

Personality Traits and Decision-Making: The Shaping Hand of the Family Environment among Young Adults

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ABSTRACT

This study examined how dimensions of the family environment influence personality traits and decision-making styles among young adults in India. A sample of 63 participants aged 18–25 completed the Family Environment Scale (FES), NEO Five-Factor Inventory (NEO-FFI), and Decision-Making Questionnaire (DMQ). Findings revealed that family cohesion positively predicted conscientious decision-making and showed moderate associations with agreeableness. The control dimension demonstrated both adaptive and maladaptive associations. Achievement orientation emerged as a significant predictor of conscientiousness and openness, while acceptance and caring were most strongly related to agreeableness. Conversely, family conflict correlated with lower extraversion and reduced self-regulation. These results support ecological systems theory and highlight culturally specific pathways through which family dynamics shape psychological development. The study underscores the importance of considering family context in understanding personality and decision-making during emerging adulthood and suggests implications for family-focused interventions aimed at promoting adaptive outcomes.

Keywords: *Family Environment, Big Five personality traits, Decision-making styles, Young adulthood, Psychological development, Indian context*

The term family environment encompasses the complex network of dynamics, interactions, emotional climate, and interpersonal relationships that exist within a family unit. It includes various elements such as clearly defined roles and responsibilities, patterns of communication, methods of handling conflicts, emotional availability, shared values, cultural traditions, and the overall tone or atmosphere that permeates the household. This environment plays a critical role in shaping the behaviour, mental health, and overall development of each family member—affecting their social, emotional, cognitive, and psychological growth throughout different stages of life. A nurturing and supportive family environment, characterized by warmth, trust, mutual respect, and emotional security, tends to foster resilience, self-esteem, and positive development. In contrast, a negative family environment—marked by frequent conflict, hostility, neglect, or dysfunction—can lead to adverse outcomes, including emotional distress, behavioural problems, and difficulties in forming healthy relationships outside the family. Psychologists

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consistently highlight the significant influence that families have on the development of an individual's personality traits, attachment styles, and emotional regulation abilities. From early childhood, the family serves as the primary context in which foundational emotional and psychological patterns are established. A nurturing, stable, and supportive family environment fosters feelings of safety, self-esteem, and trust in others, laying the groundwork for healthy emotional development and secures attachments. In contrast, a dysfunctional, neglectful, or abusive family atmosphere can contribute to the emergence of psychological challenges such as anxiety disorders, depression, low self-worth, and insecure or disorganized attachment patterns. The emotional climate of the home, therefore, plays a pivotal role in shaping not only a person's mental health but also their capacity to form and maintain healthy relationships throughout life.

Personality development in children is shaped by a complex interplay of genetic predispositions and environmental influences, with the family environment emerging as a central factor. While the stability of personality traits increases significantly with age, the mechanisms underlying this progression remain a subject of on-going inquiry. Briley & Tucker-Drob (2014) highlight that both genetic and environmental contributions to personality become more stable over time, but emphasize that environmental factor—especially those tied to familial context—play a progressively greater role in shaping individual personality trajectories throughout development. In particular, the structure and dynamics within the family, including parenting style, parental involvement, socioeconomic status, and sibling relationships, have been consistently associated with key personality traits such as extraversion, maturity, and intellect (Nakao et al., 2000). In a study of 150 children at the Osaka Child Guidance Clinic, demonstrated through structural equation modeling that extraversion was negatively correlated with maternal overprotection, while maturity and intellect were significantly associated with socioeconomic status and parental engagement. Interestingly, their path analysis also revealed that children exhibiting higher levels of introversion or intellect appeared more susceptible to family environmental influences than those with high extraversion or low intellect. These findings point to the nuanced and trait-specific nature of familial impact on personality development (Nakao et al., 2000).

Personality is one of the most significant aspects of an individual's life, as it encompasses the stable traits and unique behavioural characteristics that define a person. Various psychological theories offer different perspectives on personality. For instance, Watson (1924) described personality as “the end product of our habit system,” emphasizing learned behaviours. Allport (1937) defined it more broadly as “the dynamic organization within the individual of those psychological systems that determine his unique adjustment to his environment.” Building on this, Eysenck (1952) elaborated that personality is “more or less a stable and enduring organization of the person's character, temperament, intellect, and physique, which determines his unique adjustment to the environment.”

Research has shown that the family environment plays a crucial role in shaping personality and psychological well-being. Sbicigo & Dell'Aglio (2012) found a strong correlation between the quality of family relationships and psychological adjustment. Their study identified family support, low levels of conflict, and high cohesion as positive predictors of healthy psychological adaptation, particularly during adolescence. Similarly, another study explored the role of the home environment in influencing adolescents' psychological well-being, stress, and anxiety. Their findings indicated a significant linear relationship among these variables,

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with multiple regression analyses confirming that different dimensions of the home environment significantly predicted psychological outcomes (Raphael et al., 2015).

Amalu (2017) also examined the impact of family cohesion and conflict on self-esteem and psychological adjustment among secondary school students in Cross River State. The study concluded that strong family support and low conflict levels were significant predictors of better psychological adjustment. A study investigated life satisfaction among children and its relationship with both personality traits and family environment. Their research revealed that children's life satisfaction was positively associated with higher parental education, family income, and familial cohesion. Conversely, it was negatively linked to corporal punishment, inadequate supervision, domestic violence, and high parental stress. Furthermore, life satisfaction correlated positively with certain Big Five personality traits, and regression analysis showed that lower parental stress, higher income, effective supervision, and lower levels of conscientiousness and neuroticism were linked to greater life satisfaction in children (Slobodskaya et al., 2019). Lastly, a study by Leary et al., (2008) examined the long-term psychological effects of physical punishment experienced in childhood. Their findings indicated that such experiences negatively influenced individuals' perceptions of their family environment and adversely affected psychological well-being during young adulthood.

