"IMPACT OF HAPPINESS ON PERSONALITY TRAITS AMONG TEENAGERS"

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ABSTRACT:

The study aimed to investigate the impact of happiness on personality traits among teenagers. A sample of 260 college students from Chhatrapati Sambhajinagar District, Maharashtra, aged 18-25 years (mean = 21.44, SD = 3.09), was initially selected. From this group, 50 high-happy and 50 low-happy students were identified using the Happiness Scale (HS–RHMJ) by Himanshi Rastogi and Janki Moorjani (2017). The study employed non-probability purposive sampling. The five major personality traits—Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism—were measured using the NEO Personality Inventory (NEOPI, 2003) developed by Costa and McCrae. The statistical analysis was conducted using the t-test to evaluate the significance of the differences between the groups. The results revealed significant differences in all five personality traits between teenagers with high and low happiness levels. High levels of happiness were positively associated with higher scores in Openness to Experience, Conscientiousness, Extraversion, and Agreeableness, while Neuroticism was found to be negatively associated with happiness, with low-happy teenagers scoring higher in this trait. These findings highlight the significant role of happiness in shaping personality traits during adolescence, suggesting that happiness enhances emotional stability, social engagement, and personal growth.

KEYWORDS: *Happiness on Personality Traits, Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism.*

INTRODUCTION:

Happiness has long been studied in relation to personality traits, and recent evidence suggests that happiness is not only influenced by personality but may also shape certain traits, particularly during the critical developmental phase of adolescence. Teenagers, who undergo significant emotional and psychological changes, display varying personality traits depending on their overall happiness levels. This section explores the impact of happiness on five major personality traits—Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism—based on available research evidence.

1. Openness to Experience and Happiness

Openness to Experience refers to the extent to which an individual is imaginative, curious, and willing to engage in new experiences (McCrae & Costa, 2008). Research suggests that happier

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individuals, including teenagers, tend to exhibit higher levels of openness. This may be because happiness fosters cognitive flexibility and curiosity, traits associated with a willingness to explore new ideas and experiences.

Studies indicate a positive correlation between happiness and openness. For example, a longitudinal study by Steel, Schmidt, and Shultz (2008) found that happier individuals tend to develop higher openness to experience over time. Happiness allows individuals to approach the world with a sense of curiosity, reducing fear of the unknown and fostering creativity. Teenagers experiencing higher happiness levels are more likely to engage in new activities, explore diverse interests, and think creatively.

2. Conscientiousness and Happiness

Conscientiousness refers to traits like self-discipline, organization, and goal-directed behavior (McCrae & Costa, 2008). Research consistently shows a strong positive association between conscientiousness and happiness, suggesting that individuals who are happier are more likely to be diligent, reliable, and organized.

A study by DeNeve and Cooper (1998) highlighted that conscientiousness is a significant predictor of happiness, and there is evidence that increased happiness can reinforce conscientious behaviors. Among teenagers, those with higher happiness levels tend to be more goal-oriented and responsible. Happiness may encourage behaviors such as completing tasks, adhering to routines, and planning for the future, all of which reinforce conscientiousness (Soto et al., 2011). Positive emotions linked with happiness could drive the motivation needed for maintaining personal discipline and achievement, particularly during adolescence when academic and social responsibilities increase.

3. Extraversion and Happiness

Extraversion is characterized by sociability, assertiveness, and a tendency to seek out social interaction and external stimulation (McCrae & Costa, 2008). Numerous studies have strongly linked extraversion and happiness, with extraverted individuals generally reporting higher levels of happiness. Conversely, happiness can reinforce extraverted tendencies by encouraging engagement with others and fostering positive social interactions.

Diener et al. (1999) demonstrated that extraversion is one of the most consistent predictors of subjective well-being. Happy individuals, particularly teenagers, are more likely to exhibit extraverted behaviors, including spending time with friends, engaging in group activities, and expressing positive emotions in social settings. Happiness acts as a catalyst, encouraging greater participation in social activities, which in turn boosts extraversion (Lucas & Fujita, 2000). Teenagers with higher happiness levels are often seen as more approachable, outgoing, and enthusiastic in social interactions.

