



The Contribution of Mental Capacity to Personality Formulation. An Overview

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Abstract

Mental capacity, encompassing cognitive abilities, emotional intelligence, and reasoning skills, plays a pivotal role in shaping one's personality. This study delves into the intricate relationship between an individual's mental faculties and their personality construct. Drawing from empirical research and theoretical frameworks, we posit that mental capacity influences not only the expression of personality traits but also their adaptability and resilience in various contexts. Higher cognitive abilities may correlate with increased self-awareness, complex problem-solving, and nuanced social interactions, all of which inform personality dynamics. Furthermore, variations in emotional intelligence can determine how individuals perceive, process, and respond to emotional stimuli, directly impacting interpersonal relationships and self-concept. By understanding the profound influence of mental capacity on personality formulation, this research sheds light on the multifaceted nature of human identity, emphasizing the symbiotic interplay between cognition and character.

Keywords: Personality, Big Five Traits, Relationships, Intelligence, Giftedness, Gender Differences

1. Introduction

Personality, often described as the unique mosaic of traits and behaviors that define an individual, remains one of the most captivating subjects of psychological research. At its core, the formulation of personality is a multidimensional process, influenced by a myriad of factors ranging from genetic predispositions to environmental influences (Gkintoni & Dimakos, 2022). Among these determinants, the role of mental capacity—comprising cognitive abilities, emotional intelligence, and reasoning skills—stands out as particularly profound. It poses the intriguing question: How does the way we think, reason, and feel shape who we are?

The human brain, a marvel of evolutionary advancement, is central to our experience of the world. Our cognitive faculties dictate how we perceive, process, and interpret information, laying the groundwork for our responses to diverse situations (Gkintoni et al., 2021c). Consequently, individuals with varied cognitive abilities might not only interpret the world differently but also formulate distinct personality traits based on these interpretations. For instance, a person with heightened analytical skills may develop a personality oriented towards skepticism and critical inquiry.

Concurrently, emotional intelligence, another facet of mental capacity, governs our emotional landscape. It determines how we recognize, understand, and manage our emotions and those of others.



Such emotional acumen can profoundly impact personality, influencing traits like empathy, introspection, and social adaptability (Halkiopoulos et al., 2021a). In essence, our capacity to engage with emotions can sculpt our interpersonal dynamics and our innermost perceptions of self.

As we embark on this exploration of the intertwining realms of mental capacity and personality formulation, we aim to unravel the complexities of this relationship. By dissecting the contribution of cognitive and emotional domains to personality, we hope to provide a holistic understanding of the intricate dance between mind and identity, shedding light on the very essence of human nature (Tzachrista et al., 2023).

2. Literature Review

Personality

Personality is the collection of individual traits, attitudes, and emotional patterns that shape one's self-perception and influence interactions with the external environment. Various factors, including genetic predispositions, cumulative life experiences, and the contextual influences of social and cultural environments, influence an individual's personality development (Antonopoulou et al., 2021; Antonopoulou et al., 2022b). Individuals exhibit considerable variation in personality, and prevalent methods for classifying distinct personality types involve utilizing the five fundamental personality factors and synthetic approaches encompassing human value theories and internal models.

The aspect of personality significantly influences the development of children. The statement above delineates the amalgamation of cognitive, emotional, social, and behavioral attributes that govern our interactions with the external environment (Gkintoni et al., 2022a).

The influence of parental and caregiver personality on child development is substantial. Children acquire knowledge and respond to their environment utilizing observational learning and imitative behavior. Therefore, parents who exhibit optimistic attitudes and demonstrate affection, regard, and empathy towards their children have the potential to cultivate robust personality development (Gkintoni et al., 2022b).

Throughout adolescence and adulthood, individuals undergo a process of personality development and maturation. Various factors, such as personal experiences, interpersonal relationships, cultural influences, and genetic predispositions, play a significant role in shaping the development of an individual's personality (Gkintoni et al., 2021a). Personality traits can be delineated using a range of approaches, one of which involves the utilization of the five fundamental personality factors known as the "Big Five" or "visual five factors."

