

Personality Characteristics as Predictors of Health Risk Behaviors

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Abstract: Risky behavior will be predicted using the Big Five personality traits in this study. Personality traits such as conscientiousness, neuroticism and openness are only a handful of the Big Five personality characteristics. Data from the 2021 Youth Risk Behavior Survey was used in this study, which examined a variety of risky behaviors, including delinquency, smoking and drinking, disordered eating, and sexual risk-taking. Previous studies have found a variety of connections between personality traits and unhealthy habits. Problem behaviors have also been studied in greater depth than others. In an anonymous survey, researchers gathered data from 272 college freshmen. We forecasted particular results on each personality factor for risky conduct. Certain predictions are in accordance with prior findings, while others sought to shed light on the dimensions that varied the most. In the study, researchers discovered that agreeableness was linked to a plethora of criminal activity. Researchers also discovered variations between men and women in extraversion, agreeableness, and emotional stability, as well as various risk behaviors for health.

Keywords: Risky behavior, big five, personality traits, unhealthy habits, health.

1. Introduction

1) Personality Characteristics as Predictors of Health Risk Behaviors

When researchers harness the descriptive power of language, they can find personality traits through lexical analysis (McCrae & John, 1992). In theory, adjectives would have incorporated personality traits into the language we use today (McCrae & John, 1992). Using these definitions, psychologists built the Big Five or Five-Factor Model (FFM) as the primary technique to expressing personality. Among these are extraversion (E), agreeability (A), conscientiousness (C), neuroticism (N), and openness to experience (O) (O). Personality dimensions were first sought out in the 1960s, but academics seemed to lose interest until the 1980s, when they came to believe that they were the most essential aspects of personality (McCrae & Costa, 1986; McCrae & John, 1992). (McCrae & Costa, 1986; McCrae & John, 1992) Extraversion is active, conversational, and sociable; agreeableness is friendly, trustworthy, generous, and forgiving; conscientiousness is careful, orderly, reliable, and graceful; neuroticism is terse and anxious, and emotionally unstable;

Openness is imaginative and focuses on wisdom, and understanding; and neuroticism is terse and anxious, and emotionally unstable. (Goldberg, 1990; McCrae & John, 1992). The adoption of this personality taxonomy has numerous ramifications. When used in a clinical environment for psychopathology, it has the potential to be exceedingly beneficial. Additionally, administering a personality test to see how someone differs in agreeableness before hiring them as a group worker may be beneficial. But it could also help predict harmful behaviours including smoking, drinking, unprotected sex, and other types of misbehaviour such as delinquency. McCrae and John (1992) claim that the FFM is capable of making accurate predictions about the external world. There will be a literature study on several problem behaviours such as delinquency, smoking, drinking and disordered eating in connection to the Big Five for the remainder of the paper. There are hypotheses for each of the Big Five dimensions and for each of the issue behaviours based on the existing literature..

2) Delinquency

However, the most fascinating finding was the correlation between lower levels of shyness and more emotional instability in children, both of which were associated with an increased likelihood of delinquent behaviour as children grew older (Leech, Day, Richardson, & Goldschmidt, 2003). The Emotionality-Activity-Sociability and Shyness scale was utilised by Leech et al. to discover those characteristics that resemble extraversion and neuroticism in the Big Five. Neuroticism was also shown to be the strongest indicator of risky conduct in a separate study (Lauriola & Levin, 2001). Although extraversion and neuroticism have been linked to criminality, another study indicated that agreeableness was the strongest predictor of criminal activity (Heaven, 1996). Students who were more likely to skip class had higher drop-out rates, gang membership, and IQ scores that correlated with their openness to learning and conscientiousness in the classroom (Lounsbury et al., 2004). In addition, students who missed more classes had lower IQ scores and higher drop-out rates. Another study (Salgado, 2002) discovered that conscientiousness was a reliable indicator of counterproductive behaviours like absenteeism. That other study discovered a negative correlation between conscientiousness and the number of arrests an individual had previously, indicating that those

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who commit crimes on a regular basis do so without any regard for the consequences (Clower & Bothwell, 2001). Using the Big Five, school counsellors may be better able to identify students who are frequently absent or show early signs of delinquency. (Lounsbury, Steel, Loveland, & Gibson, 2004). Unfortunately, only a couple of the Big Five dimensions appear to be widely agreed upon, indicating that further investigation is required.

