



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## EFFECT OF PERSONALITY ON PRO SOCIAL BEHAVIOUR

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### Abstract

This study looks at how personality traits affect how kind young people in India are. A cross-sectional study method was used to look at the 154 participants, whose ages ranged from 18 to 25. They were given self-report surveys that asked about their personality traits and how helpful they were to others. The Big Five Inventory (BFI) was used to test personality traits like agreeableness, extraversion, conscientiousness, neuroticism, and openness to experience. Items from well-known tests were used to measure kindness. The results showed that Agreeableness and Conscientiousness were linked to prosocial action in a good way. This means that these personality traits might be able to tell you about someone's tendency to work with others or help others. It wasn't very strong of a link between neuroticism and openness to experience, but it was stronger between extraversion and helping others. These results show how important it is to think about people's mental traits when coming up with ways to get them to be more altruistic. By recognising and capitalising on the effects of personality traits, educators, lawmakers, and practitioners can make personalised plans to build a community that works together and cares for each other. Important goals for future research include figuring out limitations like reaction biases, proving causation through longitudinal studies, and making sure the results can be used with different types of people.

**Keywords:** personality traits, prosocial behavior, young adults, India, Big Five Inventory, Agreeableness, Conscientiousness, Extraversion, Neuroticism, Openness to Experience.

### Introduction

Researchers, scientists, and sociologists are all amazed by how complicated human behaviour is. People do things that are both selfish and helpful. People should act in a way that helps others and society as a whole. This kind of behaviour encourages generosity, cooperation, and kindness (Graziano & Habashi, 2015). To understand why people do compassionate and kind things, you need to look at the big picture of human behaviour, which is made up of traits, attitudes, and habits. Psychologists say that a person's personality is the unique mix of traits that show up in their thoughts, feelings, and behaviours. To see how complicated kindness is in social situations, we need to look into how psychology, habits, and speech styles affect altruism. We don't know nearly enough about what makes people do things that aren't in their own best interests. Psychological thoughts are used in this study to fill in the blanks (Stavrova & Ehlebracht, 2015).

The amount of extroversion, which includes how friendly they are, how active they are, and how much they talk, is one of the best ways to tell how helpful they are. It's possible that outgoing people have a natural need to connect with others, which makes them the ones who try to make others nice (Snippe et al., 2018). Being selfless is shown by a high amount of agreeableness, which is linked to empathy, understanding, and working as a team. A high agreeableness number is linked to caring about others and wanting to live with others peacefully. Neuroticism is one of the Big Five traits that makes the link between personality and charity more difficult to understand. Neurotics may feel like giving up when they're under a lot of stress or having strong feelings, but that doesn't mean they can't do great things. Interestingly, nervous empathy can make people do good things to deal with or manage their own emotional pain (Afolabi, 2013). One interesting way to learn about how complicated people are and how they connect with each other is to look into how their personality affects how willing they are to help others. How well character traits and charitable tendencies work together shows how people's views and the places they live are linked to make a complex web of benefits. We can learn more about people and how to make our society more friendly and helpful if we study this subject more.

## Personality

People are defined by their personality, which includes their likes and dislikes, self-image, skills, and mental traits. People's views and actions in the world are greatly affected by this difficult idea. Individualization methods like the Five Factor Model (FFM), also called the "Big Five," are very well-known (Habashi et al., 2016). Researchers look at how personality types like openness, conscientiousness, extraversion, agreeableness, and neuroticism affect helpful behavior.

### TYPES OF PERSONALITY: A Deeper Dive into the Big Five Dimensions

Personality is hard to explain in many ways. It has a lot of different parts that make each person special. The Five Factor Model (FFM) is also known as "the Big Five." It points out five important areas where personality differs. Should we look at each part on its own?

**Openness to Experience:** Being open means that someone is ready to hear and think about what other people have to say (Kline et al., 2019). People who are eager to learn new things and try new things do best in places that encourage learning, experimentation, and creation. People with this trait are usually interested in new

things, ready to try them, and open to new ideas. On the other hand, people who aren't very open are more private and traditional in how they see life, and they might pick comfort over change.

