

**PERSONALITY CORRELATES OF LIFE SATISFACTION AMONG
ADOLESCENTS IN MANILA, PHILIPPINES**

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ABSTRACT

The critical stage of adolescence life is manifested by respective developmental changes such as physiological/biological, emotional, social, and spiritual that shape personality and at the same time affect their level of life satisfaction. This study aims to identify the personality traits and level of life satisfaction among adolescents in the Philippines. This further examines the association of personality and life satisfaction using quantitative-descriptive correlation method and the standard tests of Big Five factor personality traits of extraversion, agreeableness, conscientiousness, neuroticism, and openness and life satisfaction scale among the three hundred eighty four senior high school students from the middle-class University of 16-18 years old. The results reveal that openness and agreeableness are the dominant personality traits of Filipino adolescents. It also reveals that adolescents are responsive to unconventional ideas and prefer challenges that cultivates their imagination, agreeableness which is culturally known for Filipinos of being hospitable and religiosity. Whilst, level of life satisfaction among respondents are neutral. They generally feel satisfaction, though admittedly, they need some improvements. Results show that there is a significant relationship, yet weak between the personality traits of conscientiousness, openness, extraversion, and agreeableness among adolescents. Further studies may indicate exploration on the extraversion trait of Filipinos for being loquacious and fun-loving people which they are known for and recommends to conduct another study on the authentic self that may significantly influenced life satisfaction and personality traits.

Keywords: *Adolescence, Filipino Adolescents, Life Satisfaction, Personality Traits, Philippines*

INTRODUCTION

The *adolescent* period is considered to be a crucial and important developmental stage of a human being because this is the transition period from childhood to adulthood. According to United Nations International Children's Fund (UNICEF) 2018, adolescence is the period of human development lasting between the ages of ten to nineteen years. It is considered as a distinct stage of human development, the time of growing up, of moving from the immaturity of childhood into the maturity of adulthood that applies to all human societies and characterized by change. These transitions relate to the many developmental changes happening in their life (e.g. physical/ biological, emotional, social and spiritual). Hence, it includes change in the formation of their values, attitudes, and behavior to adapt and adjust childhood behaviors to culturally acceptable adult forms.

While this unsettled period is unavoidable, and most marked by rapid and chaotic transition; Jessor, (2003), noted that the speed and magnitude of these changes overtax the capacity for many young people to cope and therefore, affect the level of satisfaction among adolescents. The period of transition includes familiar

surroundings to unfamiliar ones like in school – from smaller to the big university. This happens for Filipino adolescents when someone came from the rural area and later transferred to the city to study. It affects their adjustments. Others are increased use of alcohol (Economos, 2008), symptoms of depression (Schroevers, 2007), anxiety, and absent-mindedness (Fisher & Hood, 1987).

According to Brockman (2003), Cook and Furstenberg (2002) adolescence is also one stage most marked by the rapid and tumultuous transition from childhood to adulthood and a period of “storm and stress” (S&S). This is coined by G. Stanley Hall in 1904. For him 'storm' refers to a decreased level of self-control, and 'stress' refers to an increased level of sensitivity. It is composed of three main categories: conflict with parents, adolescents tend to rebel against authority figures as they seek greater independence and autonomy. Mood disruption: hormonal changes and the psychological stress of adolescence can cause uncontrollable shifts in emotions. And risky behavior: the combination of a neurological need for stimulation and emotional immaturity lead to increased risk-taking behavior during adolescence. These are considerable factors that further affect adolescents how they view life satisfaction (Arnett, 1999).

Other conditions of adolescence's characteristics involved period of emotional upheaval (Huebner, 2003) as well as both exposure to more opportunities and risks (Chow, 2005), adolescents are at risk of developing psychological ill-being. Furthermore, they face a great number of challenges and stressors that are related to school. These changes could bring confusion and loss of direction. Studies have proven that this stage is characterized by depression, anxiety, peer pressure and other reasons for them to become unhappy.

In spite of these changes, studies on personalities claim that there are many predictors in the existing growing body of literature that demonstrates the salience of life satisfaction among children and adolescents such as psychological, educational, social, and physical functioning with a complete understanding of the stable and flexible predictors of life satisfaction. This is also to add that parenting style plays a significant role in the development and a strong predictor of life satisfaction (Deiner & Chan, 2011).

