

**NEAR EAST UNIVERSITY  
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**MASTER THESIS**

**THE RELATIONSHIP BETWEEN ANGER  
EXPRESSION AND PERSONALITY TRAITS**

**OTHMAN MOHAMMED AHMED**

**20133615**

**SUPERVISOR**

**ASSOC. PROF. DR. EBRU TANSEL ÇAKICI**

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## ÖZET

### **Kişilik özellikleri ve öfke arasındaki ilişki**

Hazırlayan: **OTHMAN MOHAMMED**

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Çalışmanın amacı farklı öfke ifade biçimi ve kişilik özellikleri arasındaki ilişkinin incelenmesidir. 150 lisans programı üniversite öğrencisi (69 erkek ve 74 kadın) araştırmaya alınmıştır. Araştırmaya katılanlara beş faktör modeline göre kişilik tiplerini (dışa dönüklük, uyumluluk, sorumluluk, nevrotizm ve deneyime açıklık) araştıran 44 ifadeden oluşan Beş Faktör Kişilik Envanteri (BFKE) ve öfke durumu ve öfke ifadesini araştıran 34 ifadeden oluşan Durumluk-Sürekli Öfke Ölçeği (DSÖÖ) uygulanmıştır. Çalışma sonuçları ‘dışadönüklük’ ve içe dönük öfke arasında anlamlı ilişki ( $r=0.180$ ) bulunduğunu göstermiştir. ‘Uyumluluk’ ile durumluk öfke arasında pozitif ( $r=0.253$ ), öfke kontrolü ile arasında negatif ilişki ( $r=-0.197$ ) bulunmuştur. ‘Sorumluluk’ ve öfke kontrolü arasında negatif ilişki ( $r=-0.270$ ) bulunmuştur. ‘Nevrotizm’ ve durumluk öfke ( $r=-0.431$ ) ve dışa dönük öfke ( $r=-0.407$ ) arasında negatif, öfke kontrolü ile arasında pozitif ilişki ( $r=0.440$ ) bulunmuştur. ‘Deneyime açıklık’ ve dışa dönük öfke arasında pozitif ( $r=0.185$ ) ve öfke kontrolü ile arasında negatif ( $r=-0.298$ ) ilişki bulunmuştur. Ancak bu sonuçlar üniversite öğrencileri ile sınırlıdır ve öz-bildirime dayanmaktadır. Farklı yaş ve eğitim grubunda katılımcılarla, klinik değerlendirmeye yapılacak ileri çalışmalar faydalı olacaktır.

**Anahtar Kelimeler: Beş faktörlü kişilik, durumluk-sürekli öfke, öfke, kişilik özellikleri**

## ABSTRACT

**The Relationship Between Anger Expression And Personality Traits**Prepared by: **OTHMAN MOHAMMED****June, 2015**

The present study aims to determine the relationship between different forms of anger expression and personality traits. 150 undergraduate university students (69 male and 74 female) participated the study. The participants were given Big Five Inventory (BFI), which is consisted of 44 statements investigating personality types in five factor model (extraversion, agreeableness, conscientiousness, neurotic, and openness) and State-Trait Anger Expression (STAE) scale consisting of 34 statements investigating anger state and anger expression. The results of the present study revealed that 'extroversion' significantly correlated with internal anger ( $r= 0.180$ ). 'Agreeableness' had positive correlation with state anger  $r=0.253$  and negative correlation with anger control  $r= -0.197$ . 'Conscientiousness' appeared to have negative correlation with anger control  $r= -0.270$ . There was significant negative correlation between 'neurotic' and state anger ( $r= -0.431$ ) and external anger ( $r= -0.407$ ) but positive correlation with anger control ( $r=0.440$ ). Finally, 'openness' showed positive correlation with external anger ( $r=0.185$ ) and negative correlation with anger control ( $r= -0.298$ ). However these results are limited to university students and biased on self-report assessments. Conducting further research among participants of different age groups and education level with clinical assessment may be helpful.

**Key words: Big Five Personality, State-Trait Anger, Anger and Personality Traits**

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**ABBREVIATION**

**BFI**= Big Five Inventory.

**STAEI**= State-Trait anger expression inventory.

## 1. INTRODUCTION

Personality is an important asset of a person. In fact, it shapes our current lives and will continue shaping it as long as we live. It helps people make major decisions that impact on their lives in a number of ways. Our personality influences many aspects of life such as health, thoughts and economic stability. Similarly, it influences our social thoughts and interactions (W.Fuhrman, pp. 1-9). It is our personality that makes us decide which information to reveal and which one to conceal. Therefore, there are some experiences which some people are more willing to share or conceal from third parties. Explaining one's experience to other parties may be a lengthy affair. Their personality restrains them from revealing some embarrassing moments which they have been involved in and vice versa. Studying the human personality is critical towards the understanding of the human nature and experience. It is unfortunate that many people thought that personality is one of the most researched topics in the field of educational. However psychologists have not given significant attention to it (Duane P. & Sydney E, 2005 p. 4).

