

## Examining the Interplay of Big Five Personality Traits, Mindfulness and Resilience in Young Adults

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### ABSTRACT

Resilience, a dynamic capacity to adapt and bounce back from adversity, is intricately linked to an individual's personality traits and can be nurtured through mindfulness practices. This study aimed to investigate the relationship between Big five personality traits, mindfulness and resilience, in a sample of young adults (N=150). In this respect, Big Five Inventory (BFI), FFMQ-15: 15-item Five -Facet Mindfulness Questionnaire and Connor- Davidson Resilience Scale (CD-RISC) were administered. Correlational analysis shows statistically significant relationship between Personality, Mindfulness and Resilience. The result shows that Mindfulness and resilience are negatively correlated with neuroticism trait of personality whereas they are positively correlated with other three traits of personality (openness to experience, conscientiousness, and agreeableness) except extraversion. It also shows a positive relationship between resilience and mindfulness. According to the research findings, the mental health of young adults can be predicted by assessing their personality traits, levels of resilience, and mindfulness.

**Keywords:** *Personality, traits, Big five personality traits, Resilience, Mindfulness*

The capacity of young adults to negotiate the difficulties and possibilities that present themselves throughout this transitional stage of life is closely influenced by their resilience, personality characteristics, and mindfulness. Personality qualities including neuroticism, openness, and conscientiousness can have a big impact on how they react to stress and failure. The capacity to adapt, persevere, and have a positive attitude are characteristics of those with high levels of resilience, which help them recover from hardship more quickly. Additionally, when young adults adopt mindfulness practices, they may be an effective tool for boosting self-awareness, emotional control, and stress management. The combination of these factors shows that personality qualities may incline people to be more open to mindfulness approaches, thereby enhancing their resilience in the face of difficulties.

Resilience is the capacity to positively respond to stress, adversity, and catastrophe while maintaining one's health (Seery et al., 2010). In order to mitigate the passive effects of internalizing and externalizing challenges, resilience performs a protective function (Luthar et al., 2000). In the face of extreme stress and hardship, resilience can also stop subsequent

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emotional and behavioral issues from developing (Bahmani et al., 2016; Bethell et al., 2016). For instance, studies have shown that when various people encounter the same adversity, some can handle life stress and remain healthy owing to having greater levels of resilience, but those with lower levels of resilience will experience mental anguish (Elisei et al., 2013). Emotional balance and self-trust are important factors in confronting stressful situations during this phase of life. Emerging adults showed increased agreeableness and openness to experience, good emotional balance, and relatively moderate conscientiousness. Supporting the well-being of young adult students should focus on developing emotional balance and self-trust (Balgiu, B. A., 2018). For young adults, developing resilience is particularly important because they face a variety of stressors, such as academic pressure, financial strain, and social challenges. By developing resilience, they can learn to cope with these stressors in a healthy and effective way, which can lead to better academic performance, mental health, and overall well-being. Incorporating mindfulness practices into academics can help to develop a more positive attitude towards learning, which can further enhance their academic self-efficacy. Mindfulness is a skill that enhances adaptive coping to stressful events by the self-regulation of attention towards the immediate experience, and an open and accepting orientation towards one's experience of the present (Keye, M. D., & Pidgeon, A. M., 2013).

Personality traits impact how individuals perceive and respond to challenges, cope with stress, and maintain a positive outlook in the face of adversity (Kumar, D. B., & John, M. J., 2022). Resilience is shaped by numerous facets of one's personality, and these facets may vary among different population groups, as well as exhibit differences based on the extent of adversity and cultural environments. Also, neuroticism, a personality trait, is significantly negatively correlated with resilience (Balgiu, B. A., 2018).

Mindfulness entails a deliberate focus on and recognition of the current moment, approached with an attitude of receptiveness, embracing, and impartiality. (Bishop et al., 2004, Kabat-Zinn, 1990, Kabat-Zinn, 1994). Conscientiousness, which is characterized by self-discipline, self-regulation, and thoughtful response, shares commonalities with mindfulness. Mindfulness is most strongly related to neuroticism, conscientiousness, and agreeableness, while the relationship with extraversion and openness to experience is less clear (Giluk, T. L., 2009)

The aim of this study is to examine the relationship between Big five Personality Traits, Mindfulness and Resilience among young adults. It is essential for their personal development, mental health, and overall well-being, as well as for the broader societal benefits and advancements in the field of psychology.

