

## Personality Profiles and Well-Being: A Study Based on the Big Five Model in Young Adults

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**Abstract**—The goal of this research was to examine the correlation between specific personality traits and psychological well-being. The research also investigated the influence of personality traits on the psychological well-being of young adults. The information was gathered through a Google form on the internet. We used Facebook, WhatsApp, and other social media platforms to find 106 people from the community to take part (39 men and 67 women). The sample encompassed a wide age span, specifically from 17 to 30 years. Participants filled out two demographic measures, the Ryff's Psychological Well-Being Scale, and the Big Five Inventory-2 Short Form. Pearson's product-moment correlation coefficients were utilized to assess the capacity of personality characteristics to predict psychological well-being. The findings demonstrated that numerous personality variables forecast psychological well-being. More research on personality and psychological well-being is necessary, particularly with a significantly larger sample to obtain more solid results.

**Keywords:** Personality Traits, Well-being

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### I. INTRODUCTION

The connection between personality and psychological well-being is dynamic and should be explored from the ageing perspective. In this study, we analysed the correlation between traits of personality and well-being in 106 young adults aged 17 to 30 years. Young adulthood basically represents a phase of maturation and transformation, both biologically and psychologically (Cole, 2003; Zagorsky and Smith, 2011). Neuroticism, agreeableness, and extroversion are only a few of the many important factors that always shape the primary alterations, which can be good or bad. The term "psychological well-being" means different things to different people. Well-being is a dynamic state described by a suitable level of equilibrium among an individual's abilities, needs, expectations, and the demands and opportunities presented by the environment. (Levi, 1987). Pollard and Lee (2003), in their comprehensive evaluation of definitions, characterise well-being as a "complex, multi-faceted construct that has persistently evaded researchers' efforts to define and quantify it." In general, well-being has been described from two points of view. The clinical perspective typically defines well-being as the absence of adverse conditions such as depression, distress, or anxiety, while the psychological perspective characterises well-being as the presence of positive self-attributes (Keyes, 1998; Ryff and Singer, 1996). It is an individual's evaluative responses to their life, characterised by life satisfaction, cognitive assessments, or continuing emotional reactions (Diener and Diener, 1995). It can be generally characterised as the subjective sensation of fulfilment, enjoyment, and satisfaction with life experiences and one's professional job, as well as a sense of achievement, utility, and belonging. no pain, unhappiness, or concern, etc. It focuses on the good things about growth and development.

Ryff, 1989, 1995) proposed a multidimensional model of well-being with six separate components of positive psychological functioning. Together, these dimensions make up a wide range of wellness that includes positive views of oneself and one's past life, even though one knows their limits (Self-Acceptance), a sense of continued growth and development as a person (Personal Growth), the belief that one's life has a purpose and meaning (Purpose in Life), the ability to manage one's life and the world around them well (Environmental Mastery), and a sense of self-determination (Autonomy). Ryff's psychological well-being

model has numerous parts that show the different problems people confront in their lives. Ryff's conceptualisation of the components includes –

1. **Autonomy:** Autonomy is when a person is free to make their own decisions and is in charge of their own life. It also means judging yourself by your own standards and controlling your own behaviour.
2. **Environmental mastery:** This means making the environment around you fit your needs and abilities. It also means taking care of the environment by handling difficult situations and making the most of chances.
3. **Personal growth:** This part is about feeling that you are always evolving and becoming more receptive to new experiences. It is fundamentally focused on the self-actualization of an individual.
4. **Positive relationships with other people:** This part is all about having warm, trusted relationships with other people and feeling empathy, affection, and closeness toward them.
5. **Life's purpose:** This dimension is all about finding meaning and direction in life. Life is more meaningful and has a purpose when you have objectives and a feeling of direction.
6. **Self-acceptance:** This is a type of self-evaluation that means being aware of and accepting both your strengths and weaknesses.

Over the course of three to four decades, substantial study has been conducted, involving the examination of adjectives that characterize personality and the factor analysis of several personality assessments, in order to identify the fundamental underlying elements of personality by various scholars. The findings resulted in five traits. These Big Five traits are also referred to as the 'Five Factor Model' (Costa and McCrae, 1992) and as the Global Factors of personality (Russell and Karol, 1994).

