

Neuroticism and Social Support

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The Variables

Neuroticism

I'm sorry I am a neurotic mess
who keeps apologizing
too much.

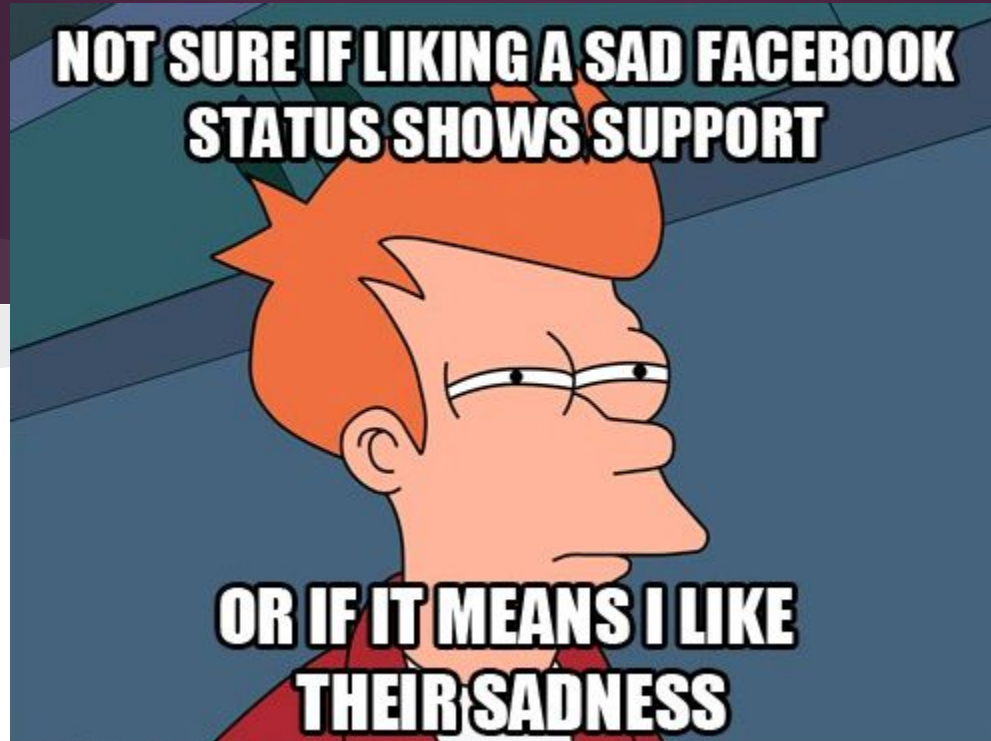
Oh, damn. I did it
again, didn't I?
Sorry.



Operational Definition

- Tense, easily irritated (Swickert, Hittner, & foster, 2010)
- Worrying, nervousness (Park et al., 2013)
- Heightened distress (Borja, Callahan, & Rambo, 2009)
- Behavioural disengagement and venting of emotions (Wang & Gan, 2011)

Social Support



Operational Definition

- Appraisal, belonging, self-esteem, tangible (Swickert, Hittner, & Foster, 2010)
- Compassion and encouragement (Park et al., 2013)

Literature Review

Article 1:

Coping mediates social support, neuroticism, and depression after earthquake and examination stress among adolescents (Wang & Gan, 2011)

Article 2:

Understanding Negative Outcomes Following Traumatic Exposure: The Roles of Neuroticism and Social Support (Borja, Callahan, & Rambo, 2009)

Literature Review (Cont.)

Article 3:

Big five traits interact to predict perceived social support
(Swickert, Hittner, & Foster, 2010)

Article 4:

Clarifying the links between social support and health: Culture, stress, and neuroticism matter
(Park et al., 2013)

Literature Review (Cont.)

Article 5:

Article 6:

Our Purpose

The purpose of this study was to examine the relationship between the Big Five personality trait of neuroticism and the amount of social support one received with this trait

Why is this important?

The research for this topic is important because it is a chance for society to understand how individuals with neuroticism perceive the world around them and whether or not they feel they are receiving enough social support from others around them. If people have an opportunity to understand others that are not quite as easily understood, it will make for a greater sense of belonging and community among all people which will, in turn, reduce stress, feelings of isolation, and possibly depression caused by a lack of support from society.

Our Hypothesis

It is hypothesized that there will be a negative correlation between neuroticism and social support.

