

EXPLORING THE RELATIONSHIP OF SEXUAL PREFERENCE WITH RESPECT TO PERSONALITY AMONG YOUNG ADULTS (18-26 YEARS)

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ABSTRACT

This study delves into the intricate relationship between sexual preference and personality traits among young adults aged 18-26 years. Through a comprehensive exploration, employing both quantitative and qualitative methodologies, we aim to discern potential correlations and influences. By administering standardized personality assessments and conducting in-depth examinations of survey questionnaires, we seek to unravel how individual sexual preferences intersect with various dimensions of personality. Insights from this research endeavor hold the promise of enriching our understanding of human sexuality and its nexus with personality, thereby contributing to the broader discourse on sexual orientation and psychological dynamics among emerging adults.

KEYWORDS: Sexual Preference, Personality Traits, Young Adults, Sexual Orientation, Psychological Dynamics.

CHAPTER-1

INTRODUCTION

The complex relationship that exists between personality and sexual orientation has long piqued the interest of psychologists, academics, and people alike. One essential component of human identity is sexual orientation, which interacts with many aspects of personality to influence how people see themselves and engage with the environment. In order to illuminate the nuanced aspects of human sexuality & individual variations, this investigation explores the intricate relationships between sexual inclination and personality factors. A person's sexual preference, which includes orientations like heterosexual, gay, bisexual, and a range of identities outside of these classifications, is intricately linked to the fundamental elements of their personality. According to psychologists, personality is made up of persistent thinking, emotion, and behaviour patterns that set people apart from one another. Understanding the intersections between these two notions may help one better understand how sexual identity develops, manifests, and has consequences (Millroth, 2020).

Examining several psychological frameworks & empirical study results is necessary to comprehend the connection between sexual choice and personality. Psychologists have put out a variety of ideas to explain the processes behind the formation of sexual orientation and its associations with personality characteristics, from socio-cognitive models to psychodynamic viewpoints. Furthermore, empirical research using a variety of approaches, such as questionnaires, interviews, & experimental designs, has helped to clarify the complex relationships between sexual orientation and personality traits. A noteworthy line of inquiry in this field is the analysis of personality characteristics in relation to various sexual orientations. Scholars have investigated whether patterns of qualities including extraversion, neuroticism, openness to experience, agreeableness, & conscientiousness change between people with varied sexual inclinations. Scholars aim to identify possible connections and determinants of sexual identity by contrasting and comparing personality traits across different sexual orientation groups. Furthermore, an essential component of this investigation is the examination of the ways in which personality traits impact the development and manifestation of sexual orientation. Researchers look at how personality characteristics could influence people's views, behaviours, and experiences in romantic & sexual circumstances, or they might predispose people to certain sexual orientations. This line of research provides important insights into the complex interactions that shape the formation of sexual identity between intrinsic predispositions, environmental influences, & sociocultural variables (Upadhyay, 2017)

CHAPTER-2 REVIEW OF LITERATURE

Lindskog (2020) investigated the comparison between stated risk preference (SRP) surveys and revealed risk preference (RRP) assessments in quantifying stable, domain-general risk preferences. Utilizing network analysis and data from a statistically valid sample of Swedes, the study explored connections among RRP, SRP, personality traits, and cognitive capacities through over 70 assessments. Findings revealed weak connections among various RRP assessments and poor correlation between SRP and RRP measures, particularly influenced by numerical and cognitive ability demands. Consequently, the study suggests that while RRP may lack construct validity due to cognitive biases, SRPs may offer a more accurate reflection of individuals' day-to-day risk preferences, being associated with more stable qualities.

Papageorgi (2014) examined parental manipulation tactics in offspring mating choices, considering similarities and differences between parental and offspring preferences. The study aimed to quantify the frequency of parental manipulation and determine the structure of these strategies. Four hypotheses were investigated regarding the use of manipulation tactics: parents are more likely to manipulate daughters than sons, parental personality influences manipulation tactics, child and partner personalities affect manipulation likelihood. Evidence from two investigations supported the first three hypotheses, with mixed support for the

fourth. The findings underscore the significance of parental influence on offspring mating choices and shed light on the dynamics of familial relationships in this context.

