

The Correlation between Personality Characteristics and the Life Expectancy among Teachers

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Abstract

This study aims to survey the correlation between personality characteristics and the life expectancy of teachers of Qatar cit. This study is a descriptive correlative research and the population consists of 351 individuals who were chosen by cluster random sampling. Data were gathered and analyzed through the use of two questionnaires of NEO-PI-R and Hallajian's life expectancy questionnaire. In order to analyze the data the descriptive statics such as mean, and standard deviation were used. In the inferential statistics section, the t-test, and stepwise regression and correlation coefficient were used for data analysis. The statistical analysis results showed that a significant correlation exists between the life expectancy and the personality characteristics of teachers. The regression analysis and correlation coefficients showed that dimensions of extroversion, responsibility, openness, neuroticism and amiability have a correlation with life expectancy and except the openness they can predict the life expectancy. Studying the results indicate the importance of paying attention to the personality characteristics of individuals in assigning them to different careers specially the teaching career and it also indicates the importance of paying attention to the life expectancy of individuals in reaching the organizational goals. At the end some research suggestions are also provided.

Keywords: Personality Characteristics, Life Expectancy.

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Introduction

Personality characters could directly and indirectly affect the health or illness of individuals. One of the signs of depression is feeling of losing life expectancy. From the psychological perspective it has been proved that the most depressed and the most defeated people are the disappointed. The human psyche is continually connected to hope and losing hope means destruction of spirit. Life expectancy is the most important motivation in human being's life and it causes to enhance the individual's spirit mentally and psychologically, and it is a factor for performing difficult tasks (Hosseyani, 2011). Human's performance is subject to a number of factors which affect the individual's personal, family, social and individual's job during life (Mousavi Dehmoradi, 1999). People with different personality aspects act differently and they have special expectancies, they also have behavioral abilities and skills and different needs and based on their personality patterns they have special needs, expectations, motivations, and goals.

On the other hand the organizations also meet these special needs, expectations and goals based on their goals, duties, and activities. Thus each of different characters needs a different job (Narimani et al., 2007). Undoubtedly adjusting the individual's abilities and talents with the job needed by society

Leads to greater efficiency and effectiveness, improves the quality of task, success and satisfaction of that person. Analyzing the effective factors in growth and development of developed societies indicate that all of these countries have an effective and efficient educational system (Ghorbani, 2007). In fact the personality characteristics are considered as the mood triggers in order to reach goals, which means that these characteristics prepare the individual for showing different behaviors in special occasions (Santrock, 2007). Great theorists provided some definitions for personality yet they do not agree with one single definition for personality, but we can say that personality consists of a fairly consistent

pattern of traits, tendencies or features which to some extent give persistence to individuals' behaviors, and specifically personality consists of traits or tendencies that leads to individual's differences in behaviors, behavior stability during time and consistent behavior in different situations. These traits could be unique to each person or they may be mutual in some groups, or may be all of the members of one type could share the same traits, but their patterns in each person is different, thus while each person could be somehow similar to others they have unique personalities (Fist & Fist, 1999).

Hope is on the life features leading us to seeking for a better future. Hope means success and better future and it is one of the reasons for living, when there is hope in your heart and mind happiness and pleasure will walk into your life. Some people specially the poor people may lose their hope and they see a dark future in front of themselves. The disappointed people feel that there is no way and they cannot do anything so they commit suicide. There is bitter and dark periods in each and every person's life and this could not be the reason for losing hope about a better future.

Individuals could think of positive points of their lives and they could think of the blessings which God has given to them (Naderi, 2010). Life expectancy could simply be understood as the average amount of years which is expected the person to reach in a country. The age of life expectancy is considered as one of the human development indicators and the increase of this age has a significant role in countries' developments and it affects the whole factors which are needed for a country's development. The determining indicators of life expectancy during the beginning of birth is the infant mortality rate, the less the mortality in younger ages specially less than 5 years old the more the life expectancy will be (Hallajian, 2009). Life expectancy is the direct scale for evaluating the peoples' life length because it could decrease or increase with different connections, and the life expectancy index could be defined according to the common mortality pattern in a country. When it is said that the life expectancy in one country is 70 years old it mean that the people of that country expect to averagely live for 70 years. Demographers consider the life expectancy index as the best indicator of health and development in countries, and social and psychological factors play a role in the increase of life expectancy (Ghooshchi, 2009). Life expectancy leads to modifying the difficulties and enhancing the spirit, in other words individuals should have a motivation and goal for each of their actions and having more hope increases the possibility of success in tasks specially the difficult and hard ones. Hope is the root to our lives thus this

important element should not be ignored and it should be enhanced through appropriate ways (Hosseyeni, 2011).