“Persona” is a Latin word that means a mask to differentiate your appearance or looks from others (R.Aiken, 1999, pp. 1-30), mostly adopted by actors and the term “Personality” has been driven from the word persona. Personality identified as a product to interact socially in a group of people. The term personality can be related to individuals' traits such as color, weight and height and skin. Every individual in society possess different personality that vary according to their personality traits such as habit and behavior. These traits vary according to group of people or society. Every individual is unique, whether they are good or bad, or admirable or non-admirable. The development of personality takes place through a social process. One's interaction with other people enhances the development of their personality. Personality shapes one's actions and their perceptions. Personality is defined as being the competences of one's physique and mind (Umar Farooq, 2011 pp. 2).

Understanding one's personality depends on individual behavior and reaction, and anger is one of its forms. There are various researches and theories available that define personality in numerous aspects, but still this topic needs to explore to reach to the certain point. Thus, our study aims to find out the relation between the anger and personality traits.

## **1.1 Personality**

(Macionis, 2010) defines personality as an individual's thought patterns. (Ogburn and Nimkoff, 1941, pp. 115-119; G.Myers, 2007, p. 596) brands the personality as being an individual's habits. They are internal thought patterns that influence one's character traits in various phenomenon. According to (Funder, D. C, 1997) and (Mischel, 1993, p. 5) personality is the thought pattern, social, emotional and cognitive mechanisms of an individual. (Feist and Feist, 2009) believe that personality is a set of inter-related traits that check the consistency of a person's behavior traits. There are various concepts which define personality. They depend on the subject being addressed. Hence, the definition of personality differs if one is defining it from an individual or group context. When defining personality in relation to a group, it can be defined as the difference between the psychological mindsets of individuals. Notably, people have different physical appearances. Therefore, they have different cognitive mindsets and behaviors. When defining personality from an individual aspect, it refers to the consistent manner of perception that influences their thoughts, actions and how they react towards a phenomenon (Personality & Spirituality, 2015) (Lindzey, 1957, pp. 1-10).

The Hippocrates theory is one of the earliest theoretical concerns that examine the concept of Psychology (F.Scheier, 2004, p. 57). Noteworthy is the fact that some of the theory's concepts have been culminated in the modern day study of personality. The theory seeks to unearth some of the factors that govern the human personality. There are various approaches which aid the study of personality. They include social learning, humanistic, evolutionary, behaviorist, psycho-dynamic and biological theories of personality.

## **1.2 Trait Theory of Personality**

The trait theory of personality is one of the theoretical approaches towards the study of personality. According to the theory, there are various social pre-dispositions of the human personality. Many theories have emerged in the researcher's bid to understand the various aspects of the human personality. Of all the other theories, the trait theory is so far the best as it describes personality from a wider scope when compared to other models. When compared to the humanistic and psycho-analytic theories of personality, the trait theory pays special attention to the differences between people. According to the trait theory, each individual has unique character traits. The theory pays special attention to the characteristics of individuals and how they shape their personality. Although, there have been various model proposals by researchers, the big five model is the universally accepted personality approach (W.Lundin, 1969, pp. 1-3).

### **1.2.1 Gordon Allport's Trait Theory**

Gordon Allport is one of the psychologists who became increasingly interested in personality. In 1936, he realized that approximately 18,000 words in English language dictionary describes personality (Douglas A.Bernstein, 2008, p. 559; Henry L.Roediger, 1996, pp. 585-589). Allport classified personality types in to four dimensions (personality traits, temporary state, social evolution, and physical characteristic) (Randy J.Larsen, 2008). He organized the traits theory into three distinct levels. They include:

**Cardinal Traits:** cardinal traits refer to the characteristics that dominate a person's life in all the aspects. Hence, the traits become the defining cornerstone of such an individual. Their personalities influence their names. Noteworthy is the fact that their names and their character traits become unconditionally synonymous. For example Christ-like, Freudian, Narcistic, and Jungian among others. According to Allport, cardinal traits are not popular and develop with time (Kendra Cherry, 2015).

**Central Traits:** central traits refer to the characteristics that form the basis of one's personality. The central traits do not dominate one's personality when compared to the cardinal traits. The central traits are used to describe an individual. For instance, an individual can be described as being honest, dishonest, shy and intelligent among others.

**Secondary Traits:** secondary traits refer to the attitudes of an individual in certain situations. The traits are exclusive to some situations. Therefore, they are not existent and cannot be used to describe a person. For example, impatience after waiting for so long to be served and being nervous while addressing the public (C.cloninger, 2004, pp. 183-205; Camille B.Wortman, 1988, pp. 358-359).

### **1.2.2 Big Five Personality Model (Traits)**

The term 'Big Five' describes the character traits that are predominant to the human personality. It is important to note that the five factor model may be used to describe the big five. Each of the five traits is independent and accountable for some of the characteristics of the human personality. A grasp of the big five factors is critical to the understanding of the human personality. The figure 1 below shows the five personality traits.