Participants

Sample Size: (N) = 82

Sex: Males: (N) = 25; Females: (N) = 57

Age: Ranges from 19-55; M = 23.32; SD = 6.18 years

Class Level: Sophomore: (N) = 1; Junior: (N) = 44; Senior: (N) = 37

Ethnicity: European Americans: (N) = 38; Latinos: (N) = 26; African Americans: (N) = 3; Asian Americans: (N) = 6; Other: (N) = 9

Current Residence: With parents (N) = 31; Alone in house: (N) = 9; Share house: (N) = 37; In a dorm: (N) = 5

Involved in a Romantic Relationship: Yes: (N) = 31; No: (N) = 46

Average Length of Romantic Relationship: M = 26.60 months, SD: 24.57

Average Number of Siblings: M = 1.85; SD = 1.49

Measures

- *Big Five Inventory*
- Measure 1 was determined by the Big Five Inventory (John Donahue & Kentle, 1991)
- The statements “Can be tense”, “Worries a lot”, and “Can be moody” are three examples of the eight items in the survey
- Five-point Likert scale ranging from 1 to 5, (1 = disagree; 5 = agree strongly)

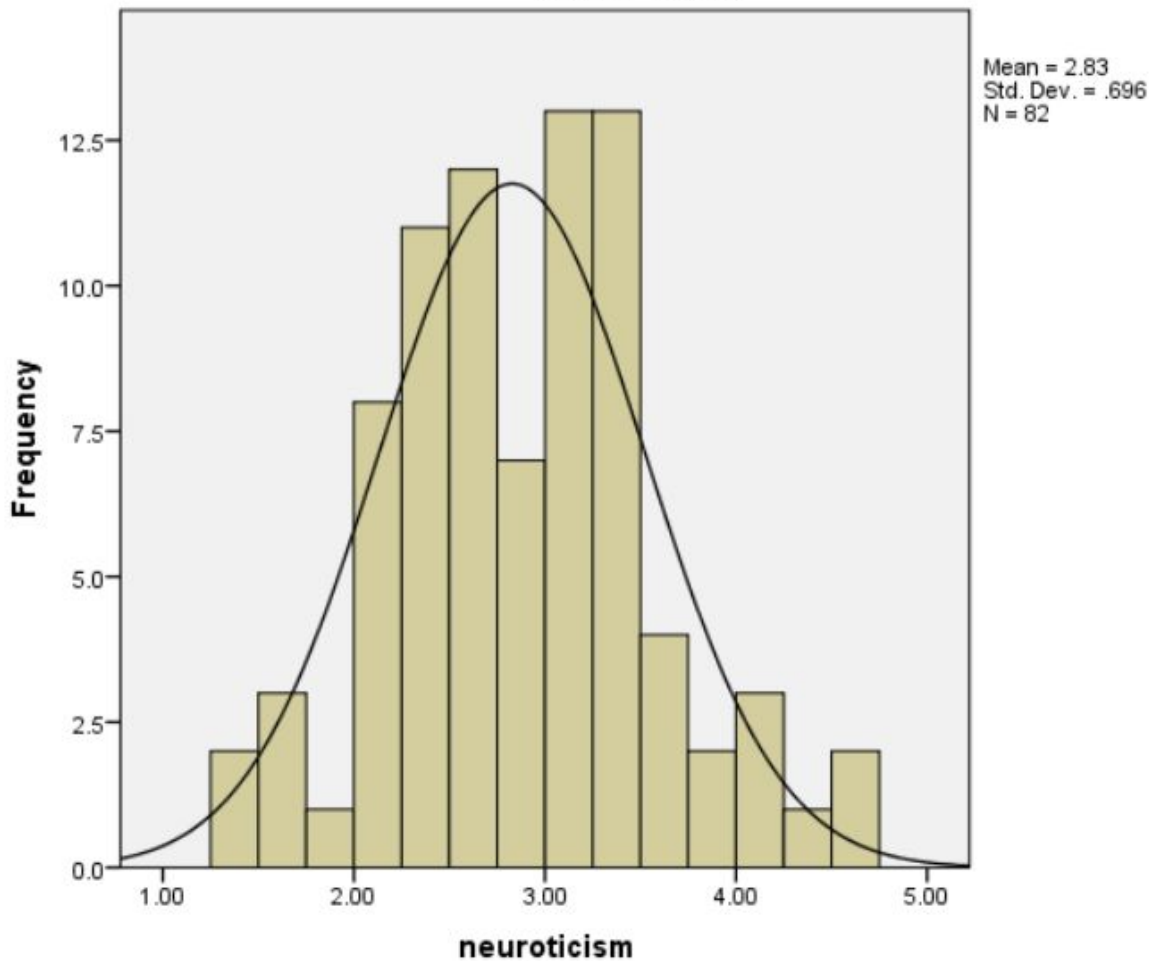
Measures (Cont.)

