

Why is personality so important?

The meaning and the role of human personality

Why is our own personality so important in our life? Our personality is our destiny. Everything depends on it: our wellbeing, our happiness, our marital and life satisfaction, our relations with others, our job, our career, our school or academic success, our coping with stress, our our physical and mental health, even our longevity and often our death.

Sincerely speaking, we are not always aware about the role and influence of our own personality. For example, we are convinced that our wellbeing and happiness are mainly affected by the stressors we experience: conflicts, losing of beloved, injuries, illnesses, financial issues, humiliations and similar. Yet, the scientifically proven truth is that our personality traits are responsible for our wellbeing to almost equal extent. Neuroticism is endangering our wellbeing more than the majority of stressors. Despite this, almost everybody will list the stressors to explain, which factors influence her or his wellbeing. Nobody will say “I am not happy because I am a neurotic person”, although this is more true. It is the fact, that we perceive the stressors much more than our personality traits. Why? The answer is obvious: we are living with our personality. Furthermore, the stressors - especially the major ones - have transient effect. They appear and they go. Our personality, on the other side, is always here. It is influencing our wellbeing in a sustainable way.

If so, the tremendous scientific interest on the personality is understandable. Speaking scientifically about personality, we can easily find additional reasons of the importance of personality as a subject of science, especially psychology. All our behaviors and experiences are due to the factors, which can be classified into three groups: (1) the outer, situational or environmental factors, (2) the inner, personality factor and (3) the factors emerging from the interaction between person and situation. Thus, the personality is obviously the major factor in our life in the eyes of psychology too. Finally, the personality subsumes and integrates almost all special psychological functions and processes: physical, emotional, motivational and cognitive. Only for this reasons, the personality deserves stronger emphasis in psychological research than any other subject.