



The Impact Of Personality Traits And Anger Management Skills On Resilience On College Students

*Khushi Maheshwari-1, Dr. Sushmita Biswal Waraich- 2

*1 Student: MA. Clinical Psychology, Amity University Noida, Uttar Pradesh

2 Professor: Dr. Sushmita Biswal Waraich, Amity University, Noida, Uttar Pradesh

Abstract

Personality is the distinctive and consistent set of thoughts, emotions, and behaviours that define an individual, shaped by genetics, upbringing, and life experiences. Anger management skills involve strategies and techniques to effectively recognize, control, and express anger in a healthy and constructive manner. Resilience is the ability to adapt, bounce back, and recover from adversity, challenges, and setbacks. The present study, hence, aims to explore the relationship among personality factors, anger management skills and resilience of college going males and females. A sample of 100 subjects in the age group between 18 and 26 was selected through purposive sampling. To assess these variables, tools including the Big Five Personality Inventory (Lewis Goldberg and Warren Norman, 1990s), The Behavioral Anger Response Questionnaire and The Brief Resilience Coping Scale (Smith et al. (2008) were used. The data obtained were analyzed using the Pearson correlation coefficient. The results showed that there existed a significant positive correlation between Extraversion and resilience ($r = 0.371^{**}$, $p < 0.01$), Conscientiousness and assertion ($r = 0.232^*$, $p < 0.05$), Neuroticism and direct anger out ($r = 0.383^{**}$, $p < 0.001$), Neuroticism and rumination ($r = 0.266^{**}$, $p < 0.001$). There are negative correlations also present between Extraversion and rumination ($r = -0.281^{**}$, $p < 0.01$), Conscientiousness with direct anger out ($r = -0.249^*$, $p < 0.001$), Conscientiousness and rumination ($r = -0.239^*$, $p < 0.01$), Neuroticism and assertion ($r = -0.249^*$, $p < 0.001$) and Neuroticism and resilience ($r = -0.216^*$, $p < 0.05$). Openness to experience, social support seeking, and diffusion did not show significant correlations with the other variables. The study gives an overall understanding of how the attribute of personality factors can be impacted by a person's stimulating resilience and anger management skills.

Keywords: Resilience, Personality Factors, Anger Management Skills, Neuroticism, Agreeableness, Extraversion and Conscientiousness.

1. Introduction

Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustments to his environment. (Allport, G. W., 1937). Our personality traits determine different behaviours and attributes in life. While many mental health interventions and training programs keep developing in the area of psychology, resilience has been one emerging yet prospering field of the same. In real life, personality factors refer to specific traits and characteristics that shape an individual's behaviour, attitudes, and preferences. These factors can include dimensions such as extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience. They play a crucial role in determining how individuals interact with others, handle challenges, make decisions, and approach various aspects of their lives. Personality factors provide insights into an individual's unique

patterns of thinking, feeling, and acting, helping to understand and predict their behavior in different situations. They influence personal relationships, career choices, coping strategies, and overall well-being.

Resilience refers to the capacity of individuals to navigate successfully through adversity, trauma, or significant stress, and to adapt and bounce back in the face of challenging life circumstances. (Masten, A. S., 2001). Resilience refers to the ability to adapt, bounce back, and recover from adversity, challenges, and setbacks. It is the capacity to withstand and navigate through difficult or stressful situations while maintaining a sense of well-being and functioning effectively. Resilience involves a combination of psychological, emotional, and social factors. It allows individuals to maintain a positive outlook, problem-solving skills, and emotional stability in the face of adversity. Resilient individuals are often able to cope with stress, maintain a sense of purpose and optimism, and develop effective strategies for managing and overcoming difficulties. In practical terms, resilience can manifest as the ability to recover from a traumatic event, adapt to significant life changes, or persist in the pursuit of goals despite obstacles. It plays a crucial role in promoting mental health, fostering successful coping mechanisms, and promoting personal growth and development. Resilience is not about avoiding or denying challenges, but rather about developing the inner strength and resources to face and overcome them.

Anger management skills refer to the strategies and techniques individuals use to understand, control, and express their anger in a healthy and constructive manner. (Novaco, R. W., 2003).

