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Personality and Quality of Life Among Young Adults: Correlational Analyses

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Abstract:

Personality define people's stable characteristics set of behaviors, thoughts and emotion. It is the personality that make people unique and different from each other in psychological, physical, social and spiritual domains. The daily musings on how and why people behave as they do are similar to what personality psychologist attempts to explore. The science of personality psychology attempts to explore why some people are more happy than others, why some are engaged in more health enhancing behaviors than others etc.

Quality of life refers to how one appraise one's life situations within a specific time span ((De Walden-Galuszko 1997). Broadly it is the combination of one's external situations and one's inner states. Conditions of life like one's socio-economic factors, activities of daily living, physical and psychological states, personality, temperament, motivation and emotions contributes to quality of life. Personality traits like Openness to experience, conscientiousness, neuroticism, extraversion and agreeableness effect one's quality of life. The current study attempts to explore the relationship between Quality of life and personality traits in a sample of Young adults. A sample of 100 young adults using purposive sampling technique was selected for the purpose of research. The measures used were i) Sociodemographic Date Sheet & ii) WHO QOL-BREF to measure Quality of life & ii) NEO-FFI- III was used to measure the personality traits. The data were analyzed using descriptive statistics like mean, SD and Pearson product moment correlation. The results indicate significant positive correlation between some personality traits and some dimensions of quality of life. The research also show that there were insignificant

correlation between some personality traits and quality of life dimensions. The research has implications in the area of health psychology for improving people's health and well-being through training.

Key words: Quality of life, Personality, Young adults, correlational analyses.

Introduction: Every person wants have a good quality of life. Good quality of life have and taken as many as a sign of successful development, regarding what promote good quality of life? Personality and quality of life suggests that the personality factor can collision on the means in which people move toward life conditions or on the kind of outcome people get, which in revolve can collision favorably or unfavorably on quality of life. For example, a person who is diligent may defeat unpredicted obstacle more simply than a being who is fewer aggravated to get important life responsibilities. Thus, a through person can be extra winning in establish purpose indicator of quality of life (e.g., have a unbeaten career, wealth) and might also description high level of biased well-being. With regard to predicting different levels of quality of life indicators (e.g., general life satisfaction vs. domain-specific satisfaction).

Personality is a characteristic the way of thoughts, emotion and behaving. Personality embraces the moods, attitudes, and feeling. And it also includes the behavioral characteristics in this term one person can observe the other person behavior and observe the relation in social also. Personality, theories focus on motivation and psychological interactions with one's environment. Trait-based personality theories, , that the personality as the character to observe a person's behavior. More behaviorally-based approaches can define personality through learning and habits in person. . Personality includes the behavioral characteristics when individual person as of a different person practical the relative to the environment as well as the social relation .the be taught of personality can be supposed that the fundamental idea their characteristics individual patterns of behavior – distinctive ways of talk, walk and express their urges and many if the same functions and processes, such as attention, thinking, or motivation.

Big Five- Factor Personality: The Five factor of personality is developed in the 1980's a 1990's on the basis of human personality, in an individual personality that divides the five character. Personality character are unspoken as the person thought, feeling and behavior.

1. **Openness-**Openness to experience and most of the times referred to intellect and indicates an individual's thoughtfulness, and for intellectually challenging tasks. This quality individuality such as thoughts and on the way. People are high in this characteristic be likely to be more exploratory and creative. People low in this characteristic are can resist with conceptual thinking.
2. **Conscientiousness-** Conscientiousness refers to the individual's intelligence of liability and sense of duty as well as forethought. Standard of this aspect includes high levels of thought, high-quality desire manage, and goal-directed behaviors. Highly conscientious people be apt to be prepared and aware of information.

Conscientious persons similar to keep a neat environment and be fit prearranged. They are to maintain good time keeping.

3. **Extraversion**-Extraversion means to have energy, positive emotions, and the propensity near be social able .Extraversion (or extroversion) is characterize by excitability, cordiality, fluency, insolence, and high amount of exciting fluency..
4. **Agreeableness**-Agreeableness to extent to which prioritize the desires of others over their individual wants. This personality dimension such as belief, altruism, compassion, liking, and other prosaically.
5. **Neuroticism**-Neuroticism is a tendency to act in response to the stressor with negative emotions, panic, unhappiness, anxiety, embarrassment, blame. When the person has negative emotions say that when something is wrong in this world but not the every person has the same reaction on the situation. Neuroticism is a characteristic unhappiness, irritability, and emotional unsteadiness. Person is high in most likely react in a situation with strong negative emotions. People are low in tend to move on and emotionally resilient. (Cherry, 2019).

