

# The Emotions in the Framework of Personality

Janek Musek, University of Ljubljana



TRIESTE TRIEST TRST  
September 2013

# Preview

- The trilogy of the psyche
- How emotions are embedded into the personality
- The structure of personality
- The structure of emotionality
- How both structures are interrelated
- GFP and GFE

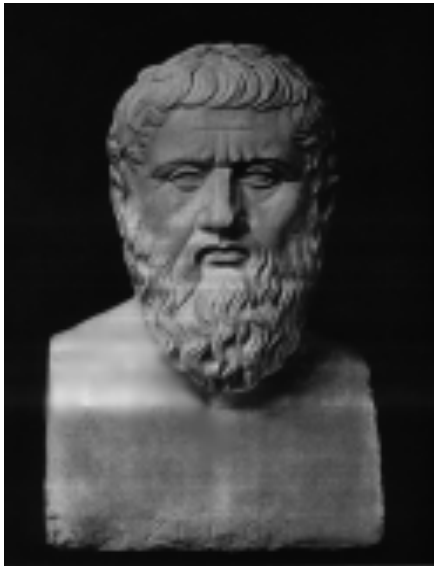


# The trilogy of the psyche

- Beginning with Plato and Aristotle
- Psychological processes and functions are integrated into the individual whole
- This whole has its name: personality
- Personality consists of dimensions (traits) constituting the structure of personality



