



# The relationship between personality characteristics, based on the Five Factor Model of personality with mental health of Students of Azad University Chaloos Branch

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## ABSTRACT

This study aimed to investigate the relationship between personality characteristics, based on the Five Factor Model of personality, mental health, Azad University of Chaloos, was performed. The present study, the type of non- experimental or descriptive More specifically, the project was correlation. Population, all students, Azad University, Chaloos, in the academic year 2014/2013, were enrolled, the formed, numbering 2,500, respectively. samples 330 through Morgan was chosen. instrument used in this study, two standardized questionnaire, features five big personality factors McCrae and Costa (1985 ), and health Questionnaire, 28 - GHQ is used. Our results indicate that, between physical symptoms, personality characteristics (extraversion, accountability, consistency and Welcome ), a significant positive correlation, and between social functioning, personality characteristics (extraversion, responsibility flexibility, adaptability and Welcome ), a significant positive correlation, and between anxiety symptoms, personality characteristics (extraversion, accountability, consistency and Welcome ), a negative relationship, and the symptoms of depression, personality characteristics (extraversion, accountability, consistency and Welcome ), a negative relationship, and the personality trait of neuroticism, positive and significant relationship, and the total score of mental health, personality characteristics (extraversion, accountability, consistency and Welcome ) there is a significant positive relationship. The overall results of the study suggest that, with every aspect of the character to behave in certain ways and have certain expectations, abilities and behavioral skills, unique and have different needs, based on the personality pattern, with the needs, expectations, motivations, expectations and specific goals, are.

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## Introduction

Characters can be one of the main issues, and the importance of psychology as a science. Character, one of the most complex issues, and new psychology is, in fact, recently the study of complexity, something interesting and exciting has converted. Character, a complete package or not, we have to maintain the rules and definitions, and then to another address, on the contrary, the study of the character is still evolving ( Karimi, 2004 ). Curiosity human nature, about their behavior, can also be due to the personality of a person. Because another important character study, the practical application of it. Apart from the job and have an activity for others or together with others, we are certainly aware of the human personality which, in our dealing with them, leading to improve the quality of interpersonal relationships, business success, and social factor that has to be. ( Seyed Mohammadi - 2007), in the current era, understanding the characteristics of personality, in many situations in life, may be required. Professors and teachers to understand students need that, their characteristics, are examined, in order to plan and education methods themselves with these characteristics and their needs, to coordinate. Academic counselors and clinical psychologists to assist patrons, and treatment is necessary seekers, their characteristics, are examined. Measure personality traits, and intelligence for many purposes, such as recruitment, selection of students for various academic disciplines - Help - Career and psychological counseling, it is essential. Because the performance of

individuals in business and success in education, and the effectiveness of treatment, and generally consistent in all situations of life or personality traits are related.

Psychology of personality to what is generally true about human beings, human nature, and is interested in individual differences. Although psychologists, similarities exist between people, agree, mostly due to the encapsulation of individual differences, is focused on for example, why some people are successful and some unsuccessful ?, theories of personality, human whole process, and are striving to complex relationships between different aspects of human activity in complex relationships with each other, to examine. Considering the emphasis on individual differences in human integrity, character, how to define ? For the general public, it 's probably a value judgment, is coupled, ie, if someone likes to have a good personality and great for him., But for scholars of psychology, the term character to specify a field of study, is used to., each definition of personality, reflecting the topics that are to be studied, and represents features that are used in studying these issues. ( Javali and Kadivar, 2001).

The purpose of mental health, creating mental health, the prevention of mental illnesses, controlling factors affecting the incidence of mental illness, mental illnesses, early detection, prevention of complications resulting from the return of mental illnesses, and create a healthy environment, to establish a human right. The Mental Health Sciences for Welfare, Social Welfare, and reasonable compromise with the circumstances of life. In

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mental health, what, more than anything, is intended to respect the dignity and human dignity. On this principle, mental health, science, or art knows which helps people who create mental and emotional right way can be the result of adaptation to their environment. And to solve problems, apply appropriate ways ( Milanifar, 1995 ).

Physical and mental health, mind expansion, and finally happiness and relaxation phenomena are associated with the human environment, realizing accept improper functioning of institutions and the economic, social, cultural, health, a community directly associated with physical and mental health of its people, and their health, are endangered ( ahmadvand, 2006.) that people in communities affected by environmental factors such as natural disasters ( floods, earthquakes... ), epidemic diseases, Failures due to the expansion of large cities ( pollution, traffic, noisy environment ), economic injustice, war, social turmoil of a family torn apart by conflicts of inter and intra- cultural group, and issues such as people with physical and mental health would be expected, each of the social and natural phenomena, can live a normal, healthy personality, affect, and it is outside of normal ( Shamloo, 1995 ). General health profile, that is, the ability of the person, faced with the demands of the environment - social, emotional or physical show. ( ahmadvand, 2006). Therefore mental health, not mental illness, the combined, mental health, mental condition of the person before the condition. Given the above, the question is, whether the personality characteristics, based on the five Factor model of personality, mental Health Chaloos Branch, Azad University relationship there?