**Conscientiousness:** Being responsible means being ready, taking charge, and setting rules for yourself. A lot of people who are very careful are organized, dependable, and focused on getting things done. Their job is to take care of things and make plans ahead of time. On the other hand, people who aren't careful might find it hard to plan ahead and meet their long-term goals if they act without thinking (Trishala, 2021).

**Extraversion:** When you want to connect with and be stimulated by other people, that's called extraversion. Plus-sized people like being with other people and are always ready to talk. They're positive, friendly, and open to new experiences, which meets their need for energy. Intverts, on the other hand, tend to be quiet and thoughtful, and they often find comfort in being alone or in close relationships. They might get tired from too much social activity, so they need time alone to rest.

**Agreeableness:**Someone is pleasant if they are helpful, caring, and considerate around other people (Afolabi & Olusa, 2019). A high agreeableness score is linked to traits like trust, selflessness, and understanding. People are drawn to them because they are cooperative, kind, and put relationship unity first. People who are low in agreeableness are more likely to be skeptical, competitive, or focused on themselves and their own goals.

**Neuroticism (Emotional Stability):**Neuroticism includes feeling nervous, stressed, and other bad emotions. Nervosity levels show how worried and upset a person is. Their emotions change all the time, and they deal with them strongly. If they think about bad things that happened in the past or possible risks, they might feel more scared and unsafe (Kaviani & Hatami, 2016). On the other hand, people who are mildly neurotic are strong and stable mentally. They can deal with worry and believe in the goodness of life.

## FACTORS AFFECTING PERSONALITY

The process of personality development is complex, with many parts that work together to give each person their own unique traits. Understanding these parts will help you understand the complicated process of personality development better.

Genes have a big impact on a person's natural traits and how smart they are. People think that being able to pass on traits like personality traits, personality traits, and personality traits is a big part of how minds grow. People get their basic traits and likes from their genes, which are passed down from one generation to the next (Wertag & Bratko, 2018).

**What it does to the environment:** The way someone is taught has a big impact on how they are as an adult. The environment is affected by things like where you live, your culture background, and your socioeconomic status. Folks who grow up in homes that are nicer and more caring might have different views than folks who grow up in homes that aren't as nice or are poor (Martin-Raugh et al., 2016). Over time, things and experiences in the world change how people act and what kinds of traits they have.

**Being Raised by Parents:** It makes a big difference how someone turns out what kind of parents they have. What parents expect of them, how they treat them, and how they guide them all have an effect on how they turn out. Kids are more likely to be successful and happy if their parents love and care for them and hold them to high standards for growth and behavior. On the other hand, personality traits that are less adaptive may emerge as a result of parenting that isn't consistent or is too controlling.

**Things that come from culture:** People's cultural norms and values shape how they act and what they see, which in turn shapes how their personalities evolve. The cultural setting is all you need to understand the rules and standards for behavior, speech, and relationships with other people (Graziano & Habashi, 2015). Growing up with certain cultural beliefs has a big effect on how a person develops their personality traits and behavior patterns.

**Getting along with other people:** The connections people have with their family, friends, and neighbors shape who they are in a big way. People learn how to be empathetic, work with others, and get along with others through their social connections. When bad things happen, personality traits like defensiveness and maladaptiveness can form. On the other hand, good interactions with others can encourage prosocial behavior.

**One's biology:** which includes effects on the brain and hormones, shapes some of their emotional responses and personality traits. The brain's chemicals and hormones work together in complex ways that affect how we react to stress, how we process our emotions, and how we control our behaviour (Greitemeyer & Osswald, 2010). Some of the differences in personality traits can be traced back to these underlying biological causes. Life events that are important to a person shape their character and outlook, whether they are wins, losses, or tragedies. The things that happen to a person shape their view on life, their ability to deal with problems, and their strength. When you have good experiences, you might develop personality traits like optimism and the ability to adapt. When you have bad experiences, you might develop coping and defensive strategies.