Therefore, it is hypothesized that:

1. There will be a positive correlation between Extraversion, Openness to Experience, Conscientiousness, Agreeableness and Mindfulness.
2. There will be a negative correlation between Neuroticism and Mindfulness.
3. There will be a positive correlation between Extraversion, Openness to Experience, Conscientiousness, Agreeableness and Resilience.
4. There will be a negative correlation between Neuroticism and Resilience.
5. There will be a positive correlation between Mindfulness and Resilience.

## METHODOLOGY

### *Sample*

The sample size comprises 250 young adults who fall within the age range of 18-25 years and who were willing to participate in the study. The simple random sampling technique was used to employ the participants in this study.

### *Instruments*

Three measures were used in this study,

1. **Big Five Inventory (BFI)** created by John, O.P., and Srivastava, S. in 1999. The BFI comprises 44 items designed to assess an individual's personality based on the Big Five Factors or dimensions, which include Extraversion (8 items), Agreeableness (9 items), Conscientiousness (9 items), Neuroticism (8 items), and Openness (10 items). Each item presents a brief statement (e.g., 'is talkative,' 'is depressed, blue,' 'tends to be lazy') that corresponds to prototypical trait adjectives associated with each dimension (John & Srivastava, 1999). Respondents rate these items on a five-point scale ranging from 1 ('disagree strongly') to 5 ('agree strongly'). John and Srivastava reported alpha reliabilities ranging from .75 to .80 for the individual subscales and 3-month test-retest reliabilities ranging from .80 to .90. Additionally, validity coefficients were reported as .91 for Extraversion, Agreeableness, and Conscientiousness, .88 for Neuroticism, and .83 for Openness (John & Srivastava, 1999). To calculate subscale scores, specific items were reverse-scored, and the ratings for all items within each subscale were summed before dividing by the total number of items to derive a mean score.
2. **FFMQ-15:** A 15-item version of the Five-Facet Mindfulness Questionnaire (FFMQ) - This shorter assessment is derived from the original 39-item FFMQ developed by Baer et al. in 2006. It encompasses the same five facets as the longer version: Observing, Describing, Acting with Awareness, Non-Judging of inner experience, and Non-Reactivity to inner experience. The 15-item FFMQ, referred to as FFMQ-15, was introduced by Baer et al. in 2012 and consists of three items for each of these facets. Respondents rated the items on a five-point scale, ranging from 1 ('Never or very rarely') to 5 ('Very often or always true'). The FFMQ-15 has demonstrated strong construct validity, as indicated by research conducted by Montgomery, Hatton, Fisk, Ogden, and Jansari in 2010. It also exhibits good reliability, with Cronbach alpha coefficients for the individual facets falling within the range of 0.73 to 0.91, as reported by Sung-Youl in 2015.
3. **Connor- Davidson Resilience Scale (CD-RISC)-** The Connor-Davidson Resilience Scale, developed by Kathryn M. Connor and Jonathan R.T. Davidson in 2003, serves as a tool for evaluating resilience. This assessment gauges an individual's capacity to rebound effectively following stressful events, tragedies, or trauma, ultimately reflecting their ability to thrive in the face of adversity. Resilience is a quality that empowers individuals to navigate life's challenges more effectively. Those with high levels of resilience tend to navigate life's traumas more successfully. The CD-RISC has demonstrated robust psychometric properties, including high internal consistency ( $\alpha = .88$  and  $.89$ ), strong test-retest reliability (.87), and favorable evidence of convergent and divergent validity during its development (Connor & Davidson, 2003; Gucciardi et al., 2011). Comprising 25 items, the CD-RISC employs a five-point Likert scale for responses, ranging from 0 ('Not true at all') to 4 ('True nearly all the time'). The total scores can vary from 0 to 100, with higher scores indicative of greater resilience."

**Procedure**

Tools were gathered in accordance with the research requirements for data collection. The Big Five Inventory (BFI) was utilized to gauge personality traits, the FFMQ-15 (15-Item Five-Facet Mindfulness Questionnaire) was employed to evaluate mindfulness, and the Connor-Davidson Resilience Scale (CD-RISC) was utilized to measure resilience. The room where the research was conducted was arranged with sufficient lighting and proper ventilation. Subsequently, the participants were invited in, asked to sit comfortably, and rapport was established. They were assured of the confidentiality of the test, informed of their option to discontinue if they felt uncomfortable, and their written consent was obtained. Clear instructions were provided to the participants. Once it was certain that all participants understood the task, they were instructed to complete the questionnaires. After the participants had finished filling out all the questionnaires, the filled responses were collected from them, and they were thanked for their participation. Throughout the data collection process, strict adherence to research ethics and guidelines was maintained.