Therefore, there is a dearth of information and limited references in this kind of studies done locally. The researcher would like to explore how Filipino adolescents' personality type relates to life satisfaction. Most adolescents question their satisfaction in life. Many among them are trying to explore many things to be satisfied and attempt things to end their misery.

With increasing number of suicide and mental health issues and cases in the Philippines, along with the law that government is implementing with the different programs to promote mental health; the researcher finds it timely to find where Filipino adolescents base their life satisfaction and look on the extent of the significance of this study (RA 11036). Students and adolescents in general, they would benefit from this study since the goal of this research is to help them understand their personality and help them cope with the changes happening to them as well as their dimension on life satisfaction.

This study proposed to identify the relationship of personality factors and life satisfaction among the Filipino adolescents. Specifically, it is directed to address the following questions:

1. What is the personality profile of the adolescents according to the following personality factors?
 - a. Extraversion
 - b. Agreeableness
 - c. Conscientiousness

- d. Neuroticism
 - e. Openness
2. What is the level of life satisfaction of the adolescents?
 3. What is the relationship between the personality traits and life satisfaction of the adolescents?
- Hypothesis:* There is a significant relationship between the personality traits and the level of life satisfaction among Filipino adolescents.

RELATED LITERATURE

Personality

There is wide spectrum of theoretical perspective used today to describe how individuals behave the way they do. Personality are behavior patterns and intrapersonal processes originating within individual (Burger, 2019). Personality can be identified in a consistent pattern of behavior across time and across situations. This helps people to predict their behavior toward self and toward others.

Big Five Personality Factors

Extraversion

Extraversion includes personality traits with a specific focus on the quantity and intensity of interpersonal relationships. It has six components: warmth, gregariousness, assertiveness, activity, excitement-seeking, and positive emotions. It is characterized by being outgoing socially confident behavior.

Extraverts are sociable, talkative, and often forward in social situations. They enjoy being the center of a group and will often seek the attention of others. Extraverts enjoy meeting new people and are happy to introduce themselves to strangers, thriving in the company of others.

On the other hand, introvert people display contrasting behavior. They are quieter and often feel shy around other people. They desire to spend most of the time alone. They may feel intimidated being in large groups such as parties, and will often try to avoid demanding social gatherings. They enjoy being a part of smaller social groups, preferably with familiar people and maintain a close group of trusted friends.

Agreeableness

Agreeableness refers to the quality of one's interpersonal relationships. It has also been described as being agreeable and participative and contributing to interdependence and cohesion in a workgroup. It includes constructs such as altruism, compliance, tender-mindedness, straightforwardness, trust, and modesty. Individuals who score highly on agreeableness measures are friendly and cooperative. Often considered more likable by their peers and colleagues, agreeable people are trusting of others and are more altruistic, and willing to help others during times of need. Their ability to work with others means that they often work well as members of a team.

Agreeable people dislike being involved in arguments, conflict with others, and other forms of confrontation. They seek to pacify and appease others, acting as the mediating 'peace-maker' of their group.

Individuals who got low score in Agreeableness are less concerned with pleasing other people and making friends. Disagreeable individuals are more suspicious of other people's intentions and are less charitable. Whilst disagreeable individuals find it easier to promote their interests, those who are more agreeable tend to enjoy better relationships with others.

Conscientiousness

Conscientious people are more aware of their actions and the consequences of their behavior than unconscientious people. It includes six qualities: order, achievement striving, deliberation, competence, self-discipline, and dutifulness. They feel a sense of responsibility towards others and are generally careful to carry out the duties assigned to them. Conscientious individuals like to keep a tidy environment and are well-organized. They are keen to maintain good timekeeping.

People with high conscientious levels also exhibit more goal-oriented behavior. They set ambitious goals and are motivated to achieve them. Undeterred by hard work, they are driven to succeed in every aspect of their lives, including academic achievements and in furthering their careers.

Low levels of conscientiousness are reflected in less motivated behavior. Unconscientious individuals are less concerned by tidiness and punctuality. This may result in them arriving late to appointments and meetings, and being more relaxed in setting life goals. Unconscientious people tend to engage in more impulsive behavior. They will act on a last-minute whim rather than considering the consequences of their choices.

