

SELECTED PERSONALITY TRAITS OF YOUNG PEOPLE RELATED TO QUALITY OF EXPERIENCING THEIR RELATIONSHIPS AND LIFE

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Abstract: This paper focuses on psychological and social aspects of quality of life and perceived emotional closeness in context of personality factors. The target group of the study are employed participants in young adulthood. To determine the level of psychological and social quality of life aspects questionnaire WHOQL - BREF/1996 was used, to detect perceived emotional closeness Social support questionnaire MOS was used, personality traits were assessed by Miglierini personality questionnaire. Interesting findings on personality traits relate to differences between participants due to the existence of partnership. There is also found a link between personality traits of participants and social aspects of quality of life, and there is not a relation between personality traits and mental aspects of quality of life.

Keywords: quality of life, emotional closeness, personality traits

1. Introduction

Quality of life can be defined as a normative category, which is an expression of desirable optimal level or degree of expectations of needs of an individuals or groups. Another definition is to indicate specific characteristics, qualities and attributes which the object differs from other objects without emphasizing the degree of satisfaction of certain needs (Tokárová, 2002). Quality of life is determined markedly by an optimal level of social contacts, especially emotional relationships. The intensity and level of these relationships is mainly reflected in the psychological and social aspects of quality of life. The specific needs satisfaction of the personality can be characterized by degree of comfort that significantly affects all categories of an individual's life. As Gurková (2011) states, we have in mind an individual life in examining the quality of life, which includes events and activities characterizing a living organism.

The quality of life can be seen in two lines, as objective and subjective quality (Cummins, 2003, Hnilicová, 2005, Veenhoven, 2000). Džuka (2004) states that the objective quality can be good living conditions, for example food sufficiency, housing options, quality of health care. If the quality of life is not good enough in perspective of an individual, it can be considered as subjective quality. Švehlíková and Heretik (2008) state that we consider about differences respectively character traits when considering the quality of being or individual manifestations of living beings.

Living out of personal relationships is a matter of subjective quality as well as specific area of person's individuality. Personality and the personality traits play an important role in anchoring the partnership as well as emotional experience and need to develop social relationships. The ability to create meaningful relationships and experience them in terms of psychological well-being can be called a quality of being. The quality of being is shown in the overall quality of life. Ferransová (1992) identified five categories based on the meanings defined as the ability to lead a normal life, happiness and satisfaction, achieving personal goals, ability to lead an active social life, the level of physical and mental activity potential. Ferransová (1992) states as well ambiguity in the definition of quality of life may cause the development of research and subsequent applications in clinical practice. Other approaches to the quality of life of individual states Hnilicová (2005), these approaches are psychological, sociological and medical (health). Psychological aspect of quality of health includes mental and social well-being, and social relationships, environment, physical health, which is connected with the well-being.

Not only physical health but also mental and social well-being are important for the quality of life, they are manifested in relationship to us and to other people as well. The quality of life can be partially observed in the lifestyle, emotional and social relationships. The level of quality of life is based on subjective criteria - for each of us is the term of quality of life an individual concept, objective criteria can be health status or age. Certainly, it may be to emphasize the importance of personal harmony - the inner serenity.

Health is one of the most important values and is priceless in virtually all periods and cultures of human existence. A healthy individual can resist stress and problems of everyday life and is able to mobilize their internal resources in crisis situations and differs in by the presence of risk factors that can lead to disease. Health criteria may be due to the age and personality of the individual different. According to Ferrell (1992) quality of life is most often divided into 4 to 5 domains. It is the physical well-being, mental well-being, and social relationships, somatic aspects associated with disease and treatment, spirituality.