In a research named Correlation between Personality Characteristics and Happiness in Individuals with Thalassemia, Panahian (2012) concluded that: a significant correlation exists between the personality characteristic of responsibility and happiness. Also a positive significant correlation exists between the personality characteristics of amiability, extroversion, and happiness. Testing hypotheses showed that a negative significant correlation exists between the personality characteristic of neurosis and happiness, and ultimately this feeling affects their health and longevity and hope. In a research names Studying the Correlation between the Personality Characteristics and the Quality of Life of Male and Female Teachers in Elementary Schools of Sari, Koochakzadeh (2011) concluded that a correlation exists between the personality characteristics and quality of life of female teachers. No significant correlation exists between the personality characteristics and quality of life of male teachers, and also there was no significant difference between the personality characteristics of male and female teachers. In a research named Correlation between the personality characteristics of OCD (Obsessive-compulsive disorder) and longevity, Kirstisen et al (2002, Quoted by Schultz & Schultz, 2007) conducted a research on 174 male and female patients suffering from renal failure for 4 years and they came to this conclusion that individuals who gained lower scores in NEO test from the neuroticism had 37.5% more deaths.

Accurate understanding about the manpower working in Educational system is one of the necessities of planning Education. Detecting the personality characteristics of teachers could turn the situation into a more desirable one for attracting and maintaining them. Thus different researches in this field could detect the existing deficiencies and shortcomings and pave the road for eliminating them. One of the ways which could affect the teachers' performance is their personality characteristics (Ghorbani, 2007).

One of the organizations which need hopeful people is Education Organization in countries. With such people it is possible to reach the invaluable goals of education and training. The changes and social progress emphasize on the need for effective education and along with this one of the persons who could affect two current and future generation and his/her behavior could change the behavior of one generation is the teacher (Torabi, 2012). Today the existence of secure information in society is necessary for determining the priorities and operating necessary

interventions for controlling different damages in society, and one of the important statistical indicators in development planning is life expectancy, and since the stepping stone of economic, social, political and cultural development of each country is definitely its education thus by the use of life expectancy index in analyzing the effective factors in this organization it is possible to predict a bright future for the development of one country. This research seeks the answer for this question that whether there is a correlation between the personality characteristics and life expectancy of teachers or not?.

MATERIALS AND METHODS

Based on the current research goals and its nature this research uses the descriptive correlative methodology. Generally most of the researches of social sciences and specifically most of the researches of education and psychology sciences try to connect these variables. The current research studies the correlation of possible relationships between variables and it is not intended to study the effects of variables, and in contrast with the pilot research there is no variable manipulation. In this research the population consists of all of the teachers of Qatar and the number of these teachers were 3529 individuals, 2333 female teachers and 1196 male ones all of them teaching in academic year 2012-2013 in elementary, guidance and secondary schools. In order to determine the sample from the table for determining the representative sample size the determining sample table (Krejcie & Morgan) was used. The current research sample

includes 351 teachers from elementary, guidance and secondary schools and they were chosen by the use of stage cluster sampling and randomly from Dist.2. Data collecting tools of this research were 60-question questionnaire of NEO-PI-R and each of the questions resemble one of the big five personality traits of Costa and McCrae: Neuroticism, Conscientiousness, Openness, Extraversion, Agreeableness; and the 33-question questionnaire of Hallajian's life expectancy (2009) and their validity has been studied and approved in previous researches, and their reliability was also studied by the use of Cronbach's Alpha and test-retest and they were reported acceptable.

Descriptive statistical indicators such as mean and standard deviation were used for analyzing the data. In the inferential statistics section, the t-test, stepwise regression analysis and correlation coefficient were used for data analysis. The data were surveyed by the use of SPSS20 software.

RESULTS

Data description results showed that from 351 studied teachers 153 individuals were men and 187 individuals were female, and also 11 questionnaires remained unanswered. 82 examinees had bachelor degree. The life expectancy mean of male individuals was 78.21% and for the females it was 78.18 and it seems that from the perspective of life expectancy both male and female teachers are at the same level. Table 1 shows the average scores of personality characteristics in teachers.

Figure 1: Display of mean of personality characteristics according to genders.

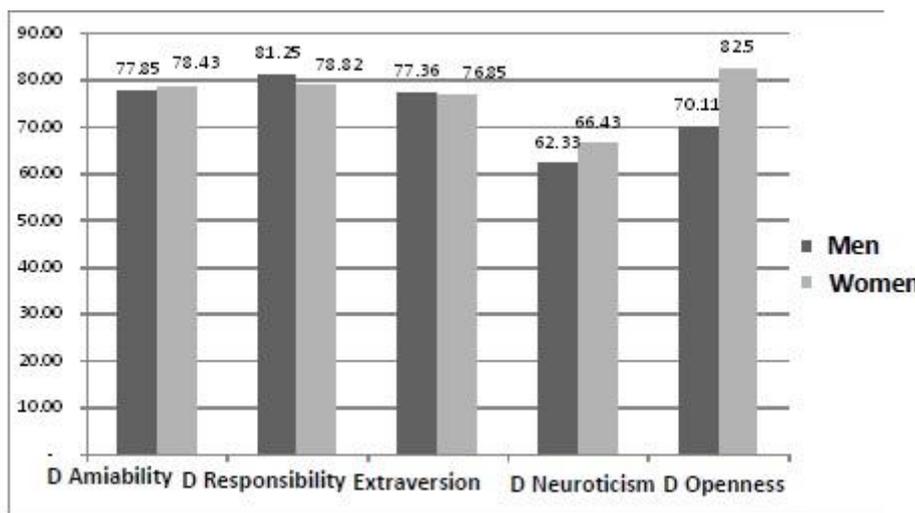


Figure 1 show that the mean of personality characteristics of neuroticism and openess of

women are more than men and the personality characteristics of responsibility in men is more

than women. The personality characteristics of amiability and extraversion in men and women were equal.

