

Organized Intentions:

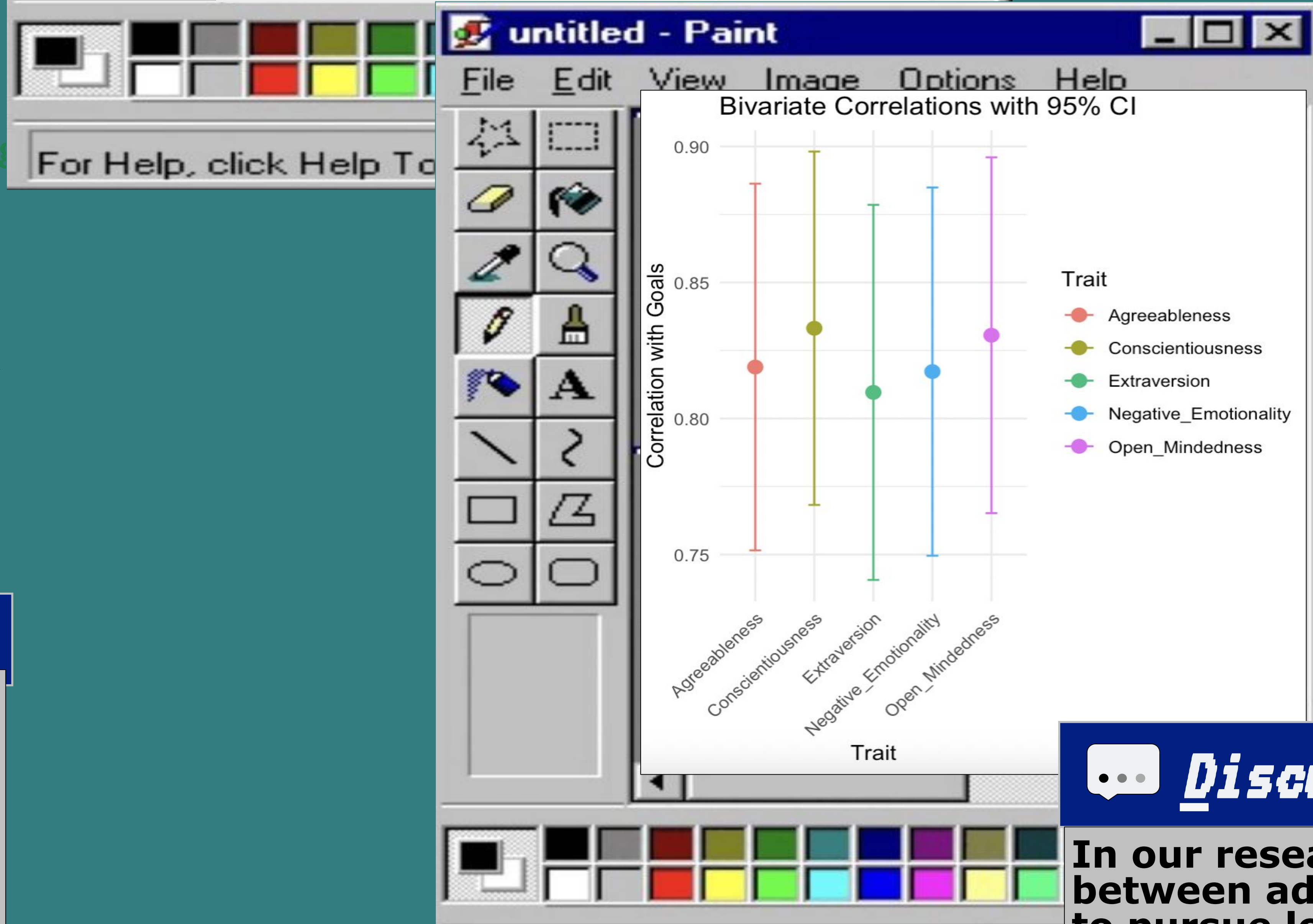
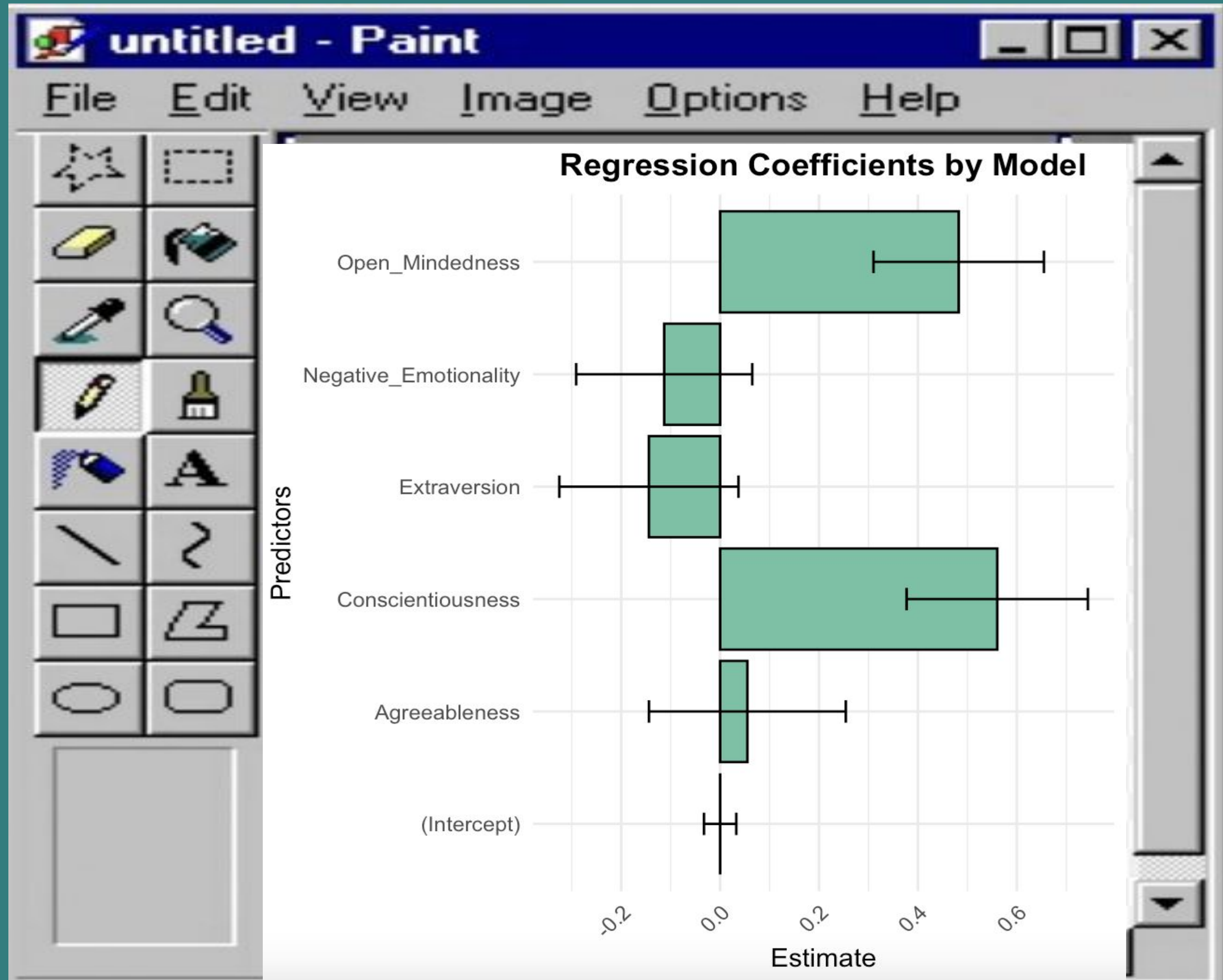
EXAMINING THE RELATIONSHIP BETWEEN THE BIG 5 AND GOALS

