Personality's Influence on Academic Performance

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Personal differences are of great concern in the Psychology field that focuses on personality. Personality may not be perceived through a single definition; thus, theorists have forwarded different approaches toward the analysis of this concept. Moreover, many factors can influence an individual's behavior, such as culture; the findings of the study based on one culture might not apply to people from other cultures. However, the accurate assessment of personality and behavior has the strength to make the findings reliable to a great extent. The widely applicable perspective toward understanding is the "Trait Approach". Additionally, extensive research is present to consider the influence of personality traits on the various factors contributing to the performance of an individual in any arena, such as academic success. Although criticism exists regarding the applicability of personality traits as a determinant of academic success, the wide range of theoretical frameworks and practical applications makes it significant to consider the effect of personality traits on academic success, alongside the utilization of various approaches toward learning.

Personality

A way to define personality is the patterns of behavior that remain consistent over time and the mechanisms of intrapersonal nature that originate within the individual (Burger, 2014). The "consistent patterns of behavior" refers to the aspects that make an individual unique from other. Accordingly, with time, the individuality of a person gets apparent and can be observed by others. While "interpersonal processes" Point out cognitive, inspirational, and emotive aspects of the mechanisms going inside an individual. Moreover, these set of patterns and processes begin with an individual rather than just being a reaction to a stimulus from outside. For example, an

introverted person is rarely considered to be highly socializing as it can get develop a reserved image about them.

To understand the concept of psychology, there are a total of six general approaches to personality, each focusing on a certain unique aspect helping to get an accurate perception of personality. Firstly, the" Psychanalytic Approach" claims that the individual's personality is mainly influenced by the mind are unconscious thusly, being responsible for behavior. While the "Trait Approach" focuses on the attributes of personality and the extent to which certain attribute prevails within an individual. Moreover, the "Biological Approach" identifies the individual personality to be attributed to psychological mechanisms and genetic predispositions. On the other hand, the "Humanistic Approach" toward personality points out the acceptance of one's "self" to be the reason for individual characteristics. In contrast, the "Behavioral Approach" credits presumptions and conditioning as the reason behind behavioral patterns. Lastly, the "Cognitive Approach" focuses on the uniqueness of each person's cognitive functioning to realize personality differences (Bornstein, 2010; Burger, 2014; Zuckerman, 2003).

Personality Traits

Thoughts, feeling, and behavior patterns definite to an individual are reflected in their personality traits. Personality traits indicate reliability and predictability. Thus, the trait is fundamental to an individual, persisting over a period and across situations, results in differences among people that set the basis of trait psychology. Among the trait theorists, Gordon Allport is considered to be the pioneer. He introduced the concepts of cardinal and secondary traits. In comparison, Henry Murray credited the "hierarchy of needs" as being the driving force behind the individual's personality. Conversely, Raymond Cattell utilized factor analysis, known as the "Five-Factor Model" to identify the personality's determinants (Burger, 2014). According to the

book, *"The Five-Factor Model Of Personality: Theoretical Perspectives",* this approach is claimed to be the most extensively utilized system of attributes, that contains the five broad attributes of Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism (Wiggins, 1996).

The controversy exists challenging the value of traits in contrast to the situation-based conduct of a person. While opposition points out the lack of evidence in case of behaviors' consistency across different situations; however, the trait theorists reason the utilization of appropriate method of traits measurement to find the reliable relationship and the significance of trait to be an important factor behind the person's behavior, that cannot be neglected. Usually, self-report inventories are selected to assess the trait, such as "Minnesota Multiphasic Personality Inventory. Although certain sabotaging factors can make the results of the inventories to be unreliable, however, the test takers keep cautious of the process to get accurate results. The traits approach toward personality has a great amount of research to provide strong empirical data and introduce the practical application. Conversely, the theoretical framework is not constituted by agreement and is limited in its dealing with problematic conduct (Burger, 2014).

Accordingly, this set of patterns will not just be perceived based on the situation a person is in; just as a person like me, who scored highly on Extraversion, is expected to be sociable in various contexts and over time. Neither does it reflect that I cannot change nor the idea that I will always have to pretend to be outgoing. These patterns are stable over time making it easier for others to infer about individuals.

Personality Traits Influence Academic Performance

My extraversion trait has made me more active and engaging, as well as I have a natural sense of curiosity which helps me to be more inquisitive by nature. Thus, I like to inquire about

different concepts I learn or get exposed to. Conversely, extroversion also makes my social life active, spending less time on my school-related activities and more absences. Thus, my concentration time on learning may be reduced since I get highly engaged with various social factors around me. However, in my perspective, because of my extroversion trait, I have more self-esteem, which may help me with my academic socialization, regulation, and performance (Ciorbea & Pasarica, 2013).

Approaches to Ensure Success

I utilize a deep approach toward learning with the intention of personal understanding because it involves the motivating factor of interest in the subject and its relevance to my career choice (Ehsan et al., 2019). For this learning approach, I use the strategy of operational learning by examining pieces of evidence. Alongside this, I apply the strategy of versatile learning by relating the facts to ideas. Moreover, I utilize a comprehension approach for relating those ideas to personal experiences. With the help of these approaches, I develop a deep level of understanding, integrate principles with present facts, and utilize those pieces of evidence to develop arguments by relating ideas to facts and experiences.

Conclusion

Thusly, personality is a reliable and predictable concept in the characterization of one's behavior. Moreover, personality traits are the aspects of personality that remain consistent over the period and across different situations. Accordingly, academic performance may be influenced by the set of traits an individual possesses. Thus, the approaches utilized toward learning, as in this case, deep learning, can determine an individual's success by having the definite motivation and intention to promote learning.

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