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PERSONALITY TRAITS AND LOVE OF LIFE

A THESIS SUBMITTED IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE DEGREE
OF MASTER OF ARTS TO THE DEPARTMENT OF
PSYCHOLOGY AT HAIGAZIAN UNIVERSITY

BY NICOLAS E. METRI

Beirut, Lebanon
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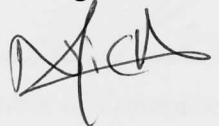
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PERSONALITY TRAITS AND LOVE OF LIFE

NICOLAS E. METRI

Approved by:

Marina Chazedine Ph.D. [Signature]
Name Advisor

Dr. Daoud Tawil [Signature]
Name Member of Committee

Hanine Hart, Ed.D. [Signature]
Name Member of Committee

Date of Thesis Presentation: August 25, 2008

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Abstract

Love of life is a new construct in the well-being domain. Building on previous research on personality and subjective well-being, this study investigated the relationship between extraversion, neuroticism, and love of life. The sample consisted of 180 high school students, aged 15 to 20. Personality traits were assessed using the Eysenck Personality Questionnaire (EPQ) forms A (extraversion) and B (neuroticism) Arabic versions. Results confirmed the hypotheses. There was a significant positive correlation between extraversion and love of life, and a significant negative correlation between neuroticism and love of life. Also, regression analysis yielded only one factor, labeled “positive attitude towards life”, to be a significant predictor of extraversion. These findings suggest that, through a general positive outlook on life, extraverted individuals tend to be more loving of their lives than their neurotic counterparts.

Introduction

“Subjective well-being (SWB) is a field of psychology that attempts to understand people's evaluations of their lives (Diener, Suh, & Oishi, 1997). Subjective well-being (SWB) refers to how people evaluate their lives, both cognitively and affectively, and is a topic that has intrigued researchers working in the positive psychology arena.” Research in subjective well being is ever in need of newer instruments that measure different facets of the cob-webbed well being construct. “Love of life” is a promising new construct related to well being and is assessed using with a reliable measurement tool called the love of life scale (LLS). However, this is a new construct and it hasn't had the chance to be sufficiently tested and validated across different studies, partly the reason behind conducting the present study.

Problem Statement

Research into subjective well being (SWB) comprises a wide array of studies attempting to comprehend people's evaluation of their lives (Diener et al., 1997). Such evaluative research is always in demand of newer instruments measuring diverse courses within the subjective well being construct.

“Love of Life” is proposed and defined by Abdel Khalek (2007) as a “*generally positive attitude towards one's own life, a liking for it, and pleasurable attachment to it*”. Love of life is still a new construct and hasn't been utilized in comparative

personality research in an extensive manner. Hence, individual differences, mainly in personality, haven't been sufficiently linked to varying measures on the love of life scale, the instrument used to measure love of life. Without research establishing a relationship between different personality traits and love of life, this construct may remain useless to applied clinical practice.

In a nutshell, different people have different dominating personality traits. These differences lead people to experience and evaluate similar life events in different ways. Following the same logic, personality traits should lead people to experience love of life in a different way and a different magnitude, because love of life is after all a measurement that stems from people's overall evaluation of their lives and their life experiences. Without studies aiming to uncover and understand the relationship between the aforementioned personality traits and love of life, this promising construct will not be able to offer any more to the personality and well being literature than its definition had intended it to do.

Background of the study

An exclusive focus on pathology once dominated the mental health field for so long it seemed that psychology and other related sciences were only concerned with human misfortune and the ways it can be dealt with. This focus resulted in a model of the human being lacking the positive, empowering features that make life worth living. Since Freud, psychologists have come to understand quite a bit about how people overcome adversities and survive. However, psychologists knew very little about how normal people flourish under more benign conditions.

An opposing current of thought came to believe that psychology should be able to highlight the kinds of families that result in children who prosper, work settings that are most supportive of job satisfaction... etc. In a nutshell, the kind of thought that believed that psychology should be able to understand how people's lives can be worth living, instead or in addition to, how those lives could turn miserable. This school of thought came by the name of positive psychology (Seligman & Csikszentmihalyi, 2000).

Rarely has a development in the field of academic psychology captured such widespread attention as the current developments in positive psychology on the topics of happiness, satisfaction, and well-being. It seems likely that the current political, social, academic, and media interest in happiness has to a large extent been provoked by a surge of research interest in the topic of positive psychology.

The field of positive psychology at the subjective level is about valued subjective experiences, such as contentment, satisfaction and, most notably, subjective well-being (Seligman & Csikszentmihalyi, 2000).

The broad concept of well being branches into several notions such as happiness, positive affect, and life satisfaction. The study of subjective well being covers a wide range of emotions, from agony to ecstasy. It does not concern itself solely with undesirable or negative states such as helplessness, depression, or others. The field of subjective well being includes the negative states that are often assessed and treated by clinical psychologists, but is not limited to the study of these states. The field of subjective well being focuses on longer-term states, not just momentary moods. Although a person's moods are likely to fluctuate with each new event, the SWB researcher is most interested in the person's moods over time. Often, what leads to happiness at the moment may not be the same as what produces long-term SWB. Thus, we are interested in relatively enduring feelings of well-being, not just fleeting emotions. Subjective well being is not sufficient for mental health, although it is necessary. A delusional person might be happy and satisfied with his life, and yet we would not say that he possesses mental health (Diener et al., 1997).

Subjective well being is definitely not a unitary concept, but its components can be scaled down to two: affect (both pleasant and unpleasant), and life satisfaction (Diener & Fujita, 1995). The two major forms of affect, pleasant and unpleasant, appear to be related to the separate personality factors of extraversion and neuroticism, respectively (Diener et al., 1997). For instance, Watson and Clark (1992) found that "negative affect facets load onto the same factor as neuroticism and that positive affect is at the center of the broad trait of extraversion." Tellegen and Waller (1992) had gone as far as to suggest that neuroticism should be relabeled negative affect, whereas extraversion should be relabeled positive affect.

Back to our main point, subjective well being is a field of importance to clinical and counseling psychology, as it has direct implications upon the client's overall satisfaction with his or her life. Empirical activity on well being has been somewhat limited in the counseling and clinical psychology literatures, and is in need of further understanding (Lent, Singley, Sheu, Gainor, Brenner, Treitsman, & Aides, 2005). Again, understanding of well being precursors, conditions, and processes proves quite relevant to applied efforts to promote optimal functioning.

SWB is defined in terms of the internal experience of the respondent. An external frame of reference is not imposed when assessing SWB. This characteristic focus on the respondent's point of view differentiates the field of SWB from traditional clinical psychology. In the latter field weight is given to people's own perceptions of their lives, but oftentimes people are still judged to have a problem even if they themselves do not realize it. In the field of SWB, a person's beliefs about his or her own well-being are of paramount importance (Diener et al, 1997).