Neuroticism

Neuroticism is a dimension of personality that is measured on a continuum ranging from emotional stability to emotional instability, or neuroticism. This includes specific descriptors: anxiety, hostility, depression, self-consciousness, impulsiveness, and vulnerability.

People with high neuroticism scores are often persistent worriers. They are more fearful and often feel anxious, over-thinking their problems and exaggerating their significance. Rather than seeing the positive in a situation, they may dwell on its negative aspects.

People with low neuroticism scores are less preoccupied with these negative concerns. They can remain calm in response to stressful situations, and view problems in proportion to their importance. As a result, they tend to worry about such problems to a lesser extent.

Openness

Openness to experience dimension of personality is characterized by a willingness to try new activities. It has six aspects: fantasy, aesthetics, feelings, actions, ideas, and values. People with higher levels of openness are amenable to unconventional ideas and beliefs, including those which challenge their existing assumptions.

They enjoy artistic and cultural experiences, visiting art galleries, museums, and theatres, listening to music and traveling to new destinations. They are more open to unfamiliar cultures and customs. Also, people who are more open place themselves in environments where they are more likely to acquire new knowledge (e.g. during a visit to a museum) than remain in the same, familiar surroundings.

People with low levels of openness are wary of uncertainty and the unknown. They are more suspicious of beliefs and ideas which challenge their status quo. They feel uncomfortable in unfamiliar situations and prefer familiar environments. Less open individuals value the safety of predictability and like to adhere to well-known traditions and routines (Costa & McCrae 1992).

LIFE SATISFACTION

It is the degree to which a person positively evaluates the overall quality of his/her life as-a-whole. It includes the desire to change one's life; satisfaction with past; satisfaction with future; and significant other's views of one's life (Diener, 1999). Satisfaction is a state of mind. It is an evaluative appraisal of something. The term refers to both 'contentment' and 'enjoyment'. As such it covers cognitive- as well as affective-appraisals.

Satisfaction can be both temporary and constant through time, as well as how much the person enjoys the life he/she leads.

Understanding of Life Satisfaction in this study carries on the approach of top-down and bottom-perspectives (Heady & Wearing, 1991),

Top-Down Approach to Life Satisfaction

The top-down approach views life satisfaction as a function of stable traits.

Top-down influences do not contradict the importance of situational influences such as life events (Diener, 1996). Similarly, the effects of personality on life satisfaction were mediated by job and marital satisfaction (Heller, Watson, and Hies, 2004). Hence, top-down effects may figure out perceptions of life domains to affect life satisfaction.

In comparison, the bottom-up approach regards life satisfaction as a function of satisfaction with life domains (Pavot & Diener, 2008). Life has many separate but interrelated domains such as work, family, health, and leisure. According to the bottom-up perspective, what individuals report when they are asked about their life satisfaction is a complex function of satisfaction with different life domains. Life satisfaction is not a simple average of domain satisfaction, as people differ in how they weigh each domain. Although some people draw life satisfaction primarily from leisure, others see work or health to be most important. Satisfaction with domains corresponding with one's values is comparatively more important for one's life satisfaction (Oishi, 1999).

RESEARCH DESIGN AND METHODOLOGY

This study used a descriptive correlation method. This is to describe the relationships if there is a connection between the variables of personality factors and life satisfaction among Filipino adolescents.

Participants

Total adolescents' population were the 3,025 senior high school students of a known middle-class university in Manila. To determine the sample size ($n=384$), the Cochran's formula was used and Incidental sample technique. Respondents were combinations of males and females, averaged of 18 years old, and from middle to upper bracket of economic status.