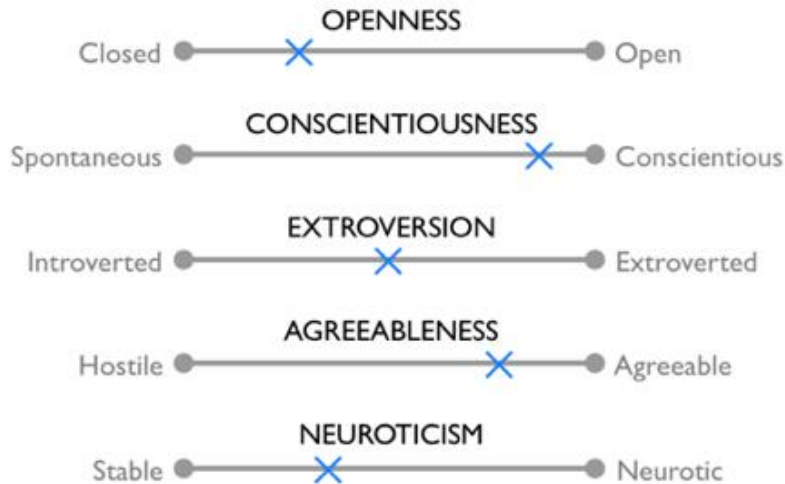


Figure 1: Personality Traits

Source: <http://personalityspirituality.net/articles/what-is-personality/>

The word OCEAN is an easy description of the big five factors. The first letters of the five traits form the acronym openness, conscientiousness, extraversion, agreeableness and neuroticism. The five traits have gone through number tests over the recent decades. Additionally, research is ongoing to determine whether an individual has all the five personality traits. Although the five personality traits are considered as being universal to all people, the traits are numerous as some of them have a certain degree of combination. For example, not everybody agrees with all the suggestions made (Chris Clause, 2012). The following are the big five:

1. **Openness:** openness refers to a personality trait that influences one to conform to the social and cultural expectations. It is the trait that determines an individual's thoughts about a phenomenon and how they express their views about it. It also determines how one may be willing to accept or reject change and vice versa. Similarly, it determines their willingness to express their views and vice versa. An individual who thinks creatively and looks for smart ways of doing things is regarded as being open.

2. **Conscientiousness:** It entails one's discipline and how they handle matters and particularly risky affairs. Such individuals are responsible and their level of responsibility can be measured.
3. **Extraversion:** it describes the social characteristics of an individual and how they interact with other people in their immediate environment. Such people are not only friendly but also warm to others. Extraverts are people who are willing to engage in outdoor social activities such as parties instead of remaining indoors for indoor entertainment activities such as watching a movie.
4. **Agreeableness:** agreeableness has to do with the individual's social status. It entails an individual's kindness and reliability. Such people do things that benefit others. Therefore, they are not selfish.
5. **Neuroticism:** It is a description of how an individual maintains their self-confidence. For instance, do they get anxious or nervous when in a new environment? It entails a measure of an individual's self-confidence (Chris Clause, 2012; P. John L.A, 1981, pp. 1-33; P. John L.A, 1997, pp 256263; Seymour Feshbach, 1996, p. 239).



### **1.3 Anger**

Anger refers to the kind of response that individuals give to an impending threat. Similarly, it entails their perception towards a risk that threatens the group (Lazarus, 1991, pp. 819-834; Christy Matta, 2012) brands anger as being a natural feeling elicited as a response. Therefore, nothing out of the ordinary is associated with anger.

According to Matta, anger has its own distinct purpose. It helps individuals overcome some of their challenges and stand up for what they believe is right or wrong. It helps one communicate to other people especially if they feel that their actions have wronged them. Anger is acceptable as long as it does not influence one to violate the rights of others or does not land us in trouble. However, it helps an individual protect themselves against exploitation. There are some forms of threats which trigger an angry response from the individual. Some of these threats include both physiological and physical threats. Similarly, they are threats to one's integrity, dignity and pride.

An act of injustice against oneself or another person may evoke anger courtesy of their relationship to cognitive mindsets such as cynicism and hostility (Martin, Watson, & Wan, 2000, pp. 886-897). Anger is deemed as being adaptive as it energizes one and sharpens their cognitive alertness to handle an impending threat (Goleman, 1995).

Anger is one of the emotions that are actually difficult to control as it is a response that entails a number of physiological reactions to fight the cause of anger. The response mechanism is triggered by one's body to protect them against an impending threat (Lazarus, 1991a). Serious feelings of anger that cannot be controlled with ease and are closely related to the act of internalizing one's behavioral issues such as aggression.

### **1.3.1 How do people express their anger?**

There are many ways in which people express anger. Some of them include anger control, anger-in and anger-out. Anger in refers to the act of concealing anger in a distressing situation without actually expressing it regardless of the phenomenon. On the other hand, anger-out is a physical expression of anger. One does it through physical acts such as hitting objects, swearing, criticizing and confronting among other physical acts that denote

Anger. Lastly, anger control refers to the act of being composed, calm, understanding and tolerance. It entails calming down with an aim of controlling anger bearing in mind that anger explosions can be disadvantageous (Spielberger, 1991; Özer, 1994, pp. 26-35).

One of the major reasons of why individuals express anger in some instances is because such situations distress them. How an individual responds to anger depends with the levels of stress that the individual is going through. The higher the level of stress would be, the angrier the individual can be (Diong and Bishop, 1999, 81-96; Diong et al, 2005).

### **1.3.2 Aggression**

Aggression refers to an act that may result into harm to others. An aggressed individual exhibits acts of anger and may harm others especially those who have made them angry. There are many forms of aggression. They depend on the situation that has made one aggressed, the intentions of the individual behind the aggression. Aggression may either be reactive or pro-active, covert or overt, relational, verbal or physical (Werner & Crick, 2004, pp. 495-514).