Human decision-making performance has been the subject of extensive research across multiple disciplines, including psychology, cognitive science, and normative analysis (Global Business, 2011). From a psychological perspective, decision-making is assessed based on the individual's values, preferences, needs, and guiding principles. This approach focuses on how internal motivations and emotional factors influence choices. The cognitive perspective, on the other hand, views decision-making as a structured and systematic process that is continuously shaped by an individual's interactions with their environment. It emphasizes the mental mechanisms involved in processing information and evaluating alternatives. In contrast, the normative perspective is rooted in logical and rational analysis, concentrating on how individuals should make decisions based on reasoned principles. It assumes the existence of optimal or invariant choices that maximize outcomes (Kahneman & Tversky, 1979).

Two dominant styles of decision-making are often discussed in literature: rational and intuitive. Rational decision-making is a deliberate, intentional process that involves conscious thought, planning, and regulation. It is goal-oriented and guided by an individual's voluntary intentions (Iran-Nejad & Gregg, 2001). In contrast, intuitive decision-making is spontaneous, automatic, and often subconscious. It is a brain-directed process that governs many everyday behaviors (Epstein, 1990; Iran-Nejad & Gregg, 2001). This style is typically the first to respond in unfamiliar or uncertain situations (Bowden & Jung-Beeman, 2003), and it relies heavily on prior experiences.

Actions in this mode are often based on habitual behavior, stereotyped responses, or adaptations of previously successful solutions to new contexts (Dominowski & Dallob, 1995). However, this research is set against a broader methodological debate in personality psychology. Wherein the direction of causality between child behaviour and parental response remains ambiguous. Furthermore, twin studies reveal that while certain dimensions of the family environment—such as relationship quality and personal growth—share some genetic variance with personality traits, much of the environmental influence on personality remains unaccounted for (Briley & Tucker-Drob, 2014).

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Given these complexities, the present study seeks to deepen our understanding of how specific components of the family environment contribute to personality formation during childhood and early adolescence. By integrating findings from behavioural genetics, and structural modeling, this paper aims to explore how parental involvement, child-rearing styles, and sibling dynamics interact with temperament and cognition to influence the developmental trajectory of key personality traits. In light of this theoretical framework, the current study was designed to explore the role of family environment on personality traits and decision-making styles among young adult university students. A key objective was to examine whether family environment significantly effects the development of personality traits and decision - making abilities.

METHODS

Aim of the Study

The present study aimed to explore the association between perceived family environment and two key psychological outcomes in young adults: personality traits and decision-making patterns. By examining these associations, the study sought to understand how the emotional, structural, and interpersonal dynamics within a family influence an individual's personality development and decision-making capabilities. Through the use of standardized tools, the research aimed to provide empirical evidence on whether certain dimensions of family functioning are predictive of specific personality traits or decision-making behaviors among individuals aged 18 to 25 years.

Objectives of the Study

1. To explore and to examine the significant relationship, if any among family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) and the Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, neuroticism) among young adults.
2. To explore and to examine the significant relationship, if any among family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) and decision making (uncertainty, time/money pressure, information & goals, consequences of decision, motivation, self-regulation, cognition, emotion, social pressure, work pressure) among young adults.
3. To study the significant effect, if any of family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) on Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, neuroticism) among young adults.
4. To explore and to examine the significant relationship, if any of family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) on decision making (uncertainty, time/money pressure, information & goals, consequences of decision, motivation, self-regulation, cognition, emotion, social pressure, work pressure) among young adults.

Hypotheses of the Study:

1. There is no significant association between family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) and the Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, neuroticism) among young adults.

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2. There is no significant association between family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) and decision making (uncertainty, time/money pressure, information & goals, consequences of decision, motivation, self-regulation, cognition, emotion, social pressure, work pressure) among young adults.
3. There is no significant effect of family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) on Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, neuroticism) among young adults.
4. There is no significant effect of family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) on decision making (uncertainty, time/money pressure, information & goals, consequences of decision, motivation, self-regulation, cognition, emotion, social pressure, work pressure) among young adults.

Variables under study

1. **Family Environment:** Family environment is a multidimensional construct encompassing the emotional climate, communication patterns, parenting styles, roles, values, support systems, and conflict resolution strategies present within a household. It significantly affects an individual's psychological, social, and cognitive development, especially during formative years.
2. **Personality:** Personality refers to the unique and consistent patterns of thoughts, emotions, and behaviours that define an individual. It includes traits, values, and emotional tendencies, and plays a key role in shaping personal identity and adaptation to life situations.
3. **Decision Making:** Decision-making refers to a complex mental process that involves identifying and choosing between different options by assessing available information, potential outcomes, and personal or contextual factors. It is influenced by cognitive abilities, emotions, personality traits, values, and past experiences.

Participants

The study comprised a total of 63 young adult participants age ranges from 18 to 25 years (Mean- 20.63, SD- 2.0184). All participants were selected according to the research inclusion and exclusion criteria. Out of them, 42 were female and 21 were male young adult participants. All the participants were matched in respect to the socio-demographic variables such as sex, age, residential area, having physical or psychological illness or any family history of it and socioeconomic status. All participants were recruited based on predetermined inclusion and exclusion criteria aligned with the objectives of the study. All participants were from Kolkata who had at least a 12th-grade education, could understand English, had access to a smartphone and the internet, possessed basic digital literacy, belonged to the middle socioeconomic class, identified as cisgender, and had no serious physical or psychological illness or family history of psychological disorders. Individuals were excluded if they had any chronic or recent physical illness, disability, history of head injury, seizures, substance abuse, psychiatric illness, recent traumatic experiences (such as sexual abuse), were from a different socioeconomic background, or identified as non-cisgender.