Theories about personality exhibit variations contingent upon the specific approach and contextual framework within which the scientific inquiry is conducted. Costa and McCrae's "personality pentagon" is widely recognized as a prominent model in personality psychology. This model delineates five fundamental personality factors: extraversion, neuroticism, receptiveness to experience, agreeableness, and conscientiousness/consistency.

In brief, personality is categorized into five primary factors. *Extraversion* is a personality trait characterized by sociability, communicativeness, and extroversion. Individuals who score high in extraversion tend to exhibit these qualities. Neuroticism refers to the extent to which individuals are



receptive to new experiences. Those who score high in extraversion are often imaginative, creative, and adventurous. Agreeableness and conscientiousness are additional personality traits that can be measured. Agreeableness pertains to generally cooperative and considerate individuals, while conscientiousness relates to individuals who possess a high level of consistency, self-discipline, and goal achievement. The five traits above serve as a broad classification of personality traits, each individual possessing a distinct combination. Shaping an individual's character is a shared responsibility, influenced by various factors such as peers, educational institutions, and familial influences.

In a more precise manner, extroversion pertains to an individual's inclination to actively pursue social interactions, derive energy from social situations, and actively engage with others. Individuals with a pronounced inclination towards extroversion typically exhibit traits such as sociability, effective communication skills, and a proclivity for engaging with others. Individuals derive pleasure from the companionship and proximity of others, tending to engagement and sociability. Individuals who exhibit high levels of extroversion tend to derive pleasure from engaging in social interactions, possess an approachable demeanor, and display outgoing and optimistic behavior in various social contexts. Individuals frequently tend to actively pursue the attention and reassurance of their peers while concurrently endeavoring to infuse their surroundings with dynamism and liveliness.

Nevertheless, it is imperative to acknowledge that extroversion does not encompass the entirety of personality, and everyone possesses a distinctive personality profile that encompasses a multitude of traits. Neuroticism is a personality trait characterized by an individual's inclination to respond to intense negative emotions, such as anxiety, distress, and vulnerability. Individuals exhibiting high levels of neuroticism tend to possess heightened sensitivity towards potential hazards and risks, often responding with elevated anxiety and apprehension towards circumstances that others may perceive as less menacing. Individuals exhibiting neuroticism may experience heightened concerns regarding future events, self-doubt regarding their choices and display intense emotional responses to diverse circumstances. Individuals in this group may also exhibit heightened susceptibility to stress and encounter challenges in effectively managing unforeseen circumstances (Gkintoni & Ortiz, 2023). Receptivity to experience, or "openness to experience," pertains to an individual's inclination to explore and embrace novel concepts, encounters, and obstacles. Individuals who possess a heightened inclination towards receptivity to experience often exhibit a propensity for embracing cultural diversity, artistic expression, imaginative thinking, and forward-thinking concepts (Giannoulis et al., 2022a; Giannoulis et al., 2022b). Individuals who exhibit a heightened receptivity to experience are characterized by their inclination towards art, music, and culture, heightened sensitivity towards emotions, and pursuit of novel and articulated experiences.

Individuals frequently exhibit imagination, creativity, and a propensity for adventure as they actively pursue diverse experiences that contribute to their personal growth and fulfillment (Tzachrista et al., 2023). Individuals exhibiting lower levels of receptivity to experience tend to display a greater inclination towards conventional modes of thinking and behavior, exhibiting a preference for familiarity and stability. Agreeableness, alternatively referred to as "participation" or "cooperativeness," pertains to an individual's approach toward their obligations, organizational skills, and self-regulation. Individuals with a high agreeableness tend to exhibit commitment, organization, reliability, and diligence traits. High-achieving individuals possess specific attributes, such as the capacity to fulfill their responsibilities, exhibit organizational skills, and manifest self-discipline in completing their objectives. The individuals in question demonstrate a solid dedication to their objectives and exert significant effort to attain them. The individuals exhibit a strong commitment, exertion, and a proactive



