

The Relationship Between Shyness, Agreeableness, and Family Relationship Quality in College Students

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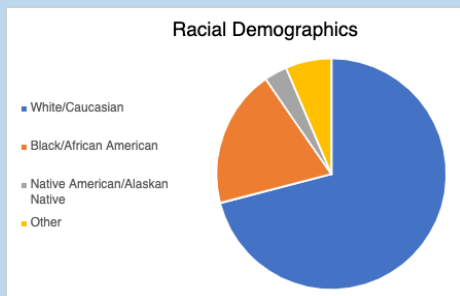
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Introduction

- Looking at how personality traits affect family relationships can be meaningful to parents in raising their children and maintaining a healthy family dynamic.
- The purpose of this study was to find correlations between shyness, agreeableness, and family relationship quality.
 - **H1:** Shyness and agreeableness will have a negative relationship.
 - **H2:** More agreeable people have better family relationship quality.
 - **H3:** Less shy people have better family relationship quality.

Method

- **31 participants**



- Revised Cheek and Buss Shyness Scale used to measure shyness (Cronbach's alpha = .92).
- Basic Personality Traits Inventory used to measure agreeableness (Cronbach's alpha = .82).
- Familial Relationship Quality Measure used to measure family relationship quality (Cronbach's alpha = .91).

Results

- * Shyness ($M = 41.74$, $SD = 12.27$) does not have a significant relationship with agreeableness ($M = 32.54$, $SD = 5.5$), $r(29) = -.08$, $p = .66$.
- * Agreeableness does not have a significant or positive relationship with family relationship quality ($M = 29$, $SD = 5.27$), $r(29) = -.32$, $p = .08$.
- * Shyness and family relationship quality do not have a significant or negative relationship, $r(29) = .19$, $p = .31$.
- My hypotheses were not supported, therefore, there is no significance between the personality traits of shyness and agreeableness and family relationship quality.

Limitations

- External validity: ECSU students cannot generalize to all college students.
- The Familial Relationship Quality Measure did not come with instructions to reverse-score any items, but 4 items needed to be.
- Geographical limitations: data could be different when looking at people from different states/countries.

Future Research

- Test among all ages.
- Use a new measure for family relationship quality.
- Test people from different states/countries.

Implications

- Personality traits are not related to family relationship quality.
- Relationship between shyness and agreeableness is negative – more shy = less agreeable.
- Encourage friendliness and confidence skills.

