

The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large arc on the left side, with numerical markings from 140 to 260 in increments of 10. Several smaller circles with arrows are scattered across the background, suggesting a process or cycle.

RESILIENCE: OPENNESS TO EXPERIENCE AND THE BIG THREE

JAVIER ELEAZAR MURILLO JR., B.A.

ALLIANT INTERNATIONAL UNIVERSITY

This study investigated the relationship between Intellectual Efficiency and Cultural Tolerance (two facets of Openness to Experience) to levels of Resilience, Depression, Anxiety, and Stress.

Most participants were 26 years old and identified as White, non-Latin Heterosexual Women who live in California.

ABSTRACT

Results showed a moderately negative relationship between levels of Intellectual Efficiency and levels of Resilience ($r = -.41, p = .00$). Levels of Intellectual Efficiency ($r = -.23, p = .04$) and Cultural Tolerance ($r = -.29, p = .00$) displayed a weak negative relationship to levels of Anxiety.

Cultural Tolerance accounted for 6.9% of the variance in levels of anxiety.

Introduction

As human life does not exist in a vacuum, stress and traumatic events are a daily occurrence, and the relationship between resilience and mental health is an important connection to investigate in order to create interventions that increase levels of resilience which in turn lessen the vulnerability one may have to specific stressors (Hofer, 2006).

Though, the key factors that make someone resilient are still under investigation, for it is crucial to understand why one individual thrives psychologically and physiologically in stressful circumstances whereas another deeply struggles in the same exact circumstances.

As personality plays a critical role in resiliency levels (particularly, the personality trait Openness to Experience), it is not stated which particular category out of the six total characteristics of the personality trait of Openness to Experience contribute to resiliency levels

Study Objectives

The purpose of this study is to investigate the relationship between Openness to Experience facets Intellectual Efficiency and Tolerance to Resilience, Stress, Anxiety, and Depression on the general population.