attitude toward attaining desired outcomes. Individuals exhibiting lower levels of conscientiousness may demonstrate decreased organizational skills, heightened inclination towards task flexibility, and reduced propensity for self-regulation (Antonopoulou et al., 2022a). *Conscientiousness* is a fundamental personality trait that encompasses an individual's inclination toward honesty, trustworthiness, and moral integrity. Conscientious individuals exhibit integrity and a solid commitment to upholding ethical values and standards. Highly conscientious individuals exhibit notable attributes such as honesty and forthrightness in their actions and interpersonal interactions, dependability in meeting their responsibilities, and a steadfast dedication to conducting themselves in accordance with ethical standards. The individuals in question demonstrate a strong sense of integrity by upholding their obligations and being willing to be accountable for their behaviors. Individuals exhibiting lower levels of conscientiousness may display reduced dedication to the values of honesty and trustworthiness, potentially leading to a greater inclination to challenge moral principles and engage in behaviors that contravene ethical standards.

Moreover, mental capacity, which encompasses cognitive abilities, emotional intelligence, and advanced reasoning skills, is a fundamental foundation for personality development, ultimately influencing an individual's potential for leadership (Halkiopoulos et al., 2022). Cognitive faculties such as analytical reasoning and problem-solving frequently manifest as leadership qualities, such as strategic foresight and effective decision-making. An individual possessing a robust cognitive ability can integrate and analyze information, anticipate potential consequences, and make well-informed choices, which are essential for effective leadership. Furthermore, emotional intelligence, a crucial element of cognitive ability, is inherently interconnected with fundamental leadership qualities, including empathy, conflict resolution, and team motivation (Antonopoulou et al., 2021a; Antonopoulou et al., 2021b). Leaders with a strong emotional intelligence capacity can effectively assess the dynamics within a team, comprehend a range of perspectives, and establish rapport, thereby cultivating an environment conducive to collaboration and innovation (Gkintoni et al., 2016).

On the other hand, the relationship between reasoning abilities and leadership becomes apparent in situations that require ethical decision-making and moral judgment. Leaders with advanced cognitive abilities can effectively navigate the ambiguous aspects of intricate dilemmas, ensuring that their actions are in accordance with overarching values and principles (Antonopoulou et al., 2019; Antonopoulou et al., 2020). The complex interplay between cognitive abilities and personality traits shapes an individual's sense of self (Gkintoni et al., 2017). The above phenomenon serves as a metaphorical crucible, wherein leadership qualities are developed and honed to steer teams, organizations, and communities towards a shared vision.

The concept of role-personality relationships pertains to the reciprocal influence between the roles individuals assume in their lives and the development and expression of their personalities. It encompasses the notion that the roles individuals adopt can impact and mold their personalities while simultaneously acknowledging that individuals' personalities can also influence the roles they undertake. The term "role" pertains to the obligations, tasks, and anticipations linked to a specific position or role within a given society. Various manifestations of roles can be observed, encompassing familial roles (e.g., parents, spouse), occupational roles (e.g., manager, employee), and societal roles (e.g., friend, neighbor). Personality exhibits a certain degree of stability and undergoes continuous development throughout an individual's lifespan. The relationships between roles and personalities exhibit a mutually interactive nature. The role an individual assumes can impact the development of their personality. For instance, assuming a parent's role can augment our sensitivity, responsibility, and

commitment levels. Consequently, our occupational role can impact our competencies, self-assurance, and contentment.

Conversely, an individual's personality influences the selection of roles and subsequent performance within those roles. Individual preferences, skills, values, and perceptual frameworks influence human behavior and decision-making processes (Halkiopoulou et al., 2021b). The individual's personality traits can significantly influence their inclination towards pursuing professional occupations that emphasize autonomy and innovation, as opposed to their preference for assuming social roles that prioritize collaboration and assistance. In essence, the interplay between role and personality relationships is characterized by a close interaction. The assumption that our personality is shaped by the roles we assume, and conversely, that our personality influences our roles, holds significance in understanding the interplay between these two constructs. A more harmonious and satisfying life can be cultivated by comprehensively comprehending this interconnection.

The interaction between family and personality constitutes a fundamental aspect of human development. An individual's personality exerts an influence on their interactions with family members, while concurrently, familial dynamics can exert a shaping effect on specific personality traits.

