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Study of the Relationship between Happiness and Dimensions of Psychosis, Neurosis and Personality Extraversion

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Abstract

The common goal of all human happiness and All are trying to achieve it are its people and their evaluation. Cognitive or intellectual dimensions of human personality styles that are associated with happiness some of the cognitive or intellectual style, looking at the bright side of things make up Research shows that happiness positively with extraversion and negatively correlated with OCD and related. And with non-related psychosis. The aim of this study investigated the relationship between the three dimensions of personality is happiness. Method: The study population consisted of university students are Sample is about 150 students in the study is descriptive. Tools: Eysenck Personality Questionnaire (EPQ) with 48 statements by Eysenck and Barrett (1985) is made. This questionnaire contains the following measures extraversion, neuroticism, and psychological dissociation is a lie detector. To measure the happiness of the list of 29 statements by the Oxford Happiness Rgyl and Lu (1989) was created, was used. This list of eight positive factors, social commitment, and positive mood, a feeling of control, physical health, satisfaction and self-consciousness is psychological. Findings and conclusions: The positive and significant relationship between happiness and eccentric personalities revealed. (R = ./47) significance level of P = ./001. Also negative and significant relationship between happiness and suffering was the mental character. (r = -./56). Relationship between happiness and personality psychosis was not significant. (r = ./43 p = ./247). with the results we can say that extraversion is associated with increased happiness and flower inverse relationship with the happiness that these findings are consistent with other research in this field.

1. Introduction

One of the issues taken into considered by psychologists is to explain the relationship between personality traits and happiness. Much research has so far been done concerning happiness and the factors influencing it (Wine Howen, 1997) and psychologists focused their attention on potential sources of positive feelings, including feelings of happiness (Seligman and colleagues, 2000, Kohen and Pressman, 2005). Happiness is a scientific term used for

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evaluating individuals about their lives. People are able to review and assess their lives as a general judgment (such as life satisfaction or feeling of happiness) or to assess specific areas of their lives (such as marriage or work), or their recent emotional feelings of what happened to them (pleasant emotions resulted from positive evaluation of personal experiences and low levels of unpleasant emotions resulted from negative evaluations of personal experiences) (Diener, 2005: 280). Nehon defined happiness as a set of cognitive emotions and evaluations of life and considers it as a degree of individual's quality of life and generally evaluates it positively (Rojas, 2007:2). Happiness is one of the fundamental concepts and components in people's lives, especially students and in many disciplines, including psychology, it is tried to understand it and that how it can facilitate people's lives (Alipour, 2010). Happiness is a relatively new discipline in psychological studies (Montinz, 2004).

Montier maintains that one of the personality traits of happy people is that they have high self-esteem and like themselves. These people focus their attention to ethics and behave rationally. Secondly, happy people feel more personal control within themselves, those who think about their abilities in doing things in order to cope with their distress and disabilities about stress. Thirdly, happy people are optimistic. These ones are more successful, healthy and happy than the pessimistic ones. Fourthly, happy people are extrovert and are capable of communicating and cooperating with others. Happy people, in comparison with unhappy ones, have feelings of happiness whether alone or in the presence of others (Karami Nouri and colleagues, 2002). Much research has been conducted on various aspects of happiness in the past decade (Eysenck, 1990, Argyle, 1987).