The usual method of measuring SWB is through self-report surveys in which the respondent judges and reports his/her life satisfaction, the frequency of his/her pleasant affect, or the frequency of his/her unpleasant emotions. The assumption behind self-reports of SWB is that the respondent is in a privileged position to report his or her experience of well-being. Indeed, only the respondent can experience her or his pleasures and pains, and judge whether her or his life seems worthwhile based on internal experience. Thus, self-report measures seem particularly appropriate in this field (Diener et al., 1997).

An important note here is the fact that there exists several scales for the assessment of the affective components of well being. However, very few attempts have been made to construct psychometrically sound measures of life satisfaction as a cognitive component of subjective well being, much less of other related measures (Diener, 1984).

In this regard, “love of life” is a new construct adding to the existing body of knowledge regarding subjective well being. First proposed in 2007 by Abdel Khalek (Abdel Khalek, 2007), it is defined as a “*Generally positive attitude towards one’s own life, a liking for it, and pleasurable attachment to it*”.

The love of life (LL) construct is measured using an instrument called the Love of Life Scale (LLS), which consists of 16 short statements answered on a 5 point Likert intensity scale as follows: 1, *No*; 2, *Little*; 3, *Moderate*; 4, *Much*; and 5, *Very much*. Total scores range from 16 to 80 with high scores indicating high love of life and low scores denoting a tendency towards hate of life. The scale has high internal consistency ($\alpha = .91$), and temporal reliability of .81 (Abdel Khalek, 2007).

A factor analysis of the total scores on the LLS yielded a general factor of well being onto which the LLS loaded .78, thus proving to be a promising component that expands on the subjective well being field. Factor analysis yielded three high-loaded factors labeled Positive attitude towards life, Happy consequences of love of life, and Meaningfulness of life, with moderate inter-factor correlations (Abdel Khalek, 2007).

The LLS had significant correlations with optimism, self-esteem, hope, life satisfaction, and extraversion. Through multiple regression, Abdel Khalek (2007)

found that the best predictors of love of life were tapped by happiness, optimism, self-esteem, and hope (Abdel Khalek, 2007).

However seemingly interesting, these aforementioned constructs are of no use to psychology unless they were predictable and possibly manipulated in the clinical setting. So what best predicts well being? And does it predict love of life too? Myers and Diener (1995) suggested that subjective well being and its subordinates are weakly related to age, gender, race, or income, which are external characteristics, and in contrast, is positively related to the internal qualities of self-esteem, sense of control, optimism and, most importantly, personality traits. So first, what exactly are personality traits?

The term “personality” refers to “individual differences in the tendency to behave, think, and feel in certain ways” (Diener et al., 1997). These individual differences are likely to play a role in how individuals adapt to life challenges (Kling, Ryff, Love, & Essex, 2003). There are different perspectives to the study of personality in the psychological field, including psychoanalytic/psychodynamic, as well as cognitive/behavioral views. However, the earliest model is the five-factor model of personality. This model categorizes personality into 5 traits: Openness to experience, Conscientiousness, Extraversion/Introversion, Agreeableness, and Neuroticism (OCEAN).

However, the big five model has suffered its criticisms from scholars in the field. There has been vigorous debates regarding the number of dimensions that define personality. In this respect, Eysenck strongly advocated that there are two main personality factors: extraversion and neuroticism (a third factor labeled psychoticism

was introduced later, but is not relevant to our current purposes. The definitions of these dimensions as they are used in this paper owe to Eysenck's original description (Eysenck & Eysenck, 1985).

Extraversion and neuroticism are the two most prevailing traits with the most relevance to research (Saulsman & Page, 2004). Extraversion implies gregariousness, assertiveness, openness, and outside-generated gratification (with introversion implying of course, the opposite). Extraversion is marked by pronounced engagement with the external world. Extraverts enjoy being with people, and are often perceived as full of energy. They tend to be enthusiastic, action-oriented individuals. In groups, they like to talk, assert themselves, and draw attention to themselves and their actions. On the other end of the same continuum, introverts lack the exuberance, energy, and activity levels of extraverts. They tend to be quiet, low-key, deliberate, and less involved in the social world. Their lack of social involvement should not be mistaken for shyness or depression. Introverts simply need less stimulation than extraverts and more time alone.

High neuroticism levels are characteristic of emotionally unstable individuals who have difficulty returning to an even keel after upsetting events. Neurotic individuals tend to be anxious, easily upset, and moody or depressed. They are emotionally reactive and vulnerable to stress. They are more likely to interpret ordinary situations as threatening, and minor frustrations as hopelessly difficult. Their negative emotional reactions tend to persist for unusually long periods of time, which means they are often in a bad mood. These problems in emotional regulation diminish a neurotic's ability to think clearly, make decisions, and cope effectively with stress. At

the other end of the same continuum, individuals low in neuroticism are less easily upset and are less emotionally reactive. They tend to be calm, emotionally stable, and free from persistent negative feelings. This does not mean that low scorers necessarily experience a lot of positive feelings, the frequency of which is a component of the extraversion domain (Steel et al., 2008).

Why is personality important to the study of well-being? Several reviews of the literature have suggested that personality is one of the major influences, if not THE major determinant of subjective well being and its related constructs (Steel et al., 2008). Such research argues that certain personality traits, such as extraversion and neuroticism, “represent enduring dispositions that directly lead to SWB (Subjective Well Being)” (DeNeve & Cooper, 1998). Demographic factors are often only weakly correlated with it. For example, Campbell, Converse, and Rodgers (1976) found that all demographic factors together accounted for less than 20 percent of the variance in SWB. Variables such as education, ethnic status, and age often correlate at very low levels with reports of SWB, so do varying incomes for respondents in the same country, although rich nations do have higher reports of SWB than do poorer ones (Diener et al., 1997). Physical attractiveness among young adults, like wealth, shows a weak covariation with SWB (Diener, Wolsic, & Fujita, 1995). The work of Ormel and Schaufeli (1991) shows that personality is more powerful for predicting psychological distress than are external factors. After all, it is agreed upon that personality leads different individuals to experience the same life events in a more positive or negative fashion. Steel et al. (2008) conducted a meta-analysis that suggested neuroticism, extraversion, agreeableness, and conscientiousness to be

significantly related to all SWB facets. In their meta-analysis, DeNeve et al. (2008) observed: "... personality appears to color how people perceive life events as they take place and returns people to their typical levels of well-being after powerful events have occurred." Diener, Suh, Lucas, & Smith (1999) went as far as to suggest that the bigger portion of stable subjective well being is due to personality. One study indicated that long-term stability of SWB may reflect stable and heritable personality traits, such as Neuroticism and extraversion (Nes, Roysamb, Tambs, Harris, & Reichborn-Kjennerud, 2006).