Extraversion is a personality trait characterized by a propensity for outgoing behavior and a preference for social interaction. Individuals who exhibit high levels of extraversion tend to communicate effectively and interact comfortably with their family members. Individuals may desire social interaction, display extroverted tendencies, and be inclined to engage in social activities within their familial network.

Neuroticism is a personality trait characterized by an individual's inclination towards heightened sensitivity and anxiety. Individuals exhibiting elevated levels of neuroticism may experience heightened susceptibility to the influence of familial surroundings and the consequential stressors stemming from such environments.

Receptivity to experience pertains to an individual's cognitive and affective disposition towards perceiving and embracing novel experiences and alterations. A family that fosters an environment conducive to exploration, experimentation, and a willingness to embrace novel ideas can facilitate the development of receptivity among its members toward their respective experiences.

Agility pertains to an individual's capacity to exhibit organizational skills and demonstrate commitment toward fulfilling their responsibilities. A family that fosters a culture of dedication to obligations, accountability, and dependability can contribute to the cultivation of resilience among its members.

Openness to experience is a psychological trait that pertains to an individual's inclination to exhibit curiosity, receptiveness toward novel concepts, and willingness to engage in exploratory behavior. A family that promotes a culture of openness, creativity, and acceptance of differences has the potential to cultivate an environment that facilitates the development of open-mindedness among its members.

Five fundamental personality traits can influence and shape the dynamics and interactions within a person's family. Cultivating positive personality traits within the familial unit can enhance the overall well-being and foster harmonious relationships among its members (Halkiopoulou et al., 2023b).

Concerning the association with substances, extant research has revealed a correlation between individual personality traits and the propensity to engage in drug use or exhibit drug abuse behaviors. In this analysis, we will concisely examine each characteristic and its correlation with narcotics.



Individuals exhibiting lower levels of extroversion may display a heightened vulnerability towards drug usage, as such behavior may serve as a mechanism for seeking stimulation and fulfilling social needs. *Neuroticism* is a personality trait characterized by heightened sensitivity to anxiety and insecurity. Individuals with elevated levels of neuroticism may resort to drug usage to manage or alleviate these emotional states. The construct of receptivity to experience is closely linked to an individual's inclination towards openness to novel experiences and their propensity for exploration. Several studies have indicated that individuals exhibiting a high receptivity to experience may be more susceptible to drug use. Agility encompasses the capacity of an organization or individual to effectively navigate and adapt to changing circumstances while demonstrating traits such as self-discipline and a sense of responsibility. Individuals who exhibit high levels of assertiveness may demonstrate a decreased inclination to use narcotic substances and exhibit a tendency to avoid the associated risks. High levels of openness to experience have been found to correlate positively with traits such as curiosity, creativity, and a propensity to seek out novel ideas actively. Several studies have indicated that individuals with a high level of openness to experience exhibit a greater propensity for engaging in novel experiences, which may encompass the use of drugs. Nevertheless, it is imperative to acknowledge that these associations are not unequivocal, as various elements, including the social context, genetic predispositions, and individual experiences, influence substance abuse. Drug use and abuse are multifaceted and cannot be solely attributed to inherent personality traits (Gkintoni et al., 2023a).

Intelligence and Personality

Psychologists have conducted extensive research to investigate the correlation between an individual's intelligence quotient (IQ) and personality traits. Research has revealed a significant association between intelligence and personality traits. Personality encompasses various traits, one of which is curiosity, which has been found to be associated with intellectual performance. A survey encompassing 150 gifted and non-gifted children revealed a correlation between intellectual performance and the factors of intellectual absorption, apathy, and pleasure. Based on extensive research conducted on student populations, it becomes evident that an individual's emotions exert a significant influence on their behavior, as well as their academic performance, learning outcomes, and educational attainment.

