

## **Evolutionary Features of Personality Research and Leadership Traits. A Comprehensive Analysis**

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### **Abstract**

*The convergence of evolutionary psychology and personality research provides significant insights into personality traits' adaptive origins and functions. The present study investigates the influence of evolutionary pressures on developing specific personality traits associated with leadership inclinations, focusing on the roles played by survival instincts and social cooperation. Specific heritable characteristics, developed and refined over thousands of years, may have provided individuals with advantages in effectively navigating intricate social structures and adapting to environmental demands, making them well-suited for leadership positions. Through a comprehensive understanding of these evolutionary foundations, we can develop a more nuanced and sophisticated viewpoint regarding leadership qualities' biological and adaptive underpinnings. Incorporating an evolutionary perspective enhances the discussion surrounding the cultivation of leadership skills. It emphasizes the inherent origins of leadership qualities, thereby illuminating their historical importance in the survival of the human species and the advancement of societies. The present research comprehensively analyzes various theoretical frameworks pertaining to personality and its correlation with leadership traits. This study aims to examine personality traits by analyzing a range of research studies and presenting their key findings. Numerous theoretical frameworks and empirical investigations have been dedicated to examining personality, encompassing its defining traits, influential determinants, and developmental dynamics in the context of leadership.*

**Keywords:** *Personality, Evolutionary Psychology, Leadership Traits, Personality Traits*

## **1. Introduction**

The intricate and diverse nature of the human personality has captivated scholars and researchers for countless years. The inquiry into the origin and purpose of personality traits is central to comprehending the extensive range of diversity observed in these characteristics. Evolutionary psychology presents a persuasive account, positing that the observed traits in contemporary individuals may result from numerous generations of adaptation and survival pressures. The profound implications of the evolutionary foundations of personality traits become particularly evident when considering their relationship with leadership tendencies.

As a socially constructed phenomenon, leadership is intricately connected to the ability to exert influence, provide guidance, and mobilize individuals, often necessitating the integration of cognitive, emotional, and social proficiencies. From an evolutionary perspective, individuals who could assume leadership roles, make crucial decisions, and promote group unity likely experienced enhanced chances of survival and reproductive success (Antonopoulou et al., 2019; Antonopoulou et al., 2020). Therefore, certain advantageous personality traits in these roles may have been naturally favored through selection.

Examining the relationship between evolutionary personality research and leadership prompts contemplation regarding the potential existence of leadership styles or traits, such as decisiveness, empathy, or resilience, that may not solely be products of cultural influences but have substantial foundations in our evolutionary history (Gkintoni et al., 2022b). These characteristics might have arisen as advantageous reactions to the difficulties encountered by our predecessors, encompassing the management of tribal interactions and the guarantee of collective survival in inhospitable surroundings.

As we embark on this investigation, our focus extends beyond examining human behavior and leadership in modern contexts. We also undertake a historical journey, tracing the footsteps of our predecessors to comprehend the potential influence of evolutionary pressures on present-day leaders (Antonopoulou et al., 2021b; Antonopoulou et al., 2021a). This viewpoint offers the potential to offer a more comprehensive and comprehensive comprehension of leadership, firmly rooted in our biological lineage and societal development.

## **2. Literature Review**

The concept of personality encompasses various dimensions and interpretations. Personality psychology is a field of study that examines the traits and variations among individuals, aiming to explore the psychological attributes that shape an individual's identity. The inception of this scientific discipline can be traced back to the 20th century, during which it emerged as an experimental field. Numerous interpretive models and theoretical frameworks have been proposed throughout its existence to examine the realm of personality, its composition, and the determinants that influence its functioning across diverse domains of human existence. The concept of personality is intrinsically linked to the notion of individuality. The individual's stability cannot be deemed a constant entity due to the ongoing development of the adult mind, which is assessed through diverse personality measurements, including tests that evaluate its strengths and weaknesses (Halkiopoulos et al., 2021a).

