

## Influence of Personality Traits on Psychological Well Being among College Students

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### ABSTRACT

With the Psychological well-being drastically changing and affected by various perceived factors, the researcher was intrigued to seek if Personality traits was one of the factors. **Objective** the study intends to examine the influence and impacts of Personality traits on psychological well-being in college students from age 18 to 25. It was hypothesized that Personality traits have no significant influence on psychological well-being. **Method and Tools Used** sample of 60 students (age: 18 to 25) was selected from the institute of Uttaranchal university, Dehradun (Uttarakhand). Personality traits test that is, BFI -10 that was adapted by Rammstedt, B. & John, O. P. (2007) was used, and alongside with Ryff's Psychological Wellbeing test that contains 18 items given by Ryff and Keyes (1995) was used for data collection. **Results** the study concluded that some of the Personality traits have significant influence on subjective psychological well-being, while others might not any influence on psychological well-being.

**Keywords:** *Personality Traits, Psychological Well-Being, Emotional Burnout*

The human Personality is a diverse and vibrant entity that can range from being unique and withdrawn to being lively and confident. Personality encompasses an individual's unique way of thinking, emoting, and acting. It is shaped by a combination of inherent traits and tendencies, as well as external influences and life events. Throughout history, individuals have sought to categorize and understand the complexities of human personality. This quest began with the ancient Greeks, specifically Hippocrates, who identified four primary temperaments over time, psychologists have evolved this classification system, now commonly referring to Personality in terms of five main traits. These traits, known as the Big Five, include open to experience and other inclusive traits. Each individual possesses their unique Personality that sets them apart from others. This intrinsic characteristic defines who we are as individuals and influences our thoughts, beliefs, and behaviors. Personality is shaped by a combination of genetic factors, life experiences, and personal values. It is the essence of who we are as individuals, reflecting our preferences, attitudes, and emotional responses. Personality is reflected in a person's behavior and actions, showcasing their unique way of living and their essence as a whole. It greatly influences societal expectations and shapes an individual's overall outlook on life. This fundamental aspect of self also impacts various facets of a person's daily experiences

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## **Influence of Personality Traits on Psychological Well Being among College Students**

and shapes their sense of identity. Psychological well-being refers to a state of mind characterized by positive emotions such as high self-esteem and a lack of negative feelings like depression or anxiety. The factors listed above play a significant role in shaping psychological well-being in individuals. Extracurricular activities (ECAs) provide a unique chance for young people to enhance their feelings of competence and belonging, ultimately leading to an improvement in their overall psychological well-being.

### **LITERATURE REVIEW**

Samuel, (2011). This study looked at the association between teenage psychological health and the Big Five Personality traits, as well as the moderating effect of emotional intelligence in that relationship. Psychological well-being was found to have a substantial link with both emotional intelligence and Personality traits. The association in neuroticism, extraversion, and psychological well-being was mediated by emotional intelligence. Future research directions and implications for counseling teenagers are indicated.

Joshanloo, (2022). Fear and Fragility of Happiness as Mediators of the Relationship between Insecure Attachment and Subjective Well-Being. The results concluded Positive and negative correlations between psychological well-being and openness and extraversion, indicating that these characteristics and well-being co-develop across time. Conscientiousness and agreeableness were unidirectional correlated with psychological well-being, with psychological well-being coming before these characteristics. Despite the fact that neuroticism and psychological well-being are strongly correlated amongst individuals, these two are unrelated.

### **RESEARCH METHODOLOGY**

#### *Objective*

The purpose of the study is to explore how does Personality traits influence or impact psychological well-being in college students.

#### *Variables*

- 1. Independent Variable**  
Personality types or traits
- 2. Dependent Variable**  
Psychological Well-Being

#### *Hypothesis*

- There is no significant influence of Personality traits on psychological well-being.
- There is no significant influence and impact of Extraversion on Psychological well-being.
- There is no significant influence and impact of Neuroticism on Psychological well-being.
- There is no significant influence and impact of Openness on Psychological well-being.
- There is no significant influence and impact of Agreeableness on Psychological well-being.
- There is no significant influence and impact of Conscientiousness on Psychological well-being.