The Big Five Factors are Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism (OCEAN).

1. **Openness:** is a general appreciation for art, adventure, unusual ideas, and imagination. People who are open to experience are intellectually curious, appreciative of art, witty and sensitive to beauty. People with low scores on openness tend to have more conventional, traditional interests.
2. **Conscientiousness:** is a tendency to show self-discipline, act dutifully and aim for achievement. It includes the factor known as Need for Achievement. People high on this trait are generally achievement oriented, organised, responsible and dependable. On the negative side, they can be perfectionists or workaholics.
3. **Extraversion:** is characterized by positive emotions and the tendency to seek the company of others. Extroverts enjoy being with people and are energetic, dominant, and assertive. outgoing, talking, fun-loving. Introverts, on the other hand, are quiet, less involved in the external world and prefer to be alone (Ullah, 2017) .
4. **Agreeableness:** is a tendency to be compassionate and cooperative. Individuals high on this trait are considerate, friendly, generous, helpful, trustworthy, caring, warm and willing to compromise their interests with others. They hold an optimistic view of human nature. People who score low are suspicious, unfriendly, and uncooperative and place self-interest above getting along with others.
5. **Neuroticism** refers to the predisposition to experience unpleasant emotions, including wrath, worry, and dread. Individuals with elevated neuroticism are susceptible to stress, prone to seeing commonplace events as menacing, and exhibit emotional instability, anxiety, worry, discomfort, irritability, and hypertension. Conversely, those with low scores exhibit emotional stability, tranquility, and an absence of enduring unpleasant emotions.

This model is an important development in personality. It has been found useful in understanding the profile across cultures. Cross-cultural research further confirms the utility of five dimensions in populations of old and young, educated and uneducated (Mc Crae and John, 1992).

## II. OBJECTIVES OF THE STUDY

The present study was undertaken to obtain and achieve the following objectives.

1. To investigate the relationship between Personality factors and psychological well-being.
2. To investigate the relationship between Personality factors and various dimensions of psychological well-being.
3. To examine the relationship between Personality factors and psychological well-being among males and females separately.
4. To examine the difference between males and females in terms of various Personality factors, psychological well-being and its dimensions.

## II.I. HYPOTHESIS OF THE STUDY

On the basis of the literature review and objectives following hypotheses were formulated:

- H<sub>1</sub>**- Personality traits will be significantly correlated with psychological well-being.  
**H<sub>2</sub>**- Personality traits will be significantly correlated with various dimensions of psychological well-being.  
**H<sub>3</sub>**- The relationship between Personality factors and psychological well-being will differ between males and females.  
**H<sub>4</sub>**- Males and females will differ significantly in terms of various Personality factors, psychological well-being and its dimensions.

## III. METHODOLOGY

This study adopted a quantitative, survey Method to collect data. The sample comprised 100 Young adults (mean age=20.65, SD= 2.904) randomly selected from the different classes and departments of schools, colleges and universities. In this research, the total sample consisted of 36 males (mean age=22.47, SD=3.660) and 64 females (mean age=19.63, SD= 1.686). The age group of the subject was 17-25 years.

While strict random sampling is nearly unattainable in psychological research due to people's refusal to participate or withdrawal during the study, an effort was made to get the sample using random methods. A multitude of participants either could not provide consent or were unavailable; hence, they were excluded. Measures were implemented to guarantee that the sample was collected objectively and systematically. Instruments of the Research

### III.I. TOOLS OF THE STUDY

The following measures were used for collecting information regarding the subject's experience of psychological well-being and their personality factors.

The following parameters have been utilized to collect data on the participants' psychological well-being and personality traits.

(1) The experience of psychological well-being has been measured using the Psychological Well-Being Scale (Ryff, 1989). Ryff has developed six dimensions of psychological well-being. She proposed a multifaceted model of psychological well-being that included six different dimensions: self-acceptance, autonomy, positive relationships with others, environmental mastery, personal progress, and purpose in life (Ryff, 1989a; Ryff, 1989b). There are seven items in each of the 42 dimensions on the scale. Each item's response categories are based on a six-point rating system that goes from Strongly Disagree to Strongly Agree. The psychological well-being score is calculated by adding all of the responses (Turgay & Aytaç, 2025). In the scoring process, answers to items with a negative score are reversed. High scores are indicative of high self-ratings on the evaluated dimension and psychological well-being.

