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# **PERSONALITY TRAITS, MENTAL HEALTH, & COPING MECHANISMS AMONG YOUNG ADULTS: A COMPARATIVE STUDY**

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## **ABSTRACT :**

The purpose of this study is to look at the connections among young adults' coping strategies, mental health, and personality factors. In order to examine how various personality qualities affect mental health outcomes and coping mechanisms in this population, the research uses a comparative methodology. To collect thorough data, a mixed-methods methodology will be employed, combining quantitative surveys and qualitative interviews. Standardised tests like the General Health Questionnaire will be used to evaluate mental health, while established measures like the Big Five Inventory will be used to assess personality qualities. Brief COPE test will be used to investigate coping processes in order to learn more about personal experiences and tactics. This study aims to provide a greater knowledge of the relationship between personality, mental health, and coping techniques by comparing these aspects.

The relationships that exist between these characteristics and particular coping mechanisms reveal a more nuanced picture. Moreover, a number of variables that impact these relationships become apparent, including age, the intensity of the stressors, and the interval between coping and reporting. Both separately and in combination, personality and coping strategies shape an individual's physical and mental health. There is evidence linking personality qualities to both physical and mental outcomes. Most studies in this field focus on the connections between neuroticism and mental health issues including anxiety and depression. Additionally, neuroticism is linked to a higher likelihood of thinking about suicide, trying, and even succeeding at it, as well as a higher likelihood of drinking alcohol. Similar associations between pessimism and lower levels of personal satisfaction have been found in a number of research projects.

**Keywords:** Personality Traits, mental health, coping mechanisms, neuroticism, conscientiousness, young adults, five factor model, anxiety disorders, clinical indications and openness.

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## **Introduction:**

Young adulthood is a crucial developmental stage marked by substantial creation of identities, development as an individual, and curiosity. People go through a number of changes throughout this time, such as going back to school, starting a career, and building lasting relationships. The interconnected ideas of coping strategies, mental health, and personality traits are essential to this developmental process because they have a significant impact on how young adults view themselves and interact with the environment.

According to Costa and McCrae's (1992) groundbreaking Big Five model, personality traits are persistent thought, feeling, and behaviour patterns that influence people's attitudes, values, and social interactions. Conscientiousness, extraversion, agreeableness, neuroticism, and openness are characteristics that offer a thorough framework for comprehending the wide range of human personalities and their effects on psychological health.

Simultaneously, when young adults deal with a variety of stressors, life changes, and social pressures that may affect their emotional, psychological, and social well-being, mental health becomes an increasingly important concern. Studies show that by the time a person is 14 years old, half of all mental health illnesses have manifested, highlighting the significance of early intervention and assistance (World Health Organisation, 2020). Furthermore, given the frequency of mental health conditions including substance addiction, depression, and anxiety, it is imperative that young adults receive focused interventions that foster resilience and lessen psychological discomfort.

Coping mechanisms, or adaptive techniques used to control stress, regulate emotions, and deal with adversity, are essential to young people's capacity to traverse the difficulties of this developmental stage (Folkman & Lazarus, 1988). The behavioural, emotional, and cognitive processes that comprise these coping mechanisms are critical in defining an individual's resilience, psychological health, and general functioning.

Understanding the complex links between personality traits, mental health outcomes, and coping methods is crucial for creating interventions and support systems that are successful and catered to the specific needs of young adults. This is because these factors are intricately intertwined. Through the clarification of the ways in which individual differences in personality impact coping methods and mental health outcomes, researchers can contribute to the creation of focused interventions meant to foster psychological well-being and resilience during this critical developmental stage.

This study aims to investigate the intricate relationships among young people between personality traits, mental health, and coping strategies by drawing on previous research as well as empirical studies. By means of a comparison Through the examination of theoretical frameworks, empirical

data, and practical ramifications, this study seeks to advance our knowledge of the complex variables affecting the psychological well-being of young adults and to develop evidence-based interventions that support resilience and mental health in this demographic.

## Methodology

The purpose of this study was to investigate the connections between coping strategies, mental health, and personality features in young adults between the ages of 18 and 25. Finding trends and variables affecting psychological well-being in this population was the aim.

The research employed a co-relational methodology to examine the relationships among these variables without subjecting them to experimental manipulation. Snowball sampling and convenience sampling techniques were used to gather a sample of sixty-four young adults. People who were between the ages of 18 and 25 met the inclusion criterion, whereas those who were older than 25 or younger than 18 and not enrolled in school were not.