(Nay, 1996) believes that anger is a feeling that evokes a frustrated response. Nay argues that aggression entails attacking an individual or a group deemed as being responsible for the negative response. In many instances, it is harmful as it may cause injury. Such an attack may be verbal when it entails threats, insults and sarcasm. Others may include physical punishment such as beatings. (M.Vaughan, 2005, p. 446)

Human aggression refers to any action directed towards another individual with an aim of causing physical or emotional harm. Moreover, the perpetrator believes that their actions will harm their target. Essentially, the target strives to avoid the wrath of the perpetrator (Bushman, 2001, p. 7). (M.VAughan, 1995) (L.Franzio, 2009)

#### **1.4 Relationship between anger and personality**

(Jeffrey Valentine, 2006) carried out a comprehensive study to unearth the relationship between aggression and personality. Similarly, he examines some of the conditions which may provoke aggression and those that are unlikely to provoke it. The study revealed that irritability influences aggressiveness in both neutral and provoking conditions. (Costa & McCrae, 1992), proposed the five factor model. It is one of the prominent theories of personality that helps in the understanding of the relationship between aggression and personality (Jensen Campbell & Graziano, 2001; Miller, 2003). Some of the main personality dimensions of the five factor model include agreeableness, neuroticism, conscientiousness, extraversion and openness. Each of the dimensions has six facets. Further studies on aggressive behavior investigate the influences of the various variables of personality such as anger and aggressiveness.

(Sharpe and Desai, 2001) argue that neuroticism and agreeableness are some of the most predictable traits of aggression as opposed to other dimensions. (Buss and Perry, 1992) introduced an aggression questionnaire to measure this diversity. The findings revealed that the agreeable dimension has a negative relationship with all other sub-scales of the Buss and Perry Questionnaire. On the other hand, the neuroticism has a more positive relationship to the sub-scales of hostility and anger when compared to other verbal and physical aggression subscales.

Dr. Hebe Essawy indicated that children with high extroversion personality trait express their anger negatively with aggression behavior such as hurting others, bullying the weak child, biting, kicking, and broking things. While child with introvert personality traits they are often symptoms of anger hidden and looks a demonstration in the form of convergence with the suppression of feelings do not express what they feel , where we see the child refuses food or go to school, or suffering from pain stomach or persistent vomiting has nothing to do with food and always the child frequently to apologize nor resort to seek help

from his peers with exaggerated access to perfection, fear of confrontation is always silent and not express his opinion in front of people do not enter into any fights even if attacked by colleagues. (Husam Aldin, 2015)

Like Sharpe and Desai (2001), (R. Martin, Watson, and Wan, 2000, pp. 886-897) carried out an investigation to unearth some of the associations between the personality dimensions and the anger trait. The results of the study revealed that anger affects other traits. Finally, (Hennig, 2005) carried out a factor analysis to determine the efficiency of the Hostility Inventory (Buss & Durkee, 1957). The findings of the study indicated that there is a strong relationship between neuroticism and the hostility factor. They did not include agreeableness in the analysis.

## **2. METHODOLOGY**

### **2.1 The aim of the study**

The aims of the study is to reveal whether anger state and anger expression relates to personality traits, and how anger can be correlated with extraversion, agreeableness, consciousness, neurotic, and openness traits of personality.

#### **2.1.1 The research question of the study are following**

1. Neuroticism is being less emotional stable and inability to adapt well to stressful situations, high neuroticism is expected to have positive relation with anger expression and negative correlation with anger control.
2. Openness, agreeableness and conscientiousness are related with low trait anger and anger expression, and high anger control.
3. Extraversion is related with low anger control.

### **2.2 Research methodology**

#### **Survey method**

Survey method has been used to collect data. Survey method is a correlational research design, Survey is basically a short and instant interview or discussion with the individuals or participants from whom the researchers want to collect their views. Data is collected in a form of Questionnaires matrix, matrix is actually close-ended questions based questionnaire. (Sincero, 2012).

#### **2.3 Population and sample**

Non-random technique (purpose sample) was used to select the sample. 150 undergraduate university students participated in the study. The mean age of the participants was  $22.59 \pm 2.09$  (18-28). Male participants was 69 (48.3 %), and female participants was 74(51.7 %). The most of participants were from Turkey 134 (89.9 %), and 15 (10.1 %) were from North Cyprus. All Participants were Psychology undergraduate students, from Near East University of Cyprus. Data was collected within the classes with the formal permission of university officials.

## **2.4 Instruments**

### **2.4. a. Sociodemographic questionnaire**

Sociodemographic questionnaire consists of some questions to get information about participants' demography such as gender, age, and place living.

### **2.4. b. Big Five Inventory (BFI)**

BFI is 44 statements that measure individual's differences in five aspects of personality that includes: extraversion, agreeableness, conscientiousness, neurotic, and openness. (John, 1999, pp. 102-138).

Turkish version of BFI was translated to Turkish language from English by (Karman et al, 2010). Turkish version of BFI consists of 40 statements (e.g., "I see myself as someone who talkative", "I see myself as someone who can be moody") and participants agree or disagree with each statements on a five point Likert scale 1 = strongly disagree to 5 = strongly agree.