### Sample

Sample structure for the research was formed around the given idea that the research is empirical, quantitative and measurable. For that the universe was selected to be the universal student body in various universities, where the population was deemed to be the aged from 18 to 25. The tentative sample size for the research was 60 and the responses were collected on the basis of simple random sampling as mentioned above. Inclusion criteria for the research was the age group of the participants had to be 18 to 25 and the participants had to be college students. Exclusion criteria for the research was anybody who isn't a college student.

### Tools Used

- **Ryff's Psychological Well-being Scale by Carol D. Ryff, 1995** For the first test I have used the Ryff's Psychological Wellbeing Scale, a self-report tool consisting of 18 questions, assesses six major factors of psychological wellbeing: autonomy, environmental, self-acceptance, personal growth, positive relations with others, and purpose in life. Participants rate each item on a 6-point Likert scale, from 1 (strongly disagree) to 6 (strongly agree), resulting in a total score range highest being 108 and lowest being 18 and the better scores indicate better wellbeing.
- **Big Five Personality Inventory by Oliver John, 1988** For the second part researcher have used the big five Personality inventory. The BFI-10 is a shortened version of the Big Five Inventory (BFI), which is a well-known Personality assessment tool used to measure five major Personality traits: Extraversion, Agreeableness, Conscientiousness, Emotional Stability, and Openness. It was created by adapting the original 44-item BFI to be more suitable for situations where time is a constraint.

### Research Design

Research examining how Personality traits influence psychological well-being is usually conducted using an experimental design but since there is no treatment was provided to either group and the data is collected as a static group and so the baseline data will be same, hence the pre- experimental design will be applied. Specifically, researchers varying variables relating Personality traits and examine their effect on the measurements of well-being. Such a design allows making conclusions about a causal link between particular factors and the increased or decreased well-being and, therefore, contributes to the knowledge on how to boost mental health and hence the static group comparison design is assigned.

## DISCUSSION

Initially the researcher assumed that there was no influence of Personality traits on psychological well-being, however, research concluded that there can be some to none negative effects of Personality traits if they are showed in higher tolerance in much grade. As the frequent studies on the similar field have indicated that the statistical results can be somewhat negative, as the traits like openness, extraversion, agreeableness and others shows distinct impact on indifferent subjective well-beings that can be happiness, satisfaction with life, emotional well-being, social well-being and others. Similarly, the research has showed that the people with high extraversion are somewhat weakly connected with psychological well-being. The drastic levels of conscientiousness (high) are linked with weak positive emotional well-being but have no association with social well-being. The research also uncovered that people with low neuroticism strongly, negatively associate with emotional psychological well-being. Furthermore, the study showed that openness is weakly positively

## Influence of Personality Traits on Psychological Well Being among College Students

linked with emotional well-being but has significantly no association with satisfaction of life. In the end, the study implicitly discovered that agreeableness is weakly positively associated with social well-being and low satisfaction in life.

In contrast to the carried-out research there is another part of the study as well, the nature vs nurture debate. In exploring the nature versus nurture momentum, the research acknowledges the role of environmental factors and experiences in shaping psychological well-being. The “nature” aspect refers to inherent or genetic traits, while “nurture” involves external influences such as upbringing, culture, social interactions, and life experiences. The study reveals that “nurture” can have a significant impact, sometimes offsetting or overcoming the constraints posed by inherent traits. This is particularly relevant when considering personality’s influence on psychological well-being. To interpret the different traits in Personality researcher had to need separately analyze and furtherly explain:

