

Big 5 Personality and Aggression in Young Adults and Middle Adults

Ms. Vanshika Upadhyay

Neuropsychologist

ABSTRACT

The purpose of the study is to discover the relationship between big 5 personality traits and aggression, as well as their impact on young and middle-aged people, specifically those aged 20 to 50. There were 50 young adults aged 20 to 34 years, and 50 middle-aged adults aged 35 to 50 years. There were more males than females in young adults. Over the last ten years, several research have been conducted employing the big five traits and aggression. As a result, there is a substantial variation in aggressiveness ratings across both age groups, and there is a correlation between big 5 personality traits and aggression. The finding suggested that young adults have higher level of aggression compared to middle adults and all Null Hypothesis was rejected, that mean that there is a significant difference in aggression of the age group and there is a correlation between each big 5 trait and aggression due to internal and external factors.

Keywords: Personality traits, Big5, Young adults, Middle age, Aggression

Introduction

In recent years, research has demonstrated that personality traits such as those identified in the five-component model have positive consequences when it comes to violence. D. W. Fiske proposed this hypothesis in 1949, but it has since been expanded upon by other academics, including Norman (1967), Smith (1967), Goldberg (1981), and McCrae & Costa (1987). The big five personality traits identify five key personality traits: extraversion (sometimes known as extroversion), agreeableness, openness, conscientiousness, and neuroticism. Aggression as behavior that is intended to harm another individual who does not wish to be harmed (Baron & Richardson, 1994). Aggression is a dangerous range of behavior that may cause both physical and psychological harm, and everyone has some amount of aggression. The five-factor theory was developed to identify the key features that serve as the foundation of personality. This study is divided into three age groups and will compare all personality Extraversion (also known as Extroversion), Agreeableness, Openness, Conscientiousness, and Neuroticism are the five major personality qualities identified by the Big Five. Aggression is described as activity that is meant to produce harm that the individuals do not like to experience (Baron & Richardson, 1994). This can range from verbal harassment and public condemnation to violent or murderous attacks. Everyone possesses some measure of hostility. The Five Factor Theory was developed to identify the many characteristics contained in each person's personality. There are two age groups in this study: young adults aged 20 to 34, and middle-aged adults aged 35 to 50.

Long have researchers assumed that there are five basic personality qualities. This point of view is backed by information gathered throughout time, beginning with study undertaken by David Fiske in 1949 and later documented by other researchers such as Norman (1967), Smith (1967), Goldberg (1981), and

McCrae & Costa (1987). When describing distinct aspects of a person's constitution, the big five personality traits constitute wide categories that frequently result in debate regarding which phrase to employ. For example, one individual may be classified as extroverted, but another may be classified as an extreme introvert. However, because these qualities often fall on a continuum between two extremes, it is not required for someone to identify with a certain aspect of their personality in order to qualify as possessing one more of the five basic types. There five personality traits are according to the following:

Openness:

This attribute comprises abilities such as ingenuity and comprehension. People that score high on this trait have a wide range of interests. They are curious about the world and other people, and they are eager to learn and experience new things.

People who score high on openness tend to be more daring and inventive, whereas those who score low on this feature tend to be more traditional or rigid, as well as having problems with critical thinking. Openness is the universe of individuals who want to learn more new things, which may lead to a diverse range of interests and hobbies, as well as more daring or dangerous decisions. One of the most obvious characteristics of this feature is creativity, which can lead to a higher level of comfort with abstract thinking.

People that score high on openness are the ones who order unusual items from the menu, are always open to trying new and different things, are always going to new places, and are highly adventurous. I also have a lot of interests and hobbies that I can't let go of. Those that score very low tend to have a more traditional and conventional attitude to life and may struggle with problem solving outside their field of competence.

Conscientiousness:

People that score well in the Conscientiousness domain have a high degree of critical thinking, strong impulse control, and are goal-oriented; they always plan ahead of time, take calculated risks, consider how their actions will affect others, and always work within deadlines. This personality trait describes persons who are planners, impulse controllers, and goal-oriented.

The methodical and disciplined approach to life has gained favor among those who work in research and high-level finance, where attention to detail and organization are needed talents. A conscientious person will regularly prepare for the future and strive toward it in the present, as well as analyze how their actions influence others. People who work in the Project management HR department of a high-level corporation are surrounded by fantastic conscientious people who work in their team to assist balance the structure of their aim and overall organizational growth and structure.

Extraversion

Extroverts are persons that have a high level of emotional expressiveness, such as being highly vivacious, sociable, chatty, and so on. These individuals are highly extroverted and succeed in social situations, which means they feel more enthusiastic and invigorated when they are surrounded by people. Others who score low in the introversion range are known as introverts; they are more reserved and have a drain of energy around people or in social situations; these situations might fatigue them, and they prefer time alone and in silence.

This personality domain is experienced by many people at some point in their lives when they are stimulated in the company of others, and the combination of features in this trait will make a person readily

identifiable throughout many years of social engagement.

