Research Paper

Impact of Personality Traits on Self-Esteem and Leisure Motivation; Dichotomy of Genders

Ms. Ankuri Nandi[1]*, Dr. Meenakshi Singh[2]

ABSTRACT

The study was conducted to explore the impact of personality traits on self-esteem and leisure motivation in males and females. A total of 200 participants, of which 100 were males and 100 were females (n= 200), were selected from urban Indian cities for this research. They were surveyed using the Mini IPIP Scale, Rosenberg Self-Esteem Scale (RSE), and Leisure Motivation Scale. The study reveals significant gender differences in personality traits and leisure motivation. Males exhibit higher overall leisure motivation, while females show greater conscientiousness and neuroticism levels, underlining the importance of considering gender in understanding psychological well-being. While certain personality traits impact self-esteem, they have less influence on leisure motivation across genders, emphasizing the need for tailored interventions to address individual differences.

Keywords: *Personality Traits, Self-Esteem, Leisure Motivation*

Personality, often described as the unique fingerprint of an individual's psyche, is a captivating blend of inherent predispositions and acquired behaviors (Allport, 1937; McCrae & Costa, 1999). It's a nuanced interplay of traits, attitudes, and habitual ways of thinking, feeling, and acting that color every aspect of our lives. Imagine it as a multifaceted gem, with each facet representing a different dimension of our being, from the warmth of Extraversion to the depth of Openness. The Big Five model, like a compass guiding us through this intricate terrain, offers a structured framework to understand these dimensions and their influence on our thoughts, emotions, and actions (Goldberg, 1990; McCrae & Costa, 1992).

Self-esteem, intimately intertwined with personality, serves as the foundation upon which our sense of self-worth and confidence are built (Rosenberg, 1965; Baumeister et al., 2003; Orth & Robins, 2014). It's the mirror through which we perceive ourselves, influencing not only how we navigate the world but also how we interact with others and handle life's challenges. Individuals with healthy self-esteem often exude a sense of inner strength and resilience, enabling them to embrace opportunities and forge meaningful connections. Conversely, those with lower self-esteem may grapple with self-doubt and insecurities, hindering their ability to pursue goals and cultivate fulfilling relationships.

---

[1]Amity Institute of Psychology and Allied Sciences, Amity University, Uttar Pradesh, Noida, India
[2]Amity Institute of Psychology and Allied Sciences, Amity University, Uttar Pradesh, Noida, India
*Corresponding Author

Leisure motivation, akin to the fire that ignites our passions and drives us toward meaningful engagement, encompasses a rich tapestry of interests, values, and intrinsic desires (Ryan & Glendon, 1998; Iso-Ahola, 1980). It's the force that propels us toward activities that bring us joy, fulfillment, and a sense of purpose. Whether it's the pursuit of intellectual stimulation through reading, the joy of connecting with others through sports, or the serenity found in nature walks, our motivations shape the leisure pursuits we choose and the experiences we derive from them. Understanding these motivations not only enriches our leisure experiences but also empowers us to design programs and activities that resonate with diverse individual preferences and needs (Beard & Ragheb, 1980). By tapping into intrinsic motivations such as the thirst for knowledge or the quest for personal growth, recreational professionals can create environments that foster connection, discovery, and well-being for participants (Deci & Ryan, 1985).

REVIEW OF LITERATURE

Zięba et al. (2018) delved into the intricate interplay between personality traits, self-efficacy, self-esteem, basic trust, and overall well-being within the context of entrepreneurial pursuits. Their study, involving 301 unemployed individuals, provided a nuanced understanding of how beliefs about oneself and the world mediate the relationship between personality traits and well-being. Particularly intriguing was the revelation that different types of beliefs served distinct functions depending on the individual's circumstances, shedding light on the complexity of psychological mechanisms at play in entrepreneurial endeavors.

Balgiu (2017) conducted a comprehensive exploration of resilience, self-esteem, and the Big Five personality traits among emerging adult students. Through meticulous analysis of data from 192 participants, significant associations were uncovered between resilience, self-esteem, extraversion, and neuroticism. These findings underscored the importance of emotional stability and self-confidence as key factors in navigating the challenges encountered during the transition to adulthood and academic pursuits.

