousness)

		Correlations					
		1	2	3	4	5	6
1Life satisfaction	Pearson Correlation	1	-.239**	.162*	-.019	.148*	-.005
	N		200	200	200	200	200
2Neuroticism	Pearson Correlation		1	-.101	.137	.007	-.049
	N			200	200	200	200
3 Extraversion	Pearson Correlation			1	-.177*	-.056	-.036
	N				200	200	200
4 Openness	Pearson Correlation				1	.064	-.179*
	N					200	200
5 Agreeableness	Pearson Correlation					1	.402**
	N						200
6Conscientiousness	Pearson Correlation						1
	N						200

*p< .05 level, **p< .01 level

Further ascertaining the values of scores on both measures of the independent variables to elucidate patterns and relationships through Pearson's correlation coefficient was aimed for and reported via Table 1. Results from Table 1 revealed that satisfaction with life was found to be positively correlated to extraversion ($r = .162$, $p > .05$), agreeableness ($r = .148$, $p > .05$), and negatively correlated to neuroticism ($r = -.239$, $p > .01$).

Table: 2 Stepwise regression analysis summaries for the criterion variable life satisfaction for college students of Varanasi U.P.

		Coefficients					
Dependent Variable	Predictors	R	R Square	R Square Change	Df	F Ratio	P
Satisfaction with life	N.	.239	.057	.052	1/198	11.947	.001
	N.A.	.282	.079	.070	2/197	8.504	.000
	N.A.E.	.318	.101	.087	3/196	7.341	.000

Dependent: Satisfaction with life

N-Neuroticism A-Agreeableness E-Extraversion

The result of Stepwise regression analysis (vide Table-2) may be summarized as follows: (i) all measures of Personality (neuroticism, extraversion, openness, agreeableness, and conscientiousness) emerged to satisfaction with life: (a) Neuroticism predict a total of .057 (5.7%) % of the variance in satisfaction with life. The ANOVA results of $F(1, 198, \beta = -.225) = 11.947, p < .01$ indicates that the first model as significant. Neuroticism is a psychological characteristic that is significantly and extensively linked to public health concerns (Watson, Suls, & Haig, 2004). According to Diener et al. (2003), neuroticism is not only a risk factor for quality of life, but it is also negatively correlated with life satisfaction. As one example, neuroticism was one of the most reliable predictors of life satisfaction, according to a meta-analysis of 137 personality traits conducted by DeNeve and Cooper (1998). In a recent meta-analysis of 347 samples, Steel et al. (2008) re-examined the role of personality in subjective well-being and found that neuroticism was a significant negative predictor of life satisfaction (Joshi & Afshari, 2011). (b) Neuroticism and agreeableness predict a total of .079 (7.9%) % of the variance in satisfaction with life. The ANOVA results of $F(2, 197, \beta = .158) = 8.504, p < .01$ indicates that the second model as significant. Agreeableness has been identified as an important factor contributing to life satisfaction. Odaci and Cikrikci (2019) found that extraversion, agreeableness, conscientiousness, and low neuroticism were significant predictors of life satisfaction. Szczesniak et al. (2019) conducted a study and found a negative correlation between life satisfaction and neuroticism, and a positive correlation with extraversion, agreeableness, and conscientiousness (c) Neuroticism, agreeableness and extraversion predict a total of .101 (10.1%) % of the variance in satisfaction with life. The ANOVA results of $F(3, 196, \beta = .158) = 7.341, p < .01$ indicates that the third model as significant. Extroverts have been shown to be one of the most significant variables influencing overall life satisfaction. This was shown through various studies. According to McCrae and Costa (2003), extraverted personalities are characterised by a tendency to be friendlier, to experience more positive feelings on a more consistent basis, and to engage in higher levels of engagement. Diener et al. (1999), Diener (2003), and Extremera (2005) conducted a study, and the results show that extraversion is a significant indicator that affects a person's level of life satisfaction and the findings of this study are in line with prior research. Empirical research has provided evidence indicating that individuals who possess extroverted personality traits tend to report higher levels of life satisfaction.

In other words we can say that neuroticism ($F = 11.947, \beta = -.225$), agreeableness ($F = 8.504, \beta = .158$), and extraversion ($F = 7.341, \beta = .148$) have been identified as important factors in determining life satisfaction.

CONCLUSION

This study was designed to identify the major traits of personality towards life satisfaction among college students in Varanasi. Regression analysis showed that neuroticism, agreeableness, and extraversion were highly predictive of life satisfaction.

Consequently, this research presents robust personality traits that exert an influence on individual's levels of life satisfaction. This information will enable counsellors to gain insight into specific personal attributes, thereby enhancing their ability to conduct counselling sessions and assist individuals in attaining greater levels of success, health, and overall well-being.