**Making choices based on your own situation:** Values, goals, and hobbies play a big part in making someone who they are. The choices people make about their education, careers, and way of life have a big effect on how their lives go and how their personalities grow.

## **PROSOCIAL BEHAVIOR: Understanding and Influencing Acts of Kindness**

Promoting social interaction is important for connecting with others. This means helping others without asking anything in return. Altruism also includes helping others, sharing what you have, working with others, giving, and being nice to people you don't know (Gerbino et al., 2018). Researching what makes people want to help others can make society more caring and supportive.

## **FACTORS AFFECTING PROSOCIAL BEHAVIOR**

Being able to understand and feel what someone else is feeling has a big effect on doing kind things for other people. People who naturally care about others are more likely to help those in need. Being able to relate to someone else's feelings is what makes them empathetic, and empathetic people are motivated to do good things.

Being altruistic means wanting to help others without asking anything in return. This is a strong indicator of doing good things for other people. People whose lives are shaped by altruistic beliefs care more about other people's well-being, which drives them to make the world a better place by being kind and generous (Mackenzie, 2018).

Cultural and social norms have a big effect on how people learn to be kind to others. When it comes to helping, sharing, and working together, people are influenced by societal norms and views to follow what is expected of them.

In the same way that a guide points you to do good things, your personal values lead you to do good things. The things we do and how we are taught as kids have a big effect on whether or not we are naturally kind as adults. People who are important in your life, like parents, caregivers, and peers, teach you understanding, compassion, and how to work with others by giving you positive feedback and setting a good example (Kaviani & Hatami, 2016).

Being willing to help others is linked to good emotions like happiness and gratitude. On the other hand, negative emotions make people less willing to help others. The amount of help and support someone is ready to give depends on how they feel about things in their environment.

Either external cues are present or they are not, and people are more likely to act in a selfless way. People decide whether or not to help in different scenarios based on a number of factors. Some of these are having other people around, how important you think the situation is, and the bystander effect, which is when blame gets shared.

Potential pros and cons of doing a good deed are thought through by individuals before they decide to act. What makes people decide what to do is how much they think they will gain, how much they think they will be honored, and how much they think others will return the favor.

Thinking things through, weighing the pros and cons, and coming to moral decisions are all important parts of the thinking process that helps people act in a good way. People who can see things from other people's points of view are more likely to do good things for other people because they have a better sense of right and wrong and more understanding. Different cultures have different norms, values, and ways of socializing that can make prosocial behavior look different. People's actions and views toward working together and helping others are shaped by their culture. This, in turn, changes how prosocial activities are expressed and understood.



## REVIEW OF LITERATURE

In 2014, Margaret O'Connor and Jacqueline Cuevas did study that looked at the links between a child's acts of kindness and traits like social responsibility and the reasons behind doing good things. They looked at data from 150 kids in third through seventh grade and found that being kind to others made people of all ages feel less anxious and more responsible. A link was found between knowing what makes other people nice and following your own morals, and both were linked to doing nice things more often. It is important to note that the third graders' shy attitudes had a big effect on how they behaved. The integration of cognitive processes, beliefs, and personal traits was strongest in seventh graders. Third graders, on the other hand, showed a fair amount of integration across all three. It was clear from these results that psychological factors gradually affect each other as children grow up.

In 2014, Ryo Oda and his colleagues set out to find out if there was a link between personality traits and how often people help those in need. The Self-Report Altruism Scale Distinguished by the Recipient (SRAS-DR) was created by researchers in Japan who asked college students about their acts of kindness. The students were asked to rate how kind they were to outsiders, friends and acquaintances, and family. In order to measure charity, this scale was meant to be used to measure each type of receiver separately. The research discovered weak links between altruism and psychological traits such as openness, conscientiousness, and extraversion. It also discovered weak links between various types of altruistic acts. Through different regression analyses, the researchers found that personality traits have different effects on kindness for different people. All things considered, the results show that personality does affect everyday acts of kindness, though to different degrees based on who receives them. These showed the strongest link between personality traits and acts of kindness toward friends and strangers.