Sharma & Gulati's (2015) study provided valuable insights into the happiness levels, personality traits, and self-esteem of adolescents facing socio-economic disadvantages. Despite their challenging circumstances, a majority of rural adolescents reported high levels of happiness, highlighting the resilience and adaptive capabilities of individuals in adverse environments. This research not only contributed to our understanding of subjective well-being but also emphasized the need for comprehensive support systems to foster positive outcomes among disadvantaged youth.

METHODOLOGY

Aim

The present study aims to examine the impact of personality traits on self-esteem and leisure motivation among men and women.

Objective
- The study of the influence of Personality Traits on Leisure Motivation.
- The study of the influence of Personality Traits on Self- Esteem.
- To understand the variations in the impact of personality traits on self-esteem and leisure motivation among men and women.

Hypothesis
- There is no significant relationship between specific personality traits and self-esteem levels among both men and women. (Ho)
- There is a significant relationship between specific personality traits and self-esteem levels among both men and women. (H1)
- There is no significant association between personality traits and variations in leisure motivation among both men and women. (Ho)
- There is a significant association between personality traits and variations in leisure motivation among both men and women. (H1)

Variables
Independent Variable
- In the present study, the personality traits of an individual (OCEAN) are the independent variables.
- The gender of the participant i.e.; men and women can also be seen as the independent variable.

Dependent Variables
- Self- esteem
- Leisure Motivation

Sampling design
- For this research, a sample of 200 individuals will be taken. This will include 100 men and 100 women.
- The sample will be collected through Random Sampling.

Inclusion Criteria: Adults between the ages of 18 and 35 years. (2006- 1989)
Participants must have completed education up to 12th standard and should be familiar with the English language.

Exclusion Criteria: Individuals who are below 18 and above 35 years.
Participants who haven't completed their education till 12th standard and are not familiar with the English language.

Research Design/Method
The research method for this study will involve a quantitative survey utilizing the Mini IPIP Scale by Donnellan, Oswald, Baird, & Lucas to assess personality traits, the Rosenberg Self-esteem Scale by Morris Rosenberg to measure self-esteem, and the Leisure Motivation Scale by Luc G. Pelletier to gauge leisure motivation.

The study will commence by identifying participants who meet the criteria for inclusion. This will be achieved through a screening process involving the assessment of relevant factors pertaining to personality traits, self-esteem, and leisure motivation.

Once the participants have been identified, they will be invited to complete the quantitative survey. The survey will consist of items derived from the aforementioned measurement tools and will be designed to collect data on participants' personality traits, self-esteem levels, and leisure motivation. Additionally, demographic information such as age, gender, and educational background will be collected to account for potential confounding variables.

Following the completion of the survey, the data obtained will be subjected to quantitative analysis. Statistical techniques such as regression analysis will be employed to examine the relationships between personality traits, self-esteem, and leisure motivation. Furthermore, t-tests will be utilized to determine any significant differences in these variables among the participants.

Procedure Statistical Design
For this study, we employed linear regression analysis and independent t-tests to explore how personality traits influence self-esteem and leisure motivation while considering gender differences. Regression analysis allowed us to understand the relationships between personality traits, self-esteem, and leisure motivation, revealing the predictive power of specific traits. Additionally, t-tests helped identify significant differences in self-esteem and leisure motivation scores between males and females, highlighting gender-related disparities. This combined statistical approach provided a comprehensive examination of the interplay between personality traits, self-esteem, and leisure motivation, offering insights into how individual characteristics and gender intersect to shape self-perceptions and leisure behaviors.

Research Instruments/Tools
Mini IPIP Scale
The Mini IPIP scale, developed by Donnellan, Oswald, Baird, & Lucas, is a brief and reliable tool for assessing personality traits. It consists of 20 items measuring five dimensions: Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience. Scores range from 1 to 5 on a Likert scale, with higher scores indicating stronger traits. The scale demonstrates excellent internal consistency and good test-retest reliability, correlating significantly with established measures like the Big Five Inventory and the NEO Personality Inventory. Its validity is further supported by its associations with well-being and interpersonal relationships, making it valuable for understanding individual differences across diverse populations.