Three primary instruments were used in the study: the General Health Questionnaire (GHQ-12) to measure mental health, the Big Five Inventory (BFI) to examine personality traits, and the Brief COPE Inventory to assess coping techniques. Using Likert scale responses, the BFI assessed five major aspects of personality: neuroticism, agreeableness, extraversion, conscientiousness, and openness.

The GHQ-12 assessed mental health outcomes using Likert-type scale responses, focusing on problems like social dysfunction, anxiety, and depression. A variety of coping techniques, such as problem-focused coping, emotion-focused coping, asking for help from others, and prevention, were measured by the Brief COPE Inventory.

In order to investigate the connections between young adults' coping strategies, mental health, and personality factors, gathered information from these tools was analysed.

## Results

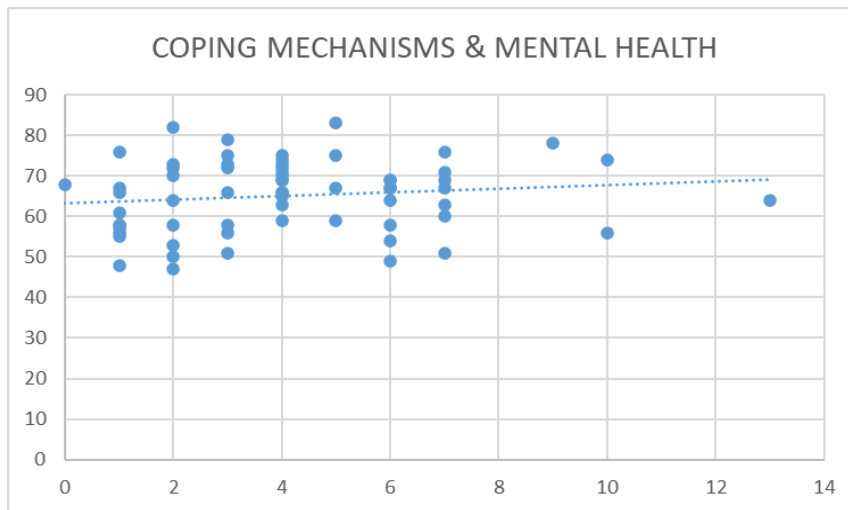
The correlation study shed light on the connections between young people's personality traits, mental health markers, and coping mechanisms. First, there was a marginal rise in mental health ratings as coping method scores increased, and vice versa, according to a modest positive linear link ( $r = 0.1351$ ) between coping approaches and mental health indicators. Second, although too tiny to be practically significant, a very slight positive linear link ( $r = 0.0435$ ) was discovered between personality traits and mental health indicators, indicating a minimal positive correlation between increasing personality trait scores and mental health scores. Finally, a tiny propensity for some personality qualities to score somewhat higher when coping mechanism scores do, and vice versa, was noted in the slight positive linear connection ( $r = 0.0904$ ) between coping mechanisms and personality features. These connections are of statistical significance, but they are not very strong, indicating that other variables might potentially have an impact on young people's mental health outcomes.

### *Co-relation between personality traits and mental health:*



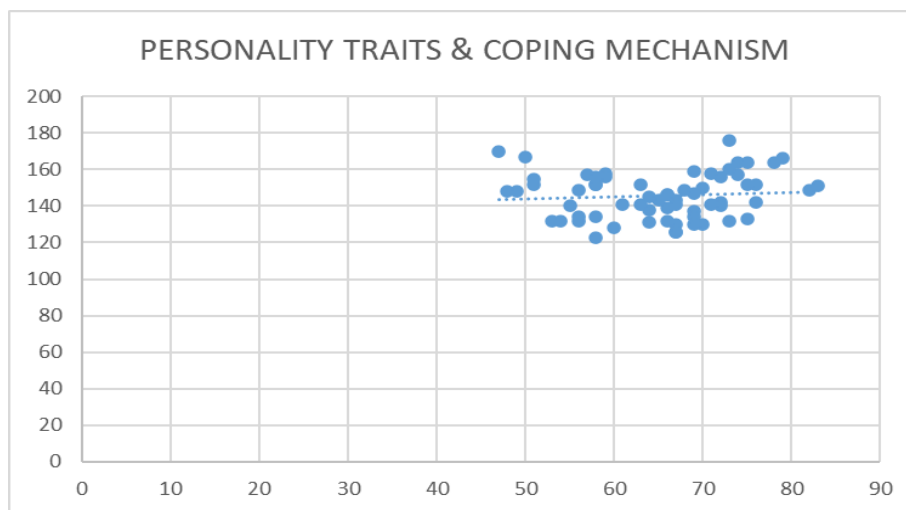
**Correlation Score:** The correlation coefficient between personality traits and mental health indicators was calculated to be 0.0435.

