The Big Five Personality Traits as a Predictors Self Compassion in Adolescents

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Abstract. This research to describe the influence of the Big Five personality traits on self-compassion in adolescents. This research uses a quantitative method. The subjects in this study were 400 students Senior High School in D.I. Yogyakarta. Measuring instruments used are Self Compassion Scale (SCS) and IPIP-BFM-50. Data analysis uses multiple regression with significance (p) < 0,05. The result shows the significant influence of the big five personality traits together on self-compassion in adolescents (p = 0,000). The analysis also revealed that there was influence each big five personality traits on self-compassion, namely; extraversion (p = 0,026), agreeableness (p = 0,003), conscientiousness (p = 0,000), emotional stability (p = 0,000), and intellect (P = 0,709). Based on multiple regression analysis extraversion, agreeableness, conscientiousness, and emotional stability as the predictors of self-compassion in adolescents significantly, whereas intellect personality trait is not significant to be a predictor of self-compassion.

Keywords: Self-Compassion, The Big Five Personality Traits, Adolescence

1 Introduction

The development process in adolescents faces many challenges because of the many changes that must be faced such as physical, psychological, cognitive, and social changes [1]. Erikson's developmental stages revealed the stages of adolescent development being in identity versus role confusion [2]. Adolescents are expected to be able to find their identity so they can find their purpose in life. Teenagers who fail in this phase, can not do self-identity, so experiencing identity confusion will create role confusion marked by the inability to choose a role in life [1].

Erikson revealed that adolescents who failed to find their identity due to limitations in having a social role were unable to fulfill the tasks assigned [2]. Entering adolescence, people have focused on social life by establishing friendships. The success of adolescents to be able to 'exist' in a group depends on the ability of people to interact. The process of interaction, prone to feelings of shame, is too focused on the comparison of social strata, and self-regulation associated with self-criticism. That is because adolescents do self-reflection based on specific experiences that occur in their lives, such as weaknesses in the personality traits [3].

Teenagers accentuate the characteristics of egocentric, which means teens tend to believe that their experiences are unique and not common to others. This attitude can make it difficult for adolescents to understand that their problems and suffering are conditions that are commonly experienced by others [4]. Adolescents are prone to experiencing sadness, worry, and failure [5]. Psychological changes in adolescents can lead to conflict with oneself

(internal conflict) and conflict with the surrounding environment (external conflict) [6], permitting psychological health information and interventions for adolescents in overcoming difficulties in conversation [7]. The way to grow psychological capital is self-compassion [8], [9]. Compassion is self-support to help find hope and inner strength when facing life's difficulties [10]. Self-pity is a discussion of proper actions against oneself compiling people overcoming adversity, successfully failing, and sad [11].

Neff (2003) revealed aspects of self-compassion consisting of; First, self-kindness, that is, kindness towards oneself, the opposite of self-judgment, which is self-judgment. Second, common humanity that is looking at oneself naturally, which is the opposite of isolation or self-isolation. Third, mindfulness is full awareness of self, which is the opposite of over-identification, which is an excessive reaction to self. Self-compassion does not avoid pain but will embrace it with love, to produce well-being that comes from complete experience [12]. Self-compassion has a concept to develop a love for oneself and others [13]. Teenagers can develop this concept to get their identity so that when entering the adult phase, individuals have found a role that suits them. Teenagers are expected to find out who they are and where they are heading in their lives (life goals). Achieving self-identity marks goals that satisfy themselves at the developmental stage of adolescence [2]. Self-compassion can be useful for adolescents by providing a way to understand their failures or mistakes and providing support for themselves without self-criticism [13]. Several studies have shown that self-compassion can reduce anxiety, stress, depression [14], [15], [16], and academic failure [10]. Self-compassion has a very significant positive influence on psychological well-being, happiness, life satisfaction, optimism, emotional intelligence, and interpersonal relationships [15]. Self-compassion in adolescents will foster active characteristics, positive relationships with others, self-acceptance, engagement, and have a positive outlook [17].

Several factors affect self-compassion, one of personality type. Causal personality can affect psychological development. Research on the structure of personality that has been carried out, the big five personality theory, plays an important role in explaining the many variations in human behavior [18]. Measurement of the Big Five personality type provides inventory to predict interest, healthy or unhealthy behavior, psychological well-being, and coping style characteristics [19]. Personality trait consists of extraversion, agreeableness, conscientiousness, emotional stability, and intellect [20].