### **2.4. c. State-Trait anger expression inventory (STAE)**

Spielberger developed STAE in 1988, to indicate how people express their anger and trait anger level (Zoccali, 2007, pp. 1-11; Arslan, 2010, pp. 1-19). STAE have been adapted into Turkish language by Ozer (1994). This scale consists of 34 statements, 10 of the items are about anger level. Anger expression style includes, internal anger 8 items, external anger 8 items, and anger control 8 items. The scale has 4 point Likert option start from 1= almost never to 4= almost always, that allows participants to showed how much they agree (Ozer, 1994, pp. 26-35).

**2.5 Data analysis:**

The procedure for analyzing the data started when all the returned questionnaires checked to ensure that they are filled up correctly. After that, the data was entered into the Statistical Package for Social Sciences (SPSS)-Version 18.0 and was analyzed accordingly.



### 3. RESULTS

150 university students participated in the study. The mean age of the participants was  $22.59 \pm 2.09$  (18-28). 69 (48.3 %) of participants were male and 74 (51.7 %) of participants were female. 134 (89.9 %) of the participants were from Turkey. and 15 (10.1 %) were from Cyprus.

Table 1. Correlation of mean scores of STAE subscale scores with BFI subscale scores

	State anger	Internal anger	External anger	Anger control
Extraversion	r= -0.043 p= 0.634 n= 125	r= 0.180 p=0.038* n=128	r=0.010 p=0.0905 n=136	r=-0.030 p=0.730 n=136
Agreeableness	r=0.253 p=0.005* n=121	r=0.125 p=0.165 n=125	r=0.170 p=0.057 n=126	r=-0.197 p=0.027* n=127
Conscientiousness	r=0.098 p=0.276 n=126	r=-0.067 p=0.447 n=131	r=0.108 p=0.212 n=134	r=-0.270 p=0.002* n=134
Neurotic	r=-0.431 p=0.000** n=126	r=-0.140 p=0.111 n=131	r=-0.407 p=0.000** n=134	r=-0.440 p=0.000** n=135
Openness	r=0.147 p=0.107 n=121	r=-0.061 p=0.498 n=125	r=0.185 p=0.036* n=128	r=-0.298 p=0.001* n=128

\* $p \leq 0.05$     \*\* $p < 0.001$

The relationship between STAE subscale scores with BFI subscale scores was computed with bivariate correlation method. There was significant mild, positive correlation between extraversion and internal anger ( $r = 0.180$ ). Agreeableness indicated mild, positive correlation with state anger  $r = 0.253$  and negative mild correlation between agreeableness

and anger control  $r = -0.197$ . Conscientiousness indicated negative mild correlation with control anger  $r = -0.270$ . Significant moderate negative correlation between neurotic and state anger ( $r = -0.431$ ), negative moderate correlation between neurotic and external anger ( $r = -0.407$ ), and positive moderate correlation between neurotic and anger control ( $r = 0.440$ ) was found. And openness showed significant correlation with only external anger ( $r = 0.185$ ) and anger control ( $r = -0.298$ ).

Table 2. Correlation of mean scores of BFI subscales with each other

	Agreeableness	Conscientiousness	Neurotic	Openness
Extroversion	r=0.108 p=0.235 n=123	r=0.325 p=0.000** n=128	r= -0.393 p=0.000** n=127	r=0.323 p=0.000** n=125
Agreeableness		r=0.295 p=0.001* n=122	r= -0.115 p=0.214 n=119	r=0.349 p=0.000** n=120
Conscientiousness			r=-0.286 p=0.000** n=124	r=0.408 p=0.000** n=212
Neurotic				r= -.0265 p=0.003* n=122

\*p $\leq$ 0.05    \*\*p<0.001

Correlation between BFI subscale scores to each other was computed with bivariate correlation method. There was significantly mild, positive correlation between extraversion with conscientiousness  $r=0.325$ , significant mild, negative correlation between extraversion and neurotic  $r= -0.393$ , and mild, positive correlation between extraversion with openness  $r=0.323$ . agreeableness indicated low, positive correlation between conscientiousness  $r= 0.295$ . Mild, positive correlation between agreeableness and openness  $r= 0.349$ . Conscientiousness shows low, Negative correlation with neurotic  $r= -0.286$ . Mild, positive correlation between conscientiousness and openness  $r= 0.408$ . neuroticism indicated low negative correlation with openness  $r= -0.265$ .

Table 3. The comparison of mean scores of BFI subscales according to gender

	Male	Female	t df P
Extroversion	19.4 ± 4.37 (n=65)	18.57±5.17 (n=68)	1.034 131 0.305
Agreeableness	15.17±4.90 (n= 59)	13.70±4.01 (n=65)	1.870 122 0.065
Conscientiousness	18.84±4.70 (n=63)	18.31±4.41 (n=66)	0.653 127 0.516
Neurotic	24.40±4.96 (n=61)	23.07±5.55 (n=69)	1.442 128 0.152
Openness	24.90±6.23 (n=58)	25.34±5.78 (n=66)	-0.419 122 0.677

In the study, BFI subscale according to gender was compared with Student's t-test statistical method; there was no statically meaningful difference ( $p>0.05$ ).

