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THE ROLE OF PERSONALITY ORIENTATION (INTROVERSION-EXTRAVERSION) IN HOPE, GRATITUDE, AND LIFE SATISFACTION AMONG YOUNG ADULTS

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ABSTRACT

This study examined the relationship between personality orientation, specifically along the introversion–extraversion dimension, and key indicators of psychological well-being – hope, gratitude, and life satisfaction – among young adults. A quantitative correlational research design was employed, with data collected from 109 college students in Lucknow using standardized instruments, including the Eysenck Personality Inventory (EPI-E), Adult Hope Scale, Gratitude Questionnaire (GQ-6), and Satisfaction with Life Scale (SWLS).

The findings revealed no statistically significant relationships between personality orientation and any of the well-being variables. Correlation coefficients were negligible, and independent samples t-tests indicated no significant differences between introverted and extraverted participants. These results suggest that personality orientation alone may not serve as a meaningful predictor of psychological well-being within this context.

The findings highlight the importance of considering cultural and contextual influences when examining well-being among young adults.

KEYWORDS: *introversion, extraversion, hope, gratitude, life satisfaction*

INTRODUCTION

Young adulthood is a developmental stage characterized by significant transitions, including increasing independence, academic responsibilities, and the formation of long-term goals. While this phase offers opportunities for growth, it also presents challenges such as uncertainty, stress, and evolving social roles. These factors make it important to understand what contributes to psychological well-being during this period.

Positive psychology emphasizes strengths and adaptive functioning rather than pathology. Among the constructs central to this field are hope, gratitude, and life satisfaction. Life satisfaction reflects an individual's overall evaluation of their life (Diener et al., 1985). Hope, as conceptualized by Snyder et al. (1991), involves both goal-directed motivation and the ability to identify pathways toward achieving those goals. Gratitude refers to a tendency to recognize and appreciate positive aspects of life and has been associated with improved emotional and relational outcomes (McCullough et al., 2002).

Personality traits, particularly introversion and extraversion, have been widely studied in relation to well-being. Extraversion is often associated with sociability and positive affect, whereas introversion is linked to introspection and lower levels of external engagement (Watson & Clark, 1997). However, the relationship between personality and well-being is not always consistent. Research suggests that well-being is influenced by multiple interacting factors, including cognitive processes and environmental conditions (Lyubomirsky et al., 2005).

Cultural context also plays a crucial role. In collectivistic societies such as India, social relationships and shared values may influence well-being more strongly than individual personality traits. Despite existing research, there is limited evidence examining these relationships within the Indian context, particularly among young adults.

The present study aims to address this gap by examining the relationship between personality orientation and hope, gratitude, and life satisfaction.

METHODOLOGY

Research Design

A quantitative correlational design was used to examine relationships between personality orientation and psychological well-being variables.

Participants

The sample consisted of 109 college students aged 18–25 years from Lucknow. Participants were categorized as introverts or extraverts based on their scores on the Eysenck Personality Inventory.

Measures

- **Eysenck Personality Inventory (EPI-E):** Assesses extraversion
- **Adult Hope Scale (AHS):** Measures goal-directed thinking
- **Gratitude Questionnaire (GQ-6):** Assesses dispositional gratitude
- **Satisfaction with Life Scale (SWLS):** Measures overall life satisfaction

Procedure

Data were collected through an online survey distributed via academic and social platforms. Participation was voluntary.

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Data Analysis

Data were analyzed using IBM SPSS (Version 31). Descriptive statistics, point-biserial correlations, and independent samples t-tests were conducted.

RESULTS

This chapter presents the statistical analysis of the data obtained for the study titled "The Role of Personality Orientation (Introversion-Extraversion) in Hope, Gratitude, and Life Satisfaction among Young Adults." The research sample consisted of 109 college-going students from Lucknow, aged from 18 to 25 years. The collected data were analyzed using IBM SPSS Statistics (version 31). The analysis involved several statistical procedures, including descriptive statistics to summarize the characteristics of the data, point-biserial correlation analysis to examine relationships between personality orientation and the positive psychology variables, and independent samples t-tests to compare differences between introverted and extraverted participants.

DESCRIPTIVE STATISTICS

Table 1

Descriptive Statistics for Study Variables

Variable	Mean	SD
Hope	65.7	11.2
Gratitude	27.1	4.2
Life Satisfaction	22.1	7.4

Participants reported moderate levels of all three psychological variables.

Correlation Analysis

Table 2

Correlation Between Personality Orientation and Well-Being Variables

Variable	r	p
Hope	-0.04	.711
Gratitude	-0.02	.847
Life Satisfaction	-0.06	.508

No statistically significant correlations were found.

Group Differences

Table 3

t-Test Results for Introverts and Extraverts

Variable	t	p
Hope	0.37	.711
Gratitude	0.19	.847
Life Satisfaction	0.67	.508

No significant differences were observed between personality groups.