Importance of the study

Why is research on love of life, well being, and personality important? The answers are many:

First, given the fact that most people in surveys around the world report predominantly positive feelings (Diener & C. Diener, 1996), this means that most people are not depressed most of the time. Therefore, it makes sense to study positive forms of well-being, not just the absence of well-being. When we examine the entire range of well-being, we obtain hints about factors that can increase quality of life.

Second, although many personality predispositions have been related to SWB in Western cultures, most of this work has not yet been replicated across diverse societies. Without such cross-cultural replication, we do not know whether the relations uncovered between personality and SWB are due to environmental rewards or to universal biological systems. An unanswered question for clinical psychologists

is whether teaching people to have the personality characteristics of happy people will increase their SWB (Diener et al., 1997).

Third, in the clinical setting, by directing the focus of therapy on how to manipulate the client's cognitions in a way that most promotes subjective well being, clinical psychology can benefit greatly from findings in this domain. For instance, SWB is higher if a person concentrates on attainable goals, and does not focus attention exclusively on distant, difficult goals (Emmons, 1992). By directing the client's aspirations in a way that emphasizes short-term, attainable goals, the therapeutic outcome can benefit greatly. Also, one can heighten SWB by being optimistic about one's future (Scheier & Carver, 1993). By focusing the client's efforts on being more embracing and optimistic about the future, therapy can take on a radically positive turn.

Love of life may prove to be a useful instrument in determining a client's attitude towards life. Because love of life is a continuum or bipolarity, every person has a position on this continuum (Abdel Khalek, 2007). The high score on the latter pole, that is, hate of life, may lead to self-destructive behavior, such as suicide. Love of life should not be regarded as synonymous to happiness. Abdel Khalek (2007) quotes Veenhoven's (2002) definition of happiness as *the degree to which a person evaluates the overall quality of his present life as-a-whole positively. In other words, how much the person likes he or she leads*. In many respects this definition certainly intersects with love of life, which suggests a consistency among the two. In other respects there is an evident distinction between love of life and happiness. For instance, one could have a positive view towards his or her own life, but not so much

towards life in general. All in all, happiness is definitely related to love of life, and happiness is in itself both the means and the end in therapy. Being happy may aid the therapeutic goals in so many ways. Happy people have healthy views and initiate adaptive behaviors, while unhappy people cope in more destructive manners. For example, happy people have a stronger tendency to regard things from a brighter perspective, pray, seek help from others, and deal with their own problems directly, whereas unhappy individuals tend to blame others and themselves for misfortunes, and avoid working productively on managing their problems (McCrae & Costa, 1986). These assumptions further emphasize the necessity of research into subjective well being, to further understand what factors are most predictive of clients' happiness and, thus, their mental health.

Fourth, the LL concept is worthy of further study in view of the good psychometric properties of the LLS. In addition, the scale is convenient to administer, has been translated to Arabic yielding similar reliability, and the content of the items is attractive.

Fifth, although associations between love of life and individual factors have been reported in the literature, no systematic, empirical assessment of the relationship between LL and basic personality traits has been reported yet.

Sixth, from a joint cultural-demographic standpoint, we still don't know the characteristics of adolescents who are happy. Although this question has led previous research, it has mostly been on adults, and there have been few such studies on adolescents, let alone middle-eastern ones. Studies using non-English speaking samples are also very uncommon, and "research is sorely needed to determine which

personality traits are important for well being in such cultures...” (DeNeve et al., 1998).

Finally, what implications does this research have on the clinical setting? The argument here is that by taking into account the effects that personality has on personal well being or one’s love for his/her life, we could significantly increase societal well-being (Diener, 2000), especially if “desirable” personality traits were malleable during early developmental years (Schoore, 2001). Ultimately, this kind of research will provide us with the satisfying answers to the puzzling fact that some people become hateful of life and stay hateful, while others feel good about their lives and continue to do so.

Definition of Terms

Extraversion: A central aspect of personality. It is “the act, state, or habit of being predominantly concerned with obtaining gratification from what is outside the self” (Merriam-Webster). Extraverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. An extraverted person is likely to enjoy time spent with people and find less reward in time spent alone (Steel et al., 2008).

Introversion: “the state of or tendency toward being wholly or predominantly concerned with and interested in one’s own mental life” (Merriam-Webster).

Introverts tend to be low-key, deliberate, and relatively less engaged in social situations. They often take pleasure in solitary activities. An introverted person is likely to enjoy time spent alone and find less reward in time spent with large groups of people (Steel et al., 2008).

Neuroticism: A central aspect of personality. Neuroticism can be defined as an enduring tendency to experience negative emotional states. Individuals who score high on neuroticism are more likely than their average counterparts to experience negative emotional states such as anxiety, stress, depression, anger, and guilt (Matthews & Deary, 1998). They respond more poorly to environmental stress, and interpret ordinary situations in a negative manner (Steel et al., 2008).

Love of Life: Generally positive attitude towards one's own life, a liking for it, and pleasurable attachment to it (Abdel Khalek, 2007).

Well-Being: the pervasive sense that life has been and is good. It is an ongoing perception that this time in one's life, or even life as a whole, is fulfilling, meaningful, and pleasant (Diener et al., 1999)

Limitations of the study

There were several limitations to this study:

The fact that our sample consisted of high school students aged between 15 and 20, which is a very tight interval for a research sample, did not allow us to readily generalize our results to other age groups.

Also, the community from which our sample was selected is known for its strict social and moral norms and rules. It should be mentioned at this point that, after testing for normality, extraversion scores followed a negatively skewed distribution, with the bulk of the sample scoring high on the extraversion scale. This finding could be due to the society from which our sample was selected, with participants probably answering the questions in a manner that is more “socially acceptable” or “socially fit”.

More so, the questionnaires were all distributed during regular class sessions. Participants may have felt pressured to finish filling the questionnaire as quickly as possible, thus influencing the accuracy of the responses, especially on the last questionnaire, the love of life scale, which may have suffered some polar responses, especially that it’s a Likert type 5-point scale.

Finally, students who participated in this study were seated in close proximity to each other. Therefore, the lack of privacy while filling the questionnaires may have influenced the responses by reinforcing the peer/social element, which may have lead to some uniformity in reporting the answers.

Chapter I

Literature Review

I - Extraversion, Neuroticism, and Love of Life correlates

In the original paper introducing the love of life concept (Abdel Khalek, 2007), love of life correlated well with happiness, optimism, self-esteem, hope, and life satisfaction. Also, the best predictors of love of life were tapped by happiness, optimism, self-esteem, and hope.

