

# The Role of Personality in the World's Search for Meaning and Well-being

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## BACKGROUND

- Existential dread emerging from COVID-19 pandemic
- Existing research → institutional influences<sup>1</sup> (e.g., Socioeconomic status) on well-being and lack of **personality** and **meaning in life** research
- Focuses predominantly on **Western samples** despite *worldwide* pandemic<sup>2</sup>

**RQ:** How do the Big Five Personality traits relate to meaning and well-being during the COVID-19 pandemic on a global scale?

**H1:** Adaptive personality traits → greater meaning, resilience, lower stress, anxiety

## METHODS

- Recruited 204 participants using Mturk
- Administered scales to capture personality<sup>3</sup>, meaning<sup>4</sup>, resilience<sup>5</sup>, stress<sup>6</sup>, anxiety<sup>7</sup>, demographics, and COVID Behaviours



Literature Review

Identified gap + constructs

Created Survey on Qualtrics

Selected Scales

Sampled on Mturk (N = 204)

Data Analysis on SPSS software

## RESULTS

### Extraversion

- Seeks social connection and experiences positive emotion
- ❖ Resilience (+), Meaning (+)

### Conscientiousness

- Diligent, rule-abiding
- ❖ Resilience (+), Meaning (+), Anxiety (-)

### Other Findings

- ❖ No significant correlations between anxiety and resilience
- ❖ Women reported greater stress, resilience meaning
- ❖ **31%** reported contracting COVID-19 (Figure 1)
- ❖ **85%** reported self-isolating (Figure 2)

### Agreeableness

- Warm, cooperative, empathic
- ❖ Meaning (+), Anxiety and Stress (-)

### Neuroticism

- Negative and unstable emotions
- ❖ Resilience (-), Meaning (-)