Data Gathering

Researcher made a modified survey questionnaire form to get the demographic profile of the students and used Personality Test and Life Satisfaction Scale as data-gathering instruments. For the personality traits, the study used the Big Five Inventory composed of 44 statements and used a five-point Likert scale with 1 = Strongly Disagree; 2=Disagree; 3=Neutral; 4=Agree and 5 = Strongly Agree. The Big Five is a theory of personality that identified five distinct factors as central to personality: extraversion, agreeableness, consciousness, neuroticism, and openness to experience (McCrae and Costa, 1992)

For the measurement of Life Satisfaction, this study administered the Satisfaction with Life Scale (SWL) by Deiner, et al. (1985). Reliability has been demonstrated in terms of high internal consistency with a value of 0.87 and stability overtime with a test-retest coefficient of 0.82. This scale consists of five (5) positively worded items that measure general life satisfaction. The responses used also a five-point Likert scale with 1 = Strongly Disagree; 2=Disagree; 3=Neutral; 4=Agree and 5 = Strongly Agree.

Data Gathering Procedure

The researcher made a letter of request submitted to the office of the principal and was approved to administer the standardized tests and conduct a survey among the students in the different classes and strands. The respondents were informed that this study was approved by the school principal and their participation is voluntary.

Treatment of Data

The study made use of both descriptive and inferential statistics to treat the data. The weighted mean was used to determine the type of personality as well as the level of life satisfaction.

To determine the relationship between personality and level of life satisfaction, the Pearson Product Moment Coefficient Correlation (PPMCC) was used. PPMCC was used to estimate the strength of association of the two variables (personality and life satisfaction). The interpretation of the *r*- values is presented as follows:

RESULTS

Personality Profile of Filipino Adolescents

Extraversion

Table I shows that adolescents across different strands got an overall mean of 3.1367 and regarded with the level of neutral in Extraversion in their personality.

Table I
Extraversion

	ITEMS	Mean	Response
1	Is talkative	3.5208	Agree
6	Is reserved	2.5156	Disagree
11	Is full of energy	3.7448	Agree
16	Generates a lot of enthusiasm	3.6641	Agree
21	Tends to be quiet	2.5078	Disagree
26	Has an assertive personality	3.3724	Neutral
31	Is sometimes shy, inhibited	2.1953	Disagree
36	Is outgoing, sociable	3.5729	Agree
Overall Mean		3.1367	Moderate Level

Respondents on the neutral extraversion can both enjoy the crowd conversely, and/or could not be comfortable around people. Somehow, they can casually make friends and have toleration of a big crowd.

The neutral level of Extraversion may be explained by the changes adolescents are experiencing. Following the psychosocial development of Erik Erikson (Widick, 1978), identity versus confusion among adolescents is present. Growing up is characterized by finding themselves, bombarded with the questions of “Who am I?” There is confusion on what their roles to play are, the varied ideas and feelings about the specific ways in which they will fit into society. On many occasions, they are unsure on how they would react in certain situations. Naturally, they have a pool of *energy*, but at the same time, they are confused generally, on what they want and would do in life.

Second, culturally, Filipinos are mostly wary of their actions and how they want to convey a message – either verbally or nonverbally. According to ValdeaVilla (2018), it is because Filipino values self-respect, ‘pakikisama’ (togetherness) and would like to avoid offending anyone as much as possible. Combining these two is possible for Filipino adolescents. They can be up for social activities but can be unsure of what they want

because first, the changes in their transition from childhood to adulthood. Second, the cultural factor in terms of the values that they observed.

The response of disagree on the low scores on "Is reserved and tends to be quiet" with means of 2.5156 and 2.5078 respectively, can be attributed to the natural traits among the Filipinos. Historically, in several studies, Filipinos are found to be shy and timid (Barrows, 1905). Adolescents can be full of energy in physical activities, conversely, they will opt to be quiet and shy to join such.

Agreeableness

Table II indicates the mean of 3.4476 and respondents scored high in Agreeableness.

Table II
Agreeableness

	ITEMS	Mean	Response
2	Tends to find fault with others	3.2448	Neutral
7	Is helpful and unselfish with others	3.8464	Agree
12	Starts quarrels with others	3.5990	Agree
17	Has a forgiving nature	3.9141	Agree
22	Is generally trusting	3.9635	Agree
27	Can be cold and aloof	3.3151	Neutral
32	Is considerate and kind to almost everyone	3.9349	Agree
37	Is sometimes rude to others	2.901	Neutral
42	Likes to cooperate with others	3.7943	Agree
Overall Mean		3.6126	High Level

High scorers in Agreeableness agree that they are friendly and cooperative. Peers and colleagues prefer them. They are accepting and would like to help people in times of need. Likewise, they are good team players though at times it is more than what they could give.