When looking at personality traits in relation to love of life, one can clearly see a theoretical preposition in that a positive lookout on life inescapably intersects with basic extraverted characteristics, while a negative life view seems to fit better with neuroticism as a dominant personality trait position. However, we cannot draw empirical inferences that are solely based on this theoretical observation. Instead, we should aim at pointing out where personality traits cross roads with the core concept of love of life. In other words, researchers primarily interested in love of life can take advantage of knowledge that already has been obtained regarding love of life related constructs. On a micro level, this entails examining the relationship between extraversion and neuroticism on one end, and happiness, hope, self-esteem, and life satisfaction on the other end. By such examination, one could draw on logical inferences alone to predict the relationship between personality traits and love of life.

Personality and Subjective Well Being

Firstly, we'll consider the relationship between personality traits and subjective well being. Simply stated, the presence of stable, positive social relationships is a strong predictor of SWB (Argyle, 2000; Neto & Barros, 2007), which in itself suggests a positive relationship between SWB and extraverted personality types. Generally, the common hypotheses in this field of research expect extraversion and sociability to correlate strongly and positively with SWB, while neuroticism, emotional instability and social seclusion correlate strongly and negatively with SWB (DeNeve et al., 1998).

Personality and Life Satisfaction

Secondly, we're going to examine life satisfaction. Whereas personality traits make up for the affective component of SWB, life satisfaction is considered to be the cognitive component (Sousa & Lyubomirsky, 2001). Joseph Singy (1998) suggests that "expectations of what one is capable of accomplishing, what one feels one deserves, one's past circumstances, one's ideals, what one minimally requires to be content... are comparisons that help determine one's overall life satisfaction." As it relates to personality, Sousa et al. (2001) observed: "life satisfaction may have stable trait-like facets (reflecting the effect of a personality predisposition), as well as variable, state-like components (reflecting environment influences). However, it may be impossible to entirely discriminate between these two sets of components, because one's personality may influence one's life events."

Numerous studies have reported that extraversion positively predicts life satisfaction, while neuroticism negatively predicts life satisfaction, with little contravening findings (e.g: DeNeve et. al, 1998, Hills & Argyle, 2001; Pavot, Diener, & Fujita, 1990). These findings are also consistent across cultures (Schimmak, Radhakrishnan, Oishi, Dzokoto, & Ahadi, 2002). Magnus (1993) found in a longitudinal study that personality predicted life satisfaction 4 years after the study. DeNeve et al.'s (1998) meta-analysis found neuroticism and extraversion to be the strongest predictors of life satisfaction at $-.24$ and $.17$, respectively. More weight was given to these correlations in Steel et al.'s (2008) meta-analysis, which found neuroticism to predict life satisfaction at no less than $-.42$, while it found extraversion to positively predict life satisfaction at $.29$. Some research (e.g: Costa & McCrae, 1980; Emmons & Diener, 1985) suggests that extraversion and neuroticism are the most powerful predictors of absolute levels of life satisfaction. Projected over a lifespan, Mroczek and Spiro (2005) found that for extraverts, life satisfaction elevates and stays elevated over time, whereas for neurotic and introverted individuals, life satisfaction may decline and show other kinds of instability. This study basically found that lower extraversion scores predicted more curved life satisfaction trajectories, while high extraversion scores predicted trajectories that were characteristically flatter. Overall, neuroticism predicted life satisfaction trajectories characterized by lower levels of life satisfaction (Mroczek et al., 2005).

Personality and Self-Esteem

Few systematic, empirical assessments of the relationship between global self-esteem and basic personality traits have been reported in the literature (Watson, Suls, & Haig, 2002). However, some inferences have been drawn regarding the relation of esteem to personality traits and have been reported in some research. For instance, in Watson et al.'s (2002) every study, self-esteem was strongly and negatively correlated with neuroticism/negative affectivity, and moderately to strongly correlated with extraversion/positive affectivity. The researchers suggested that "because neuroticism reflects broad individual differences in subjective distress and dissatisfaction, this trait is strongly and negatively correlated with global measures of self-esteem, with coefficients typically exceeding $-.50$." Self-esteem correlated with neuroticism at $-.49$ for self-ratings, and $-.61$ for peer ratings. Self esteem was also moderately related to extraversion at $r = .46$ and $.39$ for self and peer ratings, respectively (Watson et al., 2002). As for other studies, some research has found global self-esteem to be significantly and positively related to extraversion with correlation rates ranging between $.30$ and $.50$ (e.g: Francis, 1996, 1997, 1998; Furr & Funder, 1998).

Personality and Optimism

A scarce array of studies has inspected the relationship between different personality traits and individual characteristics on one end, and optimism/pessimism as a polar continuum on the other end. Correlations usually showed a significant negative relationship between total optimism scores and neuroticism, a positive

relationship between optimism scores and extraversion, as well as significant positive relationship between pessimism total scores and neuroticism (e.g: Christian, Browder, & Bondurant, 2008). In most studies, pessimism was found to correlate positively and significantly with measures of neuroticism/negative affectivity. Optimism on the other hand, was mostly primarily associated with measures of extraversion/positive affectivity (e.g: Marshall, Wortman, Kusulas, Jeffrey, Hervig, Vickers, & Ross, 1992).

Personality and Happiness

Some research (e.g: Kling et al., 2003) has suggested that neuroticism is more predictive of decreases in happiness over time, while extraversion predicted a high life trajectory in happiness. Also from Steel et al.'s previously mentioned meta-analysis, neuroticism was the single most important trait to predict overall happiness at $-.40$ (Steel et al., 2008).

II - Extraversion v.s Love of Life factors

Extraversion and meaning in life

“Meaning in life” is defined as “a sense of one’s life having a purpose or investing time and energy into the attainment of cherished goals” (Ryff & Singer, 1998). Perceiving life to be meaningful is thought to positively relate to well-being (Recker, Peacock, & Wong, 1987; Ryff, 1989). Meaning in life has been found to be an essential part of the common concept of a “good life” (Scollon & King, 2004). In short, the implication of most research is clear that meaning in life contributes to a happier life (King, Hicks, Krull, & Del Gaiso, 2006), and thus is very much related to extraversion.

Extraversion and positive attitude towards life

Extraverts are always hypothesized to have a generally optimistic, excited, and positively fueled attitude towards life. Extraversion predisposes individuals to harvest more positive reinforcements from neutral life circumstances and social activities (Mroczek et al., 2005). Simply put, extraverts rate pleasurable (as well as neutral) situations more favorably than the average folk. This attitude extends beyond social situations to any common life events (Lucas & Diener, 2001).

Extraversion and happy consequences of love of life

Extraverts tend to perceive greater rewards from their intrinsic affinity to positive life experiences (Abdel Khalek & Lester, 2006; Hills & Argyle, 2002). This fact

suggests that happy consequences of love of life could be a determining factor in predicting extraversion.

