

ORIGINAL CONTRIBUTION

The Effect of Personality Traits on the Life Satisfaction of the Medical Teachers

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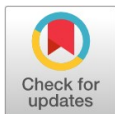
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Abstract— The present study was conducted to examine the effect of personality traits on the life satisfaction of medical teachers. The cross-sectional research design was used to collect data. Data were collected by purposive sampling technique from the medical teachers of Ayyub Medical College, Women Medical College Abbottabad, International Medical College Abbottabad, Frontier Institute of Medical Sciences Haripur, and Abbottabad of Hazara Division KPK. The total sample size of this study was 200 medical teachers. 50% of the data were collected from males and 50% from females hence there was a 100% response rate. The big five personality scale and life satisfaction scale with greater than 0.70 alpha reliability coefficients were self-administered by authors and analyzed using SPSS 20 version. The authors personally approached the research participants for data collection. Analysis shows that the personality traits extraversion, conscientiousness, openness to change, and agreeableness are positively related to life satisfaction while neuroticism is negatively related to life satisfaction. This study ensures that personality traits play an important role in depicting the life satisfaction of medical teachers.

Index Terms— Personality, Traits, extraversion, Conscientiousness, Openness, Agreeableness, Neuroticism, Medical teachers

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Introduction

In the area of the medical profession career hobbies and character are taken into consideration as essential elements, which usually run facet with the aid of facet. Those noncognitive domains are important, these are associated with the needs of existence. Persona and vocational pastimes each examine the man or woman's differences (Ludwikowski et al., 2018). Personality is the set of mental developments and mechanisms that describe the character of a man or woman in the intra-psychic, bodily, and social environments (Rakhmanina et al., 2022). People are threat-oriented, intention-directed, and coping, and they can regulate themselves within critical situations and challenges of lifestyles through adjusting themselves to numerous situations of their surroundings, this is known as adaptive functioning and is the primary function of persona (Borg et al., 2008).

The research changed into aimed at medical teachers who are often underrated. The intention becomes to discover whether or not lifestyle delight pertains to the instructor's persona. A few preceding findings indicate that the features inclusive of emotional balance, unstableness, extraversion, and introversion can be a dependable determinant of life satisfaction (Fowler et al., 2018; Napitupulu, 2016). Researchers determined a fine courting among life contentment and conscientiousness, emotional stability, and openness in the direction

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of new enjoyment. Diagnosed maximum solid determinants of lifestyles pride: extraversion, neuroticism, and their subordinate functions. A fantastic correlation between life satisfaction and extraversion and a very comparable result was found using Schmidt (2020), who acknowledged high-quality relationships among lifestyles pride and no longer most effective extraversion but additionally conscientiousness; the negative ones had been connected to neuroticism. High-quality courting among lifestyles satisfaction and extraversion became also proven and results show that life satisfaction is in a bad relationship with neuroticism (Lachmann, 2017).

Personality characteristics is reflecting all-inclusive characteristics of a person. It is the specific design of private capabilities and highlights that proceed to nearly break even throughout life. Ways of life delight is an extreme objective of each individual. The cause of everyone's presence is to urge life pride or bliss in his or her life. Presence enchant is carefully related to identity kind. It became taken note that a couple of people are discernibly additional substance in comparison to others. Encourage there's moreover sex distinction exist on presence fulfillment. Life fulfillment can moreover be uncommon all through extraordinary subcultures. This has seen at moreover tried to be looking for varieties of sexual orientation on existence charm. Personality is an orderly, organized, and middle set of behavior that's enunciated by utilizing the individual in a way of life (Donnn, 2019). It includes different components together with inspiration, estimations, cognition, and self-worth.

The previous literature shows the direction that personality traits are extensively correlated alongside life satisfaction. In light of existing literature, the present study was designed to explore whether personality traits affect the life satisfaction of medical teachers or not. No doubt, medical teaching is a respectable profession and if they are satisfied then they serve the country in a prosperous way.

Literature Review

Personality was expressed as the natural characteristic of human pondering tests, sentiments, and one-of-a-kind mental reactions to self and the external world. Considers have broadly considered the life fulfillment of collectible people as it is distant and uncommonly connected with running class. Analysts have explored the marvel of the effect of the presence of pride on social and money-related ubiquity on the side of fitness. Pleasure is peace of intellect and an appraisal of life as a complete. Its miles are respected as being satisfied or fought. It advances cognitive and enthusiastic audits. Presence charm is a standard inclination for how eagerly a person evaluates his ways of life. It may be transitory or eternal. Presence fulfillment can be supplanted through subjective well-being or nicely-being (Ruggeri et al., 2020).