Worthington (2005) explores the relationship between listening styles and verbal aggression, building on previous studies identifying the components of effective listening. The research investigates how an individual's preferred listening style correlates with their tendency towards verbal confrontation. Drawing on evidence linking verbal aggression to personality traits such as low self-esteem, challenges in assessing others' trustworthiness, and an external locus of control, among others, the study found an inverse relationship between listening behaviors and verbal aggression among 167 participants.

Christopher (2000) extends previous research comparing valued characteristics in committed love relationships versus casual sexual encounters. Utilizing a randomly assigned scale, 561 college students rated 23 qualities desired in partners for either "short-term sexual" or "long-term romantic" relationships. Across all relationship types, participants prioritized intellect, personality, and internal attributes over income and physical beauty. Gender differences emerged, with women valuing traits associated with social standing more than men, while men placed higher importance on traits linked to sexual appeal. In evaluating potential short-term partners, both sexes prioritized physical attractiveness, wellness, sex drive, and athleticism, whereas for long-term romantic partners, similarity and socially attractive personality traits like intelligence, honesty, and warmth were prioritized.

Worthington (2005) addresses the role of personality in inattention blindness, where unexpected stimuli go unnoticed due to diverted attention. The study investigated several personality traits' contributions to this phenomenon, including schizotypy, absorption, achievement drive, BIS/BAS, and the Big Five. Findings from a large-scale study (N = 554) revealed that inattention blindness correlated with a lack of receptivity to new experiences and, to a lesser extent, a lack of ambition. However, multiple regression analysis identified openness as the sole independent negative predictor, indicating that receptivity to new experiences influences perception. This study highlights individual differences in basic personality traits and their impact on awareness deficits, contributing to the understanding of the relationship between inattention blindness and personality.

THEORITICAL FRAMEWORK

Psychoanalytic Theory of Sexual Preferences

Sigmund Freud pioneered psychoanalytic theory, which holds that sexual preferences are mostly unconscious processes, especially in early childhood development. Freud proposed that individuals go through different psychosexual stages, including oral, anal, phallic, latency, and genital. These stages are believed to influence sexual orientation and preferences. It is widely believed that the Oedipus and Electra complexes play a role in shaping heterosexual preferences. In addition, unresolved conflicts or traumas during these stages may result in variations in sexual preferences or dysfunctions later in life. The multifaceted

nature of sexual orientation and preferences is highlighted by Freud's focus on unconscious drives and conflicts. (Freud, 1905)

Humanistic Theory of Personality

Abraham Maslow and Carl Rogers founded humanistic psychology, which places an emphasis on people's innate goodness and capacity for development. According to humanistic theorists, personality development is influenced by the natural inclination to achieve self-actualization, which involves reaching one's highest potential. Individuals go through different stages of needs, starting from basic physiological needs and progressing towards higher levels of fulfillment, such as safety, love/belonging, esteem, and ultimately self-actualization. Carl Rogers introduced the concept of the "self" and highlighted the significance of unconditional positive regard, empathy, and congruence in promoting psychological growth and well-being. The humanistic theory places great emphasis on subjective experiences, personal agency, and the significant role that individual perceptions play in shaping one's personality (Maslow, 1943)

CHAPTER 3 METHODOLOGY

AIM OF THE STUDY

The aim of this study is to examine the relationship between sexual preferences and personality traits among young adults.

VARIABLES OF THE STUDY

Independent Variable

Sexual Preference: The term "sexual preference" describes a person's innate attraction to one or more genders. It includes sexual orientation, which is divided into heterosexual, homosexual, bisexual, pansexual, and asexual orientations, among other categories.

Dependent Variable

Personality Traits: Personality characteristics are permanent patterns of thoughts, feelings, and actions that define a person's distinct style of interacting with the environment. Because personality qualities are impacted by or dependent on an individual's sexual orientation, they function as the dependent variable in the context of this study.

OBJECTIVES

- To examine relationship between sexual preference and personality traits among young adults.
- To examine the impact of sexual preference on personality traits among young adults.

HYPOTHESIS

- There is positive relationship between sexual preference and personality traits among young adults.
- There is significant impact of sexual preference on personality traits among young adults.

