

Are Extrovert People More Satisfied with Life? Case Study

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Abstract. Striving to achieve happiness is the purpose of any human being. Scientific research have studied happiness in the form of wellbeing including two dimensions: cognitive and affective. While the cognitive dimension reflects judgments about life satisfaction (Diener, 1984), affective dimension refers to the balance between positive and negative emotions. Subjective wellbeing is studied as synonymous with mental health (Diener, Lukas, Oishi, 2002) and reveals the protective role it has against stressor agents and the ability to prevent depression. Psychological and psycho-social research have studied the strong dependence between subjective wellbeing and personality. Research findings have shown that an optimistic, extrovert person has a higher level of life satisfaction. Also, studies show that genetic factors have a great influence in which people evaluate their life (Lykken and Tellegen, 1996). They state that 80% percent of the variance of subjective wellbeing is explained through genetic factors. Costa and McCrae (1980) stated that extraversion and happiness are correlated. M. Argyle and L. Lu (1990) determined that Eysenck extraversion scale and Oxford Happiness Inventory are correlated. Argyle and L. Lu also affirm that half of the grater happiness of the extraverts can be explain by their greater participation in social activities. In this paper, we shall try to present in introduction the theoretical frame and the results of these studies and then ourselves present the research results of a study made on 150 students enrolled in bachelor and master's degree at Bucharest University of Economic Studies. We have studied if this correlation between extraversion and the level of life satisfaction applies to our sample. In our research we have used two well established and known instruments: Life Satisfaction Inventory (Diener, 2006) and the E-Scale of EPQ (Eysenck Personality Questionnaire). Life Satisfaction Inventory was proposed by Ed Diener in 1985. We used the 2006 form of the instrument. The instrument has 5 items with a 7 Likert scale. The Satisfaction with Life Scale (SWLS) was developed to assess satisfaction with the respondent's life as a whole. Eysenck Personality Questionnaire (EPQ) is a questionnaire that assess the personality traits of a person in terms of extraversion/introversion, neuroticism/stability and sincerity. Our research used only those items that refer to extraversion/introversion. Results show that the correlation is maintained, that E-Scale of EPQ can be used as an instrument to assess the level of satisfaction with life, and that a more extravert person has a higher level of satisfaction with life. Our research also opens some questions regarding the possibility of training this personality trait and proposes in, conclusion of our paper a series of modalities of rising this feature. Also, as a suggestion it is proposed and designed a personal development and coaching program.

Keywords: extraversion, satisfaction with life, personal development, wellbeing.