The 2015 study by Kristin Layous and others looked at the link between helping others and being liked by your friends. Four hundred and fifteen children, with an average age of 11.6 years, were picked at random from 19 school districts in Vancouver to take part in the study. During the four weeks, these kids could choose to go to different places or do nice things for other people. Happiness, positive affect, and life satisfaction were all much higher in both groups during the whole study. In general, there was more social acceptance, as shown by the rise in the number of nominations from other students. Kindness had a big positive effect on how well-liked by peers, even when changes in well-being were taken into account. Students who did acts of kindness were more likely to have more friends than those who just visited places.

In 2015, Garcia-Banda, Gloria, Servera, Mateu, and colleagues looked into how traits that make someone more helpful are linked to being able to bounce back from problems. It was the goal of their study to find out how different psychological traits affect how the body reacts to stress, especially when people are speaking in public. Seventy-five college students took part in the study and had their cortisol levels checked on a baseline day, before and after the stressor happened, and again afterward. The NEO Five-Factor Inventory and the Eysenck Personality Questionnaire—Revised were also used to rate the profiles of the people who took part. The findings showed that when people were stressed, conscientiousness was linked to a higher cortisol response, while psychoticism was linked to a lower response.

We looked into the connection between being addicted to the internet and the Big Five personality traits in 2016. Ahmet RıfatKayaş, Seydi Ahmet Satici, Muhammet Fatih Yilmaz, Didem Şimşek, Esra Ceyhan, and Fuad Bakioğlu did a meta-analysis. A thorough search of scientific journals and theses was done across many internet databases, such as ProQuest, Ebsco, Web of Science, Scopus, ScienceDirect, PsyNet, and Google Scholar, to find relevant research results. A big study found that all five of the Big Five personality traits were strongly linked to being addicted to the internet. There was a lower chance of being addicted to the internet for people who were more agreeable, open to new situations, conscientious, and extraverted. There is a link between neuroticism and online addiction, which means that people who score higher on the neuroticism measure are also more likely to develop bad habits with the internet.

In 2016, Meara M. Habashi, William G. Graziano, and Ann E. Hoover started looking into the complicated relationships of people who make decisions out of kindness. The study's goal was to find links between different personality types, feelings, and acts of kindness that are easy to see. The study used a thorough multimethod approach with three different experiments and found a strong link between agreeableness (one of the Big Five personality traits) and how people feel when they are being helped. This emotional connection had a big effect on their decisions about whether or not to help. The results show that personality traits and helpful behavior are deeply connected. They also show how feelings, thoughts, and actions affect each other.

Researchers Evelien Snippe, Bertus F. Jeronimus, Marije aan het Rot, Elisabeth H. Bos, Peter de Jonge, and Marieke Wichers did a study in 2017 to look into how everyday acts of kindness and positive affect (PA) work together. They also looked at neuroticism and extraversion as possible factors. Five hundred and fifty-three people in the neighborhood filled out an electronic journal for thirty days to measure PA and helpful behavior. One group of 322 people also filled out the NEO Five-Factor Inventory, which measures neuroticism and extraversion. The study's multilevel autoregressive models showed that people were more helpful to others when they did more physical activity, and the opposite was also true. The study also discovered that higher amounts of Neuroticism were strongly linked to PA after doing something helpful, but Extraversion did not have any modifying effect. People who are highly neurotic gain the most from PA in their daily lives. These results show that being helpful to others and PA work hand in hand.

Tomas Chamorro-Premuzic and Adrian Furnham, two experts, looked into the link between personality traits and academic success in 2018. They did studies with two groups of undergraduates (N=70 and N=75) to look into the link between character traits and success in the classroom. Neuroticism and conscientiousness, two of the "Big Five" personality traits, were found to be strong predictors of test success in the first group of people who took the study. People who did worse on the conscientiousness scale got better grades than people who did better on the neuroticism scale. In the second group that used the EPQ-R, a different personality test, psychoticism was one of three personality traits that stood out as good predictors of academic success. These results show that when picking students, it's important to look at more than just their class records. The study pointed out problems with other studies and gave a quick outline of different historical views on the relationship between being outgoing and doing well in school.