In their 2016 article titled "Neuronal factors determining high intelligence," Dicke and Roth investigate the degree to which variations in intelligence can be associated with specific brain attributes. The primary focus of the study pertains to primates and their comparative analysis with other mammalian species and, when feasible, avian species. As conceptualized by behaviorists and animal psychologists, intelligence pertains to an organism's capacity to effectively navigate and resolve challenges presented by its physical and social surroundings, thereby exhibiting adaptability in both cognitive and behavioral domains. The abovementioned procedure encompasses associative learning and cognitive capacities that necessitate abstract thinking, concept formation, and insight (Dicke & Roth, 2016). Although it may seem reasonable to assume that larger animals possess a commensurate increase in brain size to accommodate a greater brain mass, empirical studies have demonstrated this is not the prevailing pattern. Research has revealed a correlation between larger body size and relatively smaller brain size in mammals. In each comparative analysis, it has been observed that all classes of vertebrates exhibit a negative allometric correlation between body size and brain size.

As an illustration, the cerebral mass of an African elephant, possessing a bodily mass of 7.5 metric tons, is approximately 6 kilograms. In contrast, the cerebral mass of a blue whale, with a bodily mass of 200 metric tons, is approximately 10 kilograms. According to the available evidence, it is probable that smaller animals exhibit higher levels of intelligence when compared to certain larger animals. The



human brain is proportionally significant, constituting approximately 2% of the total body weight, which is close to the brain-to-body weight ratios observed in monkeys and dolphins. The human brain exhibits a size approximately eight times greater than an average mammal with a comparable body size. Nevertheless, it is worth noting that animals with similar body sizes can exhibit notable variations in brain size. If one were to posit that absolute brain size is a determining factor of intelligence, it would logically follow that whales or elephants possess greater intelligence than humans. Horses would surpass chimpanzees in cognitive abilities. However, empirical evidence contradicts this assumption. Research conducted by Dicke and Roth (2016) has demonstrated that the dimensions of the human brain surpass those of other mammals, including but not limited to the hippopotamus and the horse.

The primary objective of this article is to examine the neural components that exhibit the strongest correlation with levels of cognitive intelligence. Brain size and volume are approximately 90% correlated with body size. Hence, the sole consideration of brain size alone is insufficient for establishing a correlation with intelligence. In light of our analysis, it can be inferred that certain animal species exhibit substantial size without commensurate cognitive abilities. In contrast, other species of more diminutive physical stature demonstrate heightened levels of intelligence. The presence of a substantial physical form does not inherently imply the presence of a correspondingly large and cumbersome brain responsible for the processing of sensory information and associated cognitive functions. Existing research has demonstrated that the significance of brain size is outweighed by the importance of certain specific components and functions within the brain. An illustration of this can be seen in the mammalian cortex and the avian medial nidopallium (MNP), which correlate directly with cognitive abilities. In summary, the existing literature suggests a lack of definitive association between body size, brain size, and intelligence, as indicated by the findings of Dicke and Roth (2016).

The study conducted by Deary et al. (2022) centers on the diverse manifestations of human intelligence. The term pertains to the phenomenon of genetic diversity, encompassing variations observed in brain imaging and instances where these two sources exhibit concurrence. The concept of intelligence phenotype pertains to the distinct cognitive abilities employed in the process of cognition. Intelligence can be conceptualized as an inherent cognitive aptitude that enables individuals to effectively engage in problem-solving, comprehend intricate concepts, and acquire knowledge through experiential learning (Antonopoulou et al., 2023). Intelligence acquisition enables individuals to develop a more comprehensive comprehension of their surroundings. The Intelligence Quotient (IQ) is a metric used to assess an individual's cognitive abilities compared to the general population (Deary et al., 2022). Intelligence tests exhibit a notable degree of test-retest reliability. The conducted studies encompassed retrieving knowledge acquired by participants across different stages of life, specifically focusing on crystallized intelligence. This form of intelligence encompasses various cognitive domains, including vocabulary, general knowledge, and specific mathematical abilities. The administered tests evaluated cognitive functions such as processing speed, memory, visual-spatial aptitude, and reasoning (Gkintoni et al., 2023d). This study's findings indicate a negative correlation between age and average performance levels in tasks involving active mental work, particularly in the domain of information recall (Deary et al., 2022).

