

Personality As A Mediator In The Relationship Between Self-Perception And Mental Health Of Young Adults During Covid-19 Pandemic

Samia J.khalifa, Amira N. Yahaya, Mimi F. Zaini



Background & Past studies

- Widespread outbreaks of infectious disease re highly associated with symptoms of mental illnesses and psychological distress (Bao et al., 2020).
- Ever since the Covid-19 pandemic, it has been proven by numerous studies on how it affected mental health variables (Wang et al., 2020)
- It has been indicated in that an individual's personality and their ability to see themselves can be a strong indicator to one's mental health (Furnham and Cheng, 2017).
- personality traits can actually detect or contribute to future behavioral problems such as anxiety, depression and substance abuse (Golsteyn and Schils, 2014).
- Personality can determine how emotionally stable we are (Fletcher, 2013).

Methodology

- Target Population and Location:
University students aged between 18 to 25.
Universities in Kuala Lumpur Area
- Sample Size
Initial: 300 respondents
Final: 209 Respondents
 - Sampling Method
Convenience Sampling (conelly, 2008)
 - Data analysis method: Univariate analysis, Bivariate analysis and multivariate analysis
 - Instrumentations:
-Big Five Inventory (BFI) for personality types.
-The Self-Perception for College Students
-Mental Well-being scale (WEMWBS)

Results & Discussion

Bias-corrected confident interval bootstrapping for mediation analysis

Path	Standardized indirect effect (SIE)	Bootstrap BC 95% CI	
		Lower	Upper
SP > O > MH	0.093	0.0513	0.1369
SP > C > MH	0.040	0.00331	0.0872
SP > E > MH	0.057	0.0222	0.1024
SP > A > MH	0.031	0.0012	0.0695

Zero was not included in the Lower and Upper Confidence Interval, therefore all personality variables mediated the relationship between SP and MH

- The mediating impact of personality was significant on both variables.
- Consistent with past studies, the research have shown that personality can indicate several aspects in our lives.

References

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