

## ABSTRACT

**Name of Institution:** De La Salle University – Dasmariñas

**Address:** Dasmariñas, Cavite

**Title:** Life Satisfaction and Personality Preferences among Selected College Students

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### OBJECTIVES OF THE STUDY

#### A. General

This research sought to know whether life satisfaction of introvert and extravert individuals differ from one another.

#### B. Specific

1. To discover what influences the judgment of life satisfaction of introverts and extraverts from their various characteristics.
2. To provide a measure that would yield valid life satisfaction levels.
3. To apply an apt statistical treatment for the analysis of the data gathered.

### SCOPE AND LIMITATION

This study is confined into determining whether there is an outstanding display between the level of life satisfaction of introvert and extravert individuals. This excludes the holding of what relationship if results would maintain exists.

Boundary is specifically set, as with the taking of respondents, that is, college students whose universities or institutions are Manila-based, and are aged 19 and 20 at the time of data gathering. Moreover, utilization of life satisfaction scores will be limited to and is based on personality preference measured in selecting strongly introverted and extraverted individuals.

## **METHODOLOGY**

A quasi – experimental was a research design deemed fit for the study with personality preference as one variable and life satisfaction as the examined one. The mentioned variables are managed through the accomplishment of standardized tests and therefore will be interpreted by the application of an appropriate statistical treatment.

## **RESPONDENTS**

Respondents are students of selected colleges and universities in Manila, aged 19 and 20. Initially, 200 students each in the 6 chosen institutions underwent testing and were reduced to a number that would allow equal count for each group – introvert and extravert, before measuring their level of life satisfaction and applying statistical procedure.

## **RESULT**

There was no significant difference between Introversion scores and Extraversion scores with regard to Life Satisfaction.

## **CONCLUSION**

Life Satisfaction having a weak relationship with personality preference is proposed to be brought by other factors such as demographics and relativity of traits present in each individual.

## **RECOMMENDATION**

Pursuance of a study investigating possible relationship between satisfaction with demographic factors and personality preference with happiness is highly suggested. Such is advised to be conducted using a multi-battery method.

