



ORIGINAL CONTRIBUTION

Big Five Personality Types as Predictors of Gratitude Among Adults

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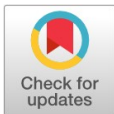
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Abstract— The present study was aimed to examine the role of personality types on the prediction of gratitude among adults. The gender differences in gratitude were also examined. Gratitude Questionnaire-Six Item Form (GQ - 6) (McCullough, Emmons, & Tsang, 2002) and Big Five personality inventory (John & Srivastava, 2005) were used for data collection for a sample of adults ($N = 200$). Independent t -test, Pearson Correlation, and multiple regression were computed for data analysis. Results indicated that extraversion has a significant positive correlation with agreeableness, openness, conscientiousness, and gratitude and a significant negative correlation with neuroticism. Results also showed that openness has a significant correlation with conscientiousness and gratitude and a significant negative correlation with neuroticism. Also, conscientiousness has a significant correlation with gratitude and a non-significant negative correlation with neuroticism. Neuroticism has a significant negative correlation with gratitude. Multiple regression analysis was computed with personality types as predictor variables and gratitude as an outcome variable. Findings also indicated that extroversion, agreeableness, openness, and conscientiousness have a significant positive effect on gratitude, while neuroticism has a significant negative effect on gratitude. Therefore, individuals who are social, outgoing open, and helping they inclined to show more gratitude..

Index Terms— Adults, Gratitude, Extraversion, Conscientiousness, Agreeableness, Openness to Experience, Neuroticism

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Introduction

Dispositional factors play a major role in gratitude. According to Allport (1961), identity is the dynamic association of the psychophysical frameworks that determine a person's qualities, actions, and considerations. It is defined as "the unmistakable and hallmarks examples of thinking, feeling, and behavior that makes up an individual's close to the home style of interacting with a physical and social situation" on another website (Smith, 2003). According to Funder (1997), identity refers to a person's signature examples of thought, feeling, and behavior, as well as the mental instrument, hidden or not underlying those examples. The identity of an individual will be characterized as the blend of all the generally persisting measurements of the individual contrasts on which he can be measured (Feist & Rosenberg, 2009).

The starting point of identity studies is followed by the antiquated Greeks logicians. They gave their distinctive and spearheading ideas of identity like the presence of four senses of humor or liquids (yellow bile, dark bile, mucus, and blood), which are all influencing an individual's identity by Hippocrates. After that, Aristotle believed that the physical body of an individual and the examples in which he acts, i.e., identity has a nearby association (Adams, 2009). Islam has utilized the term 'nafs,' 'qalb', "ruh" for which the western researchers

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utilized phrasings like soul, self, mind too. The material part is the body (made out of tissue, bones, and muscles), while the non-material part is called the soul, which is connected with the material world (Adamson & Taylor, 2005).

Personality studies took more prosperity when Galton (1884) formulated his Lexical Hypothesis, which states that the natural language is a main inherent source of personality traits (Allport, 1937). According to Freud, the psyche is functioning based on three main components; Id, Ego, and Superego. Id stresses upon the instant gratification of the impulses. At the same time, the superego urges on the more moral and spiritual aspects of life. The id and superego are the two extremes. The balance between these two is maintained by the ego, which helps to gratify the impulses in a more reasonable way and time, creating harmony in the human self; personality (Adams, 2009). Later on, Behaviorist theorists, including B. F. Skinner, James B. Watson, and Ivan Pavlov, suggested that personality is formulated as a result of interaction of a person and environment.

The Five-Factor Model (also called FFM), derived from the work of Allport and Cattell, is used for the description of personality structure (Barick, Tusk, & Kajtna, 2004). The Five-factor model is considered a major triumph in contemporary personality paradigms (Smith, 2003). Extraversion and neuroticism are the two most prominent and strongest personality traits people high on extraversion are more talkative, enthusiastic, and fun-lovers, while those high on neuroticism exhibit opposite characteristics to that of extraversion, showing anxious, emotionally unstable, and negative ideations (Costa, & McCrae, 1997; 2008; Feist, & Rosenberg, 2009). McCrae, there are, and John (1992) describe major dimensions of personality, which are extraversion, openness to change, agreeable, conscientiousness, and neuroticism.

Extraversion is stated as the level to which a person displays outgoingness versus shyness (John & Srivastava, 2005). The people high on extraversion are party lovers, very much excited in different things, and are more talkative and optimistic. Extraversion refers to the personality dimensions that exhibit sociability, assertiveness, expression of emotions and feelings, talkativeness, and being active. The concept of extraversion is originally stemmed back to Eysenck's Extraversion/introversion (Barrick & Mount, 1993).

Agreeableness refers to prosocial behaviors like altruism, courtesy, friendliness, flexibility, and sympathy. These people show tolerance, tender-mindedness, trustworthiness (Barrick & Mount, 1993). These are emotionally stable and self-confident, with high self-esteem. Highly agreeable personalities go well with others (John, & Srivastava, 2005).