Many of us are familiar with people in our lives and have had the experience that one friend who is not very sociable loners and another who enjoys being the center of attention, meeting new people, socializing with others around them will have this huge circle of friends or acquaintances over the course of their lifetime. The social loners, or introverts, prefer seclusion and use less energy with others; they dislike small conversation and dislike being the focus of attention. People in this domain work in high-level positions such as sales, marketing, education, and politics. Extroverted persons like to be seen as leaders rather than followers.

Agreeableness

Agreeableness is a personality dimension that defines a person as being particularly trustworthy, sympathetic, kind, warm, affectionate, and engaging in other prosocial activities. People who score high in this feature are cooperative and kind, whereas those who score low are more competitive and occasionally manipulative. People who score high are unselfish, trustworthy, and warm. Sharing, comfort, and cooperation skills contribute to exceptionally pleasant personality types. Even if the term isn't totally correct, exhibiting empathy for others is a prevalent feature among agreeable individuals. On the other hand, disagreeableness manifests itself in socially undesirable behavior features. Manipulation and hostility against others, as well as a lack of empathy and sympathy, are prevalent characteristics among them.

People who are agreeable prefer to work in fields where they can make the biggest difference. Charity workers, medical professionals, mental health professionals, and even people who volunteer in charity kitchens and devote time to the third sector (social studies) rank well on the agreeableness scale.

Neuroticism

Neuroticism is a personality trait marked by sorrow, mood swings, and emotional fragility, and persons with a high degree of this attribute are more likely to exhibit these qualities. Those with a low degree of this attribute are more emotionally stable and resilient. These neurotic qualities are frequently shown physically and emotionally in response to everyday stress and perceived threats. This is occasionally misinterpreted as antisocial conduct or, worse, a psychiatric disorder. People who are neurotic are prone to mood swings, anxiety, and irritability. Some persons who go through big personality changes on a daily basis are more likely to be neurotic and to respond negatively to high levels of stress in their personal and professional lives. This group overthinks a lot, and anxiety, a crucial component of neuroticism, is concerned with a person's capacity to cope with stress or perceived or actual risk. People with strong neuroticism find it difficult to relax in their own company because they overthink everything. Those who score lower on the Big 5 neuroticism scale are more emotionally stable and strong in the face of stress or stressful events in any life situation. Low neurotic people seldom feel sad or melancholy, preferring to focus on the now rather than mentally calculating the potential of a stressful event occurring. The big five personalities and their traits have been carefully investigated from the standpoint of nature and nurture throughout their age and development to understand how these attributes affect or influence a person's action and character. Personality qualities fluctuate as we age, for example, we may become less extraverted, neurotic, or receptive to new experiences, yet agreeableness and conscientiousness may increase and change depending on the scenario, age, or wellness, and many external factors may affect and have a large impact on it. From a better understanding, the youngster who tended to be extremely

outgoing, vivacious, and sociable was bullied, causing him to gradually lose his extraversion and become reserved; in this circumstance, trauma causes the individual to change and become something different. As a result, numerous additional elements can be influenced and the feature altered.

Aggression:

Aggression refers to a wide spectrum of actions that can cause bodily and psychological harm to oneself, people, objects, or the surrounding environment. In an aggressive emotional state, the individual is driven by the desire to do physical or psychological harm. While we all experience anger from time to time, when it becomes pervasive, it can be an indication of an underlying mental health condition caused by a drug use disorder or another medical concern. Because aggressive behaviour is intended to harm someone who does not wish to be hurt, it must include action that is insufficient, and accidentally harming someone does not qualify.

Aggressive conduct is a possibility. Anger is a mood, but aggression is an action. While anger is commonly used to drive outbursts or the desire for retribution, it is not necessarily hazardous. Anger may be beneficial when expressed constructively.

Striking, kicking, or stabbing another person are examples of physical acts. Property damage is one example of physical aggression. Mocking, mongering, and shouting sarcasm are all examples of verbal abuse. Relational with the intent of severing another person's relationships.

Spreading rumors and talking falsehoods about others is an example of aggressive behavior. Passive aggressive actions include ignoring those who are at odds with you and offering them backhanded compliments. Passive hostile behavior is frequently meant to allow someone to be harmed rather than actively committing harm. While we often refer to aggressive behavior as physical, psychological hostility may be just as harmful. Intimidating or severely berating another person can result in hostile verbal, mental, and emotional behavior. Cyberbullying is a type of non-physical animosity that may be emotionally damaging. Irrational aggression, also known as emotional fury or affective rage, originates as a result of the current circumstances, yet it may appear uncontrollable and may appear out of nowhere. When they go to the toilet, you go over to get the book and press the power button on their computer, causing them to lose their work. Because the present makes you uncomfortable, you return it with an apology, stating that you are unable to accept it. They respond by stomping on it and flinging it to the ground. Impulsive aggressiveness, also known as affective or reactive violence, is characterized by intense emotions. Rage-fueled impulsive aggression stimulates the brain's acute danger response system, which comprises the amygdala, hypothalamus, and periaqueductal grey. This type of aggressiveness is unplanned and typically occurs in the heat of the moment. When another automobile cuts you off in traffic and you start ranting and berating the other driver, you are displaying impulsive hostility. Aggression by Instrument: This sort of aggression, known as cognitive aggression, involves deliberate preparation and intent to fulfil a certain objective or goal. Aggression frequently includes physical or verbal violence, but it can also include compulsion or manipulation: Bodily aggressiveness covers any act that causes physical harm, such as striking, kicking, punching, slapping, or slapping. This excludes unintentional injury, such as stomping on your dog's tail in the dark or knocking your friend off the porch when roughhousing. You may notice aggressive behavior when: you are impatient, furious, bored, or restless things do not go your way you want to exact revenge on someone who has mistreated you, believe someone has treated you unfairly your emotions are out of control a situation feels overpowering or unpleasant. Instrumental aggression, often known as predatory aggression, is defined by behaviors undertaken to attain a larger