REFERENCES

- Anglim, J., Horwood, S., Smillie, L. D., Marrero, R. J., & Wood, J. K. (2020). *Predicting psychological and subjective well-being from personality: A meta-analysis. Psychological Bulletin*, 146(4), 279–323. [http:// dx.doi.org/10.1037/bul0000226](http://dx.doi.org/10.1037/bul0000226)
- Anglim, J., Weinberg, M. K., & Cummins, R. A. (2015). Bayesian hierarchical modeling of the temporal dynamics of subjective well-being: A 10-year longitudinal analysis. *Journal of Research in Personality*, 59, 1–14. <https://doi.org/10.1016/j.jrp.2015.08.003>
- Arora, M., Dubey, C., Gupta S., & Kumar, B. (2010). Five Factor Correlates: A Comparison of Substance and Non-Substance Abusers, *Journal of the Indian Academy of Applied Psychology*, 36 (1), 107-114
- DeNeve, K. M., & Cooper, H. (1998). The happy personality: A meta-analysis of 137 personality traits and subjective well-being. *Psychological Bulletin*, 124(2), 197–229. <https://doi.org/10.1037/0033-2909.124.2.197>
- Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of personality assessment*, 49(1), 71-75.
- Diener, E., Inglehart, R., & Tay, L. (2013). Theory and validity of life satisfaction scales. *Social Indicators Research*, 112(3), 497–527. <https://doi.org/10.1007/s11205-012-0076-y>
- Diener, E., & Lucas, R. E. (1999). Personality and subjective well-being. In D. Kahneman, E. Diener, & N. Schwarz (Eds.), *Well-being: The foundations of hedonic psychology* (pp. 213–229). Russell Sage Foundation.
- Diener, E., Ng, W., Harter, J., & Arora, R. (2010). Wealth and happiness across the world: Material prosperity predicts life evaluation, whereas psychosocial prosperity predicts positive feeling. *Journal of Personality and Social Psychology*, 99(1), 52–61. <https://doi.org/10.1037/a0018066>
- Diener, E., Suh, E. M., Lucas, R. L., & Smith, H. L. (1999). Subjective well-being: three decades of progress. *Psychological Bulletin*, 125, 276– 302. Ed
- Diener, Shigehiro Oishi, Richard E. Lucas. (2003). Personality, culture, and subjective well-being: Emotional and cognitive evaluations of life. *Annual Review of Psychology*, 54, 403-425.
- Extremera, N. and P. Fernández-Berrocal (2005). Perceived emotional intelligence and life satisfaction: Predictive and incremental validity using the Trait Meta-Mood Scale. *Personality and Individual Differences* 39(5), 937-948.
- Funder, D. C. (2001). Accuracy in personality judgment: Research and theory concerning an obvious question. 7(6), 2595–2612. <https://doi.org/10.1007/s10902-015-9708-7>
- Joshanloo, M., & Afshari, S. (2011). Big Five personality traits and self-esteem as predictors of life satisfaction in Iranian Muslim university students. *Journal of Happiness Studies*, 12(1), 105–113. [https:// doi.org/10.1007/s10902-009-9177-y](https://doi.org/10.1007/s10902-009-9177-y)
- John, O. P., Goldberg, L. R., & Angleitner, A. (1984). Better than the alphabet: Taxonomies of personality-descriptive terms in English, Dutch, and German. In *Personality Psychology in Europe*.
- McCrae, R.R., & Costa, P.T. Jr. (2003). *Personality in adulthood* (2 ed.): New York: Guilford Press.
- McAdams, D. P. (1995). What do we know when we know a person?. *Journal of Personality*, 63(3), 365-396.
- Odaci, H., & Cikrikci, O. (2019). Cognitive flexibility mediates the relationship between big five personality traits and life satisfaction. *Applied Research in Quality of Life*, 14(5), 1229–1246. <https://doi.org/10.1007/s11482-018-9651-y>

Relationship between Personality Traits and Life Satisfaction among College Student of Varanasi U.P.

- Steel, P., Schmidt, J., & Shultz, J. (2008). Refining the relationship between personality and subjective well-being. *Psychological Bulletin*, 134(1), 138–161. <https://doi.org/10.1037/0033-2909.134.1.13>
- Suldo, S. M., Minch, D. R., & Hearon, B. V. (2015). Adolescent life satisfaction and personality characteristics: Investigating relationships using a five-factor model. *Journal of Happiness Studies*, 16(4), 965–983. <https://doi.org/10.1007/s10902-014-9544-1>
- Szczelnsniak, M., Sopinska, B., & Kroplewski, Z. (2019). Big Five personality traits and life satisfaction: The 1 mediating role of religiosity. *Religions*, 10(7), 437. <https://doi.org/10.3390/rel10070437>
- Watson, D., Klohnen, E. C., Casillas, A., Simms, E. N., Haig, J., & Berry, D. S. (2004). Match makers and deal breakers: analyses of assortative mating in newlywed couples. *Journal of Personality*, 72, 1029-1068

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Pandey, K.N. (2024). Relationship between Personality Traits and Life Satisfaction among College Student of Varanasi U.P. *International Journal of Indian Psychology*, 12(2), 2285-2290. DIP:18.01.196.20241202, DOI:10.25215/1202.196