Quality of life basically tells about the person's health, work, social relationship, emotional wellbeing, personal safety, financial wellbeing, and quality of environment. It is various domains in human life. For e.g. When the person has far above the ground quality of life so they have a good wellbeing and healthy person. And other side when the person has short quality of life so they have need a health care, emotional, and physical. Quality of life be a work-related concept of every human being. A feeling, function and the future of happiness, health and hope in life. With increase the life expectation all more than the humanity, the plan of wellbeing services is to create these added life time of good quality of life. (forbes, 2013) (wrosch, 2003, pp. 59-63).

Quality of life have a following crash of the difference of the definition in which the way in quality of life be assess. One imperative measurement in their level of the definition in provisions of their level of generalization. Thus, it should not be unexpected that quality of life pointer assortment from the large level of neighborhood well-being to the valuation of single persons in a specific context. Found more than 100 instrument measure and important quality of life in dissimilar ways. No anxiety the various approaches to quality of life obtain at least in part from the fact that researchers be different in what they decide to highlight as being significant in formative people's quality of life. Researchers who have attempt to order the dissimilar approaches have argue that quality of life tell to object indicator (life conditions) and slanted indicator (life satisfaction). Both type of indicator are unspecified to give details simply individual of its sort proportions of difference in people's quality of life. For example, a solemn ailment may have a through crash on a person's health standing thereby constrain him /her mobility and life expectation. a good number of the community may be different in conditions of their life approval, relatively self-regulating of their purpose circumstances. Such difference in life approval might be result from the employ of dissimilar contrast principles. For example, an 80-year-old person who faces the same level of object health

constraint as a 30-year-old being strength be more content with the state of affairs if the older person compare he/she health position with the physical condition status of populace who are of alike (older) age. Some researchers charge quality of life through measure a person's larger than all life fulfillment with a on its own item. indicator of quality of life can also be assessing with copious items crossways a wide variety of life area. To be a sign of the most significant areas to causal the quality of life, Cummins et al. review 27 definition of quality of life. With look upon to domain-specific approach to quality of life, it has be argue that indicator of excellence of life may have to be biased by the significance of the life area. For example, depressing objective conditions strength not compromises a person's quality of life the domain is less significant to the being. In contrast, if a precise life area have a far on top of the ground main be concerned for the human being, breakdown and annoyance may reduce the person's quality of being to a better extent; for issue of centrality. Perceptibly, the diverse theoretical approach to worth of life examine raise important question in terms of issue of conceptualization. For the conversation of this reason it is enough to just note that quality of life events consist of both object and subjective indicator that can be listening carefully on domain-general level as well as on a figure of dissimilar life domain (Wrosch, 2003).

Wrosch in 2003 study this article that the relationships among personality and quality of life. We will argue the unlike conceptualizations of personality and quality of life. We dispute that personality affect value of life by influence how the group move toward and respond to serious life situation in life as well as in the second part we talk to the helpful role play by two of human being disparity variables in endorse quality of life: dispositional hopefulness and goal alteration. Literature is the reviewed demonstrating that the dispositional hopefulness facilitate biased the comfort and good health, mediate by a personnel cope behaviors in life. In addition that study, we will discuss the study that observe people who deal with impossible goals. This report substantiation is wires the end that personality difference in people's ability to correct to unfeasible goals are related by a good quality of life (wrosch carsten, 2003).

Herberg in 2010 In this research the Quality of life have a variety of scope with the numerous meaning for community but one imperative concern is whether a person's has unfair knowledgeable quality of life correlate by the his or her traits. When some study show a relationship among personality and quality of life, life pleasure or happiness In the research work the mean of the Personality and quality of life suggests that the personality factor can smash on the means in which people move toward life circumstances or on the kind of result people get, which in turn can impact positively or harshly on quality of life. For example, a person who is conscientious may overcome unexpected obstruction more just than a life form who is less aggravated to get imperative life tasks. study be to the inspector that the relationship between the personality and life quality, in a particular way in which multi-dimensional conceptualization of personality relates to a multi-dimensional definition of quality of life. The those complete a quality of life survey, the (LGC), and a personality survey, the Gordon Personal Profile Inventory (GP:A). psychoanalysis show

that different personality the character narrate to the different aspects of quality of life. The predict recent quality of life, as expressive constancy be the related to the psychological and well-being and the happiness with major relations. dominance and aptitude to keep up the individual relations be connected to an positive view on our life and deficiency of the psychosomatic symptoms. On the unique thoughts and warmth linked to the increased of psychosomatic symptoms and the with cordiality also connected unconstructively with approval with major relations. The idea that the various personality and the characteristics are related to the various quality of life dimensions in the investigated group, increasing the understanding of the unique experience of life quality for each individual life (herberg, 2010).