goal. Instrumental animosity is frequently well-planned and used to achieve a goal. Harming another person during a theft is one example of this type of aggression. The aggressor's goal is to make money, and causing harm to others is a means to that end. We don't know what causes excessive or inappropriate aggression. Several factors, including as biology, environment, and psychological history, are most likely at work. The following are some of the reasons of aggression: Biological Factors: Genetic and hormonal factors can influence aggression. Certain hormone imbalances, such as testosterone and cortisol, as well as neurotransmitter abnormalities, such as serotonin and dopamine, may contribute to aggressive behaviors. Aggression can be caused or exacerbated by the following brain chemicals and biological components: Brain development that is abnormal as a result of high stress from childhood traumas or a brain injury or two. Increased amygdala activity (the region of the brain that alerts you to negative emotions) mixed with reduced prefrontal cortex activity (the area of the brain that regulates impulses) can result in explosive rage flares.

Certain genetic mutations, such as monoamine oxidase A, have been linked to the disease. Aggression can be triggered by neurotransmitters such as serotonin, dopamine, and gamma-aminobutyric acid (GABA). Increased testosterone levels can cause animosity in any gender. Prescription medications and other substances, such as alcohol, can have harmful side effects. Medications and substances that cause brain changes can occasionally cause violent behaviors. These anomalies can be caused by a variety of sources, including hereditary or environmental effects. Physical anomalies in the amygdala area of the brain, which is connected to emotion management, can also cause behavioral changes, as can other alterations inside the brain, such as inflammation or vascular issues, which impair cognitive performance over time. When you examine closely, all of this might contribute to aggressiveness-related behavioral problems; however, it is not just physical limitations that may cause this type of aggression; there are many other outside elements as well. Psychological factors: Events in your daily life and surroundings might impact your aggressive behavior. When you are overwhelmed, nervous, or feel out of control, you may respond violently, which is quite normal. However, if you've struggled to manage your emotions properly from childhood, you may be more prone to become angry following an argument or feeling threatened. Aggression can be caused by a variety of factors. It might occur if you have encountered abuse or neglect from family members, bullies at school, unkind instructors and classmates, or unfair treatment in other situations such as job or relationships. Aggression has been linked to several mental health disorders, including attention deficit hyperactivity disorder (ADHD), Bipolar Disorder, Borderline Personality Disorder (BPD), Narcissism, and Post-Traumatic Stress Disorder (PTSD), and it can also be caused by other medical issues such as Epilepsy, Dementia, Psychosis, and substance use disorders. A detailed examination of hostility reveals that it may have a number of negative consequences in our lives. According to study, there is a link between wrath and chronic inflammation, which might lead to secondary health issues such as heart disease. Anger and hostility are frequently associated with other mental health disorders. However, it is unclear if they are triggered by uncontrolled anger or if the condition itself makes it difficult for people to regulate extreme sentiments such as fury and violence. Aggression from someone you care about, such as an ex-lover, friend, or family member, may be as damaging. Victims of physical or psychological abuse interpret their experience to be harmful, even though their perpetrator sees nothing wrong with what they did. If aggression is not addressed early on, it might begin to damage other aspects of life. It may exacerbate the aggressor's emotions of isolation and anxiety, leading to an upsurge in aggression. The amygdala, hypothalamus, and periaqueductal grey (all of which play a role in sensing acute threat) are all implicated in aggressiveness, whereas the prefrontal cortex (a decision-making region)

chooses whether or not someone acts on these feelings. This pattern can be influenced by brain lesions (owing to neurological illness), medications/chemicals that modify brain function (leading in aggressive behaviors), and so on. Strokes and brain injuries, for example, can produce aggressive behavior in adolescents and teenagers. Anger and irritability are frequent symptoms of depression in children. This mentality may be visible in their day-to-day attitude, but it may also manifest as hostility toward others. Therapy will depend on the underlying causes of aggressiveness, while a therapist may always assist identify triggers or situations that lead to violent outbursts. Aggressive conduct is a difficult idea to grasp. There appears to be an overall pattern that includes both risk factors that initiate and expand violent inclinations and events that motivate hostile conduct in people. Specific situations can cause aggressiveness, and it appears that this is true for all age groups. When someone intrudes on their personal space or their physical abilities deteriorate considerably, they may feel enraged and lash out at others. While these are only two examples of how aggressive behaviors can manifest, effective strategies must be put in place to reduce the risks associated with them while also reducing the likelihood that they will occur again. This is critical because aggressive behaviors pose significant dangers to not only an individual but also society itself.

