



# INFLUENCE OF PERSONALITY TRAITS AND COGNITIVE FLEXIBILITY ON THE CONFIDENCE OF SPEAKING IN PUBLIC

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"Anxiety and fear when speaking in public is one of the most frequent problems among the university population.."

- The lack of confidence to speak in public correlated positively with neuroticism and negatively with extraversion. Literature speaks only of these two personality traits. No others have been explored (Delgado, et. al, 2018).
- The fear of speaking in public is more intense in women than in men (Stein, Walker and Forde, 1996).
- Correlations between psychological flexibility and personality traits shows that high level of psychological inflexibility exist positive and significant correlations with neuroticism (NEO-FFI N) and negative correlations with extraversion (NEO-FFI E) and conscientiousness (NEO-FFI C)(Kleszcz et al., 2018).
- A high level of psychological inflexibility is often associated with low scores in the personality traits of agreeableness and openness were both significant and negative (Kleszcz et al., 2018).



100  
participants

Sending the questionnaires for self-compliance to the university students of Madrid:

- 1- Personality inventory (NEOFFI-R)
- 2- Confidence Questionnaire as Speaker (PRCS).
- 3- Acceptance and Action Questionnaire II (AAQ-II)



Analisis

1. The lack of confidence to speak in public correlates positively with the personality trait Neuroticism and negatively with Extroversion.
2. Cognitive inflexibility correlates positively with the trait Neuroticism, and negatively with the feature extraversion, openness to experience and agreeableness.
3. The personality trait Neuroticism is one of the dimensions of the personality that maintains a significant association and positive correlation with the difficulty to speak in public and cognitive inflexibility. It means that a person with difficulty speaking in public will have cognitive inflexibility.
4. Females reported higher psychological inflexibility than males. Females also showed greater difficulty in speaking in public than men.
5. There are significant differences according to gender in neuroticism with significantly lower scores in men compared to women.

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