From the different items of agreeableness, respondents who agreed that this high score in helping others of 3.8464 may be rooted from culture. Filipinos are known for being helpful through the nature of interpersonal relationships determined by novel values like "pakikiramay" (sympathy), "pakikisama" (sense of togetherness), and "bayanihan" (being in the community). These values were displayed on the result of the original study conducted by a research company. Among the respondents, 96% feel that they have the responsibility to make a positive contribution to their community where they live (McCann, 2016).

Similarly, being forgiving of the Filipino may be attributed to the Philippines as one of the most religious countries in the world. Religion strengthens families and encourages children to apply values with regular worship time. Thus, religion could be the foundation of most of the country's morals and values and sometimes, the church greatly affects the minds and opinions of the general populace, affecting its decisions including forgiveness (CBCP, 2014).

On the other hand, items such as "Is sometimes rude to others and tends to find fault with others with a neutral level may explain the change of values among them. They can still be forgiving since it is being assumed that their parents, teachers and old people instil values in them. Nevertheless, the changing of time goes with the changing of values and the presence of technology in their life. They are exposed to different influences of the worldwide web that may reduce this value of forgiveness.

Conscientiousness

Table III presents the mean scores of Conscientiousness trait and respondents are found to be on the neutral level. This means that they are sometimes unyielding. They could start a project with enthusiasm but may subside at the end. They may be organized at some point but may fail to meet deadlines.

Table III
Conscientiousness

ITEMS		Mean	Response
3	Does a thorough job	3.4505	Agree
8	Can be somewhat careless	3.1146	Neutral
13	Is a reliable worker	3.7031	Agree
18	Tends to be disorganized	2.8359	Neutral
23	Tends to be lazy	2.4010	Disagree
28	Perseveres until the task is finished	3.8021	Agree
33	Does things efficiently	3.6667	Agree
38	Makes plans and follows through with them	3.4661	Agree
43	Is easily distracted	2.5026	Disagree
Overall Mean		3.2158	Moderate Level

This neutrality of the personality trait of conscientiousness among Filipinos may be regarded as the Culture of being a happy-go-lucky type of people. This same culture could pull Filipinos toward to their most self-destructive and self-defeating worst (Mulder, 2016).

However, the results indicate that the highest mean score is for the indicator about "perseveres until the task is finished" (3.8021, Agree). This implies that there are adolescents who agreed in this study and consider themselves dependable and determined to accomplish tasks. They tend to persevere if they want to accomplish something and work hard to excel. Conscientious individuals are clear with their goals. They do not need to follow through and work best in an organized environment (3.4661, Agree). They feel a sense of responsibility toward others and are generally careful to carry out the duties assigned to them.

It was given emphasis on the studies of personality that conscientiousness is a good predictor of academic achievement. Those who agreed that they are high in conscientiousness tend to have higher GPAs (General Point Average). For the adolescents of this study, GPA is 90.47 for the selected achievers from different sections. These are students who would usually trade their sleeping time in accomplishing their requirements.

This also brings a decrease in punitive violations (Caprara, 2011). In the case of respondents, included in the interview with the Officer of Student Concerns, there was no reported violation of adolescents listed as achievers in their respective classes.

On the other hand, people who disagreed and scored low in conscientiousness are found to be at risk of high death danger and the only trait related to mortality among the personality traits. This is originated from low determination, reduced self- control, and the absence of long term organization and development (Jokela, 2013).

Neuroticism

Table IV displays the mean values for the indicators related to the personality trait of neuroticism. A neutral mean score would indicate that adolescents experience anxiety occasionally in circumstances. This happens when respondents are confronting particular events like quarterly assessments, thesis presentations, and

especial performance tasks; like film fest and several types of competition. They would usually express their anxiety or worries. However, once it was done they look as if nothing happens to them and mainly, they are back to their happy disposition.