Hence, since the existing body of literature regards all three love of life factors as equally important in explaining the supposed relationship between extraversion and scores on the love of life scale, an exploratory analysis investigating the respective loadings of the three factors will constitute one of the tasks of this study.

Theoretical Framework

As discussed, extraversion is a personality trait that greatly overlaps with, and reliably predicts different measures related to subjective well being, life satisfaction, happiness, and others. These relationships (between extraversion and SWB measures) can be explained with more than one or two theoretical interpretations. Most theories argue that, whether directly or indirectly, extraversion and neuroticism are **causal** of life satisfaction (e.g: Costa, McCrae, & Zonderman, 1987; Headey & Wearing, 1989; Lykken & Tellegen, 1996; Schimmak et al., 2002). These theories are collectively called “top-down” because they propose certain traits or dispositions to be causal of individual differences in life satisfaction and other well-being variables (Diener, 1984; Mroczek et al., 2005). Simply put, “top-down” theories believe that extraversion predisposes people to experience more positive life events, whereas neuroticism predisposes people to experience more negative life events (Headey et al., 1989; Magnus, Diener, Fujita, & Pavot, 1993).

“Adaptation” theories are part of a larger theoretical framework labeled “context”. Context theories emphasize that the factors that influence SWB are variable across both time and individuals, and that how good or bad life events are considered to be is based on the circumstances in which people live. Adaptation theory proposes that people initially react strongly to new life circumstances, but that with time they adapt to these new occurrences, which in turn serves to level their level of perceived subjective well being. For example, winning the lottery would momentarily boost one’s mood, but with time it will go back to its original baseline. The long-term

baseline of SWB seems to be highly related to temperamental factors, mainly extraversion and neuroticism. Good and bad events cause a positive or negative deflection, respectively, from this baseline. As time passes and depending on the dominant traits an individual possesses, he/she will drift back to his/her original baseline (Diener et al., 1997).

Other theories emphasize the **indirect** path by which personality dispositions predict later outcomes. One such framework proposes that extraverts simply respond more “strongly” to pleasurable stimuli, which on the long run makes them more likely to be satisfied with life in general (Larsen & Rusting, 1997). Even more so, some mood induction studies suggest that extraverts feel happier regardless of whether the stimuli are positive or neutral (Lucas & Bourd, 2004).

From a joint social/behavioral psychology viewpoint, it has been suggested that extraverts experience more rewarding social interactions, which in itself leads to more happiness, while positive rewards encourage the extraverted individual to experience further positive social ventures (Hills, Argyle, & Reeves, 2000; Steel et al., 2008).

Finally, Gray’s (1987) reinforcement theory is very important if one were to understand the interplay between personality traits and satisfaction. Gray suggested two systems called the Behavioral Activation System (BAS), and the Behavioral Inhibition System (BIS). The first is linked to extraversion and regulates approach behavior by signaling the presence of rewards through the promotion of positive affect. The second related to neuroticism and regulates avoidance behavior by signaling the presence of punishment through the promotion of negative affect.

Purpose of the study

The current study aims at testing measures of personality, precisely extraversion and neuroticism, versus measures of love of life as measured by the love of life scale (LLS). Also, the study aims at uncovering which specific factor of love of life best explains the correlations between extraversion and love of life.

Hypotheses

- 1 – There will be a positive correlation between scores on extraversion and scores on the LLS
- 2 – There will be a negative correlation between scores on neuroticism and scores on the LLS.
- 3 – An exploratory regression analysis was conducted to assess the effects of the three love of life factors on extraversion.

Nature of Study

LL: Love of life scores were determined by self-reported ratings of 1 to 5 on 16 short, positively worded statements constituting the Love of Life Scale (LLS) (Abdel Khalek, 2007).

Extraversion/Introversion: Extraversion scores were determined by self-reported answers to 20 positively worded, and 3 negatively worded, yes/no items constituting the Eysenck Extraversion (E) Questionnaire, Arabic version (Eysenck & Eysenck, 1975; Abdel Khalek & Eysenck, 1983). High scores indicated extraverted traits. Low scores indicated introverted traits.

Neuroticism/Emotional stability: Neuroticism scores were determined using self-reported answers to 20 positively phrased yes/no items constituting the Eysenck Neuroticism (N) Scale, Arabic version (Eysenck & Eysenck, 1975; Abdel Khalek & Eysenck, 1983). High scores indicated neurotic traits. Low scores indicated emotionally stable traits.

Descriptive statistics were used to determine total scores, mean scores, and standard deviations.

Correlational analyses were used to examine love of life in relation to both extraversion and neuroticism.

For the third hypothesis, a stepwise regression analysis was conducted to determine which factor was most predictive of extraversion.

Chapter II

Method

Participants

A sample of 180 male ($n = 90$) and female ($n = 90$) Lebanese volunteer high school students from Kobbah Public high school, Tripoli, Lebanon. Their mean age was 17.2. This sample was a convenience one. They voluntarily responded to the scales, anonymously, during regular class sessions.

Instruments

Extraversion: It was assessed using the Eysenck Personality Questionnaire, form A, Arabic version (Abdel Khalek & Eysenck, 1983). The scale consists of 23 true-or-false items. 20 of which are positively stated, and 3 are negatively stated. Scores range between 23 and 46, with no cutoff scores delineating extraversion or introversion.

Neuroticism: It was assessed using the Eysenck Personality Questionnaire, form B, Arabic version (Abdel Khalek & Eysenck, 1983). The scale consists of 20 true-or-false items, all of which are positively stated. Scores range between 20 and 40, with no cutoff scores.

Love of Life: It was measured using the Love of Life Scale (LLS), Arabic version (Abdel Khalek, 2007). It consists of 16 short statements with answers ranging from 1 (No) to 5 (Very Much) on a 5-point Likert-style scale.

Procedure

To distribute the questionnaires, we asked the teachers in session if they wouldn't mind interrupting their regular class for a period of 20 minutes (a small pilot study was conducted beforehand to determine the amount of time needed to comfortably fill out all three questionnaires). After receiving permission from the teacher, the students were asked to fill out all three questionnaires at once, and were assured confidentiality and anonymity. They were told that by filling the questionnaire they were contributing to the successful completion of an MA thesis that was being conducted by a graduate student studying psychology. Participants were assured that no further participation will be asked of them in the near or far future, and that their participation would be limited to anonymously filling out the three questionnaires handed to them.

Further instructions were communicated via the first questionnaire, which read: *"read the following statements. Then decide to what extent each describes your feelings, behavior or opinions. Show how it does or does not apply to you in general by circling the appropriate number after each statement"*. No further instructions were given, but participants were allowed to ask questions in case of confusion with a certain item.

