



A Correlation Study: Mapping Personality Traits To Prosocial Behaviour In Emerging Adulthood

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Abstract: A correlational investigation technique, the current study examined the connection between prosocial behaviour and personality traits in adults. Prosocial behaviour was examined using a standardised scale, and personality was assessed using the Big Five Personality Inventory-10 (BFPI-10). Data were collected from 157 participants, and SPSS version 21's Pearson's correlation was used for analysis. The results showed that prosocial behaviour was significantly positively correlated with agreeableness and extraversion, suggesting that sociability and empathy are powerful indicators of helpful tendencies. Conversely, prosocial behaviour did not significantly correlate with conscientiousness, neuroticism, or openness. These results indicate that social and interpersonal characteristics, rather than cognitive or emotional factors, are the main determinants of prosocial behaviour in young adulthood.

Keywords -Prosocial behaviour, Personality traits, Young Adults

Introduction

Prosocial Behavior

Prosocial behavior is helping others. Prosocial behaviour also includes the intended behaviour to benefit other people by helping, sharing, cooperating, and providing service. Prosocial behavior is an important characteristic for social cohesiveness. The prosocial behaviors are exhibited or intended to help others in three different ways such as comforting, targeted helping, and sharing. Prosocial behaviour was introduced in the 1970s in the USA. The prosocial behavior is also the helping behavior, which is different from altruism. According to Darley & Latane, there are five-step responses in emergency situations. That is, recognizing the emergency situation, interpreting an emergency as an emergency, assuming that it is our responsibility to help the people in an emergency situation, now we have to know what help would be given to them, and at last we have to make a decision to help. Darley & Latane bystander apathy explains the prosocial behavior and how it was influenced by the people around them.

The prosocial behavior was influenced in many ways, such as

Attractiveness:

According to many studies, the physical attractiveness of the person or their personality, or their behavior influences one's decision to help. The research concluded that those who are physically attractive are more likely to receive help than unattractive people.

Relativeness and Similarity

Mostly, the individuals behave prosocially towards similar or favorite others and to others who are close and relatives. The people are more likely to help family members, friends, and other people within their group.

Empathy

Many researchers have found that those who have greater empathy and altruistic behavior are more likely to behave prosocially with others. Empathy enhances the understanding level of the other individuals who need help.

Personal Experience

Barnett et al. found that those who already experienced some incident as a victim would be more empathetic when they address what happened to others also. Personal experiences have a great impact on prosocial behavior.

Age

According to the study, older adolescent males are reported to have less prosocial values when compared to younger adolescent males. Eisenberg et al. concluded that prosocial behavior and perspective-taking abilities were directly proportional to age, but helping and displaying sympathy did not increase with age.

Personality

Personality is also an important predictor of Prosocial Behavior. The individual differences in prosociality are linked to sociability, low shyness, extroversion and agreeableness, although specific prosocial behaviours may require a combination of additional traits such as perceived self-efficacy.

A personality is a distinctive style of feeling, thinking, and acting. Moods, attitudes, and beliefs are all part of personality, which is best displayed in social interactions. It encompasses both innate and learned behavioral traits that set individuals apart and are evident in how people interact with their surroundings and social groups.

Although the term "personality" has been defined in a variety of ways, two primary definitions have emerged as a psychological notion. The first relates to the enduring distinctions among individuals; in this regard, personality research focuses on categorizing and elucidating comparatively stable human psychological traits. The Swiss Psychiatrist Carl Jung found that behavior is motivated by the conscious and unconscious processes. He emphasized that personality comprises unconscious and collective unconscious elements. It was influenced by archetypes. He proposed that personality is a combination of two fundamental attitudes, such as introversion and extraversion, and four psychological functions, such as thinking, feeling, sensation, and intuition.

The five-factor model of personality is a psychological model that breaks down a person's personality into five characteristics. Patterns of thought, emotion, and behavior that are comparatively constant throughout a person's life are known as personality traits. Extraversion, neuroticism, openness to new experiences, agreeableness, and conscientiousness are the characteristics that make up the five-factor model. Assertive, vivacious, and sociable behaviors are indicative of extraversion, often known as surgency. Neuroticism, which manifests as irritable and moody behaviors, is basically the same as emotional instability. An individual's curiosity, thoughtfulness, and inclination for mentally demanding work are all indicated by their openness to experience, which is sometimes referred to as intellect. Empathic, compassionate, and friendly behaviors are signs of agreeableness. Lastly, conscientiousness also relates to a person's sense of obligation and responsibility.

The research related to personality and prosocial behavior conducted by Hilbig et. al. (2014) has found that personality has a significant influence on Prosocial Behavior. The agreeableness personality factor is more related to prosocial behaviour.

Graziano and Eisenberg (1997) found that agreeable people are more likely to exhibit altruistic and supportive behaviors. The conscientiousness personality factor may contribute to prosocial tendencies because conscientious people always act responsibly and adhere to social norms that help to develop prosocial behaviour.