Personality traits serve as explanatory factors for various dimensions of cognition and behavior within personality psychology (Gkintoni & Dimakos, 2022). When considering traits as explanatory constructs for predispositions and tendencies, McCrae and Costa highlight logical concerns that hinder traits' ability to explain behaviors and cognitions. Additionally, it is argued by some scholars that traits possess two distinct connotations. One interpretation pertains to the patterns of experience and behavior, whereas the other pertains to the underlying causes of behavior. The inquiry pertains to how traits can elucidate the behavioral patterns exhibited by individuals when confronted with a divergence of opinions. There exists a divergence of viewpoints regarding the purpose of traits, with one school of thought positing that they function primarily as descriptors (Gkintoni et al., 2023c). At the same time, another contends that their primary function lies in explaining various personality traits coherently. McCrae and Costa (YEAR) posit a biological framework for comprehending traits, denoted as neuropsychic structures. Personality traits are frequently invoked when contemplating the distinct and enduring attributes that differentiate individuals from one another. Psychologists assess variations in personal characteristics by utilizing self-report scales (Gkintoni et al., 2017).

Existing literature has extensively examined various dimensions of the Big Five personality traits, considered the most prevalent framework for understanding personality in psychology. These traits encompass extraversion, neuroticism, cooperativeness, openness to experience, and conscientiousness. The Big Five framework does not suggest that personality variations can be simplified into five traits. Nevertheless, it is essential to note that these five traits encompass personality at a highly abstract level and effectively condense numerous distinct and more specific personality traits within each dimension (Parisotto & Bigler, 2018).

Widiger and Costa posited that the personality disorders outlined in the DSM-IV could be understood as manifestations of the five personality factors, albeit in their extreme or maladaptive forms. Specific psychopathology diagnoses can be comprehended by examining the manifestation of highly pronounced personality traits. Personality disorders are mental disorders characterized by significant impairments in interpersonal and self-interpersonal functioning, resulting in severe deficits. In summary, individuals in this population face challenges in effectively managing their interpersonal relationships and regulating their emotional responses (Gkintoni & Ortiz, 2023).

Sigmund Freud is credited with being the initial proponent of the personality theory about consumption. The disciplines of psychiatry and personality assessment share a closely intertwined historical relationship and possess several significant similarities, particularly in recognizing the significance of comprehensively understanding individuals and their complexities. This includes acknowledging the influence of unconscious psychological processes. Personality assessment or diagnostic psychological testing is a complementary tool to the idiographic approach of psychoanalysis, incorporating a normative perspective. This involves utilizing quantitative methods to examine the extent to which an individual may exhibit variations or similarities concerning standardized data. Throughout history, there has been a symbiotic and enlightening connection between personality assessment and psychoanalysis, with the possibility of further development in the future (Bram & Peebles, 2014).

Scholarly investigations have indicated that the transformations occurring in contemporary society significantly impact an individual's personality. The fundamental aspect of personality change lies in the ongoing interaction between the individual and their environment (Giannoulis et al., 2022b). An individual's personality exhibits a heightened sensitivity toward various provocations encountered in their life. Examining personality change necessitates a thorough analysis of the self-processes associated with the potential for self-transformation and self-growth (Gkintoni et al., 2023a).

### **3. Methodology**

#### *Purpose*

This systematic review aims to examine various dimensions of personality psychology, with a specific emphasis on psychoanalysis, the five-factor model, and personality disorders.

#### *Sample*

The study sample comprises published research articles from reputable scientific databases focusing on personality psychology and its diverse subfields.

#### *Material and Method*

This study entails a methodical examination of existing literature through keyword searches. The keywords employed include "psychology, personality, Freud, psychoanalysis, big five factor, personality disorders, characteristics of personality, leadership traits." These searches were conducted across various international bibliographic databases such as WoS, Scopus, PubMed, Mendeley, and ResearchGate. Additionally, synonyms and word combinations were incorporated into the search process.

