

The relationship between personality and psychological flexibility, self-compassion and ego-resiliency, regarding quality of life

Anna Pyszkowska
University of Silesia in Katowice, Poland

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Introduction

Psychological flexibility (P-F), self-compassion (S-C) and ego-resiliency (E-R) are internal resources that enhance quality of life, adaptation and life satisfaction. Despite similar effects they are vastly varied in terms of psychological and functional mechanisms.

P-F – the ability to observe an individual's thoughts and emotions in a conscious and non-evaluative manner, and, if the need arises, allows for changing behavior in such a way as to be able to achieve goals and values (Hayes et al., 1999).

S-C – an attitude characterized by non-judgemental and accepting perspective of oneself and an active affective experience of suffering and difficulties with gentleness and kindness, as it is a common human experience (Neff, 2004).

E-R – relatively constant, though dynamic, feature of the individual, allowing flexible adaptation to difficult and stressful conditions, with a special emphasis on the behavioral engagement (Block & Block, 1980).

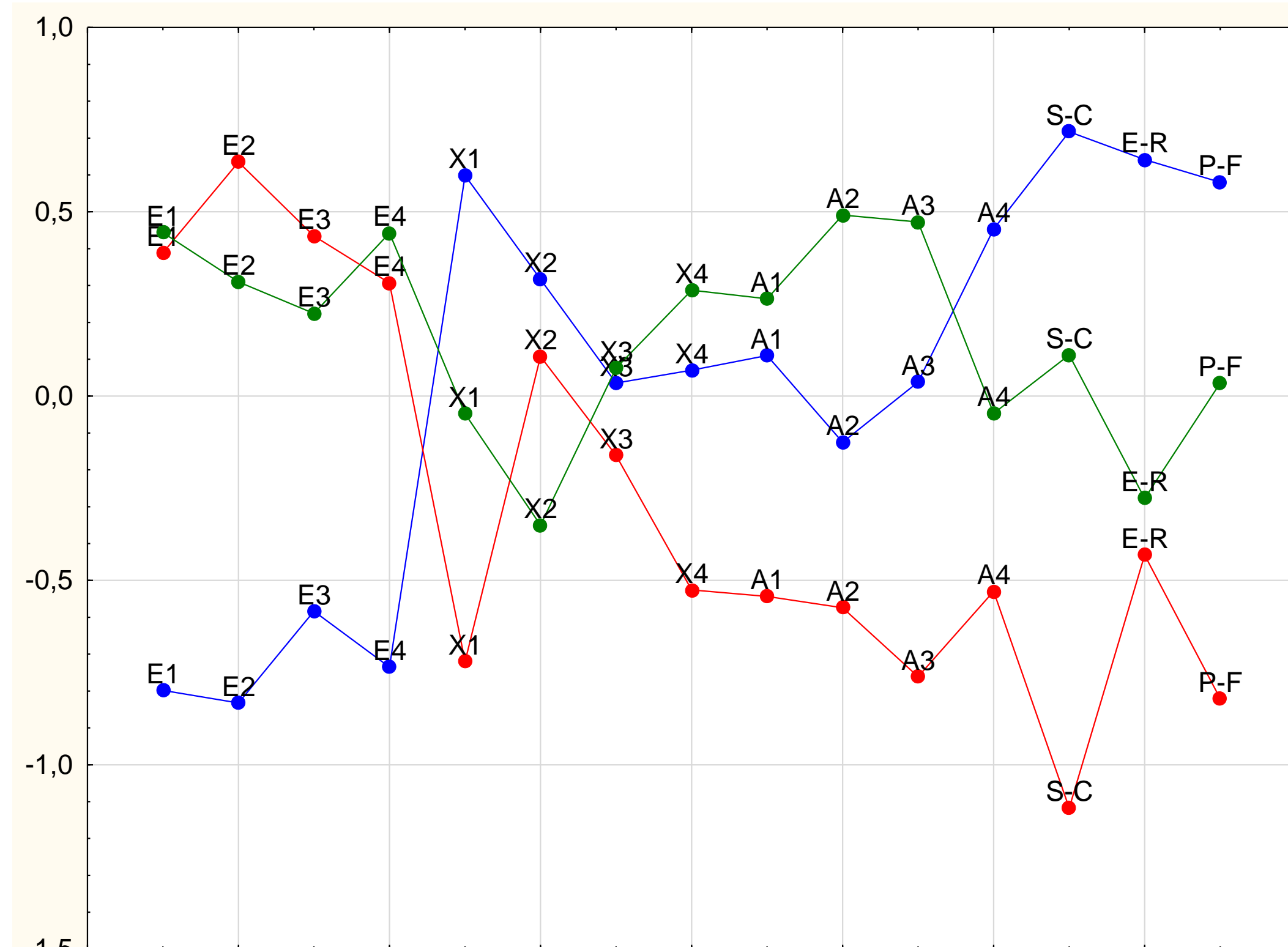
Sample and materials

Participants: 379 participants from Poland (50% female, mean age: 29,04) took part in a questionnaire survey.

Materials: HEXACO Personality Inventory, Ego-Resiliency Scale, Self-Compassion Scale Short Form, Acceptance and Action Questionnaire-II, SWLS, Quality of Life Questionnaire.

Results

Figure 1. Cluster analysis.



Note: E1: Fearfulness, E2: Anxiety, E3: Dependence, E4: Sentimentality, X1: Social Self-Esteem, X2: Social Boldness, X3: Sociability, X4: Liveliness, A1: Forgiveness, A2: Gentleness, A3: Flexibility, A4: Patience, S-C: Self-compassion, E-R: Ego-resiliency, P-F: psychological flexibility.

The cluster analysis revealed three configurations of personality and resources, named due to its specific characteristics:

Elephants (N=131) **Gorillas (N=99)** **Sheeps (N=149)**

Aims of the study

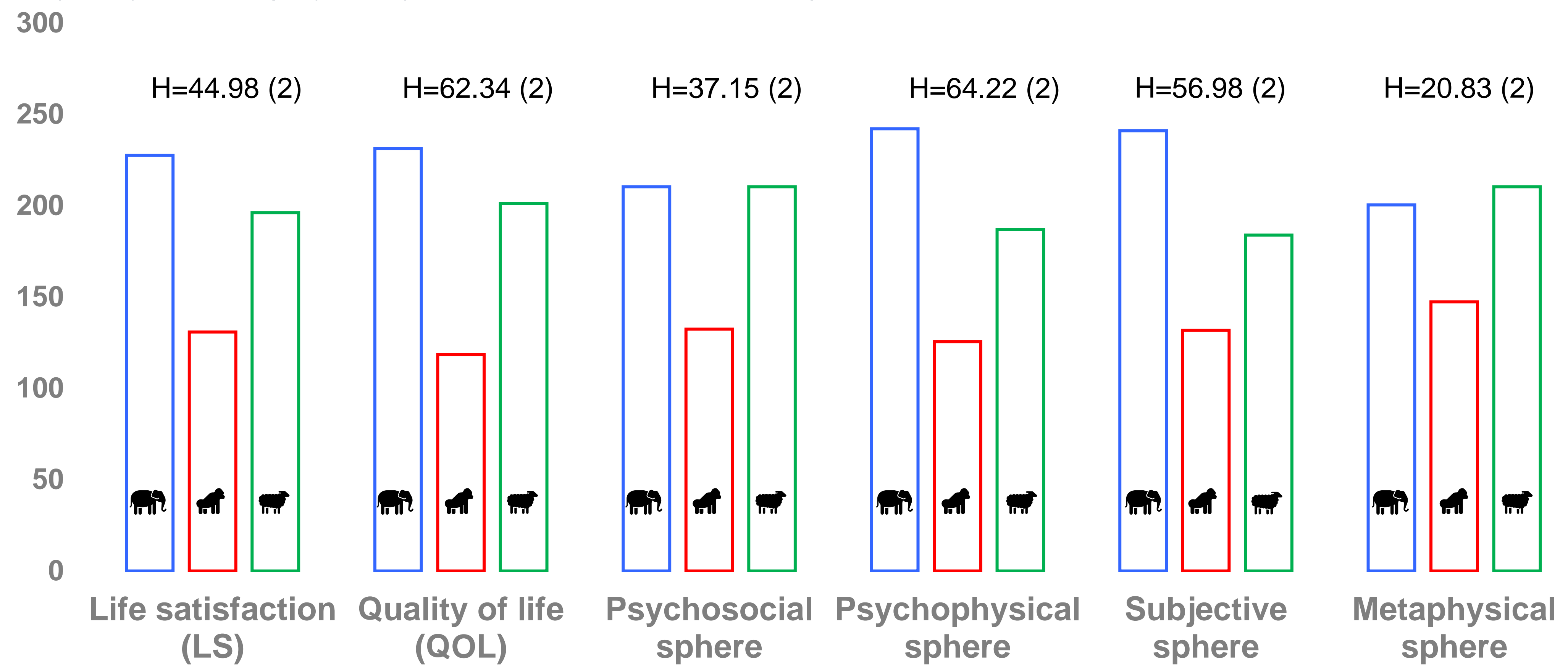
1. Determining the relationship between personality and internal resources: self-compassion, ego-resiliency and psychological flexibility,
2. Extracting the configuration of personality traits and internal resources and checking their relationships with the quality of life.