# Plato and Aristotle about the psyche



Logistikon

Anima rationalis

COGNITION

Thymoeides

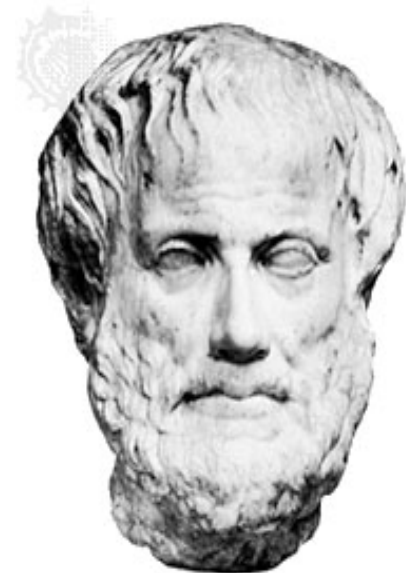
Anima animalis

EMOTIONALITY

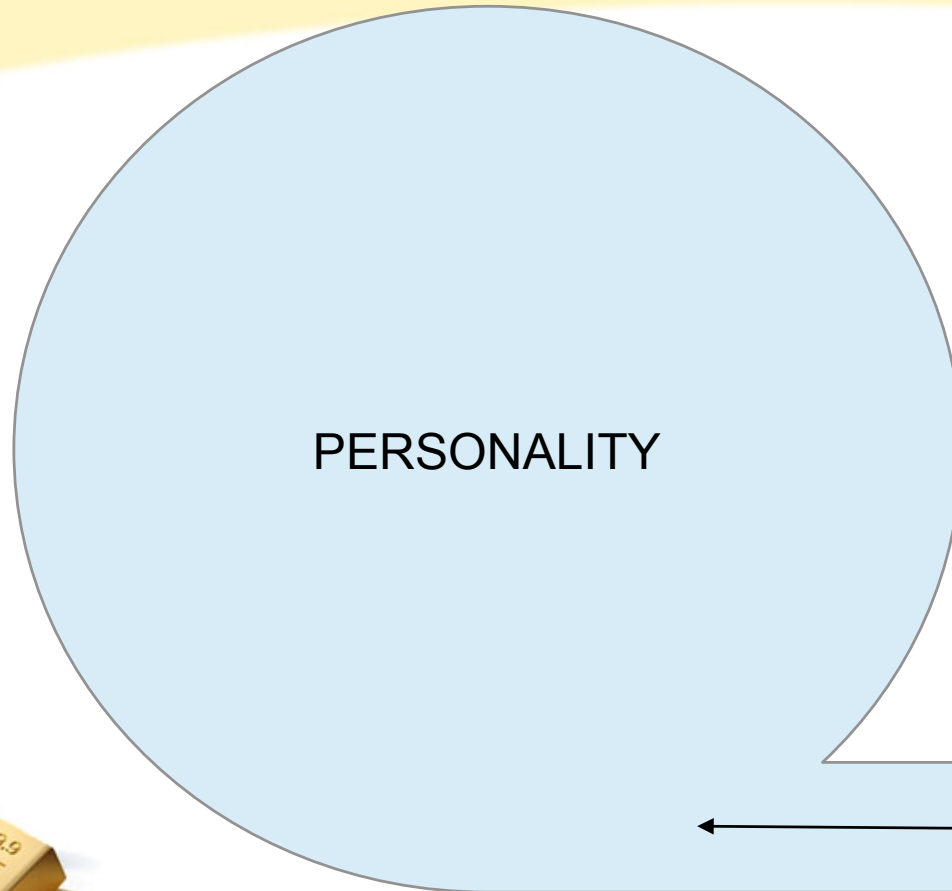
Epithymetikon

Anima vegetativa

MOTIVATION



# Emotions are integrated into personality



Motivational, emotional and cognitive processes (functions) are not working separately, they are integrated into the whole of human personality



# How emotions are embedded into the personality

- Emotions are closely connected with cardinal personality dimensions
- There is a stable pattern of the associated basic dimensions of emotionality, motivation and personality



# Personality, emotions and motivation

- Elliot, A. J. & Thrash, T. M. (2002). Approach-Avoidance Motivation in Personality: Approach and Avoidance Temperaments and Goals. *Journal of Personality and Social Psychology*, Vol. 82, No. 5, 804-818.
- Basic dimensions of personality, emotionality and motivation are intimately connected.

Table 2  
*Study 1: Factor Loadings*

Variable	Factor			
	Avoidance Temperament		Approach Temperament	
	Varimax	Oblimin	Varimax	Oblimin
Extraversion	-.23	-.13	<b>.85</b>	<b>.84</b>
Neuroticism	<b>.86</b>	<b>.84</b>	-.28	-.17
Positive emotionality	-.26	-.16	<b>.84</b>	<b>.83</b>
Negative emotionality	<b>.92</b>	<b>.93</b>	-.11	.01
BAS	.08	.18	<b>.81</b>	<b>.84</b>
BIS	<b>.80</b>	<b>.82</b>	-.02	.08

*Note.* Primary factor loadings are in boldface. BAS = behavioral activation system; BIS = behavioral inhibition system.



# The structure of personality

- Personality dimensions and their relations constitute the structure of personality
- What are basic personality dimensions
- They are correlated and therefore a pyramidal structure of personality can be postulated with the general factor of personality at the apex
  - New, pyramidal model of personality structure