Myers (1992) much attempted in recent years to explain the causes and outcomes of happiness or mental well-being (Cheng, Furnham, 2005). Although most of these studies have been focused on demographic factors and other economical-social variables, happiness is considered as the result of people's personality traits in present studies. There are extensive research literature about the relationship between personality traits and happiness (Argyle, 2001). The first study performed in the field of personality traits and happiness indicates that happiness is related to high levels of extroversion and low levels of neuroticism. The studies performed after this research (1990 ،Brewin, Lu,1991،Brebner ،Donaldson ،Kirby ،Ward،1997 .Noor.1995،Francis ،Katz ،Yalbon،.2004 Robbins ،Chan ، Joseph,2000 ،Hill.2001) are also compatible with this research. Two studies performed in Iran (Garousi Farshy, Mani and Bakhshipour, 2006; Moradi, Jafari and Abedi, 2006) are also indicate that there is a positive relationship between happiness and extraversion and a there is a negative relationship between happiness and neuroticism. In an study conducted by Garousi Farshi and colleagues (2006) concerning people's personality traits, it has been found that although there is a correlation among neuroticism, extroversion, agreement, deontology and happiness, based on the results of regression analysis of five-factor personality traits, only two dimensions of extroversion and neuroticism are able to predict happiness and openness to experience has no relationship with happiness. Extroversion is the orientation of a person's energy and attentions to external world (Francis, 1999). One of the characteristics of happy people is that they are extrovert and sociable which after optimism, is considered as the most significant of their features. Optimism, which includes features as sociability, stimulation, domination and high activity, have a significant correlation with experiencing positive emotions such as happiness and love. Also, Farenham and Cheng (1997) showed that happiness scores is compatible with extroversion, agreement, deontology and neuroticism; however the stepwise regression analysis showed that only three factors namely neuroticism (negatively), extroversion and agreement are able to predict happiness, which account for 43% of happiness variance on the whole. In other words, the extroverts who have high emotional stability and agreement have potential to be happy. This study hereby aims to explore the relationship between happiness, dimensions of psychosis, neurosis and personality extroversion.

2. Methodology

Statistical Community, Sample and Sampling Method

The statistical community of this study includes students of Shahed University of Tehran which 150 students were selected as a sample among different academic disciplines with random sampling method and then were subject to test.

Tool

Oxford Happiness Test

This scale was provided by Argile and Lou (1990) which consists of 29 articles and its reliability and validity has been explored in various studies. For example, Argile and Lou (1990) calculated the reliability coefficient of this questionnaire using Cronbach's alpha as equivalent to 90%. Also, Alipour and Nourbala (2008) obtained its reliability coefficient using Cronbach's alpha on 132 Iranian subjects as 93%. The validity of this questionnaire has been reported appropriate in various studies (Helzigou Argile, 2001 and Founham and Cheng, 1999). Francis (1998) reported the correlation of this questionnaire 52% and Bayani (2006) 56% between the results of this questionnaire and Beck's Depression Inventory.

Eyzenk's Personality Questionnaire (EPQ-RS); Eyzenk and Eyzenk, 1985)

It is a self-evaluation questionnaire comprised of 48 questions used for assessing three personality dimensions namely neuroticism, emotional stability (accepting emotion), extroversion (extroversion/introversion) and psychosis-oriented personality in the individuals ranged in 16-70 years old. The above-mentioned questionnaire also includes a lie detector scale which assesses the tendency to look good. EPQ-RS includes 12 questions. The reliability coefficient of this questionnaire has been reported 62% for men and 61% for women for scale P, 84% for men and 0% for women for scale E, 84% for men and 80% for women for scale N and 77% for men and 73% for women for scale L. correlation of EPO-RS scales with long form (EPQ-R) is satisfactory and four-factor structure have had also the best processing (Alouja, Garcia and Garcia, 2003; Alkesopous and Kalaitzedis, 2004).

3. Tables

Table 1:Simple correlation coefficient between personality traits and happiness among students

Variable	Total student		Boy student		Girl student	
	r	p≤	r	p≤	r	p≤
Neurosis and happiness	-./56	0/001	-./49	0/001	./41	0/001
Psychosis and happiness	./43	./247	./21	./319	./30	./276
Extraversion and happiness	./47	0/001	./48	0/001	./59	0/001

The results of simple correlation (two-variables) between personality traits and happiness for the entire students indicate that there is a significant correlation between neuroticism and happiness (r=0.56); furthermore, there is a positive and significant correlation between extroversion and happiness (r=47) and there is no correlation between psychosis personality traits and happiness (r=0.43).