Results

Table 2. The Results of Regression Analyses, * p<0,001.

	R ²	F	b*	Standard error with b*	b	Standard error with b	t(372)	p
Psychological flexibility	0.20	16.679						
Absolute term					0.00	0.04	0.00	1.00
Honesty/Humility			-0.15	0.05	-0.15	0.05	-3.11	0.00*
Emotionality			0.36	0.05	0.36	0.05	7.31	0.00*
Extraversion			-0.20	0.05	-0.20	0.05	-4.33	0.00*
Agreeableness			-0.13	0.05	-0.13	0.05	-2.74	0.01*
Conscientiousness			-0.10	0.05	-0.10	0.05	-2.23*	0.03*
Openness to Experience			0.09	0.05	0.09	0.05	1.95	0.05
Self-compassion	0.42	45.963						
Absolute term					-0.00	0.04	-0.00	1.00
Honesty/Humility			0.09	0.04	0.09	0.04	2.20	0.03*
Emotionality			-0.32	0.04	-0.32	0.04	-7.58	0.00*
Extraversion			0.40	0.04	0.40	0.04	9.86	0.00*
Agreeableness			0.32	0.04	0.32	0.04	7.96	0.00*
Conscientiousness			-0.01	0.04	-0.01	0.04	-0.28	0.78
Openness to Experience			-0.01	0.04	-0.01	0.04	-0.38	0.70
Ego-resiliency	0.28	26.167						
Absolute term					-0.00	0.04	-0.00	1.00
Honesty/Humility			0.12	0.05	0.12	0.05	2.48	0.01*
Emotionality			-0.20	0.05	-0.20	0.05	-4.41	0.00*
Extraversion			0.34	0.04	0.34	0.05	7.62	0.00*
Agreeableness			0.09	0.04	0.09	0.04	1.95	0.05
Conscientiousness			0.04	0.04	0.04	0.04	0.83	0.40
Openness to Experience			0.26	0.04	0.26	0.04	5.97	0.00*

Figure 2. Comparisons of mean ranks of various aspects of quality of life in three clusters: Elephants (N=131), Gorillas (N=99) and Sheeps (N=149). ANOVA Kruskal-Wallis H test. p<0,001.



Summary

Despite similar significance for quality of life and life satisfaction, psychological flexibility ($R^2=0.20$), self-compassion ($R^2=0.42$) and ego-resiliency ($R^2=0.28$) have different personality background.

Psychological flexibility, least conditioned by personality, seems to be the most accessible and learnable resource, regardless of the personality structure.

Three clusters of personality and resources configurations: resilient, socially and emotionally stable Elephants; undercontrolled and highly emotional Gorillas; overcontrolled, self-compassionate and emotional Sheeps.

Elephants score highest in life satisfaction and quality of life, Gorillas – lowest. Despite high emotionality Sheeps score equally or slightly lower in quality of life compared to Elephants (except for metaphysical sphere).

Applicability: important implications for the selection of therapeutic tools and developed resources through the prism of patients' abilities and personality determinants.

Applicability: resources can be considered as protective factors (e.g. despite high emotionality and low resiliency, Sheeps have similar LS and QOL compared to more resilient Elephants).

Contact

Anna Pyszkowska
Institute of Psychology
University of Silesia in Katowice
email: anna.pyszkowska@us.edu.pl
www.ip.us.edu.pl



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