3) *Smoking and Drinking*

Smoking and drinking have also been found to be harmful to one's health by studies. Neuroticism, extraversion, and smoking have all been studied, but results have been mixed (Shadel, Niaura, Goldstein, & Abrams, 2000). More research is needed. The findings of this study on openness and nicotine addiction are intriguing: smokers who consider themselves autonomous or original are less nicotine addicted (Shadel, Niaura, Goldstein, & Abrams, 2000). Smoking is linked to high extraversion ratings as well as good self-esteem (Wilkinson & Abraham, 2004). (Robins, Tracy, Trzesniewski, Potter, & Gosling, 2001). For example, alcohol consumption varies by personality type and is associated with extraversion, yet in the same study, low conscientiousness was found to be the best predictor of the most drinking per episode (Kubicka, Matejcek, Dytrych & Roth, 2001). It is difficult to link drinking to either extraversion or a lack of parental influence because high extraversion scores are equally linked to a lack of parental supervision and support. (Wilkinson & Abraham, 2004).

4) *Eating Disorders*

When it comes to the study of anorexia, researchers have rarely used the Big Five, and the research that has been done has yielded mixed results for one or two of the Big Five components. Extrapolating from one study's findings because the control group contained more elderly persons than the sample with eating difficulties is difficult (Bollen & Wojciechowski, 2004). Another study found that anorexia nervosa restricting participants were more conscientious than anorexia nervosa binge eating/purging participants, and both subtypes had higher neuroticism levels than the control group (Bollen & Wojciechowski, 2004). Neuroticism, agreeableness, and openness were lower in the eating disorder group than the control group, according to Ghaderi and Scott (2000). Neuroticism and conscientiousness are definitely factors for persons who participate in disordered eating, but further investigation is required to evaluate the impact of agreeableness and openness on eating disorders in relation.

5) *Risky Sexual Behavior*

Sensation seeking has been linked to risky sexual behaviour (RSB) (Gullette & Lyons, 2005; Shafer, 2001). Extraversion is a personality trait associated with risky sexual behaviour (RSB). Without protection (Gil, 2005), unprotected sex can raise the risk of HIV and other sexually transmitted illnesses. Furthermore, spontaneous sex encounters can be dangerous (RSB). Gender has also been a focus in this field, and one study found that males reported more involvement in RSB than females (Gil, 2005). Bryan and Stallings (2002) hypothesised that RSB and novelty seeking are connected because of the linkage between substance misuse and novelty seeking (Gullette & Lyons, 2005), but they were surprised to find no

link between novelty seeking and unprotected sexual activity. It was also discovered by Bryan and Stallings (2002) that people with lower degrees of reward dependency (which they call a 'warm' and 'sensitive' personality) had higher rates of RSB than those with higher levels. A higher conscientiousness score is associated with a higher level of functioning in society, To put it another way, lesser levels of agreeableness and conscientiousness may lead to issues. Warmth, sensitivity, and dependency, according to Goldberg, are all related to the dimensions of agreeableness and conscientiousness.(1990). (Hayes & Joseph, 2003).

2. Literature Review

Several personality traits predispose individuals to behave in a way that can be detrimental to their health. Identification of these personality traits and the analysis of their association with various health risk behaviours may provide us knowledge about which persons are vulnerable and how their well-being might be improved (Markey, Markey, Ericksen and Tinsley, 2006; Rahimi, Ghorbani, Rafiei, Farhoudian, Soleymania, & Massah, 2014).

Shen, Qu, Ge, Sun and Zhang (2018) In a Chinese sample, we investigated the relationship between positive driving behaviour and personality traits. Chinese version of PDBS had both reliability and validity, and the PDBS was significantly associated to BFI, according to the results of the study Neuroticism was shown to have a negative connection ($r = -0.38$) with the PDBS, while extraversion, agreeableness, conscientiousness, and openness to new experiences were found to have a positive link (the correlation coefficient ranged from 0.36 to 0.55). Age was shown to be adversely correlated with the PDBS ($r = -0.38$) in our cohort, which may have been due to a lack of driving experience or cognitive resources that were more difficult to reach in older people.