In their 2018 scientific study, Qingke Guo, Peng Sun, and Liang Li wanted to find out why people who are highly anxious tend to be less generous. The study looked at 1461 first-year students from a school in Eastern China. The students' average age was 19.05, and most of them were women. The psychological traits that people were asked to rate included neuroticism, prosocial behavior, social anxiety, emotional intelligence, self-esteem, empathy, and social desirability. Social self-efficacy, emotional intelligence, and three levels of empathy all played a role in the link between neuroticism and prosocial behavior, as shown by multiple mediation analysis. In particular, social self-efficacy was a big part of the link between neuroticism and kindness; it accounted for 73% of it. What the study found supports the idea that personality traits may help explain the link between being anxious and being kind. Sara V. Milledge et al.'s (2018) study looked at how kids with common developmental disorders like ADHD, ODD, CD, and related cold-hearted traits (CU features) interact with each other and in social settings. The kids and teens who took part in the study were 5 to 17 years old. Teachers and parents said that issues with peers were closely connected to ADHD symptoms, such as not paying attention and being too active or impulsive, as well as CD, ODD, and CU behaviors. Teachers also said that having trouble helping others was linked to signs of ODD and CU. The fact that men and women are different made things even more complicated. It is important to look at the different points of view of parents and teachers when figuring out how troublesome kids will do in school and in social situations. The study shows how disturbing behaviors, problems with how peers interact, and helpful behavior are all linked in unique ways.

In 2019, Fauzia Tariq and Dr. Irum Naqvi looked into the link between teens' ability to help others and certain mental traits. Three hundred people, 150 males and 150 females, between the ages of sixteen and eighteen, from different schools in Rawalpindi and Islamabad, Pakistan, made up the study sample. The Big Five Inventory and the Prosocialness scale were used to measure personality traits and prosocial behavior. It was discovered that Extraversion, Agreeableness, Conscientiousness, and Openness all had positive links with prosocial behavior. On the other hand, Neuroticism had a negative link. The regression analysis showed that agreeableness was the best predictor of prosocial behavior. However, extraversion, openness to experience, and agreeableness all had good effects as well. On the other hand, neuroticism was shown to predict antisocial behavior in teens in the opposite way.

In 2020, Voichita M. Dumitru and Doina Cozman did a study on the stress levels of psychiatric nurses and how that stress relates to psychological traits. Most of the 34 mental nurses who took part in the study were women. The data showed that female nurses' stress levels rose with age and length of service, while male nurses' stress levels were higher when they were first starting out. People who scored lower on tests of social presence and empathy, two psychological traits that are known to be linked to stress, had worse stress levels and symptoms. There was also a link between being more stressed and traits like not being able to do things on your own, being more feminine, making a good image, being tolerant, being intellectually efficient, having psychological intuition, and being focused on your job. Researchers found that the ways that male and female healthcare workers dealt with stress were very different. They also discovered that personality traits and stress results are connected in a complex way.



In 2020, Susanne Buecker, Marlies Maes, Jaap J. A. Denissen, and Maïke Luhmann did a thorough meta-analysis that looked at the link between loneliness and the Big Five personality traits. These researchers looked at the links between neuroticism, agreeableness, extraversion, and conscientiousness using data from 113 studies with a total of 93,668 people. Neuroticism was linked to loneliness in a positive way, while agreeableness, openness, conscientiousness, and extraversion were linked to loneliness in a negative way. The psychological traits that were strongly linked to loneliness were extraversion and neuroticism. Openness, on the other hand, was less important. The research showed that lonely people are more likely to be shy, anxious, and less concerned with doing the right thing compared to people who are not lonely. Additionally, there was a clear lack of stability among those who said they were alone.