Conscientiousness refers to the personality dimension, which exhibits the characteristics like order, discipline, emotional control, and persistence (Thompson, 2003). It is a degree of showing responsibility (John & Srivastava, 2005). They prefer planned behavior (Costa & McCrae, 1992). Openness to experience refers to the personality dimension, which exhibits qualities like creativity, imagination, curiosity, well-developed aesthetic sense, and adventurousness (Thompson, 2003).

Neuroticism refers to emotional instability (Eysenck, 1967). Characteristics include anxiety, depression, anger, worry, insecurity, low intolerance for stress (Costa & McCrae, 1992; Eysenck, 1967; Norris, Larsen, & Cacioppo, 2007).

Numerous investigations on personality contributed a lot to its significance, and every theory and study has its unique perspectives relevant to personality. However, the general taxonomy of the personality traits, which was of utmost importance gathering all the researchers' investigations under unanimous categories, was still lacking. In order to devise it, various methodologies were used by subsequent researchers with much more investigations and improved psychological techniques (Goldberg, 1981). Studies have shown that the personality measured by the Big Five classification (John & Srivastava, 1999) is related to gratitude. Gratitude is a positive feeling which is also included among the qualities of some of these personality dimensions.

Gratitude is graciousness or gratefulness. All of the meanings that may be inferred from this are related to generosity, kindness, the beauty of sharing and exchanging, or receiving things for free (Pruyser, 1976). According to Emmons and McCullough (2003), positive emotions, personality traits, attitudes towards others, moral virtues, and constructiveness in interpersonal relationships are covered in the gratitude definition. At first, gratitude is always shown to "others." It is a human being, a non-human being of nature (animals, weather, etc.), a supernatural being (God, etc.). Second, gratitude manifests itself in response to perceived personal interests (e.g., material, emotional, or spiritual interests). Third, the benefactor's actions are praised in the form of gratitude because it was specifically done to benefit the recipient as if it was created with the goal of benefiting the recipient (Emmons & McCullough, 2003). Throughout history, theologians, and philosophers have reckoned gratitude as a significant human virtue (Emmons, 2004; Rusk, 2016). Likewise, the conception of gratitude had a high admiration in most cultures and religions (Armenta, 2016; Emmons, 2003). Nonetheless, it has been regarded as one of the most ignored and underrated emotions by psychology (Solomon, 2004; Wood, 2010). It has only recently developed as a noteworthy in the field of gratitude research.

A person with a high attitude appreciation score is expected to thank a more part of life or more people after a happy event than a low score. Watkins, Woodward, Stone, and Kolts (2003) tend to say that those who appreciate have "more" in life, appreciate their contributions to the personal well-being of others, and value even smaller joys in life. Dispositional gratitude is when a person, having general readiness, experiences gratitude in their daily life (Emmons & McCullough, 2003). Appreciation for qualities has been shown to be uniquely associated with other prosocial traits (Emmons, & McCullough, 2003; Wood, Joseph, & Linley, 2007). Trait thankfulness is a way of life that focuses on noticing and appreciating the good things in life (Wood, Joseph, & Linley, 2007).

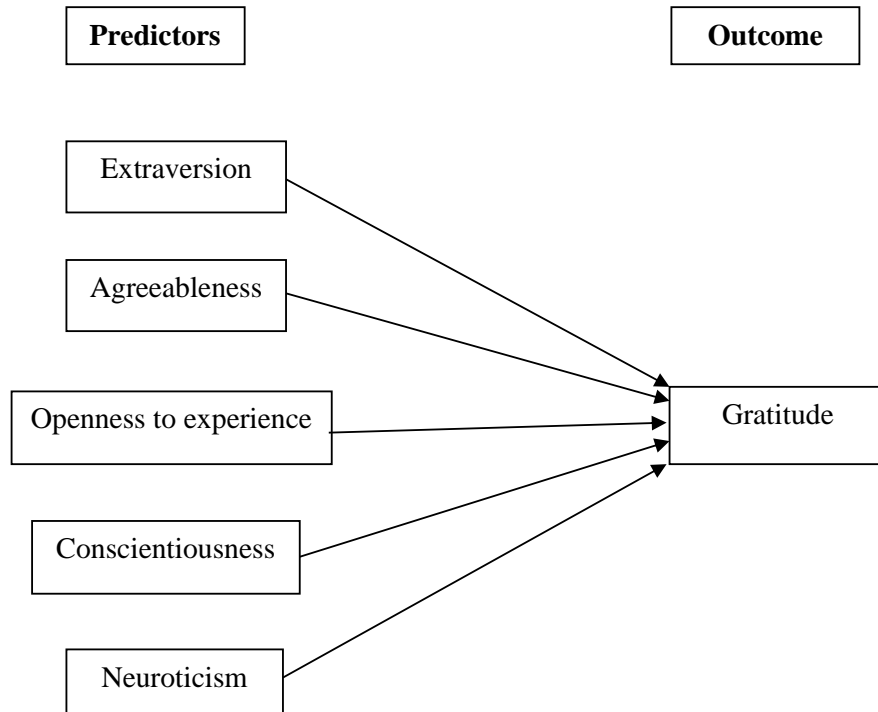


Fig. 1. Schematic representation showing big five personality types as predictors of gratitude among adults