### Openness

- Receptivity to experiences, feelings
- ❖ No significant correlations

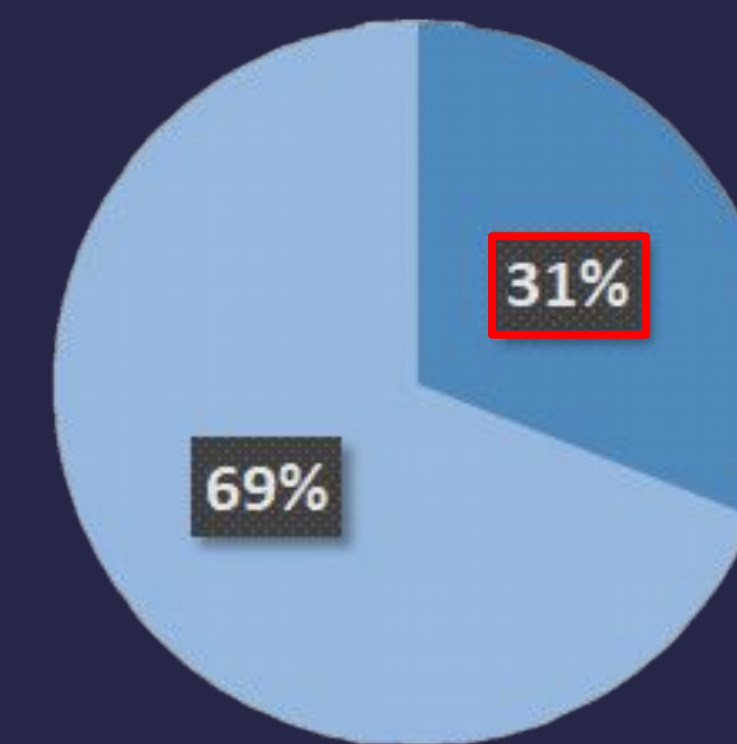


Figure 1. Covid Cases

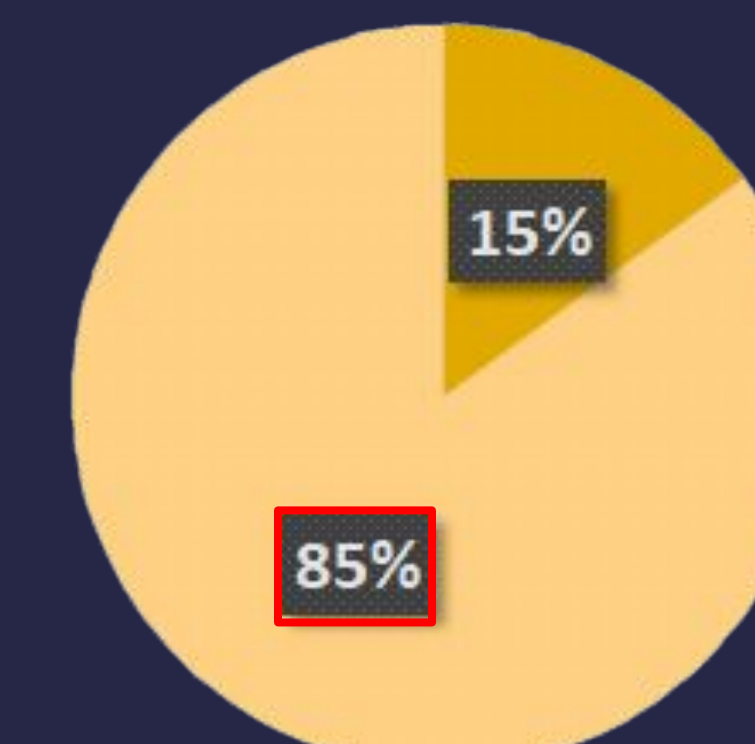


Figure 2. Self-isolation

### Predictors of Meaning

- ❖ Hierarchical regression found that Big 5 personalities explain **44%** of the variance in meaning (Figure 3)
- ❖ Stress and anxiety not significant (Figure 4), but resilience significantly accounted for **6.4%** of variance in meaning (figure 5)