Extraversion measures the intensity of interpersonal interactions, the level of activity, the need to get stimulation, and the capacity to be happy [21]. The degree to which people can get along, behave like leaders, be energetic, enthusiastic, interact in public, and act assertively as opposed to avoidance, silence, and solitude [19], [22]. Agreeableness measuring the quality of one's interpersonal orientation along a continuum that moves from loving to antagonistic in thoughts, feelings, and deeds [21]. A person's level is warm, pleasant, friendly, forgiving, selfless, and cooperative as opposed to being unpleasant and uncooperative [19], [22]. Conscientiousness measuring the level of organization, systematic, structured, and motivation to behave that lead to goals in people [21]. A person's level is firm, responsible, accurate, conscientious, empathetic, and organized as opposed to being lazy, irresponsible, and following desires [19], [22]. Emotional stability identifies an individual's vulnerability to psychological pressure, unrealistic ideas, excessive desire or drive, and failure to get the right response [21]. Individuals who have emotional stability feeling calm, safe, confident, and more stable in contrast to anxiety and insecurity [3], [19], [22]. Intellect shows proactive search and appreciation for each experience, tolerance for and exploration of unusual things [21]. Individuals who have high scores show intelligence, broad insight, creativity, competence, and curiosity [3], contrary to concrete and narrow thoughts [19], [22].

Several studies have shown that consistent personality types produce a significant relationship to self-compassion, namely agreeableness, neuroticism (emotional stability), and conscientiousness, whereas extraversion and intellect (openness) personality show mixed results [5], [15], [23], [24]. Based on the explanation above, this study aims to decide empirically the role of the trait of the Big Five personality towards self-compassion in adolescents. Big five personality traits consist of extraversion, agreeableness, intellect, conscientiousness, and emotional stability.

2 Method

The approach in this research is quantitative with ex post facto. The variable consists of independent variables, the big five personality traits consisting of extraversion, agreeableness, conscientiousness, emotional stability, and intellect. The dependent variable is self-compassion. The population in this study was 55,361 high school students in D.I Yogyakarta. The sampling technique used is multistage random sampling. Researchers randomized four times based on the level of the area to the school in D.I. Yogyakarta because famous as the "city of students" in Indonesia. Study sample 400 high school teenagers aged 14-19 years.

Data collection techniques in this study were questionnaires. The instruments used a scale consist of 2 scales: Self-Compassion Scale (SCS) and IPIP-BFM-50. SCS was developed by Neff (2003b). Consists of three aspects, namely: 1) self-kindness vs self-judgment; 2) common humanity vs self-isolation, and 3) mindfulness vs. over-identification. The response used 5 points Likert ranging from 1 (almost never) to 5 (almost always). This scale consists of 26 items. The total self-compassion score is calculated by reversing the item score with a negative statement, then adding up the 26 items. Cronbach's alpha coefficient reliability was 0.880. IPIP-BFM-50: a scale used to measure the big five personality traits using IPIP BFM 50 developed by Goldberg (1992) and adapted by Akhtar and Azwar (2019). Consists of five personality traits, namely: extraversion, agreeableness, conscientiousness, emotional stability, and intellect. The response used 5 points Likert ranging from 1 (very inappropriate) to 5 (very appropriate). The scale is 50 items with each dimension of 10 items. Reliability Cronbach alpha coefficients in each trait are: extraversion (0.823), agreeableness (0.773), conscientiousness (0.784), emotional stability (0.886), and intellect (0.715).

The data analysis the technique used in this study is multiple regression analysis to determine whether the big five personality traits (extraversion, agreeableness, conscientiousness, emotional stability, and intellect) together or separately can predict self-compassion. Data processing in this study uses the SPSS version 22.0 program.

3 Result And Discussion

3.1 Result

Table 1 presents the results of the asymp sig normality test (p) in the research data of 0.200 because the significance value of 0.200> 0.05, it can be concluded that there is no difference in the results data with the data as in the normal curve or the data is normal.

Table 1. Results of normality test

	Kolmogorov-Smirnov[a]		
	Statistic	df	Sig.
Unstandardized Residual	.027	400	.200[*]

Table 2 presents the results of the description of the research data, namely self-compassion (M = 90.32, SD = 12.664) extraversion (M = 29.82, SD = 6.119), agreeableness (M = 35.97, SD 4,740), conscientiousness (M = 34.11, 5.246), emotional stability (M = 27.26, SD = 6.958), and intellect (M = 33.06, 4.142).

Table 2. Results of data description

Variable	Minimum	Maximum	Mean	Std. deviation
Self-compassion	36	121	90,32	12,664
Extraversion	13	49	29,82	6,119
Agreeableness	15	50	35,97	4,740
Conscientiousness	19	50	34,11	5,246
Emotional stability	11	50	27,26	6,958
Intellect	17	47	33,06	4,142

Table 3 shows the regression constant values a = 30.890 obtained by the equation of the regression line Y = 30.890 + 0.193 X1 + 0.368 X2 + 0.433 X3 + 0.883 X4 + 0.048 X5. Regression analysis was accepted with a significance value (p) <0.05. Based on the results of the regression analysis together trait big five personality traits (p = .000) have a significant effect on self compassion in adolescents. The results of multiple regression analysis on each big five personality trait are extraversion (p = 0.026), agreeableness (p = 0.003), conscientiousness (p = 0,000), and emotional stability (p = 0,000) with a significant positive effect on self compassion in adolescents. Meanwhile, intellect (p = 0.709) did not significantly influence self compassion in adolescents.