Rosenberg's Self-Esteem by Morris Rosenberg
The 10-item RSE scale assesses self-esteem levels, originally for high school students but now used across different populations.
Responses indicating low self-esteem are for some items, while others indicate higher self-esteem. The scale shows excellent internal consistency (Guttman scale coefficient of repeatability: 0.92) and strong test-retest reliability over two weeks (correlations: 0.85 to 0.88). Importantly, it correlates meaningfully with other self-esteem measures and aligns with expectations by correlating with sadness and anxiety measures.

Leisure Motivation by Luc G. Pelletier, Robert J. Vallerand
The Leisure Motivation Scale by Pelletier, Vallerand, Blais, and Brière evaluates motivations for leisure activities among adults.
Responses reflect intrinsic, extrinsic, and amotivation factors, showing excellent internal consistency and stability over two weeks.
It correlates with measures related to leisure behavior and well-being, aligning with psychological factors like happiness and life satisfaction.

RESULTS AND DISCUSSION
In this section, the gathered data undergoes analysis and interpretation to derive significant insights relevant to the research inquiries. The chapter outlines the employed data analysis

methods, including statistical techniques, and illustrates the outcomes through suitable tables and corroborating evidence. The interpretation of the findings is elaborated, highlighting their pertinence to the research aims and existing literature.

Table 1 Descriptive statistics of study variables

		Mean	Standard Deviation
1	Self-Esteem	28.62	5.68
2	Total leisure motivation	121.55	18.07
3	Openness	14.70	.22
4	Conscientiousness	14.08	.23
5	Extraversion	11.68	.25
6	Agreeableness	15.04	.18
7	Neuroticism	12.12	.20

Table one represents the descriptive statistics (mean and standard deviation) of all the study variables – self-esteem, leisure motivation, and personality (openness, conscientiousness, extraversion, agreeableness, neuroticism).

Table 2 T-test between males and females across study variables

	Mean	SD	T	Sig. (2 tailed)	Result
Self-Esteem					
Male	28.88	6.02	0.64	0.52	NS
Female	28.36	5.35			
Total leisure motivation					
Male	124.92	16.86	2.67	0.00	S
Female	118.16	18.69			
Openness					
Male	14.46	3.37	1.09	0.27	NS
Female	14.49	2.91			
Conscientiousness					
Male	13.45	3.64	2.69	0.00	S
Female	14.71	2.95			
Extraversion					
Male	11.73	3.79	0.18	0.85	NS
Female	11.63	3.35			
Agreeableness					
Male	14.82	2.71	1.25	0.21	NS
Female	15.27	2.35			
Neuroticism					
Male	10.97	2.95	6.21	0.00	S
Female	13.28	2.24			

NS-Not significant, S-Significant

Table two represents the t statistics between males and females on self-esteem, leisure motivation, and personality (openness, conscientiousness, extraversion, agreeableness, neuroticism). There is a significant gender difference in total leisure motivation, conscientiousness, and neuroticism. Males scored higher in leisure motivation while females scored higher in conscientiousness and neuroticism.

Table 3 linear regression table with personality traits as a predictor of leisure motivation

Predictor	Criterion: Leisure Motivation								
	B	S. E.	β	t	R	R²	Adj. R²	α	F
Openness	.26	.44	.04	.59	.14	.02	-.00	110.68	.87
Conscientiousness	-.21	.39	-.04	.54					
Extraversion	.64	.37	.12	1.73					
Agreeableness	.20	.55	.02	.36					
Neuroticism	-.04	.45	-.00	.10					

Table three represents linear regression with personality traits as predictors of leisure motivation. The model did not present a significant fit. Hence, there is no significant impact of personality traits on leisure motivation.