Torros 2010 in this study the association among the personality behavior and class of life connected to the type of dental prostheses are limited. The mean of the there learn was to review the personality qualities and their collision on excellence of life for persons treat with also conservative mandibular dentures (CMD) or insert-support over dentures. Fifty patients with CMD and fifty patients with insert-support mandibular more than dentures (IMOD) be recruit. Individuals were the examined the scientific and demographic statistics of interest were collected. All participant decided to respond two questionnaire: the Oral Health Impact Profile (OHIP-14), which assess quality of life connected to oral health, as well as (NEO FFI-R), which evaluate five character domain. The pressure of variables of attention on oral health-allied quality of life be experienced by univariate examination and many linear regressions. Patients with CMD report senior levels of collision on top of quality of life (OHIP-14 $P < 0.002$). Multivariate predictive the failure copy for quality of life built-in neuroticism, delicacy and sexual category for the conservative mandibular denture collection ($=P < 0.05$; $R^2 36.59\%$), neuroticism, openness and schooling ($=P < 0.05$; $R^2 21.09\%$) be built-in in the implant-supported mandibulars denture group model. The Patients with IMOD had less collision on quality of life than patients with CMD. Personality character, mostly neuroticism, had a important authority on oral health-linked quality of life associated to a selected modality of prosthetic therapy (Torros, 2010).

Hogan, 1991 in this study the personality argues that growth in personality psychology in over the past 20years that suggest the people can be differentiate in terms if their the lasting dispositional character and to the practical psychologists be able to get benefit is knowledge in ways have the significant effect for employee of developmental and organizational effectiveness and a considered approval of modern behavior psychology should be useful for many organizational practitioners and industrial. In this article is organized in six sections, beginning with some definitions to ensure a common sightedness of the terms of rest of the discussion. By followed by a brief review of recurring review of the personality psychology/ personality form the observer perspective trait and type theory and discuss the major views of personality/ personality dimension the personal selection/ personality research and their intention for trade and managerial psychology (Hogan, 1991). Kentros in 1997 the objective of this revise be to look-into the effect on personality character as deliberate by the NEO-PI and quality of life (QOL) of people through

schizoaffective confusion and schizophrenia. The promise of this investigate is to personality characteristic may be significant in determining one's viewpoint and gratification with life. Personality traits were deliberate in people with schizoaffective chaos and schizophrenia. In this study, the association in QOL and exact character domain as estimate by the NEO-PI was deliberate in 21 patients. QOL as deliberate by QOL device was completely connected with (E) and (A), and unconstructively allied with the estate of Neuroticism (N). inclusive satisfied scores be not associated with speed of psychotics, paranoia or depression. These data hint that yet in psychotic circumstances such as schizoaffective confusion or schizophrenia, intrapsychic factor collision one's intelligence of QOL. In adding together, these data suggestion so as to personality variables might differentially collision patients' satisfied and QOL with dissimilar conduct case. (Kentros, 1997)

Masthoff in 2007 this study look into the relationship in personality and quality of life in psychiatric outpatients ($N = 495$). Personality was conceptualized usage two-dimensional models, serially, the five-factor model and Cloninger's seven-factor model. The WHOQOL-100 be applied for justice QOL. Neuroticism and loss evasion have unconstructive correlation with QOL, whereas Extraversion, Conscientiousness and Self-Directedness correlated positively with QOL. A sufficient fraction of the QOL change was describe by personality; Cloninger's conduct factors were better to the Five Factor Model domains. Though not fully alike, in general our search is in equality with sooner studies. So, paying consideration to personality and character is optional in to-be scientific procedures, treat policies, and schedule assessment. (masthoff, 2007).

Hart, 1994 in this study inquire the relative share made by personality and work-related knowledge to a police officer understands quality of life (PQOL). The prepare vigor of the Police Daily Hassles and raise measure also was investigate. statistics be provide by 404 police officers distorted as of all position and occupation part within an Australian police sector. A category of component breakdown supported the prepare vigor of the measure, which be able to be secret into managerial and way estate. hassle and raise were show to be independent. Correlation and regression breakdown hint that organizational, rather than direction, knowledge were most significant in determining. The results show that neuroticism, as well as organizational hassles and raise, were important predictors of PQOL. These searches both challenge the typecast of police that suggestion ready information are the majority upsetting and show that PQOL is rated by police officer personality or work-related knowledge (Hart, 1994).

