



The Relationship between Personality and Human Behavior

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Abstract

Personality is a distinctive characteristic that distinguishes one individual from another. Personality influences how a person interacts with their environment, thinks, feels, and acts. This article aims to examine the relationship between personality and human behavior. Based on an analysis of psychological theories and previous research, it was found that dominant personality traits in an individual can influence behavioral patterns that emerge in various everyday contexts. This study outlines various personality types and their influence on social behavior, emotional adaptation, and responses to stress. The results of the study indicate that personality has a significant influence on how an individual interacts, acts, and responds to social situations.

INTRODUCTION

Personality is a set of relatively consistent characteristics possessed by an individual (Prasetyo et al., 2024). According to psychological theory, personality is shaped by various factors, ranging from genetics, environment, to life experiences that alter an individual's perspective on the world. Personality influences how a person behaves in various social and emotional situations (Karim, 2020). Therefore, it is important to study the relationship between personality and human behavior. In this study, we will analyze how different personality types influence behavior, as well as the practical implications of this understanding in the context of everyday life.

Humans, as individual beings, possess unique characteristics that distinguish them from one another (Engkizar et al., 2022). One of the key aspects shaping these differences is personality, which refers to the distinctive patterns of thinking, feeling, and behaving that remain relatively consistent over time. Personality serves as the foundation for how an individual responds to situations, interacts with their environment, and makes decisions in daily life (Hidayat et al., 2018; Syafrida, 2016). Meanwhile, human behavior is the tangible manifestation of these internal processes, observable directly through actions, words, or reactions to various conditions. Behavior is often seen as a reflection of the underlying personality, although it is also influenced by environmental, social, and situational factors.

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METHOD

This study uses literature review and comparative analysis methods to examine personality theories and their influence on human behavior (Supriyanto, 2021). The data sources used include scientific articles, psychology journals, and psychology textbooks that discuss concepts related to personality and behavior. This study does not use direct empirical data, but rather integrates findings from various sources to provide a comprehensive picture of the relationship between personality and behavior.

RESULTS AND DISCUSSION

Personality Theories

Personality has long been a subject of study in psychology, and various theories have been proposed to understand the structure and dynamics of human personality (Engkizar et al., 2025). One of the most well-known theories is the Five-Factor Model of Personality developed by McCrae and Costa in 1992. This theory proposes that personality can be understood through five main factors, namely openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism. Each of these dimensions influences how a person thinks, feels, and acts in various situations. For example, individuals with high levels of openness are more likely to enjoy new and risky experiences and are more creative in their work or activities. Conversely, people who are high in conscientiousness tend to be more organized and responsible in every task they perform (Hisyam & Pujianto, 2024). Extraversion is a dimension that describes how energetic a person is, how much they enjoy interacting with others, and how stimulated they feel by their social environment (Revasika & Robiyanto, 2021). Individuals who are high in extraversion often appear more bold and expressive, while introverts prefer time alone or more intimate interactions.

Agreeableness, which relates to how well someone can cooperate with others and show empathy, while neuroticism relates to how vulnerable someone is to negative feelings, such as anxiety, depression, and feelings of insecurity (Sabira & Kustanti, 2022). Research indicates that these dimensions can influence various aspects of human behavior. For example, individuals with high scores in conscientiousness and openness to experience may be more successful in jobs that require attention to detail and creativity, such as in the arts or research (Nurmala & Mashuri, 2025).

The Influence of Personality on Social Behavior

Personality plays an important role in determining how a person interacts with others and builds social relationships (Ramdani & Nuriyah, 2023). Individuals with high extroversion tend to feel comfortable in social situations and find it easier to form friendships or professional relationships. They are typically active in various social activities, enjoy crowds, and are able to motivate others within a group. Conversely, people with high introversion tend to prefer interacting in smaller, more intimate social circles (Kusumadinata & Hardiyanti, 2023; Masitoh et al., 2023). They may feel exhausted after interacting with many people, but they can show deeper relationships with those who are close to them.

These differences in personality not only affect the type of social relationships formed, but also how individuals resolve conflicts or problems within those relationships. For example, individuals with high scores in agreeableness tend to be more forgiving and patient in dealing with differences of opinion, which leads to their ability to maintain more harmonious relationships with others (Audry & Masturah, 2023; Chandrakusuma & Aditya, 2024). On the other hand, individuals who score higher on the neuroticism dimension may be more prone to conflict and stress in their social relationships, as they are more easily offended or anxious in social interactions.