Research organized by the University of Cambridge Clinical School describes results concerning the health criteria. M. Blaxter (1990, in Vašina, 1994) identified in the analysis of health data eight criteria, which are based primarily on participant's evaluation of their health. The first criterion indicates the absence of disease. This concept is seen as "passive health" compared to the concept of fitness. Another criterion is the feeling of health. It is not easy to distinguish experiencing symptoms of disease of an individual and objectively determined symptom. The third criterion is the capacity of health. This concept can be seen as a strength and ability to cope with illness or disposition not to get ill, respectively individual has such a capacity of health that despite the unhealthy lifestyle, he cannot get ill. In this context, health is seen as something innate. A combination of resistance and feelings of energy and vitality is a criterion of health - energy and vitality. Physical energy has a clear meaning, but the term vitality is a psychosocial term, it is not significantly dependent on the physical energy. Another criterion of health is social ties and relationships. Next criterion is the function of health respectively an ability to cope with life's challenges and an ability to keep work performance. It shall be a significant factor here, and that is mental state. Psychological well-being is associated with energy as well as with social ties (Vašina, 1999). The health criterion - psychosocial relationships come to the fore during adulthood. As reported by Blaxter (in Vašina, 1999), adult people attach great importance to social ties and mental well-being. The value of positive social ties and mental well-being is given by developmental aspects of this period. According to Vagnerová (2000) is adulthood a period of creating an emotional relationships and partnerships as well creating social ties. The period of young adulthood is a period of establishing own family. On the other hand economic situation as well as the current lifestyle of young people and many other factors are in relationship to the fact that young people are significantly delaying starting a family to later. The need to have a loved one is a dominant need and therefore we believe that this aspect of the psychosocial aspects of emotional saturation remains preserved in early adulthood and is reflected as a positive factor in the quality of life. Emotional and social relations are associated with feelings of joy, happiness, and emotional and personal fulfilment. Quality emotional and social relationships have a positive effect on the development of the personality and an individuality of personality leads to the development of emotional and social relationships. Zelina (1994) states the result of developmental processes of maturation, learning, and action of genetic and environmental factors are the personality traits that make up an individual's individuality. Harmony and thus the quality of life in mental and social level is determined by the personality respectively personality characteristics of an individual. We know that some personality traits help in coping with stressful situations (Mill, Blatný,

Kohoutek, 2008) as well as to solve problems, some features of the individual can be a disadvantage in the psychosocial world. We can therefore conclude that the harmonization of the relationship with yourself, with your loved ones as well as the work environment significantly improves life in psychosocial aspects of quality of life.

Adulthood is a period in which there are already established personality traits, together with lifestyle and quality of life shape the individual being of an individual. Positive personality traits and the quality of life shape positive health of an individual. From a psychological point of view, each individual is a personality even though we differ in personality characteristics, mental processes and behaviour (Rican, 2010). Personality features are reflected in relationships and attitudes to the outside world especially to the social world and in relationship with ourselves. The individual features are typical for the individual character and affect his behaviour (Zelina, 1994). An adult's personality traits are more or less constant, but can be influenced by various effects to some extent change, personality traits are influenced genetically and socially. Properties affected by genetic change only partially, are significantly influenced by temperament. Personal experience has share in shaping personality. Qualities such as self-image, the rate of behaviour self-regulation, sense of responsibility, emotional stability, etc are important for social and psychological aspects of health. These are primarily those features that contribute to good personal and social adaptation of individuals. One of the most sensitive and dynamic feature of the personality is self-image. The self-assessment is affected by social status, successes or failures at work, in the erotic and sexual life. An important role is played by the level of family life as well as life satisfaction and achievement of goals. An individual with a healthy and stable self-esteem is better adapted, has a greater sense of fairness, of honour and personal responsibility, compared to subjects with lower self-esteem – more labile I. Self-esteem is associated with a tendency to lead others or submissive tendency and level of social engagement. Personality factors and personality traits associated with manifesting approach to life as the overall relationship to the work level of interest, method of implementation in work (as diligence or superficiality) have importance in social and psychological aspects of quality of life. Healthy personality is understood as a personality, with is socialized, integrated, differentiated, and capable of self-regulation and optimal identification. Integration of personality is determined by world view, perspectives, and personal hierarchy of values. The complex character of mental health affects the optimal level of experience pleasure and enjoyment in life, complex character of social aspects of health of an individual affects maintaining adequate personal interaction and an individual has created adequate social ties and social relations. The complex of these features creates a quality psychosocial aspect of life. Other positive personal characteristics in relation to observed aspects of quality of life are the balance of giving and receiving, positive relationship with people, patience, tact, courtesy, ability to help, ability to accept failure, the ability to self-realization (Křivohlavý, 2001). Mental aspects of health relates to intellectual, emotional and social maturity. The social aspect of health is essentially functioning and a level of interactive relationships. Social environment and social group to which an individual belongs to significantly influences the quality of life and lifestyle and contributes to the formation of personality (Hewstone, Stroebe, 2006). The social environment differs in cognitive and emotional challenges what is important with the development of personality. Zelina (1994) states the key to understand personality is the knowledge of the factors that accompany individual life since birth. Determinants help create and shape particular lifestyle, which becomes an individual's personality through survival and routing (Brotherhood, 2001). Relation between an individual and other people captures the dominant subjective inclinations as sociability or reclusiveness, rate tolerance or conflict in a group, selfishness or altruism. In today's complex world of values is the subjective satisfaction of human feeling, that its existence has meaning, importance, and also value. Specificity of determinants is manifested in variability of personality traits. Their combination sets

