

Personality

Psychology



**ASSIGN
BUSTER**

Many psychologists whom deal with personalities feel that there are five basic dimensions of personality, which most people call the “ Big Five Personality Traits”. These traits are known to be Agreeableness, Conscientiousness, Extraversion, Neuroticism, and Openness. Many times these traits are examined through questionnaires, surveys, and tests to see exactly where a person stands. Agreeableness is a person that’s usually very cooperative, agreeable, and warm (Nelson/Quick). A person who usually scores high within agreeableness has the qualities above and they also show favor for human nature and they get along very well with others.

An agreeable person is great team worker and efficient in keeping peace within the workplace. A person who scores low in agreeableness tends to put their own interests before others, they’re usually very distant, unfriendly, and not willing to cooperate with others (Agreeableness). I feel that a person with this trait will contribute positively by being a mediator because they love to keep peace and be surrounded within it also. Conscientiousness is a person who’s hardworking, organized, and dependable (Nelson/Quick). A person who usually scores high in conscientiousness will have a high level of self-discipline (Conscientiousness).

This person prefers to plan everything rather than to just up and do something spur of the moment. I feel that a person with this trait is always going to be reliable when it comes to working and they’re going to always see to it that the work is done effectively. With this person having the need to plan first they’ll always most likely be very successful within their jobs. This person goes above and beyond the call of duty kind of like a military serviceman. A military serviceman will do their job and then go on to help

someone else that is in need. Extraversion is a person who is very outgoing, sociable, and enthusiastic.

An extravert person is the type of person who loves to be at the center of attention, they're talkative and stand firm in what they believe in, and they also thrive to have everyone around them within their presence (Extraversion). This type of person tends to have a higher salary, receive more promotions, and be more satisfied with their careers (Nelson/Quick). I feel that a person with this trait is the type of person who will always speak first in any type of discussion and will have a strong positive outlook on what is being discussed and have a lot of input.

Neuroticism is a person who has the tendency to experience unpleasant emotions easily such as anger, anxiety, depression, or vulnerability (Neuroticism). A person who scores high in Neuroticism usually feels threatened or is in a bad mood. Emotional stability is defined as having a person who is calm, self-confident, and cool under pressure (Nelson/Quick). This type of person works well under stress when it comes to getting things done within a certain amount of time. They're usually very stable but if something doesn't get done right they start to feel those unpleasant emotions very easily of a Neuroticism person whom is very vulnerable because the task wasn't done right.

Some psychologists prefer to call neuroticism by the term emotional stability to not have one think that it is implying being neurotic. Openness to experience is a person who is creative, curious, and very cultured (Nelson/Quick). This person is usually always open to new experiences in life; they love adventure, and are very creative when it comes to new ideas. This

type of person enjoys trying new things (Openness). A person who is low in openness to experience would rather not try new things; they are close-minded, literal and enjoy having a routine to follow every day.

I feel that this person is one who will thrive in everything that do because if a new idea is brought forward they're not going to be quick to say they don't like it they will surely find a way to make it work. I have talked about the Big Five Personality traits of Agreeableness, Conscientiousness, Extraversion, Emotion Stability or Neuroticism, and Openness to experience and how the people that score high or low within one of these areas are normally known how to carry themselves.