



## THE FIVE FACTOR MODEL

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#### SUMMARY OF ARTICLE

This article describes "big five" personality traits – neuroticism, openness, agreeableness, conscientiousness and extroversion. Also, processing in the researching materials to find the best ways solving problems of personalities and give on the basis of concrete examples.

**KEYWORDS-** Neuroticism, openness, agreeableness, conscientiousness, extroversion, hostility, social anxiety, depression, immoderation, vulnerability and impulsivity, morality, altruism, sympathy, modesty, trust, cooperation and conciliation

#### INTRODUCTION

The famous "big five" personality traits – neuroticism, openness, agreeableness, conscientiousness and extroversion – have been a trusted workhorse in psychology for many decades. This is not surprising: they capture the deeper psychological foundations that influence how people look at the world and how they respond to the various stimuli life throws at them. By the same token, whether people have an open, or extrovert, or agreeable personality seems clearly relevant to how they look at the political world, too. Indeed, personality traits have recently started to attract the attention of researchers studying mass political behaviour.

#### OBJECT OF RESEARCH

The Five Factor model [1] is a theory that establishes five broad domains or dimensions – called factors – to describe human personality. These factors are commonly known as the *Big Five* personality traits, and can be defined as follows:

**Openness (OPE):** from *cautious/consistent* to *curious/inventive*. This factor reflects a person's tendency to intellectual curiosity, creativity and reference for novelty and variety of experiences. A high score of openness entails strong degrees of imagination, artistic interest, emotionality, adventurousness, intellect and liberalism.

**Conscientiousness (COS):** from *careless/easy-going* to *organized/efficient*. This factor reflects a person's tendency to show self-discipline and aim for personal achievements, and to have an

organized (not spontaneous) and dependable behavior. A high score of conscientiousness entails strong degrees of self-efficacy, orderliness, dutifulness, achievement-striving and cautiousness.

**Extraversion (EXT):** from *solitary/reserved* to *outgoing/energetic*. This factor reflects a person's tendency to seek stimulation in the company of others – showing sociability, talkativeness and assertiveness traits –, and to put energy in finding positive emotions, such as happiness, satisfaction and excitement. A high score of extraversion entails strong degrees of friendliness, gregariousness, activity level, excitement-seeking and cheerfulness.

**Agreeableness (AGR):** from *cold/unkind* to *friendly/compassionate*. This factor reflects a person's tendency to be kind, concerned, truthful and cooperative towards others. A high score of agreeableness entails strong degrees of morality, altruism, sympathy, modesty, trust, cooperation and conciliation.

**Neuroticism (NEU):** from *secure/calm* to *unconfident/nervous*. This factor reflects a person's tendency to experience unpleasant emotions, such as anger, anxiety, depression and vulnerability, and refers to the degree of emotional stability and impulse control. A high score of neuroticism entails strong degrees of hostility, social anxiety, depression, immoderation, vulnerability and impulsivity.

Neurotic people tend not to handle stress well. They worry a lot and get nervous easily. They psychologically crave insurance against all forms of stress that life throws at them. Such insurance (or reassurance) is what welfare states offer. They



provide replacement income through various programmes of social security and social safety nets through various forms of social assistance.

Scientists set out to explore the relationship between the big five personality traits and views about the welfare state in a sample of more than 5,000 German citizens. They looked into people's level of satisfaction with the social security system as a whole, as well as how they feel about personally becoming financially insecure as a result of various instances of specific social needs: losing their job, getting sick, being in need of nursing care, or growing old. [2]

Lots of people feel anxious from time to time. You might get a knot in your stomach before a job interview, stress about money, or fret if your child isn't home by curfew. It's a normal part of being human.

But what if your extreme worry doesn't go away? Negative or obsessive thoughts can take over your mind to the point that it's hard for you to handle everyday situations. That's called neurotic behavior. It can -- but not always -- stem from a mental illness.

Neurotic thoughts and behaviors by definition are so extreme that they interfere with your personal, professional, and romantic lives. What's more, they tend to be your default response to even minor problems.

**Common behavior:** You worry about finishing a big project at work on time.

**Neurotic behavior:** You fixate on the deadline and moan, "I'll *never* get this done!" even though it's not due for months and you have little other work to do.

**Common behavior:** You like to get to the airport 2 hours before every flight.

**Neurotic behavior:** You insist on arriving 4 hours early, and then you ask the gate agent every 10 minutes if the departure is on time.

Sometimes neurotic behaviors arise because you literally have a neurotic personality. Also called neuroticism, it's a personality type, not a diagnosable medical problem.

Accruing research data show persuasively that individual differences in neuroticism are substantially heritable. Heritability estimates based on twin studies generally fall in the 40-60% range. The remaining individual differences in neuroticism are attributed primarily to unique (non-familial) environmental differences; the shared familial environment appears to exert virtually no reliable influence on individual differences in neuroticism. Researchers speculate that over-reactivity of the limbic system in the brain is associated with high levels of neuroticism, but specific neurochemical mechanisms or neuroanatomical loci have not yet been identified. [3]

Highly neurotic individuals are defensive pessimists. They experience the world as unsafe and use fundamentally different strategies in dealing with distress. They are vigilant against potential harm in their environment and constantly scan the

environment for evidence of potential harm. They may withdraw from reality and engage in protective behaviors when they detect danger.

Although high neuroticism is related to a deflated sense of well being, high levels of neuroticism are not always associated with unfavorable characteristics. Neurotic behaviors may be essential for survival by facilitating safety through the inhibition of risky behaviors. Neurotic individuals tend to possess high anticipatory apprehension which may orient them to pay closer attention to contingencies previously associated with punishments. Also, the subjective discomfort (i.e., anxiety) over violations of social convention is greater in a neurotic individual than in others; thus, it is less likely that a neurotic individual will become involved in antisocial activity. For instance, adolescents with extremely low neuroticism have been shown to possess a higher risk of adult criminality, and to experience low levels of uncomfortable physiological arousal over violations of social conventions. [4]

Experts call it one of the "Big Five" personality traits (the others are extroversion, agreeableness, conscientiousness, and openness to experience), a set of common characteristics that are found around the world most often.

A neurotic personality has little natural buffer against stress. You see everyday situations as far worse than they really are, and then blame yourself for your extreme pessimism and negativity [5]. You might constantly feel:

- Irritated
- Angry
- Sad
- Guilty
- Worried
- Hostile
- Self-consciousness
- Vulnerable

Neurotic behaviors also can stem from mental health problems. A neurotic personality may make you more prone to get what researchers call "internalizing disorders," such as:

- Generalized anxiety disorder
- Depression
- Obsessive-compulsive disorder
- Social phobia
- Posttraumatic stress disorder
- Panic disorder
- Antisocial personality disorder

Neurotic personality or neurotic behaviors do not include delusions or hallucinations, which are symptoms of psychotic disorders where you lose touch with reality. Instead, you obsess over your own negative emotions and failures, real or imagined.



Researchers believe there's a link between neurotic personality and your genes, which may pave the way for new treatments for anxiety or depression.

## CONCLUSION

Ways to practice problem solving:

- When you find yourself stressed out, overwhelmed or upset, pull back and try to identify the source of your stress.
- Once you know what the source is, try to think of actions and responses that help to address this root problem.
- If there is nothing you can do to address this problem, focus on identifying a response that is not going to make the problem worse.

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