The inclusion criteria for articles in the study were determined:

- To be composed in the English language,
- To maintain relevance to the topic under investigation,
- The article sample pertains to psychology, specifically focusing on the study of personality and its various facets.
- The publication period of the selected sources should span from 2011 to 2021.
- The publication must be made in a reputable scientific database, and the article should pertain to a clinical or descriptive study.

Following an exhaustive search of the available databases and the subsequent application of relevant filters to refine the search, 825 articles were identified. After careful evaluation, a total of 15 articles were identified (Figure 1).

#### *Evaluation and selection of studies*

Following the compilation of the bibliography, the articles' assessment is conducted per predetermined criteria. The articles retrieved from the search of the three databases were subjected to a screening process to identify and eliminate any duplicate articles. Next, the articles underwent a screening process based on their titles, and any articles with titles that did not align with the objectives of the systematic review were excluded. Subsequently, the abstracts of the remaining studies were examined, and those that did not satisfy the predetermined criteria for inclusion in the review were excluded. The full texts of the studies identified in the previous search were examined, and those that did not provide relevant information about the topic and objective of the review were excluded. The studies' methodological rigor and qualitative excellence were assessed, and only those that satisfied the predetermined selection criteria were chosen.

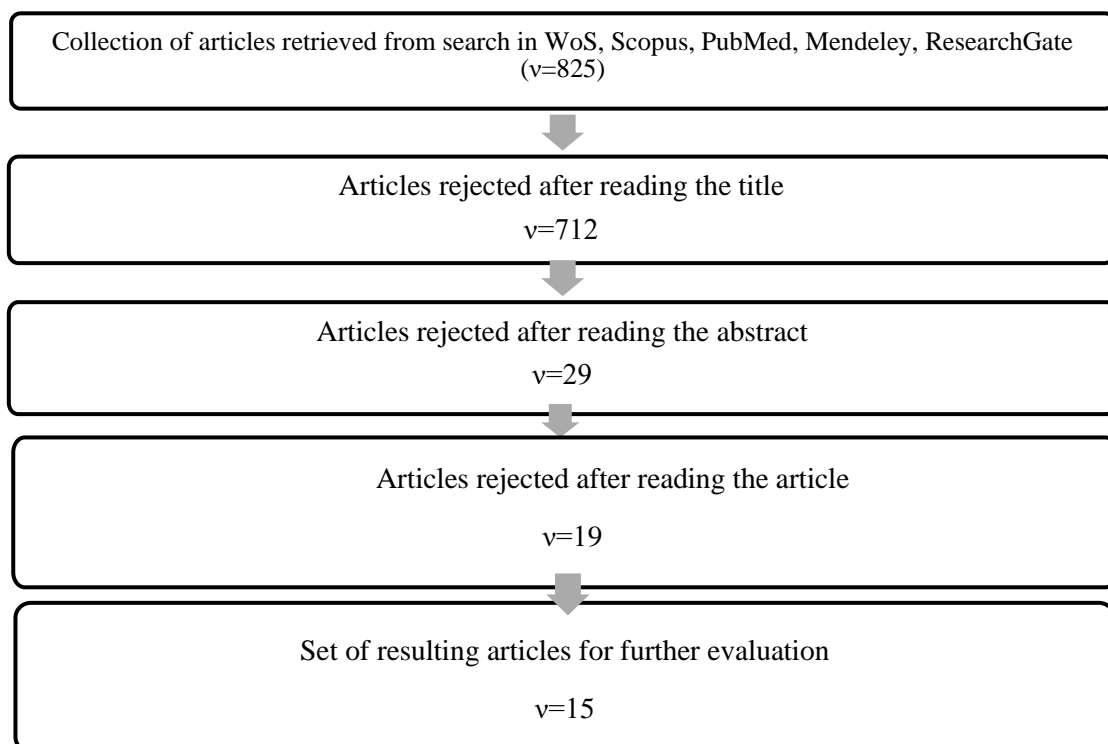


Figure 1. Systematic Analysis Process

#### **4. Results**

In his study, Sven (2019) sought to underscore the treatment of psychological aspects through a systematic approach that involved the examination of individual differences, the individual, the nature of humanity, and intellectual capacities. The researcher discovered a consistent association between the concepts of "psychology" and "personality", as evidenced by two distinct findings. One observation is that psychology has developed due to a growing fascination with the individual. Another observation is that "personality" arises as a distinct concept to attain a scientific comprehension of individual uniqueness.