#### **Research objectives**

The overall objective of this study was to investigate the relationship between personality characteristics, based on the Five Factor Model of personality, mental health, Azad University Chaloos Branch, in the 2014-2013 school year.

#### **Detailed objectives:**

- 1) Determine the relationship between personality traits ( neuroticism), the mental health of students
- 2) determine the relationship between personality traits ( extraversion ), the mental health of students
- 3) determine the relationship between personality traits ( responsibility ), the mental health of students
- 4) determine the relationship between personality traits ( adaptations ), the mental health of students
- 5) determine the relationship between personality traits ( openness ), the mental health of students

#### **Hypotheses:**

- 1) between personality traits ( neuroticism), the level of students' mental health, there is a relationship.
- 2) between personality traits ( extraversion ), the mental health of students, are related..
- 3) between personality traits ( responsibility ), the level of students' mental health, there is a relationship.
- 4) among traits ( adaptation ), the level of students' mental health, there is a relationship.
- 5) between personality traits ( openness ), the level of students' mental health, there is a relationship.

#### **Background Research**

Mahnaz Askarian, in 2009, to examine and compare the characteristics of mental health and personality of students, Islamic Azad University, Ashtian payment. The results showed that only 2 percent of the sample psychotic in its subscales, Hypochondrias hysteria, schizophrenia have shown social deviance, and the Depression and Hipomania, only 1 percent, psychosis show have.

Manoochehri Ardekani, 2009, in a study to examine the personality characteristics and mental health students. The results, in terms of the general health questionnaire, the most common symptoms related to impairment in social functioning, between personality characteristics and mental health, a positive correlation was observed, and the proportion of abnormal scores (GHQ), the more women than men ( $77\% = p$ ) is

Seyed Mohammadian and Mahdi SaffarZadeh (2005 ) meta-analysis of personality characteristics that are associated with mental health, they did. They found that, extraversion and neuroticism, the best predictor of mental health, and Conscientiousness strong positive relationship with mental health is.

Chamorro - Permozik and farnham (2009), in examining the relationship between personality characteristics and academic performance of students in English, two samples showed that the scores obtained, the character who, during the week of the first year, with results the ultimate test of a relationship. Accordingly, it found that personality characteristics, 10 to 27 percent of the variance in academic performance, explains.

Vitrso (2001) examined the relationship between neuroticism and extraversion, mental health payments. The results of this study showed that neuroticism positively associated with life satisfaction and positive affect, negative correlation with negative affect. Extraversion, meaningful relationship with life satisfaction, positive affect, and total score of mental health, but between extraversion and negative affect, there is no relationship. In addition, the effect of neuroticism was controlled, the relationship between extraversion and mental health declined. Regression analysis showed that neuroticism and extraversion, respectively 38 and 32 percent of mental health scores, they predict.

#### **Method:**

Method of study, the type of Non-experimental , or descriptive and accurate, Plan is a correlation. Statistical population in this study, all students, Azad University of Chaloos in the academic year 2014/2013 were enrolled into the formation offers, and of these 2,500 people. statistical sample of 330 individuals was selected by Morgan. Instrument used in this study, a standardized questionnaire was used.

1 - To measure the Big Five personality questionnaire is made. One of these questionnaires by McCrae and Costa (1985 ), who made both the short form and the long form ( 60 and 240 questions). Another test by Goldberg (1996 ), made with a long form ( 100 questions), and the short form ( 50 questions ) is. In this paper, after reviewing alphas both questionnaires (McCrae, Costa, and Goldberg), because the test alphas Goldberg were better, it was used.

Short Form of the Goldberg test consists of 50 questions that 5 Likert scale (strongly agree, agree, no opinion, disagree, totally disagree ), is made. This questionnaire is a report of its kind, the five dimensions of personality (all the 10 questions) measures. Reliability estimates for the scores of factors, not by summing the weighted scores of the scale, between 84 % and 89 % fragmented (Digman and Takai Motochok, 1981). In this case, the victim and colleagues ( on Press ), in Iran on students and teachers, implemented and alphas 0/60, 0/60, 0/70, 0/70, 0/65, respectively, for the factors of extraversion, agreeableness, emotional stability, conscientiousness and flexibility, obtained in the present study, Cronbach's alpha coefficients were calculated, the alpha 0/67, 0/61, 0/76, 0/61, 0/62, respectively, for extraversion, agreeableness, emotional stability, consciousness, and flexibility on the other. Health Questionnaire 28 - GHQ: A Questionnaire ( screening ),

