ASSOCIATIONS BETWEEN THE FIVE-FACTOR MODEL OF PERSONALITY AND HEALTH BEHAVIORS AMONG ADULT IN ALBANIA

Doc Student Elsida Sinaj
University Europian of Tirana, **ALBANIA**

ABSTRACT

Studies show that there are strong connections between personality traits and health behaviors. This study aims to examine the connections between the five factor model of personality and health behaviors among adults in Albania. The final sample included 275 participants with an average age 41.6, SD = 10.4, where 189 of these participants were female and 63 were male, with status from higher education (Bachelor) to PhD level.The following procedure was anonymous self-reporting and confidential by completing the questionnaires. The data is analyzed in two stages: 1. Descriptive Analysis 2. Inferential analyses: Multivariate analysis (general linear model). The results showed that there was a statistically significant positive correlation between extroversion and general health condition, also a statistically significant correlation exists between compliance and healthy behaviors health. Another positive significant correlation is between neuroticism and health behaviors and lifestyles. According to statistical data also is shown that the low level of education has a negative correlacion of lifestyle, and has a strong positive correlation between higher educational level and health control. Results suggest that personality traits are closely related to the practice of health behaviors and that these individual features are superior in relation to social variables. Results are discussed in the context of theoretical and practical implications.

Keywords: Adult, five-factor model of personality, health behavior, personality traits.