In a scholarly article by Kholnazarova Maltuba Kholbutaevna (2020), the objective was to investigate the attributes of personality psychology and the determinants that scrutinize it. The concept of the individual is considered holistic based on observations and studies. In the field of psychology, a multitude of methodologies are employed to ascertain personality traits. One of the primary approaches employed is conceptualization, which focuses on identifying a specific attribute that aligns with theoretical postulations. F. Galton, A. F. Lazursky, and other researchers employed this method. In order to ensure the reliability of conceptual methods, it is necessary to categorize features according to specific criteria, including simplicity, consideration of individual differences, examination of standard features, and the selection of interrelated features. The ensuing approach differentiates attributes by leveraging the framework of psychological properties. Psychosemantic methodologies are grounded in the premise that individuals possess distinct semantic fields encompassing power, activity, and value. Based on this particular perspective, it is posited that any given object or experience has the potential to be perceived as possessing qualities of strength or weakness, activity or passivity, kindness or anger, contingent upon its impact on the human character. These methodologies are employed to approach and comprehend the intricacies of an individual's personality and its associated traits. It is noteworthy that scholars are currently endeavoring to establish robust methodologies to construct a comprehensive and universally applicable framework for comprehending personality (Antonopoulou et al., 2022a). In general, there exists a diversity of approaches to identifying personality traits, each making distinct contributions to the field of personality science (Antonopoulou et al., 2023). Every method has distinct advantages and limitations, necessitating ongoing research and development in this domain to enhance our comprehension further.

Zhang (2020) conducted a study to investigate the impact of Sigmund Freud's psychoanalytic theory on other personality psychologists. The findings of this study suggest that the influence of Freud's theory has played a significant role in shaping the field of personality psychology, contributing to its distinctiveness as a subject of study. *Psychology* is an academic discipline investigating the intricacies of the human mind and behavior. It integrates the methodologies of biology and philosophy, encompassing a wide range of theoretical frameworks and specialized domains of inquiry. Psychoanalysis, a prominent school of psychology, is widely recognized for its foundation in analyzing dreams and other theoretical constructs proposed by Sigmund Freud. Psychoanalysis, also known as psychodynamic theory, emerged during the 19th century and centers on the significance of the unconscious mind and the interpretation of dreams. The initial psychotherapy phase has substantially impacted the broader field of psychology and numerous practitioners within the discipline. Personality psychology is a specialized area of study that focuses on the analysis of psychological typologies and the unique characteristics of individuals (Halkiopoulou et al., 2021b). According to Freud's theoretical framework, the Id, Ego, and Superego represent the three distinct levels of personality. The psychoanalyst describes these elements as the fundamental framework of an individual's personality. This phenomenon exemplifies the innate biological instinct observed in humans. Freud's conceptualization of the Ego can be understood as the embodiment of the pleasure and thought principles within the primary process. This primary process pertains to the initial response of the Ego in seeking immediate gratification to alleviate psychological tension arising from human needs. The concept of the Self embodies the inherent inclination of individuals to fulfill their innate needs and wants. The Ego employs the "reality principle" concept and pertains to the cognitive process of discernment and adjustment. Zhang (2020) additionally referred to the Ego as a "second process thought."