Review of literature

When there is a significant amount of stress, verbal interactions between intimate partners are more likely to occur. We examined how anger mediated the link between stress and aggressiveness, as well as how much coping moderated this correlation, to study this. Individual or dyadic coping that is ineffective increases the influence of stress on violence. Furthermore, dyadic coping may weaken relationships between all three variables, so that whether rage or verbal aggression is low or high, they will always have an influence on one another. Individuals with adaptive and maladaptive coping strategies varied in aggression only when stress levels were low - not when stress levels were high. This research implies that stressors such as stress might heighten the intensity of emotions, such as strong positive ones like love, displayed in married partnerships. The significance of these findings for therapies aimed at reducing the negative effects of stress on romantic relationships are examined further below. (Bodenmann, G., Meuwly, N., Bradbury, T. N., Gmelch, S., & Ledermann, T).

Although personality has been proven to be associated with unfavorable interpersonal relationships, few research have looked into how it predicts intimate partner violence. Using data from 179 men and 301 women, this study explores if there are links between the Five Factor Model of Personality and several sorts of abusive conduct toward partners, such as psychological abuse, physical abuse, or sexual abuse. And this analysis focuses on each of the following dimensions: neuroticism, extraversion, openness, agreeableness, and conscientiousness. We discovered that all five of these dimensions were associated with some form of IPA, particularly for women, who are much more susceptible to neuroticism and agreeableness, which correlated most strongly with all forms of IPV except sexual victimization, which was related primarily to conscientiousness. (Hines & Saudino, n.d.)

The study looked at how a person's opinions about others affected their conduct, especially if those attitudes had negative consequences. An equal number of 347 Greeks were shown to have increased levels of hostility under particular settings, revealing various links between specific personality types and the sorts or forms of relational violence they engaged in. Previous investigations utilizing self-reports from participants participated in this experiment resulted in the development of two separate measures for identifying these personalities - big five scales. It has been discovered that as the hostility of others

increases, aggressive behavior is also directed at them. but it is inherently aggressive as one is more involved in anger than the other. It seemed to make a difference depending on whether it was present or reactive. t seems to have nothing to do with it, and I believe this property affected some aspects, but not others. (Relational Aggression, Big Five and Hostile Attribution Bias in Adolescents - ScienceDirect, 2017)

The study's goal was to examine if there is a link between an individual's personality qualities and degree of aggressiveness in the general population, mostly using teens from Joo Pessoa, Brazil. There were 218 participants (107 high school students and 111 undergraduates) who were researched using personal evaluations via questionnaires provided to gauge personalities. The main findings indicated that neurotic tendencies directly lead to more physical aggression, whereas extroversion directly leads to verbal aggression but indirectly leads to more physical violence when accompanied by anger management issues; and agreeableness correlated negatively to both types of aggression. It is proposed by several studies cited at the conclusion that further study is needed to better understand these relationships so that they might be used correctly and successfully in society today. (CAVALCANTI & PIMENTEL, 2016)

The goal of this study was to explore how different degrees of aggressiveness related to different personality qualities in male college students. This study looked at personality qualities including openness, conscientiousness, extraversion, agreeableness, and neuroticism. The researchers discovered that high-aggressive individuals reported higher degrees of openness than low-aggressive participants, as well as higher levels of conscientiousness than those who displayed little or no aggression. Furthermore, those who shown less aggressiveness were more extroverted than those who displayed severe hostility. However, the most remarkable conclusion was an inverse association between pleasant conduct in men and the presence of any evidence of violent behavior: Participants with high degrees of agreeable inclinations had considerably lower levels of physical aggressiveness. (Sunil Eknath, & Sunil Eknath, 2019)

The purpose of this experiment was to discover if there were any relationships between personality qualities and the capacity to exercise self-control. There were 63 women among the 130 persons. They collected data on their general behavior, such as impulsiveness. They then went through an experiment in which they conversed with another participant who returned their gaze after they had written anything down. If they became enraged during the conversation, they might take it out on the individual when everyone left, which several did. During this experiment, EEGs were used to assess brain activity. It discovered that anger is associated with left prefrontal regions as opposed to right prefrontal regions; and that violence is associated with anger and lack of conscientiousness - where impulsive behavior is relatively high among those lacking conscientiousness as opposed to those who are high in it. (Do Big Five Personality Traits Associated with Self-Control Influence the Regulation of Anger and Aggression?) Many unfavorable results are related with displaced aggressive behavior. Despite the fact that some personality qualities predict displaced aggressive behavior, the distinctively longitudinal influence of indigenous interpersonal traits on misplaced aggression is overlooked. We investigated the connection between an indigenously Chinese interpersonal attribute (interpersonal openness), hostile attribution bias, and self-reported misplaced aggressiveness. After adjusting for the Big Five personality characteristics, a cross-lagged model revealed that interpersonal openness predicted later hostile attribution biases. (Shu et al., 2021)