METHODS: PARTICIPANTS & RECRUITMENT

Participants

Above the
age of 18

Read
English

Access to
computer

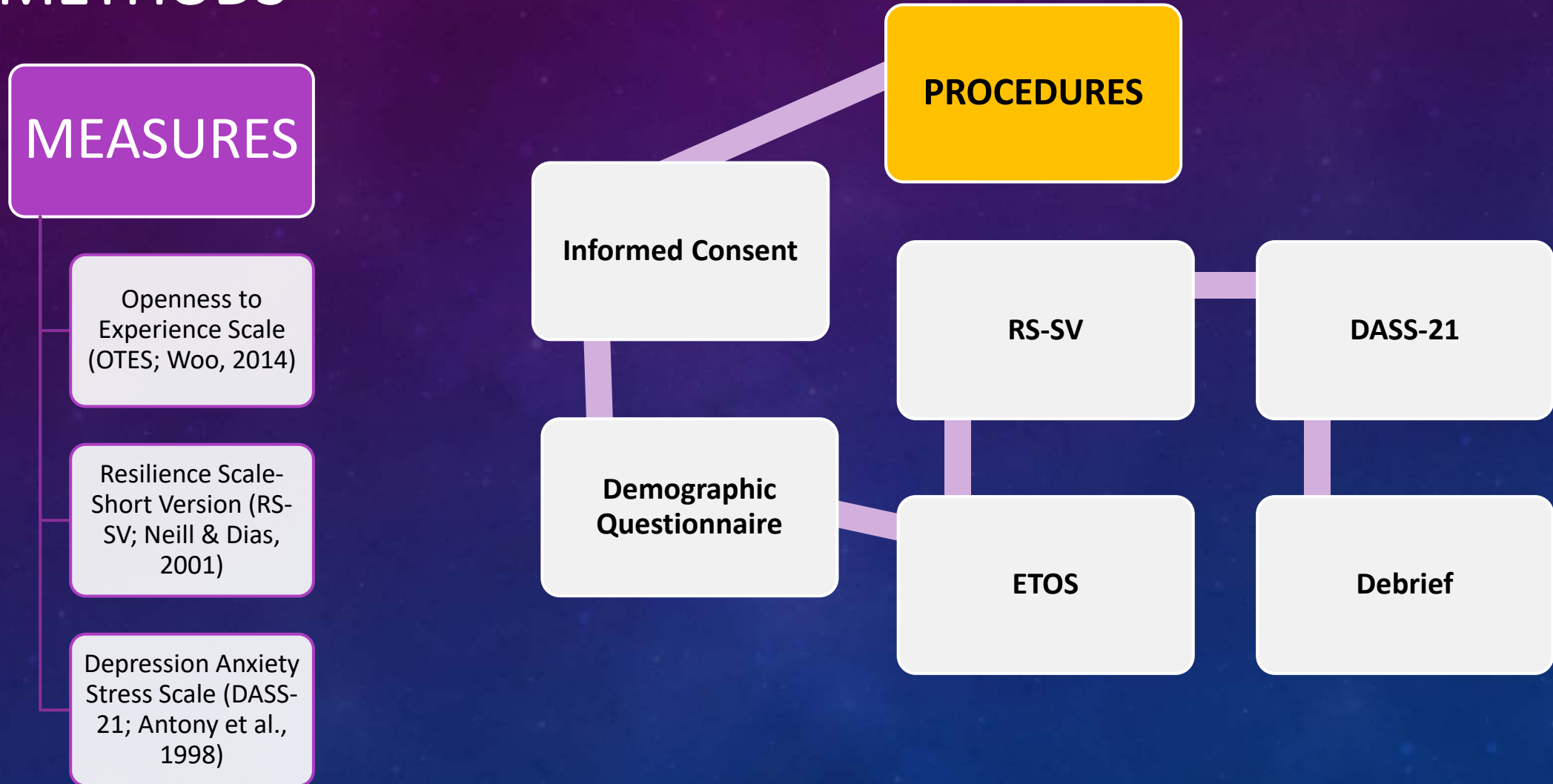
General
Population
rather than
Clinical

Recruitment

Social
Media

Facebook
AD program

METHODS



RESULTS: PRELIMINARY ANALYSES

Participants:

- 100 Initial Participants.
- 12 deleted for not completing survey.
- Four more were deleted for not being located within the United States.
- 84 Useable Participants.

One variable contained two outliers that heavily skewed results were removed.