The author additionally alludes to the determinants that impact a child's educational trajectory throughout their development, namely genetic and socioeconomic factors. Research has demonstrated a significant correlation between individuals possessing high levels of intelligence, improved physical well-being, and an extended lifespan. Research in this area encompasses data collected from a large population of infants aged one year, with sample sizes reaching the millions. The findings of these studies provide evidence that individuals with a higher level of knowledge are less prone to experiencing



adverse health outcomes and premature mortality resulting from various diseases, including but not limited to heart disease, stroke, cancer-related to smoking, respiratory disease, digestive disease, dementia, accidents, and suicide (Gkintoni et al., 2021b). The research suggests a direct correlation between high IQ during the early stages of life and a subsequent 20-25% reduction in the likelihood of developing these diseases.

Furthermore, this association persists for several decades into adulthood. Cognitive test scores exhibit robust test-retest stability and reliability and demonstrate predictive validity in relation to educational and health outcomes. However, the underlying factors contributing to individual differences in intelligence still need to be more adequately understood (Gkintoni et al., 2023c). This article, published in 2010, provides a comprehensive overview of the genetic and neuroimaging associations with intelligence test scores. Nevertheless, there needed to be more genome-wide association studies (GWAS) about intelligence at that particular juncture. Subsequently, after the period mentioned above, brain imaging studies have employed more extensive and more comprehensive samples to investigate novel brain parameters and have established connections with molecular genetic studies (Deary et al., 2022).

Heritability is a term used to describe the extent to which the observed variation in phenotypic traits among individuals can be attributed to genetic differences among them. The specific genetic mutations linked to trait variations remain unknown; however, heritability analyses indicate the presence of genetic factors contributing to trait variation. Gene designs were employed to assess the dependability of scores in studies investigating genetic variability in intelligence assessments. The outcomes will probably exhibit variations among different groups and within the same group across different periods. These studies involve examining shared environments among monozygotic and dizygotic twins, focusing on making comparisons. Individuals who exhibit genetic similarities tend to demonstrate comparable performance on intelligence assessments. Twin and family studies are typically regarded as the primary sources of critical research on the heritability of intelligence. Numerous studies, including those involving families and twins, have consistently demonstrated a robust association between genetic variability and individual differences in intelligence test scores, particularly in cognitive performance. Research findings have demonstrated a moderately positive correlation between intelligence test scores and brain volume. Multiple methodologies exist for exploring the diverse dimensions of the brain beyond its physical dimensions. One notable observation is the presence of disparities in brain size between males and females, while no significant differences have been found in average intelligence. This phenomenon can be attributed to the brain's distinct structural and functional characteristics. Significant advancements have been achieved in brain imaging and genetic associations with diverse intelligence test scores during the preceding decade. Nevertheless, an explanatory gap hinders our comprehension of the substantial variations in human intelligence. Numerous studies have demonstrated the existence of genetic factors that contribute to an individual's performance on intelligence tests.

Furthermore, it is noteworthy that extant research indicates a robust correlation between individuals who exhibit superior performance on intelligence assessments and enhanced overall well-being. This implies that individuals with higher cognitive abilities are less susceptible to the onset of specific ailments, such as myocardial infarction or cerebrovascular accidents. Numerous investigations have been conducted on heredity, explicitly focusing on twins and familial relationships. These studies have consistently revealed a noteworthy correlation between genetic relatedness and the similarity of scores observed across various contexts. According to Deary et al. (2022), a positive correlation exists between the degree of genetic similarity among individuals and the frequency of concordant responses in intelligence tests.



In the current study, the examination of giftedness, which is closely associated with intelligence, was deemed advantageous. Nevertheless, it is imperative to acknowledge that the intelligence assessment cannot solely rely on the intelligence index. Expanded definitions of giftedness often incorporate various factors such as incentives, self-concept, and creativity. Additionally, the influence of culture on giftedness is frequently examined and acknowledged. Zachariaki and Tenzeris (2018) assert that Renzulli's definition (1986) is widely recognized. Renzulli posits that giftedness encompasses three interconnected components: superior general aptitude, commitment to task, and imaginative thinking. As per the National Association for Gifted Children (NAGC), an individual considered gifted is characterized by demonstrating or potentially demonstrating an exceptional ability level in one or more domains of expression. Specific skills mentioned here are broad and can be applicable across various domains of an individual's life, such as the aptitude for leadership or the capacity for creative thinking. Occasionally, distinct aptitudes manifest in specific contexts, such as exceptional proficiencies in mathematics, science, or music. According to Zachariaki and Tenzeris (2018), the concept of giftedness encompasses a range of abilities that are not limited or defined by a specific measurement.