Healthy and supportive social relationships are greatly influenced by personality (Rizki, 2024). Research indicates that individuals with more open and empathetic personalities tend to be more successful in building lasting and mutually supportive relationships. Conversely, individuals with more closed personalities or those who tend to avoid conflict may struggle to establish the same level of closeness in their social relationships (Siregar & Aditya, 2024).

Personality and Response to Stress

Stress is a part of everyday life, and how individuals respond to stress is greatly influenced by their personality. For example, individuals with high levels of neuroticism tend to be more prone to negative emotional reactions when faced with stressful situations. They may experience excessive anxiety or even depression when faced with major challenges, and this can affect their quality of life (Engkizar et al., 2025). On the other hand, individuals who are lower in neuroticism may be better able to manage negative feelings and be more resilient in the face of difficulties (Zelfi & Kurniawan, 2023). For example, when faced with heavy work demands, individuals with high conscientiousness may be more organized and better able to manage stress in a systematic way, such as planning tasks well and completing them one by one (Hendrikson Febri, 2024). They tend to have the ability to stay focused even when under great pressure. Meanwhile, individuals with high levels of neuroticism may feel more anxious, overwhelmed by tight deadlines, and may experience a decline in productivity.

Meanwhile, extraversion can also influence how a person responds to stress. Individuals with high extraversion often seek social support when feeling stressed, as they are more open to talking about their feelings and seeking help from others (Lockhart, J., & Perrott, 2022). They may find it easier to cope with stress by sharing stories or receiving emotional support from their social environment. Conversely, introverted individuals may prefer to cope with stress internally, perhaps through personal reflection or calming activities such as meditation or walking alone (Afriany & Zahlmar, 2025). It is important to note that personality is not the only factor that influences how a person copes with stress. However, understanding personality can provide valuable insights into ways to manage stress and improve emotional well-being.

Personality in a Cultural Context

In addition to the psychological factors already mentioned, personality is also influenced by the culture in which a person grows up and develops. Culture plays an important role in shaping an individual's perspective on the world and how they interact with others (Ilyas, 2023; Rio Febrian et al., 2025). For example, in individualistic cultures such as those found in many Western countries, values such as personal freedom, independence, and individual achievement are more highly valued (Abdul Aziz et al., 2024; Suastra et al., 2024). This can create personalities that are more open, competitive, and achievement-oriented.

Conversely, in collectivist cultures such as those found in many Asian countries, values such as social harmony, cooperation, and maintaining face in society are emphasized (Jourabchi Amirkhizi et al., 2023). This can lead to more introverted personalities, a greater focus on the feelings of others, and a greater tendency to avoid conflict. These cultural differences indicate that there is no single way to understand the relationship between personality and human behavior (Hull et al., 2022). What is considered ideal or acceptable behavior in one culture may differ in another, and this must be considered when assessing the influence of personality on behavior (Trismayangsari et al., 2023).

Personality also influences how a person responds to stress (O’Riordan et al., 2020). Individuals with high levels of conscientiousness are typically more organized and able to manage stress well, while those with higher levels of neuroticism are more prone to feelings of anxiety or depression when faced with challenging situations. However, personality is not the only factor influencing behavior; cultural factors and life experiences also play important roles (Friesen, P., Bleck, J., & Fridy, 2022). Overall, understanding the relationship between personality and human behavior can help improve the quality of social relationships, stress management, and adaptation in daily life (Engkizar et al., 2024). This knowledge is very useful in various fields, including psychology, education, and professional work, to facilitate individual development and improve emotional and social well-being.

CONCLUSION

Based on the discussion above, it can be concluded that personality plays a very important role in shaping human behavior. Personality, which is formed from various dimensions such as openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism, influences how an individual interacts with others, responds to life challenges, and copes with stress. Each dimension of personality has a significant impact on how one thinks, acts, and relates to others. Individuals with more open and extroverted personalities tend to adapt more easily to various social situations and exhibit more active behavior in social environments. Conversely, individuals who are more introverted or reserved tend to prioritize more intimate relationships and often are more selective in choosing their social interactions. On the other hand, high neuroticism is often associated with a tendency to experience excessive anxiety or stress, while individuals with lower scores in this dimension are typically more resilient and better able to manage life's pressures.

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