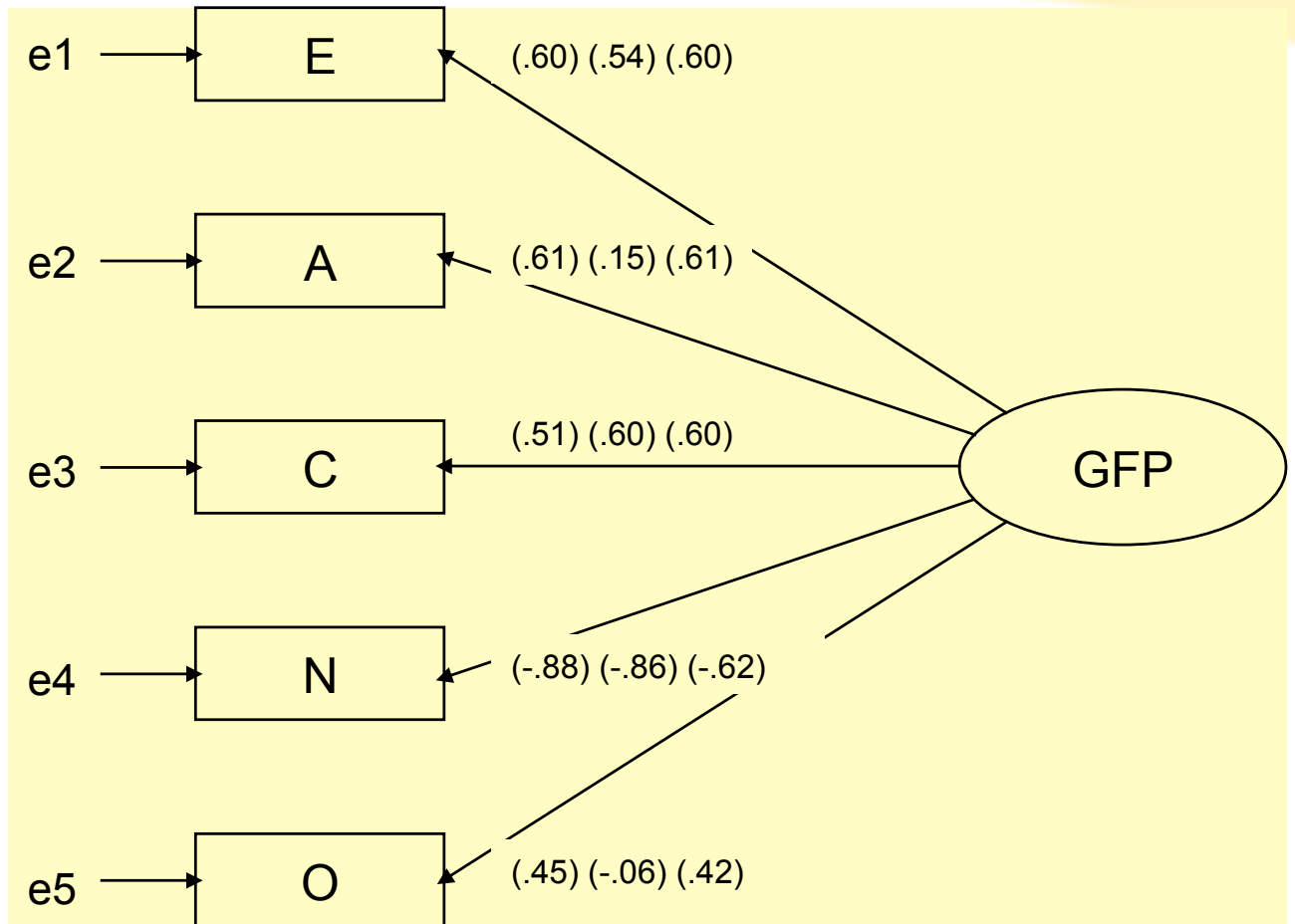




# Pyramidal model of personality structure (Musek, 2007, 2010)

- **GFP**

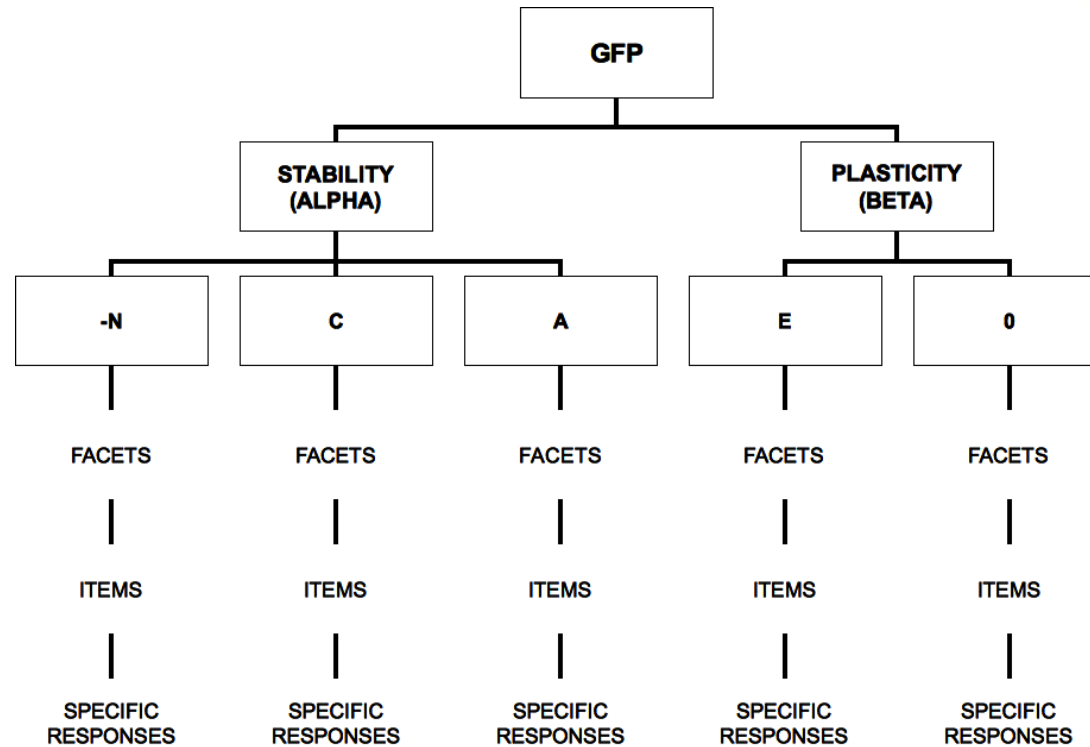
- Based on the correlations between the Big Five
- GFP is the common superdimension of the Big Five