Simon Boag (2011) examines various specific, logical, and conceptual concerns that challenge the sufficiency of features as cohesive interpretive frameworks. The author's conclusion emphasizes the importance of recognizing the differentiation between terms and relations and the overall necessity for conceptual research within the field of scientific psychology to maintain the discipline's rigorous intellectual basis. According to the scholarly work of McCrae and Costa, it is widely acknowledged that traits, defined as inclinations and predispositions, can only be comprehended concerning the behavior being elucidated. If features are defined relationally and ascribe meanings to elements that require explanation, then employing features as explanatory constructs is inherently contradictory. Nevertheless, in line with the nature of causal constructs, if trait theorists can propose properties that exist autonomously from the behavior and knowledge presumed to explain it, these properties may be considered potential contenders. Specific trait approaches offer biological mechanisms that can elucidate the consequences and preferences associated with traits (Antonopoulou et al., 2022b).

In their recent publication, McAdams et al. (2021) presents a comprehensive analysis of the distinct constructs of "self," "identity," and "personality," offering a contemporary evaluation of their respective roles within the field of human personality research. Based on prior scholarly investigations, it is recommended to allocate more significant attention to forthcoming inquiries that have the potential to contribute to the advancement of personality development and the enhancement of human well-being (Antonopoulou et al., 2021).

Michels et al. (2021) conducted a randomized study to examine how individuals with varying personality traits manage the potential psychological consequences of the COVID-19 crisis. A questionnaire was developed and made accessible on a website, allowing individuals without prior expertise to participate. The survey encompassed 30 inquiries about the Five-Factor Model of personality, which comprises the dimensions of extraversion, neuroticism, conscientiousness, cooperativeness, openness to experience, and their respective facets. After completing the questionnaire, participants were provided with a comprehensive evaluation of their personality profile, accompanied by five recommendations for coping with the repercussions of the COVID-19 pandemic. The findings indicated that individuals exhibiting a significant degree of extroversion and cooperativeness perceived the recommendations they received as highly beneficial.

However, as neuroticism and age levels rise, participants exhibit growing apprehension towards the guidance about their conduct amidst the ongoing pandemic. Additionally, it was determined that an individual's personality is correlated with how they respond to the coronavirus crisis and navigate through periods of lockdown. This finding offers additional support for the potential benefits of offering crisis counseling tailored to individual personalities. Ultimately, these findings are integrated with the research conducted by Glöckner et al., which posits that personality traits are not directly associated with the tangible risk of contracting COVID-19. However, they do exhibit a connection with psychological coping mechanisms, pro-social behavior, and behaviors that are perceived to impede the transmission of the pandemic (Gkintoni et al., 2021b). The substantial influx of visitors to the website indicates a significant level of interest among individuals seeking guidance about distinct facets of their personality. During the survey, it was noted that there existed preexisting or provided general advice on static websites, such as those offered by psychological associations.

Nevertheless, the aspect that garnered significant attention was the delivery of tailored guidance. This likely contributed to the preservation of vigilance and adherence to the recommendations, as they were reiterated at least once. The tool would exhibit a high level of usability and possess an aesthetically pleasing visual design. The involvement of professional psychologists in its administration would motivate individuals to adhere to specific recommendations about their personality.

The meta-analysis conducted by Svetlana N. and colleagues (2019) sought to organize and examine the empirical research conducted in the field of personality psychology in recent years. Through this approach, the author effectively delineated and discerned the primary patterns in examining the personality phenomenon, which aptly mirrors the distinctive attributes of human presence within contemporary society. In summary, the dynamics of personality traits are influenced by an individual's life circumstances and are subject to change in response to subsequent life events.

In a recent study by Wrzus (2019), an examination was undertaken to explore the body of evidence accumulated over the past two decades about personality traits, including the five-factor Model, motivational dispositions, self-esteem, and related factors. This investigation encompassed not only the adult and elderly stages of life but also adolescence and childhood. The objective of this study was to address the inquiry regarding potential changes in the levels of personality traits throughout an individual's life and to investigate whether the impact of personality on interpersonal or intrapersonal outcomes also undergoes alterations. Drawing from prior research findings, the author concludes that environmental, social, and biological limitations were evident and subject to alteration throughout an individual's life, thereby diminishing the likelihood of consistent personality outcomes from childhood to adulthood. Nevertheless, it is essential to acknowledge that specific attributes of the subject may persist or exhibit similarities.