Table IV
Neuroticism

	ITEMS	Mean	Response
4	Is depressed, blue	2.7917	Neutral
9	Is relaxed handles stress well	3.2786	Neutral
14	Can be tense	3.4453	Agree
19	Worries a lot	3.6901	Agree
24	Is emotionally stable, not easily upset	2.7370	Neutral
29	Can be moody	3.6823	Agree
34	Remains calm in tense situations	3.5156	Agree
39	Gets nervous easily	3.5052	Agree
Overall Mean		3.3307	Moderate Level

A high mean implies agreement that adolescents in this stage experience anxiety and moodiness in conditions. Frequent and persistent worriers, they usually over-think their problems and exaggerates their significance. This is due to hormonal changes during puberty that resulted in changes in several parts of the body (Grant, 2013). This period also is also known for the characteristic with frequent mood swing. Other factors that may contribute to this feeling of anxiety among adolescents are the changes in the different domains of their life. The individual increasing their independence from their parents and building their sense of self and third, their way of relating to others (Van Der Bruggen, 2008). The parents have a substantial effect in creating anxiety among adolescents.

Another source of their worries is the establishment of their sense of self. They need to resolve their conflicts that arise moving from childhood to adulthood. They are confronted with how they process their experiences cognitively, how one views the world and reacts to threat interpretation of events and memory processes. They tend to focus their attention on anxiety-provoking events and the negative meanings from uncertain events. This is a usual concern from the respondents that they do not know what is happening and the source or reason of their anxiety.

Openness

Table V presents the responses of adolescents to the personality trait of openness. High score in openness means that they basically agree that they are responsive to unconventional ideas and beliefs, including those which challenge their existing assumptions.

Table V
Openness

	ITEMS	Mean	Response
5	Is original, comes up with new ideas	3.6172	Agree
10	Is curious about many different things	4.2396	Strongly Agree
15	Is ingenious, a deep thinker	3.7448	Agree
20	Has an active imagination	4.0313	Agree
25	Is inventive	3.3464	Neutral
30	Values artistic, aesthetic experiences	3.9271	Agree

35	Prefers routine work	3.5234	Agree
40	Likes to reflect, play with ideas	3.8229	Agree
41	Has few artistic interests	3.5417	Agree
44	Is sophisticated in art, music, or literature	3.625	Agree
Overall Mean		3.74194	High Level

They enjoy artistic and cultural experiences, visiting art galleries, museums, and theatres, listening to music and traveling to new destinations. They are more open to unfamiliar cultures and customs. Also, they place themselves in environments where they are more likely to acquire new knowledge.

This can be seen with the respondents that they are interested with field trips, community engagement, and visits to the barangays to interview barangay officials for their special projects. They enjoy doing documentation that would require them to get in touched with different professionals that they would say it was fun and very interesting.

The tabulated results for the trait of openness indicate that the highest means that they agree for the statements "is curious about many different things (4.2396, Strongly Agree) and "has an active imagination" (4.0313, Agree). This poses that adolescents have natural and innate inquisitiveness and active imagination that resulted in creativity and innovations. Findings from a study of adolescents' creativity indicate the development happens mainly during adolescent period (Rothenberg, 1990).

Another is the adolescents' adoption of the continuing changes in the culture of the Filipinos. Adolescents personality traits of openness help face the ever-changing situations and preferences of their surroundings. From Cultural trends, it shows how Filipinos changed in their behavior (Inquirer.Net, 2017). It mentioned the different aspects that are changing in our culture; from the home, the absence of parents, increasing role of schools in instilling values. And the increasing number of netizens and their reliance on online tools to keep in touch, etc. This includes their generation's (Gen Z) characteristics of straight way of communicating. They tend to be impatient and live with instant things. This can be seen how fast they can get information. Availability of resources on line makes them quick and irritable if things do not come as fast as they expected. It includes the availability of food in instant grab. With their busy schedules resources is always at hand.

Overall Level of Personality of Filipino Adolescents

Table VI provides a summary of the overall level of the personality of the respondents. The top two results show that the overall mean scores of the respondents regardless of other factors is that of Openness (3.7419, Agree) followed by Agreeableness (3.6126, Agree).

