Prediction of Five Factor Personality Dimensions Through Self-Esteem in Turkish Late Adolescents

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Abstract

This study aims to determine the relationship between five factor personality dimensions and self-esteem in terms of how self-esteem predicts five factor personality dimensions. The study group consisted of a total of 122 students 98 of whom were females (80%) and 24 males (19.7 %). Personality Test Based on Adjectives (Bacanlı, İlhan ve Aslan, 2009) and Rosenberg Self-esteem Scale (Rosenberg, 1965; Çuhadaroğlu, 1986) were used as data collection instruments in this study. The data gathered from the study were analyzed through Multiple Regression Analysis. The findings of this study revealed that there is a positive correlation between self-esteem and extroversion, openness to experience and conscientiousness dimensions of Personality Test Based on Adjectives basing on Five Factor Model. The findings of this study were compared with the relevant literature and thus discussions and suggestions were made in parallel with the findings.

Keywords: five Factor Personality Dimensions, self-esteem, late adolescent.

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Extended Summary

Purpose

During the process of gaining an adult identity, it has become important for late adolescents to evaluate themselves whether they are successful or not in order to achieve a consistent personality. The thoughts, emotions and actions of adolescents reveal consistent patterns of personality dimension. Self-assessment of adolescents has a significant effect on their basic personality tendencies during this period. Therefore, this study aims to analyze the prediction of five factor personality dimensions through self-esteem and also investigate the relationship between five factor personality dimensions and self-esteem.

Method

Study Group

The Study group consists of 122 1ˢᵗ-3ʳᵈ year students studying at Kırıkkale University Faculty of Arts and Sciences and Faculty of Health Sciences during the Spring Semester of 2010-2011 Academic Year. The study group consists of 98 female students (80.3 %, mean age=19.88, SD=1.47) and 24 male students (19.7 %, mean age=21, SD=1.91).

Data Collection Tool

Personality Test Based on Adjectives (ABPT): Developed by Bacanlı, Ilhan and Aslan *(2009)* Personality Test based on Adjectives *(ABPT)* is a Likert type scale consisting of 40 pairs of adjectives which can be graded between 1-7. *ABPT* is composed of five dimensions; extroversion, agreeableness, conscientiousness, emotional instability/neuroticism and openness to experience. Five dimensions explain 52.63 % of the variance of *ABPT*. The factor loadings of the five dimensions vary between .367 and .793. Test-retest reliability coefficient was found .85 for extroversion, .86 for agreeableness, .71 for conscientiousness, .85 for emotional instability/neuroticism and .68 for openness to experience. Meanwhile Cronbach Alpha coefficient was found .89 for extroversion, .87 for agreeableness, .88 for conscientiousness, .73 for emotional instability/neuroticism, and .80 for openness to experience.

Rosenberg Self-Esteem Scale (RSES) was developed by Rosenberg (1965). The first ten items of this scale were used in order to assess self-esteem. Reliability and validity was carried out by Çuhadaroglu (1986). RSES, 4-point Likert type subscale, constitute the first 10 items of the inventory. The width of the point spread varies between 0 and 6 since the answers were calculated in groups of one, two and three. If the total score ranges between 0-1, it indicates that the level of self–esteem is high. If it is between 2-4 the level of self-esteem is moderate, and if it is between 5-6, it shows that the level of self-esteem is low. The Cronbach alpha belonging to the whole scale was found .71. In the frame of this study, language validity of this scale was implemented in the first place and as a result of the reliability and validity tests, the test-retest reliability coefficients of the subtests varied between .46 and .89; it was also found that criterion referenced.

Procedure

Questionnaires were administered during lectures by the researcher and the participants were informed that they could get the results of these questionnaires at the end of the study if they wished.

Data Analysis

The study analyzed the level at which self-esteem predicts separation-individuation and thus, Multiple Regression Analysis Method was used. This study also includes descriptive statistics.

Results

The findings of this study revealed that there is a positive relationship between self-esteem and extroversion, openness to experience and conscientiousness dimensions of five factor personality dimensions. On the other hand, there is no relationship between self-esteem and emotional instability/neuroticism and agreeableness dimensions.

Suggestions

Some recommendations regarding the future studies to be conducted in the frame of the findings gained from this study are as follows;

- Group counselling practices can be carried out with late adolescents experiencing problems with regards to extroversion, openness to experience and conscientiousness personality dimensions during adolescence period in an attempt to increase their self-esteem levels.

- Trainings concerning self-concept and self-esteem can be implemented and made common for the adolescents who encounter difficulties regarding separation-individuation.

- Psycho-educational programmes can be implemented geared to increase adolescents' self-esteem levels in order to support the personality dimensions of adolescents.

- This study can be conducted in different kinds of high schools such as vocational schools, anatolian high schools, science high schools, social studies high schools, anatolian fine arts high schools, etc. and therefore the results may give an insight to determine the sources of students' problems regarding five factor personality dimensions and self-esteem

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