Preti et al. (2020) conducted a review to present empirical findings on the detrimental psychological consequences experienced by individuals with personality disorders during pandemics. Additionally, they intended to present data on personality pathology's influence on individuals' adherence to behaviors to mitigate adverse outcomes. In conclusion, it has been determined that individuals with personality disorders may experience repercussions from pandemic crises, and their responses to such events may vary depending on their specific primary diagnosis.

In a study by Bui (2017), an investigation is conducted to explore the relationship between the Five Factor personality traits: extraversion, conscientiousness, openness, agreeableness, neuroticism, and job satisfaction. A total of 7,635 individuals were included in the survey, with 3,622 identifying as male and 4,040 identifying as female. Among the participants, 2,878 were below 36, 3,725 were between 36 and 50, and 1,032 were over 50. Participants were requested to respond to a survey administered by the British Household Panel Survey (BHPS). The survey consisted of 15 psychological items that were specifically designed to measure constructs associated with the Five Factor model. This study has provided empirical evidence supporting the utility of the Five Factor Model in analyzing the underlying determinants of job satisfaction. This study distinguishes itself from previous research by employing a substantial sample size comprising individuals hailing from diverse regions across the United Kingdom.

Consequently, the findings of this study possess a heightened degree of generalizability to the broader population of the nation. The findings of this study present novel and stimulating insights into comprehending the correlation between the Five Factor traits and job satisfaction. The results indicate that individuals who exhibit higher levels of extraversion and conscientiousness and lower levels of neuroticism experience higher levels of job satisfaction.

Trull, T.J. et al. (2022) conducted a study to present a comprehensive overview of the Five-Factor Model of personality disorder. The researchers concluded that this Model demonstrates a relatively comprehensive integration of normal and abnormal personality traits, organized within a hierarchical structure that is commonly observed. Furthermore, the Five-Factor Model of personality disorder effectively addresses several inherent limitations of the categorical Model. It also introduces a substantial body of knowledge regarding the childhood antecedents, origins, universality of predispositions, and stability that underlie personality disorder.

In their scholarly article, Anthony D. et al. (2015) expound upon utilizing personality assessment as a diagnostic tool. The article encompassed five distinct objectives. Initially, the author expounded upon the clinical significance of personality assessment and its potential contributions. Furthermore, the authors provide a concise overview of the advantages and drawbacks of various test classifications. This is a foundation for the subsequent integration of data derived from tests possessing distinct characteristics, yielding a comprehensive and clinically significant comprehension of personality functioning. Thirdly, the authors examine survey evaluation research to provide analysts with an evaluation of the extent to which the field has empirically validated fundamental psychoanalytic concepts.

Furthermore, these findings provide insight into the clinical application of the assessment process. Furthermore, including a collection of instances exemplifies the circumstances under which analysts may contemplate the necessity of referring individuals for diagnostic psychological testing. In conclusion, the article's authors underscore the significance of these tests in providing valuable insights and potentially preventing emotional distress and narcissistic trauma resulting from unsuccessful treatment for the patient, candidate, and supervising analyst (Gkintoni et al., 2022a). This study focuses on elucidating formative frameworks that delineate the factors influencing patients' relapse likelihood. Specifically, it examines the conditions that contribute to increased or decreased susceptibility to relapse, the content-related concerns associated with relapse, the capacity for self-monitoring during relapse, and the potential for recovery with or without supportive intervention (Giannoulis et al., 2022a).

