



# To What Extent Personality Traits and Psychological Resilience Affects Subjective Wellbeing? A Study on Young Adults of Tripura

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## ABSTRACT

The aim of the present study is to find out to what extent personality traits and psychological resilience affects subjective wellbeing. The study was carried out among 237 young adults (College and University students) their age ranging 19 to 23 years. A simple random sampling technique was used to select the sample. Data were collected using Subjective Well-being Inventory developed by Sell and Nagpal, NEO PI R developed by Costa & McCrae and Resilience Scale developed by Wagnild and Young. Descriptive statistics such as mean, standard deviation and correlation were done to analyze the data. Furthermore, Regression analysis was conducted to assess the relative contribution of the personality traits and psychological resilience on subjective well-being. The results indicated that out of 4 positive personality traits, except openness to experience, other three traits such as conscientiousness, extraversion, and agreeableness is positively associated with subjective well-being while it has a negative correlation with neuroticism. Additionally, resilience is positively linked to subjective wellbeing. The regression analysis confirmed that all personality traits, except for neuroticism, make significant contributions to subjective wellbeing, and resilience also plays a significant role in enhancing subjective wellbeing

**Keyword:** Personality, Resilience, Young Adults, Subjective Well-Being, College and University students.

## INTRODUCTION

Subjective wellbeing (SWB) is a multidimensional construct that encompasses an individual's cognitive and emotional evaluations of their life satisfaction, positive affect, and low negative affect (Diener et al., 1985). It is a fundamental aspect of overall mental health and has garnered substantial attention in psychological research due to its implications for individuals' overall life satisfaction and psychological functioning. Young adulthood is a critical developmental phase characterized by identity exploration, major life transitions, and the pursuit of independence. Consequently, understanding the factors that contribute to the subjective wellbeing of young adults holds significant importance for promoting their mental health and well-being during this crucial period.

Personality traits and resilience have emerged as important factors in influencing subjective wellbeing among individuals. Personality traits, characterized by relatively stable patterns of thoughts, feelings, and behaviors, play a pivotal role in shaping how individuals perceive and respond to their environment (McCrae & Costa, 1990). The Five-Factor Model of personality, commonly known as the Big Five, encompasses extraversion, neuroticism, agreeableness, conscientiousness, & openness to experience. Numerous studies have explored the relationship between personality traits and subjective wellbeing (Steel et al., 2008; DeNeve & Cooper, 1998). For instance, extroverts tend to experience higher levels of positive affection and sociability, which can contribute to enhanced life satisfaction (Steel et al., 2008). Whereas, individuals high on neuroticism may be more prone to negative affect, leading to lower levels of overall life satisfaction (DeNeve & Cooper, 1998). Individuals with higher levels of extraversion, agreeableness, conscientiousness, and openness were positively related to life satisfaction. Additionally, extraversion and conscientiousness were positively

associated with positive affect, while neuroticism showed a negative association with positive affect. Neuroticism also showed a positive association with negative affect. (Wagner et.al., 2021)

Resilience, defined as the ability to adapt positively and effectively in the face of adverse conditions (Connor & Davidson, 2003), is another crucial psychological characteristic that influences subjective wellbeing. It helps people to deal with stressors, recover from setbacks, and maintain psychological well-being in challenging circumstances (Fletcher & Sarkar, 2013). Research has indicated a positive association between resilience and mental health outcomes, including greater life satisfaction and reduced psychological distress (Hjemdal et al., 2011; Karairmak, 2010). A study found significant relationship between resilience and life satisfaction, and between resilience and happiness. Students with high resilience are happier and more satisfied with their lives (Aboalshamat et al., (2018). Individuals who are resilient are better able to negotiate the uncertainties and responsibilities of young adulthood, which may contribute to their overall subjective well-being.

While previous research has examined the separate influences of personality traits and resilience on subjective wellbeing, minimal attention has been given to exploring their combined effects on the wellbeing of young adults. This study seeks to address this gap by investigating how specific personality traits and resilience collectively contribute to the subjective wellbeing of young adults. Understanding these dynamics could provide valuable insights into the nuanced ways in which personality and resilience interact to shape the wellbeing of individuals during this pivotal life stage.