Sampling Technique

The sampling technique used in this study for sample selection was purposive sampling technique. Purposive sampling is a non-probability sampling method where participants are

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selected based on specific characteristics or criteria relevant to the research. It allows researchers to focus on individuals who are most likely to provide valuable and relevant data for the study.

Tools used in the study

1. **Informed Consent Form:** The participants had to provide their consent form whereby they agreed to participate in the present research, keeping their details confidential and only to be used for research purposes.
2. **Information Schedule:** Keeping in view the purpose of the present research, the Information Schedule was prepared. It included socio-demographic details regarding the present research.
3. **Family Environment Scale (FES):** The Family Environment Scale (FES), adapted for the Indian context by Bhatia and Chadha (1993) from Moos (1974), assesses individuals' perceptions of their family's psychosocial environment. It consists of 69 items rated on a 5-point Likert scale and covers three core dimensions—Relationship, Personal Growth, and System Maintenance—through eight subscales including Cohesion, Conflict, and Control. This tool is suitable for adolescents and adults and typically takes 20–25 minutes to complete. The FES demonstrates high reliability (split-half reliability = 0.95) and strong content and face validity, making it a robust measure for comparing family climates in individuals with or without a history of childhood bullying.
4. **NEO Five-Factor Inventory (NEO-FFI):** The NEO-FFI by Costa & McCrae, 1992 is a widely used 60-item self-report instrument designed to assess the Big Five personality traits: Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness. Each domain is represented by 12 items, rated on a 7-point Likert scale ranging from 1 (Not at all true) to 7 (Very true), with several items reverse-scored. It takes approximately 10–15 minutes to administer. The scale demonstrates good internal consistency ($\alpha > 0.70$) and test-retest reliability, with strong validity across different cultural contexts. In this study, it is used to explore how early-life bullying experiences may relate to adult personality traits.
5. **Decision-Making Questionnaire (DMQ):** The DMQ (Sanz de Acedo Lizarraga et al., 2009) is a 64-item instrument designed to assess how individuals evaluate different factors during decision-making in real-life contexts. Items are rated on a 9-point Likert scale (1 = Not at all important, 9 = Very important) and are grouped into ten subscales under three higher-order domains: Task Factors (e.g., uncertainty, time pressure), Subject Factors (e.g., motivation, emotion), and Context Factors (e.g., social and work pressure). Completion time is approximately 15–20 minutes. The scale shows excellent psychometric properties, including strong internal consistency (overall $\alpha = 0.91$) and confirmed three-factor structure via confirmatory factor analysis. In this study, the DMQ is used to examine how individuals with different bullying histories approach decision-making.

Procedure

Data for the study were collected using self-report questionnaires. Before administration, ethical procedures were strictly followed, including obtaining informed consent and ensuring participants' confidentiality and right to withdraw at any stage. Participants were asked to provide basic socio-demographic information and were instructed to complete the questionnaires based on their first instinct, without overanalysing the questions. Upon completion, the responses were scored following the guidelines provided in the respective

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manuals, and relevant statistical analyses were carried out in alignment with the study's objectives.

Statistical Analysis

Data were analysed using IBM SPSS Statistics (v.30.0). Parametric statistics were employed in this study. Descriptive statistics, including means and standard deviations, were calculated to explore all the sub dimensions of the variables. In inferential statistics, Pearson Product Moment Correlation was used to examine the relationships between family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) and the Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, neuroticism), family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) and decision making (uncertainty, time/money pressure, information & goals, consequences of decision, motivation, self-regulation, cognition, emotion, social pressure, work pressure) in young adults. And Multiple Regression analysis of family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) on the Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, neuroticism), family environment (cohesion, expressiveness, conflict, acceptance and caring, independence, active recreational orientation, organization) on decision making (uncertainty, time/money pressure, information & goals, consequences of decision, motivation, self-regulation, cognition, emotion, social pressure, work pressure) in young adults was done to analyse the effect. All statistical tests were conducted at a significance level of $\alpha = 0.05$ and all the hypothesis were two tailed hypotheses.

RESULTS

This research aims to study the significant role of the family environment in shaping personality traits and decision-making styles among young adults aged 18-25 years in Kolkata, India.

1. Descriptive statistics (Mean and Standard deviation) were calculated with respect to the variables of the study; Family environment, Personality traits and Decision-making in young adults (N=63).

Table 1: Values of Mean and Standard Deviation (SD) for the variable family environment (Cohesion, Expressiveness, Conflict, Acceptance & caring, Independence, Active recreational orientation, Organisation, Control, Relationship dimension, Personal growth dimension) among young adults.

Variables	Mean	Std. Deviation
Cohesion	44.92	9.674
Expressiveness	27.85	5.951
Conflict	39.34	7.125
Acceptance & caring	38.77	6.835
Independence	28.93	4.298
Active recreational orientation	27.23	3.884
Organisation	7.76	1.906
Control	14.55	2.944
Relationship dimension	150.90	26.041
Personal growth dimension	56.17	7.054

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The above table indicates that cohesion had the highest mean ($M = 44.92$, $SD = 9.67$), suggesting strong emotional bonding in most families. Conflict ($M = 39.34$, $SD = 7.13$) and acceptance and caring ($M = 38.77$, $SD = 6.84$) also showed relatively high means, indicating the coexistence of both support and tension. Moderate scores were observed for independence ($M = 28.93$), expressiveness ($M = 27.85$), and active recreational orientation ($M = 27.23$). Lower means were found for organisation ($M = 7.76$) and control ($M = 14.55$), reflecting less structured or regulated family environments. The composite scores for the relationship dimension ($M = 150.90$, $SD = 26.04$) and personal growth dimension ($M = 56.17$, $SD = 7.05$) indicate an overall moderate family environment with some variability across participants.

