p-ISSN: 2184-2205 e-ISSN: 2184-3414 ISBN: 978-989-35728-4-9 © 2025
https://doi.org/10.36315/2025inpact063

PERSONALITY PROFILES WITH FIVE FACTOR MODEL IN IMPULSE CONTROL AND GENDER GROUPS

Gaye Saltukoğlu[1], & Arkun Tatar[2]
[1]Department of Psychology, FSM Vakif University (Turkey)
[2]Department of Psychology, Manisa Celal Bayar University (Turkey)

Abstract

Impulsivity as a symptom may reflect a number of psychiatric disorders and studies have shown that it associated with like violent crimes, aggressivity and etc. Also studies show that men tend to be more impulsive behavior than women. However, there is less study about gender-related in non-clinical populations in impulse control. The aim of this study was to examine personality profile with Five Factor Model in order to in a sample of non-clinical genders groups. Participants (n = 1766, male %49.4, female %50.6, age M = 26.35, s = 10.97) completed lexically-based adjective checklist of impulsiveness scale and bipolar markers for the Five Factor Model. First, two groups were determined as below and above average using the impulsivity scale score. Then, these two groups and gender groups were compared with two-way variance analysis in terms of five-factor personality score. According to the results, there is difference in the five-factor (Extroversion, Agreeableness, Conscientiousness, Emotional Stability and Intellect) score of the low and high impulsivity groups. The personality scores of the high impulsivity group are at a lower level. Male and female groups in low and high impulsivity groups have similar results in five personality factor scores. In addition, there is no interaction between impulsivity groups and gender groups in the five factor score. On the basis of this result, it was concluded that there are no differences in the personality traits of male and female groups in low and high impulsivity groups, but there were differences in the personality traits of low and high impulsivity groups.

Keywords: *Impulsivity, personality, gender, five factor model.*

1. Introduction

Controlling impulses by inhibiting unwanted reactions, actions, or behaviors is important for performance in daily tasks (Bari and Robbins, 2013; Edmonds et al., 2009). Inhibition allows stopping the execution of purposeless or unproductive actions and inhibiting irrelevant thoughts or inappropriate emotions (Knezevic, 2018). Population-based studies have shown that males are more aggressive, commit more violent crimes, and use tobacco, alcohol, marijuana, cocaine, etc. shows that they use psychoactive substances more than women (Bangasser & Valentino, 2014; Fattore et al., 2020; Tuchman, 2010; Weafer, J., & de Wit, H. (2014). On the other hand, women show more ability to control unwanted impulses than men (Weafer & Wit, 2014). However, very little is known about gender-related similarities or differences in impulse control in non-clinical populations (Knezevic, 2018). In this study, it was considered to examine impulse control and gender differences in the non-clinical group with the five-factor model.

2. Methods

2.1. Participants

A total of 1766 people participated in the study, 873 males (49.4%) and 893 females (50.6%), aged between 18-80 (M = 26.35, s = 10.97). Of the participants, 1419 were single (80.4%), 281 were married (15.9%), 66 were widowed or divorced (3.8%), 47 were primary school graduates (2.7%), 37 were middle school graduates (2.1%), 234 were high school graduates (13.3%), and 1448 were university students or graduates (82.0%). Those who applied to the clinic were not included in the study.

2.2. Instruments

In the study, the Impulse Control Sub-Dimension (Peabody and De Raad, 2002) was used to measure impulse control, the Big Five Inventory-35 (Tatar, 2019) was used to measure personality, and the socio-demographic questionnaire form was used for independent variables.

Impulse Control Sub-Dimension: The lexically-based adjective checklist form suggested by Peabody and De Raad (2002) was used to measure impulse control as a component of the conscientiousness factor. A form consisting of 41 items, 16 of which were direct and 25 of which were reversed, was used for the measurement of the sub-dimension. A 5-point Likert scale was used for the items, with responses ranging from not at all appropriate (1) to extremely (5). A low score in the sub-dimension indicates low impulse control and a high score indicates high impulse control.