### **Significance of the Study:**

The study holds substantial significance for both research and practical implications. Understanding the complex connection between these factors can contribute to the development of targeted interventions and strategies to enhance subjective wellbeing and promote overall wellbeing among young adults. Here are some key points highlighting the significance of this topic:

1. By identifying the specific personality traits and resilience factors that influence subjective wellbeing among young adults, this study can contribute to the development of interventions aimed at enhancing psychological wellbeing and promoting positive mental health outcomes.
2. These findings can inform educational institutions and programs designed to facilitate personal growth, resilience-building, and the cultivation of positive traits.
3. Investigating the influence of resilience on subjective wellbeing, present study can inform the design and implementation of mental health interventions targeting young adults.
4. By determining the relationship between personality, resilience, and subjective wellbeing, current study can shed light on the holistic nature of wellbeing.

## **METHODOLOGY**

### **Objectives:**

1. To examine the relationship between personality traits and subjective wellbeing among young adults.
2. To explore the role of resilience in determining the subjective wellbeing among young adults.
3. To find out the relationship between personality traits and resilience among young adults.
4. To investigate the relative standing position of personality and resilience on subjective wellbeing among young adults.

By addressing these objectives, the study aims to contribute to the current literature on subjective wellbeing among young adults, enhancing our understanding of the role of personality and resilience in shaping wellbeing, and provide insights for interventions and programs aimed at enhancing and promoting positive mental health outcomes in this population.

### **Hypotheses (H<sub>0</sub>):**

1. There is no significant relationship between personality traits (Openness, Conscientiousness, Agreeableness, Extraversion and Neuroticism) and subjective wellbeing among young adults.
  - 1.1 There is no significant relationship between Openness personality trait and subjective wellbeing among young adults.
  - 1.2 There is no significant relationship between Conscientiousness personality trait and subjective wellbeing among young adults.
  - 1.3 There is no significant relationship between Agreeableness personality trait and subjective wellbeing among young adults.
  - 1.4 There is no significant relationship between Extraversion personality trait and subjective wellbeing among young adults.
  - 1.5 There is no significant relationship between Neuroticism personality trait and subjective wellbeing among young adults.
2. There is no significant relationship between resilience and subjective wellbeing among young adults.
3. No significant difference exists between personality traits and its dimensions (Openness, Conscientiousness, Agreeableness, Extraversion and Neuroticism) and resilience among young adults.

- 3.1 There is no significant relationship between Openness personality trait and Resilience among young adults.
- 3.2 There is no significant relationship between Conscientiousness personality trait and Resilience among young adults.
- 3.3 There is no significant relationship between Agreeableness personality trait and Resilience among young adults.
- 3.4 There is no significant relationship between Extraversion personality trait and Resilience among young adults.
- 3.5 There is no significant relationship between Neuroticism personality trait and Resilience among young adults.
4. Personality traits and its dimensions (Openness, Conscientiousness, Agreeableness, Extraversion and Neuroticism) and resilience does not contribute in determining subjective wellbeing among young adults of Tripura.

### Sample:

An adequate number of 237 young adults from different degree colleges of Tripura, namely MBB College, BBM College, Tripura University and ICFAI University Tripura were selected for the present study. The sample constituted of both boys & girls, age ranging (19-23 years).

### Inclusion Criteria:

- **Age:** 19-23 years
- **Educational Qualification:** College and University Students
- Able to Comprehend English test materials
- Students who will give consent will be included in the study.
- **Income:** Per Capita Family Income (Monthly) should not be less than 10,000

### Exclusion Criteria:

- Past or present complaints of a psychiatric/physical illness or disability.
- People who are drug addicts.
- Students who are married are excluded from the study.
- Individuals having any break in their academics in the last 5 years.

### Sampling technique:

A simple random sampling technique was adopted for the present study.

