



THE RUBRICS

Journal of Interdisciplinary Studies

Volume 2 Issue 4 December 2016

www.magnuspublishing.com

ISSN 2454-1974



Personality Traits and Self Esteem of Youths

Dr. G.P. Vaykos

*Asst. Professor, Dept. of Psychology,
B. Raghunath College, Parbhani.*

ARTICLE INFO

Received: 22 Oct. 2016

Reviewed: 12 Nov. 2016

Accepted: 26 Nov. 2016

Published: 5 Dec. 2016

APA CITATION

Vaykos, G P (2016). Personality Traits and Self Esteem of Youths. *The Rubrics Journal of Interdisciplinary Studies*, 2(4), 77-80.

Abstract

The present study examined the correlation between personality traits and self-esteem. For the present study 150 students from Parbhani city were selected through simple random sampling in which 75 were males and 75 were females and the data was collected through survey. Age range of participants was between 20-35 years. Paul T. cost, Jr., and Robert R. McCrere's, NEO-Personality Inventory was used to measure the personality traits of subjects and Self-Esteem Inventory by Virk JK, and Chauhan BR. was used to measure self-esteem of subjects. Results of the present study reveal that openness versus closeness to experience traits was a significant positive predictor and neuroticism versus emotion stability was a significant negative predictor of the self-esteem. This study also suggests that Extraversion versus Introversion trait was a significant positive predictor in males.

Keywords: *correlation, personality traits, self-esteem*

Personality Traits and Self Esteem of Youths

Dr. G P Vaykos

International Youth Day is celebrated annually on 12th August to focus on the achievements of the world's youth and to encourage their participation in enhancing society. As according to World Health Organization Youth is any member of society between the ages of 15 and 34. India has more than 50% of its population below the age of 25 and more than 65% below the age of 35.

Personality refers to an individual's organized pattern of behavioural characteristics such as, physical, mental and social characteristics which directly or indirectly influences person's life in different domains (Funder, 1997).

In the first decade of the 21st century, the Five-Factor Model or Big Five structural model of personality was developed by McCrae and Costa which explain that in personality research the broad traits such as, Extroversion, Neuroticism, Openness, Agreeableness and Conscientiousness represent the most general dimensions of individual differences in personality.

Self-esteem is a widely used concept both in popular language and in psychology. It refers to an individual's sense of his or her value or worth, or the extent to which a person values, approves of, appreciates, prizes, or likes him or herself (Blascovich & Tomaka, 1991). Rosenberg (1981) suggested that maintaining and enhancing self-esteem may be accomplished in several ways. When individuals have a low self-esteem, they may act in ways that increase it so that they feel better and more satisfied. Another way is for individuals to redefine situations, generating a new, more positive impression of them. Still another way to enhance self-esteem is through association with individuals that validate and confirm one's positive identity (Swann, 1990).

There are many factors relate to the development of personality. One such factor is self-esteem, which reflects a people's overall emotional evaluation about their self-worthiness to get succeed in life (Crocker & Wolfe, 2001). The many researchers investigated the relationship between self-esteem and personality (Robins, Tracy, Trzesniewski, Potter & Gosling, 2001). As well as the other research has convincingly demonstrated that self-esteem is strongly rooted in basic dimensions of personality, such as the "Big Five" (e.g., Watson, Suls, & Haig, 2002; Erdle, Gosling, and Potter, 2009). Robins et al., (2001) in their research found that self-esteem has been positively correlated with each of the Big Five factors. In another research of Watson et al., (2002) they found empirical associations between neuroticism, extraversion and explicit self-esteem are quite robust: self-esteem correlates negatively with neuroticism and positively with extraversion, agreeableness, conscientiousness, and openness. A recent study by Swickert et al. (2004) reported a significant indirect effect of extraversion on self-esteem via positive affect. A number of studies have

investigated the individual personality and affective factors associated with self-esteem (e.g., Francis, 1996; Swickert, Hittner, Kitos, & Cox-Fuenzalida, 2004).

Material and Methods

Participants

For the present study 150 students from Parbhani city were selected through simple random sampling in which 75 were males and 75 were females and the data was collected through survey. Those participants who have age range between 20-35 years and education at least 12th included and those having any chronic psychiatric disorder and medical illness were excluded from the study.

Measures

Paul T. cost, Jr., and Robert R. McCrae's, NEO-Personality Inventory was used to measure the personality traits of subjects and Self-Esteem Inventory by Virk JK, and Chauhan BR. was used to measure self-esteem of subjects.

Procedure

A special Performa designed for socio demographic and clinical variables were filled up for all the participants. Written inform consent was taken from all the participants. Subsequently Self Esteem Inventory and NEO-Personality Inventory were administered to assess the self-esteem and personality.

Statistical Analysis

To find correlation between two variables Pearson's correlations technique was used. Statistical value considered as significant if than p value was less or equal to 0.05.

Results and Discussion

Table 1. The correlation coefficient of Personality Traits and Self-esteem of Youths.

Variable	Neuroticism	Extroversion	Openness to experience	Agreeableness	Conscientiousness
Self-esteem (Males)	-0.14	0.41*	0.43*	0.16	0.18
Self-esteem (Females)	-0.11	0.36	0.40*	0.14	0.21
Total	-0.13	0.39	0.41*	0.15	0.23

* Significant at 0.05 level

Table 1 shows the correlation coefficient of self-esteem and personality dimensions, separately for the total sample and by gender. Self-esteem correlated positively with Extraversion ($r = .39$), Agreeableness ($r = .15$), Conscientiousness ($r = .23$), and Openness to experience ($r = .41^*$). Whereas there was a negative correlations found between self-esteem and Neuroticism ($r = -.13$). A significant positive correlation was found between self-esteem and openness versus closeness to experience traits.

Conclusions

Results of the study reveal that openness versus closeness to experience traits was a significant positive predictor and neuroticism versus emotion stability was a significant negative predictor of the self-esteem. This study also suggests that Extraversion versus Introversion trait was a significant positive predictor in males. Overall, the findings suggest that high self-esteem individuals possess socially desirable traits. Self-esteem correlated positively with Extraversion, Agreeableness, Conscientiousness and Openness.

References

- Blascovich, J., & Tomaka, J. (1991).** Measures of self-esteem. In J. P. Robinson, P. R. Shaver, & L. S. Wrightsman (Eds.), *Measures of Personality and Social Psychological Attitudes*, Volume 1. San Diego, CA: Academic press.
- Crocker, J., & Wolfe, C. T. (2001).** Contingencies of self-worth. *Psychological Review*, 108, 593– 623.
- Funder D. (1997).** *The Personality Puzzle*. New York: Norton, 1-2.
- India has world's largest youth population (2014).** UN report; articles. Economic Times. indiatimes.com, 13: 54.
- John OP, Robins RW, Pervin LA (Eds.) (2008).** *Handbook of personality (3rd Ed.)*. New York, NY, Guilford Press, 114–158.
- Mc Crae RR, Costa PT. (2004).** A contemplated revision of the NEO Five-Factor Inventory". *Peers Individual Differ*, 36 (3): 587–596.
- Rosenberg, M. (1981).** The self-concept: Social product and social force. In M. Rosengerg & R. H. Turner (Eds.), *Social psychology: Sociological perspectives* (pp. 593-624). New York: Basic Books.
- Swann, W. B., Jr. (1990).** To be adored or to be known? The interplay of self enhancement and self-verification. In R. M. Sorrentino & E. T. Higgins (Eds.), *Motivation and cognition* (pp. 404-448). New York: Guilford Press.