Ya nez, Leiva Estela and Cukic 2017 Research was conducted to see if personality traits and parental education are linked to adolescent smoking initiation. A multinomial logistic regression model controlling for age and sex was used to investigate the independent connections and interactions of personality traits and parental education with the risk of ever trying smoking, and the risk of becoming a habitual smoker in adolescence. If you're a more conscientious person, you'll have a lower probability of trying smoking at least once (OR = 0.57, 95% CIs = 0.46, 0.71), as well as smoking frequently (OR = 0.39, 0.55). Having a high degree of emotional instability (neuroticism) was associated with a greater likelihood of smoking (OR = 1.33, 95% CIs = 1.10, 1.51 and OR = 1.76, 95% CIs = 1.31, 2.35, respectively). Higher extraversion was also linked to both kinds of smoking 40ndrews40 (OR 1.38, 95 percent CIs 1.12, 1.70 and OR 2.43 (1.67, 3.55), respectively) 40ndrews (1.67, 3.55, respectively). Higher parental education was associated with a lower probability of being a regular smoker (OR = 0.70, 95 percent CIs = 0.54, 0.89), but not with having previously tried smoking. A lack of connection between parental education and adolescent smoking behaviour was also found to be unsubstantiated. Adolescents who smoke 40ndrews40 are more likely to have personality traits and

parental education that are relevant and independent determinants.

Yadav, Bhattacharyya, Srivastava and Salhotra, (2017) in male HIV-positive cases, researchers looked at personality features, coping skills, and their relationship. Neuroticism, extraversion and conscientiousness qualities were in the average range. Scores on openness and agreeableness were below average. The total mean score for coping was 50.78, with the highest score in the physical domain, followed by the philosophical area, and the lowest in the social domain. The research sample assessed their coping resources as average. Neuroticism was adversely associated to all the coping techniques. Extraversion exhibited association with physical, emotional, social and philosophical scales. The philosophical and emotional scales were linked to openness. Agreeableness correlated with all aspects of coping except the social. All of the coping domains had a strong correlation with conscientiousness.

The study by Atherton, Robinsa, Rentfrowb and Lambb (2014) undertook a large-scale study (N=460,172) the Big Five and three health-related outcomes: self-reported health, body mass index, and substance use. People who reported poor health, being overweight, or abusing substances had lower levels of conscientiousness. Also, persons who score high on Neuroticism reported poorer health and people who scored high on extraversion engaged in more regular substance usage.

Saxena and Puri (2013) carried out a study focusing on age, primarily to determine if there was any detrimental risk. All of the children in the study were between the ages of one and two and lived in metropolitan areas. A poll of 16-19-year-olds from public and private colleges found a strong correlation between personality and thrill-seeking. In addition, there appears to be no correlation between risk-taking and personality or experience-seeking.

Smoking has been linked to a range of personality traits represented by the Five Factor Model (FFM) (McCrae & Costa, 2003), such as openness and conscientiousness (Chapman, Fiscella, Duberstein, Kawachi, 2009). Studies on an older population found that current smokers were more neurotic and had lower levels of agreeability and conscientiousness than previous smokers, whereas nonsmokers had the lowest levels of neuroticism and the highest levels of agreeability and conscientiousness (Terracciano & Costa, 2004). Lifetime smoking has been linked to openness and neuroticism, while higher conscientiousness protects adults against smoking advancement and persistence (Zvolensky, Taha, Bono & Goodwin, 2015). (Zvolensky, Taha, Bono & Goodwin, 2015). More neuroticism was found to be associated with greater current smoking in a Mexican sample than in a Mexican-American sample, and extraversion, neuroticism, agreeableness, and conscientiousness were all found to be linked to higher current smoking in an undergraduate student population 44ndrews44 (Terracciano & Costa, 2004). Furthermore, (Conner, Grogan, Fry, Gough & Higgins, 2009) found that teenagers who did not smoke were more conscientious.

Substance abuse is a dangerous health behavior that can have

long-term negative effects on one's health. According to both cross-sectional and longitudinal research, people who are more neurotic, extraverted, and open, and score lower on conscientiousness and agreeableness are more prone to use substances often (Turiano, Whiteman, Hampson, Roberts and Mroczek, 2012). In addition, substance use and personality feature change have been linked throughout the course of history (Littlefield, Sher & Wood, 2009).