### Tools Used:

1. **The Subjective Well-Being Inventory (Sell. H. and Nagpal. R., 1992)** is a 40-item self-report questionnaire developed to assess an individual's mental state about general feelings about life. The inventory has 11 dimensions: positive affect, expectation-achievement congruence, confidence in coping, transcendence, family group support, social support, primary group concern, inadequate mental mastery, perceived ill-health, lack of social contacts, and general wellbeing negative affect. The SUBI inventory has a test-retest reliability of 0.87 and a validity of 0.86.
2. **The NEO FFI (Paul T. Costa and Robert R. McCrae, 1992)** is a 60 item self report instrument used to measure the 5 personality domains according to the FFM: Neuroticism, Extraversion, Openness, Agreeableness and Conscientiousness (12 items per domain). The NEO FFI includes self descriptive statements that participants respond to using a 1(Strongly Disagree) to 5(Strongly Agree) Likert type scale. Scores for each domain are calculated by summing the 12 item responses. A total of 28 NEO FFI items are reverse-worded.
3. **Resilience Scale (Wagnild and Young (1993))** Resilience Scale is a self-reported summated rating scale. It has 25 questions with answers ranging from strongly disagree (1) to strongly agree (7).Cronbach's Alpha was calculated to assess the responses' reliability and internal consistency. The Cronbach's Alpha value is 0.863.

### Procedure:

The researcher obtained permission from various college and university authorities and a rapport was built with the students, and explanation was given about the research topic and its purposes. The researcher also explained that the participation is totally voluntary and they have every right to withdraw at any point of time. Verbal instructions were given regarding each scale before handing out the questionnaires. It was also reminded to read each question attentively and tick the statements according to which they feel more appropriate to them. 300 young adults were selected randomly for the sample. The above mentioned tests were administered in two different sessions (two different dates), with a span of 5 days. 300 young adults were approached, out of which 21 did not give consent to participate, 34 did not complete the questionnaire

and also did not meet the criteria designed for the present study. In the next session, 8 of them did not turn up. Thus, the final sample constituted of 237 young adults from different colleges and universities of Tripura. Data from the final sample was collected and appropriate statistical techniques were used to analyze the obtained data using latest version of SPSS.

## RESULTS AND DISCUSSION

**Table -1** shows the mean and SD values of personality traits, resilience and subjective wellbeing of the young adults of Tripura.

Variables	Mean	SD	
Personality Traits	Openness	29.68	4.68
	Conscientiousness	32.70	2.57
	Extraversion	34.68	3.41
	Agreeableness	34.92	4.96
	Neuroticism	18.10	3.53
Resilience	57.56	11.70	
Subjective Wellbeing	64.54	13.97	

Table 1 shows the Mean and SD scores of Personality traits (Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism), Resilience and Subjective Wellbeing of the young adults of Tripura.

**Objective 1:** To examine the relationship between personality traits and subjective wellbeing among young adults.

**H<sub>0</sub>1:** There is no significant relationship between personality traits (Openness, Conscientiousness, Agreeableness, Extraversion and Neuroticism) and subjective wellbeing among young adults.

1.1 There is no significant relationship between Openness personality trait and subjective wellbeing among young adults.

1.2 There is no significant relationship between Conscientiousness personality trait and subjective wellbeing among young adults.

1.3 There is no significant relationship between Agreeableness personality trait and subjective wellbeing among young adults.

1.4 There is no significant relationship between Extraversion personality trait and subjective wellbeing among young adults.

1.5 There is no significant relationship between Neuroticism personality trait and subjective wellbeing among young adults.

**Table-2** Shows the coefficient of correlation between Personality Traits (Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism) and Subjective Wellbeing of the young adults of Tripura.