To test for the first hypothesis, a simple correlational analysis was conducted with extraversion scores as the first variable, and love of life as the second variable.

To test for the second hypothesis, another simple correlational analysis was conducted with extraversion as the first variable, and love of life as the second variable.

To test for the third hypothesis, which is exploratory in nature, a linear stepwise regression analysis was conducted with “positive attitude towards life”, “happy consequences of love of life”, and “meaningfulness of life” as the independent variables, and extraversion as the dependent variable. Inferences on the predictive properties of these factors as they relate to extraversion were drawn based on this regression analysis.

	N	Range	Minimum	Maximum	Mean	Std. Dev.
Extraversion	173	12	25	37	30.76	3.39
Extraversion	173	21	29	50	39.35	4.50
Love of life	173	25	22	47	37.04	4.27
Positive attitude	173	25	40	65	57.21	5.42
Meaningfulness	173	15	8	23	14.71	2.84
Happy	173	14	6	20	13.64	2.41

Chapter III

Results

Extraversion scores ranged between 25 and 39, with the mean score being 34.26 and standard deviation of 3.207. Neuroticism scores ranged between 25 and 46, with a mean score of 35.33, and a standard deviation of 4.503. While love of life scores ranged between 25 and 80, and had a mean of 57 and a standard deviation of 12.208. Normality tests showed negatively skewed extraversion scores, while neuroticism scores conveyed a normal distribution. Love of life scores first exhibited a negatively skewed distribution, however, after controlling for univariate outliers, 7 participants were omitted from the final analysis, and love of life scores followed a normal distribution. Descriptive statistics are shown in table 1.

Table 1: Descriptive Statistics

	N	Range	Minimum	Maximum	Mean	Std Dev
Extraversion	173	14	25	39	34.26	3.20
Neuroticism	173	21	25	46	35.33	4.50
Love of Life	173	55	25	80	57.00	12.20
Positive attitude towards life	173	27	13	40	27.21	6.43
Meaningfulness of life	173	14	6	20	14.71	3.84
Happy consequences of LL	173	14	6	20	15.08	3.42

To test for the first hypothesis on the relationship between extraversion and love of life, a one-tailed correlational analysis was conducted with extraversion scores as

the independent variable, and love of life scores as the dependent variable. Consistent with our hypothesis, there was a significant positive relationship between extraversion and love of life with $r = .470$, $p < .01$. (shown in table 2).

Table 2

	LL	Extra	Neuro
LL Pearson correlation	1	.470 (**)	-.370(**)
Sig.(1-tailed)		.000	.000
N	173	173	173
Extra Pearson Correlation	.470(**)	1	-.305(**)
Sig.(1-tailed)	.000		.000
N	173	173	173
Neuro Pearson Correlation	-.370	-.305(**)	1
Sig.(1-tailed)	.000	.000	
N	173	173	173

** Correlation is significant at the 0.01 level (1-tailed).

To test for the second hypothesis on the relationship between neuroticism and love of life, a one-tailed correlational analysis was conducted with neuroticism scores as the independent variable, and love of life as the dependent variable. Consistent with our predictions, we found a significant, negative relationship between neuroticism and love of life. This relationship, however, was less significant than that between extraversion and love of life, with $r = -.370$ and $p < .01$. (see table 2).

To explore which factors of the love of life construct were most predictive of extraversion, extraversion scores were regressed over the three LL factors and the results came as such:

The power of the factor labeled “positive attitude towards life” in predicting extraversion proved to be highly significant with $F = 7.157, p < .001$.

The factor labeled “happy consequences of love of life” did not contribute significantly to the prediction of extraversion scores, with $F = -.118, p = .906$.

Also, the factor labeled “meaningfulness of life” did not seem to contribute significantly to the prediction of extraversion scores, with $F = 1.374, p = .171$ (table 3)

Table 3: Positive attitude towards life

Factor	t	Sig.
Positive attitude towards life	7.157	.000
Meaningfulness of life	1.374	.171
Happy consequences of LL	-.118	.906

Correlational analyses were conducted to determine if there were relationships between extraversion total scores and each of the factorial subscores on the love of life scale, as well as correlational analyses exploring the level to which each factorial subscore correlated with the total score on the love of life scale. Results of these analyses came as follows:

The factor labeled “positive attitude towards life” correlated significantly and positively with extraversion total scores with $r = .480, p < .01$. Also, this factor yielded a correlation coefficient of .941 with total love of life scores.

The factor labeled “happy consequences of love of life” correlated significantly and positively with extraversion total scores, with $r = .480, p < .01$. Also, this factor yielded a correlation coefficient of .864 with total love of life scores.

The factor labeled “meaningfulness of life” correlated significantly and positively with extraversion total scores with $r = .315, p < .01$. Also, this factor yielded a correlation coefficient of .826 with total love of life scores.

For a summary of all correlations that were computed, please refer to table 4.

Table 4

		LL	Neuro	Extra	Positive attitude towards life	Happy consequences of love of life	Meaningfulnes s of life
LL	Pearson	1	-.370(**)	.470(**)	.941(**)	.864(**)	.826(**)
	Correlation						
	Sig. (2-tailed)						
Neuroticism	N	173	173	173	173	173	173
	Pearson						
	Correlation						
Extraversion	Sig. (2-tailed)	.000	.000	.000	.000	.003	.001
	N						
	173						
Positive attitude towards life	Pearson	.470(**)	-.305(**)	1	.480(**)	.408(**)	.315(**)
	Correlation						
	Sig. (2-tailed)						
Happy consequences of love of life	N	173	173	173	173	173	173
	Pearson						
	Correlation						
Meaningfulness of life	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000
	N						
	173						
Neuroticism	Pearson	.941(**)	-.442(**)	.480(**)	1	.716(**)	.669(**)
	Correlation						
	Sig. (2-tailed)						
Extraversion	N	.000	.003	.000	.000	.000	.000
	Pearson						
	Correlation						
Positive attitude towards life	Sig. (2-tailed)	.000	.001	.000	.000	.000	.000
	N						
	173						
Happy consequences of love of life	Pearson	.826(**)	-.240(**)	.315(**)	.669(**)	.612(**)	1
	Correlation						
	Sig. (2-tailed)						
Meaningfulness of life	N	.000	.001	.000	.000	.000	.000
	Pearson						
	Correlation						
Neuroticism	Sig. (2-tailed)	.000	.001	.000	.000	.000	.000
	N						
	173						
Extraversion	Pearson	.826(**)	-.240(**)	.315(**)	.669(**)	.612(**)	1
	Correlation						
	Sig. (2-tailed)						
Positive attitude towards life	N	.000	.001	.000	.000	.000	.000
	Pearson						
	Correlation						
Happy consequences of love of life	Sig. (2-tailed)	.000	.001	.000	.000	.000	.000
	N						
	173						
Meaningfulness of life	Pearson	.826(**)	-.240(**)	.315(**)	.669(**)	.612(**)	1
	Correlation						
	Sig. (2-tailed)						
Neuroticism	N	.000	.001	.000	.000	.000	.000
	Pearson						
	Correlation						
Extraversion	Sig. (2-tailed)	.000	.001	.000	.000	.000	.000
	N						
	173						
Positive attitude towards life	Pearson	.826(**)	-.240(**)	.315(**)	.669(**)	.612(**)	1
	Correlation						
	Sig. (2-tailed)						
Happy consequences of love of life	N	.000	.001	.000	.000	.000	.000
	Pearson						
	Correlation						
Meaningfulness of life	Sig. (2-tailed)	.000	.001	.000	.000	.000	.000
	N						
	173						