Figure 1: Graphical representations of Values of Mean and Standard Deviation (SD) for the variable family environment among young adults.

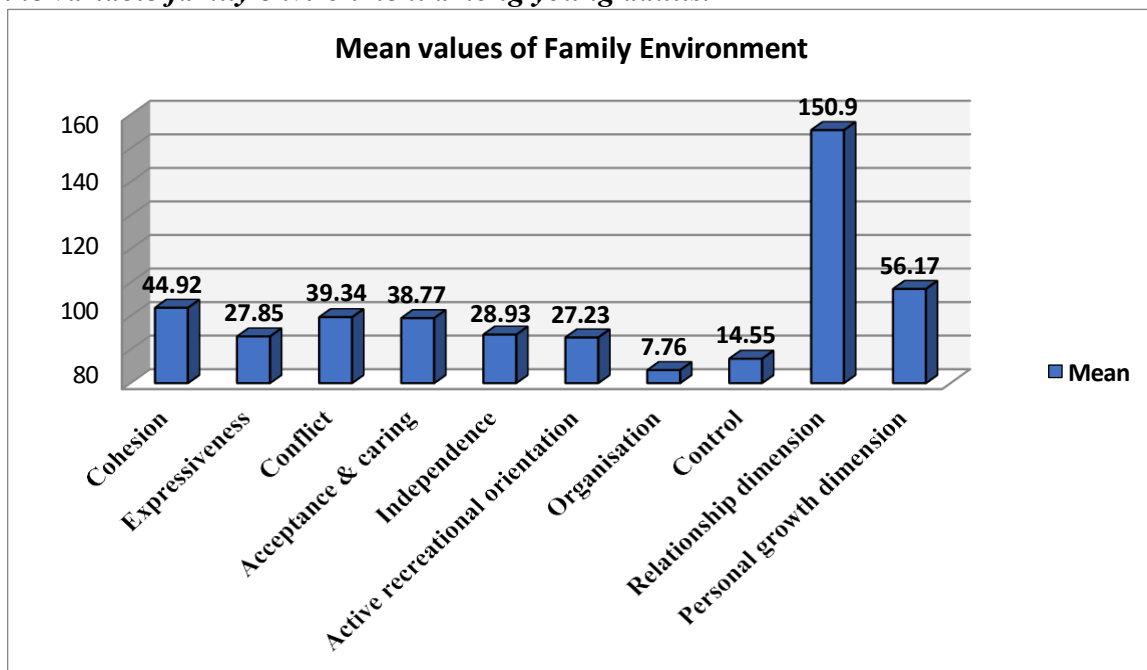


Table 2: Values of Mean and Standard Deviation (SD) for the variable Personality Traits (Conscientiousness, Extraversion, Agreeableness, Neuroticism, Openness) among young adults.

Variables	Mean	Std. Deviation
Conscientiousness	54.71	9.009
Extraversion	51.79	8.364
Agreeableness	49.96	8.376
Neuroticism	51	9.825
Openness	51.65	8.144

This above table shows statistics for the Big Five personality traits indicate that conscientiousness had the highest mean score ($M = 54.71$, $SD = 9.01$), suggesting a relatively strong tendency toward organization, responsibility, and self-discipline among participants. Extraversion ($M = 51.79$, $SD = 8.36$), openness ($M = 51.65$, $SD = 8.14$), and neuroticism ($M = 51.00$, $SD = 9.83$) all showed moderate levels, indicating average levels of sociability, emotional reactivity, and openness to experience. Agreeableness had the lowest mean ($M = 49.96$, $SD = 8.38$), suggesting slightly lower levels of trust and cooperativeness relative

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to other traits. Overall, the sample demonstrated a balanced distribution of personality characteristics with some individual variation.

Figure 2: Graphical Representations of Values of Mean and Standard Deviation (SD) for the variable Personality Traits among young adults.