Anger Management skills is also divided into five types namely direct anger out, assertion, social support seeking, diffusion and rumination. This practice has in fact proven to be resulting in clinical benefits like emotional regulation, anger management skills and resilience, and overall improved quality of life. In real life, anger management skills refer to a set of techniques and strategies that individuals can use to understand, control, and express their anger in a healthy and constructive manner. These skills are designed to help individuals manage their anger effectively, prevent it from escalating into aggressive or harmful behavior, and maintain positive relationships. Anger management skills are important for several reasons. Firstly, uncontrolled or poorly managed anger can have detrimental effects on both physical and mental health. Chronic anger has been linked to increased risk of cardiovascular problems, high blood pressure, and weakened immune function. Emotionally, it can contribute to elevated stress levels, anxiety, and depression. Anger that is expressed inappropriately or aggressively can damage relationships with family, friends, and colleagues. It can lead to strained communication, conflicts, and a breakdown of trust. Effective anger management skills help individuals express their anger in a constructive and respectful manner, facilitating healthier interactions and maintaining positive connections with others.

Anger management skills is an essential part of human life. Everyone wants to control the anger with different ways present. There are so many ways of understanding and learning the skills. Research suggests Anger is a common problem that affects many young individuals. The factors that provoke anger, the way it is felt, and the responses people have when angry vary from person to person. The relationship between emotions and personality has garnered significant interest, resulting in the merging of emotion and personality research. Moreover, the study demonstrated a substantial correlation between personality traits and anger, implying that the expression of anger can differ depending on individual triggers and specific personality traits. (Ahmad, M., Khan, A., 2019). Real-life situations, such as conflicts at work or in personal relationships, often require individuals to apply anger management skills to prevent negative consequences and promote positive outcomes.

To know more about resilience and personality factors and how well they are connected, there is a research which shows that focusing on young adults to explore the connections between resilience, personality traits, coping styles, and psychiatric symptoms. The results indicated that resilience is influenced by personality dimensions and coping strategies. Specifically, the study found a negative correlation between resilience and neuroticism, while extraversion and conscientiousness were positively associated with resilience. Furthermore, the research revealed that task-oriented coping positively influenced resilience and served as a mediator between conscientiousness and resilience. Conversely, emotion-oriented coping was linked to lower levels of resilience. (Campbell-Sills, L., Cohan, S. L., & Stein, M. B., 2006). These findings highlight the importance of understanding how personality factors and coping strategies can impact an individual's ability to bounce back from challenges and adapt to difficult

situations, which has practical implications for promoting resilience in real-life contexts such as education, workplace, and personal relationships.

Another research conducted to examine the connections between personality, occupational stress, coping mechanisms, and strain variables. The findings indicated that Neuroticism was associated with both physical and psychological strain. The relationship between Neuroticism and physical strain was mediated by role conflict and substance use, while perceived stress mediated the relationship between Neuroticism and psychological strain. Extraversion had a direct positive impact on both physical and psychological strain. The study also suggested that Conscientiousness might moderate the relationship between perceived stressors and strain. However, no significant associations were discovered between Agreeableness and Openness with strain. (Grant, S., & Langan-Fox, J. 2007).

This can be explained as an example, individuals high in Neuroticism may be prone to experiencing physical symptoms such as headaches or muscle tension and psychological symptoms like anxiety or depression when faced with demanding work situations. It

2. Methodology

2.1 Aim: To explore the impact of personality factors and anger management skills on resilience on college students.

1. **2.2 Objective:** To study the relationship of various personality traits viz, openness to experience , neuroticism , conscientiousness, agreeableness and extraversion , with anger management skills and resilience within college students.

2.3 Hypothesis:

There will be a significant relationship in between personality traits viz, openness to experience , neuroticism , conscientiousness, agreeableness and extraversion , anger management skills with resilience on college students.

2.4 Sample:

The sample size of the study was 100 (50 Males, 50 females) on college students. The age group starts from 18 till 26.

Sampling was done using a purposive method. For the purpose of inclusion, and exclusion, the criteria are mentioned below;

● Inclusive Criteria:

1. Young adults in the age range of 18-26
2. Adults belonging to urban domicile, with middle class socio-economic status
3. People with an ability to understand English language

● Exclusion Criteria:

1. Anyone with severe psychological, or physical illness
2. People falling outside the age range
3. People belonging to other genders than males and females.

2.5 Research Design:

The research design used for the purpose of this study is correlation research.

2.6 Tools:

To complete this study, the following tools have been employed on young adults.