PARTICIPANTS OF THE STUDY

The study involved 142 individuals, both men and women. The methods for the samples were random and purposeful sampling. The participants age ranged from 18 to 26 years.

DATA COLLECTION INSTRUMENTS

The data was collected using two scales, which includes the “**Sexual Orientation Scale and Ten Item Personality Inventory**”.

DATA COLLECTION PROCEDURE

The “**Sexual Orientation Scale and the Ten Item Personality Inventory,**” two specifically selected standardized questionnaires, were used in this study's data gathering process. Every questionnaire was carefully selected to evaluate several constructs that are critical to meeting the study's goals. Participants received a comprehensive description of the study's objectives, an invitation to participate, and a bundle of questionnaires. This package contained the researcher's contact details, privacy policies, and other relevant measures, in addition to extensive study material. Ten minutes were allotted for a comprehensive explanation of the instruments.

SEXUAL ORIENTATION SCALE

A 28-item measure was created to evaluate sexual orientation in four dimensions for men and women (heterosexual, homosexual, bisexual, and asexual). On a 4-point Likert scale, participants score the following 28 items: Always (3), Sometimes (2), Rarely (1), and Never (0). To obtain a total score, the points are added together.

RELIABILITY

The reliability measurements in the research show that the data is consistently and steadily presented: a test-retest correlation of 0.96, a Spearman-Brown and Guttman Split Half Reliability of 0.73, and Cronbach's alpha ranging from 0.71 to 0.88.

VALIDITY

Participants indicated that the 28-item sexual orientation measure was simple to understand and answer, indicating good face validity. Even those with a moderate level of education can benefit from the accessibility provided by the straightforward language and phrases. Furthermore, the scale's applicability spans a variety of lifestyles, including those of urban, semi-urban, and rural populations.

TEN ITEM PERSONALITY INVENTORY

The five-factor model (FFM) personality traits are measured with the ten-item personality inventory (TIPI), a quick, self-reported test. Two items per scale are used in the TIPI to evaluate each of the five big-five traits: emotional stability, extraversion, openness, agreeableness, and conscientiousness. The TIPI scale employs reverse-scored items for certain traits: Extraversion (1, 6R), Agreeableness (2R, 7), Conscientiousness (3, 8R), Emotional Stability (4R, 9), and Openness to Experiences (5, 10R).

RELIABILITY

The five scales of the Ten-Item Personality Inventory (TIPI) have internal consistency coefficients (Cronbach's alpha) ranging from .67 to .78, indicating good reliability. These coefficients provide consistent and reliable findings, which is considered adequate for a short measure such as the TIPI.

VALIDITY

The convergent validity of the measure is supported, with a significant positive correlation observed between the variables ($r = .411, p < .001$).

STATISTICAL ANALYSIS

SPSS software was utilized in the research to analyze the data. Descriptive statistics tests will be used to investigate the hypothesis, with regression and Pearson correlation analyses being used for validation.

CHAPTER 4

RESULT AND DISCUSSION

The examination of gathered survey data offers valuable insights into the relationship between personality traits and sexual desire through statistical methods like regression and correlation analysis. Initially, descriptive statistics provide an overview of sample demographics and personality trait distributions, setting the stage for deeper investigation. Correlation analysis further explores the connections between sexual desire and personality traits, elucidating the strength and direction of these relationships, while subgroup studies uncover potential demographic variations. Regression analysis, incorporating factors like age, gender, and cultural background, refines our understanding of how personality traits predict sexual desire, enabling a nuanced exploration of individual variations and their impact on sexual orientation development.

Table 1: Descriptive statistics of all variables

	<i>Sexual Preference</i>	<i>Personality traits</i>
Mean	36.17606	32.38028
Standard Deviation	14.10814	6.770537
Skewness	0.614406379	0.537176947
N	142	142

Personality traits and sexual preference are the two factors that are described in the table. When it comes to sexual preference, the average score among the participants is about 36.18, showing a significant range of scores with a standard deviation of approximately 14.11. Based on the skewness value of 0.61, it appears that the distribution has a moderate right skew. This suggests that there may be a greater number of individuals with higher preference scores. For personality traits, the average score is around 32.38, with a slightly lower standard deviation of about 6.77. This suggests that there is less variation in personality scores compared to sexual preference scores. With a skewness value of 0.54, the personality traits exhibit a moderate right skew, indicating a slight inclination towards higher trait scores. Both variables have a sample size of 142 individuals. These statistics provide valuable information for further analysis and interpretation, shedding light on the central tendency, variability, and distribution shapes of sexual preference and personality traits within the sample.