Table 3. Results of Regression Analysis

ANOVA[a]						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	24933.430	5	4986.686	50.307	.000[b]
	Residual	39055.248	394	99.125		
	Total	63988.678	399			

		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	30.890	5.285		5.845	.000
	Extraversion	.193	.086	.093	2.241	.026
	Agreeableness	.368	.122	.138	3.010	.003
	Conscientiousness	.433	.108	.180	3.997	.000
	Emotional stability	.883	.074	.485	11.918	.000
	Intellect	.048	.128	.016	.374	.709

Table 4 presents that the big five personality traits together made an effective contribution of 39%. The effective contribution of each big five personality trait to self-compassion in

adolescents is extraversion 2.2%, agreeableness 3.8%, conscientiousness 6.2%, emotional stability 26.5%, and intellect 0.3%.

Table 4. The Coefficient of Determination

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.624[a]	.390	.382	9.956

3.2 Discussion

The results showed that the trait of the Big Five personality together became a predictor of self-compassion in adolescents. The trait approach that is widely used in psychological research is the Big Five personality theory. The Big-Five provides an understanding of the structure of personality [2]. Goldberg (1990) revealed the traits of the big five personalities including extraversion, agreeableness, conscientiousness, emotional stability, and intellect. Personality can predict the appearance of behavior, such as coping [19]. Self-compassion is considered a positive coping strategy because it includes self-assessment, problem-solving, and self-acceptance [25]. Different levels of self-compassion between people can be caused by personality [15].

Extraversion personality traits have a significant positive effect on self-compassion in adolescents. Extraversion personality trait is a reflection of feelings when interacting socially that can affect a person's self-compassion [15]. Teenagers have the task of development, which is to become an independent and adaptable individual in their environment. Extraversion personality traits can make people bolder in social interaction [26]. In adolescents who adapt well in their environment, engage in fun activities, and make themselves attractive to others can influence self-compassion [13]. Research shows students who have an active and communicative attitude in the classroom shows a high level of self-compassion [27].

Agreeableness has a significant positive effect on self-compassion in adolescents. The agreeableness personality trait identifies individuals who have tenderness [20]. The agreeableness personality trait is synonymous with compassion and kindness, this supports the aspect of self-kindness in self-compassion. Self-kindness doing good to self refers to the tendency to support oneself when facing failure in life [28]. Agreeableness personality traits are often called altruism, selflessness, want to be able to help others, and are the same with humility [26]. adolescents will not betray friends or bring down friends when they get into trouble so that the agreeableness personality trait can help adolescents to develop self-compassion in understanding themselves and others [29].

The results showed positive and significant conscientiousness towards compassion. Conscientiousness identifies structured or organized individuals, approved at the time of preparation and discipline. Individuals with a high quality of conscience help with self-compassion so that there is no decrease in self-motivation to reach negotiations [30]. Self-affection can encourage individual motivation to become better and learn from adverse past experiences [13].

Emotional stability personality trait has a significant positive effect on self-compassion. The emotional stability personality trait indicates the level of emotional stability. Individuals who have high emotional stability feeling calm, safe, confident, and more stable. Meanwhile, low emotional stability feels anxious and insecure [19], [22]. Several studies have shown that

self-compassion can reduce anxiety, stress, depression [14]–[16]. Self-compassion has a very significant positive influence on psychological well-being, happiness, life satisfaction, optimism, emotional intelligence, and interpersonal relationships [24]. Self-compassion is support for yourself to help find hope and inner strength when facing various life difficulties [12]. The ability of people to understand emotions can use these understandings to guide their thoughts and actions related to self-compassion so that people can do acts of kindness and care for themselves when experiencing difficulties [31]. Conversely, adolescents who are unable to stabilize their emotions tend to react aggressively to unwanted situations or when rejected by their environment, they choose to isolate themselves [32].

Intellect personality trait does not significantly influence self-compassion. These results are in line with research conducted by Neff, Kirkpatrick, & Rude (2007) and Swaraswati, et.al (2018) who revealed that there is no effect of intellectual personality on self-compassion. Intellect personality traits show the level of personal intelligence, defined as the ability to learn and the capacity to acquire knowledge [33]. Self-compassion can make people manage emotions well when experiencing failure in the academic field so that intelligence is not directly related to intelligence.

Based on the results of research and discussion, it can be submitted some suggestions that the school can give a place and activities for students to stimulate students to interact and communicate like extracurricular programs. This is due to the influence of extraversion personality traits, agreeableness, and conscientiousness towards self-compassion in adolescents. Besides, counseling at school can make programs related to the importance of emotional stability personality traits related to the emotional stability of students because it affects self-compassion. Furthermore, future researchers can consider the effect of other variables on self-compassion in adolescents, such as parenting or attachment. Besides, it can research the same variables on different research subjects, such as athletes or nurses.

4 Conclusions

The results of this study show that the trait of the Big Five personality together can predict self-compassion in adolescents. The big five personality trait that can predict self-compassion is extraversion, agreeableness, conscientiousness, and emotional stability, while an intellect personality trait cannot predict self-compassion in adolescents.

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