Big Five Inventory-35: Inventory is a self-report type measurement tool consisting of 35 items in total, including five factors and seven items with bipolar evaluations in each factor. The items are evaluated between 1 and 5 (a lot (1), a little (2), medium (3), a little (4) and a lot (5)), while high scores in the factors indicate high levels of Extraversion, Agreeableness, Conscientiousness, Emotional Stability, and Intelligence, which are indicated by the factor name. The inventory does not contain reverse-scored items. In the translation study into Turkish, it was reported that the internal consistency reliability coefficients of the inventory factors were calculated between 0.66-0.83 in the first application and 0.64-0.88 in the retest application (Tatar, 2019).

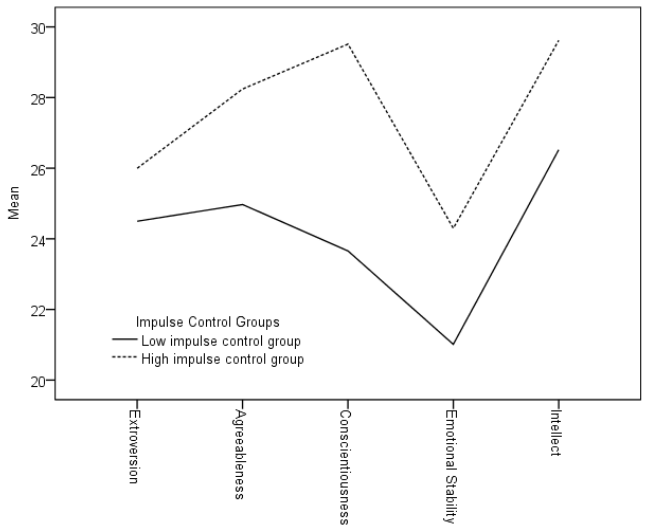
2.3. Application

The application of the study was carried out with a web-based online form in 2024. The web address of the forms was shared on social media and the inclusion / exclusion criteria were explained and voluntary participation was requested.

2.4. Results

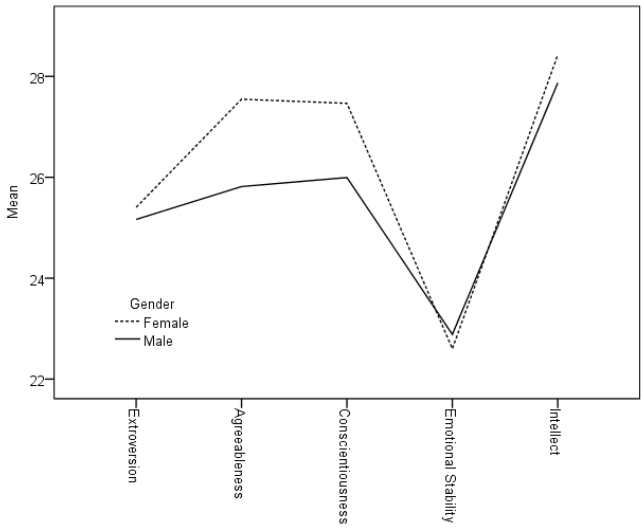
First, the internal consistency reliability coefficients of the Impulse Control Scale and the Big Five Inventory used in this study were determined. The Impulse Control sub-dimension was determined as .92, the Extraversion factor as .84, the Agreeableness factor as .72, the Conscientiousness factor as .82, the Emotional Stability factor as .64, and the Intelligence factor as .79.

Figure 1. Comparison of impulse control groups in terms of five factor scores.