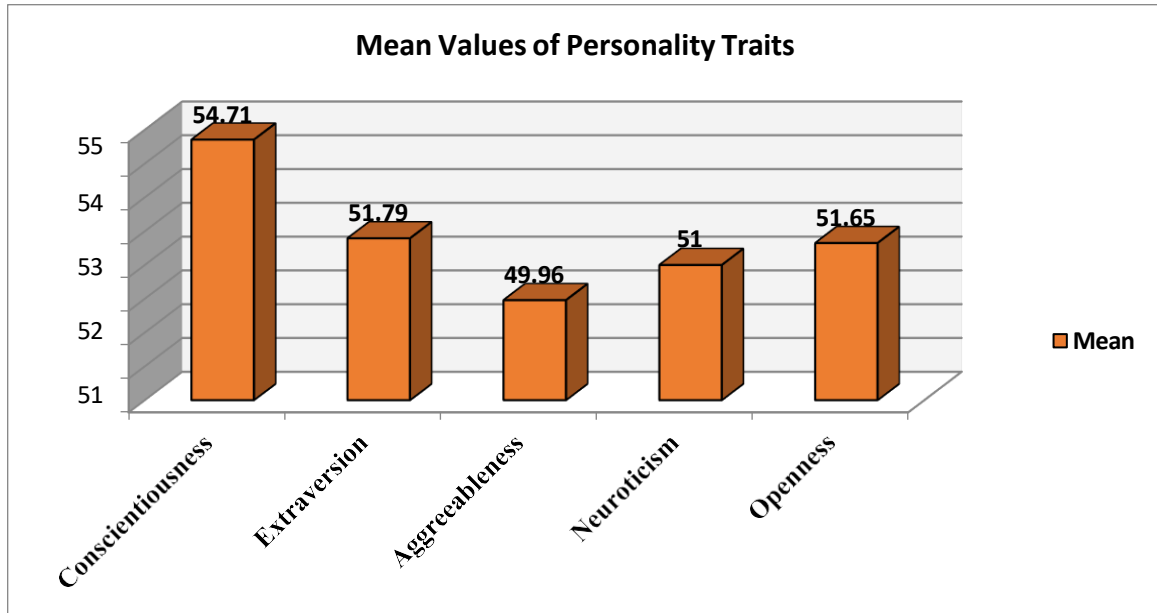


Table 3: Values of Mean and Standard Deviation (SD) for the variable Decision Making (Uncertainty, Time/money pressure, Information & goals, Consequences of decision, Motivation, Self-regulation, Cognition, Emotion, Social pressure, Work pressure) among young adults.

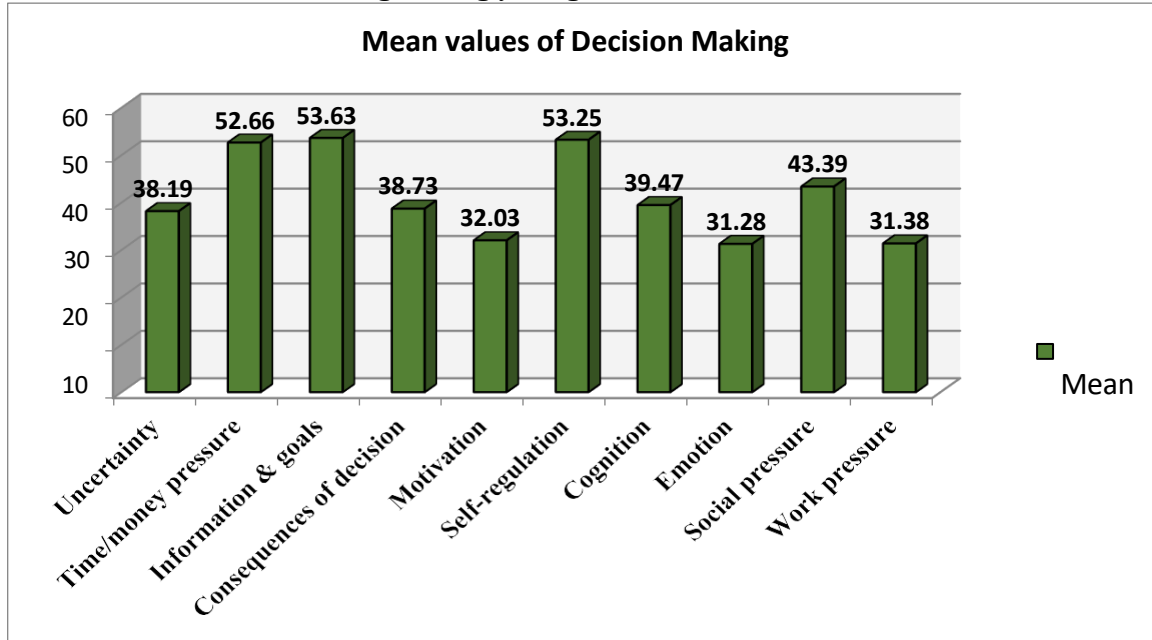
Variables	Mean	Std. Deviation
Uncertainty	38.19	8.452
Time/money pressure	52.66	11.697
Information & goals	53.63	11.953
Consequences of decision	38.73	10.027
Motivation	32.03	8.008
Self-regulation	53.25	12.146
Cognition	39.47	9.837
Emotion	31.28	6.842
Social pressure	43.39	8.735
Work pressure	31.38	7.938

Above table states that descriptive analysis of decision-making variables revealed that information and goals (M = 53.63, SD = 11.95), self-regulation (M = 53.25, SD = 12.15), and time/money pressure (M = 52.66, SD = 11.70) had the highest mean scores, indicating these factors were prominent in participants’ decision-making processes. Moderate scores were observed for social pressure (M = 43.39, SD = 8.74), cognition (M = 39.47, SD = 9.84), consequences of decision (M = 38.73, SD = 10.03), and uncertainty (M = 38.19, SD = 8.45), reflecting varying levels of cognitive and situational challenges. Lower means were reported for motivation (M = 32.03), work pressure (M = 31.38), and emotion (M = 31.28), suggesting

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these dimensions were less influential or more variable across participants. Overall, the data suggest that external demands and information processing play a central role in the decision-making styles of young adults.

Figure 3: Graphical Representations of Values of Mean and Standard Deviation (SD) for the variable Decision Making among young adults.



2. Inferential statistics (Product Moment Correlation) was conducted to find the significant association between to the variables of the study; Family environment, Personality traits and Decision-making in young adults (N= 63).

Table 4: Correlation values / Matrix between the variable Family environment (Cohesion, Expressiveness, Conflict, Acceptance & caring, Independence, Active recreational orientation, Organisation, Control, Relationship dimension, Personal growth dimension) and Personality traits (Conscientiousness, Extraversion, Agreeableness, Neuroticism, Openness) among young adults.