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- The pursuit of achieving short and long-term goals is essential for building a meaningful sense of identity. Having a meaningful sense of identity allows for us to have predictability and guide social interactions (Jorgensen et al., 2006). Current research shows that personality traits are influential in a person's ability to achieve goals. Personality traits can be defined though the Big Five, which is a model that sorts the most common personality traits into 5 different categories: Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism (Roccas et al., 2002). For example, people with high levels of neuroticism have greater difficulty completing long-term goals compared to short-term goals. Completing long-term goals is often more challenging for people with high levels of neuroticism because there is a lack of the same instant gratification they receive with short-term goal completion.

There is also evidence that greater levels of extraversion are associated with the likelihood of completing long-term goals (Kandler et al., 2012). This is likely because personality plays a big part in how people complete tasks.

Demographics, such as age and gender, are additional key factors in the pursuit of one’s ability to complete goals. Specifically, we found that as an individual age, their likelihood of completing goals increases (Judiyah et al., 2016) . This is because neuroticism decreases over a person’s lifetime (Judiyah et al., 2016). Regarding gender cis-gender women are more likely to struggle with goal completion in comparison to cis-men who struggle (Oertig et al., 2012). The present study will examine the relationship between adaptive personality (using the Five Factor Model) and one’s ability to pursue short-term and long-term goals.



Domain / Trait	Bivariate Correlations		Multiple Regression	
	r	P-value	Beta Coefficients	P-value
Extraversion	.81	<.001	-.14	.43
Agreeableness	.82	<.001	.06	.78
Conscientiousness	.83	<.001	.56	.002
Negative Emotionality	.82	<.001	-.11	.53
Openness to Experience	.83	<.001	.48	.005

The Big Five personality traits demonstrated very strong associations with the ability for one to pursue short-term and long-term goals. However, when we accounted for all 5 personality traits in a multiple regression, conscientiousness and openness to experience were the only significant predictors of the pursuit of goals.

In our research, we examine the relationship between adaptive personality traits and the ability to pursue long-term and short-term goals:

- When we considered each adaptive personality traits with the ability to pursue goals, we found strong and significant correlations across all traits.
- When accounting for all personality traits, openness to experience and conscientiousness emerged as significant predictors of ability to pursue goals.
- Past literature supports that extraversion and neuroticism are significant predictors of ability to achieve goals; however, we did not find evidence of this.
- Given our findings, someone who is intellectually curious and disciplined, but demonstrates high levels of extraversion/neuroticism would still be able to achieve goals efficiently.