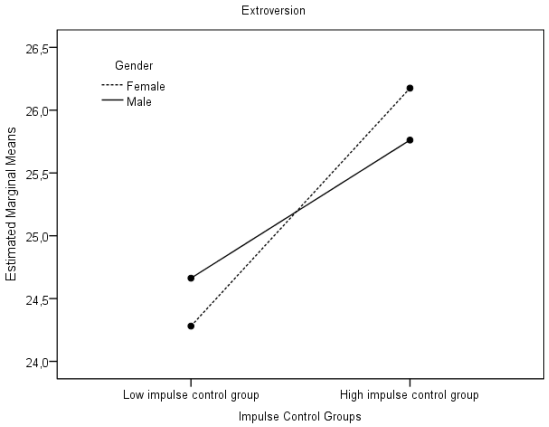
Then, using the Impulse Control Sub-Dimension score, two groups were determined as below and above the average (mean = 3.50, s = 0.44). Then, these two groups and gender groups were compared in terms of five-factor personality scores with two-way variance analysis. According to the results, there is a statistically significant difference between the total mean scores of the low and high impulsiveness groups in the Extraversion ($F(1, 1762) = 27.67$; $p < .001$), Agreeableness ($F(1, 1762) = 204.13$; $p < .001$), Conscientiousness ($F(1, 1762) = 640.07$; $p < .001$), Emotional Stability ($F(1, 1762) = 244.39$; $p < .001$) and Intelligence ($F(1, 1762) = 198.06$; $p < .001$) factors (Figure 1).

Figure 2. Comparison of gender groups in terms of five factor scores.



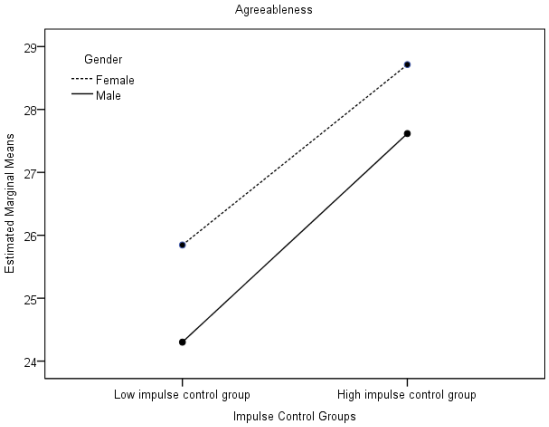
There is a statistically significant difference between the total mean scores of the factors Agreeableness ($F(1, 1762) = 37.24$; $p < .001$), Conscientiousness ($F(1, 1762) = 8.73$; $p < .01$) and Emotional Stability ($F(1, 1762) = 12.48$; $p < .001$) in gender groups. However, there is no statistically significant difference between the total mean scores of the factors Extraversion ($F(1, 1762) = 0.01$; $p > .05$) and Intelligence ($F(1, 1762) = 0.42$; $p > .05$) (Figure 2).

Figure 3. Comparison of impulse control and gender groups in terms of Extraversion score.



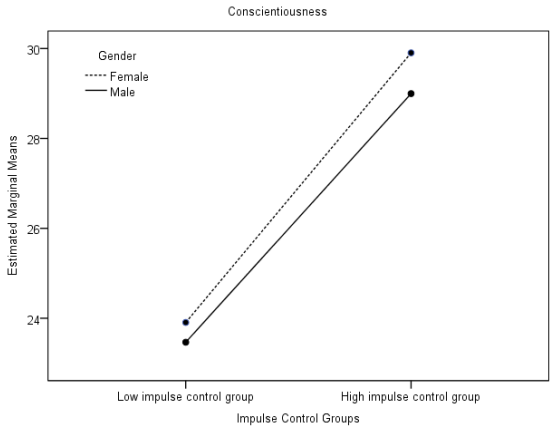
According to the results of two-way analysis of variance, there is no statistically significant interaction between impulse control and gender groups in terms of Extraversion factor score ($F(1, 1762) = 1.95$; $p > .05$) (Figure 3).

Figure 4. Comparison of impulse control and gender groups in terms of Agreeableness score.



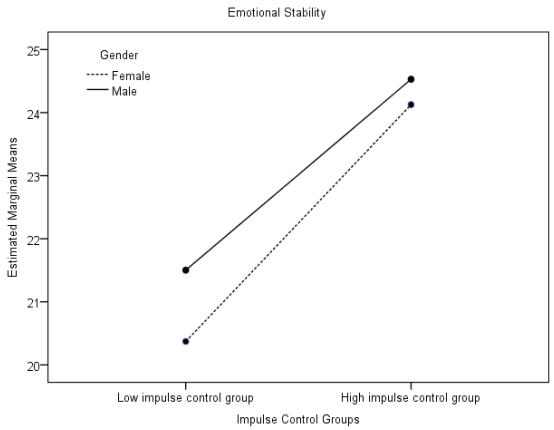
There is no statistically significant interaction between impulse control and gender groups in terms of Agreeableness factor score (F(1, 1762) = 1.07; p > .05) (Figure 4).