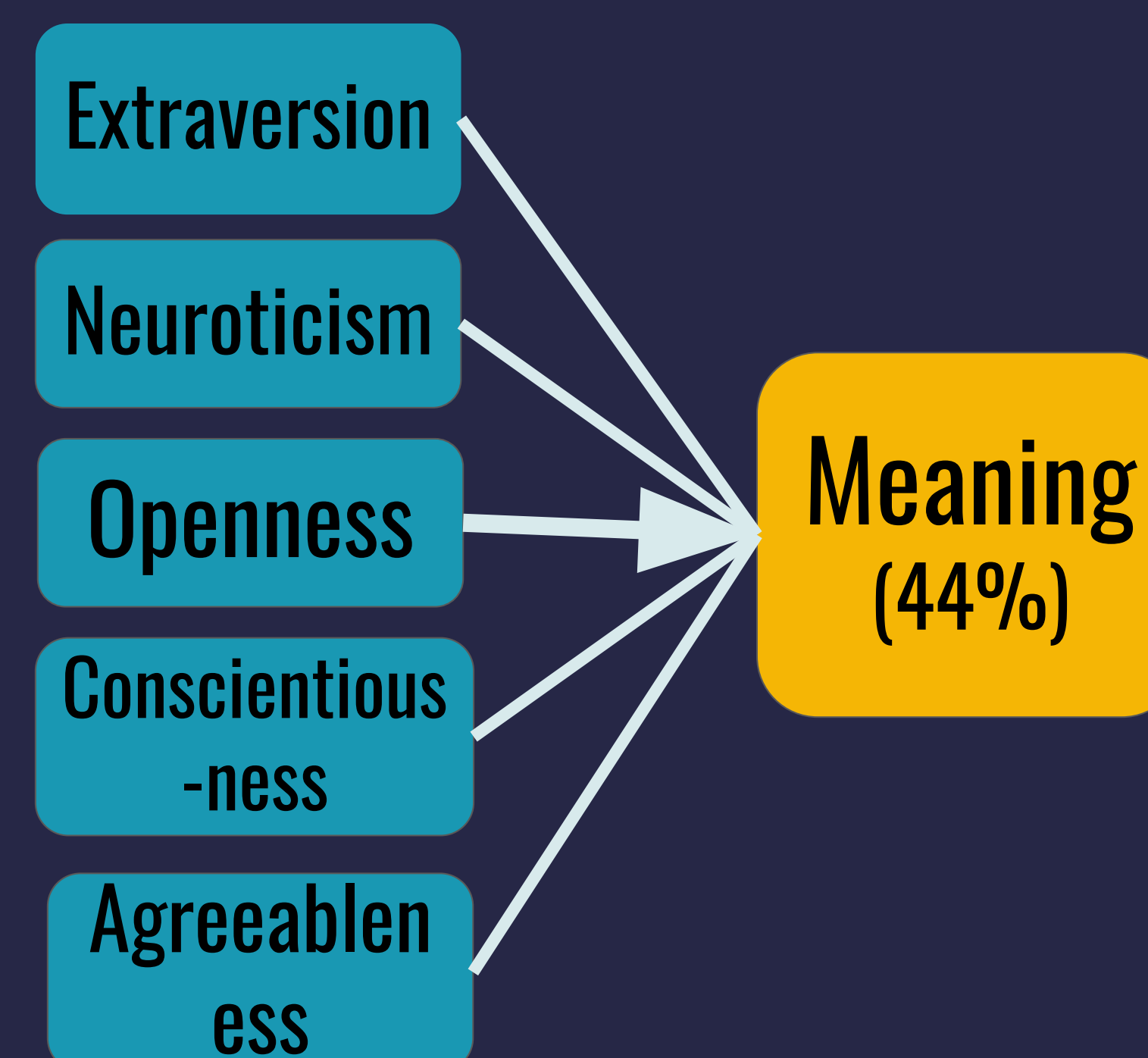


Figure 3. Model 1

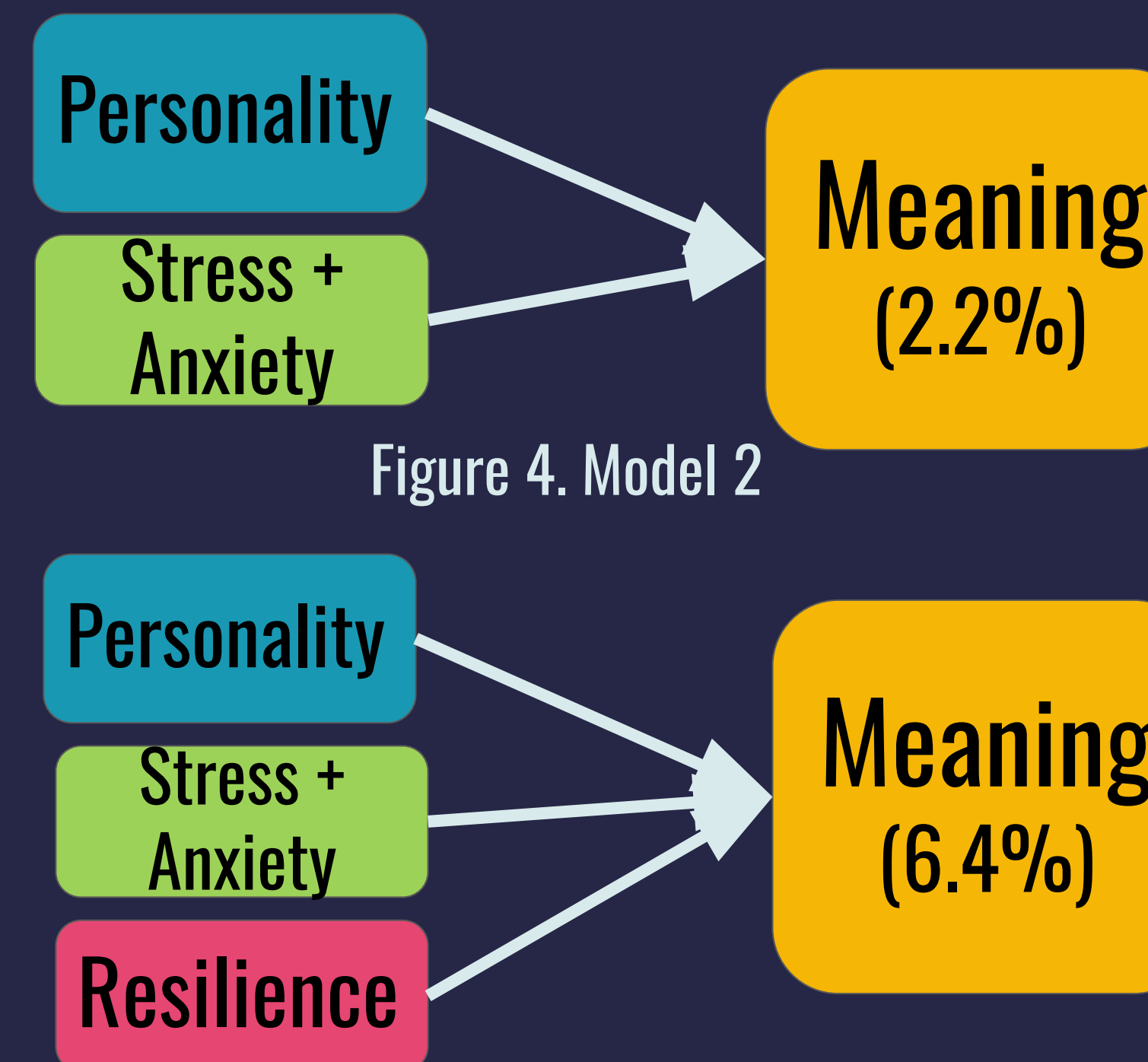


Figure 4. Model 2

Figure 5. Model 3

## DISCUSSION

### CONCLUSION

- ❖ H1 mostly supported
- ❖ Meaning and resilience:
  - Neuroticism, Extraversion, Conscientiousness
- ❖ Agreeableness → Less stress + anxiety
- ❖ Personality and resilience predicted meaning

### IMPLICATIONS

- Predictors of resilience and mental health during COVID in global context
- Clinical applications to understanding contributors to stress, anxiety, resilience, and meaning

## References

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