

The Relationship between Happiness and NEO-FFI Personality Questionnaire Dimensions in High School Students of Mobarekeh

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Article information	Abstract
<p>Article history: Received: 27 Oct 2011 Accepted: 12 Jan 2012 Available online: 6 Feb 2013 ZJRMS 2014; 16(5): 27-30</p> <p>Keywords: Happiness Neuroticism Extraversion Agreeableness Conscientious Openness</p> <p>*Corresponding author at: Phd Student of Biostatistics, Baghiyatolah University of Medical Sciences, Tehran, Iran E-mail: gmohammadi.fm@gmail.com</p>	<p>Background: This study investigated the relationship between NEO personality factors with happiness in the Mobarekeh city high school students.</p> <p>Materials and Methods: For this purpose, correlation design study, 120 students from first year to pre-university from high school (in base 30) from Mobarekeh city, were selected by combination of cluster and stratify sampling and responded to inventory of the Oxford happiness ($\alpha=0.91$) and the NEO-FFI personality questionnaire ($\alpha=0.81$).</p> <p>Results: Data analysis by Pearson correlation coefficient indicated between the components of conscientious, agreeableness, extraversion, there is a positive correlation with happiness levels. These components, respectively, at 0.0001, 0.0001 and 0.001 were significant. Between neuroticism and openness there was not a correlation with happiness levels.</p> <p>Conclusion: The results indicate that by programming for education and thriving components of conscientious, agreeableness and extraversion we can increase happiness in this age group.</p> <p>Copyright © 2014 Zahedan University of Medical Sciences. All rights reserved.</p>

Introduction

During the recent years experimental study of happiness increased by psychologists [1], and psychologists that interested in the field of positive psychology focus their attention to potential sources of positive emotions such as happiness [2]. Happiness is a positive value that a person is considered for self [1] and contains two aspects of emotional factors and cognitive assessment [3].

Happiness deficit in communities one of the causes of stress and mental illness. In a survey of parents found that most concern of an Iranian parents is to find the secret of happiness. Although a part of this tension can be resolved by removing the external problems, but a large part of the stress-related to the human psychological, his approach to problems and finally his personality [4].

Based on previous studies individual differences in feel happiness related to personality differences, Costa et al. [5] in their research found that extraversion and self-satisfaction can predict happiness of person in 13 years later. In addition happiness is associated with lower level of neuroticism. Then in researchs of Car [6], Chan and Joseph [7], Furnham and Cheng [8], Cheng and Furnham [9] and Hills and Argyle [10], the relationships were confirmed.

Look for strong five-factor theory of personality, Costa [11] stated that personality dimensions of the being pleasant and conscientiousness can major facilitator on a more positive experience in order to the social position

and be successful respectively, resulting in a feeling of happiness rises.

These results in Deneve and Cooper [12] study were confirmed.also in research of Chamorro-Premuzi et al. [13] the fourth component of personality stability and conscientiousness, extraversion, and being pleasant-be positively correlated with happiness and 18% of the happiness variance explained. The research was conducted by Neff et al. [14], the correlation between happiness and personality variables neuroticism, extra orientation, pleasantness and being conscientious was significantly.

In Iran, Momeni et al. [15] research being conscientious and in agreement with the happiness were positively correlated and openness and neuroticism with happiness had a negative correlation. The studies of Bagheri et al. [16] and Grossi-Farshi et al. [17] between the aspects of personality extroversion and pleasant and responsibility (being conscientiousness) found positive relation and significant with happiness. So as the previous research is found that extroverted people, conscientious, pleasant, warm and happier.

Accordingly, the aim of this study was to investigate the relationship between the NEO personality feature and happiness that it's time we follow for high school students. The age at the time of establishing personal and is no doubt that happiness and mental health is effective of educational status and others positions in life.

Materials and Methods

The present research is a descriptive study. The population studied consisted of Mobarakeh city high school boy students. According to Chammorro-Premuzi et al. [13], the sample size was estimated 40, but the sample size in this study was about 120 cases that are far more than the estimated value. For sampling in this study, was used the combined cluster and quota sampling. Thus, the first an area of the Mobarakeh city and then two schools from an area the cluster form and then quota method of each period (first, second, third, and pre-university) were selected 30 people.

In this study happiness variable were evaluated from Oxford happiness questionnaire (OHI). Oxford happiness 29 items list made for the first time by the Argyle and Lu [18] with a high degree of reliability and validity. The 29 items based on Likert scale 4-point [(0-3) 0: completely disagree, 3: completely agree] and the total score of the 29 items obtained plural degrees. To evaluate the reliability and validity of the OHI, in Iran a sample of 142 men and 227 women with 18 to 53 years (Mean=25) completed OHI, Eysenck personality questionnaire (EPQ) and Beck depression inventory (BDI). Cronbach's alpha for the entire list was 0.91. Pearson correlation between OHI with Beck depression inventory and come out and neuroticism subscale of EPQ respectively was -0.48, 0.45 and -0.39 that confirmed convergent and divergent validity of happiness list.

Results of factor analysis extracted five factors, life satisfaction, self-esteem, being subject, satisfaction and positive mood could eigenvalue greater than 1 with whole of 49.7% the total variance that explained [19]. Personality variable was assessed by Big 5 factor questionnaire summarized form (NEO-FFI). This new questionnaire contained 60 questions and is produced by Costa [11] to measure the five-factor model of personality (mental irritation, extraversion, reception or being flexible, agreement or being pleasant and conscientious). In this questionnaire, there are 12 articles for each factor, and every articles based on a 5-point Likert scale has been adjusted.

