

# Temperamental basis for psychological flexibility, committed action, and life satisfaction level

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## Theoretical background

- Regulative Theory of Temperament (RTT), developed by Jan Strelau, is an internationally recognized theory included in the Encyclopedia of Personality and Individual Differences (Zeigler-Hill & Shackelford, 2018). It defines temperament as basic and relatively stable personality traits that specify one's possibilities of stimulation processing (Strelau, 2008).
- RTT describes temperament in seven traits: briskness, perseverance, rhythmicity, sensory sensitivity, endurance, emotional reactivity and activity (Cyniak-Cieciura, Zawadzki & Strelau, 2018).
- These traits were proved to moderate people's functioning in different stimulation (stress) conditions. Less adaptive combination of the traits leads to the development of somatic and psychological dysfunctions, like heart disease, somatic complaints, anxiety, affective and personality disorders, alcohol abuse or burnout syndrome.
- Little is known about the relation between temperamental traits and psychological flexibility, the level of committed action and life satisfaction.

## Method

Participants: 107 psychology students (87 F, 20 M) in the age of 17-50 ( $M=33.12$ ,  $SD=8.71$ ).

Procedure: self-assessment with the use of a battery of questionnaires:

- a revised version of Formal Characteristic of Behaviour – Temperament Inventory FCB-TI(R),
- Acceptance and Action Questionnaire-2 AAQ-2,
- Cognitive Fusion Questionnaire CFQ,
- Committed Action Questionnaire-8 CAQ-8,
- Freiburg Mindfulness Inventory FMI,
- Multidimensional Experiential Avoidance Questionnaire-30 MEAQ-30
- Satisfaction With Life Scale SWLS

## Results

Table 1. Pearson's  $r$  correlations between temperament traits and life satisfaction and psychological processes.

	Life satisfaction SWLS	Psychological flexibility AAQ-2	Cognitive Fusion CFQ	Committed action CAQ-8	Mindfulness FMI	Multidimensional experiential avoidance MEAQ-30
Briskness	-.09	-.05	-.03	.07	.03	-.05
Perseveration	-.31**	-.47**	.53**	-.47**	-.40**	.36**
Activity	-.01	.00	-.05	.15	.04	.00
Sensory Sensitivity	.02	.07	-.06	.08	.19	-.12
Emotional Reactivity	-.17	-.48**	.54**	-.37**	-.43**	.55**
Rhythmicity	-.12	.03	-.05	-.04	.01	-.14
Endurance	.20*	.30**	-.42**	.34**	.25*	-.20*

\* $p<.05$ , \*\* $p<.01$ .

Table 2. Regression analyses results.

Dependent variables	Predictors	$\beta$	$R^2$
Life satisfaction SWLS	Perseveration	-.27**	.10**
	Endurance	.09	
Psychological flexibility AAQ-2	Perseveration	-.29**	.30**
	Emotional Reactivity	-.30**	
	Endurance	.07	
Cognitive fusion CFQ	Perseveration	.29**	.40**
	Emotional Reactivity	.31**	
	Endurance	-.18*	
Committed action CAQ-8	Perseveration	-.35**	.26**
	Emotional Reactivity	-.12	
	Endurance	.16	
Mindfulness FMI	Perseveration	-.23*	.22**
	Emotional Reactivity	-.28**	
	Endurance	.05	
Multidimensional Experiential Avoidance MEAQ-30	Perseveration	.11	.31**
	Emotional Reactivity	.51**	
	Endurance	.04	

\* $p<.05$ , \*\* $p<.01$ .

## Discussion

- Temperamental traits defining ones' possibilities of stimulation processing: emotional reactivity, endurance and perseverance are significantly correlated with psychological flexibility, its processes and life satisfaction.
- They explain a significant amount of variance of main psychological processes and a small of life satisfaction level.
- The results suggest that people highly reactive to emotions, with a higher tendency to persevere and less resistant to fatigue and distractors may lack skills responsible for more flexible reaction to stressful events. This may result in a lower satisfaction of life.

## References

- Strelau, J. (2008). *Temperament as a regulator of behavior: After fifty years of research*. Clinton Corners, NY: Eliot Werner Publications.
- Zeigler-Hill, V., & Shackelford, T. K. (2018). *Encyclopedia of Personality and Individual Differences*. Switzerland: Springer International Publishing.
- Cyniak-Cieciura, M., Zawadzki, B., & Strelau, J. (2018). The development of the revised version of the Formal Characteristic of Behaviour - Temperament Inventory FCB-TI(R). *Personality and Individual Differences*, 127, 117-126.