Variable	Co-efficient of Correlation with subjective Wellbeing
Openness	.107
Conscientiousness	.601**
Extraversion	.657**
Agreeableness	.646**
Neuroticism	-.718**

\*\* $p > .01$

Table 2 clearly indicates that, the dimensions of Conscientiousness, Extraversion and Agreeableness shows significant positive correlation ( $r = .601, .657$  and  $.646$ ; respectively) with Subjective Well-Being at the 0.01 level of significance. In case of Openness dimension there exists no significant relation with SWB. But Neuroticism reflects high significant negative correlation ( $r = -.718$ ) at 0.01 level. This means, out of 5 dimensions; Openness personality trait does not bind any relationship with subjective wellbeing, thus the null hypothesis ( $H_0$  1.1) is hereby accepted; whereas, rest of the 4 dimensions, namely, Conscientiousness, Extraversion, Agreeableness and Neuroticism links a strong relationship with SWB, hence; the null hypothesis ( $H_0$  1.2, 1.3, 1.4 and 1.5) stands rejected.

Positive emotionality is linked to personality traits including extraversion, agreeableness, conscientiousness, and openness, which can improve one's overall sense of wellbeing. Extraverted people are more likely to be outgoing and gregarious, which frequently results in more favourable social encounters and experiences. The agreeableness personality attribute has a connection to the calibre of social connections. People with high levels of agreeableness are frequently friendlier and more cooperative, which results in greater social support networks and can enhance general wellbeing. Healthy lifestyle choices and more effective goal-setting can result from being conscientious. Greater life satisfaction and general wellbeing can result from this. However,

because personality traits like neuroticism are inversely correlated with wellbeing, having lower levels of this attribute can help one have better levels of wellbeing.

The present findings is being supported by the previous findings done by (DeNeve & Cooper, 1998) which also stated that Personality dimensions i.e., Openness, Conscientiousness, Extraversion and agreeableness contributes to individual happiness and life satisfaction whereas, Neuroticism hinders overall subjective well-being.

**Objective 2:** To explore the role of resilience in determining the subjective wellbeing among young adults.

**H<sub>0</sub>2:** There is no significant relationship between resilience and subjective wellbeing among young adults.

**Table-3** Shows the coefficient of correlation between Resilience and Subjective Wellbeing of the young adults of Tripura.

Variable	Co-efficient of Correlation with Subjective Wellbeing
Resilience	.702**

\*\*p>.01

In Table 3 indicates that, resilience shows significant positive correlation with Subjective Well-Being at the 0.01 level of significance. Hence, the null hypothesis (H<sub>0</sub> 2) is hereby rejected. The present finding is also supported by the earlier findings from a research done by Aboalshamat et al., (2018) which states that students with high resilience are happier in their lives and that contributes to their overall subjective well-being.

People who are resilient typically handle stress and adversity better. They are more adept at resolving issues, looking for assistance, and employing coping mechanisms under trying circumstances. A stronger sense of well-being is a result of this capacity for managing stress and overcoming challenges.

**Objective 3:**To determine the relationship between personality traits and resilience among young adults.

**H<sub>0</sub>3:** No significant difference exists between personality traits and its dimensions (Openness, Conscientiousness, Agreeableness, Extraversion and Neuroticism) and resilience among young adults.

3.1 There is no significant relationship between Openness personality trait and Resilience among young adults.

3.2 There is no significant relationship between Conscientiousness personality trait and Resilience among young adults.

3.3 There is no significant relationship between Agreeableness personality trait and Resilience among young adults.

3.4 There is no significant relationship between Extraversion personality trait and Resilience among young adults.

3.5 There is no significant relationship between Neuroticism personality trait and Resilience among young adults.

**Table-4** Shows the coefficient of correlation between Personality Traits (Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism) and Resilience of the young adults of Tripura.

Variable	Co-efficient of Correlation with Resilience
Openness	.209*
Consciousness	.603**
Extraversion	.661**
Agreeableness	.666**
Neuroticism	-.737**

\*\*p>.01

\*p>.05

Table 4 indicates that, the dimensions of Conscientiousness, Extraversion and Agreeableness shows significant positive correlation (r=.601, .657 and .646; respectively) with Resilience at the 0.01 level of significance. In case of Openness dimension shows significant relation with Resilience at 0.05 level of significance. But Neuroticism reflects high significant negative correlation (r= -.737) at 0.01 level. This means, that all the 5 dimensions; namely, Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism links a strong relationship with Resilience, hence; the null hypothesis (H<sub>0</sub> 3.1, 3.2, 3.3, 3.4 and 3.5) stands rejected.