uniqueness of each of us. Comparison of people determines that different characteristic is a relatively stable feature of an individual. Attribute can be understood as a permanent way of behaviour, as a specific response, as a consistent aspect of personality – therefore a personality attribute can be inferred from behaviour. The concept of personality structure is therefore expressed as a certain combination of mental attributes. The quality of an individual's life reflects to the psychic structure of personality, whereas the action of stimuli leads to psychological response and behaviour. Mental structure does not create merely passive conditions that affect the personality, but also spontaneous activities of individuals with regard to the outside real life situations that significantly interfere with the formation of personality. Personality traits are formed by own activity, active attitude to life, as well as an effort to improve the quality of our live. We consider important to form such personality traits that promote the joy of life, inner satisfaction with oneself. Inner peace as well as overall satisfaction is strongly influenced by the interests of providing meaningful space for self-expression. Active interests contribute to the fulfilment of the meaning of life. Interests usually arise from the needs and are related to cultural values. Joy, happiness, enthusiasm is greatly reflected in the activities carried out by an individual with interest. Interests are driving because they are creating emotionally differentiated approach to certain activities for which the individual has talents and abilities. Different people have different interests, values and their hierarchy is determined by their way of life and lifestyle. An individual recognizes and guides its values on the basis of their individual development. Faults in the personal hierarchy of values and ideals can lead to changes in the structure of personality but also in severe cases to mental illness. Loss of priority values such as work, relationship, can affect the loss of interest that may cause the loss of meaning in life in extreme cases. In the social sphere, this can lead to loss of interest in establishing social relationships, which may cause as the closeness that can give rise to feelings of loneliness (Křivohlavý, 2001).

1.1 Characteristic of research problem

Personality integrity is related to many factors, among which we can highlight the positive personality traits and the quality of social relationships. Harmony of personality is reflected in the mental health aspect, specifically in relation to oneself and meaningful life. Social relationships particularly close emotional relationships share a part in the overall mental and social well-being. Mental health status is a condition in which mental processes occur in an optimal way a person is able to perceive reality, to respond promptly and appropriately to stimuli, and in meeting the challenges and have mostly a feeling of satisfaction and pleasure activities. One of the most important mental health factors is social maturity. Significant factors are social relationships which changes from family, to school and later on to work group (Langmeier, Krejcirova, 2006). A priority for young adults is considered partnership and satisfaction in social relationships. A quieter period of adolescence comes after tumultuous adolescence, when there is inter alia to create partnerships. Vágnerová (2000) states in adulthood is at the forefront of social relations within the partnership receives. Psychological and social aspects of health is reflected in our daily lives in the ability to cope with environmental problems, the ability to resolve conflicts as well as an ability to live own live in harmony with himself and with others. The structure of personality traits, such as self-esteem, or responsibility significantly affects the ability to develop mental and social health. In this context, we refer to Jung (in Grün, 2011), by which one can develop their elemental Me without considering the relationship to people and the world (Grün, 2011). Successful life can be measured by the love we give and receive (Gilbert, 2012). Love helps us develop relationships at all levels and also forms the personality. Everything we do with our love enriches and develops. Grunt (2011) adds that the proximity of others sustains us. A relationship must be balanced between closeness and distance that we maintain our personal integrity. Personal integrity defines our uniqueness and individuality in the functioning of social relationships. Personal integrity contributes