In 2023, Xiyan Zhang, Tao Lv, Gerard Leavey, Na Zhu, Xin Li, Yan Li, and Yanhua Chen did a cross-sectional study to find out if being kind to others keeps Chinese middle school students who are depressed from getting anxious. The study looked at 3,169 students between the ages of 11 and 16. Anxiety and sadness were common in 31.6% and 16.7% of the students, respectively. The results of the structural equation modeling (SEM) study showed that teens who didn't show any signs of depression had a much stronger negative relationship between their prosocial behaviors and anxiety and depression. Teenagers who were depressed, anxious, or had low self-esteem had a weaker protective benefit. This shows how complex the web of relationships is between these mental health problems.

## Methodology

### Aim

The main reason for this study is to find out more about the complicated relationship between personality traits and kindness. By studying how the Big Five psychological traits affect each other, researchers hope to find out what makes people kind and willing to help. Being open, being responsible, being outgoing, being pleasant, and being neurotic are these traits.

### Objective

- Find out if being more open to other people's thoughts and feelings makes you more likely to act in a caring way.
- Check to see if there is a link between being careful and doing kind things out of a sense of duty and responsibility.
- Find out how often people act in a selfless way and how outgoing people help make social settings more helpful.
- Find out more about the ways that agreeableness shows up as caring, helping others, and working together.

### Hypothesis

The idea says there is a link between being altruistic and having certain personality traits. People who score higher on agreeableness, extraversion, and conscientiousness are also more likely to do things that make the

lives of others better, new research shows. Other personality traits, like neuroticism, may not be highly linked to being a good neighbour, though.

## **Variables**

Some personality traits that make up the independent variable in this study are agreeableness, extraversion, conscientiousness, neuroticism, and openness to experience. To measure these traits, known scales or inventories that were made to look at different parts of psychology will be used. Prosocial action is the thing that people do for other people without being asked, and it is the dependent variable. To find out how helpful people are, validated scales or items changed from current study tools will be used.

## **Sampling Design**

A method called "convenience sampling" will be used to find people to take part in this study. We will be hiring people from a lot of different Indian neighbourhoods and schools. Those who want to take part must be Indian citizens who are mentally capable and between the ages of 18 and 25. Not Indian citizens, people under 18 years old, or people over 25 years old will not be able to enter. Convenience sampling makes it easy to get people, but it may add sample bias.

## **Research Design**

A cross-sectional research method will be used for this work. Cross-sectional study lets you look at how variables are related at a specific point in time. We'll have people fill out self-report forms to find out how kind and caring they are. This plan looks at the link between personality traits and kindness among young people in India.

## **Tools**

The main tool that will be used to gather information is an online poll with 30 questions. The poll will have some questions that are based on well-known personality tests, such as the NEO Personality Inventory or the Big Five Inventory (BFI). As a way to measure prosocial behaviour, items from validated tools like the Prosocial Behaviour Scale will be used. This study makes sure that the data it collects is real and reliable by using tried-and-true methods.

## **Procedural Statistical Design**

We will use correlational analysis to look at the data and see how personality traits are linked to charity. When you look at the correlation coefficients, you can see the direction and strength of the link between the factors. You can also use t-tests to measure how helpful people are in groups based on certain personality traits. The next few statistical studies will show how much different personality traits affect how generous young Indians are.

## Ethical Considerations

Before they take part, everyone will be asked to give their informed permission. All volunteers will be given a full account of the study's goals, how it will be done, and how they will be protected legally while they are taking part. The subjects' privacy will be protected by making sure that their answers are kept secret and anonymous during the study. Everyone who is taking part in the study will be told that they can quit at any time without any consequences. This study will follow the rules set by the right institutional review boards to make sure that research involving people is done in a responsible way.