based on self-report methods, in which the clinical series, with the aim of finding people who have a mental disorder, should be used. Mental health questionnaire, the be a set of questionnaires, consider that the lowest levels of the common symptoms of the disease, there is a psychiatric disorder, has been formed, and thus could be a mental illness, as a general class of those who consider themselves to be healthy, to distinguish. therefore, the purpose of this questionnaire is to obtain a specific diagnosis, the hierarchy of mental illness, but its main purpose, to make distinctions between mental illness and health. questionnaire in order to evaluate the validity of mental, according to Goldberg (1979 ), Evaluation of internal consistency, Cronbach's alpha coefficients from the measurements, may be the best approach. Goldberg, a review of studies in this area, and also calculated in two ways retest Cronbach's alpha coefficient, which was carried out, the amount of the credit, the report is acceptable. 's review of Goldberg and Williams ( 1998), the descriptive validity of the questionnaire, 95 % were reported. internal consistency, with Cronbach's alpha, in this study, Chan (1985 ), Viki Yess (1984 ), 93 % have been reported. factor validity of the Persian version of the questionnaire, 28 -point questionnaire with open trial, with an interval of 7 to 10 days, a group of 80 people, to the extent 91 % estimated that the error is a significant thousandth ( Balaheng, 1995 ). Yaghoobi ( 1995), the overall reliability coefficient of the test, the subtests factor of 88 % and 50 % to 81 % have been reported. degree of validity of this method, the internal consistency (Cronbach's alpha ) for the scale of physical symptoms, 85 %, anxiety and insomnia in 78 %, impaired social functioning, 79 %, and depression 91 %, and the total inventory of 85 %, obtained come. Taghavi (2001 ), to determine the validity of this questionnaire, the three retest, split half and internal consistency can be used. Results obtained with the method described for the whole questionnaire, 93 %, and for the subscale somatic symptoms, anxiety and insomnia, social dysfunction and depression failure in, respectively, 86 %, 84 %, 68 %, 77 %, respectively. The results, to assess internal consistency using Cronbach's alpha for the entire questionnaire, 90 %, and for the subscale somatic symptoms, anxiety and insomnia, failure social function, and depression, 76 %, 84 % 61 %, 88%.

### Results:

**Table 1: The statistical indicators, including the five factors of personality and mental health**

Variables	number	mean	standard deviation
Neuroticism	330	25/51	5/02
Extroversion features	330	18/20	5/15
Character responsibility	330	22/22	4/02
Compatibility	330	15/65	6/10
Welcome	330	13/09	6/69
Physical signs	330	5/25	1/49
Mental health anxiety	330	05/11	
1/28			
Social Performance	330	3/52	1/11
Depression	330	6/95	1/58

scores of the five factors of personality and mental health shows.

As Table 2 shows, the physical symptoms, with personality characteristics (extraversion, accountability, consistency and Welcome), a significant positive correlation, and between social functioning, and personality traits (extraversion, accountability, consistency and Welcome), a significant positive correlation, and between anxiety symptoms, personality characteristics (extraversion, accountability, consistency and Welcome), a negative relationship, and the symptoms of depression,

personality characteristics (extraversion, accountability adaptation and Welcome), a negative relationship, and the personality trait of neuroticism, positive and significant relationship, and the total score of mental health, personality characteristics (extraversion, accountability, consistency and Welcome) positive relationship There are significant.

**Table 2: Correlation matrix of scale scores of the five factors of personality and mental health**

oleranc e	adaptab ility	accountabili ty	extraversi on	neuroticis m	Variables
*0/16 *0/21	* 0/21 **0/29 -	*0/26 *0/16-	*0/17 *0/18-	0/08 0/09-	Physical symptoms Anxiety -
**0/39 **0/41	0/41 **0/33-	*0/20 ** *0/19-	**0/43 **0/38-	0/03 *0/16	Social Performan ce Depression -
**0/31	**0/35	*0/21	**0/33	0/11	Overall score Mental Health

\*p<0.05 \*\* p<0.01

### Discussion

The first hypothesis between personality traits (neuroticism), the level of students' mental health, there is a relationship.

As Table 2 shows, the relationship between personality traits (neuroticism), the level of mental health of students, a correlation was observed ( $r = 0.11$ ). Therefore the results of the hypothesis, the results of Mahnaz Askarian, in 2009, Manoochehri Ardekani, 2009, Saiid Mohammadian and Mahdi SaffarZadeh (2005), Vitrs (2001), Chamorro - Permozik and Farnham (2009), was fit and alignment. therefore, students had trait neuroticism, a general tendency to experience negative emotions such as fear, sadness, butterflies, anger, guilt and disgusted.

The second hypothesis between personality traits (extraversion), the level of students' mental health, there is a relationship.

