

## **THE ROLE OF FIVE MAJOR FACTORS OF PERSONALITY IN PREDICTING THE HOPE IN STUDENTS OF AHWAZ AND SHIRAZ UNIVERSITY**

**\*Atefeh Ghoolamipoor<sup>1</sup>, Adis Kraskianmo Jembari<sup>2</sup> and Atefeh Ferdowsipoor<sup>3</sup>**

<sup>1</sup>*Department of General Psychology, Islamic Azad University, International Branch of Kish, Iran*

<sup>2</sup>*Department of Psychology, Islamic Azad University, Karaj Branch, Iran*

<sup>3</sup>*Department of Psychology, Islamic Azad University, East Tehran Branch, Tehran, Iran*

*\*Author for Correspondence*

### **ABSTRACT**

This study aimed to investigate the role of five major factors of personality in predicting the hope in students of Ahwaz and Shiraz University. In the present study for investigation, correlation method was used. The study population consisted of all students of Ahwaz and Shiraz University that 200 students as sample were selected by multistage random sampling. For data collection two questionnaire were used, personality characteristics Questionnaire of Neo and Hope Questionnaire of Snyder. For data analyzing Pearson correlation test and linear regression analysis was used. The results showed that there were a significant positive correlation between dimensions of extraversion, agreeableness and accountability with the hope and there wasn't a relationship between dimensions of flexibility and neurosis with the hope. The results also showed that the dimensions of extraversion, agreeableness and accountability in total predict 17% of the changes that occurred in hope. The results of the study indicate that Personality characteristics can be considered as one of the predictors of the hope, it should be noted that this topic would require further research.

**Keywords:** *Hope, Five Major Factors of Personality, Students*

### **INTRODUCTION**

Personality is one of the major issues in psychology, and the ultimate goal of all research that involving humans, because human cognition and their educational process can be one of the most important questions that over the centuries, all branches of the humanities have been looking for the answer (inperv, translated by Javadi and Kadivar, 2003).

When normal personality issue will be discussed it means to achieve a higher level of mental health, in other words, reaching human to the capable human which has been mental and personal integrity, the human that able to perform their functions and responsibilities in optimal way and prevent problems to maintain their lifestyle (Nada and Porusfy, 2005).

Each individual has a unique personality that includes features that distinguish him from others. Thus, in everyday life, personality regarded as stable and unique characteristics that may change in response to different situations (Schultz and Schultz, 2005).

Despite the different definitions and different views of theorists in the field of personality, psychologists design Big- Five-Factor model of personality and they are approaching to the general agreement on the characteristics of the human personality (Johan and Srivastava, 1999).

In recent years Five Factor Model of personality considered as a popular and powerful approach to study the personality characteristics, and believes that humans are rational creatures that can explain their behavior and personality (Mac-cary and Casta, 1996).

Casta and Mac Cary by using factor analysis concluded that we can consider five major dimensions between individual differences in personality characteristics. Neuroticism referred to experience the anxiety, tension, pity-seeking, hostility, depression and low self-esteem, while extroversion referred to the individual tendency to be positive, ambitious, energetic and being intimate with others, Openness is the desire for curiosity, love of art, artistry, flexibility and wisdom, while the agreeableness is the person wish to generosity, kindness, empathy, sympathy, altruism and trust. Finally, the conscientiousness referred to

### **Research Article**

the individual's willingness to be regular, logical, calmness, reasonableness, Self-regulation, high performance and reliability.

In the present century technological progress makes people do things faster, this speed also leads to the problems that made people's frustration and incompatibility in different social, familial, cultural and even political situation. Thus, each individual in the course of his lives should be able to confront and overcome to the physical and mental problems, and deal with depression, hopelessness, anxiety, stress and away these factors from his life, and then provide the quiet environment, without any tension for themselves and increase their level of mental health and happiness (Yar, 2010).

Of course adjusting and adapting to difficult situations depends on the individual energy, his positive attitude and hope to the future. The life expectancy is an indicator that reflects the health and happiness status of community, this factor calculated by using longevity tables and survival possibility in different age groups.

Hope is an important topic of positive perspective psychology, this branch of psychology was formed by Sylgman in the late of 1990 (Shehni *et al.*, 2005).

Hope is one of the factors that have significant impact on individual's health and happiness, throughout history; many researchers have examined the necessity of hope for the individual's well-being. Among the researchers Ferankel (1979) conducted extensive research in this field, Ferankel In his articles and book States that without hope every individual has empty and meaningless life (Quoted by Seadat, 2010).

Hope is the ability to design strategies to achieve the target, unlike barriers, hope create necessary incentives to use these strategies. Hope during infancy, childhood and adolescence has a defined grows. Children who have grown sense of hope, often have parents who usually are very promising as a role model, the children love their parents that provide appropriate family structure for them, in this environment rules apply in a sustainable and predictable manner (Snyder, 2000).

Snyder (2000) believed that when people in way to reaching their goals encounter with deadlock, choosing suicide as an improper purpose, because hope will be considered as a feeling for the successful achievement of goals and reinforcing the individual's belief for better cope that this will reduces the tendency to suicide.