- **EXTRAVERSION** for the study that the researcher has conducted the people with low extraversion showcased significantly better psychological well-being than those of higher extraversion. It can be interpreted that the people who had low extraversion indicated a better psychological well-being because their social bearing were fewer which significantly reduces the load of expectations and exposure to influence.
- **NEUROTICISM** it is a Personality trait which is marked by emotional instability and constant mood swings which generally indicates the presence of negative feelings. For this study neuroticism seemed to be an insignificant trait to influence psychological well-being.
- **OPENNESS** the study indicated that people with low openness are more prone to have a better psychological well-being than those with high openness. One of the major factors that is affecting the psychological well-being in people with low openness is because they are more reserved and satisfied with how they are living their lives. They do not wish for many changes and are content with their living status as they do not seek many things from life and their expectations from experiences is low. They easily get satisfied with little things on their plate which serves to their higher psychological well-being.
- **AGREEABLENESS** since people with agreeableness have a tendency to put other’s needs over their own, they tend to have a very low psychological well-being because their own needs and demands are not being met. However, in the study conducted, the correlation between this Personality type and psychological well-being is insignificant.
- **CONSCIENTIOUSNESS** the results indicated that people with high conscientiousness have a better psychological well-being because they are satisfied with how they are honest and living their lives to be something meaningful. It is a positive factor for psychological well-being, however it can be harmful for the individual if it is done in excess, which can ultimately result in a poor Psychological well-being. The individuals in the study were a good example of how one can be conscientious and also have a balanced psychological well-being. They are happier because they showcase some of the most basic yet important aspects in which a person can be happier on their own and can be happier while also helping the others. People with low conscientiousness have a poor psychological well-being because their reasoning is partially impaired, their decision making is poor and have constant feelings of guilt and regret. It also negatively impacts their interpersonal relationships which hinders their social growth and image. This causes a prejudice in the society towards them.

## **Influence of Personality Traits on Psychological Well Being among College Students**

- Furthermore, the focus was to work on the subjective well-being and focus less on the Personality traits. The other researches have laid importance to the subjective well-being of the individual rather than picking apart their Personality traits which can affect the person in a more positive way. The study suggests some design outlines and persuasive interventions from promotion of subjective well-being, components in well-being can be accordingly strategized by the designer for the target user's personality.
- For the research that was carried out in researcher's interests the findings have been solidary regarding the role of Personality traits in influencing the psychological well-being in a positive as well as in negative manner. For most parts the results showed to be tilted towards one or the other traits higher or lower aptitude as influencing factors in some of the subjective well-beings like social well-being, emotional well-being and others yet some Personality traits has shown no impact on psychological well-being.

### **CONCLUSION**

While the principal objective of the research was to scrutinize the correlation between Personality characteristics and psychological well-being, the trend analysis divulged an absence of a clearly discernible linear progression. Despite an array of investigations, academic undertakings, literature reviews, and self-evaluative assessments, no substantial relationship or trend emerged between specific Personality types or traits and psychological well-being. The outcomes proved to be scattered and devoid of a coherent pattern, evoking a semblance to the capriciousness akin to that of a psychometric downpour.

At the end, the study concludes that Personality traits have some major to minor role in influencing psychological well-being depending on individual's self-interests as well as dark corners. While they are not entirely irrelevant, their impact is overshadowed by other factors that contribute to mental well-being that is emotional, social and etc. This finding focuses on trying to change or predict psychological well-being based on Personality traits, also addressing broader environmental and social factors that can have a more significant impact on mental health outcomes should be a viable objective if the research further continues. The conclusion emphasizes the need for a more holistic approach when considering psychological well-being with concern to address about Personality trait if needed, one that improves upon psychological well-being as well as focuses on the deteriorating factors.

### ***Limitations of the Research***

- Since the study was conducted in a short period of time, the sample size was very small for the generalization of the results. Likewise, the results were collected through self-report measures it can create biasness which is another viable limitation of the study.
- The study was conducted cross-sectional design which limited the ability to form a causal relationship between the two factors that is Personality traits and psychological well-being.
- The findings may not be applicable to diverse population because of their cultural and contextual differences in the different groups, the study may be insignificant at some point and to some of the cultures as it was collected from a very non diverse group, since the data was collected from only one university.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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