Table 4 linear regression table with personality traits as a predictor of self-esteem

Predictor	Criterion: Self-esteem								
	B	S.E.	β	t	R	R²	Adj. R²	α	F
Openness	.34	.11	.19	3.05**	.53	.28	.26	12.86	19.142**
Conscientiousness	.51	.10	.20	4.86**					
Extraversion	.55	.09	.35	5.74**					
Neuroticism	-.25	.12	-.12	2.07*					

**significant at 0.01 level (p<0.01), *significant at 0.05 level (p<0.05)

Table four represents linear regression with personality traits (openness, conscientiousness, extraversion, neuroticism) as predictors of self-esteem. All other variables were excluded from the model for a best fit. The predictors explained about 28% of the variance in self-esteem. More specifically, positive variance by openness, conscientiousness, extraversion, and negative variance by neuroticism on the criterion.

Table 5 linear regression table with personality traits as a predictor of leisure motivation for males

Predictor	Criterion: Leisure motivation								
	B	S. E.	β	t	R	R²	Adj. R²	α	F
Openness	-.62	.55	-.12	1.14	.19	.03	-.01	146.484	.715
Conscientiousness	-.51	.48	-.11	1.06					
Extraversion	.11	.45	.02	.25					
Agreeableness	-.28	.67	-.04	.42					
Neuroticism	-.25	.61	-.04	.40					

Table five represents the enter linear regression with personality traits as predictors of leisure motivation of males. The model did not present a significant fit. Hence, there is no significant impact of personality traits on leisure motivation.

Table 6 linear regression table with personality traits as a predictor of self-esteem for males

Predictor	Criterion: Self-esteem								
	B	S. E.	β	t	R	R²	Adj. R²	α	F
Openness	.40	.15	.23	2.65**	.56	.31	.29	9.04	14.79**
Conscientiousness	.54	.14	.32	3.08**					
Extraversion	.56	.13	.35	4.22**					

**significant at 0.01 level (p<0.01)

Table six represents linear regression with personality traits (openness, conscientiousness, extraversion) as predictors of self-esteem. All other variables were excluded from the model for a best fit. The predictors explained about 31% of positive variance in self-esteem.

Table 7 linear regression table with personality traits as a predictor of leisure motivation in females

Predictor	Criterion: Leisure motivation								
	B	S. E.	β	t	R	R²	Adj. R²	α	F
Openness	.26	.44	.04	.59	.14	.02	-.00	110.68	.875
Conscientiousness	-.21	.39	-.04	.54					
Extraversion	.64	.37	.12	1.73					
Agreeableness	.20	.55	.02	.38					
Neuroticism	-.04	.45	-.00	.10					

Table seven represents linear regression with personality traits as a predictor of leisure motivation in females. The model did not present a significant fit. Hence, there is no significant impact of personality traits on leisure motivation.

Table 8 linear regression table with personality traits as predictor of self-esteem in females

Predictor	Criterion: Self-esteem								
	B	S. E.	β	t	R	R²	Adj. R²	α	F
Openness	.34	.11	.19	3.05**	.53	.28	.26	12.86	19.14**
Extraversion	.55	.09	.35	5.74**					
Neuroticism	-.25	.12	-.12	2.07**					

**significant at 0.01 level ($p < 0.01$)

Table eight represents linear regression with personality traits (openness, extraversion, neuroticism) as predictors of self-esteem. All other variables were excluded from the model for a best fit. The predictors explained about 28% of the variance in self-esteem. More specifically, positive variance by openness, extraversion, and negative variance by neuroticism on the criterion.

DISCUSSION

In this, we analyze the research findings regarding the impact of personality traits on self-esteem and leisure motivation among males and females. The study involved 200 young adults aged 18 to 35 from various states in India, surveyed using Mini IPIP, Rosenberg's Self-Esteem Scale, and Leisure Motivation Scale. Statistical analyses, including linear regression and t-tests, revealed significant gender differences in leisure motivation, conscientiousness, and neuroticism, with males scoring higher in leisure motivation and females scoring higher in conscientiousness and neuroticism.