A study conducted by Kornor and Nordvik (2007) Consumers had greater levels of neuroticism and lower levels of extraversion and conscientiousness than the control group. According to several studies, extraverts are more likely to abuse alcohol and other drugs (Meyer & Hoffman, 2005; Meyer & Hautzinger, 2003). Both (Meyer & Hoffman, 2005; Meyer & Hautzinger, 2003) have been cited. Chambliss (2003) investigated the link between drug use and personality traits in college students and found that heavy drinking and marijuana use were associated with high extraversion scores and low conscientiousness scores. When it comes to personality qualities, Brooner (2002) showed that addicts had higher neuroticism and lower conscientiousness and agreeableness than the control group. According to Bogg and Roberts (2004), a meta-analysis of 194 studies found that traits related to conscientiousness are negatively correlated with all types of risky behaviours (smoking, eating patterns and physical activity), as well as positively correlated with healthy behaviours (e.g. healthy eating habits, physical activity). Substance abuse is linked to an increased neuroticism, decreased extraversion, increased experimentation openness and a lower agreement and conscientiousness among those who use it (Ball, Cobb-Richardson, Connolly, Bujosa & Oneall, 2005). According to Miller, Rick, Zimmerman, Logan, and Leukefeld (2004), agreeableness was linked to a lack of openness, while high extraversion was linked to risky sexual behaviour. Smoking was linked to decreased Agreeableness scores, as well, according to Terracciano and Costa (2004). For example, a recent study found conscientiousness to be an accurate predictor of detrimental behaviours like tardiness (Salgado, 2002). (Salgado, 2002). According to Hampson 45ndrews, Barckley, and Severson (2006), less conscientiousness was the best indicator of alcohol consumption.

While some Iranian researchers (Zargar & Ghaffari, 2009) have looked into the connection between personality traits and high-risk behavior, they only focus on one component of dangerous behavior, namely substance abuse. However, the current research focuses on a variety of risky behaviors and assesses them all together. According to previous studies, dangerous behaviors are becoming more common among young people aged 18 to 24. (Hsin-Li & Tsu-Hurng, 2007; Zahran, Zack, Vernon-Smiley & Hertz, 2007).

1) *The Present Study*

We predicted particular results on each personality factor for risky conduct. Others were meant to shed light on the dimensions that have the most room for improvement, in line with prior studies. Extraversion and neuroticism were expected to be major predictors of criminal behaviour, while

agreeableness, conscientiousness, and openness were supposed to be low. There was little or no link between smoking and agreeableness because of the high scores on the extraverted traits of neuroticism and openness, as well as the low scores on the conscientious trait of conscientiousness. There was a reasonable expectation that eating disorders would be associated with high conscientiousness, neuroticism, as well as extraversion. Finally, when it comes to risky sexual behavior, We anticipate high extraversion and openness, as well as low agreeableness and conscientiousness, with little or no correlation to neuroticism. .

3. Methods

1) Sample

College freshmen from a western state institution (95 males and 177 females) volunteered for points toward their Psychology 101 grades. To ensure that all subjects were treated in accordance with the "Ethical Principles and Code of Conduct," publication manual (American Psychological Association., 2001).

2) Materials

Personality. The Big Five Personality Inventory (BFI-54), which examines Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness (the Big Five personality dimension), was administered to each participant (John & Srivastava, 1999). (John & Srivastava, 1999). Students answered self-perception questions like, 'I perceive myself as someone who is original and comes up with new ideas.' From strongly disagree (A) to strongly agree (E), the five-point Likert scale was used for each topic.

Health risk behavior. The 2020 State and Local Youth Risk Behavior Survey was administered to students to determine the frequency and types of delinquent behavior they had engaged in. Researchers used questions about specific behaviors of interest from the survey, which covers a wide range of health risk behaviors. For this study, we surveyed people on a range of topics including violence and suicide, tobacco and alcohol usage, marijuana use, sexual behavior, and body image issues such as being overweight or obese.

3) Procedure

The survey had to be completed anonymously by the participants while they were being watched. They were told that the results will be used for study and requested to answer each question honestly, not in a way they wished they could be. It took me between 15 and 20 minutes to complete the survey. Educators made it clear to students that stopping mid-question would not result in any penalty.