Table VI
Overall Level of Personality

Personality Trait	Overall Mean	Level
Extraversion	3.1367	Moderate
Agreeableness	3.6126	High
Conscientiousness	3.2158	Moderate
Neuroticism	3.3307	Moderate
Openness	3.7419	High

This is manifested on the adaptive behavior of the generations Z as mentioned earlier. This could also be seen in the characteristics of previous generation of millennial as described as the most educated among other generations. They are optimistic since they are in digital group that believes in technology. Everything is

available and accessible in their fingertips that makes them comfortable to retrieve information from the internet that made them also tolerant of differences and accept diversity. Perspective of Cultural Relativism in society can be easily observed.

Conversely, adjustment to the educational system of outcomes based is used and continuously being developed to adjust to the needs of the adolescent students. The onset of K-12 Program subscribing to contextualized curriculum that are relevant in the community and globally (R.A. 10533, 2013). This matches with the openness of the students to enjoy varied school activities.

Moreover, agreeableness trait which is high also among all the respondents connotes tendency to be cooperative and friendly. This innate need for them to belong is clearly visible.

Friendliness among the respondents is not only confined locally. Many of them have friends around the globe, from Korea, Japan, South America, etc. They shared learning of few words of their languages, hobbies, preference in arts, and accommodating other elements of cultures (Personal communication, 2018).

This was supported by the results of informal survey in the second run of the same personality test of Big Five Factors among the new batch of students for the SY 2019-2020 in the same locale of the study. Among the five classes that were administered, composed of 46 students per class, barely 4 or 6 would have the dominant trait of Extraversion. Results showed the highest of trait of Openness, followed by Agreeableness and surprisingly, Neuroticism ranked the next.

Level of Life Satisfaction among Filipino Adolescents

The second objective of this study is to know the level of life satisfaction among Filipino adolescents presented in Table VII.

Table VII
Level of Life Satisfaction of Filipino Adolescents

	ITEMS	Mean	Level of Satisfaction
1	In most ways my life is close to my ideal.	3.2187	Moderate
2	The conditions of my life is excellent.	3.3776	Moderate
3	I am satisfied with my life.	3.5495	Moderately Satisfied
4	So far I have gotten the important things I want in life.	3.3438	Moderate
5	If I could live my life over, I would change almost nothing.	3.1380	Moderate
Overall Mean		3.32552	Moderate Level

Given the number of population of 384 (n=384) adolescents with a weighted mean of 3.3255, it shows that the level of life satisfaction of the respondents is neutral. This conveys that they are generally satisfied, but in some areas of their lives, they want some improvements.

However, in the Philippines, the study of life satisfaction among Filipinos has different reasons. Studies show that they do not treat life satisfaction as a whole but with several reasons from the different domains of their life.

Respondents in this study would usually ask their meaning of life especially when they are suffering from anxiety. When they feel they are confused of what is happening in their life brought about by the

demands of studying, completion of requirements, budding romantic relationships, family problems, and the like.

Through personal interaction with the adolescents, some aspects of their life that they want improvement is more on family relationships and conditions. They expressed so much on their economic concerns, finishing their studies and looking forward to having a better job. Part also of their satisfaction is to find a good and faithful friend whom they can always turn to in time of crisis.

Correlation between Personality Traits and Life Satisfaction

Table VIII

Correlation summary between personality factors and life satisfaction

Personality Factor	r	Life Satisfaction	
		Correlation Significance	Extent of Relationship
Extraversion	0.28(S)	0.000	Low/weak
Agreeableness	0.153(S)	0.001	Very low/Very weak
Conscientiousness	0.32(S)	0.000	Low/weak
Neuroticism	-0.079(NS)	0.121	None
Openness	0.22(S)	0.000	Low/weak

S= Significant ; NS= Not Significant

Table VIII shows that the personality trait of Extraversion and life satisfaction among the respondents have a statistically significant correlation $r = 0.28$, $p < 0.05$. However, the extent of correlation is low or weak/negligible. This means that adolescents or even adults tend to verbalize or express their experiences in life when they are generally satisfied with their life to a minimal extent. Since the correlation is weak, the tendency to associate with other people does not always necessarily mean they are satisfied with their lives.

In this study, this is potentially in single direction in that one is more willing to talk when they are generally satisfied with their life, though the finding is only weak. It does not necessarily mean that when a person is talking he/she is experiencing life satisfaction.

