



GlammLab

GOOD LIFE AND MEANING MAKING

University of the Ozarks

How Personality Relates with Calling and Meaning

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Introduction

Although pondered for millennia, research on meaning and calling have grown tremendously over the last decade or so (Duffy et al., 2018). This is understandable in a world where so many options exist to make something of one's life with a multitude of values, interests, rewards and barriers to negotiate. It is common to hear people express an interest in finding meaning and securing work that feels like a calling, however as many things, it is easier said than done (Wrzesniewski et al., 1997).

We are unaware of any studies have examined meaning in life in relation to the Honesty-Humility subscale - the sixth personality dimension of the Hexaco personality inventory. Additionally, to our knowledge no studies examining the relationship of the six Hexaco personality dimensions and presence or search for calling.

The purpose of the present study is to examine how the Hexaco personality inventory relates to meaning and calling in a large college student sample - an age where students are especially having to ask those questions of what they want out of life.

Methods

Participants:

295 undergraduate students from introductory Psychology Classes.

Measures:

- Calling and Vocation Questionnaire
- Meaning in Life Questionnaire
- Hexaco Personality Inventory-Revised

Dimensions	Presence Of Meaning	Search For Meaning	Presence Of Calling	Search For Calling
H	.36		.27	
E				
X	.43		.23	
A	.25		.17	
C	.39	.18	.32	.28
O		.29	.24	.31

Correlation (r values) listed above. All values are $p < .01$
Highlighted boxes represent the strongest correlation for each sub-scale of the **Meaning** and **Calling** Questionnaires.

Hexaco – Honesty/Humility, Emotionality, eXtraversion, Agreeableness, Conscientiousness, Openness

Results

A series of correlation coefficients were computed. Conscientiousness was significantly related to both presence of ($r = .39, p < .01$) and search for meaning in life ($r = .18, p < .01$), as well as presence of ($r = .32, p < .01$) and search for calling ($r = .28, p < .01$). Openness was significantly related to search for meaning in life ($r = .29, p < .01$), and presence of ($r = .24, p < .01$) and search for calling ($r = .31, p < .01$). Agreeableness was significantly related to presence of meaning in life ($r = .25, p < .01$) and presence of calling ($r = .17, p < .01$). Similarly, extraversion was significantly related to presence of meaning in life ($r = .43, p < .01$) and presence of calling ($r = .23, p < .01$). Honesty/humility was significantly related to presence of meaning in life ($r = .36, p < .01$) and presence of calling ($r = .27, p < .01$).

Discussion

Although we might speculate why certain personality dimensions related strongly to meaning and calling it is clear that personality appears to play an important role in whether a person feels a presence of meaning or calling in life. We found openness was most strongly correlated to search for meaning and search for calling. Someone who is open-minded may be more likely to go searching for meaning and calling in life. Extraversion was correlated most strongly with presence of meaning. Also, relationships are a vital contributor to acquiring meaning, and having a more extroverted personality can lead to more and stronger relationships which, in turn, could bring about the presence of meaning in one's life. Conscientiousness had the strongest correlation with presence of calling. Since conscientiousness is the quality of wishing to do one's work or duty well or thoroughly, it may be that someone who feels as though they do well with their work also feels like they have the presence of calling in their life.

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