4. Results

For this study, we used Pearson's r correlations to look at the link between personality characteristics and health risk behaviours across all subgroups. Table 1 displays the results of these associations. Violence was found to be adversely connected with agreeableness, but not with extraversion, conscientiousness, emotional stability, or openness when looking at adolescent delinquency as a whole. Psychologists

discovered that suicidal thoughts had a high negative link with both emotional stability and extraversion, while no such relationship was seen with pleasant or conscientious traits. While marijuana usage had a substantial negative correlate with agreeableness and a positive correlation with openness, no link could be discovered between marijuana use and extraversion, conscientiousness, or emotional steadiness. Extraversion, conscientiousness, emotional stability, and openness all demonstrated a significant negative correlation with using other substances, but not with agreeableness. Although agreeableness and conscientiousness were negatively correlated with smoking and drinking, there was none for extraversion, emotional stability, or openness. However, alcohol usage had no effect on agreeability, conscientiousness, or openness. Instead, it was found to be positively correlated with extraversion. Statistical significance was approached in the study of emotional stability and alcohol. Risky sexual behavior has no statistically significant connection to personality. No significant connections were found for openness, extraversion, conscientiousness, or agreeableness in the associations between body weight satisfaction and these personality traits.

Table 1
Personality and Health Risk Behavior Correlations

Extraversion	Agreeableness	Conscientiousness	Emotional Stability	Openness	
Violence	-.06	-.23**	-.08	.04	-.05
Suicide	-.01	-.02	-.00	-.27**	.09
Tobacco	-.10	-.24**	-.19**	-.08	.04
Alcohol	.13*	-.06	-.05	.11	.06
Marijuana	-.03	-.13*	-.07	.09	.13*
Other Drugs	-.11	-.18**	-.09	-.06	.10
Bodyweight	.10	.13*	-.02	-.24**	-.02

1) Dissatisfaction

Note: * $p < .05$, ** $p < .01$

We used a two-tailed t-test to examine gender differences in personality and health risk behaviors. There were numerous statistically significant differences found. For extraversion, females ($M = 23.27$, $SD = 6.86$) preferred to be more outgoing than males ($M = 20.73$, $SD = 6.19$), $t(270) = 3.01$, and the difference was statistically significant ($p = .003$). Women ($M = 25.01$, $SD = 5.81$) were found to be more agreeable than men ($M = 22.99$, $SD = 5.00$) in the study, which found statistically significant differences ($t(270) = 3.00$, $p = .003$). Males ($M = 19.85$, $SD = 6.49$), when compared to females ($M = 15.86$, $SD = 5.57$), prefer to be more emotionally stable, $t(270) = -5.32$, $p = .00$, is another statistically significant conclusion. To put it another way, there was a major difference between males and females in terms of participation in violence ($M = 4.08$, $SD = 5.84$) and males and females in terms of violence participation ($M = 1.74$, $SD = 2.52$). Males ($M = 10.66$, $SD = 6.69$) and females ($M = 8.72$, $SD = 4.98$) consume alcohol substantially more than the other genders, $t(270) = -2.72$, $p = .007$, while males ($M = 5.74$, $SD = 5.45$) and females ($M = 3.14$, $SD = 3.70$) consume marijuana significantly more than the other genders. Another significant difference between the sexes was found in the use of other drugs ($M = 2.59$, $SD = 4.46$), with men much more likely to use these drugs than women. Females were significantly

more dissatisfied with their body weight ($M = 6.07$, $SD = 2.33$) than males ($M = 4.62$, $SD = 2.14$), $t(270) = 5.04$, $p = .00$.

We found little difference in conscientiousness between males ($M = 21.78$, $SD = 5.63$) and females ($M = 23.03$, $SD = 5.07$), and there was no difference in openness either ($t(270) = 1.86$, $p = .06$). In terms of suicide, there was no statistical significance between the genders, with $t(270) = 1.74$ ($p = .08$) for females and males. For risky sexual behavior, there was no statistical difference between females and males in terms of mean or standard deviation (SD). The t -test result was -0.46 , which means that there was no statistical significance between the two groups.

Table 2
Various Health Risk Behaviors and Personality Dimensions' Mean and Standard Deviation

		Mean	SD	t
Extraversion	Female	23.27	6.86	3.01**
	Male	20.73	6.19	
Agreeableness	Female	25.11	5.81	3.00**
	Male	22.99	5.00	
Emotional	Female	15.86	5.57	-5.32***
Stability	Male	19.85	6.49	
Violence	Female	1.74	2.52	-4.60***
	Male	4.08	5.84	
Tobacco	Female	5.24	6.59	-2.33*
	Male	7.41	8.53	
Alcohol	Female	8.72	4.98	-2.72**
	Male	10.66	6.69	
Marijuana	Female	3.14	3.70	-4.66***
	Male	5.74	5.45	
Other Drugs	Female	1.11	2.60	-3.46***
	Male	2.59	4.46	
Bodyweight	Female	6.07	2.33	5.04***
Dissatisfaction	Male	4.62	2.14	

2) Discussion

To better understand the predictive power of personality and its various dimensions, we have set out to contribute to the corpus of study. The study's purpose was to look at personality features as potential indicators of risky health behaviors. However, while some of our hypotheses were proven correct, others lacked statistical significance.