Table 1: Correlation between Life Expectancy and Five Personality Components.

Correlation	r	Sig.
Life expectancy and extraversion	0.404	0.000
Life expectancy and responsibility	0.499	0.000
Life expectancy and neuroticism	-0.523	0.000
Life expectancy and openness	0.106	0.048
Life expectancy and amiability	0.436	0.000

In table 1 the correlation between life expectancy and five personality components are provided. As it is observable, each five components of extraversion, responsibility, neuroticism, openness and amiability have significant correlation with life

expectancy. All of the correlations except the neuroticism are positive and the correlation between the life expectancy and neuroticism is negative and significant.

Table 2: Regression statistics of personality characteristics with life expectancy of teachers.

Determinant factors	Standardized coefficients	Non-standard coefficients			Sig.
	β	Deviation Error	B	t	
Constant factor		4.475	61.136	13.662	0.000
Neurosis	-0.305	0.07	-0.42	-5.998	0.000
Extraversion	0.147	0.087	0.265	3.051	0.002
Openness	0.053	0.086	0.107	1.252	0.211
Amiability	0.131	0.085	0.214	2.501	0.013
Responsibility	0.21	0.068	0.258	3.792	0.000

From the values of table 2 it is observable that except the feature of openness which has a significance level of higher than 0.05 other features respectively by the priority are neurosis, responsibility, extraversion, and amiability and they had a high t amount (respectively -5.998, 3.792, 3.051, and 2.501) and their significance level was less than 0.05 (respectively 0.000, 0.000, 0.002, and 0.013) so the variables of neurosis, responsibility, extraversion and amiability are effective factors in predicting the dependent variable of life expectancy. This model could be shown through the below mentioned equation which shows this correlation: Life expectancy=61.136, -0.42 neurosis+0.258 responsibility+0.265 extraversion+0.214 amiability.

DISCUSSION AND CONCLUSION

According to the conducted study and the mentioned researches some of the effective factors on the life expectancy and effect of the personality characteristics on the health are studied by the researchers, but less attention has been given to the effect of factor of personality characteristics on the life expectancy, the current research studied the effect of this factor on life expectancy. The overall goal of this research was to study the correlation between the personality characteristics and life expectancy of teachers in Sari. The research findings showed that a significant

correlation exists between the 5 components of personality including extraversion, responsibility, neurosis, openness and amiability with the life expectancy of teachers. Also these components except openness could explain 38% of variance of life expectancy. Results of first hypothesis showed that a correlation exists between the extraversion and life expectancy of teachers. Although no research has been conducted about this within the country, this study is consistent with the studies of Panahian (2012), Abdi et al (2008), and Torabi et al (2012) which are about the correlation of extraversion and physical and mental health and longevity and life expectancy. Also it is consistent with the researches of Mosing et al (2012), and Denove & Cooper (1998). In the achieved results of 4th hypothesis this message has been delivered that openness has a correlation with life expectancy, which means that people with openness have higher life expectancy. There is no study available about this, and as an explanation it could be argued that people with openness are both curious about the inner world and the outer world. They have tendency toward accepting new ideas and they respond responsibly about their values.

These groups of people are interested in paying attention to bright ideas and active imaginative life, creativity and art and beauty, and they are psychologically healthier. Since people having openness interact their environment with curiosity

and they have tendency toward exploring and experiencing new things thus they need more time and they would love to live for a long time and they are waiting for the future hope.

Hypotheses results showed that a correlation exists between the personality characters and life expectancy. For explaining these results also it could be said that: As it is mentioned in the definition the individual's personality is the traits and tendencies or the features which sustain the human's behavior. Each person is different in these features and he/she has a unique personality. These behavioral patterns could affect the human interactions with his/her surrounding environment and the people around him/her and they can also affect the personal positioning and to reveal what kind of management toward the life situations which could affect his/her physical and psychological health and does he/she have tendency toward continuing living?. Does he/she have long-term goals or he/she is living without goals and with pessimism? If he/she is optimist in reaching the goals he/she needs more years for living and if not he/she lives with disappointment. If these features lead to continuity of enjoyable interpersonal relationships it brings about higher life expectancy. But if it causes the person to think badly of him/herself or others and it occupies his/her life with stress, anxiety and other negative traits it is logical that the individuals would have less life expectancy. Also if the teachers of our society could have good relationships in the class and in the school and have high life expectancy they could transfer this hope to the others. It is suggested to the authorities of education organization and even other organizations to choose people who have high life expectancy because these people have higher motivations and they could create a happy and motivated environment at the workplace and help the organizations to reach their goals. Also they should use this important world index (life expectancy) the same as other indicators such as literacy, and health in order to develop the country in all aspects among the other countries. Also it is suggested that the future researchers study the effect of other components such as nutrition, geographical environment and life expectancy.

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