Bronk *et al.*, (2009), in their study examined the relationship between purpose, hope and life satisfaction. The results showed that specific purpose in life, increase life satisfaction and hope.

Wells (2005) in his research showed that there was a significant negative correlation between depression and hope.

Tsukasa and Snyder (2005),in their research on the relationship between hope and welfare topics showed that there was a significant positive correlation between hope, optimism, self-esteem, self-efficacy and happiness, the results also showed that there was a significant negative correlation between hope, stress, despair, depression and anxiety.

## **MATERIALS AND METHODS**

### **Method**

In the present study for investigation, correlation method was used and the study population consisted of male and female students of Ahwaz and Shiraz University that 200 students as sample were selected by using multistage random sampling.

For this purpose, in the first stage one University from Ahwaz and Shiraz were selected by simple random sampling, in the second stage from each university one college was selected and then among all courses only one course was selected, then from each course, 4 classes (in total 8 classes) were selected by simple random sampling and questionnaires were distributed among them.

To measure the five major factors of personality the NEO Five-Factor Inventory (Costa and Mac-Kra, 1992) was used that evaluated five main features of personality (neuroticism, extroversion, openness in experience, conscientiousness and agreeableness). This list was grading based on Five degree scale of Likert. The retest reliability coefficients that Costa and Mac-Kra (1992) reported were between 0.83 to 0.75.

**Research Article**

The internal consistency coefficient in Grossi *et al.*, (2002) for each factor of neuroticism, extroversion, openness in experience, conscientiousness and agreeableness respectively were 0.86, 0.73, 0.56, 0.68 and 0.87.

This scale consists of 12 items, which is designed for ages 15 and older. From 12 items that expressed 4 statements used for evaluation of interactive thinking, 4 statements used for evaluation of strategic thinking and 4 statements are diversion words. Thus this questionnaire takes two scale, factor and strategy.

The reliability of Snyder Hope Scale by using internal consistency was assessed and Cronbach's alpha coefficient that obtained was 89/0.

Goraishi in a comprehensive study reported 0.77 and 0.67 for the validity and Reliability of this scale.

**RESULTS AND DISCUSSION**

**Findings**

Table 1 shows the mean, standard deviation and correlation coefficient between five factors of personality and hope.

**Table 1: Correlation matrix between research variables**

Variable	M	SD	neuroticism	extroversion	Openness in experience	Agreeableness	Conscientiousness	Hope
neuroticism	1.84	0.50	1					
extroversion	2.33	0.39	-0.091	1				
Openness in experience	2.11	0.41	0.141	0.116	1			
agreeableness	2.53	0.47	0.597	0.319	0.169	1		
conscientiousness	2.81	0.59	0.338	0.389	-0.003	0.45	1	
hope	5.67	0.76	-0.078	0.26	0.046	0.19	0.39	1

As show in Table 1, there was a significant positive correlation between hope variable and extroversion ( $P < 0/01$ ,  $r = 0/26$ ), agreeableness ( $p < 0/05$ ,  $r = 0/19$ ) and conscientiousness ( $p < 0/01$ ,  $r = 0/39$ ) and there wasn't a significant positive correlation between hope variables with neuroticism and openness.

**Table 2: The regression analysis of personality features with students hope**

Statistical indices	R	R <sup>2</sup>	F	B	Beta	T	sig
Variable							
neuroticism	0.41	0.17	7.92	0.006	0.004	0.049	0.96
extroversion				0.254	0.131	1.78	0.076
Openness				0.062	0.033	0.496	0.62
agreeableness				0.012	0.007	0.002	0.002
conscientiousness				0.443	0.346	0.058	0.058

As can be seen in Table 2, the multiple correlation coefficient that obtained was  $R = 0/41$  and the determination coefficient that obtained was  $R^2 = 0/17$ .

### **Research Article**

This demonstrates that the dimensions of extraversion, agreeableness and conscientiousness in total predict 17% of hope variation. Also, due to the significant level and Beta, we can know that the agreeableness on level of  $p < 0/05$  was the strongest predictor of hope.

### **Discussion**

The research results showed that between five major factors of personality, the extroversion, agreeableness and conscientiousness has positive and significant relationship with hope. The research results also showed that agreeableness was the strongest predictor of hope.

Agreeableness refers to the individual's tendency and is a sign of personality characteristic. These people has characteristic such as trust, straightforwardness, altruism, compliance, humility and compassion.

In this study we found a significant positive correlation between agreeableness and hope but there are no researches findings that confirm this topic, so this relationship can be explained in this way, when people earn high scores in agreeableness, they are more compromise in dealing with life's events. These factors cause a positive and hopeful view to the life.

Another finding of this study proves that there is a significant positive correlation between the conscientiousness and hope. Conscientiousness also is an original feature of personality. Responsible people have features like competence, discipline, dutifulness, achievement striving, self-restraint and deliberation. These people focused on some goals and work hard to achieve these goals. Longitudinal research has shown that children who have achieved higher scores on task orientation, have better physical condition and even have more survived (Boot-kewley and Vickers, 1994).