Method:

Aim: To examine correlation between personality traits and Quality of life in a sample of young adults.

Objectives: The main objectives of the current study were to Examine

- (i) Relationship between openness to experience and physical health among young adults.

- (ii) Relationship between conscientiousness and physical health among young adults.
- (iii) Relationship between extraversion and physical health among young adults.
- (iv) Relationship between agreeableness and physical health among young adults.
- (v) Relationship between neuroticism and physical health among young adults.
- (vi) Relationship between openness to experience and Psychological health among young adults
- (vii) Relationship between conscientiousness and Psychological health among young adults
- (viii) Relationship between extraversion and Psychological health among young adults
- (ix) Relationship between agreeableness and Psychological health among young adults
- (x) Relationship between neuroticism and Psychological health among young adults
- (xi) Relationship between openness to experience and social relationship among young adults
- (xii) Relationship between conscientiousness and social relationship among young adults
- (xiii) Relationship between extraversion and social relationship among young adults
- (xiv) Relationship between agreeableness and social relationship among young adults
- (xv) Relationship between neuroticism and social relationship among young adults
- (xvi) Relationship between openness to experience and environment among young adults
- (xvii) Relationship between conscientiousness and environment among young adults
- (xviii) Relationship between extraversion and environment among young adults
- (xix) Relationship between agreeableness and environment among young adults
- (xx) Relationship between neuroticism and environment among young adults

Research design: The investigation of the present research was based on non-experimental, cross-sectional research design.

Sample: The study sample consisted of 100 young adults out of which 50 were males and 50 who were females. The sample size was decided by Slovin's formula. Participants were recruited from Delhi NCR & Gurgaon.. The purposive sampling technique was used to gather the sample. The age range of the sample was 18 to 28 years.

Procedure: The sample of 100 was taken from different college students and institutes in Delhi and Gurugram. The consent was taken from participants and their confidentiality were reassured. The permission was taken from the management of the institutes. Regarding test administration, researchers first provided instructions on how to answer the questions. Then, participants completed the questionnaires on their own. After completing the questionnaires, participants handed them to the researchers directly. They were also informed that the data will be used only for research purpose.

Tools:

- (i) Sociodemographic Data Sheet: It was developed by the investigators to obtain information about respondents' name, age, gender, class, religion, education and occupation.
- (ii) World Health Organization Quality of Life Brief Version (WHOQOL-BREF): It was developed by WHOQOL group in 1998. It consists of 26-item of four domains: physical health (7 items), psychological health (6 items), social relationships (3 items), and environmental health (8 items); it also contains QOL and general health items. Each individual item of the WHOQOL-BREF is scored from 1 to 5 on a response scale, which is stipulated as a five point ordinal scale. The higher the score, the higher Quality of life and general health. It has sufficient psychometric properties. The physical health domain includes items on mobility, daily activities, functional capacity, energy, pain, and sleep. The psychological domain measures include self-image, negative thoughts, positive attitudes, self-esteem, mentality, learning ability, memory concentration, religion, and the mental status. The social relationships domain contains questions on personal relationships, social support, and sex life. The environmental health domain covers issues related to financial resources, safety, health and social services, living physical environment, opportunities to acquire new skills and knowledge, recreation, general environment (noise, air pollution, etc.), and transportation.
- (iii) Neo Five Factor Inventory (Costa & McRae, 1985). It measures five dimensions/traits of personality namely openness to experience, conscientiousness, extraversion, agreeableness and neuroticism. It has 60 items with sufficient psychometric properties.

Analysis of data: The protocols were scored and Descriptive statistics was used to measure mean and SD of the sample. Pearson product moment correlation was used to calculate correlation among the variables. SPSS Version 20 was used to analyze the data.

Ethical Considerations:

1. The university management and institute from where data was collected were assured that the confidentiality of the results will be maintained.
2. Written informed consent was taken from all the respondents.
3. The university and Institutes from where the data were collected were informed about the implications of the study.
4. The participants were reassured that there would no be any psychological & physical harm to them during the data collection and research process.

