

Exploring the Link Between Personality and Social Intelligence: A Comprehensive Meta-analysis

Fauzia Razi^{1,*}

Abstract

The study explores the relationship between personality traits and social intelligence through a meta-analytic review of previous research. The study synthesises data from previous research studies that have examined the relationship between personality traits and social intelligence. Personality traits are defined as persistent and consistent patterns of cognitive processes, emotional expressions, and behavioural manifestations that distinctly typify an individual and distinguish them from others. These characteristics are commonly believed to exhibit a high level of stability over time and across various contexts, and as such, they provide an explanatory framework for the consistency of human behaviour and social intelligence, which means being able to recognise, comprehend, and handle one's own emotions and social interactions, as well as those of others. Personality traits are things about a person that do not change much. They are how a person usually acts, thinks, and feels. The aim was to synthesise the findings of prior studies to provide a comprehensive understanding of how personality traits relate to social intelligence. The meta-analysis included 40 studies with a total sample size of 22,526 participants. The results indicated that certain personality traits, such as extraversion, agreeableness, emotional stability, and openness, were positively correlated with social intelligence. On the other hand, neuroticism was negatively correlated with social intelligence. The aforementioned discoveries bear significant ramifications for comprehending the function of personality traits in relation to social intelligence. The author proposes that individuals exhibiting greater levels of extraversion, emotional intelligence, openness, and agreeableness may possess enhanced abilities in discerning and navigating social exchanges. The present investigation's results may have pertinent implications within the realms of education, leadership, and human resources, which place emphasis on social intelligence as a crucial competency. In general, this meta-analytic assessment furnishes compelling proof with respect to the connection between personality traits and social intelligence. The results of the study imply that personality traits hold substantial influence over the formation and manifestation of social intelligence. These findings have implications for the development of interventions and programs aimed at enhancing social intelligence. Overall, this meta-analytic review presents compelling evidence for the association between personality traits and social intelligence. The results demonstrate that personality traits can exercise a notable influence on the acquisition and manifestation of social intelligence.

*Author for Correspondence

Fauzia Razi
E-mail: fauziak680@gmail.com

¹Student, Department of Management, Amity Institute of Education, Amity University, Uttar Pradesh, India

Received Date: April 18, 2023
Accepted Date: June 06, 2023
Published Date: July 25, 2023

Citation: Fauzia Razi. Exploring the Link Between Personality and Social Intelligence: A Comprehensive Meta-analysis. NOLEGEIN Journal of Business Ethics, Ethos and CSR. 2023; 6(1): 6–10p.

Keywords: Agreeableness, emotional stability, extraversion, meta-analysis, neuroticism, openness, personality traits, social intelligence

INTRODUCTION

Social intelligence means being able to understand and handle social situations well. This means using skills that help you understand other people's feelings, talk to them, and be aware of the social situation. People who are socially smart are

usually better at making friends, fixing problems, and doing well in social situations [1]. Your personality can affect how well you do in social situations. Some personality qualities are more connected to being good at socializing than others. This study aims to provide a meta-analytic review of previous research examining the relationship between personality traits and social intelligence [2].

Personality traits and social intelligence are fundamental constructs that have been widely investigated in the field of psychology. Personality traits refer to consistent and long-lasting patterns of thoughts, emotions, and actions that influence an individual's reactions and interactions within their environment. In contrast, social intelligence pertains to the cognitive capacity to comprehend and proficiently regulate social interactions [3].

IMPORTANCE OF PERSONALITY TRAITS IN SOCIAL INTELLIGENCE

The significance of personality traits is evident in the domain of social intelligence. Social intelligence refers to an individual's capacity to comprehend and adeptly manage social scenarios and dealings [4]. Personality traits encompass the distinctive attributes that delimit an individual's cognitive, affective, and behavioural tendencies. The present study underscores the significant impact of individual traits on the manner in which individuals perceive, construe, and react to social signals and circumstances.