- a) **BIG FIVE PERSONALITY INVENTORY** : D. W. Fiske first proposed the theory of the five basic personality traits in 1949, and it was further developed and refined by other researchers such as Norman, Smith, Goldberg, and McCrae & Costa. The Big Five Personality model is a widely accepted framework that categorizes human personality into five broad dimensions: Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. These traits represent fundamental aspects of personality and have been extensively studied across cultures. The model provides insights into individual differences in behavior, psychological functioning, and various life domains. There are 44 questions in the test. As per *Psychological Bulletin* 112, the reliability on average across the five factors, the reliability coefficient is **0.88**, which may be considered **very high**. The validity is the factorial structure of the B5T, an exploratory factor analysis was carried out during the first validation in 2012 (Satow, 2012)
- b) **The Behavioral Anger Response Questionnaire (BARQ)** : BARQ is a tool used to assess how individuals express their anger through observable behaviors. It measures dimensions such as verbal aggression, physical aggression, passive aggression, and anger suppression. The BARQ helps identify maladaptive anger management patterns and informs interventions to promote healthier coping strategies and constructive expressions of anger. It demonstrates the internal consistency of each sub-scale of the BARQC-V was assessed using Cronbach's alpha coefficient. A coefficient greater than 0.7 indicated satisfactory internal reliability. To evaluate the validity of the BARQC-V, its correlation with measures of related constructs was examined using Pearson's correlation coefficient, which assesses concurrent validity.
- c) **The Brief Resilience Coping Scale** : BRCS is a 4-item psychological assessment tool that measures an individual's ability to cope with stress and adversity in a resilient manner. It assesses two main components of resilience coping: perseverance and self-reliance. The scale is designed to measure an individual's tendency to bounce back and adapt positively to challenging situations. The BRCS demonstrates satisfactory internal consistency ($r = .76$) and test-retest reliability ($r = .71$). The scale also exhibits convergent validity, as it shows expected correlations with other measures assessing personal coping resources.

2.7 Procedure:

The process began by defining the objective and hypothesis of the study. A suitable sample was selected, and informed consent was obtained from the participants. Data collection was conducted using Google Forms, utilizing three different scales or tools. Once the data was collected, statistical analysis techniques such as correlation were applied. The results were compiled into tables and understood in a meaningful way. Patterns and trends within the data were analyzed and identified.

2.8 Statistical Analysis:

The statistical tools used for the analysis of the present study are:

1. Mean : used for summarizing the data and understand the value of variables.
2. Standard deviation : it helps in measuring the dispersion of the data and know the high or low variability.
3. Correlation : To assess the relationship, strength and direct between the variables.

3. Results

Statistical analyses conducted were correlation and mean difference.

These are the results of a correlation analysis between several personality traits and coping mechanisms in a sample of 100 participants. The personality traits were measured using a standard questionnaire, and the coping mechanisms were assessed using a different questionnaire.

Table 1 : Showing means and SD (N=100 Males= 50 and Females=50)

<i>Descriptive Statistics</i>			
	Mean	Standard Deviation	N
Extraversion	25.98	6.13	100
Agreeableness	33.67	5.46	100
Conscientiousness	30.20	5.92	100
Neuroticism	25.53	6.69	100
Openness to experience	38.25	3.23	
Direct anger out	10.48	2.46	100
Assertion	13.54	2.94	100
Social support seeking	12.09	2.34	100
Diffusion	24.70	4.57	100
Rumination	8.43	2.32	100
Resilience	14.54	2.66	100

Table 1 summarizes the descriptive statistics for the variables measured in the study, including means and standard deviations. The sample size for the study was 100 participants, with an equal distribution of 50 males and 50 females.

Table 2. Multivariate Correlation analysis showing correlation among personality traits , anger management skills and resilience.*Correlations Statistics for Key Study Variables*

Variables	Direct anger out	assertion	Social support seeking	diffusion	Rumination	Resilience
Extraversion	.019	.108	.168	-.092	-.281**	.371**
Agreeableness	-.249*	.416**	.133	-.014	.080	.069
Conscientiousness	-.249*	.232*	-.094	.050	-.239*	.181
Neuroticism	.383**	-.249*	.123	-.098	.266**	-.216*
Openness to experience	.066	.028	-.008	-.035	.053	.003