to our specific interests, and so developing our mental health aspect.

An actual crisis in the relationships is giving us a number of questions related to own personality with a sense of life. Some personality traits are necessary to maintain psychological and social quality of life, foster harmony with oneself and the environment, or conversely they have negative effect, thus the quality of life in various aspects is being reduced. Each of us is a unique combination of personality traits and we carry unique memories in us. As reported by Kofman (2006), based on individual history, we build our own understanding of the present and thus affects our future. Our experience determines our mental and social aspects of health. According to Krivohlavý (2002) is a personality defined as a person's unique pattern of traits and personality comprises the structure and dynamics of an individual as a unique unrepeatable individual. Important attributes of personality for mental aspect of health are adequate self-esteem, self-control, balance, responsibility, the ability to build lasting relationships, a good level of job performance. An individual with such personality traits is able to positively affect the social environment and build the satisfactory functioning social relations. Such harmony of intellectual and social aspects determines subjective satisfaction what has a preventing effect on somatic and psychiatric disorders (Krivohlavý, 2002). Mental health benefits from rich, deep and active feelings and interests, which are focused on a worthwhile goal. Young people often carry out activities together, which makes them satisfied and fulfils their sense of happiness. This is due to the fact that the value of family, love and children is getting more important, which provides partners with mutual happiness and mutual enrichment. A social and psychological aspect of health in young adulthood is related to the need for an emotional anchor of a loved one. We can therefore assume that the anchoring of the partnership enhances the quality of life in mental and social aspect. At the same time it can be assumed that for focusing the partner (emotional) relationship differs significantly in the presence of personality traits compared with individuals who do not work in a partnership relationship. In our study, we seek to determine whether the stated aspects of quality of life meets individual criteria in differences existing connected to partner relationship and personality characteristics. We are dedicated to personal characteristics and determine their share in shaping the psychological and social aspects of quality of life. We review the major attributes in conjunction with emotional closeness in young adulthood.

2. Method

For our purpose, a questionnaire method was used. Selected demographic data was important to include participants in your research: age-specific characteristics of young adulthood, only employed participants were included in our research. The research group consists of 98 young adults ($M=23,97$ years; 22 – 26 years). To detect perceived emotional closeness Social support questionnaire MOS was used, which is an indicator of degree of social functioning. Standardization on Slovak republic was done by J. Kožený and L. Tišanská (2002). The questionnaire consists of 18 questions in 3 dimensions. Our main focus is on emotional closeness dimension. To determine the level of psychological and social quality of life aspects questionnaire WHOQL - BREF/1996 was used. The questionnaire has a standard form from World Health Organization (1996) measuring 5 fields of quality of life. Multifactor personality questionnaire Miglierini is used to assess personality traits in our research. The questionnaire comprehends the personality profile as an open system and personality factors are created for in period of adolescence. Proximity linking adolescence to young adulthood, as well as exploring personality factors of this close developmental periods are the reason of choosing this multifactor personality questionnaire.

3. Results

Results were processed using statistical software SPSS, using inference statistics (Spearman correlation coefficient and Mann Whitney U test).

