



## THE CORRELATION BETWEEN THE BIG FIVE PERSONALITY TYPES AND THE LEVEL OF LONELINESS IN PROFESSIONAL NURSE STUDENTS IN THE AGRICULTURE REGION

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### ABSTRACT

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Loneliness becomes a phenomenon in early adulthood due to the adolescent crisis towards early adulthood. One of the problems of loneliness is caused by a person's personality. Nursing students are prone to experiencing loneliness because they are in early adulthood, which at this age will go through a stage of psychological development, namely intimacy versus isolation. This study aims to determine the relationship between the big five personality types and the level of loneliness in nursing students. The research design used correlational quantitative with cross-sectional data collection. The number of samples used in this study was 95 respondents using a total sampling of students of the Nursing Professional Study Program, Faculty of Nursing, University of Jember. The Big Five Inventory (BFI) questionnaire was used to identify personality types, while the UCLA Loneliness Scale questionnaire was used to measure loneliness levels. It was found that 32 respondents (33.7%) had agreeableness personality types and 43 respondents (45.3%) experienced moderate loneliness. Data analysis was performed using the chi-square correlation test with a significance level of 0.05. The results showed a p-value of 0.649 indicating that there was no relationship between the big five personality types and loneliness in college students. This happens because it is influenced by several factors such as where you live, the presence of close friends, and someone special who will provide space for someone to interact so that feelings of loneliness are reduced.

#### Keywords:

Big five personality, Loneliness, Nursing students

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## BACKGROUND

Nurse professional education has been developed in Indonesia, where this level of education is academic-professional and carried out in 2 levels, namely the level of academic education and professional education. The foundation used in this study is based on the nursing pattern agreed upon in Indonesia namely strong consistent knowledge and professionalism (Setyaningsih, 2012 in Pangaribuan et al., 2022). The majority of Nursing Professional Education is passed by individuals who are in their late teens and early adulthood (Siallagan, 2021). The phenomenon of loneliness is one of the crises experienced by the early adult phase with an age range of 18-25 years which is a traditional phase from adolescence to middle adulthood (Christina and Helsa, 2022). Concerning developmental tasks, this age tends to have problems with personality development and the process of finding self-identity that must be resolved (Meilia, 2021). The developmental stage in early adulthood that is experienced is intimacy versus isolation. This stage is the seventh stage of human development based on Erikson's theory. Failure at this stage will cause a person to experience several deviations due to the manifestations of isolation development such as a tendency to feel alone, and lonely, because of feelings of being rejected by the environment and other people (Drs. Theodorus Sudimin, MS., 2020).

Loneliness rates have increased in various parts of the world, including Indonesia. Based on research by Weissbourd et al, (2021) in (Amru and Ambarini, 2021) as many as 68% of individuals aged 18-25 years experience high levels of loneliness in the United States. Another study by Marchini et al, (2021) in Italy also noted that early adulthood experienced a high level of loneliness. In addition, Hwang et al, (2020) show that the prevalence of loneliness is 10-40% throughout the United States, China, and several European countries. Meanwhile in Indonesia, based on research conducted by the social media company Snap Inc. with 2.500 respondents it was found that 72% of them felt not close to the people around them and the level of loneliness had increased by 18% from the previous prevalence (Amru and Ambarini, 2021). In line with research conducted by (Christina and Helsa, 2022) on 277 early adults with an age range of 18-25 years, it was found that 51,3% of them experienced loneliness.

Factors that cause loneliness include new life challenges, educational problems, work, separation, adaptation to a new environment, and bad interpersonal relationships (Christina and Helsa, 2022). Other

factors that may trigger it are social, health, and demographic conditions. According to Cosan (2014), human characteristics are also the cause of feelings of loneliness, for example, individual characters who have low self-esteem (Amru and Ambarini, 2021). A person's personality type will be a characteristic that characterizes him in behaving and interacting with the environment and situations that occur (Buecker et al., 2020).