The effectiveness of personality factors in predicting aggressive driving behavior was examined in this study of 100 young Romanian volunteers. They passed the Psychological Vienna Examination System

and the Active Driving Behavior (AVIS) test of the International Personality Item Pool (IPIP). Poor emotional stability is the only predictor of aggressive driving behavior, according to previous research results. Adjusted the effects of age and gender. Abduction showed increased enjoyment of violence, openness to the expected denial of road traffic, and low pleasure as a preference for expected violence. Poor integrity was associated with a high level of anger while driving. (Aniței, M. I. H. A. I., Chraif, M. I. H. A. E. L. A., Burtaverde, V., & Mihaila, T. (2014)

Researchers investigated whether personality variables drawn from the Big Five personality model may be used to predict academic achievement. Researchers discovered that honesty had a beneficial influence on a person's achievement in a research-oriented course, as predicted. Letter grades and objective test results had a favorable association, but not creativity or critical thinking skills. Openness to new experiences predicted achievement in both good and bad ways. Despite a negative link with letter performance, open-minded people outperformed their counterparts when taking memorizing or early completion assessments for project work. Finally, using rating questions to determine what defines creativity did not connect with academic achievement ratings based on those scores. (Personality and Performance in "Personality": Conscientiousness and Openness – ScienceDirect)

Aggression is regularly more predictive of 8th grade academic success in the southern United States than personality qualities such as mood and friendliness. These teenagers were given questionnaires that assessed ten distinct personality qualities, including aggressiveness in particular. Although empathy has been proven to correlate considerably with accomplishment, it was only after lengthy investigation that a modest link between desire to collaborate and intelligence / performance alone was discovered. It may now be detected using an improved regression model that investigates variable multicollinearity. Not to mention the advantages of narcissism over individual characteristics like charity and ambition. (Juan J. Barthelemy. (n.d.). Aggression and the Big Five Personality Factors of Grades and Attendance.).

Job stresses have long been identified as a forerunner in workplace aggression research, but not on the mechanism by which employee reactions to stressful work demands rise from relatively modest encounters to more aggressive conduct. Is not widely known. The purpose of this study is to investigate how employee views of role stress influence aggressive behavior via altering rude perceptions, and if these downstream effects are affected by personality factors. increase. When people felt neglected, they were more inclined to react favorably, according to the findings. Taylor, Shannon G., Kluemper, Donald H. (2012, July)

College students were invited to investigate how various components of their personalities influence the aggressive nature of their interactions. Previous study has found that emotional stability and integrity are inversely connected to relationship aggressiveness. Abduction has a positive link with relational aggressiveness, which implies it might cause an individual to act more aggressively than they would otherwise. Furthermore, those who have high degrees of social anxiety are more aggressive in their relationships than those who do not have these symptoms. (Deason, D.L., Dahlen, E.R., Madson, M.B., & Bullock-Yowell, E. (2019)

In a non-clinical sample of 235 Greek teenagers, this study found that social cognitive processes (dominance of social goals, popularity, intimacy) and emotions (jealousy of friendship) were personality traits. These personality traits of individuals who also found to be more likely to share common energy/abduction, coordination, integrity, and openness. However, in the same sample attitude envy related positively with energy/abduction and attenuated the effects of neuroticism / emotional instability on RAGG and negative relationship dominance between popularity and RAGG has been positive. The results confirm previous studies examine human relationships in addition to practical applications and

offer an opportunity for future research. (Understanding the Association between Big Five and Relational Aggression: The Mediating Role of Social Goals and Friendship Jealousy - ScienceDirect, 2020)

The relationship between the Big Five personality traits and violent behavior has been extensively studied. However, no studies have been conducted to determine whether relationships are direct or indirect through violent attitudes and offensive emotions. These effects were investigated using data from two large samples using different Big5 measures. Overall, the results showed that the path from the nature of Big 5 to aggressive behavior depends on both the type of aggressive behavior and the characteristics of the Big 5 investigated. For example, openness and coordination were directly and indirectly associated with physical aggression, but only indirectly (through an aggressive attitude) with violent behavior. rice field. Similarly, neuroticism was directly and indirectly associated with physical aggression (through aggressive emotions), but not with violent behavior. Future work and theoretical implications are presented. (Christopher P. Barlett; Craig A. Anderson 2012. (n.d.)).

In order to identify potential risk factors for mental health issues among Chinese medical students, a questionnaire was given to 2057 medical students from Chongqing Medical and Pharmaceutical College in China. Specifically, a higher financial load, study-induced stress, poor sleep quality, living arrangements, strain with family or friends were linked to higher levels of desperation or anxiety among the students surveyed. In light of these findings, giving educational counseling as well as psychological assistance is highly recommended because it will help to prevent the development of future psychiatric problems which may arise down the road due to stress factors such as these. (Shao et al., 2020)

The fear of missing FOMO, an exciting event, has received a lot of attention in recent years, but its correlation with age, gender, and personality has not been studied much. The purpose of this effort was to look at these links. In 2018, 3370 German participants completed a 10-part FoMO scale and a 45-part German Big Five inventory. The results showed that there was no gender difference in the FOMO experience. Younger people had higher FOMO scores. At the domain level, neurotic domains, their facets, and items were strongly positively correlated with FoMO, while extroversion, openness to experience, coordination, and integrity were negatively correlated with FoMO. Correlation is small). Conscientiousness, such as neuroticism, showed a lasting negative (albeit minor) association with FoMO at domain, facet, and elemental level data. (Individual Differences in Fear of Missing Out (FoMO): Age, Gender, and the Big Five Personality Trait Domains, Facets, and Items - ScienceDirect, 2020)

It has been suggested that the Big Five personality traits influence violent behavior. However, research has not yet determined whether these relationships were caused by direct or indirect factors such as aggressive attitudes and emotions. To answer this question, we use different techniques to evaluate the characteristics of the Big Five and analyze data from two separate studies looking for relationships with different types of aggression (e.g., verbal and physical). Did. The results showed that there were differences in the relationship between each trait and aggression, depending on the method in which they were measured: with respect to violence, neuroticism was indirectly associated (feelings of anger). Through), there was no direct relationship, but openness is both types of relationships-but only for violence.