**RESULTS**

**Table No. 1 Relationship between Big five Personality Traits, Mindfulness and Resilience in young adults**

Big Five Personality Traits	Mindfulness	Resilience
Openness to experiences	0.285	0.455**
Conscientiousness	0.450**	0.441**
Extraversion	-0.015	-0.019
Agreeableness	0.344**	0.332**
Neuroticism	-0.483**	-0.611**

Note: \* correlation is significant at the level 0.05 level (2-tailed).

\*\* correlation is significant at the level 0.01 level (2-tailed).

Table 1 illustrated that there is a significant positive correlation between conscientiousness ( $r = 0.450$ ) and agreeableness ( $r = 0.344$ ) with mindfulness. Similarly, openness to experiences ( $r = 0.455$ ), conscientiousness ( $r = 0.441$ ), and agreeableness ( $r = 0.332$ ) exhibit significant positive correlations with resilience. Additionally, it was found that neuroticism has significant negative correlations with both mindfulness ( $r = -0.483$ ) and resilience ( $r = -0.611$ ).

**Table No. 2 Relationship between Mindfulness and resilience in young adults**

Variables	Resilience
Mindfulness	0.531**

Note: \*\* correlation is significant at the level 0.01 (2-tailed).

Table 2 indicated that mindfulness had shown a moderate positive relationship with resilience. Moreover, it was also found that resilience was positively linked with mindfulness.

**DISCUSSION**

The purpose of the current study was to identify the relationship between Big Five Personality Traits, Mindfulness and Resilience in Young adults. A positive correlation was found between Openness to experience, Conscientiousness, Agreeableness and Mindfulness while moderate negative correlation was found between neuroticism and mindfulness but the relationship of Extraversion trait with mindfulness is undetermined. Individuals who possess

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a strong sense of adventure, exhibit deep thoughtfulness, and show empathy tend to be more attuned and aware of their surroundings. In contrast, those prone to frequent mood swings generally display less self-awareness and awareness of their environment. A similar result was found by Giluk, T. L. (2009) that mindfulness is most strongly related to neuroticism, conscientiousness, and agreeableness, while the relationship with extraversion and openness to experience is less clear.

As the relationship between Mindfulness and Resilience was evaluated, a positive correlation was found between them which means young adults who effectively manage challenges develop self-awareness, gaining insight into their thoughts, emotions, and behaviours. Sensible individuals embrace a positive perspective and cultivate a sense of purpose in life. They remain attentive and exhibit adaptability in their responses. Mindfulness is a skill that enhances adaptive coping to stressful events by the self-regulation of attention towards the immediate experience, and an open and accepting orientation towards one's experience of the present (Keye, M. D., & Pidgeon, A. M., 2013).

Also, Positive correlation was found between Openness to experience, Conscientiousness, Agreeableness and Resilience while negative correlation was found between neuroticism and Resilience. Young adults who exhibit a strong capacity for quick recovery from stressful situations tend to possess a heightened curiosity for acquiring new knowledge. They demonstrate a penchant for organization, keen attention to details, and derive satisfaction from assisting and enhancing the well-being of others. In contrast, those who grapple with frequent negative emotions, persistent anxiety, and fluctuating mood episodes often encounter considerable challenges when attempting to extricate themselves from difficult circumstances.

The current findings have implications for future research such as expansion of the sample size, relationship of various dimensions of resilience with Big five personality traits and mindfulness can be studied. Also, the research can be extended by giving training regarding mindfulness and resilience to those having higher neurotic traits of personality. Moreover, it is recommended that personality traits be addressed through various perspectives other than that of the Big Five.

In conclusion, the current research demonstrates that most of the Big Five Personality traits have a Positive relationship with Mindfulness and Resilience, with the exceptions being Extraversion and Neuroticism. Moreover, the findings indicate a positive correlation between resilience and mindfulness. Pearson correlation analysis was employed to assess the associations between the Big Five Personality Traits, Mindfulness, and Resilience.

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***Conflict of Interest***

The author declared no conflict of interest.

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