In recent times, researchers took interest in finding the relationship between personality and life satisfaction (Hounkpatin et al. 2018). Extensive literature review established that personality is one of the significant predictors of life satisfaction (Heidemeier & Goritz, 2016; Mi-Youn, & Suk, 2018). Previous research based on the Big Five Model confirms that individuals exhibiting diverse traits show different levels of satisfaction (Joshnloo & Afshari, 2011).

Literature suggested that persona trends are related to life delight. Three traits of persona namely extraversion, agreeableness, and openness to experience are significantly correlated with life satisfaction. Similarly, alternative personality characteristics like conscientiousness and neuroticism are negatively related to satisfaction. The further literature review confirmed that there is gender discrimination among males and females. The level of satisfaction is better in females as compared to males (Joshnloo & Jovanović, 2020).

Drawing from the evidence provided by researchers that personality is not the sole predictor of life satisfaction and the relation between the variables is complex. The hypothesis of the present study is designed in light of the Big Five Model of Personality and Life Satisfaction Theory. The Big Five Model also known as Five-Factor Model is a famous personality framework. According to Big Five Model, five basic personality traits are extraversion, neuroticism, openness to experience, conscientiousness, and agreeableness. However, life satisfaction theory (Pavot & Diener, 2008) assumed that an individual's overall life satisfaction depends on his or her satisfaction in many concrete areas of life, which can be classified into broad life domains such as family, friendship, work, leisure, and the like.

H1: Extraversion, conscientiousness, openness to change, and agreeableness personality traits will be positively related to the life satisfaction of medical teachers.

H2: Neuroticism personality trait will be negatively related to the life satisfaction of medical teachers.

H3: There is significant gender discrimination in the life satisfaction of medical teachers.

Method

The cross-sectional study was conducted at different medical colleges in Khyber Pakhtunkhwa (KPK) Pakistan. It is based on a cross-sectional research design. Data is gathered from various sections at the same time by using the purposive sampling technique. The present research comprised of two instruments: The Big Five Inventory (John & Srivastava, 1999) personality questionnaire consisting of 44 items; the Satisfaction with Life Scale (Diener et al., 1985) consisting of 5 items. Informed consent was obtained from the relevant institutional authorities as well as from all the participants. No time limits were set for the completion of scales. Multivariate regression analysis was run to check major predictors in which personality traits were entered as independent variables. Whereas life satisfaction was entered as the dependent variable. Before conducting regression analysis, the main underlying statistic assumptions were addressed.

Results

Table I
Psychometric properties and correlation among study variables

| Variable | N | M | SD | 1 | 2 | 3 | 4 | 5 | 6 |
|------------|-----|-------|------|---|------|------|------|------|--------|
| Ext | 200 | 22.67 | 3.09 | - | .16* | .11* | -.04 | .17* | .23* |
| Agr | 200 | 29.68 | 3.54 | | - | .26* | .07* | .38* | .64*** |
| Cons | 200 | 29.23 | 4.14 | | | - | .11* | .25* | .17* |
| Neuro | 200 | 27.92 | 6.47 | | | | - | .11* | -.11* |
| Openness | 200 | 38.12 | 4.59 | | | | | - | .39* |
| Life satis | 200 | 22.54 | 4.47 | | | | | | - |

Note. Ext=Extraversion, Agr=Agreeableness, cons=Conscientiousness, Neuro=Neuroticism, Openness=Openness to experience, Life satis=Life satisfaction. * $p < .05$, ** $p < .01$, *** $p < .001$

Table I displays the Pearson correlation among the main variables of the study. The findings show that extraversion traits are positively correlated with life satisfaction $r(199) = .23, p < .05$. Agreeableness trait has a significant positive association with life satisfaction $r(199) = .64, p < .001$. Conscientiousness has significant positively correlated with life satisfaction $r(199) = .17, p < .05$. Neuroticism has non-significant correlation with satisfaction in life $r(199) = -.11, p > .05$. Openness to change has significant positive correlation with life satisfaction $r(199) = .39, p < .05$.