(2) Personality characteristics were evaluated using Oliver P. John and Christopher J. Soto's (2015) Personality Inventory (BFI-2-s). The Revised BFI Personality Inventory is abbreviated as the BFI-2-s. Five aspects of personality are evaluated by this personality test: neuroticism, extraversion, agreeableness, conscientiousness, negative emotionality, and open-mindedness. The five-factor model of personality serves as the foundation for this inventory. Each personality factor is assessed by six of the thirty items in the inventory (Albendín et al., 2022). A five-point rating system, from strongly

disagree to strongly agree, is used for the items. The total score for each personality element is calculated by adding the responses on each dimension.

### III.II. PROCEDURE

In this research two test administrated individually as well as on young people, which collecting data for the study before attempting the questionnaire the subjects were requested to read the instruction carefully and follow them in true spirits. The data were collected online via Google form.

## IV. RESULTS AND DISCUSSIONS

It is essential to highlight that the whole research endeavour was aimed to find out the relationship between personality factors and psychological wellbeing and difference between male and female students was also observed. Hence, the entire data of the study after tabulation were analyzed using Pearson correlation and t- test.

### IV.I. DATA DIAGNOSTICS

Before running analyses, visual analyses and frequency statistics were used to screen the data for errors or missing values. Several (6) participants were removed as data was missing; but otherwise assumptions of multicollinearity, singularity, linearity, homoscedasticity and normality of residuals were all met.

### IV.II. PRELIMINARY ANALYSES- CORRELATION COEFFICIENTS

The main aim of the current study was to investigate the contribution of personality variables to Psychological Well-Being (PWB). The results concerning age are discussed first, as one of the control variables used in subsequent analyses. Past research had found mixed results in the prediction of PWB across age (Baird et al.,2010; Carstensen et al., 2009; Siegler & Brummett, 2000; Steptoe et al., 2015). Therefore, in the present investigation try to control the age factor, so sample are almost of the same age group.

The sample comprised of N=100 Young adults (mean age=20.65, SD= 2.904) randomly selected. Thirty-six men (mean age = 22. 47, SD=3.660) and sixty-four women (mean age = 19.63, SD=1.686) returned complete sets of data. The present study seeks to clarify the different types of personality and psychological well-being by examining the personality constructs from a traits perspective. Overall, the results provided a great deal of insight into the nature of the personality and psychological well-being link.

**Table No.1 Correlation between Personality factors and overall Psychological Wellbeing**

Personality Factors		Overall Psychological Well Being
<b>Extraversion</b>	Pearson Correlation	<b>.316**</b>
	Sig. (2-tailed)	.001
<b>Agreeableness</b>	Pearson Correlation	<b>.276**</b>
	Sig. (2-tailed)	.005
<b>Conscientiousness</b>	Pearson Correlation	<b>.460**</b>
	Sig. (2-tailed)	.000

<b>Negative Emotionality</b>	Pearson Correlation	<b>-.538**</b>
	Sig. (2-tailed)	.000
<b>Open Mindedness</b>	Pearson Correlation	<b>.027</b>
	Sig. (2-tailed)	.789
<b>**.</b> Correlation is significant at the 0.01 level (2-tailed).		
<b>*</b> . Correlation is significant at the 0.05 level (2-tailed).		

Pearson's product moment correlation coefficients across the key personality factors and overall psychological well-being variables are shown in Table 1. There was a Positive relationship between extraversion, agreeableness and conscientiousness to psychological well-being found in young adults and overall psychological well-being. The 'r' values of these relationships are 0.316, 0.276 and 0.460 respectively which are significant at 0.01 level of significance. It means that those are high on extraversion, agreeableness and conscientiousness possesses better psychological wellbeing. Individuals high on extraversion are sociable, outgoing, fun-loving and seek the company of others. This trait is important to build relations with others. Young adults at this stage interact with their friends and have strong and close relationships with their friends and family thus affecting their psychological well-being. Whereas, a negative relationship between negative emotionality and psychological well-being was also observed and its related correlation value is  $r = -0.538$ . A person with negative emotion has also poor psychological well-being. And no significant relationship between open mindedness and overall psychological well-being was found.