**Interpretation:** A very modest positive linear association between personality qualities and young people' mental health is shown by the correlation coefficient of 0.0435. This suggests that there is a minor positive correlation between increasing personality trait scores and increasing mental health scores, but the association is too small to be meaningful in real life.

**Co-relation between coping mechanisms and mental health:**

Correlation Score: A correlation of 0.1351 was found between coping techniques and mental health indicators.

Interpretation: A weak positive linear link between coping techniques and mental health markers among young individuals is shown by the correlation coefficient of 0.1351. This suggests that there is a minor increase in mental health ratings as well as vice versa. The association is not very strong, even if it is statistically significant.

**Co-relation between personality traits and coping mechanisms:**

Correlation Score: 0.0904 was determined to be the correlation coefficient between personality traits and coping methods.

Interpretation: Among young individuals, a slight positive linear association between coping techniques and personality traits is shown by the correlation coefficient of 0.0904. This suggests that there may be a modest tendency for certain personality traits to score slightly higher when coping mechanism scores do, and vice versa. The association is not very strong, even if it is statistically significant.

**Discussion**

The purpose of the study was to investigate the connections among young adults' coping mechanisms, mental health indicators, and personality traits. Weak positive linear relationships were found via correlation analysis: 0.0435 between personality traits and mental health markers, 0.0904 between coping methods and personality traits, and 0.1351 between mental health indicators and coping strategies. These relationships were highly significant but not extremely strong. However, they provide credence to the alternative hypothesis (H1), which postulates a connection of some kind between these variables.

The results highlight how crucial it is to provide young adults with comprehensive mental health care and assistance. Even though the correlations are modest, it is important to comprehend these relationships in order to support mental health. However, the cross-sectional design and dependence on self-reported measurements are two of the study's shortcomings.

In early adulthood, personality traits, mental health, and coping mechanisms connect in various manners. High neuroticism is correlated with increased susceptibility to mental health problems, whereas extraversion and conscientiousness are linked to improved mental health outcomes. Effective coping strategies, such as managing problems and looking for assistance from others, are associated with increased resilience.

The study emphasises that in order to enhance mental health outcomes, customised interventions that focus on particular personality features and coping mechanisms are required. Furthermore, it is critical to make steps to lessen stigma and increase accessibility to mental health care. Prospective study avenues encompass longitudinal investigations to monitor shifts over an extended period, cross-cultural comparisons, well-being-improving intervention studies, and Cross-domain research should be conducted in the future to examine interactions in various spheres of young adults' lives.

All things considered, the study offers empirical evidence in favour of associations between coping strategies, mental health, and personality traits in young people, emphasising the intricacy of psychological processes in this population and the need of treatments to enhance wellbeing.

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## Conclusion :

This study explores the intricate relationships that exist between coping mechanisms, mental health outcomes, and personality traits in young adults between the ages of 18 and 25. Using standardised psychological measures to analyse data from 64 people, the study offers empirical evidence in favour of the alternative hypothesis (H1).

Results point to the correlation between higher levels of neuroticism and a greater susceptibility to psychological discomfort and higher levels of extraversion and conscientiousness and improved mental health outcomes. Young adults use a variety of coping methods, from adaptive tactics like seeking out social support to dysfunctional ones like avoidance.

The study emphasises how crucial it is to customise interventions to each person's personality features and coping mechanisms in order to successfully support the mental health and wellbeing of young adults. Policymakers and mental health experts can develop more focused programmes by taking into account these dynamic connections.

The study's shortcomings, however, are its comparatively small sample size and possible self-reported measurement inaccuracy. Longitudinal designs that monitor changes over time and comparative studies that examine cultural differences in coping strategies and mental health outcomes could be beneficial for future research.

All things considered, this research advances our knowledge of the complex psychological processes that emerge in early adulthood and supports all-encompassing mental health care that takes into account individual variations in personality and coping mechanisms.

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