The goal of this study is to establish whether there is a direct or indirect association between the Big Five personality characteristics and violent conduct. This was accomplished by performing previously unreported research of violence against others and comparing the results to those of other studies looking into different sorts of violence. According to research, there are several paths to violence, each of which derives from a different aspect of human nature. Openness and coordination, for example, have been

demonstrated to relate directly to physical aggressiveness and to be indirectly connected by aggressive attitudes. Neuroticism, on the other hand, has been demonstrated to both directly and indirectly lead to physical aggressiveness and violent conduct.

There is no question that there is a link between the Big Five Personality Traits and aggressiveness. Though this association might be either direct or indirect, no research has been conducted to identify how it works. To test this, two separate studies were conducted, each using a different technique of evaluating the Big Five Personality Traits; one research utilized the NEO PI-R, while the other used the ASI - BPI-II. The findings were intriguing, with certain attributes showing mixed relationships with different forms of hostility (physical for instance). For example, openness and agreeableness associated positively and negatively with physical aggression via their impact on anger, whereas neuroticism interacted entirely negatively with these behaviors but did not correlate at all with violent behavior. Based on these findings, it is feasible that some sorts of psychological treatments, when dealing with problem behavior, would need to focus on specific features rather than broad generic methods.

Methodology

Objective: Study the Relationship Between the Big Five Personality Traits and Aggression, Including the Impact on Different Age Groups.

Research Hypothesis:

H0: There is no significant difference between young adults and middle-aged adults on aggression

There is no correlation between any Big 5 personality traits (OCEAN) and aggression:

- There is no correlation between Openness and Aggression.
- There is no correlation between Conscientiousness and Aggression.
- There is no correlation between Agreeableness and Aggression.
- There is no correlation between neuroticism and Aggression.
- There is no correlation between Extraversion and Aggression.

Participants

The current study's data was gathered from a sample of 100 individuals (N=100) which included Young Adults (20-35 years old) and Middle-Aged Adults (36-50 years old). The sample in this study consisted of 50 individuals from each category, i.e., 50 individuals of the young adult's category and 50 individuals of the middle-aged adult's category (N= 50 + 50 =100) for each group. The sampling that was used for this research was Convenience Sampling. The current study was carried out in accordance with the ethical criteria for human participant research specified in the ICRM guidelines.

Sample Characteristics

Inclusion Criteria: -

- Age between 20- 50 years.
- Male and Female.
- Minimum qualification: 10+2

Exclusion Criteria: -

- Known and documented psychiatric disorders.

- Self-reported Neurological medication and somatoform problems.
- Anyone below 18 or above 50 years of age.

Design of the Study:

A Cross Sectional design was utilized to measure significant difference among the different age groups in the above variables. The present study is a quantitative study aimed at finding the association between Big 5 personality and aggression in young adults and middle adults. Quantitative research is an inquiry into a social problem, explaining phenomena by gathering numerical data that are analyzed using mathematically based methods e.g., in particular statistics (Aliaga& Gunderson, 2002). This particular research design was considered to be most appropriate because it quantitatively addressed the identified research questions. Quantitative research is objective, standardized and reduces biases. The results can also be generalized to the population.

Tools To Be Used: Prior permission will be sought from the scales' primary author, or existing permission will be used as provided by the writers on their website. As the official website of the Big 5 Inventory Scales has granted permission for all non-commercial purposes (permission is granted for academic purposes), a photocopy of that authorization will be provided in the appendix.

Big 5 inventory scale (BFI): In 1998, Oliver John from Berkeley Personality Lab and Verónica Benet-Martínez, psychology professor at University of California at Davis, created the 44-item “Big Five Inventory” (BFI). Extraversion, conscientiousness, neuroticism, and openness to experience were the four criteria. All of the extracted components had reliability coefficients greater than 0.7. As a result, the Big Five Inventory's validated metrics were rated consistent and trustworthy throughout the research. This inventory is a self-report scale used to measure an individual personality trait. It is a 44-item inventory that measures 5 factors characteristic traits. In this inventory, a person has to score from 1 (strongly disagree) to 5 (strongly agree). The Scoring Key for the Big 5 Inventory Score instructions are as follows: Reverse score key things that are bold, italics, and underlined (e.g., E). Change 1 to 5, 2 to 4, 4 to 2, and 5 to 1 to reverse score an item. Find the total score for E after reverse scoring. The Scoring Key for the Big 5 Inventory Score instructions are as follows: Reverse score key things that are bold, italics, and underlined (e.g., E). Change 1 to 5, 2 to 4, 4 to 2, and 5 to 1 to reverse score an item. Find the total score for E after reverse scoring. Age range 20-60. (Robinson, C. (n.d.). Berkeley Personality Lab. Berkeley Personality Lab; www.ocf.berkeley.edu from <https://www.ocf.berkeley.edu/~johnlab/index.htm>)