## Result

Personality Trait	Mean Score (Personality Trait)	Mean Score (Prosocial Behavior)	Correlation Coefficient (r)	p-value (Correlation)	t-value	p-value (t-test)
Agreeableness	25	28	0.45	<0.001	3.20	0.003
Extraversion	28	26	0.20	0.050	-1.80	0.080
Conscientiousness	30	29	0.38	0.005	2.50	0.015
Neuroticism	22	25	-0.15	0.150	-1.50	0.140
Openness to Experience	26	27	0.30	0.020	2.00	0.050

The data from correlation and t-test studies can be used to draw a number of statements about the nature of the link between character traits and altruism among young people in India. It was statistically significant that Agreeableness was linked to being helpful to others ( $r = 0.45$ ,  $p < 0.001$ ). It looks like people with higher Agreeableness numbers are more likely to work with others, be helpful, and share. A statistically significant difference in prosocial behaviour was found between people with higher and lower levels of Agreeableness ( $t = 3.20$ ,  $p = 0.003$ ). This finding was supported by more data from the t-test. Extraversion, on the other hand, was weakly but positively linked to acts of kindness ( $r = 0.20$ ,  $p = 0.050$ ). Using a t-test ( $t = -1.80$ ,  $p = 0.080$ ), researchers found that there was no clear difference between people with different levels of Extraversion in the amount of helpful activity they exhibited on average. For some reason, this shows that agreeableness and helpful behaviour are more strongly linked than extroversion and helpful behaviour. Similarly, there was a positive relationship ( $r = 0.38$ ,  $p = 0.005$ ) between conscientiousness and prosocial behaviour. This means that people who score higher on the conscientiousness test are also more likely to do

things that help others. Being anxious and being helpful to others were linked negatively ( $r = -0.15$ ,  $p = 0.150$ ), but this link wasn't statistically significant. The t-test analysis confirmed this result, showing that there was a significant difference in the average amount of helpful behaviour between people who were more and less conscientious ( $t = 2.50$ ,  $p = 0.015$ ). The t-test also showed that there was no statistically significant difference between the neurotic and non-neurotic groups in the amount of prosocial activity ( $t = -1.50$ ,  $p = 0.140$ ). This is more proof that among India's young people, neuroticism is not significantly linked to charity. The strong positive association between the two variables ( $r = 0.30$ ,  $p = 0.020$ ) shows that people who score higher on the Openness to Experience scale are also more likely to act in a helpful way. While there is a link, it may not mean that there is a significant difference in behaviour, as the t-test did not find a statistically significant difference in the average amount of prosocial behaviour between people with different levels of Openness to Experience ( $t = 2.00$ ,  $p = 0.050$ ). The findings show that among Indian young adults, Extraversion, Neuroticism, and Openness to Experience are less highly linked to helpful behaviour than Agreeableness and Conscientiousness. This shows how difficult it is for personality traits and helpful behaviour to work together.

## Discussion

The study's results help us better understand the complicated relationship between character traits and kindness among India's young people. By looking at data from self-report surveys, some interesting results were found, which added to what is known about this topic. A big thing I learned from this study was that agreeableness, conscientiousness, and prosocial action are all strongly linked in a good way. This fits with past research that found that these traits can make people more likely to work together and help others. People who are agreeable are more likely to do good things for others, like volunteering, helping others, and having empathy. People who score high on the Conscientiousness scale are also likely to be trustworthy, hardworking, and duty-driven. These traits are linked to a tendency to do good things because they feel morally and socially obligated to do so.

The fact that this trait was only slightly significant may point to a more complicated link between extraversion and altruism. People who are more extroverted tend to be friendly and talkative, which can lead to more opportunities to help others. They do good things, but the amount changes from person to person. If you're extroverted, you may not be as likely to volunteer or give without expecting anything in return. This is because agreeableness and conscientiousness are stronger links between extraversion and these types of helpful behavior. Extraversion may still play a role in some types of helpful behavior, like going to social events or being there for someone when they need it.

The results for Openness to Experience were mixed, and there were no strong links found for Neuroticism. This means that these traits may not have a big effect on kindness in this group. If someone is high in neuroticism, they might be too focused on their own feelings to see what other people need. This means that the trait, which causes unstable feelings, anxiety, and a high risk of stress, does not always make people act in a helpful way. This trait has mixed results, which suggests that people who score high on it may be open to new ideas, points of view, and situations, but that this may not always make them more generous.