INDEPENDENT SAMPLES T-TEST

		t	df	t-test for Equality of Means Significance		Mean Difference
				One-Sided p	Two-Sided p	
AHS_TOTAL	Equal variances assumed	.372	107	.355	.711	.813
	Equal variances not assumed	.355	79.167	.362	.723	.813
GQ_6_TOT AL	Equal variances assumed	.193	107	.424	.847	.158
	Equal variances not assumed	.179	67.579	.429	.859	.158
SWLS_TOTAL	Equal variances assumed	.665	107	.254	.508	.960
	Equal variances not assumed	.642	83.828	.261	.522	.960

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DISCUSSION

The present research investigated the role of personality orientation, specifically the introversion-extraversion dimension, in three positive psychological constructs: hope, gratitude, and life satisfaction among young adults in Lucknow.

Three objectives guided the study:

Objective 1: The first objective examined whether personality orientation was associated with levels of hope.

With regard to the first objective, the findings indicated that personality orientation was not significantly related to hope. Participants categorized as introverts obtained an average score of 65.3 (SD = 11.0) on the Adult Hope Scale, whereas extraverts recorded a slightly higher mean of 66.1 (SD = 11.5). Statistical analysis using a point-biserial correlation revealed a very small and nonsignificant association (r_{pb} = -0.04, p = .711). In addition, the independent samples t-test confirmed that the difference between the two groups was not statistically significant (t(107) = 0.37, p = .711). Therefore, Hypothesis 1 was not supported.

The absence of a significant relationship suggests that levels of hope among university students in Lucknow may remain relatively stable regardless of whether individuals are more introverted or extraverted. Both personality groups may draw hope from similar life contexts, including family expectations, academic aspirations, and future career prospects, rather than from differences in social orientation.

Objective 2: The second objective explored the relationship between personality orientation and gratitude.

The second objective focused on examining the association between personality orientation and gratitude. The results again indicated minimal differences between introverted and extraverted participants. Introverts reported an average gratitude score of 27.0 (SD = 4.1) on the Gratitude Questionnaire-6, while extraverts obtained a mean score of 27.2 (SD = 4.4). Correlation analysis revealed an extremely small and nonsignificant relationship (r_{pb} = -0.02, p = .847). Similarly, the independent samples t-test showed no statistically significant difference between the two groups (t(107) = 0.19, p = .847). On this basis, Hypothesis 2 was rejected.

These findings indicate that the experience and expression of gratitude appear to be largely similar for both introverts and extraverts in this sample. The very small mean difference (0.2 points) and near-zero correlation suggest that gratitude among these participants may be shaped more strongly by shared social and cultural experiences than by personality orientation.

Objective 3: The third objective assesses whether personality orientation was related to life satisfaction.

For the third objective, once again, the results revealed no significant difference between the two personality groups. Introverted participants reported an average life satisfaction score of 21.7(SD = 7.5), whereas extraverted participants obtained a mean score of 22.7 (SD = 7.3) on the Satisfaction with Life Scale. The statistical analyses indicated a weak and nonsignificant relationship (r_{pb} = -0.06, p = .508), and the independent samples t-test also confirmed the absence of a significant group difference (t(107) = 0.67, p = .508). Consequently, Hypothesis 3 was rejected.

Although the mean difference in life satisfaction was slightly larger than that observed for hope and gratitude, it remained small and statistically insignificant. Both groups' scores fell within the general range associated with moderate or slightly positive life satisfaction, suggesting that individuals with different personality orientations evaluate their life circumstances in broadly similar ways. The pattern of results observed in the present study contrasts with much of the existing Western literature. Previous research conducted in Western contexts often reports higher associations between extraversion and positive psychological outcomes, rather than for introverts and the correlations typically ranges from r = -.15 to -.30. In contrast, the current findings revealed correlations that were extremely small and statistically nonsignificant across all variables.

Several factors may account for this difference. First, the distribution of personality scores in the sample showed a relatively high proportion of introverted participants (57.8%), along with a restricted range on the EPI-E scale (M = 0.58, maximum score = 5). In Western samples, the average scores on similar measures tend to be substantially higher (approximately 5-6), reflecting greater variability in extraversion levels.

Second, cultural influences may play an important role. In the Indian context, strong emphasis is often placed on family responsibilities, collective values, and academic achievement. These shared cultural expectations may reduce differences in psychological well-being that might otherwise arise from personality traits in more individualistic cultures.

The findings raise important questions about the university of theories linking personality traits with psychological well-being. Classical models, such as Eysenck's arousal theory, often predict advantages for extraverted individuals in terms of positive emotional experiences and well-being. However, such effects may only emerge when there is sufficient variability in personality traits within a sample. In the present study, the predominance of introverted scores limited the range of personality variation, which may have reduced the likelihood of detecting such relationships. Additionally, the results suggest that cultural context may influence how personality traits relate to positive psychological outcomes.