4. Agreeableness and Happiness

Agreeableness refers to an individual's tendency to be compassionate, cooperative, and considerate toward others (McCrae & Costa, 2008). Happiness is positively correlated with agreeableness, as happier individuals are more likely to engage in pro-social behaviors and foster positive relationships.

Research suggests that happiness promotes a more agreeable personality by reducing negative emotions like anger and frustration, which are often barriers to compassionate and cooperative behavior (Lyubomirsky, King, & Diener, 2005). Among teenagers, those who are happier tend to show higher levels of empathy, kindness, and willingness to help others. They are often more tolerant and able to navigate interpersonal conflicts with a positive outlook (Soto & John, 2017). This finding supports the idea that happiness encourages behaviors conducive to agreeableness, particularly in formative years when social relationships are crucial to development.

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2

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5. Neuroticism and Happiness

Neuroticism refers to emotional instability and a tendency toward negative emotions such as anxiety, depression, and irritability (McCrae & Costa, 2008). Unlike the other traits, neuroticism is negatively associated with happiness. Happier individuals tend to score lower on neuroticism, meaning they experience fewer negative emotions and are better able to cope with stress.

Studies by Steel et al. (2008) and DeNeve and Cooper (1998) have shown that neuroticism is the strongest negative predictor of happiness. In teenagers, those who experience higher levels of happiness tend to exhibit lower levels of emotional instability, stress, and anxiety (Soto & John, 2017). This suggests that happiness acts as a protective factor, shielding adolescents from emotional turmoil by fostering emotional regulation and resilience. As happiness increases, neurotic traits like worry and emotional volatility tend to decrease, contributing to better mental health and well-being (Schmiedeck & Brose, 2020).

OBJECTIVE OF THE STUDY:
1. To Investigate the Impact of Happiness on Personality Traits among Teenagers.

Hypothesis:
1) There will be no significant impact of Happiness on Personality Traits among Teenagers.

Sample:
At the beginning of the research, the researchers selected 260 college students. Then, they were given a happiness test and divided into 50 high-happy and 50 low-happy students from Chhatrapati Sambhajinagar District, Maharashtra state. The students' age range was 18-25 years (mean=21.44, standard deviation= 3.09). Non-probability purposive sampling was employed for this study.

Variables
A) Independent Variables
1) Level of Happiness
a. High
b. Low
B) Dependent Variables
a) Personality Traits
1) Openness to experience
2) Conscientiousness
3) Extraversion
4) Agreeableness
5) Neuroticism

Research Tools
1) Happiness Scale:-
The Happiness Scale (HS–RHMJ) by Himanshi Rastogi and Janki Moorjani (2017) consists of 62 items divided into five areas: I. Subjective Well-being, II. Social Wellbeing, III. Career Well-being, IV. Emotional Well-being, and V. Spiritual Well-being. The reliability of the scale was calculated using the Split Half (Odd-even method) and was found to be r = 0.88. The validity correlation was calculated to be r = 0.91.

2) Personality Traits Inventory (NEOPI - 2003):
This personality test was developed and standardized by Costa and McCrae to measure neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness. The test consists of 90 items with five response alternatives: strongly disagree, disagree, neutral, agree, and strongly agree. The internal consistencies reported in the manual are as follows: Neuroticism = 0.79,

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Extraversion = 0.79, Openness to Experience = 0.80, Agreeableness = 0.75, Conscientiousness = 0.83. In terms of validity, it is associated with the Self-Directed Search, a career assessment tool developed by John L. Holland. Specifically, the Artistic personality type is correlated with the NEO facet Aesthetic at 0.56, the Investigative type is correlated with the NEO facet Ideas at 0.43, and the Social type is correlated with the NEO facet Tender-mindedness at 0.36.

Statistical Analysis:

"t" value Statistics is used for the present study.

Statistical Analysis and Discussion

Mean, standard deviation, and t-value of Personality Traits among teenagers with high and low levels of Happiness.