- *Social Support*
- Measure 2 was determined using 23 specific questions that determine social support (Vaux et al., 1988)
- The statement “My family cares for me very much” and “I can rely on my friends” are two examples of the statements the participants read
- Four-point Likert scale (1 = strongly disagree; 4 = strongly agree)

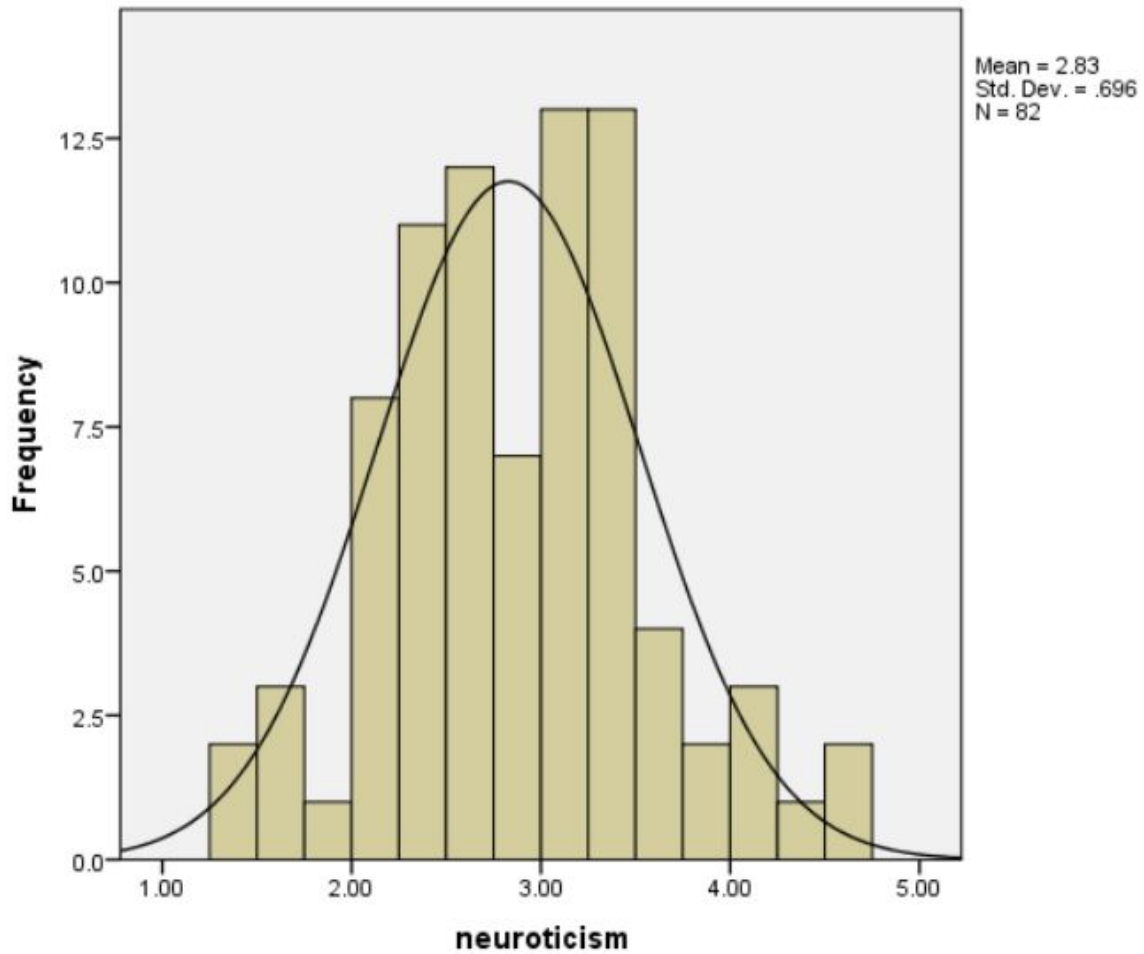
Procedure

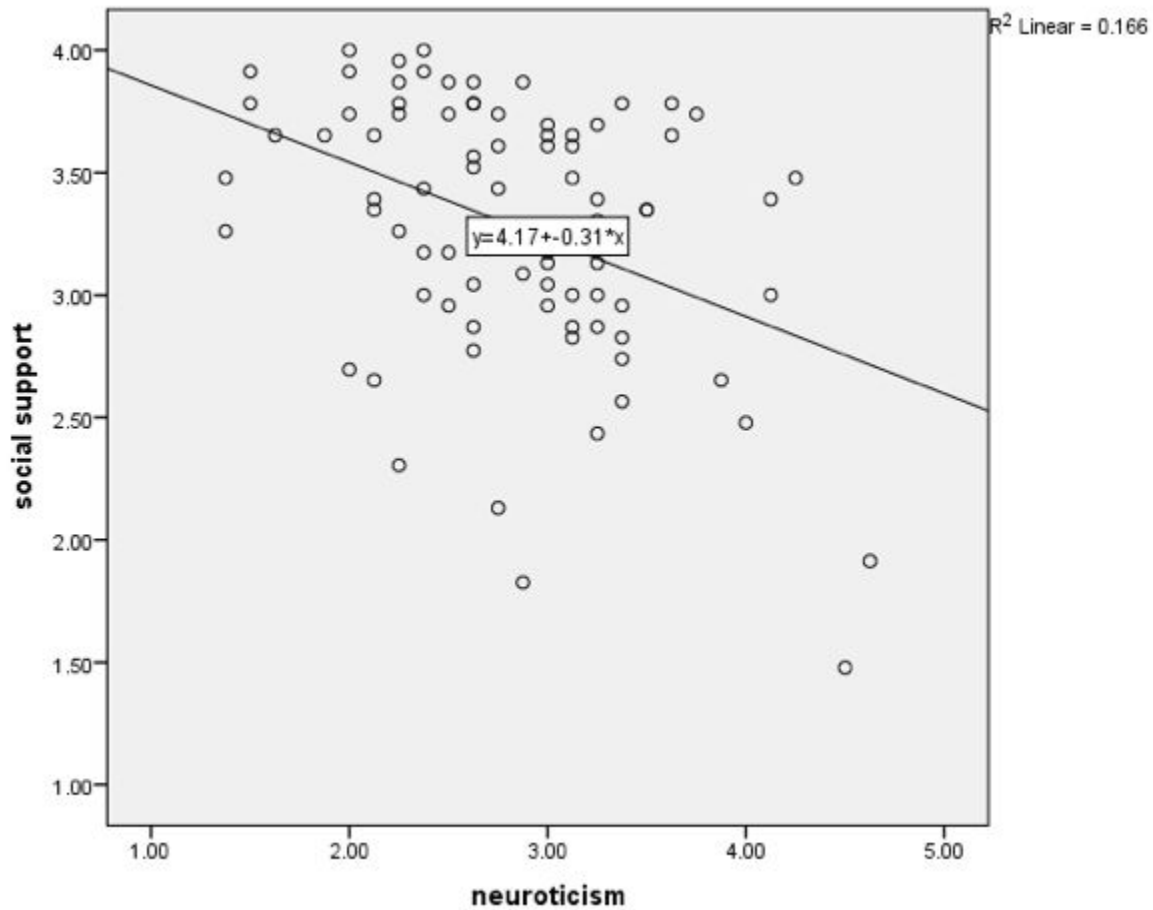
- Participants given an informed consent detailing the aspects of study
- Informed the data received would be used for academic purposes
- Required for classroom curriculum
- Paper-and-pencil type survey
- 30-40 minutes
- Given to instructor after completion

Neuroticism



Neuroticism





Main Findings

- There was a moderately negative correlation between neuroticism and social support
- $p=0.000$

Compare/Contrast Articles

Article 1:

Coping mediates social support, neuroticism, and depression after earthquake and examination stress among adolescents (Wang & Gan, 2011)

Article 2:

Big five traits interact to predict perceived social support (Swickert, Hittner, & Foster, 2010)

Strengths:

- Wide age variety for data
- Validity of measures used

Limitations:

- Sample Size
- Paper-and-pencil survey

Future Research:

- Increase sample size
- Differentiate between perceived social support and actual social support

Conclusion

- Our hypothesis was supported.
- Why?

References

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