While the positive psychology measures themselves appeared to function reliably, the relationships between personality and well-being constructs may differ depending on cultural environments. In collectivist societies, shared social values may contribute to relatively similar levels of positivity across personality orientations.

PRACTICAL IMPLICATIONS

The findings also have practical implications for psychological interventions and educational practices. Since introverted and extraverted students demonstrated comparable levels of hope, gratitude, and life satisfaction, programs designed to enhance

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psychological well-being do not necessarily need to be tailored according to personality orientation. University counselling services may therefore implement general well-being interventions, such as hope-building exercises, gratitude practices, and life satisfaction enhancement strategies, that are applicable to all students. Furthermore, educational institutions should be cautious about privileging extraverted traits in leadership roles or classroom participation. The results suggest that introverted students are equally capable of maintaining positive psychological well-being.

LIMITATIONS OF THE STUDY

Despite its contributions, several limitations should be considered when interpreting the results. The use of a convenience sample drawn from universities in Lucknow restricts the generalizability of the findings to other populations or geographical regions. Additionally, the cross- sectional design prevents conclusions about causal relationships or changes over time. The EPI-E measure also showed a floor effect, with many participants scoring toward the lower end of the scale, which reduced variability in personality scores. Finally, the reliance on self-report questionnaires may introduce potential biases, including social desirability or response tendencies.

SUGGESTION FOR FUTURE RESEARCH

Future research could address these limitations by employing larger and more diverse samples, including participants from multiple cities and regions across India. Longitudinal designs may also help clarify how personality traits and positive psychological variables interact over time. Using continuous and multidimensional personality inventories could capture a broader spectrum of personality characteristics and potentially reveal more nuanced relationships with well-being. Further research may also examine rural populations, working adults, and individuals from different socioeconomic backgrounds.

Finally, future studies could explore the role of cultural values, family environment, and social expectations as possible moderating factors in the relationship between personality traits and positive psychological outcomes.

CONCLUSION

The present study investigated the relationship between personality orientation, specifically the introversion-extraversion dimension, and three positive psychology variables: hope, gratitude, and life satisfaction among young adults studying in universities in Lucknow. A total of 109 participants took part in the study. The research was guided by three primary objectives: (1) to study the relationship between introversion and hope among young adults, (2) to explore the relationship between introversion and gratitude, and (3) to examine the relationship between introversion and life satisfaction.

Based on these objectives, three hypotheses were formulated predicting significant relationships between introversion and each of the positive psychology variables. Data were collected using standardized psychological instruments, including the Eysenck Personality Inventory- Extraversion subscale (EPI-E), Adult Hope Scale, Gratitude Questionnaire-6 (GQ-6), and Satisfaction with Life Scale (SWLS). The questionnaires were administered through Google Forms, and the data were analyzed using IBM SPSS Statistics (version 31). Statistical procedures included descriptive statistics, point-biserial correlation analysis, and independent samples t-tests.

The findings revealed no significant relationships between personality orientation and any of the three positive psychology variables. Introverted participants (n = 63) and extraverted participants ((n = 46) demonstrated highly similar mean scores across all measures. Mean hope scores were 65.3 for introverts and 66.1 for extroverts, gratitude scores were 27.0 and 27.2, and life satisfaction scores were 21.7 and 22.7, respectively. Point-biserial correlations indicated extremely weak and nonsignificant associations between personality orientation and each variable ($r < .07$, $p > .50$). Independent samples t-tests further confirmed that the differences between introverts and extraverts were not statistically significant (all $t < 1$, $p > .50$).

In light of these results, **all three hypotheses (H1, H2, and H3) were rejected.** The findings suggest that, within this sample of university students in Lucknow, levels of hope, gratitude, and life satisfaction do not differ significantly between introverted and extraverted individuals.

Based on the results obtained in the present study, several conclusions can be drawn.

Personality Equivalence in Positive Psychological Outcomes: The findings indicate that personality orientation along the introversion-extraversion dimension does not significantly influence levels of hope, gratitude or life satisfaction among the participants. Both introverted and extraverted students demonstrated comparable levels of positive psychological functioning.

Role of Cultural Context: The results may partly reflect the cultural and social context in which the participants live. The sample included a higher proportion of introverted individuals (57.8%), and the overall distribution of EPI-E scores showed limited variability (M = 0.58). In collectivistic cultural settings such as India, shared social expectations- such as academic achievement, family responsibilities, and future career goals- may reduce personality-based differences in psychological well-being.

Consistency of Statistical Findings: The results were consistent across multiple statistical methods. Both correlation analyses and independent samples t-tests produced converging findings indicating the absence of significant relationships. The adequate sample size, absence of missing data, and balanced group representation further support the reliability of the findings.

Overall, the results suggest that **positive psychological functioning among these college students appears relatively independent of personality orientation.** This highlights the importance of considering cultural and contextual factors when applying theories of personality and well-being that were originally developed in Western settings.

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