Our findings suggest that personality traits are linked to all risky behaviors, except for risky sexual conduct, in this study. Delinquency was associated with lower scores on the agreeableness scale, despite our anticipation that extraversion and neuroticism would be elevated. According to Heaven's results (1996), those who assessed themselves as less agreeable were more likely to engage in aggressive behavior. Women who were more pleasant also had a lower likelihood of engaging in aggressive behavior than men who scored higher on agreeableness. This is supported by our findings, which show a large disparity in the level of aggression and agreeableness between men and women. Given the dimension of agreeableness, this makes sense. Low-scoring individuals are more likely to be argumentative, disagreeable, or unsympathetic, resulting in more frequent violent behavior. Although Lauriola and Levin (2001) claimed that those involved in more acts of violence were expected to score significantly higher in neuroticism, statistical significance was

not obtained in our study. One possible explanation for the lack of correlation between neuroticism and aggression is that we found a correlation between neuroticism and gender. Women are more likely to be neurotic than men, but they are also less likely to engage in acts of violence. We only found support for agreeableness when we connected the Big Five to aggression. In schools, identifying those people who aren't the most amiable can help school counselor's better help youngsters.

Inversely linked to agreeableness and violence were drug use, particularly marijuana use. Also investigated were the effects of other narcotics, such as cocaine and methamphetamine, which were found to decrease agreeableness. According to this study, agreeableness appears to be a better predictor of delinquency than other socially unacceptable behaviors (e.g., violence, marijuana smoking, other drug usage). Violence, marijuana usage, and other drug use all have a negative correlation with agreeableness because of their anti-social nature.

Second, According to the data, openness was not linked to smoking or drinking. It was expected that smoking would have no effect on agreeableness, however it was found to have the most negative correlation. In light of past research linking smoking to openness, persons who identify as unique and unusual may be seen as confrontational, uncooperative, or less agreeable. Low degrees of conscientiousness were found to be correlated with higher levels of smoking involvement. Males were more likely than females to engage in smoking practices, according to the findings. According to the results of our study, males should smoke more than females, meaning that males should smoke more. There was a high correlation between extraversion and drinking in this study, which is consistent with previous studies and appears to be the most frequently acknowledged relationship. Gender disparities in extraversion are one relationship that is difficult to grasp. Females should drink more than males since they are more extraverted, despite the fact that males drink more regularly. This correlation requires additional research.

Third, neuroticism was discovered to be the strongest predictor of disordered eating, which matched our prediction and earlier research. Emotionally reactive people appear to be more inclined to engage in disordered eating. According to prior studies, females were likewise more prone than males to engage in disordered eating. We hypothesized that agreeableness would have little or no impact, but agreeableness was positively linked to disorder eating. The reason for this may be that those who are more agreeable are more likely to want to fit in socially and highlight the importance of blending in with their peers or the media. This correlation necessitates further investigation into the social ties of persons who engage in disordered eating.

Fourth, having sex was not correlated with any of the Big Five characteristics. More information regarding sexual behaviors could lead to a link between personality and sexual behavior if there were less questions about sexual habits. Despite men being more engaged in sexual activities, there were no significant gender differences. They may not have made any discoveries because of the conservative culture in

which they live. It's also possible that many of the participants are still in the early stages of discovering their sexuality. It's clear that unhealthy health habits and personality traits go hand in hand. In this study, males were found to be the most likely to engage in delinquent behaviour, but females were not. Males were less agreeable than females, therefore they were more likely to engage in violent actions, smoke more cigarettes, and engage in other illicit activities. Girls, on the other hand, are less likely to engage in violent activities, tobacco use, and illegal substance use than their male counterparts. The predictive power of agreeableness should be examined in future studies focusing on gender disparities. According to research, it's not uncommon for men and women to hold differing perspectives on agreeability.

5. Conclusion

This paper represented an overview of Personality characteristics as predictors of health risk behaviors

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