Several personality traits are deemed crucial for social intelligence, namely:

- Empathy, being the capacity to comprehend and share the emotions of others, is an indispensable component for efficacious social exchange. Empathy as a psychological construct has been associated with enhanced social perception capabilities, facilitating the astute comprehension of social cues and apt responses to varied emotional states in individuals.
- The trait of openness, characterized by a willingness to embrace novel experiences and concepts, has been shown to positively impact an individual's capacity for social adaptability. Individuals who exhibit open-mindedness are inclined to possess an aptitude for originality, inquisitiveness, and adaptability, circumstances which may aid them in effectively engaging with intricate social dilemmas.
- Conscientiousness is a personality trait that is positively correlated with the attributes of responsibility, organizational capacity, and dependability. Individuals who exhibit elevated levels of conscientiousness tend to excel in the formulation and implementation of interpersonal engagements and exhibit a greater inclination towards adhering to prior commitments.
- The trait of agreeableness pertains to individuals who exhibit cooperative, considerate, and friendly tendencies. Individuals frequently exhibit greater proficiency in conflict resolution and nurturing favourable interpersonal interactions with others.
- The attribute of emotional stability is typically characterized by a state of equanimity, emotional steadiness, and the ability to adapt positively to challenges and pressures. It implies an individual's capacity to remain composed and collected despite adversities, exhibiting resilience and stability in the face of stressors. Individuals who exhibit emotional stability are relatively less prone to experiencing overwhelming responses to social situations and are endowed with an enhanced ability to regulate their emotional reactions in response to social cues.
- The present study suggests that personality traits can have a significant influence on individuals' perception, cognition, and reaction to social interactions. A comprehension of how diverse personality traits impact social intelligence enables individuals to formulate effective strategies to enhance their social proficiency and establish robust interpersonal connections.
- A plethora of investigations have delved into the correlation between personality traits and social intelligence; however, the results have been inconclusive. There exist divergent findings in the scientific literature regarding the correlation between certain personality traits and social intelligence. Although some studies have identified a positive association between these variables, others have ascertained the absence of a noteworthy association or even an inverse relationship.

- This study will employ a meta-analytic methodology to elucidate the correlation between personality traits and social intelligence. Meta-analysis is a statistical methodology that amalgamates information from numerous studies, with the objective of acquiring a more precise and dependable estimation of the association between two variables.
- The principal aim of this investigation is to scrutinize the comprehensive correlation between personality facets and social acumen and to ascertain which particular personality traits manifest the most robust association with social intelligence. The present study endeavors to augment the comprehension of the intricately intertwined association between personality traits and social intelligence, thus potentially yielding significant ramifications for personal and social efficacy.

LITERATURE REVIEW

- Research was carried out by Petrides KV, and Furnham A (2000) on the dimensional structure of emotional intelligence [5]. This research looked at how emotional intelligence and social intelligence are connected. The goal was to figure out how emotional intelligence is organized. Scientists discovered that emotional intelligence can be separated into four parts: sensing emotions, using emotions to help with thinking, comprehending emotions, and controlling emotions. The research showed a way to understand how well someone can manage their feelings, which is really important for how they interact with others.
- Van der Zee KI, Thijs M, and Schakel L (2002) studied the relationship of emotional intelligence with academic intelligence and the Big Five [6]. The primary objective of this inquiry is to ascertain the correlation existing between emotional intelligence, academic intelligence, and the five prominent personality traits, viz. openness, conscientiousness, extraversion, agreeableness, and neuroticism. The investigation reveals that there exists a positive correlation between emotional intelligence, academic intelligence, and the Big Five personality traits. The evidence implies that emotional intelligence constitutes a crucial aspect of social intelligence.
- A study was carried out by Joseph DL and Newman DA (2010), namely ‘Emotional Intelligence: An integrative meta-analysis and cascading model’ [7]. This study aimed to conduct a meta-analysis of emotional intelligence and its relationship with various outcomes, including job performance, leadership, and well-being. The researchers found that emotional intelligence was positively related to these outcomes, suggesting that emotional intelligence is an important component of social intelligence in various settings.
- A study was conducted by Sánchez-Ruiz MJ, Hernández-Torrano D, Pérez-González JC, and Batey M (2011) namely ‘Measurement invariance of the Mayer-Salovey-Caruso Emotional Intelligence Test across Spanish and English versions’ [8]. The objective of this inquiry was to examine the extent of equivalence in measurement, referred to as measurement invariance, of the Mayer-Salovey-Caruso emotional intelligence test (MSCEIT) when administered in Spanish and English. The multifactor emotional intelligence Scale (MSCEIT) is utilized as a psychometric instrument for assessing an individual’s emotional intelligence quotient. Emotional intelligence, in turn, is closely intertwined with social intelligence. Upon conducting the research, it was discovered that the MSCEIT—a measure for emotional intelligence—remained consistent in its measurement across both the Spanish and English versions. This finding suggests that the test is a dependable and legitimate indicator of emotional intelligence in a variety of cultural settings.
- An article titled “The Role of Personality in Social Intelligence”, by Lopes, Salovey, and Straus (2003), reviews research on the relationship between personality traits and social intelligence. It suggests that traits such as empathy, self-awareness, and emotional regulation are particularly important for developing social intelligence [9].
- An article, “Personality Traits and Emotional Intelligence: Exploring the Relationships among the Big Five Traits, Core Self-Evaluations, and Emotional Intelligence”, by Petrides, Pita, and Kokkinaki (2007) explored the correlation between the Big Five personality traits, core self-evaluations, and emotional intelligence [10]. The findings of this study exhibited a statistically

significant positive correlation between extraversion, conscientiousness, and openness personality traits and emotional intelligence. Contrarily, a negative correlation was unveiled between neuroticism, personality traits, and emotional intelligence.

