

Example of book review on the five factor model of personality

[Health & Medicine](#), [Stress](#)



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The Five -Factor Model of Personality

The five-factor concept of personality is a theoretical framework employed in understanding the general components of human personality. These dimensions of personality are the most important elements in understanding individual interpersonal and social interactions with others. Psychological research on personality has unearthed five broad elements or dimensions of personality, commonly referred to as the Big Five dimensions. These dimensions include emotional stability, conscientiousness, extraversion/introversion, agreeableness, and intellect. Agreeableness on the other hand refers to the personal level of kindness and friendliness. This dimension of personality revolves around sensitivity and interest on how other people feel. Some work occupations such as social work and nurses should be agreeable since they deal with vulnerable people. Finally, emotional stability refers to the individual level of tranquility and calmness. Some individuals are placid, contented, and calm, which makes them more stable while under pressure, emotional robust, and resilient. On the other hand, some people get easily offended, anxious, tense, and moody. Our daily life chores are a major source of stress resulting from disgusting

customers, tight deadlines, demanding bosses, and tough performance standards. People who are not able to handle extreme stress are prone to job dissatisfaction and illnesses such as depression and erratic behaviors.

Personal examples

The five-factor model of personality offers a broad overview of an individual's personality. For example, in my case, I am high in extraversion and intellect. This makes me both sociable and creative. This shows that I am both creative and sociable. I am particularly comfortable around teams and groups and enjoy extensive and intensive interaction with people. In addition to being an outgoing person, I am always open to experiences, which have enhanced my creativity a fabulous deal. The combination of both high intellect and extraversion has made me humorous and me wittier. I am able to get along with teams and groups in new environments such as workplace and class.

Human beings are social animals that easily become excited, and enlivened by social contact. Being outgoing has enabled me to understand some of the concepts learnt through this course. Psychology requires a high level of creativity, and I am able to cope well since I adapt more easily. The major problem with my personality is that I lack concentration while conducting long or routine tasks. This demands me to look for job occupations that have a high level of creativity, as this will make work more appealing. In some instances, I get discouraged when I do not receive attention from the group members. This can easily demoralize an individual when people do not enjoy

their company. Being outgoing also requires some level of high self-esteem in order to convince a crowd.

Reference:

King, L. A. (2010). Experience psychology. New York: McGraw-Hill.