Table 4. Comparison of STAE subscales mean scores according to gender

	Male	Female	T df P
State	24.076±6.536	21.420±6.061	2.441 132 0.016*
Internal anger	17.590±3.760	16.370±4.121	1.801 136 0.074
External anger	17.833±4.636	16.891±4.360	1.238 138 0.218
Anger control	21.308±5.300	21.500±5.680	-20 140 0.836

\*p≤0.05    \*\*p<0.001

In the study, STAI subscale according to gender was compared with Student's t-test statistical method; there was statically meaningful difference (p=0.016) between state anger and gender. The mean score for male participants was higher (24.076±6.536) then the mean score for female participants (21.420±6.061).

Table 5. Comparison of mean scores of BFI subscales to the participants nationality

	Turkey	Cyprus	T df p
Extroversion	18.731±4.802 (n=123)	19.285±5.823 (n=14)	-400 135 0.700
Agreeableness	14.760±4.503 (n=113)	11.333±2.609 (n=15)	2.880 126 0.005*
Conscientiousness	18.760±4.503 (n=120)	17.870±4.838 (n=15)	717 133 0.480
Neurotic	23.925±5.016 (n=120)	22.400±6.770 (n=15)	1.065 133 0.290
Openness	25.580±5.901 (n=114)	22.400±5.539 (n=15)	1.980 127 0.051*

\* $p \leq 0.05$  \*\* $p < 0.001$

In the study, BFI subscale according to gender was compared with Student's t-test statistical method; there was indicated statically meaningful difference ( $p = 0.005^*$ ) between agreeableness and nationality. The mean score for those who were from Turkey was higher 14.760±4.503 then the mean scores for those who were from North Cyprus 11.333±2.609.



Table 6. Comparison of mean scores of STAI subscales to nationality

	Turkey	Cyprus	T df p
State anger	22.880±6.300 (n=124)	21.500±6.580 (n=14)	773 136 0.441
Internal anger	16.742±3.748 (n=128)	18.400±5.280 (n=15)	-1.547 141 0.077
External anger	17.42±4.318 (n=131)	17.070±5.444 (n=15)	289 144 0.183
Anger control	21.431±5.135 (n=132)	21.133±7.470 (n=15)	203 145 0.011*

\*p≤0.05    \*\*p<0.001

In the study, STAI subscale according to gender was compared with Student's t-test statistical method; there was indicated statically important meaningful (p=0.011\*) between anger control and participants nationality. The mean score for Turkey nationality was higher 21.431±5.135 then the mean score for Cyprus nationality 21.133±7.470.

Hence, when correlation analysis was made between age and subscales of BFI and STAI with Pearson correlation analysis, no significant difference was found.



#### 4. DISCUSSION

The present study indicated relation between anger expression and personality traits. According to the results there was a significant positive correlation between internal anger and extraversion trait, having high extraversion personality trait is likely to be related with internal anger. There was no correlation between extraversion trait and anger state, external anger, and anger control. There are inconsistent results in the literature. (Ozyesil et. al., 2012, pp. 1-11) found significant negative correlation between extraversion and internal anger and external anger. However, according to (Lewis, 2014, pp. 1-6) extroversion was shown to have positive significant relation with both internal and external anger. Our findings indicated that understanding one's personality depends on their behavior and reaction and anger is one of its forms.

According to the results of this study agreeableness has positive correlation with state anger and negative correlation with anger control. It showed that if a person has high agreeableness characteristic, his/her anger is moderate. (Watson, 2000, pp. 1-30) found agreeableness characters have strong positive relation with the aggressive behavior, this finding supported our results. Furthermore (Lewis, 2014a, 1-6) found that agreeableness significantly correlated with anger in and anger out positively. However findings of another study by (Ozyesil et. al., 2012a, pp. 1-11) showed contrary results as relation between high anger control and low anger expression among agreeable people.

In the study conscientiousness showed negative mild correlation with control anger, and no correlation with state anger, anger in, and anger out. There are contradictory results in the literature. Another study shows that conscientiousness show mild correlation with anger and aggression and they found that who has high consciousness likely to be able to control their behavior when angry (Lauri A.Jensen-Campbell, 2006, pp. 1-22). As well as (Lewis, 2014, pp. 1-6) also retrieved the same results between conscientiousness and anger control. They found significant correlation between consciousness with anger out and aggression.

According to the study there was negative correlation between neuroticism and external anger, and positive correlation with anger control. The result shows that neurotic person did not express his/her anger to others, and more likely to be able to control his/her anger. Previous study about relation between neurotic and anger found that neuroticism had high correlation with the anger (Watson, 2000a, pp. 1-30), moreover (Lewis, 2014a, pp. 1-6) was found that neuroticism strongly predict anger in, anger out, and anger control and also aggression.

The present study shows that openness indicated significant negative correlation with anger control and positive correlation with external anger. Previous study reveals that openness has mild negative correlation with anger state (Lewis, 2014b, pp. 1-6). Moreover at another study (Ozyesil, 2012a, pp. 1-11) found there was no correlation between openness and the anger state, anger in, anger out, and anger control.