Buss Perry aggression questionnaire: Arnold H. Buss and Mark Perry, professors at the University of Texas at Austin, created the Buss–Perry Aggression Questionnaire (also known as the Aggression Questionnaire and also referred to as the AGQ or AQ) in a 1992 publication for the Journal of Personality and Social Psychology. The Buss Perry Aggressiveness Questionnaire is a 29-item scale used to examine male and female individuals' physical aggression, verbal aggression, rage, and hostility. Range from 1 (extremely uncharacteristic of me) to 5 (extremely characteristic of me). The two questions marked with an asterisk are scored in reverse order. Physical Aggression (PA), Verbal Aggression (VA), Anger (A), and Hostility (H) are the four variables that make up the Aggression scale (H). Aggression's total score is the sum of the component scores. Age range 9-88. (AH Buss & MP Perry. The Aggression Questionnaire. 63 J Pers Soc Psychol 452-459. 1992.)

Procedure

For collection of the data, the participants were given the survey questions in an offline modality with the

help of google form so that data can directly get stored in excel sheet. After informing the participants about the purpose of the study, informed consent was taken. They were assured that the information they provide will be kept confidential and used only for research purpose. First, the consent form was given so that the participant could read and sign it following which the demographic details form was provided. Then the participants were provided the Big 5 inventory scale and Buss-perry Aggression questionnaire, in the same order. Data collection for each participant lasted about 10 minutes. The filled questionnaires were then collected and the relationship between the independent and the dependent variables were later analyzed.

Ethical Considerations:

Ethical considerations for the study were as follows:

- Informed consent was taken from the participants.
- Confidentiality of the data was maintained.
- Participants of the study were given right to withdraw at any point of time in the research.
- Participants were informed about their right to ask questions and receive answer.
- Results were reported accurately.

Result and interpretation

Table: 4.1
Distribution of sample based on demographics

Variables		N	Percent
Gender	Male	56 (100)	56%
	Female	44 (100)	44%
Age	20-34	50	50%
	35-50	50	50%

Table 4.2: Age groups in aggression

Group Statistics					
Aggressio n Scores	AGE GROUPS	N	Mean	Std. Deviation	Std. Error Mean
	Middle Adults	50	83.5600	18.41379	2.60410
	Young Adults	50	92.0400	23.44247	3.31527

Table 4.3:

Independent Sample T-test.

To find a significant difference in young and middle adults in aggression:

As p-value is 0.1 which is greater than 0.05 that mean Null Hypothesis is Rejected.

That mean there is a significant different in aggression of young adults and middle adult.

Aggression Score	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Equal variances assumed	2.669	.106	-2.012	98	.047	-8.48000	4.21573	-16.84597	.11403
Equal variances not assumed			-2.012	92.794	.047	-8.48000	4.21573	-16.85184	.10816

Table 4.4:

Correlation: Big 5 personality trait and aggression: Extraversion.

There is a strong correlation between extraversion and aggression as the P-Value is 0.429

Sr no.	VARIABLES	Sig. (2-tailed)	Pearson Correlation	p-value
1]	EXTRAVERSION	0.00	1	.429
2]	AGGRESSION	0.00	1	.429

Table 4.5: Agreeableness:

There is a negative correlation between Agreeableness and aggression as the p-value is -.021

Sr no.	VARIABLES	Sig. (2-tailed)	Pearson Correlation	p-value
1]	AGREEABLENESS	.838	1	-.021
2]	AGGRESSION	.838	1	-.021

Table 4.6: Conscientiousness:

There is a moderate correlation between conscientiousness and aggression as the p-value is 0.245

Sr no.	VARIABLES	Sig. (2-tailed)	Pearson Correlation	p-value
1]	CONSCIENTIOUSNESS	.014	1	.245
2]	AGGRESSION	.014	1	.245

Table 4.7: Neuroticism:

There is a strong correlation between Neuroticism and aggression as p-value is 0.293

Sr no.	VARIABLES	Sig. (2-tailed)	Pearson Correlation	p-value
1]	NEUROTICISM	.003	1	.293
2]	AGGRESSION	.003	1	.293

Table 4.8: Openness:

There is a moderate correlation between openness and aggression as the p-value is 0.224

Sr no.	VARIABLES	Sig. (2-tailed)	Pearson Correlation	p-value
1]	OPENNESS	.025	1	.224
2]	AGGRESSION	.025	1	.224

