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## CORRELATION BETWEEN GENERAL WELL-BEING, PERSONALITY TRAITS AND LIFE STYLE

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### ABSTRACT

The present study made an attempt to find out correlation between General well-being, Personality Traits (Neuroticism, Extroversion, Agreeableness, Conscientiousness, Openness to experience) and Life Style of the Daughters of Employed and Unemployed Women. The main objectives were to assess general well-being, Personality Traits and Life Style of the Daughters of Employed and Unemployed Women and to examine inter relationship between these variables in both groups. Total sample of 400 was selected randomly from different colleges of Solapur City (200 Daughters of Employed Women and 200 Daughters of Unemployed Women. The age ranged between 16 to 19 years).

Three psychological measures were used for data collection – General well-being Scale, NEO – FFI – 3 Scale, and Life Style Scale. Pearson product moment correlation method was applied for statistical analysis. Results indicated that in both groups general well-being is positively correlated with Life Style and Extroversion, Agreeableness, Conscientiousness, Openness to experience.

There is a negative relationship between General well-being and Neuroticism as well as between Life Style and Neuroticism in both groups. The results provided considerable support for the hypotheses. Limitations and implications of the study are discussed.



**KEYWORDS :** General well-being, Neuroticism, Extroversion, Conscientiousness, Openness to experience, Agreeableness, Life Style.

### INTRODUCTION

#### General well-being :-

General well-being includes physical, mental, emotional and school well-being. General well-being is one of the significant aspect of human beings. The state of general well-being can be attained in terms of healthy mind and healthy body. Judgments of general well-being are subjective. Sometimes general well-being and subjective well-being these concepts are used interchangeably. Subjective well-being refers to individual's personal assessment of their overall happiness and life satisfaction.

#### Personality Traits:-

When we attempt to describe an individual's personality, we usually do so in terms of specific aspects of personality, called traits. A personality trait is a durable disposition to behave in a

particular way in a variety of situations. Adjectives such as honest, dependable, moody, impulsive, suspicious, anxious, excitable, domineering and friendly describe dispositions that represent personality traits.

In recent years, Robert McCrae and Paul Costa (1987, 1997, 1999) have stimulated a lively debate among psychologists by arguing that the vast majority of personality traits derive from just five higher - order traits that have come to be known as the "Big Five" : Openness to experience, conscientiousness, extraversion, agreeableness and neuroticism.

### **Life Style:-**

Life Style is a living style which affects the individual who adopts it. Life Style dimensions are -

- (1) Health Conscious Life Style,
- (2) Academic Oriented Life Style,
- (3) Career Oriented Life Style,
- (4) Family Oriented Life Style,
- (5) Socially Oriented Life Style,
- (6) Trend Seeking Life Style

### **OBJECTIVES OF THE STUDY :-**

- 1) To assess the General well-being of the daughters of employed and unemployed women.
- 2) To study the personality traits of the daughters of employed and unemployed women.
- 3) To examine the Life Style of the daughters of employed and unemployed women.
- 4) To examine the Inter Relationship between General well-being, Personality Traits and Life Style of the daughters of employed and unemployed women.
- 5) To compare the General well-being, Personality Traits and Life Style of the daughters of employed and unemployed women

### **HYPOTHESES OF THE STUDY:-**

- 1) There would be no significant difference in the strength of correlation between General well-being and Neuroticism for daughters of employed and unemployed women.
- 2) There would be no significant difference in the strength of correlation between General well-being and Extraversion for daughters of employed and unemployed women.
- 3) There would be no significant difference in the strength of correlation between General well-being and Extraversion for daughters of employed and unemployed women.
- 4) There would be no significant difference in the strength of correlation between General well-being and Agreeableness for daughters of employed and unemployed women
- 5) There would be no significant difference in the strength of correlation between General well-being and Conscientiousness for daughters of employed and unemployed women.
- 6) There would be no significant difference in the strength of correlation between General well-being and Life Style for daughters of employed and unemployed women.
- 7) There would be no significant difference in the strength of correlation between Life Style and Neuroticism for daughters of employed and unemployed women.
- 8) There would be no significant difference in the strength of correlation between Life Style and Extraversion for daughters of employed and unemployed women.
- 9) There would be no significant difference in the strength of correlation between Life Style and Openness to experience for daughters of employed and unemployed women.
- 10) There would be no significant difference in the strength of correlation between Life Style and Agreeableness for daughters of employed and unemployed women.
- 11) There would be no significant difference in the strength of correlation between Life Style and Conscientiousness for daughters of employed and unemployed women.

**Sample: -**

| Sample of the Study |                               |     |
|---------------------|-------------------------------|-----|
| 1.                  | Daughters of Employed Women   | 200 |
| 2.                  | Daughters of Unemployed Women | 200 |
| 3.                  | Total Sample                  | 400 |

Sample for the present study is consisted of 400 daughters of employed and unemployed women between the age of 16 to 19 years (200 daughters of employed women and 200 daughters of unemployed women). Sample was chosen randomly from different colleges of Solapur City.

**Design:-**

In the present research 'Correlational Design' is used for the study. A correlational approach (also known as the psychometric approach) is one in which the researcher collects two or more sets of data from the same group of subjects so that the relationship between the two subsequent sets of data can be determined. The correlation are the common statistics which are employed in analysis of data.

A correlation allows us to see whether a relationship exists between two variables, but not to draw conclusions about whether either variable causes effects.

**Tools:-****1) General well-being Scale -Hindi**

Developed by Dr. Ashok K. Kalia and Ms. Anita Deswal (2011). It measures four areas of general well-being - physical, emotional, social, school well-being.