In the subsequent analysis, Soto, Gosling, and Potter (2018) investigate various dimensions of the five fundamental personality domains and explore potential variations across distinct age cohorts. The study's results indicate discernible alterations in personality traits throughout an individual's lifetime. Overall, there was a discernible upward trajectory in extraversion and responsibility, accompanied by a noticeable decline in neuroticism as time progressed. This study investigates the impact of external factors, including life experiences and environmental influences, on personality development throughout an individual's lifespan (Gkintoni et al., 2021c). The notion posited is that variations in personality across different age groups may arise from the interplay between genetic predispositions and environmental influences.

The study by Bleidorn, W., Hopwood, C. J., & Lucas (2018) investigates the correlation between life events and alterations in personality traits, as discussed in their article titled "Life events and personality trait change." The researchers examine the correlation between life events, such as marriage, divorce, job transitions, and bereavement, and the subsequent alterations in an individual's personality traits (Gkintoni et al., 2022a). This study investigates the impact of these occurrences on the five major personality traits: extraversion, conscientiousness, neuroticism, openness to new experiences, and agreeableness. The study's findings indicate a potential association between specific life events and alterations in personality traits. For instance, the act of getting married and the subsequent arrival of a child have been found to be correlated with heightened inclinations towards agreeableness and extroversion (Gkintoni et al., 2021b).

Table 1. Research Papers of Systematic Analysis

Article	Authors	Results
Sven (2019)	The Genealogy of Personality Psychology—Why Personality Became So Important. <i>Psychology in Russia: State of the Art</i> , 12(2), 58-68.	"Personality" where it appears as a specific term aimed at achieving a scientific understanding of individuality.
Kholnazarova Maltuba Kholbutaevna (2020)	Features of personality psychology. <i>Psychology and Education</i> , 58(2), 6165-6169.	Each method has its advantages and limitations, and continued research and development in this field is important to deepen our understanding.
Songyang Zhang (2020)	Psychoanalysis: The Influence of Freud's Theory in Personality Psychology. <i>Advances in Social Science, Education and Humanities Research</i> , 433, 229-232.	Psychology is the science that studies the mind and behavior. It combines the approaches of biology and philosophy and deals with many different schools of thought and subdivisions of subjects. One of the most well-known schools of psychology is psychoanalysis, based on the interpretation of dreams and other theories of Sigmund Freud.
Simon Boag (2011)	Explanation in personality psychology: "Verbal magic" and the five-factor model. <i>Philosophical Psychology</i> , 24(2), 223-243.	He concludes that there is a critical need to account for the distinction between terms and relations as well as the general need for conceptual research in scientific psychology so as to continue the discipline's rigorous intellectual foundation.

Dan. P. McAdams et al. (2021)	Self and Identity in Personality Psychology. <i>Personality Science</i> , 2,1-20.	More emphasis should be placed on future studies where they can be used in the service of personality development as well as the improvement of human life.
Michels M. et al (2021)	Personality psychology in times of crisis: Profile-specific recommendations on how to deal with COVID-19. <i>Personality and Individual Differences</i> , 174, 1-4	They concluded that the person's personality is linked to the behavior he will adopt when dealing with the coronavirus crisis and in lockdown conditions. This provides further evidence that it may be beneficial to provide crisis counseling to specific personalities.
Svetlana N. et al. (2019)	The Dynamic Personality: 'Continuity Amid Change'. <i>Psychology in Russia: State of the Art</i> , 12(2),	The dynamics of personality characteristics essentially consists of the environment of a person's life but also changes according to the changes that will follow in his life.
Emanuele Preti et al. to (2020)	Personality Disorders in Time of Pandemic. <i>Current Psychiatry Reports</i> , 22(80), 1-9.	Patients with personality disorders may be affected by pandemic crises and that depending on their primary diagnosis, they will also react differently to pandemics.
Hong TM Bui (2017)	Big Five personality traits and job satisfaction: Evidence from a national Sample. <i>Journal of General Management</i> , 42(3), 21-30.	The results of this study offer new and interesting perspectives for understanding the relationship between the Five Factor characteristics and job satisfaction.
Timothy J., Trull T.J. et al (2022)	Dimensional models of personality: the five-factor model and the DSM-5. <i>Dialogues in Clinical Neuroscience</i> , 15(2), 135-146.	The Five-Factor Model of personality disorder addresses various fundamental limitations of the categorical model and introduces into the nomenclature a wealth of knowledge about the childhood antecedents, origins, universality of predispositions, and stability underlying personality disorder.
Soto, John Gosling, & Potter (2018)	Age differences in personality traits from 10 to 65: Big Five domains and facets in a large cross-sectional sample. <i>Journal of Personality and Social Psychology</i> , 117(3), 530-552.	It presents the idea that age differences in personality may be the result of the combined effect of genetic background and environmental factors.
Bleidorn, W., Hopwood, C. J., & Lucas, (2018)	Life events and personality trait change. <i>Journal of Personality</i> , 86(1), 83-96.	The study's findings suggest that certain life events can be linked to changes in personality traits.