In a study Roshan et al. [20], retest reliability coefficient based on the repeat the interval of seven days on 51 persons is obtained between 0.29 and 0.84. Data after collected was entered in the SPSS-18 soft-ware and to analyze correlations between variables of the Pearson correlation coefficient was used. The significance level data $p \leq 0.05$ were also collected information about the type of personality of the students will be treated as confidential and only allow students and parents to the school will be.

Results

Number of samples in each class (the first from pre-university) is 30 people. As a result in any of the classes is 25% of the sample. Sixty Percent of the samples are in Sama school and 40% in Imam Mobarekeh school. To test the hypothesis were calculated the Pearson correlation coefficients between personality characteristics in NEO-FFI test and happiness scale. The results are presented in table 1. As seen in table 1, there is a significant relationship between happiness and three variables extraversion, being pleasant and being conscientious of students, respectively, with $p=0.01$, $p=0.0001$ and $p=0.0001$. There is no significant relationship between happiness with two variables, flexibility and neurosis of students. Finally, to evaluate which variables have more predicted roles in happiness, results of stepwise regression personality components on the happiness calculated and it was shown between all variables of personality component, being consciousness alone has the ability to predict 0.26 of the total happiness changes. Also this component has shown significant relationship with all other components of the personality. So that has a negative relationship with neuroticism and direct relationship with three components extroversion, flexibility and pleasantness (respectively $p=0.0001$, $p=0.032$ and $p=0.001$).

Discussion

As was observed by Pearson correlation analysis showed that between personality components with being conscientious, pleasantness and extraversion, there is a positive relationship with happiness. But not found relationship between the neuroticism components and flexibility with happiness. According to expected of research there was a significant positive relationship between happiness and extraversion of students. These findings are in line with research Furnham and Cheng [8], and Chammorro-Premuzi et al. [13]. This result is explained that extraversion better cope with the social environment because this feature requires frequent engagement in social interaction. So these people expose themselves to situations that require social interaction to be satisfied and therefore are happier. Also there were direct significant relationships between happiness and being pleasant in students. According to definition pleasant people have strong trust, honest, humility and altruism. As a results pleasantness are with humility, good interpersonal at work and social involvement. So these people establish appropriate emotional empathy with others, and will receive extensive support networks and so will be living happier.

Table 1. Correlation coefficients of happiness with personality dimensions NEO-FFI

	Extraversion (<i>p</i> -Value)	Openness (<i>p</i> -Value)	Agreeableness (<i>p</i> -Value)	Conscientious (<i>p</i> -Value)	Happiness (<i>p</i> -Value)
Neuroticism	-0.47 (0.0001)	0.008 (0.936)	0.214 (0.027)	-0.31 (0.001)	-0.132 (0.166)
Extraversion		0.010 (0.919)	0.173 (0.073)	0.502 (0.0001)	0.307 (0.001)
Openness			0.179 (0.064)	0.204 (0.032)	0.093 (0.327)
Agreeableness				0.321 (0.001)	0.292 (0.0001)
Conscientious					0.528 (0.0001)

Furthermore, there was no significant relationship between happiness and flexibility students. These findings are in line with research Neff et al. [14], Bagheri et al. [16] and Grossi-Farshi et al. [17]. According to Costa [11] theory flexibility at experience can lead person to experience both positive and negative emotional states. The theory may partly explain the lack of significant. On the other hand subscales of openness to experience, openness to new ideas, openness to new values constitute a flexible component. According to the sample research are adolescents aged group (15-18) and they had to be high risk and immaturity in state, it is likely that these subscales. In their not created success and happiness or that is possible, flexibility in thinking and values is not desirable in the community and others may face opposition and adolescents frustrating. There was between happiness and neuroticism to the students, but the relation not significant and our hypothesis was unexpectedly rejected and another result of this study showed that personality component by being a conscientious alone can predict 0.26 of the happiness component with a high significance level predicts. Furthermore, according to the findings being conscientious are also relationship with all personality component shows that people with conscience are also high in terms of being pleasant, being flexible and extroversion.

Therefore, the developments of these components are impact on other aspects of personality, according to definition people with conscientious are targeted and willing. They are accurate and reliable and efficient and organized work. These people are emotional stability and social contracts are respected, for this reason are rewarded of the environment and reinforced. With this interpretation these people have good mental health and higher levels of happiness. The results are in order to

study Neff et al. [14], Chammorro-Premuzi et al. [13], Bagheri et al. [16] and Momeni et al. [15]. As we have seen, a major part of the contribution of individual differences in happiness is explained by personality traits. Happiness has a significant relationship with three variables extroversion, being pleasant and especially conscientious in students and there is no significant relationship between happiness and two variables flexibility and neurosis in students. Mental health affected in all matters life and academic of student lives students, therefore efforts to promote more positive emotions and happiness of the students recommended. Accordingly, the development and prosperity of the features of responsibility, conscience, being pleasant, and extroversion in students is must be in the program of family business and education centers. The limitations of the present study were the lack of cooperation by some students to fill out questionnaires, shortages of research and science resources. In relation to happiness, limited results are to a specific age group adolescents and application of a gender.

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Authors' Contributions

All authors had equal role in design, work, statistical analysis and manuscript writing.

Conflict of Interest

The authors declare no conflict of interest.

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