# Pyramidal model of personality structure (cont.)

- **GFP**

- On the apex of the personality structure



# The structure of the emotionality

- Basic dimensions of the emotions
- Positive versus negative affect



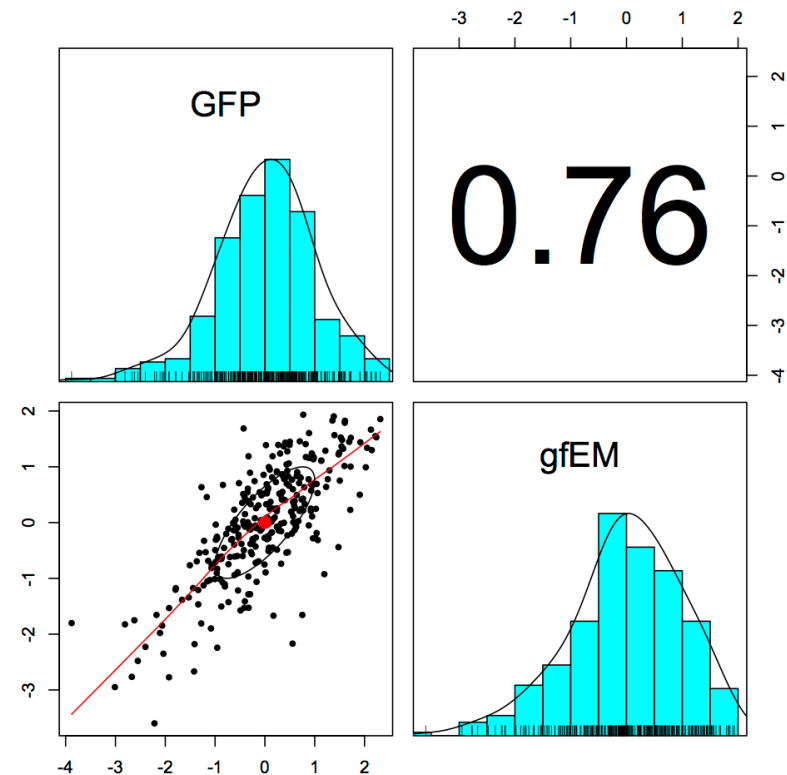
# How both structures are related?

- The connections between basic dimensions of personality and emotions
- Common superdimensions:
  - GFP (general factor of personality)
  - GFE (general factor of emotionality)
  - Both are correlated
  - Both have high impact on our mental well-being



# GFP and GFE are highly correlated

- Very high correlation between GFP and GFE (gfEM)



# GFP and GFE

- Tremendous predictive power of personality and emotionality dimensions
  - On:
    - Mental health and well-being
    - Quality of life
    - Academic and vocational success
    - Coping, stress management and psychotherapy
    - Interpersonal and family relations
    - ...almost everything else what is important in our life



# Just one example

- Regression analysis
  - GFP and gfEM as predictors of well-being (gfWB)

Coefficients:

	Estimate	Std. Error	t value	Pr(> t )
(Intercept)	-1.489e-16	3.443e-02	0.000	1
GFP	2.979e-01	5.305e-02	5.615	4.51e-08 ***
gfEM	5.542e-01	5.305e-02	10.446	< 2e-16 ***

---

Signif. codes: 0 '\*\*\*' 0.001 '\*\*' 0.01 '\*' 0.05 '.' 0.1 ' ' 1

Residual standard error: 0.5964 on 297 degrees of freedom  
Multiple R-squared: 0.6467, Adjusted R-squared: 0.6444  
F-statistic: 271.9 on 2 and 297 DF, p-value: < 2.2e-16

```
> sqrt(0.6467)
[1] 0.8041766
```



# Conclusions

- The emotions play a crucial role in the framework of human personality
- Most basic and general dimensions of personality and emotionality are closely associated
- Beyond and beside our cognitive abilities, the general factors of personality (GFP) and emotionality (GFE) are major psychological predictors of most important fields and issues of our life including quality of life, well-being, health, academic success, job career, coping, stress management, psychotherapy, interpersonal relations etc.





# Thank you very much!

- Contact me:
  - [janek.musek@guest.arnes.si](mailto:janek.musek@guest.arnes.si)