Tab.1 Observed relations between social quality of life and personality traits

1	2	3	4	5	6	7
-.267**	-.206*	-.224*	-.200*	-.261**	-.205*	-.204*
.008	.043	.027	.050	.010	.044	.045

Legend: Social quality of life

Correlation Coefficient
Sig. (2-tailed)

1. Secure – Insecure
2. Balanced - Unbalanced
3. Sober - Daydreaming
4. Mental and physical enthusiasm – Neurotic symptoms
5. Emotional volitional stability
6. Positive – Negative emotional relationships in family
7. Relationships in family

An interesting result between quality of life and personality traits occurs, because there is no relation between psychical quality of life and personality as expected. But on the other hand there is a link between social quality of life and personality (as you can see in tab.1). This relationship is due to factor C – Emotional volitional stability ($r = -, 261$; $p = , 010$), which occurs as most important for social quality of life. Emotional volitional stability is contained by security, balance, and sobriety, mental and physical enthusiasm of participants. Participant who are secure and easy-going, emotionally balanced, cheerful, sober, realistic, optimistic and feel mentally and physically enthusiastic evaluate their social quality of life higher. Social quality of life is connected as well to positive relationships in families.

Tab. 2 Observed relations between perceived emotional closeness and personality traits Perceived emotional closeness

	Mental and physical enthusiasm – Neurotic symptoms
Correlation Coefficient	-.256*
Sig. (2-tailed)	.011

Interesting result showed up as well in connection between perceived emotional closeness and a factor from emotional volitional stability, specifically mental and physical enthusiasms (tab.2.). The less neurotic symptoms participants perceive the more they feel emotionally close to others.

Tab. 3 Observed personality differences between participants with and without relationship

	Relationship	N	Mean Rank	Sum of Ranks	Mann – Whitney U	Sig.
1	1,00	55	44,65	2456,00	916,000	,052
	2,00	43	55,70	2395,00		
2	1,00	55	54,76	3012,00	893,000	,036
	2,00	43	42,77	1839,00		
3	1,00	55	54,87	3018,00	887,000	,033
	2,00	43	42,63	1833,00		

Legend

1. Secure – Insecure
2. Mental and physical well-being
3. Relationship to the people (Trustful – Untrustful)

Significant personality differences between single ($N_1 = 43$) and non single ($N_2 = 55$) participants are found. As we can see in tab. 3, participants in relationship feel more physically and mentally healthy and more secure but on the other hand they

evaluate themselves as more untruthful and more critical to others.

4. Discussion

Interesting findings on personality traits relate to differences between participants due to the existence of partnership. There is also found a link between personality traits of participants and social aspects of quality of life, and there is not a relation between personality traits and mental aspects of quality of life. The findings suggest that personality replicates social world of people, which is reflected in the ability to generate high-quality intimate and personal relationships. A mental aspect of quality of life is demonstrated as important for emotional closeness, indicating a strong human need to be loved, someone who can be lived for.

The social aspect of health represents functioning and level of interactive relationships. Social environment and social group to which an individual belongs significantly influences the quality of life and lifestyle and contributes to the formation of personality. Social area of quality of life has proved to be most associated with participant's personality traits, and psychological quality of life is not reflected in the personality. As it seems, this finding supports the well-known fact that for positive personality functioning is important emotional saturation, which resources are emotionally close people. The mere proximity of humans is a priority in young adulthood. As reported by several authors Vágnerová (2000), Langmeier, Krejčířová (2006) an individual matures in developmental and personality way, what has an result in a specific range of values which an individual attaches importance. Partnership and love are the most important to him. The finding that the social aspect of quality of life relates to personality traits more than psychological may result in support the idea, which corresponds to the priority to young adulthood, which is partnership and satisfaction in the social relationships. After overcoming puberty a period of adolescence and young adulthood comes, when there is inter alia to create partnerships. Vágnerová (2000) claims at the forefront of social relations is partnership in adulthood, as well as differences between the participants based on the existence of a relationship are proving essential in this period, which supports this conclusion.

The research results indicate that the existence of partnership and the perceived degree of emotional closeness creates some degree of mental and physical well-being in humans, respectively small degree of neurotic symptoms prevent the development of close emotional relationships while creating a sense of social quality of life.

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