Openness is associated with flexibility, curiosity, and a willingness to adapt to change. This adaptability can contribute to higher resilience. Extraverted and Agreeable individuals tend to be outgoing, sociable,

cooperative, empathetic and more likely to seek social support during times of stress. Social support is a key factor in building resilience. Conscientious individuals are often organized, goal-oriented. This personality trait can lead to proactive problem-solving and a greater ability to plan for and adapt to adverse situations, thereby enhancing resilience. But resilient individuals, who can cope well with adversity, often have lower levels of neuroticism.

This present finding is supported by the earlier studies conducted by Leys. C. et.al., (2020) which states that resilience is positively related to Openness, Conscientiousness, Extraversion and Agreeableness, whereas negatively related to neuroticism.

**Objective 4:** To investigate the relative standing position of personality and resilience on subjective wellbeing among young adults.

**H<sub>04</sub>:** Personality traits and its dimensions (Openness, Conscientiousness, Agreeableness, Extraversion and Neuroticism) and resilience does not contribute in determining subjective wellbeing among young adults of Tripura.

**Table-4** Regression analysis indicating the role of personality traits (Openness to experience, Conscientiousness, Extraversion, Agreeableness and Neuroticism) and Resilience in predicting Subjective Well-Being.

Predictor Variables	R <sup>2</sup>	Adjusted R <sup>2</sup>	R <sup>2</sup> Change	B	F Change
Openness	.591	.570	.591	-.059	27.208**
Conscientiousness				.120*	
Agreeableness				.230**	
Extraversion				.227**	
Neuroticism				-.317**	
Resilience	.493	.488	.493	.702**	95.244**

Table 4 suggests that at the 1st step of regression analysis shows R<sup>2</sup> is .591 (adjusted R<sup>2</sup> is .570) and R<sup>2</sup>change is .591. That means 59.1% of the variance in subjective wellbeing among the young adults can be explained by different traits of personality such as – openness, conscientiousness, agreeableness, extraversion and neuroticism and the F change is 27.208 which is significant at 0.01 level. On the basis of beta coefficient, we can say that among 5 dimensions of personality - conscientiousness (beta coefficient = - 0.120) significantly predict subjective wellbeing at .05 level and agreeableness (beta coefficient = . 230), extraversion (beta coefficient = . 227), and neuroticism (beta coefficient = - 0.317) significantly predict subjective wellbeing at .01 level. In case of, resilience R<sup>2</sup> is .493 (adjusted R<sup>2</sup> is .488) and R<sup>2</sup> change is .493. That means 49.3% of the variance in subjective wellbeing among the young adults can be explained by psychological resilience. On the basis of beta coefficient, .702 significantly predict subjective well-being at 0.01 level.

From the present study it can be said that, People with higher levels of positive emotionality, which includes traits like extraversion, agreeableness, and openness to experience, tend to experience more positive emotions and have a generally positive outlook on life. These positive emotions may contribute to higher levels of subjective well-being. Furthermore, resilient individuals are often better at seeking and maintaining social support, which is crucial for subjective well-being.

### Conclusion

Finally, the findings of this study offer insight on the complex interplay between personality traits and subjective well-being. The findings of this study clearly show a link between the "Big Five" personality traits - openness, conscientiousness, extraversion, agreeableness, and neuroticism - and subjective well-being. These relationships highlight the significant impact that personality characteristics can play in shaping one's overall subjective well-being.

In addition, including resilience as a variable in this study indicated that it, too, had a significant association with both personality traits and subjective well-being. Individual resilience, or the ability to recover from hardship and preserve psychological well-being, appears to be linked to fundamental personality traits. This research emphasizes the interdependence of psychological resilience, personality, and subjective well-being and emphasizes the need of taking these characteristics into account in holistic well-being assessments.

### Conflict of interests

The authors disclose that no competing interests exist.

### Author's contributions

All the authors contributed equally to the theoretical development, analysis, interpretation, and paper writing.

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