Table 2:Summary of regression model, variance analysis and regression statistical parameters for all students:

Variable		SS	df	MS	F P	R R2 P
Extraversion on happiness	Regression	127/802	6	63/901	3/834 ≤0/001	./239 ./57 ≤0/001
	Residual	2116/768	127	16/667		
	Total	2244/531	129			
Extraversion Neurosis on happiness	Regression	224/273	6	37/379	2/276 ≤0/001	./316 ./63 ≤0/001
	Residual	2020/257	127	16/425		
	Total	2244/531	129		2/248 ≤0/001	
Extraversion Neurosis Psychosis on happiness	Regression	376/139	6	62/690		./314 ./099 ≤0/001
	Residual	3430/138	127	27/887		
	Total	3806/277	129			

According to stepwise multiple regression analysis, extroversion variable in step one, extroversion and neuroticism in step two and extroversion, neuroticism and psychosis in step three have been entered the equation which have a significant relationship with happiness. Also, all the regression coefficients are significant in the ≤0/001 level and multiple regression coefficient of predictor variables with happiness is R=0.314 in that it can be said that it explains 0.096% of happiness variance using extroversion, neuroticism and psychosis variables.

4. Conclusion

The results of the present study showed that there is a positive and significant relationship between extroversion and happiness; in other words, by increasing the amount of extroversion, happiness will also be increased. The results of this part of study is compatible with other studies (Kousta and McCarry, 1980; Berbner and Martine, 1995; Forenham & Cheng, 1997; Hiyez & Joseph, 2000; Hilez & Argile, 2001; Cheng and Forenham, 2003; Garousi Farshi and Colleagues 2006). Also, there is a negative and significant relationship was seen between neuroticism and happiness (Kousta and McCarry, 1980; Berbner and Martine, 1995; Denou and Kouper, 1998; Garousi Farshi and colleagues, 2006). Foujita, Dainer and Sandewik (1991) assessed the correlation between extroversion and experiencing positive emotions 80% and found that neuroticism and experiencing negative emotions are nearly indistinguishable. All psychological studies conducted in this field prove existing a positive relationship between extroversion and happiness (Aragile, 2003). The results of longitudinal study performed by Kasta, McCra and Nouris showed that extroversion is the best predictor of happiness and introversion is the best predictor of negative emotions and unhappiness. The results of five studies performed by Aragile and Lou (1990,1991), Donaldson, Breani and Ward (1995) and Francis, Browen, Lester and Philip Chelck (1998) have shown that happiness is positively correlated with extroversion and negatively correlated with neuroticism and is not correlated with psychosis. This finding is consistent with the definition of happiness made by Ayzenk (1998) who maintains that happiness is something named extroversion with stability (Francis, 1999). Having various studies, Deniw and Kouper (1998) and Aragile, Martine and Lou (1995) reported that extroversion and happiness are correlated with each other in 22% and 45%, respectively. According to the results taken into considered concerning personality

traits and happiness and according to the fundamental definitions and concepts underlying happiness, it has been found that happy people eschewed from negative emotions, including depression and anxiety and are seeking for gaining positive and sincere relations with others (Argile, Martine and Lou, 1995). The extroverts have more emotional stability and feelings of happiness. Diner, Sandewik, Powet and Foujita (1992) made some assumptions in explaining the relationship between extroversion and happiness: according to the first assumption, the extroverts spend more time with others and being with others is more exhilarating for them than just being alone (Deiner, Larson and Emanner, 1984). It is indicated in the second hypothesis that the extroverts experience more positive emotions due to having more active rewarding system. Therefore, their happiness is not related to being more social. According to the third assumption, people in advanced societies are compelled to spend more time in the community. Hence, the person-situation interaction is led to more happiness for the extroverts, while it is not the case for the introverts. It is also indicated in the fourth hypothesis that the extroverts experience more positive emotions than the introverts. In addition, taking into considered this point that anxiety and depression are the characteristics of neurosis factors, people are inclined for experiencing negative occurrences and sociality is one of the features of extroversion factor which cause people to be inclined to experience positive events. It seemingly can be justified that happiness has a negative relationship with neurosis personality traits and has a positive relationship with extroversion. In contrast, personality traits play much role in explaining the happiness variance. These studies indicate that in order for increasing people's happiness, their inner resources, including their personality traits must be focused on, not on external features such as the amount of income. Therefore, it is recommended that further research be carried out in this regard in order to explore more precisely the relationship between happiness and subscales of each personality factors.

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