

Psychology big 5 theory



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Psychology- Big 5 Theory Table of Content Content Page No. Introduction 02
Analysis and Interaction Potential02
The Big 5 Theory05
The Big 5 Theory Characteristics in Other Cultures05
Conclusion05

Appendix 06

1. 0Introduction

Psychology is the study of the human mind. The human brain is a mixture of amazement and surprise. It controls our emotions and actions. The brain is divided into three major parts- The cerebrum, the cerebellum, and the brain stem. Cerebrum controls behavior, creative thought, intellect, judgment, coordination of movements and more. Cerebellum controls our balance and posture, and the Brain Stem controls moods, facial contours, physical and sexual maturation, and the spinal chord. All these are part of the Big 5 personality traits summarized as, Neuroticism, Extroversion, Agreeableness, Conscientiousness, and Openness. Each individual is unique in his or her way and reflect any or some of the above traits. This paper seeks to make an analogical study of individuals having similar and conflicting traits.

2. 0Analysis and Interaction Potential

Figure 1 Figure 2 Figure 3

Psychology is an ocean, encompassing many different approaches to the study of mental processes and behavior. In our endeavor to understand human psychology, the 5 traits are assessed to understand the complex human behavior. The above pictures show the cross-section of the brain in different angles and position. What does the Big 5 actually mean

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Neuroticism: relates to the experience in unpleasant emotions such as anxiety, anger, or depression

Extroversion: relates to energy, motion, and the tendency to seek stimulation and the company of others.

Agreeableness: relates to being compassionate and cooperative rather than suspicious and antagonistic towards others

Conscientiousness: Is the tendency to show self-discipline, act dutifully, and aim for achievement, and

Openness: relates to appreciation.

In the context of the question of setting up a dating service with similar and contrasting traits, the results would be as follows:

A) Conscientious + Conscientious: The couples have the same wavelength and are most compatible.

Conscientious + Irresponsible: Though one partner would go out of his/her way to accommodate, it can lead to a better understanding of the other and end up happily.

Irresponsible + Irresponsible: This is a no-win situation wherein, both partners find it difficult to make sense to the other.

B) Stable + Stable: The best possible match. There may not be too much of excitement though.

Stable + Neurotic: A difficult situation. Nonetheless, there is scope for improvement and success.

Neurotic + Neurotic: A definite no.

C) Extrovert + Extrovert: A difficult situation, but both can be adjustable.

Extrovert + Introvert: As they are opposite, there is the chance of them

forming a good team. Introvert + Introvert: A difficult situation to be in.

D) Open + Open: Not a good choice as they find it difficult to experiment and enjoy the other's company.

Open + Closed: The opposites definitely attract.

Closed + Closed: Not advisable.

E) Agreeable + Agreeable: A bored relationship, no doubt.

Agreeable + Hostile: An exciting proposition.

Hostile + Hostile: A shut door case.

" Personality psychology studies enduring psychological patterns of behavior, thought and emotion, commonly called an individual's personality. Theories of personality vary between different psychological schools. Trait theories attempts to break personality down into a number of traits, by use of factor analysis. The number of traits have varied between theories. One of the first, and smallest, models was that of Hans Eysenck, which had three dimensions: extraversion-introversion, neuroticism-emotional stability, and psychoticism".(The Big 5 Personality Traits, Personality, Personality psychology, Wikipidea. com).

3. The Big 5 Theory

The Big 5 refers to the five fairly stable dimensions on which one can make judgments on an individual's personality. A person's ratings on the five factors change with time, with agreeableness and conscientiousness increasing, while extroversion, neuroticism, and openness generally decrease as a person ages.

4. The Big 5 Theory Characteristics in Other Cultures

Individuals outside the Western nations show an influence from both heredity and environment. Sexes also show differences in the Big 5 across cultures,

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with women scoring higher in both the Agreeableness and Neuroticism domains. Births also contribute to personality traits in individuals. Frank J. Sulloway had mounted evidence that birth order is correlated with personality traits: firstborns are statistically more conscientious, more socially dominant, less agreeable, and less open to new ideas compared to those born later (Overview, Scientific Findings, [www. psychcentral. com](http://www.psychcentral.com)).

5. Conclusion

The Big 5 characteristics are perhaps the most obvious traits that we see in each other. As an individual we seek to understand and enjoy the other's company based on these traits. Every individual is different and has different characteristics. However, this does not mean that the other individual does not have the other qualities in him. It's just that the individual has come up with a character that has been dominant and practiced over the years. To change is difficult but not impossible. Thus we see that individuals with same traits are quite adjustable but don't really vibe well. The couple with extreme characters are however likely to make up their differences and vibe well. To promote matching and dating of individuals with unstable and mismatching personality traits would be inviting trouble. Though we have seen that some traits are compatible it is difficult to apprehend the consequence of other matches.

6. Appendix

Figures Courtesy

Figure 1 [www. oecd. org/dataoecd/50/26/15355602. gif](http://www.oecd.org/dataoecd/50/26/15355602.gif)

Figure 2 [www. esa. int/images/brain-400. jpg](http://www.esa.int/images/brain-400.jpg)

Figure 3 [www. alzheimers. org/unraveling/images/12. jpg](http://www.alzheimers.org/unraveling/images/12.jpg)

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