As Table 2 shows, the relationship between personality traits (neuroticism), the mental health of students, there was a significant positive correlation ( $r = 0.33$ ). Therefore, the results of the hypothesis, the results of Mahnaz Askarian, in 2009, Manoochehri Ardekani, 2009, Saiid Mohammadian and Mahdi SaffarZadeh (2005), Vitrs (2001), Chamorro - Permozik and Farnham (2009),, fit and align said., So students, their external characteristics, interests and energy to focus on making the external world. Their sexual arousal and stimulation they like, and tend to be cheerful. Extraversion factor includes attributes such as chat, assertiveness, and activity level, with attributes such as pipe down, tolerance, is you have.

The third hypothesis between personality traits (responsibility), the level of students' mental health, there is a relationship.

As shown in Table 2, between personality traits (neuroticism), the mental health of students, there was a significant positive correlation ( $r = 0.21$ ). Thus the results of the hypothesis, the results of Mahnaz Askarian, in 2009, Manoochehri Ardekani, 2009, Saiid Mohammadian and Mahdi SaffarZadeh (2005), Vitrs (2001), Chamorro - Permozik and Farnham (2009),, fit and align said. Therefore their consciousness, or responsible people strong, ambitious and hard workers. Despite those obstacles, the fix they are in Egypt, and have a tendency to accuracy and completeness. Consciousness, usually with perseverance and physical competence, and are

associated. Those without consciousness, the subtlety required high precision and cleanliness are avoided. This factor includes traits such as organization, accuracy and reliability, with attributes such as carelessness, neglect and lack of confidence. Fourth hypothesis: among traits (adaptation), the level of students' mental health, there is a relationship.

As shown in Table 2, between personality traits (neuroticism), the mental health of students, there was a significant positive correlation ( $r = 0.35$ ). Therefore, the results of the hypothesis, the results Mahnaz Askarian, in 2009, Manoochehri Ardekani, 2009, Saiid Mohammadian and Mahdi SaffarZadeh (2005), Vitro (2001), Chamorro - Permozik and Farnham (2009), was fit and alignment. Thus, elements of flexibility or adaptability of active thought, feeling pretty friendly, and variety seeking, have often played a role in theories of personality measures, but also their integration in a wide range, and form factor of personality is rarely considered. Flexible people, both on the inner world and the outer world is about, are curious, and their lives, empirically rich. This factor includes traits such as imagination, curiosity and creativity, in contrast to attributes such as understanding is shallow and slow. The fifth hypothesis between personality traits (openness), the level of students' mental health, there is a relationship.

As shown in Table 2, between personality traits (neuroticism), the mental health of students, there was a significant positive correlation ( $r = 0.31$ ). Therefore, the results of this hypothesis, the results Mahnaz Askarian, in 2009, Manoochehri Ardekani, 2009, Saiid Mohammadian and Mahdi SaffarZadeh (2005), Vitro (2001), Chamorro - Permozik and Farnham (2009), was fit and alignment. Thus, students with character traits, such as agreeableness, extraversion, agreeableness, following the desires of their interpersonal, pleasant persons, the person tends to feel supported. Pole against complacency, against the bias, these people has no sense and are stubborn. This factor includes traits such as kindness, trust, warm, with traits such as hostility, selfishness, and is mistrusted. Therefore, the concept of personality in psychology, common sense, yet extremely complex and complicated. The use of folk character, as well as a concept, has declined from an individual perspective, the scientific concept that, in general, is disputed. Personality is an abstract concept, that is, such as energy physics, which are not visible, but through a combination of behaviors, thoughts, motivation, emotion can be inferred. Character, who make the whole difference from each other, but this the difference is only in some characteristics, in other words, people in many characteristics, and are similar. Therefore, the character can be, in this sense, that is, how people are different, and the Therefore, how similar are studied. individuals with every aspect of the character to behave in certain ways and have certain expectations, abilities and behavioral skills, unique and have different needs, Based on the pattern of their personality, their own needs, expectations, motivations, expectations and specific goals are. However, depending on the organization's goals, tasks and activities of their needs, expectations and specific expectations, are satisfied, therefore, for any of a variety of different characters, different jobs properly.

#### **Suggestions:**

1 teacher during teaching and learning, the learning situation, students should be designed in a way that fits the personality and characteristics, personality traits, such as the level of their talent, they will lead to better success.

Two educational consultants and trainers, through the implementation of questionnaires and interviews with students, Problems and personality, in every age of adolescence and adulthood, the difficulties to assess and improve these problems, corrective actions necessary to take action, and appropriate behavior with students of their own risk.

3 teachers, professors and families, take note that not all men are created equal, each with unique characteristics, and different characters and have different features, students, or students in the field of intelligence, and the talent was not enough, he must not scorn and blame, but to motivate and propel him toward greater efforts in other fields, and to provide the necessary efforts to overcome these barriers and improve, and to some extent a global level, he will be with other example.

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