**Personality**

Name:

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**Introduction.**

Personality can be defined as the difference in psychological aspects between each individual, which make them distinct from others, especially the way they think, feel, and act under different circumstances and over their lifetime. With this in mind, it can be clearly said that personality psychology is the study of individuals based on their characteristics and traits, which distinguish them from others based on how they integrate all aspects of their functioning to adapt to their environments. Different theories have tried to explain how people behave the way they do under different circumstances. These theories have been attributed to several world-renowned psychologists such as Sigmund Freud, Alfred Adler, and John Bowlby.

This paper tries to approach the psychology of personality based on the five-factor model, also known by the acronym CANOE or OCEAN model. This model claims that there are five distinct broad personalities in all human beings, no matter how different we are from others. These five major traits include extraversion, neuroticism, openness, agreeableness, and conscientiousness (Ettinger, 2018, pg.135). What is the relevance of the five-factor model of personality theory, and how true is it in our modern world of psychology?

The five-factor model of personality was vaguely an approach to understand personality in the 1950s. Initially, it was meant to argue out and try to understand the relationship between personality and academic behaviors. In its initial stages, the five-factor model of personality was not classified into the current five major distinct characteristics. This initial model was advanced by Ernest Tupes and Raymond Christal in 1961, but it was not until the 1980s that the model became known in the world of psychology. Lewis Goldberg is said to have categorized this model into its current level of organization. The five-factor model is based on the lexical hypothesis, which suggested that human personality's fundamental traits have become encoded in language (Wiggins, 1996, pg.25).

According to this hypothesis, the task of the personality psychologist is to cull the essential traits of personality from the thousands of adjectives found in the language that distinguish people according to their behavioral dispositions (Grice, 2019, pg.5). These five overarching domains have been found to contain and subsume most known personality traits and are assumed to represent the basic structure behind all personality traits. Each personality trait category in this model has its upside and downside; its approach is the concept of two sides of the same coin.

**Extraversion.**

According to the five-factor model of personality, extraversion is a trait possessed by most people who are extroverts on the upside versus those considered introverts on the downside. Extroverts are characterized by excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness (Cherry, 2021, pg.15).﻿ They are people who are high in extraversion and are outgoing, and tend to gain energy in social situations. Being around other people helps them feel energized and excited.

On the other hand, introverts are more reserved and tend to keep most things to themselves. They love retaining their own energy and rarely go outside to release it. They feel that they are the best versions of themselves when they are on their own. When introverts are among other people, they appear quiet and, in most cases, thoughtful of what others are talking about. In most cases, introverts only talk when they are asked to or when they interject someone's statement, claiming it to be wrong.

**Neuroticism.**

Neuroticism can be defined as the tendency to experience emotional stability or instability. Before it was blended into the five-factor model of personality, neuroticism was studied by most psychologists as a temperament trait. It usually weighs heavy on the negative side, with people who score high on its tests considered to be more prone to stress, depression, and withdrawal even in situations that can be considered easy to resolve (Fiske et al., 2010, pg.63). People said to have neurotic disorders are usually in a bad mood for very long periods of time. Neuroticism is normally related to feelings such as anger, anxiety, depression, and Pessimism.

On the positive side of this trait, people with low scores on neuroticism tend to be calm, composed, and emotionally stable. They are free from persistent negative feelings. When challenges occur, they do not assume the worst from them, and some take them as stepping stones and learn from tough experiences and how to cope with them whenever they arise again.

**Openness.**

This trait mainly focuses on curiosity, imagination, and insight. People who are high in this trait tend to have a broad range of interests and are always exploring what the world around them has to offer. They are constantly curious about the world and other people and are always eager to learn new things and enjoy new experiences (Cherry, 2021, pg.14). Open Minded people tend to be more adventurous and creative. Most of them appreciate what the world has to offer, especially in nature, art and are ready to tackle any intellectual challenge or task.

On the tail side of this coin, people said to be close-minded tend to resist change and prefer a routined type of environment. These people hate new ideas and love to deal with what has already been done and resolved. They are not very imaginative and dislike abstracts and theoretical concepts.

**Agreeableness.**

The view of agreeableness as a personality trait mainly focuses on the tendency of a person to cooperate with others. In this trait, we have trust and other concerns pertaining to prosocial behaviors such as empathy and sympathy (Grice, 2019, pg.5). People high with this trait are said to be kind and, in most cases, possess ideals considered to be morally upright. Agreeable people care about others and enjoy helping and contributing to the happiness of others, especially those who are needy.

Unagreeable people tend to be manipulative and hardly care about the interest of others. They are competitive in nature and believe that they have to win in everything they do, even if it means others have to suffer along their path. Whenever others approach these people for help, they do not care about their problems and, in most cases, insult and belittle them.

**Conscientiousness.**

This trait deals with high levels of thoughtfulness, good impulse control, and goal-oriented behaviors. People who are conscientious are more aware of their actions and the consequences of their behavior. They tend to be organized and mindful of details (Wiggins, 1996, pg.29). Conscientious people keep a tidy environment. They plan ahead, think about how their behavior affects others, and are mindful of deadlines.

Their counterparts on the other extreme end tend to be impulsive, disorganized, and are less motivated about anything. They are untidy and less concerned about punctuality. They do not meet deadlines and act based on a last-minute whim rather than considering the consequences of their choices.

**Conclusion.**

The five-factor model of personality has come to be embraced in recent times by modern psychologists as a tool useful in analyzing personality behaviors in modern times. It encompasses and tries to explain the complexity of human behavior and psychological phenomena, such as how a human being considered an introvert has a kind heart and is agreeable to others within his own terms. The five-factor model of personality expounds more on human behavior without the necessary need for psychological scales of measurement, unlike other theories.

Unfortunately, other psychological behaviors have not been encompassed within this model and how some of the negative traits within this model interact with positive ones within the same person. All in all, the five-factor model of personality has been an eye-opening model in the non-measurement models of personality and forms a good basis for research in the ever-growing field of personality psychology.

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