In the study gender difference was compared according to state-trait anger expression subscales. The results indicated meaningful difference between gender and anger state, and no relation between gender and anger in, anger out, and anger control. Previous study found that men who have low self-esteem likely to be anger out in their behavior, and women with low self-esteem would be anger in in their behavior. They also reveal that men and women with high self-esteem have no difference to express their anger (Thomas, 1999, pp. 1-10).

In literature review there was some inconsistent results about types of anger expression and personality types. This may be related with limited number of participants, different studies have samples of different ages and different populations. The data was also obtained from self-report measurement; not from assessment of professionals based on clinical observation or from family evaluations. Individuals were generally assessed in neutral situations; their reactions could be evaluated better in provoking, frustrating conditions.

**Limitations**

The participants of this study were 150 undergraduate students from Near East University. They were all young adults. Therefore, the findings of this study are limited to university students. These findings cannot be generalized to different age groups. Other studies should test correlation between personality traits and anger expression from different ages and different populations. The data was also obtained from self-report measurement; further studies could use other instruments by which assessment is based on observation. The present study only showed correlation between personality traits and anger state further study could be find some treatment to anger or controlling anger. Finally, outcomes can be generalized only to individuals in neutral situations; further study can find individuals behavior in the provoking condition.

## 5. CONCLUSION

The current study revealed significant correlations between personality traits (extraversion, agreeableness, conscientiousness, neurotic, and openness) and anger states (state anger, anger in, anger out, and anger control). Personality traits do differ in their correlation with the anger states. Some participants had strong positive correlation, whereas others had negative correlation. Findings point to extraversion, as personality traits, having positive correlations with anger in as anger state. Agreeableness positively correlated with anger state but had negative correlation with anger control. Conscientiousness correlated with anger control in a negative way. Neurotic indicated negative correlation with anger state and anger out while positive correlation between neuroticism and anger control was found. Openness had positive correlation with anger out and negative correlation with anger control.

## 6. APPENDIX

### 6.1 Sociodemographic form question

#### Kişisel bilgi formu

1. Cinsiyetiniz? a) Erkek b) Kız
2. Doğum Yılıınız? .....
3. Doğum Yeriniz? .....

## 6.2 State-Trait anger expression (STAE)

## SÖÖTÖ

## I.BÖLÜM

YÖNERGE:Aşağıda kişilerin duygularını anlatırken kullandıkları bir takım ifadeler verilmiştir. Her ifadeyi okuyun ,sonra da genel olarak nasıl hissettiğinizi düşünün ve ifadelerin sağ tarafındaki sayılar arasında sizi en iyi tanımlayanı seçerek üzerine (X) işareti koyun.Doğru ya da yanlış cevap yoktur.Herhangi bir ifadenin üzerinde fazla zaman sarfetmeksizin, genel olarak nasıl hissettiğinizi gösteren cevabı işaretleyin.

1.Hiç

2.Biraz

3.Oldukça

4.Tümüyle

Sizi ne

kadar tanımlıyor?

Hiç

Tümüyle

1.Çabuk parlarım	1	2	3	4
2.kızgın mizaçlıyım	1	2	3	4
3.öfkesi burnunda bir insanım	1	2	3	4
4.başkalarının hataları ,yaptığım işi yavaşlatınca kızarırım .	1	2	3	4

5.yaptığım iyi bir işten sonra takdir edilmemek canımı sıkar.	1	2	3	4
6.öfkelenince kontrolümü kaybederim.	1	2	3	4
7.öfkelendiğimde ağzıma geleni söylerim.	1	2	3	4
8.başkalarının önünde eleştirilmek beni çok hiddetlendirir.	1	2	3	4
9.engellediğimde içimden birilerine vurmak gelir.	1	2	3	4
10.yaptığım iyi bir iş kötü değerlendirildiğinde çılgına dönerim.	1	2	3	4

## II.BÖLÜM

YÖNERGE:Herkes zaman zaman kızgınlık veya öfke duyabilir. Ancak , kişilerin öfke duygularıyla ilgili tepkileri farklıdır.Aşağıda , kişilerin öfke ve kızgınlık tepkilerini tanımlarken kullandıkları ifadeleri göreceksiniz. Her bir ifadeyi okuyun ve öfke ve kızgınlık duyduğunuzda genelde ne yaptığınızı düşünerek o ifadenin yanında sizi en iyi tanımlayan sayının üzerine (X) işareti koyarak belirtin. Doğru veya yanlış cevap yoktur. Herhangi bir ifadenin üzerine fazla zaman sarfetmeyin.

1.Hiç

2.Biraz

3.Oldukça

4.Tümüyle

ÖFKELENDİĞİMDE VEYA KIZDIĞIMDA.....

Sizi ne kadar tanımlıyor?

Hiç

Tümüyle

11.Öfkemi kontrol ederim.	1	2	3	4
12.kızgınlığımı gösteririm.	1	2	3	4
13.Öfkemi içime atarım.	1	2	3	4
14.başkalarına karşı sabırlıyım.	1	2	3	4
15.Somurtur ya da surat asarım.	1	2	3	4

### ÖFKELENDİĞİMDE VEY KIZDIĞIMDA

Sizi ne kadar tanımlıyor?