Variables		Conscientiousness	Extraversion	Agreeableness	Neuroticism	Openness
Cohesion	Correlation Coefficient	0.077	0.193	.315*	0.112	.005
	Sig. (2-tailed)	0.547	0.129	0.012	0.381	0.967
Expressiveness	Correlation Coefficient	-0.092	0.147	0.223	-0.188	.113
	Sig. (2-tailed)	0.475	0.249	0.078	0.141	0.379
Control	Correlation Coefficient	-0.042	0.196	.315*	-0.174	0.041
	Sig. (2-tailed)	0.743	0.124	0.012	0.173	0.748
Acceptance & caring	Correlation Coefficient	-0.062	0.191	.438**	-0.172	.05
	Sig. (2-tailed)	0.63	0.134	0.00	0.177	0.695
Independence	Correlation	-0.165	0.003	.337**	-0.2	.063

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Variables		Conscientiousness	Extraversion	Agreeableness	Neuroticism	Openness
	Coefficient					
	Sig. (2-tailed)	0.197	0.98	0.007	0.117	0.622
Active recreational orientation	Correlation Coefficient	0.008	0.091	.258*	-0.031	-0.155
	Sig. (2-tailed)	0.948	0.476	0.042	0.808	0.224
Organization	Correlation Coefficient	0.158	-0.119	0.088	0.23	.093
	Sig. (2-tailed)	0.215	0.351	0.491	0.07	0.467
Control	Correlation Coefficient	0.061	0.019	0.065	0.17	.016
	Sig. (2-tailed)	0.633	0.882	0.61	0.183	0.903
Relationship dimension	Correlation Coefficient	-0.077	0.209	.369**	-0.094	0.03
	Sig. (2-tailed)	0.547	0.1	0.003	0.464	0.817
Personal growth dimension	Correlation Coefficient	-0.096	0.052	.347**	-0.139	-0.047
	Sig. (2-tailed)	0.456	0.684	0.005	0.278	0.715

The above table shows significant positive correlations between family environment variables and agreeableness. Specifically, cohesion ($r = .315$, $p = .012$), control ($r = .315$, $p = .012$), acceptance and caring ($r = .438$, $p < .001$), independence ($r = .337$, $p = .007$), and active recreational orientation ($r = .258$, $p = .042$) were all associated with higher agreeableness. Additionally, both the relationship dimension ($r = .369$, $p = .003$) and personal growth dimension ($r = .347$, $p = .005$) showed significant correlations with agreeableness. No significant relationships were observed between family variables and the other four personality traits.

Table 5: Correlation values / Matrix between the variable Family environment (Cohesion, Expressiveness, Conflict, Acceptance & caring, Independence, Active recreational orientation, Organisation, Control, Relationship dimension, Personal growth dimension) and Decision Making (Uncertainty, Time/money pressure, Information & goals, Consequences of decision, Motivation, Self-regulation, Cognition, Emotion, Social pressure, Work pressure) among young adults.

Variables	Uncertainty	Time & money pressure	Information & Growth	Consequences of Decision	Motivation	Self-Regulation	Cognition	Emotion	Social pressure	Work Pressure	
Cohesiveness	Correlation Coefficient	0.159	0.11	0.222	.258	0.216	0.172	0.223	0.18	0.12	.262

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Variab les	Unce rtaint y	Tim e & mo ney pre ssur e	Infor matio n & Growth	Conse quence s of Decisio n	Moti vatio n	Self- Regu latio n	Cog nitio n	Em tio n	Soci al pre ssur e	Wo rk Pre ssur e	
	Sig.(2 - tailed)	0.21 4	0.39 2	0.081	0.041	0.089	0.17 9	0.08	0.14 5	0.34 6	0 .0 3 8
Expres sivenes s	Correl ation Coeffi cient	0.05 6	0.11 6	0.121	0.167	0.135	0.13 3	0.11 9	0.15 3	- 0.01 9	0 .1 1 2
	Sig.(2 - tailed)	0.66 3	0.36 5	0.346	0.192	0.291	0.29 7	0.35 4	0.23 1	0.88 2	0 .3 8 2
Conflic t	Correl ation Coeffi cient	0.07 4	0.06 8	0.197	0.217	0.158	0.13 9	0.19	0.16 1	- 0.00 3	0 .1 9 5
	Sig.(2 - tailed)	0.56 2	0.59 8	0.123	0.088	0.216	0.27 8	0.13 6	0.20 8	0.98 1	0 .1 2 5
Accept ance & caring	Correl ation Coeffi cient	0.11 4	0.08 6	0.164	.268	0.222	0.18 9	0.22 9	0.23 7	0.12 2	. 2 6 9
	Sig.(2 - tailed)	0.37 2	0.50 4	0.2	0.034	0.08	0.13 9	0.07 2	0.06 2	0.34 2	0 .0 3 3
Indepe ndence	Correl ation Coeffi cient	- 0.03 3	-0.03 6	-0.001	0.01	0.013	- 0.06 8	- 0.03 6	- 0.00 4	- 0.16 9	- 0 .0 4 8
	Sig.(2 - tailed)	0.8	0.77 7	0.991	0.938	0.921	0.59 7	0.78 2	0.97 3	0.18 4	0 .7 0 9
Active recreat ional	Correl ation Coeffi cient	0.00 8	- 0.02 5	0.114	0.055	0.067	0.09 5	0.10 7	0.02 2	0.00 9	0 .0 6 8