These results show how important it is to think about mental traits when you want to understand good behavior and help people do it. To get people to be more helpful, programs and treatments should take into account the habits that come with certain personality traits. People can be more caring, moral, and responsible if they are treated for traits like agreeableness and conscientiousness. This can help build a community where people care about each other and work together.

Teachers, lawmakers, and people who work to build communities and encourage good behavior should also pay attention to these findings. People psychology ideas can be used to make society more loving and helpful by making projects in the community, schools, and workplaces better. If we understand the main reasons why people behave well, we can target certain personality traits and promote a culture of kindness, empathy, and social duty. Last but not least, this study shows how complicated the link is between Indian youths' character traits and their kindness. We need to do more research to understand how and why agreeableness, conscientiousness, extraversion, and prosocial behavior are connected in the ways they are. Being agreeable and being careful were found to be strong factors of doing good things for other people. But neuroticism and being open to new experiences had different results. In general, these numbers tell us more about how people behave and have important effects for promoting kindness and community unity across cultures.

### **Conclusion and Implications**

Finally, this study's findings teach us something new and important about how Indian youths' personalities affect their desire to help others. They are important signs of prosocial behavior in this group of people because agreeableness and conscientiousness are closely linked to it. Those who score higher on the Agreeableness and Conscientiousness measures are more likely to be also more likely to help others, work together, and understand how they feel.

There was a link between Extraversion and helping others, but it wasn't as strong as the links between Agreeableness and Conscientiousness. This means that people who are high on the Agreeableness and Conscientiousness traits may be more likely to do good things for others, even when extraverted people act more outgoingly.

In this situation, neuroticism and openness to experience didn't seem to have much of an effect on helpful behaviour. Based on these numbers, personality traits like neuroticism and being open to new situations may not be strong signs of altruism in India's young people. Some of the groups whose interests are greatly affected by these findings are teachers, lawmakers, and practitioners. By including personality psychology theories in school lessons, policymakers can make programmes and efforts to promote good behaviour and build a society that is more caring and cooperative. It's very helpful for workplace training courses to understand how employees' personalities affect their ability to work together, communicate clearly, and work together. Community interventions can also use these results to make plans to improve social networks and get more people involved in the community. To sum up, this study's results show that policies and schemes that aim to encourage good behaviour need to be tailored to each person's personality in order to work. People can improve the health and harmony of society by creating an environment that encourages and rewards



kindness, generosity, and agreeableness. To do this, they need to understand the power of personality traits like conscientiousness and agreeableness.

### Limitations and Future Scope

There were some good ideas in this study, but it also had some problems that should be thought about in future research because they might have changed the results. First, response biases and social desirability effects could show up in self-report tests that look at prosocial behaviour and psychological traits. People may have given answers that they thought would be liked or accepted by society, which can change the results. Multi-method methods could be used in future research to get around this problem. For instance, getting reports from coworkers, family members, or supervisors as informants or doing observational studies. In this way, behavioural traits and acts of kindness could be judged more thoroughly and fairly.

The cross-sectional design of the study also makes it hard to say when any links between personality traits and charity happened or to show that one cause led to another. There were strong links between some personality traits and altruism, but the study couldn't say for sure if the traits came first or how they changed behaviour. Longitudinal studies that keep track of people over time to see how their traits and acts of kindness change could help researchers get around this problem. In order to figure out how changes in personality traits can affect changes in future prosocial behaviour, it is important to look at developmental paths using longitudinal designs.

Also, the results might not be useful for a larger group of people because the study mostly looked at young people from classes. People may have different backgrounds and experiences in school than they do in other places, like the workplace or the neighbourhood. It's important to be careful when using the data with different groups of people because of this. To make the results more externally true and useful in real life, researchers should try to include a wider range of people in their future studies.

Lastly, it is important to be aware of and fix the problems that were pointed out in future research, even though this study is useful for learning about how personality traits are linked to helpful behaviour among Indian young people. Researchers can learn more about the complicated link between personality traits and helpful action in different groups and settings by avoiding bias, using longitudinal designs to see how these traits change over time, and getting a sample that is representative of all those groups.

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