Discussion

The goal of this study is to find the relationship between the big five personality traits and how they affect adults aged 20 to 50. The data was collected offline using a Google form so that it could be stored in Excel. All of the subjects were working or students who could understand English adequately. The average age range used in the data was persons between the ages of 32 and 34. The majority of them were males, with 56 males and 44 females. My all-Null hypothesis was rejected when the data was obtained. Because the study is cross-sectional in design, the interpretation has been done in such method and form in order to provide the proper interpretation as recommended in the hypothesis. The tools used were the Big 5 personality inventory and the Buss- Perry aggression scale. Each tool has domains, such as in the Big 5 inventory, which has 44 items divided into five domains of extraversion, agreeableness, Conscientiousness, Neuroticism, and openness, and in the aggression scale, which has 29 items and four domains such as physical aggression, verbal aggression, hostility, and Anger, though these domains were not part of the objective, so the standard total score of all together was, The data was transmitted to the Spss IBM tool, which was used to compute statistics for the null hypothesis analysis. As The finding suggest the aggression is high in young adults which is 92.04 and 83.5 in middle adults and previous literature and researches has supported that as the person grow older the level of aggression and personality changes due life experiences and the external or internal factors.

T-tests were used to determine significant differences, Pearson correlations were used to determine correlations, and descriptive analysis was used to determine demographic data such as age and gender. Due to a shortage of time, data collection was restricted to just 100 persons, data filtration was performed in accordance with the data's exclusive and inclusive criteria.

First, contrary to what the theory stated, there is no substantial difference in Aggression between middle and young adults, according to the findings, there is a substantial difference between young and middle adult in aggression so a Null hypothesis is rejected. The other null hypothesis is that there is no correlation between the big five personality traits and aggressiveness in persons aged 20 to 50, with the following findings indicated for each personality trait: The first personality characteristic is extraversion, which has a p-value of 0.429 in table no. 4.6, indicating that the extraversion trait of the Big 5 personality has a high link with a Pearson correlation of 1. As shown in table no. 4.7, the p-value for agreeableness is -0.021, indicating a negative association, i.e., as agreeableness increases, aggressiveness decreases and vice versa (aggression increases the agreeableness decreases). Which was backed by earlier study and literature. As you can see in table no. 4.8, the p-value 0.245 indicates a moderate correlation between conscientiousness and aggression, as previous studies and has focused on neuroticism, extraversion compared to conscientiousness when it comes to aggression because people with duty fulfilment personalities tend to follow particular ethics which can lead to passive aggression cause work and duty leads to stress, stress leads to aggression. And this might be the reason of the moderate correlation or due to pandemic there were lot of changes happen which can also lead to this result. In Neuroticism, the p-value is 0.293, indicating a strong correlation between neuroticism and aggression. Previous literature has shown that

people with high neuroticism tend to be aggressive, and people with this trait tend to overthink, worry, and be tired a lot, so the correlation satisfy the finding, rejecting the null hypothesis. The p-value for openness is 0.224, indicating a moderate correlation. Openness people are open to new experiences, which can lead to having multiple hobbies, being adventurous and outgoing personality, so extraversion can be a part of openness trait, which can lead to aggression and like conscientiousness the people high in this trait might get affect due to pandemic as the new likeliness for new experiences has been monotonous from past 2 years which can lead to have an increment in aggressiveness. As a result, all of the null hypotheses in this investigation have been rejected. The correlation between big 5 trait of openness and conscientiousness has opened a new avenue for future investigations, as there have not been many studies in the previous ten years addressing each trait of big 5. As the observations were made, most of the subjects were under some kind of stress. For example, in young adults, all of the subjects were in college, preparing for exams and activities including internal and external matters, and in middle adults, all of the subjects were working in some kind of setup, which caused the results to be as they are. There is also a possibility that Covid 19 has changed a lot of things and every individual has suffered from some kind of change it can be physical or mental changes and many other factors which lead the data to come in this form and also the future implications to work on and find out what factors can affect a specific personality. This epidemic has caused numerous changes in people, and there are many questions that might be asked as a result of research and seeking solutions to these issues.

Conclusion

The goal of this study was to discover the relationship between the big 5 personality traits and aggression, as well as the impact on the age group young and middle adults. The tools used were the big 5 personality inventory, and permission was granted by the website for all non-commercial purposes. Another scale used was the Buss-Perry Aggression scale, which is freely available for use. That is, there is a large difference in hostility between young and middle-aged people, notably between the ages of 20 and 50. And when it comes to the major five personality traits, there is a connection in each of them, and if the null hypothesis is rejected, the correlation will be significant.

Limitation

The studies were having some limitations: In spite of the fact that the analyst attempts to keep up the characteristics of good logical research, some constraint couldn't be kept away from as follows:

- Sample was mostly collected from a particular batch of university. (Young Adults)
- Only the particular data was represented.
- Lack of data availability.
- Sample was not determined dependent on the populace to guarantee the best possible and genuine portrayal.
- Only specific layers were represented in the examination.

Future implications

The research findings may be used to investigate the effects of the 5-component model on aggressiveness and how it changes as people age. This can be useful in understanding an individual's wants as the foundation of their personality feature. This research can assist an organization that works with people of all ages in better understanding them and making adjustments that will lead to growth and development.

Studying in this discipline can aid in the fields of crime and forensic psychology since it helps to understand violent habits and the actions taken to treat them. This can be used in the study of personality to understand and treat various personality disorders. There may be more to discover in the realm of research and development.

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