Test includes 69 items. It is a five-point scale ranging from 'Strongly Disagree', 'Disagree', 'Undecided', 'Agree', 'Strongly Agree'.

**2) NEO Five - Factor Inventory -3**

(NEO FFI - 3) Form 's' →

Developed by Robert R. Macrae and Paul T. Costa.

The NEO FFI - 3 includes 60 items and measures big five traits of personality - Neuroticism, Extraversion, Openness to experience, Agreeableness and Conscientiousness. The test consists of Five - 12 item scales that measure each domain or trait.

It is a five-point scale ranging from 'Strongly Disagree', 'Disagree', 'Neutral', 'Agree', 'Disagree'.

**3) Life Style Scale -Hindi**

Developed by S. K. Bawa (2010). The Test includes 60 items. It measures six dimensions - Health-Conscious Life Style, Academic Oriented Life Style, Career Oriented Life Style, Family Oriented Life Style, Socially Oriented Life Style and Trend Seeking Life Style.

It is a five-point scale ranging from 'Strongly Agree', 'Agree', 'Indifferent', 'Disagree', 'Strongly Disagree'.

**Statistical Methods: -**

For the present study Mean, Standard Deviation, Pearson 'r' Correlation these statistical methods are applied.

Pearson 'r' or Product Moment Correlation method is applied for determining correlation between General well-being, personality traits and life style of the daughters of employed and unemployed women. Product Moment Correlation is a parametric statistical method. It is applied to this study because data collected through questionnaires is fit to normal distribution curve and relationship between variables is linear.

For determining significant difference between two correlation values in each hypothesis  $Z_{obs}$  value is calculated.

### RESULTS OF THE PRESENT STUDY:-

- 1) The correlation between general well-being and neuroticism for daughters of employed women is -.364, while for daughters of unemployed women it is slightly lower,-.327.
- 2) The correlation between general well-being and extraversion for daughters of employed women is .449, while for daughters of unemployed women it is slightly lower,.398.
- 3) The correlation between general well-being and openness to experience for daughters of employed women is .380, while for daughters of unemployed women it is slightly lower,.209.
- 4) The correlation between general well-being and agreeableness for daughters of employed women is .398, while for daughters of unemployed women it is slightly lower,.309.
- 5) The correlation between general well-being and conscientiousness for daughters of employed women is .369, while for daughters of unemployed women it is slightly lower,.362.
- 6) The correlation between general well-being and life style for daughters of employed women is .449, while for daughters of unemployed women it is slightly lower,.373.
- 7) The correlation between life style and neuroticism for daughters of employed women is -.217, while for daughters of unemployed women it is slightly lower,-.120.
- 8) The correlation between life style and extraversion for daughters of employed women is .280, while for daughters of unemployed women it is slightly higher,.381.
- 9) The correlation between life style and openness to experience for daughters of employed women is .354, while for daughters of unemployed women it is slightly lower, .112.
- 10) The correlation between life style and agreeableness for daughters of employed women is .255, while for daughters of unemployed women it is slightly lower,.164.
- 11) The correlation between life style and conscientiousness for daughters of employed women is .350, while for daughters of unemployed women it is slightly lower,.298.

### CONCLUSIONS:-

On the basis of statistical analysis following conclusions are made.

- 1) The difference is not found in the strength of correlation between General well-being and Neuroticism for daughters of employed and unemployed women. But there is a negative significant relationship between General well-being and Neuroticism for daughters of employed and unemployed women.
- 2) The difference is not found in the strength of correlation between General well-being and Extraversion for daughters of employed and unemployed women. But there is a positive significant relationship between General well-being and Extraversion for daughters of employed and unemployed women.

The difference is not found in the strength of correlation between General well-being and Openness to experience for daughters of employed and unemployed women. But there is a positive significant relationship between General well-being and Openness to experience for daughters of employed and unemployed women.

- 3) The difference is not found in the strength of correlation between General well-being and Agreeableness for daughters of employed and unemployed women. But there is a positive significant relationship between General well-being and Agreeableness for daughters of employed and unemployed women.
- 4) The difference is not found in the strength of correlation between General well-being and Conscientiousness for daughters of employed and unemployed women. But there is a positive significant relationship between General well-being and Conscientiousness for daughters of employed and unemployed women.
- 5) The difference is not found in the strength of correlation between General well-being and Life Style for daughters of employed and unemployed women. But there is a positive significant

relationship between General well-being and Life Style for daughters of employed and unemployed women

- 6) The difference is not found in the strength of correlation between Life Style and Neuroticism for daughters of employed and unemployed women. But there is a negative significant relationship between Life Style and Neuroticism for daughters of employed and unemployed women.
- 7) The difference is not found in the strength of correlation between Life Style and Extraversion for daughters of employed and unemployed women. But there is a positive significant relationship between Life Style and Extraversion for daughters of employed and unemployed women.
- 8) The significant difference is found in the strength of correlation between Life Style and Openness to experience for daughters of employed and unemployed women. But there is a positive significant relationship between Life Style and Openness to experience for daughters of employed and unemployed women.
- 9) The difference is not found in the strength of correlation between Life Style and Agreeableness for daughters of employed and unemployed women. But there is a positive significant relationship between Life Style and Agreeableness for daughters of employed and unemployed women.
- 10) The difference is not found in the strength of correlation between Life Style and Conscientiousness for daughters of employed and unemployed women. But there is a positive significant relationship between Life Style and Conscientiousness for daughters of employed and unemployed women.

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