



A Study on Personality, Self-Compassion & Life Satisfaction in Early Adulthood

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ABSTRACT

Every personality existing on this planet requires kindness, love & affection from one another & when a person gives to themselves, they are called self-compassionate. The five personality traits are extraversion, agreeableness, conscientiousness, neuroticism & openness to experience & their level of life satisfaction and self-compassion will differ from one another, as every personality is different from one another. The study aims to examine the relationship between life satisfaction and self-compassion in different personality traits. The study was conducted on 60 early adulthood aged 20-30 years. Standardized scales were used in the research. The results found no significant relationship between Life satisfaction & self-compassion. However, self-compassion total was significantly positively correlated with Agreeableness and neuroticism. Self-compassion needs to be practiced along with all personality traits.

Key Terms: Personality traits, Self-Compassion and Life Satisfaction.

Introduction

"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed." - Carl Jung

To encourage successful functioning and well-being, different life phases bring certain needs and obstacles. Everyone has some personality traits that set them apart from others. The term personality refers to a group of features in behaviour, cognition, and emotion that are unique to everyone. These distinctions can be brought about by a person's beliefs, ideologies, or other factors such as their thinking. It is a composition of organic factors, psychological factors & environmental factors. Understanding a person's personality is important since we may use it to undertake group outcomes and other activities. The Five-Factor Model (BIG5) (Costa & McCrae, 1992) was developed by psychologists to better define personality. It employs five major categories or components to characterize human personality, including and openness to experience (O), conscientiousness (C), extraversion (E), agreeableness (A), and neuroticism (N). He & Zhang (2010) in their study examined 682 Chinese public servants and found extraversion is the strongest in subjective well-being. Zhang & Howell (2011) found people high in extraversion were positively correlated with life satisfaction and people high in neuroticism were negatively correlated with life satisfaction.

Life satisfaction is seen as an important component of quality of life throughout the life cycle, as well as a significant indicator of young people's active growth. Satisfaction is a broad concept, it is the long-term enjoyment of events, and happiness is a fleeting, impermanent emotional charge. A couple of brief happy moments might fill you with satisfaction. A study by Hosseinkhanzadeh & Taher (2013) done on 206 employed women, found a negative correlation between life satisfaction and personality traits, extraversion, conscientiousness & openness. In contrast, agreeableness was positively correlated with life satisfaction. Life satisfaction, to put it simply, is the fulfilment derived from experiences such as career, employment, marriage, health, etc. Self-compassion refers to acting with the same qualities of kindness, generosity, and warmth toward oneself as one does toward others. Being sympathetic toward others does not automatically translate into being compassionate about oneself. Wang and Lou (2022) revealed that self-compassion and life happiness were positively correlated in various cultural civilizations after conducting a cross-cultural study with 23,976 people from 26 countries.

Personality

Allport (1961) defined personality as "the dynamic organization within the individual of those psychophysical systems that determine his characteristics, behaviour, and thought." According to Catell (1950), "The personality of an individual is that which enables us to predict what he will do in a given situation". The five types of personality traits taken into consideration for this study are Extraversion (individuals who are seekers of excitement, and love being sociable), Agreeableness (individuals who are kind, sympathetic, considerate, and geared up to work for others), Conscientiousness (individuals who are well organized, completes the tasks cautiously and seriously), Neuroticism (individuals who are anxious, take

stress, fear a lot, gets angry) & Openness to Experience (individuals who are keen to learn new things, are curious, are creative, have a lively imagination).

According to the study by Schimmack et al., (2004) which focused on the depression facet of neuroticism and positive emotion of extraversion were found consistent and strongest in determining life satisfaction. Typically, personality characteristic constructions are seen as lasting dispositions that endure and stay mostly steady across time. Sisneros (2017) found that overall self-compassion was negatively correlated with both aspects of neuroticism (volatility & withdrawal) & positively correlated with the industriousness aspect of conscientiousness, the politeness aspect of agreeableness & the enthusiasm aspect of extraversion.

Self-Compassion

Self-compassion has been defined as “a self-attitude that involves treating oneself with warmth and understanding in difficult times and recognizing that making mistakes is part of being human” (Neff, 2003). Self-compassion means taking care of oneself as we would do for a loved one (Germer, 2011).

According to Yang et al., (2016) with a sample of 320 Chinese adults, positive relationships were found between self-compassion, hope, and life satisfaction. Verma & Tiwari (2017) found self-compassion to be positively correlated with gender human flourishing. Self-compassion is being kind and compassionate toward oneself in situations of suffering and failure rather than being brutally judgmental of oneself. It is beneficial in processing stress and encourages emotion management. Self-compassion has strong positive relationship with well-being (Macbeth & Gumley, 2012), life satisfaction (Neff et al. 2005) and happiness (Neff & Vonk, 2009). According to Pfattheicher et al., (2017) self-compassion is negatively correlated with the personality type of Neuroticism in his sample population of 576 adults, which is contradicting the earlier studies.

Life Satisfaction

Veenhoven (1996) defined Life Satisfaction as “the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words, how much the person likes the life he/she leads”. Buetell (2006) defined Life Satisfaction as “an overall evaluation of feelings and attitudes about one's life at a typical time ranging from negative to positive.”