So, Hypothesis 1(H<sub>1</sub>) is Partially rejected.

**Table No. 2 Correlation between Personality factors and various Dimensions of Psychological Wellbeing**

Personality Factors		Autonomy	Environmental Mastery	Personal Growth	Positive Relation	Purpose In Life	Self Acceptance
<b>Extraversion</b>	<b>Pearson Correlation</b>	<b>.423**</b>	<b>.242*</b>	<b>.261**</b>	<b>.203*</b>	<b>.203*</b>	<b>.157</b>
	<b>Sig. (2-tailed)</b>	<b>.000</b>	<b>.016</b>	<b>.009</b>	<b>.044</b>	<b>.044</b>	<b>.120</b>
<b>Agreeableness</b>	<b>Pearson Correlation</b>	<b>.193</b>	<b>.107</b>	<b>.271**</b>	<b>.320**</b>	<b>.301**</b>	<b>.111</b>
	<b>Sig. (2-tailed)</b>	<b>.054</b>	<b>.290</b>	<b>.006</b>	<b>.001</b>	<b>.002</b>	<b>.273</b>
<b>Conscientiousness</b>	<b>Pearson Correlation</b>	<b>.357**</b>	<b>.361**</b>	<b>.380**</b>	<b>.287**</b>	<b>.448**</b>	<b>.401**</b>
	<b>Sig. (2-tailed)</b>	<b>.000</b>	<b>.000</b>	<b>.000</b>	<b>.004</b>	<b>.000</b>	<b>.000</b>
<b>Negative Emotionality</b>	<b>Pearson Correlation</b>	<b>-.387**</b>	<b>-.366**</b>	<b>-.342**</b>	<b>-.313**</b>	<b>-.298**</b>	<b>-.491**</b>

	Sig. (2-tailed)	.000	.000	.001	.002	.003	.000
Open Mindedness	Pearson Correlation	.193	-.019	.025	-.132	.040	-.094
	Sig. (2-tailed)	.054	.855	.808	.190	.693	.351

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

\* . Correlation is significant at the 0.05 level (2-tailed).

Table 2 shows how personality traits are related to different aspects of psychological well-being. The table illustrates the correlation between personality traits and many aspects of psychological well-being. Extraversion has strong positive links to most domains, such as autonomy, environmental mastery, personal progress, positive relationships, and a sense of purpose in life. However, it does not have strong links to self-acceptance. Agreeableness is positively correlated mostly with personal growth, positive relationships, and a sense of purpose in life, although its association with other domains is not significant. Conscientiousness exhibits robust and significant positive relationships with all categories, signifying it as the paramount positive determinant of well-being. On the other hand, negative emotionality is strongly linked to all dimensions, which means that being more emotionally unstable makes you less happy. Open-mindedness does not have a significant correlation with any factor. In general, being diligent makes you feel better in all areas, while being negative makes you feel worse.

So, hypothesis 2 is also partially rejected.

Table No.3 Correlation between personality factors and psychological well-being among male sample (n1=36)

Personality factors		Overall PWB
Extraversion	Pearson Correlation	.204
	Sig. (2-tailed)	.233
Agreeableness	Pearson Correlation	.361*
	Sig. (2-tailed)	.031
Conscientiousness	Pearson Correlation	.565**
	Sig. (2-tailed)	.000
Negative Emotionality	Pearson Correlation	-.348*
	Sig. (2-tailed)	.038
Open Mindedness	Pearson Correlation	.204
	Sig. (2-tailed)	.234

The table shows that among males (n = 36), conscientiousness (r = .565, p = .000) has a strong and significant positive relationship with psychological well-being, followed by agreeableness (r = .361, p = .031), which is also significantly positive. Negative emotionality (r = -.348, p = .038) is significantly negatively related to well-being, indicating that higher emotional instability lowers well-being. In contrast, extraversion (r = .204, p = .233) and open-mindedness (r = .204, p = .234) show weak, non-significant positive relationships.