The adverse effects of loneliness can be felt both physically and psychologically. Psychologically, loneliness causes a decrease in cognitive function and in the long term will increase the risk of developing Alzheimer's and dementia by 35% (Pertwi and Sulistyani, 2022). In the short term, it will cause depressive symptoms (24,2%) and make individuals withdraw from their social environment (Amru and Ambarini, 2021). The desire to end one's life is also a close impact of the feeling of severe loneliness experienced by individuals, where as many as 40% of the incidence of suicidal ideation is identified as an adult (Sari et al., 2022).

Based on the problems, personality type is one of the factors causing loneliness in early adulthood. According to Schneiders (1960) in (Vidyanindita et al., 2017) personality type is one of the determinants of speed in the adaptation process. A person's personality type will support the process of interaction and interpersonal relationships (Habibi and Jannah, 2017). The purpose of this study was to analyze the relationship between the big five personality types and the level of loneliness in nursing professional students at the Faculty of Nursing, University of Jember.

## METHODS

This study used a cross-sectional research design. The research was conducted using online and offline questionnaire-filling techniques, offline data collection was carried out at RSD Dr. Soebandi Jember and the online data were collected from May to April 2023. The population in this study was 97 students and the number of samples used was 95 students.

The sampling technique in this study used non-probability sampling with a total sampling technique. The inclusion criteria used included being willing to be research respondents, active nursing students class of 30, aged 18-25 years, and having good D3/S1 practice experience. The exclusion criteria are students who are already working.

This study used the Big Five Inventory (BFI)

questionnaire to identify the personality types. BFI proved to be valid and reliable by obtaining a validity value in the range of 0.309-0.810 which stated that the questionnaire was valid because it had a validity value of all items above 0.3 and a reliability value of 0.094 (Shaifa and Supriyadi, 2013). The BFI questionnaire was divided into 5 indicators including indicators of openness, conscientiousness, extraversion, agreeableness, and neuroticism which consisted of 27 favorable statements and 17 unfavorable statements. This BFI questionnaire uses a 5-point Likert scale ranging from 1 to 5. The ranges of values used are 1 (strongly disagree), 2 (disagree), 3 (undecided), 4 (agree), and 5 (strongly agree) for favourable items. Whereas for unfavourable items, the range of values used is 1 (strongly agree), 2 (agree), 3 (doubtful), 4 (disagree), and 5 (strongly disagree). The rating scale used in the results of this questionnaire measurement is to compare the scores between each personality indicator where the highest score result describes the personality type that dominates the research subjects (Lubis, 2015).

Loneliness level research used the UCLA Loneliness Scale questionnaire, which consisted of 20 question items, consisting of 11 favourable questions and 9 unfavourable questions. The UCLA Loneliness Scale proved to be valid and reliable by obtaining a validity value of 0.902 and a reliability value of 0.73 so this questionnaire can be said to be valid and reliable (Sipangkar et al., 2021). The range of values used is 1 (never), 2 (rarely), 3 (often), and 4 (very often) for favourable questions. Meanwhile, for unfavourable questions 1 (very often), 2 (often), 3 (rarely), and 4 (never) are used. There are 2 indicators used in this questionnaire, namely emotional loneliness and social loneliness. The higher the total value obtained, the higher the level of loneliness (Nurdiani, 2018).

The statistical test used is the chi-square correlation test because the data are nominal and ordinal with a significance p-value of 0.05. this research has ethical permission to conduct research obtained from the Research Ethics Committee of the Faculty of Nursing, University of Jember with Number 139/UN25.1.14/KEPK/2023.

## RESULTS

### Characteristics

Table 1 shows the mean age of the respondents, namely 23 years, with a minimum value of 21 years and a maximum of 25 years. Most of the sexes were women as many as 79 female students (83.2%).

Almost all respondents entered through the regular route as many as 93 students (97.9%). Almost all of them live in boarding houses as many as 79 students (83.2%). The relationship status of respondents who do not have a lover or partner is 50 respondents (52.6%). And as many as 77 students (81.1%) have friends.

### Personality Type

Table 2 shows that the personality type of more than a third of nursing profession students is the agreeableness type with a total of 32 students (33.7%). Whereas the extraversion personality type was only owned by 5 students (5.3%).