The results of Bronk *et al.*, (2009), showed that determining the purpose in life, increases life satisfaction and optimism.

The research results of Snyder and Tsukasa showed that, there was a significant positive correlation between hope, optimism, self-esteem and self-efficacy.

In fact there was a positive relationship between conscientiousness and students hope, those people who have the higher percentage of hope due to features such as being purposeful and stable not know ambiguous situations as threatening situations and have the ability to control and analyze of various issues.

The results of this research also showed that there was a significant positive correlation between extraversion and hope. Extraversion is one of the main traits of personality. Extroverted people are characterized by several features such as warm and loving behavior, friendly, courageous, energetic, in search of excitement and with positive emotions. As Snyder showed, participants who had high levels of hope, as other people have experienced setbacks in their lives, but by growing this belief that they can cope with challenges and adversity, when encounter with obstacles, in achieving to the worthwhile goals, they experience negative emotions with low intensity. People who are less hopeful when encounter with obstacles, their emotions follow a fairly predictable sequence of hope to the anger, from the anger to the despair and from despair to the apathy. In the present study, not found significant relationship between neuroticism, openness to experience and hope. Neuroticism is one of the main traits of personality. Neurotic people, characterized by several features such as anxiety, hostility, anger, depression, impulsivity and vulnerability, neurotic people are emotionally unstable and often complain of worry, anxiety and physical pain such as headaches, Stomach pain, and etc. This area of research findings is inconsistent with Tsukasa, Snyder, Weles and Wodnieka research findings. As a dimension of personality, openness evaluate less than neuroticism and extraversion. Flexible people has feature such as, active imagination, according to internal feelings, seeking diversity, intellectual curiosity and independence in their judgment, and often play a role in theory and assessment of personality. Flexible people are curious about the inner and outer world and their life is rich of experience, They are also willing to accept new ideas and unconventional values and have higher level of positive and negative experience. This finding is inconsistent with some studies (Jones and Green, 2001; Zellars *et al.*, 2000).

Results of regression analysis showed that three major factors of personality, including agreeableness, conscientiousness and extraversion can be a predictor of hope it should be noted that the agreeableness was the strongest predictors of hope.

### Research Article

From the results of this study it seems that personality affected the hope so it is suggested that in future research, the relationship between personality characteristics and hope in other people evaluated.

### REFERENCES

- Booth-kewley S and Vickers RR (1994).** Associations between major domains of personality and health behavior. *Journal of Personality* **62** 289-298.
- Bronk KC, Hill PL, Lapsley DK, Talib TL and Finch H (2009).** Purpose, hope, and life satisfaction in three age group. *Journal of Positive Psychology* **4**(6) 500-510.
- Costa PT and McCrae RR (1989).** Influence of extraversion and neuroticism on subjective well-being: Happy and unhappy people. *Journal of Personality and Social Psychology* **38** 668–678.
- Costa PT Jr and McCrae RR (1992).** Normal personality assessment in clinical practice: The NEO Personality Inventory. *Psychological Assessment* **4**(1) 5-13.
- John OP and Srivastava S (1999).** The Big-Five trait taxonomy: History, measurement, and theoretical perspectives. In: *Handbook of Personality: Theory and Research*, Pervin LA and John OP (Guilford Press) New York.
- Jones JE and Green BA (2001).** The relationship among self- regulation, motivation and personality traits of college students. Divisionc: section 5: cognitive, social, and motivational processes. *Research in Higher Education* **41** 269-279.
- Mccrea RR and Costa PT (1996).** Toward a new generation of personality theories: Theoretical contexts for the Five-Factor model. In: *The Five – Factor Model of Personality*, edited by Wiggins JS. *Journal of Personality* **60** 175-215.
- Molaei F (2007).** *Be Hopeful* (Kamin) Tehran.
- Momtahn AR (2008).** Psychological Adaptation and the role of hope in the Depression. *Journal of Mental Health* **7**(5) 12-45.
- Ndabkhsh Sh and Puruosafi A (2005).** *Mental Health* (Beast) Tehran.
- Parvin J (2003).** *Psychology of Personality: Theory and Research*, translated by Javadi M (Resa) Tehran.
- Sadat M (2010).** Positive thinking and life expectancy. *Journal of Public Health* **2** 5-7.
- Snyder CR (2000).** *Positive Psychology: the Scientific and Practical Explorations of Human Strengths* (sage publication Inc.) New York.
- Tsukasa K and Snyder CR (2005).** The relationship between hope and subjective well- being. *Japaness Journal of Psychology* **76** 227-234.
- Wells M (2005).** The effects of gender, age, and anxiety on- Hope differences in the expression of pathway and agency thought. A dissertation presented for the of philosophy, the university of Texas A & B.
- Yarahmdyan R (2010).** *Self-Psychology* (Amirkabir) Tehran.
- Zellars K, Perrewe P and Hochworter W (2000).** Burnout in health care: the role of the Five Factors of personality. *Journal of Applied Social Psychology* **30** 1570-1598.