## 5. Discussion & Conclusion

The intertwining threads of evolutionary psychology and personality research have unprecedentedly illuminated our understanding of leadership. Through this evolutionary lens, we discern that leadership traits, far from mere sociocultural constructs, may be deeply embedded in our genetic makeup, forged over millennia as adaptive responses to ever-shifting challenges. These traits, which emerged as survival mechanisms in complex group dynamics, evolved to facilitate cooperation, conflict resolution, and planning—cornerstones of effective leadership (Gkintoni et al., 2023d).

The legacy of our ancestors, it appears, reverberates in the corridors of modern boardrooms, political arenas, and community circles. Traits such as strategic vision, emotional intelligence, and decision-making prowess are contemporary manifestations of age-old survival imperatives. Our prehistoric predecessors who excelled in these domains likely had enhanced reproductive success, passing down these advantageous traits to successive generations, culminating in the diverse leadership styles we observe today (Gkintoni et al., 2016).

However, as we draw these parallels, it is essential to acknowledge the fluidity of both personality and leadership. While evolutionary pressures have undoubtedly played a role, the sociocultural, environmental, and individual learning experiences continuously mold and redefine what it means to be a leader (Halkiopoulos et al., 2022). Our evolutionary heritage provides a foundation, but contemporary challenges and contexts shape the edifice of leadership in nuanced ways.

Moreover, trait and personality theories emphasize the role of traits in shaping individual behavior and development. The researchers emphasize the necessity of comprehending the connections between traits and behavior while shedding light on potential biological mechanisms that may elucidate consistent behaviors and preferences (Halkiopoulos et al., 2023b; Sortwell et al., 2023). The articles assert that despite acknowledging issues and constraints within trait theories, upholding a rigorous and scientifically grounded foundation for psychology within a broader framework is imperative.

Additionally, this underscores the necessity for additional investigation into concepts and theoretical frameworks that can effectively tackle the difficulties associated with trait and personality theories. This underscores the significance of employing a methodical and analytical methodology in scientific psychology. Specific trait approaches provide potential biological mechanisms to elucidate the stability and inclinations observed in an individual's personality traits (Tzachrista et al., 2023). This highlights the significance of integrating biological parameters in explaining psychological phenomena while emphasizing the need to avoid circular reasoning and incorporate existential reality within scientific analysis. Moreover, the authors emphasize the necessity for ongoing advancement and investigation within the realm of personality traits and psychology at large, aiming to enhance theoretical frameworks and circumvent potential pitfalls such as circular reasoning and unwarranted adherence to concepts that fail to meet the criteria of scientific rigor. Maintaining a solid correlation between theory and experience is underscored, as scientific psychology necessitates a foundation built upon dependable data and the ability to adapt to novel scientific advancements and discoveries (Gkintoni et al., 2021a). The scientific articles emphasize the importance of ongoing revision, evolution, and critical analysis within psychology to uphold scientific precision and comprehensively comprehend human behavior and development. Based on the comprehensive analysis presented in the systematic review, it can be inferred that personality psychology holds significant importance within psychology.

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