**Table No. 4 Correlation between personality factors and psychological well-being among female sample (n1=64)**

Personality factors		Overall PWB
Extraversion	Pearson Correlation	.357**
	Sig. (2-tailed)	.004
Agreeableness	Pearson Correlation	.258*
	Sig. (2-tailed)	.040
Conscientiousness	Pearson Correlation	.405**
	Sig. (2-tailed)	.001
Negative Emotionality	Pearson Correlation	-.622**
	Sig. (2-tailed)	.000
Open Mindedness	Pearson Correlation	-.066
	Sig. (2-tailed)	.607

Table 4 shows the correlation between personality factors and psychological well-being among female samples (n2=64). In Table 4, we found that extraversion and conscientiousness are positively related to overall psychological well-being, whereas female agreeableness is significant, whereas negative emotionality is negatively related to overall psychological well-being. And no relationship between open-mindedness and psychological well-being was found in female.

**Table No. 5 Mean difference between male (n1=36) and female (n2=64) samples on personality factors, PWB and its dimensions**

Variables	Gender	Mean	Std. Deviation	t-test	Sig. (2-tailed)/ P value
Extraversion	Male	19.75	2.852	1.464	.147
	Female	18.73	3.569		
Agreeableness	Male	22.42	3.074	-.457	.649

	Female	22.81	4.656		
Conscientiousness	Male	21.36	4.155	.162	.872
	Female	21.22	4.252		
Negative Emotionality	Male	16.47	4.266	-.872	.385
	Female	17.36	5.193		
Open Mindedness	Male	19.42	2.116	1.267	.208
	Female	18.78	2.554		
Autonomy	Male	30.06	4.529	1.733	.086
	Female	28.11	5.790		
Environmental Mastery	Male	27.72	5.052	1.091	.278
	Female	26.59	4.917		
Personal Growth	Male	30.50	6.570	-.165	.870
	Female	30.72	6.275		
Positive Relation	Male	29.44	6.544	-.382	.704
	Female	29.92	5.683		
Purpose In Life	Male	30.03	5.853	.150	.881
	Female	29.84	5.918		
Self-Acceptance	Male	28.47	6.609	-.177	.860
	Female	28.70	6.070		
Overall PWB	Male	175.64	25.820	.792	.430
	Female	171.31	26.456		

Table 5 shows a significant difference between male and female sample with respect to personality factors and overall psychological well-being and its dimensions. It is observed that there are no significant differences found between male and female on personality dimensions and psychological well-being as well as its dimensions, as the values of the t-test and their corresponding P values are greater than 0.05 level of confidence.

So Hypothesis 3 and Hypothesis 4 are rejected.

## V. CONCLUSION

In light of the description and discussion of results, it is concluded that there are many factors of personality, namely extraversion, agreeableness and conscientiousness, which are positively related to psychological well-being, whereas negative emotionality is negatively related to psychological well-being. Furthermore, male and female samples do not differ significantly with respect to personality factors and psychological well-being and its dimensions. Hence, it can be said that parents should nurture their children in such a way that they develop agreeableness and conscientiousness in their personality and become extroverted so they experience positive psychological well-being. We may say the present research has brought out important information with regard to an important dimension of behaviour, namely, psychological well-being. This information if translated into an intervention, may prove useful in helping individuals to achieve the goal of psychological wellbeing, so vital for positive mental health.

## VI. FURTHER RESEARCH SUGGESTIONS

In light of the pros and cons of carrying out the present piece of research investigation the few suggestions are being put-forth in conducting similar research work in future. Since, it the sample size is small, it suggests that a much larger sample be taken in similar future research studies to get more reliable results, having the high proficiency of the generality because India is a vast, highly populated and heterogeneous population and composed of multi- culture as well. Furthermore, a few more important variables should also be included while conducting similar research, which are related to positive psychological well-being. The findings of the present research work can help individuals to develop good personality characteristics that help them to enhance psychological well-being.

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