The results show that there is a significant gender difference in total leisure motivation, conscientiousness, and neuroticism. Males scored higher in leisure motivation while females scored higher in conscientiousness and neuroticism. Han and Jang's (2020) research adds weight to the notion that males typically show higher levels of interest in 36 leisure activities compared to females. They discovered that individuals with personality traits such as being outgoing (extraversion), open to new experiences (openness to experience), and agreeable tended to report higher levels of happiness in their lives. Importantly, these happier individuals also expressed stronger intentions to participate in various leisure pursuits. In

simpler terms, people who are more sociable, adventurous, and easy going tend to feel happier and are more eager to engage in leisure activities. It can be interpreted from the results that males and females have significant differences in certain personality facets such as conscientiousness and neuroticism. Both genders had no significant difference in other facets such as agreeableness, extraversion, and openness. While the gender variation in the overall levels of self-esteem is insignificant, the variations in the levels of leisure motivation are significant.

While both genders showed no significant difference in agreeableness, extraversion, and openness, certain personality facets like openness, conscientiousness, extraversion, and neuroticism significantly impacted self-esteem, explaining about 28% of its variance. Interestingly, personality traits had no significant impact on leisure motivation for either gender. However, for males, openness, conscientiousness, and extraversion positively impacted self-esteem, while for females, openness and extraversion had a positive impact, while neuroticism had a negative impact.

These findings highlight the complex relationship between personality traits, gender, self-esteem, and leisure motivation. Gender differences in certain traits emphasize the importance of considering individual differences in psychological well-being and leisure preferences. Tailored interventions addressing these differences can enhance overall psychological well-being and leisure experiences.

CONCLUSION

In this concluding chapter, we provide a comprehensive evaluation of our research study, focusing on how personality traits affect self-esteem and leisure motivation across genders. With a sample size of 200 adults equally split between males and females, we used statistical tools like linear regression analysis and independent t-tests to analyze the data. The findings reveal significant gender differences in certain personality traits and leisure motivation levels, emphasizing the importance of considering gender in understanding psychological well-being and leisure pursuits. While some personality traits like conscientiousness and neuroticism showed gender disparities, others like agreeableness, extraversion, and openness did not. Interestingly, while personality traits significantly impact self-esteem, they have less influence on leisure motivation, regardless of gender. Despite contributing valuable insights, our study has limitations, including reliance on self-report measures and a cross-sectional design. Future research should explore additional factors and employ longitudinal designs. Overall, our study adds to the literature on personality psychology by recognizing gender differences and suggesting interventions to promote well-being and enhance leisure experiences across genders.

REFERENCES

Balgiu, B. A. (2017). Self-esteem, personality and resilience. Study of a student's emerging adults group. Journal of Educational Sciences and Psychology, 7(1).

Bameni Moghadam, M. (2011). Exploring the Relationship of Personality's Models and Constructs of Leisure. Middle-East Journal of Scientific Research, 8(2), 530-535.

Biswas-Diener, R., & Diener, E. (Eds). (n.d.). Noba Textbook Series: Psychology. [General psychology: required reading, Chapter 15: Personality traits by Edward Diener & Richard E. Lucas, Pages 278-295]. Noba Project. Retrieved from DOI: nobaproject

Psychology Today. (2019). *Personality | Psychology Today*. Psychology Today. https://www.psychologytoday.com/us/basics/personality

Sharma, N., & Gulati, J. K. (2015). Gender differences in happiness, self-esteem, and personality traits in adolescents living in socio-economic hardship. *Adolescence*, *54*(78), 75.

Soto, C. J., & Jackson, J. J. (2020). Five-factor model of personality. In Dana S. Dunn (Ed.), Oxford Bibliographies in Psychology. New York, NY: Oxford.

Zięba, M., Surawska, M., & Zalewska, A. M. (2018). Relationships between personality traits, general self-efficacy, self-esteem, subjective well-being, and entrepreneurial activity. *Polish Psychological Bulletin*, *49*(2), 131-140.

Conflict of Interest
The author(s) declared no conflict of interest.