Hypotheses

H1: Extraversion, openness to experience, conscientiousness, and agreeableness will positively predict gratitude among adults.

H2: Neuroticism will negatively predict gratitude among adults.

H3: Females will score higher on gratitude as compared to males.

Method

The current study aim was to investigate the role of the big five personality types, namely extraversion, openness to change, agreeableness, awareness, and neuroticism, in the prediction of gratitude.

Participants

This study was conducted using a cross-sectional study design. A sample of $N = 200$ individuals, including males ($n = 100, 50\%$) and females ($n = 100, 50\%$), was chosen for the data collection utilizing the purposive sampling technique. Data was collected from adults, including students of the university and working individuals. The number of possible respondents for the current study was estimated to 5 million.

Instruments

The Ten Item Personality Inventory (TIPI) is a Likert scale with 7 response rates, from 1 = strongly disagree to 7 = fully agree. It consists of 10 items, with 2 items in each of the 5 personality dimensions. TIPI is a valid and reliable instrument for measuring Big Five Personality Factors formulated by McCrae and Costa (1992). Gratitude Questionnaire 6 Item Format (GQ6) is a 6-point questionnaire with a 7-point rating scale ranging from 1 = strongly disagree to 7 = strongly agree. This was developed by McCullough, M. E., Emmons, R. A., and Tsang, J. Created by (2002). It is a reliable and valid instrument for the measurement of gratitude.

Procedure

The present study proposed investigating the prediction of gratitude by the personality types. For this purpose, the researcher formatted the questionnaires and approached the concerned individuals for data collection. Firstly, the higher authorities were given a briefing re-

garding the, present research nature, purpose, strengths, and implications. Then written permission was sought, and participants were, informed about the present research's nature, purpose, and benefits. The questionnaires were distributed among the participants, and they were given important instructions regarding the completion of the questionnaire after having written informed consent from their side. The participants were asked to have any query before, during, and after the scale completion. The researcher used to collect data in their physical presence however, key informants also aided in the data collection process, providing the same instructions to the participants. 15 to 20 minutes were given to every participant to completing the scale. After that, all questionnaires were checked, and the uncompleted scales were made to fill by the participants. 200 questionnaires were distributed, out of which 190 were returned. In the end,, the participants were thanked for voluntarily contributing to the data collection.

Table I
Psychometric properties of study variables

Variables	M	SD	Range		Skewness	Kurtosis	α
			Potential	Actual			
Extraversion	10.76	2.011	2-14	5-14	-.47	-.25	.83
Agreeableness	11.39	2.022	2-14	5-14	-.78	.60	.74
Openness	12.07	2.401	2-14	4-14	-.53	.75	.73
Conscientiousness	12.07	2.401	2-14	4-14	-.53	.69	.73
Neuroticism	10.85	1.808	2-14	6-14	-.33	-.51	.70
Gratitude	34.98	5.863	6-42	11-42	-.68	.78	.78

Table I shows the psychometric characteristics of the research variables. The alpha reliability factor for all scales is above 0.70, indicating sufficient internal consistency. Skewness and kurtosis values are less than 1. This shows that univariate normality is not an issue.

Table II
Difference between male and female university students on study variables (N=200)

Variable	Male adults (n=100)		Female adults (n= 100)		95% CI		Cohens d	
	M (SD)		M (SD)	t	p	LL		UL
Gratitude	34.98(5.88)		35.31(5.67)	1.81	.001	.255	2.71	.11

Table II indicates significant gender differences among male and female adults on gratitude with $t(198) = 1.81, p < .05$. Findings indicate that male adults ($M = 34.64, p < .01$) scored higher on gratitude as compared to female adults ($M = 35.31, p < .01$). The .11 value of Cohen's d indicates low effect size.

Table III
Pearson correlation of study variables

No	Variable	1	2	3	4	5	6
1	Extraversion	-	.24**	.13*	.23**	-.16**	.25***
2	Agreeableness		-	.23**	.26**	-.24*	.23*
3	Openness			-	.1***	-.23*	.88***
4	Conscientiousness				-	-.18	.60*
5	Neuroticism					-	-.45*
6	Gratitude						-

Source: * $p < .05$, ** $p < .01$, *** $p < .001$

Table III indicates the Pearson correlation among study variables. Table III shows that extraversion has significant positive association with gratitude ($r = .25, p < .01$), agreeableness has significant positive association with gratitude ($r = .23, p < .05$) openness has significant positive association with gratitude ($r = .88, p < .01$) and conscientiousness has significant positive association with gratitude $r = .60, p < .05$. Findings also show that neuroticism has substantial negative relation with gratitude ($r = -.45, p < .05$).