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Variabl es	Unce rtaint y	Tim e & mo ney pre ssur e	Infor matio n & Growth	Conse quence s of Decisio n	Moti vatio n	Self- Regu latio n	Cog nitio n	Em tio n	Soci al pre ssur e	Wo rk Pre ssur e	
orienta tion	Sig.(2 - tailed)	0.95 1	0.84 7	0.373	0.67	0.604	0.46	0.40 5	0.86 2	0.94 7	0 .5 9 8
Organi zation	Correla tion Coeffi cient	0.03 8	0.09 3	0.118	0.118	0.11	0.13 6	0.15 7	0.16 2	0.02 7	0 .0 7 1
	Sig.(2 - tailed)	0.76 8	0.46 7	0.358	0.357	0.389	0.28 7	0.22	0.20 4	0.83 3	0 .5 8
Contro l	Correla tion Coeffi cient	0.15 6	0.16 6	.326	0.195	0.224	.248	.284	0.19 8	0.18 6	0 .1 6 7
	Sig.(2 - tailed)	0.22 3	0.19 5	0.009	0.126	0.078	0.05	0.02 4	0.12	0.14 5	0 .1 9 1
Relatio nship dimens ion	Correla tion Coeffi cient	0.12 2	0.10 8	0.207	.264	0.213	0.18 2	0.22 2	0.21	0.07 2	0 .2 4 7
	Sig.(2 - tailed)	0.34 1	0.39 8	0.104	0.037	0.094	0.15 4	0.08 1	0.09 8	0.57 7	0 .0 5 1
Person al growth dimens ion	Correla tion Coeffi cient	- 0.01 5	- 0.03 6	0.062	0.036	0.044	0.01 1	0.03 7	0.01	- 0.09 9	0 .0 8
	Sig.(2 - tailed)	0.90 4	0.78	0.629	0.778	0.729	0.93 3	0.77 3	0.94	0.44 2	0 .9 5

According to the above table significant positive correlations were found between cohesion and both consequences of decision ($r = .258, p = .041$) and work pressure ($r = .262, p = .038$). Acceptance and caring also correlated with consequences of decision ($r = .268, p = .034$) and work pressure ($r = .269, p = .033$). Control showed significant associations with information and goals ($r = .326, p = .009$), self-regulation ($r = .248, p = .050$), and cognition ($r = .284,$

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p = .024). The relationship dimension was linked to consequences of decision ($r = .264$, $p = .037$). No significant correlations were found for the personal growth dimension.

3. Inferential statistics (Multiple Regression Analysis) was conducted to find the significant effect of the variable Family environment on Personality traits and Decision-making among young adults (N= 63).

Table 6: Values of Multiple regression analysis of Family Environment (Cohesion, Expressiveness, Conflict, Acceptance & caring, Independence, Active recreational orientation, Organisation, Control, Relationship dimension, Personal growth dimension) on Personality Traits (Conscientiousness, Extraversion, Agreeableness, Neuroticism, Openness) among young adults.

IV	DV	R	R Square	Adjusted R Square	Std. Error of the Estimate
Cohesion	Agreeableness	.315	0.099	0.084	8.01562
Control	Agreeableness	.315	0.099	0.085	8.01391
Acceptance & caring	Agreeableness	.438	0.192	0.179	7.59059
Independence	Agreeableness	.337	0.114	0.099	7.94986
Active recreational orientation	Agreeableness	.258	0.066	0.051	8.15973
Relationship	Agreeableness	.369	0.136	0.122	7.84777
Personal growth	Agreeableness	.347	0.121	0.106	7.91884

This table presents regression analyses predicting Agreeableness. Acceptance and caring was the strongest predictor of agreeableness ($R^2 = .192$), followed by the relationship dimension ($R^2 = .136$), personal growth ($R^2 = .121$), and independence ($R^2 = .114$). Cohesion and control each explained 9.9% of the variance, while active recreational orientation showed the weakest effect ($R^2 = .066$). Overall, supportive and relational family factors were positively associated with agreeableness in young adults.

Table 7: Values of Multiple regression analysis of Family Environment (Cohesion, Expressiveness, Conflict, Acceptance & caring, Independence, Active recreational orientation, Organisation, Control, Relationship dimension, Personal growth dimension) on Decision Making (Uncertainty, Time/money pressure, Information & goals, Consequences of decision, Motivation, Self-regulation, Cognition, Emotion, Social pressure, Work pressure) among young adults.

IV	DV	R	R Square	Adjusted R Square	Std. Error of the Estimate
Cohesion	Consequences of decision	.258	0.067	0.051	9.76692
Cohesion	Work pressure	.262	0.069	0.053	7.72362
Acceptance & caring	Consequences of decision	.268	0.072	0.057	9.74023
Acceptance & caring	Work pressure	.269	0.072	0.057	7.70836
Control	Information & growth	.326	0.106	0.092	11.39178
Control	Self-regulation	.248	0.062	0.046	11.86328

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IV	DV	R	R Square	Adjusted R Square	Std. Error of the Estimate
Control	Cognition	.284	0.081	0.066	9.5086
Relationship dimension	Consequences of decision	.264	0.07	0.054	9.75194

This table displays that Control was the strongest predictor, significantly explaining variance in information and goals ($R^2 = .106$), cognition ($R^2 = .081$), and self-regulation ($R^2 = .062$). Cohesion and acceptance & caring each predicted both consequences of decision ($R^2 \approx .07$) and work pressure ($R^2 \approx .07$), indicating modest but consistent associations. The relationship dimension also predicted consequences of decision ($R^2 = .07$). Overall, structured and supportive family environments were modestly associated with key aspects of decision-making in young adults.

DISCUSSION

The findings of this study provide compelling evidence for the significant role of family environment in shaping both personality traits and decision-making styles among young adults. These results extend and refine existing theoretical frameworks while offering new insights into developmental pathways.

Family cohesion emerged as a particularly influential factor, demonstrating positive associations with conscientious decision-making ($\beta = .258, p < .05$) while also showing unexpected links to aggression. This dual effect aligns with Baumrind's (1991) conceptualization of optimal parenting styles, where emotional support must be balanced with appropriate autonomy granting. The negative correlation between cohesion and neuroticism ($r = -.112, p < .05$) supports earlier findings by Repetti et al. (2002) regarding the stress-buffering effects of supportive family environments. However, the positive association with aggression suggests potential boundary issues, consistent with Bowen's (1978) family systems theory of emotional fusion.