Results and Discussion:

Table 1 (a): Distribution of Participants Students (N =57)

Sl. No.	Class	Students	
		Frequency	Percent
1	Undergraduate	34	59.61 %
2	Post graduate	23	40.30.%
	Total	150	100%

Table 1 (b) Distribution of participants according to Gender

Sl. No.	Gender	Participants	
		Frequency	Percent
1	Males	50	50.00 %
2	Females	50	50.00%
	Total	100	100.0%

Table 1 (c) Distribution of working participants with Job (N =43)

Sl. No.	Participants	Participants	
		Frequency	Percent
1	Office staff	24	58.81 %
2	Managers	19	44.18%
	Total	43	100.0%

Table 1 (d) Distribution of participants based on their faith/religion (N =100)

Sl. No.	Participants	Participants	
		Frequency	Percent
1	Identified as Hindus	68	68.00 %
2	Identified as Sikhs	24	24.00%
3	Identified as Muslims	08	8.00%
	Total	100	100.0%

Table 1 (e) Correlational matrix among personality variables and variables of Quality of life (N =100)

Variable (Quality of Life Dimensions) & Personality dimensions	Neuroticism	Extraversion	Openness to experience	Agreeableness	Conscientiousness
Physical Health	+0.031	+0.328**	+0.011	+0.214**	+0.323**
Psychological Health	0.024	+0.324**	0.137	0.243**	0.503**
Social Relationships	0.137	+0.382**	0.094	0.044	0.443**
Environment	0.191	0.410**	0.047	0.333**	0.376**

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

Correlational analysis among the variables as shown in Table 1(e) showed that some of the correlations between the variables are significant while some are insignificant. The correlation between Physical health and extraversion was found to be significant and positive indicating extraversion is associated with better physical health. The correlation between physical health and agreeableness was found to be significant and positive. This means that agreeableness a personality trait might be responsible for flexibility in taking and complying to health enhancing behavior and could relate to better physical health. The correlation between physical health and Conscientiousness was found to be significant and positive indicating this trait is being worked on it could be related to physical health as this trait makes people more rule based and systematic. The correlation between psychological health and extraversion was found to be significant and positive indicating that people who are more outgoing there psychological health seems to be improved possibly through the chances of more social support being gained through extraversion. The correlation between psychological health and agreeableness was found to be significant and positive indicating that as agreeableness trait increases, psychological health also increases. The correlation between psychological health and Conscientiousness was found to be significant and positive indicating that as this trait increases, psychological health also increases. Conscientiousness makes people more self regulated and better self regulation skills might be responsible for better psychological health.

The correlation between social relationship and extraversion was found to be significant and positive indicating that as this trait increases, social relationship also increases. Extraversion makes people more interactive and socially outgoing as their arousal is low which motivates them to be outgoing there by increase social relationship. The correlation between social relationship and conscientiousness was found to be significant and positive indicating that as this trait increases, social relationship also increases. The other

moderating factors which might be contributing to increasing the association between these two variables need to be further explored.

The correlation between environment and extraversion was found to be significant and positive indicating that as this trait increases, connection with the environment also increases. Extraversion might make people more aware about their environment thereby might be responsible for increasing their environmental mastery and vice versa. The correlation between environment and agreeableness was found to be significant and positive indicating that as this trait increases, environmental connection might increase. The other moderating factors which might be contributing to increasing the association between these two variables need to be further explored. The correlation between environment and conscientiousness was found to be significant and positive indicating that as this trait increases, connection with the environment also increases.

The current research shows correlations among dimensions of personality and quality of life have been found to be insignificant indicating that there is no significant relationships among these variables. For example there was no association found between neuroticism and physical health and psychological health.

Some variables were significantly associated among each other and there were no significant relationship among others. The reasons for these possible needs explorations.

Conclusion: The result of the current study will help to identify the differences between the personality along with quality of life. This will further help to identify the gender differences between the personality domains. Personality is expected to reflect the characteristics pattern of behavior. The value of life reflects the individual differences. We have discussed the differences between the two variables and gender differences on this topic. Personality characteristics at the levels of domain or individual trait, respectively, are associated through quality of life at overall, physical, psychological, social, and other domain, respectively. The magnitudes for the corresponding associations are different. Specifically, we found that personality is more often related to psychological aspects of quality of life than physical aspects; the personality traits such as neuroticism and negative affectivity are strongly associated with mental aspects of value of life. Personality characteristics had indirect, mediating, and moderating effects on different aspects of value of life. Interpreting these relationships is complicated by overlap in how the concepts of personality as well as quality of life are operationalized. Future research is needed to distinguish among the various constructs and measures of personality along with quality of life. The thoughtful and systematic collection of personality data could be useful for both research and clinical practice.

Limitations and Recommendations:

1. Varied population with different geographical areas
2. Longitudinal research might give more in depth understanding of the variables.

Implications:

1. Training people to work on their trait to increase their quality of life.
2. Has significant health psychology implications.

Conflict of Interest: There is no conflict of interest in this research

Acknowledgement: The authors are grateful to the participants engaged in the research

Contributors: The first author is the one who did the research. The second author mentored the research process and the third author edited it later to give his input.

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