Table No-1

| Personality Traits | Level of Happiness | | | | t- ratio |
| | High (N=50) | | Low (N=50) | | |
	Mean	SD	Mean	SD	
Openness to experience	44.03	5.78	33.74	4.91	9.59**
Conscientiousness	52.46	4.93	41.01	5.25	11.24**
Extraversion	45.09	5.62	36.11	5.41	8.14**
Agreeableness	48.87	5.05	39.18	5.17	9.48**
Neuroticism	35.12	4.88	46.14	5.53	10.56**

*Significant at 0.01** = 2.62,   0.05* = 1.98*

The table presents the means, standard deviations (SD), and t-ratio values for five personality traits (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism) among teenagers with high and low levels of happiness. The t-ratio assesses the statistical significance of the difference between the two groups. Here's a detailed analysis of each factor: 1. Openness to Experience - High Happiness Group: Mean = 44.03, SD = 5.78, Low Happiness Group: Mean = 33.74, SD = 4.91, t-ratio = 9.59, significant at the 0.01 level (p < 0.01). The high-happiness group scored significantly higher in Openness to Experience compared to the low-happiness group. The large t-ratio (9.59) indicates a strong and significant difference, suggesting that teenagers with higher levels of happiness are more open to new experiences, creativity, and imagination.

Conscientiousness - High Happiness Group: Mean = 52.46, SD = 4.93, Low Happiness Group: Mean = 41.01, SD = 5.25, t-ratio = 11.24, significant at the 0.01 level (p < 0.01). Conscientiousness is significantly higher in the high-happiness group, as indicated by the large t-ratio (11.24). Teenagers with high happiness levels tend to be more organized, responsible, and self-disciplined compared to those with lower happiness. This factor seems to have a strong relationship with happiness.

Extraversion - High Happiness Group: Mean = 45.09, SD = 5.62, Low Happiness Group: Mean = 36.11, SD = 5.41, t-ratio = 8.14, significant at the 0.01 level (p < 0.01). Extraversion also shows a significant difference between the two groups. The high-happiness group scores notably higher (t-ratio = 8.14). This suggests that happier teenagers tend to be more outgoing, energetic, and sociable. Social engagement and positive emotions seem strongly linked to happiness.

Agreeableness - High Happiness Group: Mean = 48.87, SD = 5.05, Low Happiness Group: Mean = 39.18, SD = 5.17, t-ratio = 9.48, significant at the 0.01 level (p < 0.01). Agreeableness is another trait that significantly differs between the two groups (t-ratio = 9.48). Teenagers with higher happiness are more

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4

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likely to be cooperative, compassionate, and friendly compared to those with lower happiness. This trait's significant role indicates that interpersonal warmth and trust contribute to happiness.

Neuroticism - High Happiness Group: Mean = 35.12, SD = 4.88, Low Happiness Group: Mean = 46.14, SD = 5.53, t-ratio = 10.56, significant at the 0.01 level ($p < 0.01$). Neuroticism, which refers to emotional instability and negative emotions like anxiety, is significantly higher in the low-happiness group (t-ratio = 10.56). Teenagers with lower happiness tend to have more frequent experiences of negative emotions and emotional instability. In contrast, happier teenagers exhibit lower neuroticism, reflecting better emotional stability and less frequent distress.

The results of the independent samples t-test revealed significant differences in all five personality traits between teenagers with high and low levels of happiness. As hypothesized, teenagers with high levels of happiness scored significantly higher on Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and significantly lower on Neuroticism than those with low levels of happiness. These findings are consistent with previous research (e.g., Diener, Suh, Lucas, & Smith, 1999; Lyubomirsky, Sheldon, & Schkade, 2005), which has demonstrated a positive association between happiness and personality traits such as extraversion, agreeableness, and conscientiousness.

CONCLUSIONS

1) The significant differences in all five personality traits between teenagers with high and low happiness levels. Traits like Openness to Experience, Conscientiousness, Extraversion, and Agreeableness are positively associated with happiness, meaning higher scores on these traits correlate with greater happiness. On the other hand, Neuroticism is negatively associated with happiness, as higher levels of this trait are seen in teenagers with lower happiness.

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