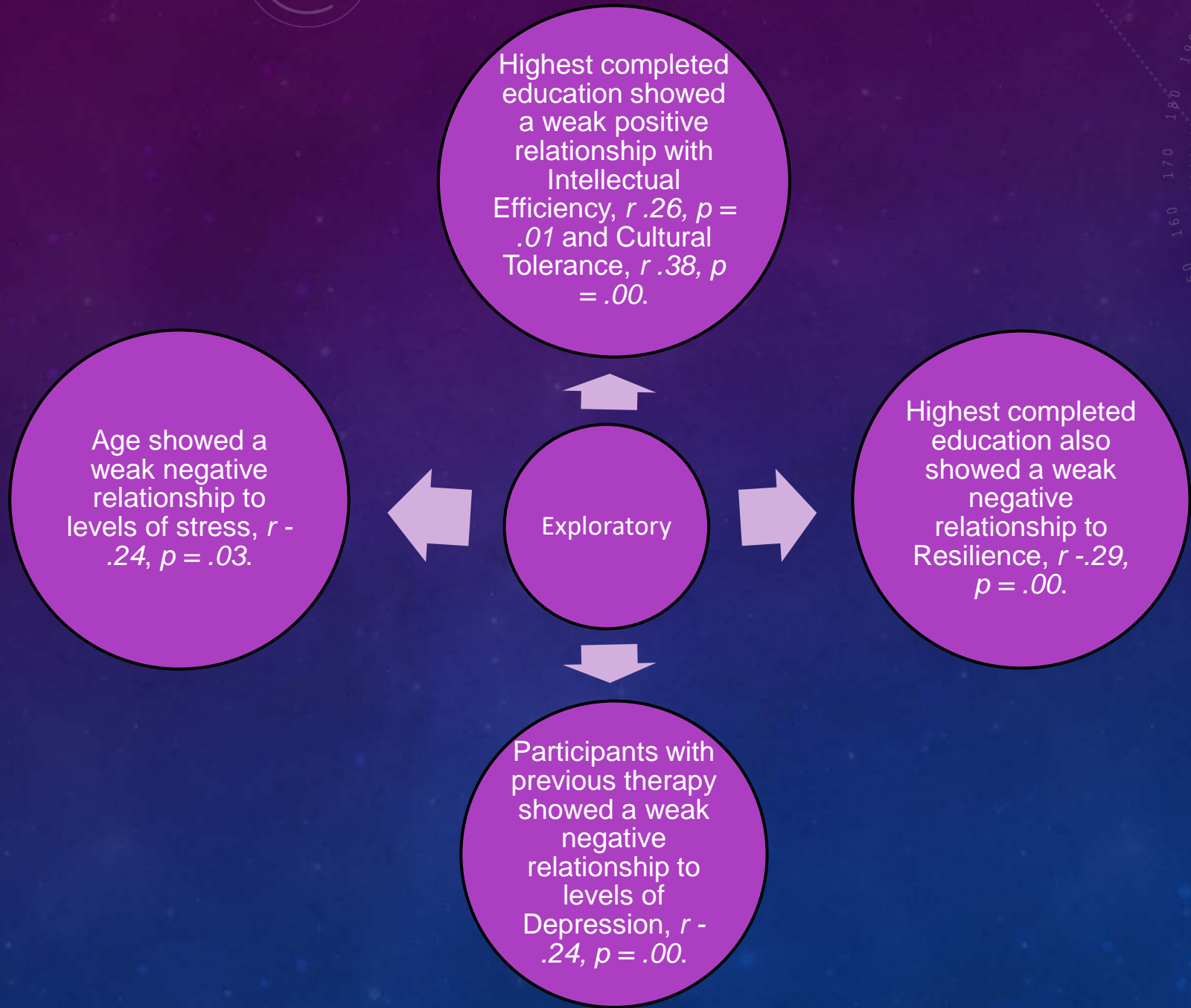
RESULTS: MAIN FINDINGS

Moderately negative relationship between levels of Intellectual Efficiency and levels of Resilience, $r = -.41$, $p = .00$

Levels of Intellectual Efficiency displayed a weak negative relationship to levels of Anxiety, $r = .23$, $p = .04$

Levels of Cultural Tolerance showed a weak negative relationship to levels of Anxiety, $r = -.29$, $p = .00$

Levels of Resilience shows a moderately positive correlation with stress, $r = .44$, $p = .00$, depression, $r = .62$, $p = .00$, and anxiety, $r = .43$, $p = .00$.



Levels of Resilience accounted for 18.7% of the variance of anxiety levels.

The diagram consists of three purple circles arranged horizontally. The leftmost circle is the largest and contains the text 'Levels of Resilience accounted for 18.7% of the variance of anxiety levels.' The middle circle is the smallest and contains the text 'Exploratory'. The rightmost circle is the largest and contains the text 'Levels of Cultural Tolerance accounted for 6.9% of the variance of anxiety levels.' A white arrow points from the middle circle to the left circle, and another white arrow points from the middle circle to the right circle.

Exploratory

Levels of Cultural Tolerance accounted for 6.9% of the variance of anxiety levels.

DISCUSSION

The higher one's Intellectual Efficiency the lower Resilience levels were which in turn would also lower the levels of depression, stress, and anxiety.

Yet, lower levels of Resilience relate to more negative physiological effects and lower expectance of Resilience levels

Thus, studies shown that Resilience is created and maintained through instances of trauma which would expectedly increase levels of Depression, Anxiety and Stress may need to account for Intellectual Efficiency in future or control for Intellectual Efficiency to gather whether Intellectual Efficiency acts as buffer (Crane & Searle, 2016).

Future studies of Openness to Experience should investigate the other four facets of Openness to Experience: Ingenuity, Curiosity, Aesthetic, and Depth. As Intellectual Efficiency did not show a positive correlation to Resilience, one or maybe multiple of the facets of OTEs may contributed to the overall level of Resilience.

Future Research

Though it is important to understand the facets correlatively to Resilience, Depression, Stress and Anxiety, implementing a path analysis would shed light on the mediating or moderating effects of OTEs.

One of the limitations of this study was the use of electronic survey which excluded individuals that did not possess access to a computer or phone.

Moreover, those that were not able to read the English language were not included within the study, as translations were not provided

Limitations

Another limitation of the study was the use of Facebook's ad program only targeted those that used Facebook and no other social media sources; thus, limiting the potential sample of participants to those that only use Facebook rather than using all sources of social media

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