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

- The findings indicate that extraversion is negatively correlated with rumination ($r = -.281^{**}$, $p < 0.01$) and positively correlated with resilience ($r = 0.371^{**}$, $p < 0.01$).
- Agreeableness is positively correlated with assertion ($r = 0.416^{**}$, $p < 0.001$), and negatively correlated with direct anger out ($r = -0.241^*$, $p < 0.005$). Conscientiousness is positively correlated with assertion ($r = 0.232^*$, $p < 0.05$) but negatively correlated with direct anger out ($r = -0.249^*$, $p < 0.001$) and rumination ($r = -0.239^*$, $p < 0.01$).
- Neuroticism is positively correlated with direct anger out ($r = 0.383^{**}$, $p < 0.001$) and rumination ($r = 0.266^{**}$, $p < 0.001$), but negatively correlated with assertion ($r = -0.249^*$, $p < 0.001$) and resilience ($r = -0.216^*$, $p < 0.05$).
- Openness to experience, social support seeking, and diffusion did not show significant correlations with the other variables.

4. Discussion

The objective of the study is to study the relationship of various personality traits viz, openness to experience , neuroticism , conscientiousness, agreeableness and extraversion , with anger management skills and resilience within college students.

The hypothesis states that there will be a significant relationship in between personality traits viz, openness to experience , neuroticism , conscientiousness, agreeableness and extraversion , anger management skills with resilience on college students.

Table 2. shows a significant correlation among personality traits, anger management skills and resilience.

- Positive correlations

Extraversion and resilience ($r = 0.371^{**}$, $p < 0.01$) : Extraversion, characterized by sociability, assertiveness, and a preference for external stimulation, has been found to have a positive influence on an individual's resilience. The qualities associated with extraversion contribute to their capacity to overcome adversity and recover from challenges effectively. To support the answer there is a study conducted by Sahi and Raghavi in 2016, the relationship between personality traits and resilience was examined. The findings indicated that there was a noteworthy positive association between resilience and the personality traits of conscientiousness, openness to experience, and extraversion. Conversely, resilience displayed a negative correlation with neuroticism. However, no significant relationship was found between agreeableness and resilience.

Agreeableness and assertion are positively correlated ($r = 0.416^{**}$, $p < 0.001$). Agreeable individuals who are friendly and considerate of others' welfare can also assert themselves confidently. This combination allows them to express their thoughts, needs, and boundaries effectively without resorting to aggression or confrontation. The balance between agreeableness and assertion is beneficial in interpersonal relationships, enabling individuals to maintain healthy boundaries while valuing the well-being and harmony of others.

Conscientiousness and assertion are positively correlated ($r = 0.232^*$, $p < 0.05$). Individuals with higher conscientiousness scores tend to exhibit assertive behavior. Their organized and responsible nature enables them to confidently express thoughts, needs, and boundaries. Conscientious individuals take proactive measures to communicate assertively, establish boundaries, and advocate for their rights and interests. This correlation highlights that conscientiousness is associated with assertiveness, allowing individuals to navigate social interactions effectively and assert their needs and opinions respectfully.

Neuroticism is positively correlated with direct anger out ($r = 0.383^{**}$, $p < 0.001$). Higher levels of neuroticism are associated with a greater tendency to express anger directly and aggressively. Neuroticism, characterized by negative emotions and sensitivity to stress, can lead individuals to react impulsively and exhibit confrontational behavior when experiencing anger. This positive correlation suggests that individuals with elevated neuroticism levels are more likely to engage in direct anger outbursts as a means of expressing their emotions.

Neuroticism is positively correlated with rumination ($r = 0.266^{**}$, $p < 0.001$). Individuals with higher neuroticism scores tend to engage in higher levels of rumination, which involves repetitive thinking about negative thoughts and feelings. This correlation indicates that individuals with heightened emotional instability and a tendency to experience negative emotions are more prone to engage in rumination as a cognitive response to their emotional experiences.

- Negative Correlations

Extraversion is negatively correlated with rumination ($r = -0.281^{**}$, $p < 0.01$). Extraverted individuals, with their preference for social engagement and external stimuli, are less likely to engage in rumination. Their focus on external activities and interactions redirects their attention away from negative thoughts, contributing to their overall well-being and mental resilience.

Agreeableness is negatively correlated with direct anger out ($r = -0.241^*$, $p < 0.005$). Agreeable individuals are less likely to express anger in a direct and aggressive manner. Instead, they tend to employ communication, compromise, and problem-solving strategies to address conflicts in a constructive and respectful way. This characteristic fosters positive social interactions and promotes cooperative relationships. The negative correlation suggests that agreeableness restrains the tendency to engage in direct and aggressive expressions of anger, leading to more harmonious interpersonal dynamics. A research by Meier & Robinson (2004) found low agreeableness linked blame accessibility to anger, while high agreeableness restrained this association. Agreeableness moderates the connection between blame and anger responses.

