

BIG FIVE PERSONALITY FACTORS AND EMOTIONAL WELL-BEING OF UNIVERSITY STUDENTS: A CORRELATIONAL STUDY

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Personality serves as our inherent biological framework, comprising a collection of motivators, conflicts, and related emotions that shape our life's journey. Emotional well-being, on the other hand, represents a secure and nurturing space that is essential for good mental health, fostering vitality and growth. This research aims to establish a notable connection between specific personality traits and emotional well-being among university students throughout their academic journey. The goal is to emphasize the importance of recognizing individual differences, as a "one size fits all" approach may not be appropriate. The study, which involved purposive sampling of five hundred and eighty-five full-time university students, utilized the SPANE scale and Brief Big 5 Inventory to assess personality facets. The findings suggest that personality traits can be considered as foundational elements influencing emotional well-being. The research revealed that certain personality factors significantly impact emotional well-being. Neuroticism, for instance, showed an inverse relationship with emotional well-being, meaning that individuals higher in neuroticism tend to experience lower emotional well-being. On the other hand, Agreeableness and Conscientiousness exhibited positive associations with emotional well-being, indicating that those with higher levels of these traits tend to experience better emotional well-being. However, the factors of Extraversion and Openness did not appear to significantly predict emotional well-being in this study.