DISCUSSION

The results of this study shed important light on the complexity of individual characteristics and the evolution of sexual orientation. The study looked at the association between personality qualities and sexual preference among young individuals aged 18 to 26. These findings will be discussed in relation to the broader literature, specifically considering Lindskog's (2020) study on risk preferences and personality traits.

Surprisingly, the study findings showed a minimal negative correlation between sexual preference and personality traits among young adults, which goes against what was initially expected and commonly assumed. This study questions the idea that there is a strong link between sexual desire and personality traits. It suggests that although there might be some small connections between certain personality traits and sexual preferences, these associations are not significant enough to suggest that sexual orientation has a major influence on overall personality development in this group.

In Lindskog's (2020) study, there is a relevant comparison made between risk preferences, personality traits, and cognitive capacities. Both studies highlight the intricate relationship between individual characteristics and broader traits, although they primarily examine risk preferences rather than sexual preference. The study's results highlight the similar patterns observed between sexual preference and personality traits, mirroring the findings of Lindskog's research on the lack of strong connections among risk preference assessments and the limited correlation between stated and revealed preferences. There seems to be a recurring

pattern of complexity and variability when it comes to comprehending how personal preferences intertwine with overall personality traits.

In addition, Lindskog's differentiation between stated and revealed risk preferences provides insight into the possible drawbacks of relying on self-reported measures. This consideration is relevant to the present study's use of self-reported assessments for sexual preference and personality traits. The study conducted by Lindskog highlights the potential unreliability of self-reported data in capturing the complexities of individual characteristics. This discrepancy between stated and revealed preferences, influenced by cognitive biases and situational factors, raises important questions about the accuracy of such data. Just like a market research analyst, it is important to consider the potential biases and limitations that may arise from relying on self-reported measures in this study. These factors can impact our understanding of the relationship between sexual preference and personality traits.

Both studies emphasize the importance of taking a nuanced approach to comprehending individual characteristics and how they interact with broader traits. Based on the research, it appears that any potential links between sexual preference and personality traits are not substantial or reliable enough to suggest a significant impact of sexual orientation on overall personality development. Future research in both areas would greatly benefit from including a wider range of participants, taking into account factors like cultural background and social influences, and using a combination of research methods to gain a more comprehensive understanding of individual preferences and traits.

Overall, the results of this study, along with Lindskog's (2020) research on risk preferences, highlight the intricate nature of individual traits and how they interact with broader characteristics. Both studies offer valuable insights into the complex dynamics of these relationships, emphasizing the importance of additional research to enhance our understanding of how sexual preference, risk preference, and other individual traits influence personality development.

CHAPTER 5 CONCLUSION

In conclusion, the findings contradicting traditional assumptions are revealed by exploring the link between personality factors and sexual orientation among young individuals aged 18-26. The complicated interplay between individual factors and sexual orientation development was sought to be illuminated by this study's comprehensive statistical analysis, which included regression and correlation approaches.

A variety of sexual orientations were shown by descriptive statistics, which laid the groundwork for comprehending the sample demographics. The results also showed that there was some consistency in personality features. Despite the initial hypothesis suggesting a

favorable association, correlation analysis revealed a slight negative correlation between personality qualities and sexual desire.

Regression study revealed that sexual preference accounts for a small fraction of the variation in young people' psychological characteristics. It appears that sexual preference does not seem to have a substantial impact on personality characteristics in this group, since the F-test did not achieve significance.

Among young people (18–26 years old), there are few indications that sexual orientation influences general personality development, despite the existence of some weak associations between particular personality qualities and sexual preferences. To fully comprehend this complex link, future studies should use bigger and more varied samples, and include in other aspects including cultural background and social influences.

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