Table II
Mean, standard deviation, and t values for males and female on personality traits and life satisfaction

| Variable | Male(N=100) | | Female(N=100) | | t(198) | p | 95%CI | | Cohen's d |
|-------------------|-------------|------|---------------|------|--------|------|--------|-------|-----------|
| | M | SD | M | SD | | | LL | UL | |
| Extraversion | 22.46 | 3.21 | 22.88 | 3.98 | -0.96 | .34 | [-1.28 | .44] | 0.05 |
| Agreeableness | 30.29 | 3.89 | 29.07 | 3.05 | 2.47 | .01 | [.25 | 2.20] | 0.35 |
| Conscientiousness | 29.63 | 5.08 | 28.82 | 2.87 | 1.39 | .17 | [-.34 | 1.96] | 0.20 |
| Neuroticism | 28.95 | 8.09 | 26.88 | 4.07 | 2.29 | .02 | [.28 | 3.86] | 0.32 |
| Openness | 39.09 | 4.67 | 37.14 | 4.31 | 3.07 | .002 | [.70 | 3.20] | 0.43 |
| Life satisfaction | 22.24 | 4.15 | 22.84 | 4.78 | -0.95 | .34 | [-1.8 | .65] | -0.13 |

Table II displays the mean, standard deviation, and t-values for males and females on personality traits and life satisfaction. Results show the non-significant mean difference in extraversion trait with $t(198) = -0.96, p > .05$. Results shows that the significant mean differences in agreeableness with $t(198) = 2.47, p < .05$. Results indicate the non-significant mean differences in conscientiousness with $t(198) = 1.39, p > .5$. Results indicates the significant mean differences on neuroticism with $t(198) = 2.29, p < .05$. Result show the significant mean differences on openness to change with $t(198) = 3.07, p < .01$. Result indicate the non-significant mean differences on life satisfaction with $t(198) = -0.95, p > .05$.

Table III
Regression analysis showing the effect of personality traits on the prediction of life satisfaction among teachers

| Variable | | 95% CI | |
|-------------------|---------|--------|--------|
| | | LL | UL |
| Constant | 3.62 | [-3.48 | 10.72] |
| Extraversion | .26** | [.07 | .45] |
| Agreeableness | -.17* | [-.35 | .01] |
| Conscientiousness | .09 | [-.06 | .23] |
| Neuroticism | .05 | [-.04 | .14] |
| Openness | .07*** | [.23 | .51] |
| R ² | .20 | | |
| F | 9.80*** | | |

Table III depicts that regression analysis is computed with personality traits as the predictor variable and life satisfaction as the outcome variable. The R² value of .20 indicates that a 20% variance in the life satisfaction variable can be accounted for, by the predictor with $F(1,198) = 9.80, p < .001$.

Discussion

Existing research is performed to find out the relation between personality traits and life satisfaction of medical teachers. Two standard measures named as big five inventory and life satisfaction scale had been used to measure persona measurement and satisfaction in the life of regular medical teachers. In this segment, the effect of stated hypotheses and relation of demographic variables on life satisfaction is mentioned inside the mild of preceding worldwide and indigenous research. Furthermore, the implications and obstacles of modern-day research are also discussed.

The first hypothesis of this research is related to the significant relation between conscientiousness, extroversion, openness to experience, and agreeableness with the life satisfaction of medical teachers. Present results confirmed the hypothesis and findings are steady with previous research that concluded that life satisfaction is associated with extraversion, openness to change, agreeableness, and conscientiousness (Connolly & Seva, 2021; Jam, Donia, Raja, & Ling, 2017). It shows that individuals possessing extraversion, agreeableness, and conscientiousness persona tendencies are happy in their lives. The second hypothesis of this research is related to a non-significant negative relationship between neuroticism and the life satisfaction of medical teachers. Neuroticism is a negative personality trait and has an indirect relationship with life satisfaction (Jovanovic, 2019; Lachmann, 2017). The results of the present study supported the second hypothesis.

The last hypothesis of this study is related to significant gender discrimination in the satisfaction level of medical teachers. The prevailing study results are steady with the ones that explain that there has been no longer full-size gender distinction exist in life delight. Established the identical result that men and women are similar in life satisfaction (Joshanloo & Jovanovic, 2020). Therefore it does no longer assist the hypothesis that there is great gender distinction on the existence of pride. It confirms that males and females are similar in life satisfaction. Alternatively, some researchers maintain that there is considerable gender distinction in life satisfaction (Kim, Lee & Dan, 2021; Miao & Bian, 2017).

Conclusion

The study was conducted to find out the relationship between personality traits and the life satisfaction of medical teachers. Results show a significant relationship between extraversion, conscientiousness, openness, and agreeableness with life satisfaction however negative insignificant relationship is found between neuroticism and life satisfaction. Further, this study reveals that men and women are similar on life satisfaction.

Research Implications

Life satisfaction is very important for each individual to work smoothly and effectively. As personality traits are consistent and stable, individuals possessing positive personality traits can progress better in the teaching field as compared to those exhibiting neurotic tendencies.

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