Similarly, the relationship between being energetic and life satisfaction could be when one adolescent is happier, they are more energetic; at the same time, when they have more energy, they may be happier. Filipinos are known for the inherent identity of being happy compared to other nation. This attributes to being realistic about their life situation and intrinsically their lower expectations (Campus, 2014). Filipinos with high loadings of the gregarious dimension of personality is similar to Extraversion which means being talkative, cheerful, gregarious, and playful as opposed to shy and serious (Church, Katigbak & Reyes, 1998).

The same table, Table VIII presents the personality trait of Agreeableness and life satisfaction among the respondents have a statistically significant correlation $r = 0.19$, $p < 0.05$. Nevertheless, the extent of correlation is very low or weak/negligible. This means that the quality of relationship is not strong. Respondents tend to be soft-hearted, good natured and yielding but it does not necessarily mean that they also have a high level of life satisfaction. This may be attributed to the present characteristics of the respondents who belong to Generation Z. One of the characteristics is being independent, high dependency on technology, individualistic, tends to be impatient and more self-directed. They might join group activities and become participative but not necessarily enjoy or would have their satisfaction. Using the same table, it shows that Personality trait of Conscientiousness and life satisfaction of the respondents have a statistically significant

correlation. The extent of correlation is low or weak; $r = 0.32$, $p < 0.05$. This means that the respondents tend to be punctual, hardworking, and persevering when they are generally satisfied with their lives to a minimal extent. This can be seen in their academic performances. Those with clear goals of being in the achievers' list are more cautious in doing their requirements including time management to meet deadlines. As such, sense of pride and the feeling of satisfaction is evident in their faces. However, since the correlation is weak, the tendency to be conscientious does not always necessarily mean that they are satisfied with their lives.

Regarding Neuroticism, Table VII shows that this personality trait and life satisfaction of the respondents have no statistically significant relationship; $r = -0.079 < 0.05$. Hence, the tendency to be temperamental, anxious, and emotional does not correlate with the respondents' life satisfaction.

The personality trait of Openness and the life satisfaction of the respondents have a statistically significant correlation $r = 0.22$, $p < 0.05$. Though, the extent of correlation is weak/negligible. This means that the tendency to be creative, imaginative, and desire for variation of the respondents in connection with their life satisfaction is in a lesser degree.

In this case, respondents are possibly having a one-way direction that more satisfied adolescents tend to be more creative and experience fewer worries. Weak relationship may be attributed to the disappointment in the outcome of their exploration.

In the Filipino context, conceptualization of happiness among adolescents is the presence of positive emotions and motivational drive to explore new things (Datu & Valdez, 2012). Nevertheless, among the respondents, it does not signify strong relationship with satisfaction.

However, in the relationship between doing routine work and openness, since correlation is neutral, though respondents could be enthusiastic and open to new things, they could also settle for a routine type of work and life satisfaction perhaps has something to do with contentment and simplicity. In the local context, it might have to do with how bad /how much is lacking from the situation is and the idea that happy people need to be comfortable with less. This includes happiness among Filipinos in spite of scarcities and other privileges that other countries are enjoying. This simple skill is used as a coping mechanism and provided satisfaction in spite of problems among Filipinos (del Castillo, 2019).

In general, the study reveals that among the big five personality traits, there was a significant yet weak correlation between extraversion, agreeableness, conscientiousness, and openness with life satisfaction. These four personality traits indicate to be a weak predictor of life satisfaction among the respondents.

CONCLUSIONS AND RECOMMENDATIONS

The results reveal that openness and agreeableness are the dominant personality traits of Filipino adolescents. It also reveals that adolescents are responsive to unconventional ideas and prefer challenges that cultivates their imagination, agreeableness which is culturally known for Filipinos of being hospitable and religiosity. Whilst, level of life satisfaction among respondents are neutral. They generally feel satisfaction, though admittedly, they need some improvements. Results show that there is a significant relationship, yet weak between the personality traits of conscientiousness, openness, extraversion, and agreeableness among adolescents. Further studies may indicate exploration on the extraversion trait of Filipinos for being loquacious and fun-loving people which they are known for and recommends to conduct another study on the authentic self that may significantly influenced life satisfaction and personality traits.

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