Conscientiousness is negatively correlated with direct anger out ($r = -0.249^*$, $p < 0.001$). Individuals high in conscientiousness are less likely to engage in direct and aggressive expressions of anger. They prioritize self-control, discipline, and adhering to societal norms, allowing them to manage their anger in a more controlled and constructive manner. This negative correlation suggests that conscientious individuals value self-discipline and choose appropriate responses in conflict situations, leading to healthier interpersonal interactions.

Conscientiousness is negatively correlated with rumination ($r = -0.239^*$, $p < 0.01$). Individuals high in conscientiousness are less prone to engage in prolonged rumination. They actively participate in productive activities, seek solutions, and adopt a forward-looking attitude, reducing the risk of being trapped in negative thought patterns. This negative correlation highlights that conscientious individuals' proactive and goal-oriented nature contributes to improved mental well-being and resilience by avoiding excessive rumination.

Neuroticism is negatively correlated with assertion ($r = -0.249^*$, $p < 0.001$). Higher levels of neuroticism tend to be associated with lower levels of assertiveness. Neuroticism is characterized by emotional instability, anxiety, and a tendency to experience negative emotions more frequently. This can lead to self-doubt, fear of rejection or conflict, and difficulties in expressing needs and opinions assertively. Developing assertiveness skills can be helpful for individuals with higher neuroticism, enabling them to effectively communicate and establish boundaries in interpersonal interactions.

Neuroticism is negatively correlated with resilience ($r = -0.216^*$, $p < 0.05$). Individuals with higher neuroticism tend to have lower levels of resilience. Neuroticism is associated with emotional instability and a tendency to experience negative emotions frequently. This can make it challenging for individuals to effectively cope with adversity and bounce back from difficult situations. Developing resilience involves building social connections, practicing self-care, seeking support, and developing effective coping strategies. To support the study, a research by Liu et al. (2012) examined that positive affect mediates the relationship between neuroticism, resilience, and life satisfaction. Positive affect partially mediates the association between neuroticism and life satisfaction but does not mediate the effect for resilience. By all the above findings, the hypothesis has been approved. There is a significant relationship in personality traits, anger management skills and resilience.

Conclusion:

The study aimed to investigate the impact of personality factors and anger management skills on resilience in young males and females. The hypothesis explored the correlations between these variables and their ability to predict each other. Correlation analysis was conducted to fulfill this objective. The results revealed positive correlations between extraversion and resilience, agreeableness and assertion, conscientiousness and assertion, and neuroticism and direct anger out and rumination. These significant findings highlight the need for further research and exploration in this area to gain deeper insights and uncover additional aspects.

Limitations:

1. The present study had several limitations that should be acknowledged. Firstly, the sample size of 100 participants (50 females and 50 males) was relatively small, which could restrict the generalizability of the findings. Using a larger sample size could lead to a more representative representation of the target population and improve the statistical power of the analysis.
2. The psychometric properties of the three tests used in the study were not robust due to limited information available on their reliability and validity. Thus, there is a need for improvement in the tool selection process.
3. The use of purposive sampling may have introduced biases and limited the diversity of the sample. It is essential to recognize that the findings may not be relevant to populations beyond the specific inclusion and exclusion criteria mentioned in the study.
4. Finally, the study's findings may be limited to the specific context and population under investigation, which consisted of English-speaking adults within a particular age range and socioeconomic background.

Implications:

There are various potential applications of the study that provide a scope of future work, and research.

The study has several implications for future work and research in the field.

1. Due to the lack of previous data in the area of the variables examined, there is a need for further research to fill the gaps in understanding, challenge existing theories, and provide new perspectives. Conducting original research can contribute to redefining or supporting the current findings and identify additional relationships among related variables.
2. The study has practical implications that can be applied in real-world settings. For example, the findings can provide insights and recommendations for clinicians and practitioners, particularly in the field of psychology, by exploring effective therapeutic techniques for specific populations. This can have practical implications for improving anger management skills and resilience.
3. Lastly, the study opens new research avenues and raises important questions for future investigation. It sets the stage for further exploration and inspires future studies that can delve deeper into the relationships between various types of personality traits, anger management skills, and resilience. The study's implications guide and shape the direction of future research endeavors in the field.

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