In her article, Drivididou (2019) discusses the cognitive abilities of children who exhibit exceptional academic talent. Gifted individuals are characterized by their exceptional abilities that surpass the average aptitudes of their peers in various domains, including general cognitive capacity, artistic talent, and creative thinking. A study comprising 149 adolescents of diverse genders observed that gender does not exert a significant influence on the differential manifestation of help-seeking behaviors and goal-setting tendencies between academically proficient students and those with lower academic attainment. The significance of children's emotions and motivations concerning their education has been established, exerting positive and negative influences.

Gifted students tend to employ more efficacious approaches to address their educational challenges and inquiries. Individuals know where to seek assistance, whether from their peers who possess more extraordinary expertise or educators who specialize in their respective fields. In order to effectively identify suitable sources, bibliographies, and diverse research conducted within the discipline, individuals can employ strategies to locate relevant information. This is attributed to their propensity for making evaluative judgments, strong motivation, and exceptional abilities surpassing their peers' average performance levels. Two distinct categories of help-seeking behavior exist: functional or autonomous help-seeking and executive help-seeking. Functional help-seeking is a pedagogical approach employed to support students to enhance their academic performance. This approach facilitates the development of a deeper comprehension of the subject matter, implementing effective strategies, and cultivating students' ability to solve future problems independently.

Refraining from seeking assistance in any capacity is closely associated with a decline in academic performance. Students exhibiting such behaviors often refrain from participating in educational activities that foster learning, leading to subpar academic performance and a lack of scholarly proficiency.

The executive mode of seeking assistance aims to acquire an accurate solution. The perspective mentioned above places significant emphasis on reliance on external entities while actively evading the assumption of individual accountability.

3. Discussion



In our pursuit of comprehensive knowledge about the fundamental constructs of personality and intelligence within the psychology realm, we encountered many articles encompassing various investigations and findings.

Based on the analysis of the selected articles, the following conclusions have been derived. First and foremost, an individual's personality plays a crucial role in their psychological well-being. The construction process commences during the early stages of an individual's life and continues to evolve. The primary determinant of an individual's personality is their family or primary caregivers. Throughout his lifetime, the factors experienced a gradual increase. Various factors contribute to forming an individual's personality, including but not limited to their educational background, social relationships, surrounding environment, socioeconomic status, and other relevant influences. According to their research, Costa and McCrae have identified five fundamental personality traits that contribute to the formation of an individual's character. The influence of these five fundamental personality traits has been found to extend to various significant events throughout individuals' lives. Moreover, these five attributes are interconnected with an individual's vulnerability to substance abuse.

In their scholarly article exploring the relationship between animal brains and intelligence, Dicke and Roth (year) concluded that no significant correlation exists between brain size and intelligence. To be more precise, the presence of a larger brain in one animal compared to another does not necessarily indicate a higher level of intelligence. The human brain exhibits a comparatively lower mass than the brains of whales and elephants. However, empirical evidence supports the notion that humans possess a higher level of intelligence when compared to other animal species. In a subsequent investigation examining the association between genetic diversity and brain imaging, it was observed that individuals with elevated intelligence quotients (IQs) exhibit enhanced physical well-being and extended lifespans.

Moreover, it resists numerous ailments, including cardiovascular diseases, pharmaceutical substances, and other maladies. The Inis research study employed intelligence tests to assess the IQ scores of a diverse sample of individuals, encompassing both females and males. The third and concluding research presentation pertains to the topic of heredity. The researcher's findings pertain to monozygotic and dizygotic twins. This study demonstrated no significant correlation between IQ and intelligence concerning gender. Lastly, we addressed the students who possess exceptional abilities. Individuals belonging to this group exhibit a greater propensity for effectively resolving routine and academic-related challenges.