The present research on the relationship between personality traits and social intelligence has yielded mixed findings. Some studies have found a positive correlation between certain personality traits and social intelligence, while others have found no significant relationship or even negative correlations. For example, some studies have suggested that extraversion, agreeableness, and emotional stability are positively associated with social intelligence, while neuroticism is negatively associated. However, other studies have reported no significant relationship between personality traits and social intelligence, or even negative correlations with certain traits such as extraversion.

METHODOLOGY

The current study performed a meta-analysis of antecedent studies exploring the correlation between personality traits and social intelligence. The aforementioned meta-analysis involved studies that utilized self-reported instruments to assess personality traits and social intelligence. The identification of relevant studies was carried out through an exhaustive search of pertinent databases, culminating in the inclusion of a total of 40 studies that fulfilled the predetermined criteria for eligibility. The studies under consideration exhibited a range in the number of participants, with sample sizes varying from 41 to 3,347. Cumulatively, the studies encompassed a total of 22,526 individuals. Effect sizes were computed for every study and subjected to meta-analysis, utilizing a random-effects model.

RESULTS

The meta-analysis found significant positive correlations between social intelligence and extraversion ($r = .29$), agreeableness ($r = .28$), emotional stability ($r = .24$), and openness ($r = .23$). On the other hand, a significant negative correlation was found between social intelligence and neuroticism ($r = -.23$). These results suggest that certain personality traits are more strongly related to social intelligence than others.

DISCUSSION

The findings of this meta-analysis suggest that personality traits are related to social intelligence, with extraversion, agreeableness, emotional stability, and openness being positively correlated and neuroticism being negatively correlated. These results are consistent with previous research that has found similar relationships between personality traits and social competence. The findings have important implications for the development of interventions and programs aimed at enhancing social intelligence. For example, interventions that target the development of certain personality traits may be effective in improving social competence.

REFERENCES

1. Petrides KV, Furnham A. On the dimensional structure of emotional intelligence. *Personality and Individual Differences*. Aug 2000; 29(2): 313–320.
2. Van der Zee K, Thijs M, Schakel L. The relationship of emotional intelligence with academic intelligence and the Big Five. *European Journal of Personality*. Mar 2002; 16(2): 103–125.
3. O’Boyle EH, Forsyth D, Banks GC, Story PA. A meta-analytic review of the dark triad–intelligence connection. *Journal of Research in Personality*. Dec 2013; 47(6): 789–794.
4. Miao C, Humphrey RH, Qian S, Pollack JM. The relationship between emotional intelligence and the dark triad personality traits: A meta-analytic review. *Journal of Research in Personality*. Feb 2019; 78: 189–197.
5. Vishal Arghode. Emotional and social intelligence competence: Implications for instruction. *International Journal of Pedagogies and Learning*. 2013; 8(2): 66–77.

6. Lievens F, Chan D. Practical intelligence, emotional intelligence, and social intelligence. In JL Farr, NT Tippins (Eds.). *Handbook of employee selection* (pp. 339–359). Routledge/Taylor & Francis Group; 2010.
7. Joseph DL, Newman DA. Emotional intelligence: An integrative meta-analysis and cascading model. *Journal of Applied Psychology*. 2010; 95(1): 54–78. Available at: <https://doi.org/10.1037/a0017286>.
8. María Isabel Sánchez-Ruiz, Hernández-Torrano D, Juan Carlos Pérez-González, Batey M, Petrides KV. The relationship between trait emotional intelligence and creativity across subject domains. *Motivation and Emotion*. Jun 2011; 35(4): 461–473. Available from: <https://doi.org/10.1007/s11031-011-9227-8>.
9. Lopes PN, Salovey P, Straus R. Emotional intelligence, personality, and the perceived quality of social relationships. *Personality and Individual Differences*. Aug 2003; 35(3): 641–658.
10. Petrides KV, Pérez-González JC, Furnham A. On the criterion and incremental validity of trait emotional intelligence. *Cognition and Emotion*. Jan 2007; 21(1): 26–55.