Hiç Tümüyle

16.İnsanlardan uzak dururum	1	2	3	4
17.Başkalarına iğneli sözler söylerim.	1	2	3	4
18.Soğukkanlılığımı korurum.	1	2	3	4
19.Kapıları çarpmak gibi şeyler yaparım.	1	2	3	4
20.İçin için köpürürüm ama göstermem.	1	2	3	4

### ÖFKELENDİĞİMDE VEYA KIZDIĞIMDA ...

Sizi ne kadar tanımlıyor?

Hiç Tümüyle

21.Davranışlarımı kontrol ederim.	1	2	3	4
22.Başkalarıyla tartışırım.	1	2	3	4
23.İçimde, kimseye söyleyemediğim kinler beslerim.	1	2	3	4
24.Beni çileden çıkaran her neyse saldırırım.	1	2	3	4
25.Öfkem kontrolden çıkmadan kendimi durdurabilirim.	1	2	3	4



ÖFKELENDİĞİMDE VEYA KIZDIĞIMDA ...

Sizi ne kadar tanımlıyor?

Hiç Tümüyle

26.Gizliden gizliye insanları epeyce eleştiririm.	1	2	3	4
27.Belli ettiğimden daha öfkeliyimdir.	1	2	3	4
28.Çoğu kimseye kıyasla daha çabuk sakinleşirim.	1	2	3	4
29.Kötü şeyler söylerim.	1	2	3	4
30.Hoşgörülü ve anlayışlı olmaya çalışırım.	1	2	3	4

ÖFKENDİĞİMDE VEYA KIZDIĞIMDA ....

Sizi ne kadar tanımlıyor?

Hiç Tümüyle

31.İçimden insanların farkettiğinden daha fazla sinirlenirim.	1	2	3	4
32.Sinirlerime hakim olamam.	1	2	3	4
33.Beni sinirlendirene, ne hissettiğimi söylerim.	1	2	3	4
34.Kızgınlık duygularımı kontrol ederim.	1	2	3	4

## 6.2 Big five inventory (BFI)

### Genel Olarak Nasılım?

Aşağıda verilen ifadelere ne ölçüde katıldığınızı lütfen belirtiniz.

	Tamamen Katılıyorum	Katılıyorum	Kararsızım	Katılmıyorum	Kesinlikle Katılmıyorum
1. Konuşkanım .					
2. İş yönelimliyim .					
3. Karamsarım.					
4. Orijinal, yeni fikirlere açığım.					
5. Çekingen biriyim.					
6. Yardımseveri m biriğim.					
7. Biraz dikkatsiz olabilirim.					
8. Stresle iyi baş edebilen					

<b>rahat biriyim.</b>					
<b>9. Birçok şeye meraklıyım.</b>					
<b>10. Enerji doluyum.</b>					
<b>11. Ağız dalaşını başlatan biriyim.</b>					
<b>12. Güvenilir bir çalışanım.</b>					
<b>13. Gergin biriyim.</b>					
<b>14. Dahiyim, derin düşünürüm.</b>					
<b>15. Çok fazla hayranlık uyandırırım.</b>					
<b>16. Affedici bir doğaya sahibim.</b>					
<b>17. Düzensiz olma eğilimindeyi m.</b>					

<b>18. Çok kaygılı biriyim.</b>					
<b>19. Aktif bir hayal gücüne sahibim.</b>					
<b>20. Sessiz olma eğilimindeyim.</b>					
<b>21. Genellikle güvenilir biriyim.</b>					
<b>22. Tembelliğe eğilimliyim.</b>					
23. Duygusal ve kararlı biriyim. Kararlarımı kolayca üzülürüm.					
<b>24. İcat yapan biriyim.</b>					
<b>25. Girişken bir kişiliğe sahibim.</b>					
<b>26. Soğuk ve mesafeliyim.</b>					
<b>27. İşi bitirene kadar</b>					

<b>azimle çalışırım.</b>					
<b>28. Duygu durumu değişebilen biriyim.</b>					
<b>29. Sanatsal değerleri, estetik deneyimleri olan biriyim.</b>					
<b>30. Bazen utanır ve çekinirim.</b>					
<b>31. Hemen hemen herkese karşı nazik ve düşünceliyi m.</b>					
<b>32. Her şeyi etkili yaparım.</b>					
<b>33. Gergin durumlarda sakin kalırım.</b>					
<b>34. Rutin işleri ederim.</b>					

<b>35. İşlerimi planlar ve yaptığım planlara uyarım.</b>					
<b>36. Kolayca sinirlenirim.</b>					
<b>37. Fikir jimnastiği yaparım.</b>					
<b>38. Sanatsal ilgilerim azdır.</b>					
<b>39. Başkaları ile işbirliği yapmaktan hoşlanırım.</b>					
<b>40. Sanat, müzik ya da edebiyatla ilgilenen biriyim.</b>					

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## *Curriculum Vitae (C.V)*

Name: Othman Muhammed Ahmed

Born in Iraq, Sulaimanyah city, in 1987.

Graduated from University of Sulaimanyah in 2012, Sociology Department.

Joined in master's study in Turkey and Northern Cyprus at Near East University, General Psychology Department, 2013.

3 months experience as a social monitor (operator) child help line

E-mail: [othman.mhamad.a@gmail.com](mailto:othman.mhamad.a@gmail.com)

Phon number in Iraq: 009647705497778, 009647501245442