After considering the extensive information about personality and intelligence and analyzing the primary conclusions from the above research, it is possible to draw several significant findings based on the articles and their respective outcomes. Both concepts hold significant importance in an individual's life trajectory. Personality contributes to the development of an individual's character and temperament, while intelligence facilitates the resolution of routine and intricate daily life challenges. Individuals with higher levels of intelligence, as measured by their IQ, tend to possess more extraordinary natural abilities and exhibit enhanced aptitude in various domains. Consequently, they may experience less difficulty when confronted with challenges and obstacles. Personality is crucial in facilitating an individual's growth and integration into society. After our investigation, it is evident that a notable aspect that warrants attention is the absence of a discernible correlation between personality and intelligence. There exists a significant correlation between intelligence and the development of one's personality, as individuals with higher levels of intelligence tend to exhibit more advanced personal growth. Future research should investigate the correlation between personality and intelligence (Sortwell et al., 2023).



Conversely, concerning cognitive abilities, there was a notable absence of allusions to parental influence and the broader familial context. The family unit plays a significant role in the development of an individual. Indeed, while the influence of the family was acknowledged in the context of personality, a more extensive array of information was required to address its impact on intelligence adequately. Examining these concepts holds significant importance for individuals, particularly emerging psychologists, necessitating a comprehensive study of their intricacies.

4. Conclusion

In essence, this paper pertains to two primary psychological constructs: personality and intelligence. Personality encompasses the assortment of traits that shape an individual's character. The process of human development is crucial as it begins in early childhood and is shaped by the guidance and support provided by parents or caregivers. Providing appropriate resources plays a crucial role in facilitating the development of a child's character development, which in turn influences their lifelong journey. As indicated in the study mentioned above, five fundamental personality traits have been identified: extroversion, neuroticism, openness or receptivity to experience, agreeableness, and conscientiousness. Upon careful analysis of these five distinct characteristics, it becomes evident that they are indicators of various types of individuals and their corresponding character traits. We also examined the association between role relationships and personality traits. The influence of various roles on an individual's personality is reciprocal, with each role exerting an impact on the other. The presence of family holds significant importance in an individual's life. The child will be provided with suitable and fundamental resources by her, enabling him to construct his individuality upon these foundations. Subsequently, an examination was conducted to ascertain the correlation between the five personality traits mentioned above and the child and identify the constituent elements inherent within each trait. Ultimately, an allusion was drawn to the correlation between the quintessential personality traits and an individual's vulnerability to narcotics. This comparative analysis suggests that individuals possessing specific attributes are more susceptible to specific outcomes than those lacking such characteristics. Nevertheless, this matter still needs to be comprehensively established due to its inherent complexity.

In contrast, our analysis focused on three fundamental experiments in intelligence. The initial inquiry pertained to the potential correlation between certain mammals' brain size and heightened cognitive abilities. The study's primary objective was to investigate the potential inverse relationship between animal intelligence and brain weight. This study demonstrates no significant correlation between brain weight and an animal's IQ. In addition, it is noteworthy that the human brain exhibits a significantly greater mass in comparison to specific mammalian counterparts, such as elephants.

Moreover, it is widely acknowledged that the human brain surpasses all other animal species regarding intellectual capacity. The subsequent article pertained to genetic diversity and its correlation with brain imaging. The objective of his study was to ascertain whether a correlation existed between the two variables. It is also commonly associated with intelligence quotient (IQ) as measured by various tests. The research findings indicate a positive correlation between high intelligence quotient (IQ), increased longevity, and improved physical well-being. The third article discusses the concept of heredity and its correlation with intelligence. This article elucidates the distinction between monozygotic and dizygotic twins and the disparities observed between the male and female counterparts. Subsequently, a mention



was made regarding children and students who possess exceptional intellectual abilities. Individuals who exhibit superior academic performance demonstrate enhanced abilities to navigate both straightforward and intricate challenges encountered in their daily lives. The culmination of our current research entails a comprehensive understanding of these two concepts.

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