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

Chapter IV

Discussion

This study investigated the relationship between a personality traits, namely extraversion and neuroticism, and scores on a newly developed scale named the love of life scale (LLS) (Abdel Khalek, 2007). The study was conducted among a population of high school teenagers of medium to lower income in a community high school in north Lebanon. Past research has suggested a positive relationship between the personality trait of extraversion and different measures of subjective well being, which kind of predicts a similar relationship between extraversion and measures on the love of life scale, thus the first hypothesis of this paper predicting a positive, significant relationship between extraversion and love of life.

On the other hand, previous research has conversely suggested a negative relationship between neuroticism and different measures of subjective well being. Being an additional measure to the well being domain (Abdel Khalek, 2007), love of life is thus supposed to exhibit a similar relationship with neuroticism. The second hypothesis of this paper states that neuroticism and love of life will have a significant, negative relationship.

Most of the research in the well being domain has focused on adults, leaving the adolescence age group under-studied (DeNeve et al., 1998). This study has aimed, therefore, to shed some light on the characteristics of young individuals who are loving of their lives, as the construct of love of life is defined.

The love of life scale is not uni-factorial. It actually consists of three factors labeled “positive attitude towards life”, “happy consequences of love of life”, and “meaningfulness of life”, with moderate inter-factor correlations (Abdel Khalek, 2007). Since there was not enough literature to base any predictions upon, another aim of this study was to explore which factor(s) were most predictive of extraversion.

First, and consistent with previous findings (Abdel Khalek, 2007), love of life correlated positively and highly significantly with extraversion ($r = .470, p < .01$). This relationship is strikingly more evident than the one found in the original paper published by Abdel Khalek, which found a correlation of $r = .36$, with $p < .01$. This finding suggests that extraverted individuals, consistent with their happier and more outgoing outlook on life, are also more likely to be loving of their lives and are more likely to exhibit a pleasurable attachment to it and a liking for it, as the definition of the love of life construct suggests (Abdel Khalek, 2007). It has to be kept in mind though, that this finding mostly applies to the adolescent population, as it was the population under study in this investigation.

Second, and following the logic of previous findings, we found a significant, negative relationship between neuroticism and love of life ($r = -.370, p < .01$). This finding is consistent with the emotionally unstable nature of neurotic individuals (Thurstone, 1934), who have a difficulty adopting a positive outlook on life, and hence are less likely to have a pleasurable attachment to their lives. Also this finding applies to the adolescent population with which this investigation was concerned.

Third, as reported by Abdel Khalek (2007), love of life has moderate inter-factor correlations. This study further validates this finding (please refer to table 4 for a complete list of inter-factor correlations). However, following an exploratory analysis using a simple, stepwise regression, there has been a rather peculiar finding. The analysis came out with only one factor out of three within the love of life scale that was significantly predictive of extraversion scores. This factor is labeled “positive attitude towards life” ($F = 7.157, p < .001$). This finding tentatively suggests that the significant positive relationship between extraversion and love of life may be solely based on a strong, probably conceptual overlap between extraversion as a stable personality trait, and a positive outlook on life. As defined, extraversion greatly overlaps with positive affect, as well as an outgoing, positively driven outlook on life – both of which are characteristics that predispose extraverted people to adopt a positive attitude towards life. What reinforces this supposition even more, is the fact that both other factors within the love of life construct, that is, “happy consequences of love of life” and “meaningfulness of life” are conceptually distinct from personality traits, and more specifically, extraversion. In other words, there is no logical reason to believe that extraverted individuals should perceive life as more meaningful. Similarly, there is no reasonable basis to believe that extraversion predisposes one to perceive and believe in supposed “happy consequences” of love of life.

This reasoning is, however, less than satisfactory. It rests on conceptual prepositions based on abstract definitions of the constructs under study. Nevertheless,

for this investigation, we have to concede to such an analysis for the following reasons:

- 1 – Lack of sufficient background literature to back the current findings; there is little (if any) previous data on the predictive properties of the love of life factors as they relate to personality traits.
- 2 – Lack of elaborate understanding of the different factors within the love of life scale to be able to point out the specific conceptual aspects that may be responsible for the exceptional relationship between extraversion and “positive attitude towards life”.

Henceforth, and until future studies reveal otherwise, it could be assumed that the relationship between the extraversion trait and love of life is for the most part owed to one influential sub-factor within love of life labeled “positive attitude towards life”.

In a nutshell, this study provided the love of life scale with further validation through usage on a new sample, both younger than and culturally different than, the one on which the love of life scale was first introduced. Findings have added to the thin body of literature concerning the love of life construct, relating it to two major dimensions of personality, extraversion and neuroticism. Furthermore, the study attempted to understand the relationship between extraversion and love of life and came out with a peculiar finding that, if validated in future studies, could explain once and for all the medium through which extraverts possess a positive attachment to their lives and a liking for it. Basically, the main factor that makes extraverted individuals love their lives and appreciate its blessings.

Future Studies

Studies investigating the relationship between personality traits and love of life could benefit from using different instruments to measure personality traits. More thorough literature and background reviews could shed the light on facts unknown to the current study concerning the interplay between the different love of life scale factors and personality traits such as extraversion and neuroticism. Such background knowledge could either validate the fact that extraversion relates to love of life almost solely through a positive attitude towards life or dispute it. Little is known in this area, and any new study is an important piece added to the puzzle.

Since the findings of this study cannot be generalized to other age groups, future studies may want to have a sample of a wider age interval to improve the generalizability of the findings.

Other limitations of the current study could be tackled in similar future studies. More space could be given to participants to control for the privacy issue. More time could be given for filling the questionnaires in order to control for pressure and hastiness of the answers. Also, when giving the instructions, more time could be given to *verbally* emphasize that answers should be given based on individual experience and beliefs, and not following a socially fit philosophy.