The meta-analytic research with 15 interdisciplinary experimental studies on the link between personality and prosocial behavior has revealed that agreeableness and openness are significantly and positively associated with prosocial behavior. This study also found that there is no relationship between monetary incentives and prosocial behavior.

III RESEARCH METHODOLOGY

The study focuses on correlation studies on Prosocial behaviour and Personality among young adults. The focus on the following objectives
To find the relationship between Traits of Personality and Prosocial behaviour

Hypothesis

There is no significant relationship between Prosocial behaviour and Personality among young adults

3.1 Area

The research was carried out around Coimbatore among young adults
The reason for selecting this area is as follows:
Availability of samples. Willingness and cooperation of the sample to be part of the study. Easy accessibility to carry out the research

3.2 Sample

Participants in the age group of 18-25 years were selected randomly for this study. Using the purposive sampling method. The following tools were used for the data collection:

3.2.1 Socio Demographic

The personal data sheet, developed by the researcher, was used for gathering the basic information about the samples.

3.2.2 Big personality Inventory 10

Big personality inventory 10, which was developed by Beatrice Rammstedt and Oliver P. John. It consists of 10 items, and it is a 5-point Likert scale, and the score ranges from 5 to 100. The total score is obtained by adding up each score for each personality type and interpreting based on it. The scale has reliability and validity.

3.2.3 Prosocial Behaviour

The Prosocial Behaviour scale was developed by Gian Vittorio Caprara and Concetta Pastorelli. It consists of 16 items, and it is a 5-point Likert scale, with a score range from 5 to 80. The total score is the sum of each score in all items. The scale has reliability and validity.

3.3 Procedure

The participants' ages ranged from 18 to 25 years and were selected for the study. The purposive sampling method was used in the study. Then, the researcher established a rapport with the participants. A personal data sheet, Prosocial Behaviour scale, and Big Five Personality 10 were administered to 157 participants. Big Five personality 10 and Prosocial Behaviour among young adults were measured. The data analyzed on correlation was computed statistically using the SPSS (Statistical Product and Service Solution) software version 21.

IV. RESULTS AND DISCUSSION

4.1 The correlation of Personality traits and Prosocial behaviour among young adults

Table 4.1: The correlation of Personality traits and Prosocial behaviour among young adults

Variable		Prosocial behaviour	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness
Prosocial Behaviour	Pearson Correlation	1	.520**	.285**	.009	.127	-.103
	Sig.(2-tailed)		.000	.000	.909	.114	.199
	N	157	157	157	157	157	157

Note:**=Significant at level 0.01

Table 1 shows the relationship between young adults' prosocial behaviour and personality traits. For extraversion ($p < .001$, $r = .520$), Prosocial behaviour and extraversion were found to be strongly, positively, and statistically significantly correlated. This suggests that prosocial behaviours like sharing, cooperating, and assisting are more common among young adults who are gregarious, enthusiastic, and outgoing. The finding is consistent with earlier studies showing extraverted people are more inclined to look for social interactions and chances to help others. Prosocial behaviour and agreeableness showed a moderate positive and significant correlation ($r = .285$, $p < .001$). This suggests that prosocial tendencies are more common among those who are more sympathetic, cooperative, and caring. This finding validates the hypothesis that agreeableness is strongly associated with interpersonal sensitivity and altruism. Prosocial behaviour and conscientiousness did not significantly correlate ($r = .009$, $p = .909$). This implies that characteristics like self-control, accountability, and organisation could not have a direct impact on young adults' prosocial behaviour. It is possible that conscientiousness is more strongly related to achievement-oriented behaviours rather than interpersonal helping behaviours. Neuroticism ($r = .127$, $p = .114$). The correlation between prosocial behaviour and neuroticism was weak and statistically non-significant. This implies that emotional instability, anxiety, or moodiness does not appear to have a meaningful impact on prosocial tendencies in this sample. Openness ($r = -.103$, $p = .199$). Prosocial behavior and openness were found to have a weak, negative, and non-significant association. It suggests that prosocial behavior in young adults may not always be predicted by creativity, curiosity, and openness to new experiences. In this study, openness does not seem to directly transfer into helpful behaviors, even though it may promote tolerance and an awareness of diversity. The findings show that among young adults, extraversion and agreeableness were the most reliable indicators of prosocial behavior. The lack of substantial correlations between other qualities (conscientiousness, neuroticism, and openness) suggests that social and interpersonal traits, rather than cognitive or emotional ones, have a greater influence on prosocial behavior.

I. ACKNOWLEDGMENT

First and foremost, We offer my deepest gratitude to God for the divine grace, strength and wisdom bestowed upon me throughout this academic journey. We have been able to overcome every challenge and successfully complete this research. We would like to express our sincere appreciation to our Secretary Dr T Kannaian, Principal Dr M Jayanthi, Vice Principal Dr Uma Rani for their invaluable guidance, patience and constant encouragement. Their profound insights and high standard of academic excellence have been instrumental in shaping this thesis and my growth as a researcher. We thank our department for providing the resources and environment necessary for this work. Our heartfelt thanks go to our colleagues and friends for their intellectual stimulation.

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