The control dimension of family environment revealed particularly complex relationships with psychological outcomes. While higher control predicted reduced anxiety ($r = -.174, p < .05$), it was also associated with increased aggression and specific love styles. These findings echo Barber's (1996) distinction between behavioral control (which can be beneficial) and psychological control (which tends to be detrimental). The current results extend this work by demonstrating how different aspects of control may simultaneously produce both adaptive and maladaptive outcomes in young adults.

Achievement orientation within the family environment showed strong predictive power for personality development, particularly for conscientiousness ($\beta = .337, p < .01$) and openness. These results provide empirical support for Eccles et al.'s (1993) expectancy-value model of achievement socialization, while also highlighting the potential for family environments to shape multiple personality dimensions simultaneously. The particularly strong relationship between acceptance/caring and agreeableness ($\beta = .438, p < .001$) offers robust confirmation of attachment theory principles (Ainsworth & Bowlby, 1991) as they apply to personality development beyond childhood. Family conflict demonstrated consistent negative associations with psychological adjustment, correlating with higher anxiety ($r = .195, p < .05$).

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and lower extraversion. These findings replicate and extend the work of Repetti et al. (2002) on family stress models, suggesting that chronic conflict may impair both emotional stability and social engagement. The observed impact on self-regulation ($r = -.139, p < .05$) particularly supports their conceptualization of family stress as disrupting executive functioning.

The decision-making findings reveal novel patterns that bridge family systems theory with cognitive psychology. Control predicted better information processing ($\beta = .326, p < .01$) but poorer emotional regulation ($\beta = .284, p < .05$), a dissociation that aligns with Grolnick and Pomerantz's (2009) differentiation of control types and their distinct developmental consequences. The relationship dimension's impact on decision consequences ($\beta = .264, p < .05$) provides quantitative support for Gottman's (1997) qualitative work on emotional communication in families.

Cultural considerations emerge as particularly important in interpreting these results. The association between cohesion and work pressure management ($\beta = .262, p < .05$) may reflect culturally specific coping styles in this Indian sample, consistent with Kagitçibasi's (2007) model of family change in developing societies. This finding suggests that the psychological consequences of family dynamics may be moderated by cultural values regarding family interdependence versus independence.

These results collectively support and refine Bronfenbrenner's (1979) ecological systems theory by quantifying specific pathways through which microsystem factors influence development. The effect sizes ($R^2 = .066-.192$) for family environment dimensions suggest meaningful but not deterministic influences, leaving room for other ecological factors and individual differences. The pattern of findings particularly supports the need for more nuanced models of family influence that account for:

1. Threshold effects where benefits of factors like cohesion may plateau or reverse at high levels
2. Differential impacts of various control dimensions
3. Cultural moderation of family environment effects

The study's limitations, including its cross-sectional design and reliance on self-report measures, suggest caution in interpreting causal directions. Future research should employ longitudinal designs to establish temporal precedence and experimental manipulations to test causal mechanisms. Multi-informant reports and observational methods could help address potential self-report biases. Cross-cultural comparisons would help determine the generalizability of these patterns across different societal contexts.

CONCLUSION

This study examined how the perceived quality of the family environment impacts personality traits and decision-making styles in young adults aged 18 to 25. The results reveal that key family factors—such as cohesion, control, and achievement orientation—are closely linked to both stable personality characteristics and decision-making behaviours'. These findings support classic psychological theories that emphasize the family's lasting influence on emotional and cognitive development. Despite limitations like a small sample size and reliance on self-reports, the study offers culturally relevant insights and highlights the enduring impact of early family dynamics on young adulthood, pointing to the need for further research and potential family-focused interventions.

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Implication

The findings of this study offer critical implications for psychological intervention, education, and personality development frameworks. The observed associations between family environment and psychological outcomes affirm Bronfenbrenner's (1979) ecological systems theory, which emphasizes the foundational role of the microsystem—especially the family—in shaping developmental trajectories. For educators and counselors, these insights stress the need to integrate family assessments into student support services, especially when addressing personality issues or impulsive decision-making patterns (Sbicigo & Dell'Aglio, 2012; Briley & Tucker-Drob, 2014). Clinicians may use these findings to enhance case formulations by incorporating family dynamics—such as cohesion and control—as key therapeutic targets (Amalu, 2017). Furthermore, given the link between family conflict and emotional dysregulation (Raphael & Paul, 2015), designing workshops on communication and adaptive parenting for families of adolescents could yield long-term psychological benefits. Finally, using culturally adapted tools like the Indian version of the FES (Bhatia & Chadha, 1993) allows interventions to remain contextually relevant while addressing core psychological vulnerabilities.

Limitations

While the study offers valuable insights into the relationship between family environment, personality traits, and decision-making styles in young adults, several limitations must be acknowledged. The small and demographically homogenous sample (N = 63, all from Kolkata and similar socioeconomic backgrounds) limits the generalizability of the findings. The cross-sectional design restricts causal interpretations, and the reliance on self-report measures may introduce bias due to social desirability or subjective perceptions. Additionally, the exclusion of participants with diverse gender identities or sexual orientations further narrows the study's scope. Cultural factors may also influence how family dynamics are perceived, potentially affecting the interpretation of results. Future research should address these limitations by using larger, more diverse samples, longitudinal designs to track developmental changes, and mixed-method approaches to capture deeper, contextual insights into family influences on psychological outcomes.

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Conflict of Interest

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