### Loneliness Level

Table 3 shows that almost half of the students experience a moderate level of loneliness with a total of 43 students (45.3%). Meanwhile, in the category of students who felt not lonely, there were 6 students (6.3%).

### Relationship between Big Five Personality Types and Levels of Loneliness

Table 4 shows that the result of the analysis of the relationship between personality type and level of loneliness in nursing professional education students using the chi-square statistical test obtained a p-value of 0.649 ( $p > 0.05$ ). So it can be said that there is no relationship between the big five personality types and the level of loneliness.

## DISCUSSION

Based on research results it was found that more than a quarter of the respondents had the agreeableness personality type of 32 students (33.7%). In the agreeableness indicator with the type of statement that describes a person's volunteerism to assist and is not selfish, the statement that was most widely chosen was that 24 respondents (75%) agreed. The agreeableness personality type describes a peaceful personality, prefers to avoid conflict, is helpful, warm, gentle, cooperative, and trusting (Simanullang, 2021). This is in line with the theoretical concept put forward by Costa and McCrae (1997) in Subroto (2018) that the agreeableness personality type has advantages in how someone plays a role in a team. Individuals with this personality type tend to live quietly by avoiding conflict, accepting differences, not liking to impose their will, being easy to work with a team, being humble, and liking to help others. In this study, the results also showed that agreeableness and con-

Table 1. Characteristics of Respondents

Variable	Category	Median (Min-Max)	Frequency (n)	Percentage (%)
Age Md (P <sub>25</sub> ,P <sub>75</sub> )		23 (21-25)		
Variable	Category	Median (Min-Max)	Frequency (n)	Percentage (%)
Gender	Male		16	16,8
	Female		79	83,2
Entrance	Regular		93	97,9
	Change level		2	2,1
	Total		95	100
Residence	House		16	16,8
	Boarding house		79	83,2
Relationship Status	Have a lover/partner		45	47,4
	Do not have a lover/partner		50	52,6
	Total		95	100
Friend Status	Have Friends		77	81,1
	Have No Friends		18	18,9

Md=Median, P25-P75=Percentils (25-75)

Source: Researcher Primary Data, May 2023.

Table 2. Big Five Personality Types

Variable	Frequency (n)	Percentage (%)
<b>Big Five Personality Types</b>		
a. <i>Openness</i>	28	29,5
b. <i>Conscientiousness</i>	19	20,0
c. <i>Extraversion</i>	5	5,3
Variable	Frequency (n)	Percentage (%)
d. <i>Agreeableness</i>	32	33,7
e. <i>Neuroticism</i>	11	11,6

Source: Researcher Primary Data, May 2023.

Table 3. Loneliness Level

Variable	Frequency (n)	Percentage (%)
<b>Loneliness Level</b>		
a. Not Lonely	6	6,3
b. Light Loneliness	39	41,2
c. Moderate Loneliness	43	45,3
d. Heavy Loneliness	7	7,4

Source: Researcher Primary Data, May 2023.

Table 4. Relationship between the Big Five Personality Types and the Level of Loneliness

Variable	<i>p-values</i>
Personality Types Level of Loneliness	<i>Chi-square = p-values 0,649</i>

Source: Researcher Primary Data, May 2023.

scientiousness personality types would find it easier to adapt to new environments due to better involvement in social-emotional adjustments than other personality types (Subroto et al., 2018).