A study by Chew & Ang (2021) done on 203 adults found that self-compassion and life satisfaction were positively correlated. Greater emotional reactivity to life events is associated with higher neuroticism, which may increase the risk of experiencing more unfavourable emotions like melancholy and anxiety. Therefore, high neuroticism is associated with a poor hedonic balance and poorer life satisfaction ratings (Mroczek & Spiro, 2005). Joshanloo & Afshari (2011) studied self-esteem, personality traits & life satisfaction by examining 235 Iranian adults who found females have higher life satisfaction than males.

Purpose

The purpose of this study is to examine the correlation between self-compassion and the life satisfaction of people with different personality traits aged from 20 to 30 years.

Hypothesis

There will be a positive relationship between Self Compassion & Life satisfaction.

There will be a positive relationship between Self Compassion & Personality traits.

Method

Sample

The sample consisted of 60 early adulthood of ages ranging from 20 to 30 years. The sample was collected from Delhi and Delhi NCR.

Measures

1. **Big Five Inventory-10** (Rammstedt & John 2007) is a 10-item questionnaire used to understand personality type, options ranging from 1-Strongly Disagree to 5-Strongly Agree.
2. **Self-Compassion Scale - Short Form** (Raes et al., 2011) is a 12 items scale used to measure the self-report of compassion with options ranging from 5-Almost never to 1-Almost always. It investigates self-compassion & its two elements, Self-Disparagement (individual criticizes themselves, is cold to themselves, & is non-ideal toward their feelings and emotions) and Self Care (individuals are warm towards themselves, adore themselves, accept their feelings)
3. **Satisfaction with Life Scale** (Diener et al., 1985) is a 5 items scale used to examine the level of satisfaction in life with options ranging from 7 (Strongly agree) to 1 (Strongly disagree).

Procedure

The participants were informed about the research and the questionnaires were filled out online mode via google forms. Standardized psychological

tests were used to administer the participant's personality type, self-compassion, and life satisfaction. Also, they were assured of the confidentiality of the data to elicit honest responses.

Analysis of Data

The responses of the participants were analysed using the Pearson correlation coefficient, also Table 1 is representing the mean and standard deviation, and Table 2 is representing the correlation between extraversion, agreeableness, conscientiousness, neuroticism, openness to experience, self-compassion, and life satisfaction.

Result

Table 1: Mean and SD (Standard Deviation)

	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness to Experience	Self Disparagement	Self Care	Self Compassion	Life Satisfaction
N	60	60	60	60	60	60	60	60	60
Mean	33.3	34.1	32.2	33.5	31.3	18.0	20.9	38.9	23.0
SD	4.33	4.61	4.11	3.93	4.15	5.21	5.22	6.83	7.41

Table 2: Correlation between Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness to experience, Self-Compassion & Life Satisfaction.

	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness to Experience	Self Disparagement	Self Care	Self compassion	Life Satisfaction
<i>Extraversion</i>	—								
<i>Agreeableness</i>	0.638 ** *	—							
<i>Conscientiousness</i>	0.588 ** *	0.615 ***	—						
<i>Neuroticism</i>	0.560 ** *	0.603 ***	0.684 ***	—					
<i>Openness to Experience</i>	0.565 ** *	0.527 ***	0.524 ***	0.634 ** *	—				
<i>Self Disparagement</i>	-0.129	-0.025	-0.117	-0.028	-0.214	—			
<i>Self Care</i>	0.304 *	0.399 **	0.405 **	0.432 ** *	0.231	-0.143	—		
<i>Self-compassion</i>	0.134	0.285 *	0.220	0.308 *	0.013	0.654 ***	0.655 ** *	—	
<i>Life Satisfaction</i>	0.055	-0.115	0.155	0.014	0.071	0.199	0.052	0.192	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Discussion of Results

The results found no significant relationship of Life satisfaction with personality traits & self-compassion. However, self-compassion total was significantly positively correlated with Agreeableness ($r=0.285$, $p < .01$) and neuroticism ($r=0.308$, $p < .01$). In the self-care dimension of self-compassion, self-care is significantly positively correlated to Extraversion ($r=0.304$, $p < .05$), with Agreeableness ($r=0.399$, $p < .01$), with Conscientiousness ($r=0.405$, $p < .01$) and Neuroticism ($r=0.432$, $p < .001$).

The results align with previous research findings where Anand et al., (2015) found that the decrease in job and life satisfaction was higher in agreeable employees. Specht et al., (2013) found through a study done on 14718 adults found life satisfaction is positively correlated with conscientiousness and agreeableness. In a study by Onyishi et al., (2012) extraversion, agreeableness, conscientiousness & neuroticism were found to be significant predictors of life satisfaction.

Conclusion

The results found no significant relationship of Life satisfaction with personality traits & self-compassion. However, self-compassion total was significantly positively correlated with Agreeableness ($r=0.285$, $p < .01$) and neuroticism ($r=0.308$, $p < .01$). In the self-care dimension of self-compassion, self-care is significantly positively correlated to Extraversion ($r=0.304$, $p < .05$), with Agreeableness ($r=0.399$, $p < .01$), with Conscientiousness ($r=0.405$, $p < .01$) and Neuroticism ($r=0.432$, $p < .001$).

Self-compassion should be practised by accepting our own emotions and feelings without judging them. Acceptance does not make someone selfish or self-centred. Being agreeable always can lead to lower life satisfaction. Life is a beautiful blessing one should embrace its beauty by being grateful, and self-compassionate to the inner self.

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