Table IV
Multiple regression analysis showing the effects of personality types on gratitude

Predictors	B	Outcome: Gratitude
		95% CI LL,UL
(Constant)	.03***	[-1.60, 4.203]
Extraversion	.25**	[-.10, .25]
Agreeableness	.81**	[-.20, .16]
Openness	.88***	[1.84, 2.13]
Conscientiousness	.86*	[.65,1.04]
Neuroticism	-.45**	
ΔR^2	.834	
F	7.54***	

* $p < .05$, ** $p < .01$, *** $p < .001$

Table IV displays multiple regression analysis representing effects of personality types on gratitude. The ΔR^2 value of .83 indicates that 83.4% variance in the dependent variable can be accounted for by the predictors $F(5, 294) = 7.54, p < .001$. Results show that extraversion ($B = .25, p < .01$), agreeableness ($B = .81, p < .01$), openness ($B = .88, p < .001$), and conscientiousness ($B = .86, p < .05$), have significant positive effect on gratitude while neuroticism ($B = -.45, p < .01$) has significant negative effect on gratitude.

Discussion

The current research aimed to study personality types' role in predicting gratitude among adults. The gender differences in gratitude were also examined. In this study, all hypotheses were confirmed. The first hypothesis, "extraversion, agreeableness, openness to experience, and conscientiousness are likely to predict gratitude among adults positively," was accepted in the present study. The results are under the previous research. The previous research indicated that people with personality types of extraversion, agreeableness, openness to experience, and conscientiousness experience feelings of gratitude (Wood, Joseph, & Maltby, 2008; 2009; John & Srivastava, 1999; McCullough, Emmons, & Tsang, 2002). These four dimensions of personality i.e., extraversion, agreeableness, openness to experience, and conscientiousness, are positive personality types, and gratitude is also a positive construct of human life; thus, the findings are more relevant and appropriate.

The second hypothesis, "neuroticism is likely to predict gratitude among adults negatively predicts gratitude among adults negatively," was supported in the present study. The results are in accordance with the previous research. The past research indicates that people experiencing negative thoughts and feelings, i.e. neuroticism, do not experience gratitude in their lives as they cannot perceive things positively (John & Srivastava, 1999; McCullough, Emmons, & Tsang, 2002). According to the Five-Factor Model, neuroticism is a negative personality dimension. The people high on neuroticism show more anxious, emotional, and irritable behavior than those with low scores (Costa & McCrae, 2008; Feist & Rosenberg, 2009; Mischel, 1999).

The third hypothesis, "females are higher on gratitude as compared to males," was also supported in the present research. The past studies indicate that females are more emotional and they express both positive and negative feelings more than males, and men have lower levels of gratitude than women as a result of being socialized to view gratitude expression as a feature of women only (Levant & Kopecky, 1995). The reason behind this may be because since men do not want to be open and vulnerable, they do not express gratitude as well (Kashdan et al., 2009). Our result of gender difference is also in line with the investigation by Lasota, Tomaszek, & Bosacki, (2020), who demonstrated that females were higher in gratitude than males. Another study by Roa-Meggo (2017) also supports our hypothesis of gender difference, showing females have higher levels of gratitude than males.

The present study is based on the cross-sectional survey research design. The chances of social desirability and single-source biasness are always there, so to avoid this, some other research designs should be used for future research. The sample was very limited in size, so the research has low external validity and thus less generalization. Thus a large sample should be used to ensure greater generalization. The present study is the the first attempt to investigate the role of personality types on predicting gratitude among adults. This study is a rich contribution to the existing knowledge and will be helpful for the guidance of future research students. The aim and objective of the present study were to examine the role of personality types on the prediction of gratitude among adults. The gender differences in gratitude were also investigated in the present study. The findings indicated that personality types of extraversion, agreeableness, openness to experience, and conscientiousness positively predicted gratitude, while neuroticism negatively predicted gratitude among adults. The results also indicated that females scored higher on gratitude as compared to males. The correlation among the scales was also significant.

Extroverts have a tendency to demonstrate high levels of gratitude as they have a concern about their social image. Agreeableness,

Conscientiousness, and openness personality types also show a positive relationship with gratitude, while those high on neuroticism who go deep into the details scored low on gratitude. Gratitude is a positive emotion, and all the positive constructs are attributable to the personality dimensions like extraversion, agreeableness, openness to experience, and conscientiousness.

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