Figure 5. Comparison of impulse control and gender groups in terms of Conscientiousness score.



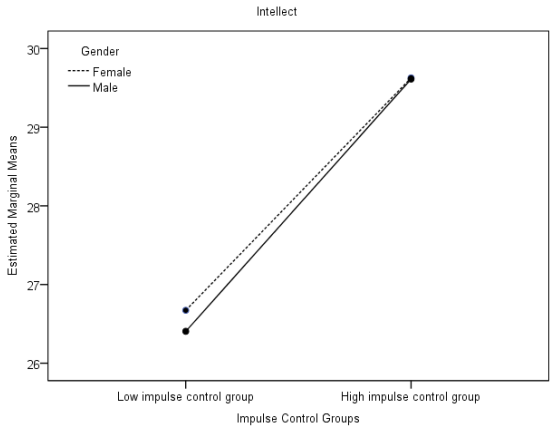
There is no statistically significant interaction between impulse control and gender groups in terms of Conscientiousness factor score (F(1, 1762) = 1.05; p > .05) (Figure 5).

Figure 6. Comparison of impulse control and gender groups in terms of Emotional Stability score.



There is no statistically significant interaction between impulse control and gender groups in terms of Emotional Stability factor score (F(1, 1762) = 2.82; p > .05) (Figure 6).

Figure 7. Comparison of impulse control and gender groups in terms of Intelligence score.



Finally, there was no statistically significant interaction between the control and gender groups in terms of the Intelligence factor score (F(1, 1762) = 0.33; p > .05) (Figure 7).

3. Discussion

In this study, it was predicted that different personality traits would be observed for impulse control level and gender groups. In addition, it was aimed to examine whether impulse control level and gender groups would interact in terms of personality traits. Although impulse control is a sub-dimension of conscientiousness, it was thought to be related to other personality traits.

The results revealed that groups with low and high impulse control levels showed similar personality traits in women and men. No interaction was observed between impulse control level and gender groups in terms of five factors. However, there was a difference between low and high impulse control groups in five factor scores. It was found that people with low impulse control levels had lower factor total score averages in all five factors.

References

Bangasser, D. A., & Valentino, R. J. (2014). Sex differences in stress-related psychiatric disorders: neurobiological perspectives. *Frontiers in Neuroendocrinology, 35*(3), 303-319.

Bari, A., & Robbins, T. W. (2013). Inhibition and impulsivity: behavioral and neural basis of response control. *Progress in Neurobiology, 108*, 44-79.

Edmonds, G. W., Bogg, T., & Roberts, B. W. (2009). Are personality and behavioral measures of impulse control convergent or distinct predictors of health behaviors?. *Journal of Research in Personality, 43*(5), 806-814.

Fattore, L., Marti, M., Mostallino, R., & Castelli, M. P. (2020). Sex and gender differences in the effects of novel psychoactive substances. *Brain Sciences, 10*(9), 606.

Knežević, M. (2018). To go or not to go: Personality, behaviour and neurophysiology of impulse control in men and women. *Personality and Individual Differences, 123*, 21-26.

Peabody, D., & De Raad, B. (2002). The substantive nature of psycholexical personality factors: A comparison across languages. *Journal of Personality and Social Psychology, 83*(4), 983-997.

Tatar, A., Çelikbaş, B., & Özdemir, H. (2019). Büyük Beş Envanteri-35 Türkçe formunun psikometrik özelliklerinin incelenmesi. *Journal of Social, Humanities and Administrative Sciences, 5*(15), 300-309.

Tuchman, E. (2010). Women and addiction: the importance of gender issues in substance abuse research. *Journal of Addictive Diseases, 29*(2), 127-138.

Weafer, J., & de Wit, H. (2014). Sex differences in impulsive action and impulsive choice. *Addictive Behaviors, 39*(11), 1573-1579.