Meanwhile, the lonely level variable showed that almost half of the research respondents experienced moderate loneliness, as many as 43 students (45.3%). On the lonely emotional item indicator, the unfavourable question that describes the feeling of the absence of an intimate emotional connection is most chosen by respondents with moderate loneliness, "How often do you feel you are never alone?" as many as 36 respondents (83.7%) chose "rarely", which means that respondents rarely feel that someone else is always with them. Meanwhile, for the social loneliness indicator, the most frequently selected question item is unfavourable, namely "How often do you feel compatible with the people around you?" as many as 33 respondents (76.7) answered "rarely", which means that respondents rarely find suitable people in their current environment. In addition, the unfavourable question item that describes the feeling of isolation in the most chosen respondent is "How often do you feel that you are sociable and friendly?" and the favourable question item is "How often do you feel distant from people?" 28 respondents (65.1%) answered "rarely" and "often" which means that the respondent is someone who finds it difficult to mingle with new people and feels distant from the people around him. According to Robinson (2015) the condition of being alone or isolated that occurs in early adulthood who is experiencing a quarter-life crisis phase has the potential to become a state of loneliness and a feeling of being ostracized. According to Weiss (1993), emotional loneliness can occur due to unfulfilled intimate needs. Social loneliness can occur due to the absence of a good relationship between individuals and their social environment (Artiningsih and Savira, 2021).

Based on the results of the chi-square correlation analysis test, it shows that there is no significant relationship between personality type and the level of loneliness in nursing professional education students with a p-value of 0.649. This result is in line with research (Hardi and Hakim, 2021) which states that there is no relationship between personality type and loneliness at University X. However, the results of this study are in contrast to the research results obtained by Pramasella (2019) which shows that there is a significant relationship between the big five personality types and the level of loneliness in Psychology students at Mulawarman University, where the five personality dimensions have different values in

the development of feelings of loneliness students (Pramasella, 2019).

Several factors cause loneliness in early adulthood, one of which is gender. The results of this study showed that of the 16 male respondents, three-quarters experienced moderate loneliness as many as 11 students (68.75%). Meanwhile, out of 79 female respondents, 32 (40.5%) experienced moderate loneliness. This is in line with Artiningsih's research (2021) that men tend to feel more lonely than women, especially emotional loneliness (Artiningsih and Savira, 2021).

Another factor that causes loneliness is where you live. In this study, it was found that 37 out of 79 (35.8%) respondents who lived in boarding houses experienced moderate loneliness, while as many as 6 out of 16 (37.5%) respondents who lived at home experienced moderate loneliness. This is one of the factors for the emergence of loneliness due to separation. According to Santrock (2002), the social transition will require a person to establish social relationships that are new and different from before. For students of the nursing profession, there will be many new demands in the academic field, independence, and responsibility (Resmadewi, 2019).

Another factor that causes loneliness is relationship status. The results of this study found that 32 out of 50 (64%) respondents who did not have a partner felt lonely, compared to 45 respondents who had a partner as many as 11 respondents (24.4%) experienced loneliness. Previous research has also found that someone who already has a partner has a lighter level of loneliness than those who don't have a partner. In addition, according to Rokach and Brock (1998), the length of time a person does not have a partner also influences the feeling of loneliness experienced (Marfuatunnisa et al., 2023).

The last factor examined in this study that influences feelings of loneliness is the presence of friends. There were 38 (49.3%) students who had friends and experienced loneliness. While as many as 15 respondents (83.3%) students who do not have friends experience loneliness. The existence of friends has a significant influence on the feeling of loneliness experienced in early adulthood. When viewed based on Erikson's theory of developmental stages, early adulthood will spend a lot of time with friends and more romantic relationships as an effort to maintain the quality and quality of their interpersonal relationships. This is done to get social and emotional support from others (Artiningsih and Savira, 2021).

The researcher assumes that there is no relationship between the big five personality types and

the level of loneliness because most of the respondents have agreeableness, openness, conscientiousness, and extraversion personality types compared to neuroticism. In addition, the presence of a lover/spouse and friends will reduce the feeling of loneliness felt by the respondent, because the presence of both of them has been proven to affect a person's feeling of loneliness. Another thing that makes it possible that there is no relationship between personality type and loneliness can be seen based on the busy-ness and demands of students with high professional nursing education which will reduce the possibility of respondents experiencing loneliness because almost 24 hours requires respondents to interact with other people, both with patients, patient families, fellow health workers, and peers.

## CONCLUSION

Based on the results of the study, it was found that the personality type most commonly owned by nursing professional students was agreeableness and the level of loneliness most experienced by students was moderate loneliness. No relationship was found between the big five personality types and the level of loneliness in nursing professional students.

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