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APPENDIX A

تعليمات: أجب من فضلك عن كل سؤال من الأسئلة التالية بوضع دائرة حول كلمة "نعم" أو كلمة "لا" التي تلي كل سؤال. ليست هناك إجابات صحيحة وأخرى خاطئة. كما لا توجد بينها اسئلة خادعة، أجب بسرعة ولا تفكر كثيراً حول المعنى الدقيق للسؤال. نرجو أن تتذكر أن تجيب عن كل سؤال.

الجنس: ذكر: ☐ أنثى: ☐

العمر:

1	هل لك هوايات كثيرة ومتنوعة؟	نعم	لا
2	هل أنت ملئ بالحيوية والنشاط؟	نعم	لا
3	هل تستطيع أن تشارك عادة وتستمتع إذا ذهبت إلى حفلة مريحة؟	نعم	لا
4	هل تستمتع بقاء أشخاص لم تكن تعرفهم من قبل؟	نعم	لا
5	هل تميل إلى البقاء بعيداً عن الأضواء في المناسبات الإجتماعية؟	نعم	لا
6	هل تحب الخروج من منزلك كثيراً؟	نعم	لا
7	هل القراءة أحب إليك من مقابلة الناس؟	نعم	لا
8	هل لك أصدقاء كثيرون؟	نعم	لا
9	هل تعتبر نفسك ممن يأخذون الأمور ببساطة ويتقبلون الحياة كما هي؟	نعم	لا
10	هل تقوم أنت عادة بالخطوة الأولى عند تكوين أصدقاء جدد؟	نعم	لا
11	هل تلتزم الصمت غالباً وأنت مع أشخاص آخرين؟	نعم	لا
12	هل يمكنك بسهولة أن تشيع بعض الحيوية على حفلة ممتلئة؟	نعم	لا
13	هل تحب أن تقول نكت وحكايات مسلية لأصدقائك؟	نعم	لا
14	هل تحب الإختلاط بالناس؟	نعم	لا
15	هل لديك في معظم الأحيان إجابة جاهزة عندما يكلمك الآخرون؟	نعم	لا
16	هل تحب أن تعمل الأشياء التي تحتاج الى سرعة في أدائها؟	نعم	لا
17	هل يمكنك أن تحافظ على إستمرار حيوية حفلة؟	نعم	لا
18	هل تحب أن تعاكس (أو تشاكس) الحيوانات أحياناً؟	نعم	لا
19	هل تحب أن تجد الكثير من الصخب (الضجة والحركة) والإثارة من حولك؟	نعم	لا
20	هل يرى الآخرون أنك شخص مليئ بالحيوية والنشاط؟	نعم	لا

APPENDIX B

1	هل ينقلب مزاجك كثيراً؟	نعم	لا
2	هل تشعر أحياناً بالتعاسة بدون سبب؟	نعم	لا
3	هل تقلق في كثير من الأحيان على أمور لم يكن ينبغي أن تفعلها أو تقولها؟	نعم	لا
4	هل أنت شخص سريع الغضب؟	نعم	لا
5	هل تشعر كثيراً بالملل؟	نعم	لا
6	هل يضايقك الشعور بالذنب دائماً؟	نعم	لا
7	هل تعتبر نفسك شخصاً عصبياً؟	نعم	لا
8	هل أنت مهموم باستمرار؟	نعم	لا
9	هل تقلق من أمور فظيعة يحتمل أنت تحدث؟	نعم	لا
10	هل تعتبر نفسك متوتراً أو أعصابك مشدودة؟	نعم	لا
11	هل تشعر بالإشفاق على نفسك من حين إلى آخر؟	نعم	لا
12	هل تشعر بأنك متضايق أحياناً؟	نعم	لا
13	هل تعاني من قلة النوم؟	نعم	لا
14	هل تشعر غالباً بالتعب والإرهاق بدون سبب؟	نعم	لا
15	هل تشعر دائماً بأن الحياة مملة جداً؟	نعم	لا
16	هل تقبل غالباً القيام بأعمال تحتاج إلى وقت أكثر مما لديك؟	نعم	لا
17	هل تقلق كثيراً بسبب مظهرك؟	نعم	لا
18	هل حدث أو تمنيت لو كنت ميتاً؟	نعم	لا
19	هل تقلق لمدة طويلة جداً بعد مرورك بتجربة محرقة؟	نعم	لا
20	هل تعاني من التوتر العصبي؟	نعم	لا
21	هل تشعر غالباً بالوحدة؟	نعم	لا
22	هل يسهل على الناس جرح مشاعرك حين يجدون فيك أو في عملك عيباً أو خطأ؟	نعم	لا
23	هل تكون أحياناً مليئاً بالنشاط وأحياناً أخرى خاملاً جداً؟	نعم	لا

APPENDIX C

LOLS

تعليمات : اقرأ من فضلك كل عبارة مما يلي بعناية ، وقرر إلى أي حد تعد مميزة لمشاعرك وسلوكك وآرائك ، ثم بين مدى انطباقها أو عدم انطباقها عليك ، وذلك بوضع دائرة حول رقم من الأرقام التالية لها .

كثيرا جدا	كثيرا	متوسط	قليلا	لا	العبارات
٥	٤	٣	٢	١	١ . الحياة مليئة بالمتعة والمسرات .
٥	٤	٣	٢	١	٢ . هناك أشياء كثيرة تجعلني أحب الحياة .
٥	٤	٣	٢	١	٣ . حب الحياة يزيد بها جمالا .
٥	٤	٣	٢	١	٤ . تستحق الحياة أن نحبها .
٥	٤	٣	٢	١	٥ . حب الحياة يجعلني سعيدا .
٥	٤	٣	٢	١	٦ . تبدو لي الحياة جميلة ورائعة .
٥	٤	٣	٢	١	٧ . أنظر إلى الحياة من جانبها الجميل .
٥	٤	٣	٢	١	٨ . حب الحياة يمنحني الأمل .
٥	٤	٣	٢	١	٩ . أتمنى أن أعيش سنوات طويلة لأحقق ما أريد .
٥	٤	٣	٢	١	١٠ . حب الحياة يحقق لي السعادة .
٥	٤	٣	٢	١	١١ . الحياة كنز جميل يجب المحافظة عليه .
٥	٤	٣	٢	١	١٢ . الدنيا مليئة بالمعاني الجميلة .
٥	٤	٣	٢	١	١٣ . الحياة نعمة يجب أن نعرف قيمتها .
٥	٤	٣	٢	١	١٤ . أدرك أن لوجودي في هذه الحياة معنى كبير .
٥	٤	٣	٢	١	١٥ . يلزمني شعور رائع بحب الحياة .
٥	٤	٣	٢	١	١٦ . أحب التفاؤل في الحياة .