

The Big “5” Personalities

In 1933 L.L. Thurstone presented his ideas on personality and it was from that speech that psychologists have developed the main five personality traits. They are based on how people react to and communicate with other people.

The five factors are Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism or OCEAN.

Openness:

This type of person has an appreciation for the arts, tends to be emotional, enjoys unusual ideas and is curious. They have a vivid imagination, rich vocabulary and spend time reflecting on ideas.

Conscientiousness:

This type of person demonstrates self – discipline, acts dutifully, aims for achievement and plans things out. They are always prepared, like things in order, pay attention to details and tend to follow a schedule.



Extraversion:

This type of person has a lot of energy and tends to seek the company of others. They tend to be the centre of attention, start conversations and are very comfortable around people.

Agreeableness:

This type of person is compassionate and cooperative. They tend to put people at ease, respect others feelings and are generous and considerable toward others.

Neuroticism:

This type of person experiences strong emotions, such as anger, anxiety and depression. They become irritated easily, can be stressed out and have frequent mood swings.



