

Variability of Personality Manifestations in Daily Life of Older Adults

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1. Theoretical Background

- Research suggests stability as well as change in personality traits in older adulthood
- Little is known **how older adults manifest personality in daily life**
- **Intensive longitudinal methods** with repeated measurements of states allow capturing how personality is lived in daily life
- Open doors to investigate **short-term personality processes**, such as intraindividual stability, variability, and diversity

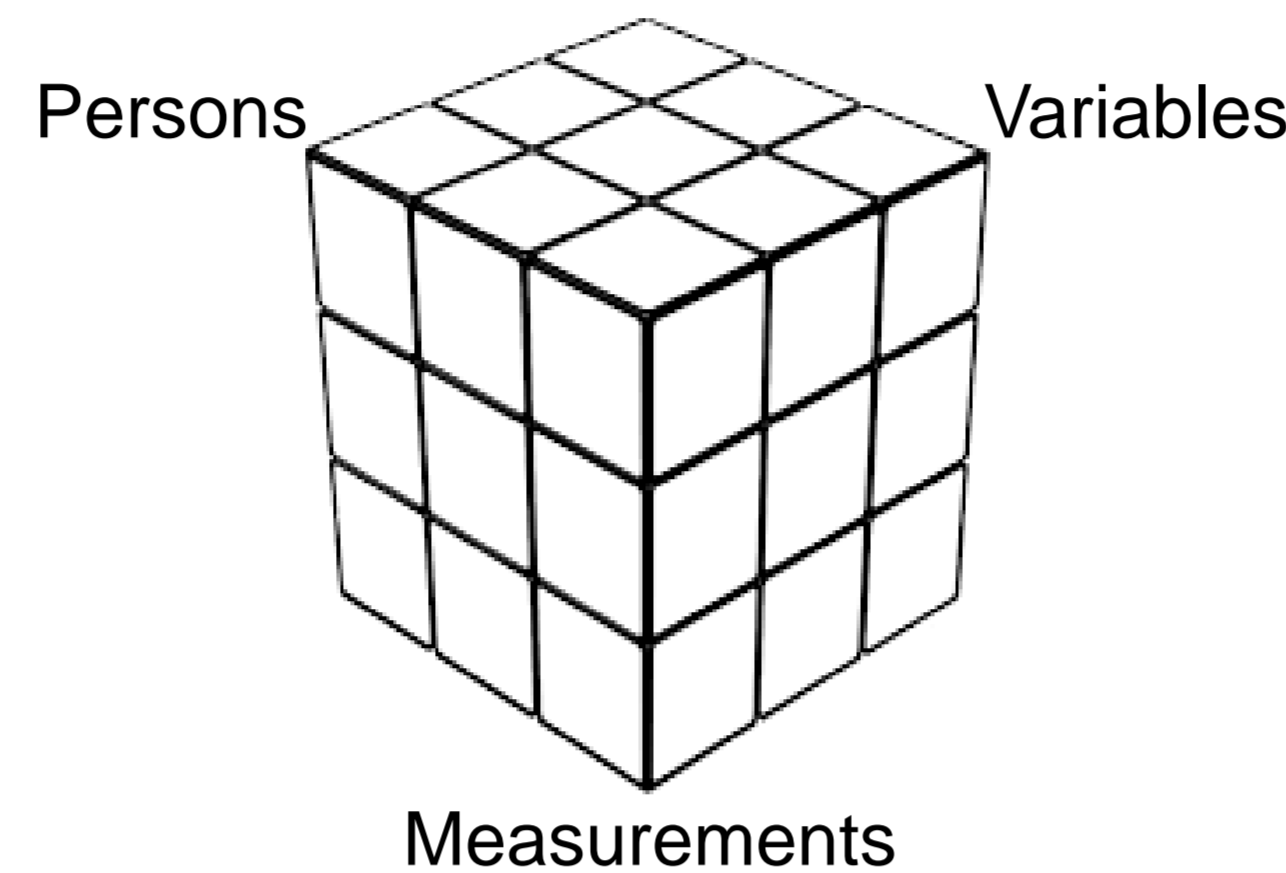


Figure 1. Illustration of Cattell's Data Box (1952).

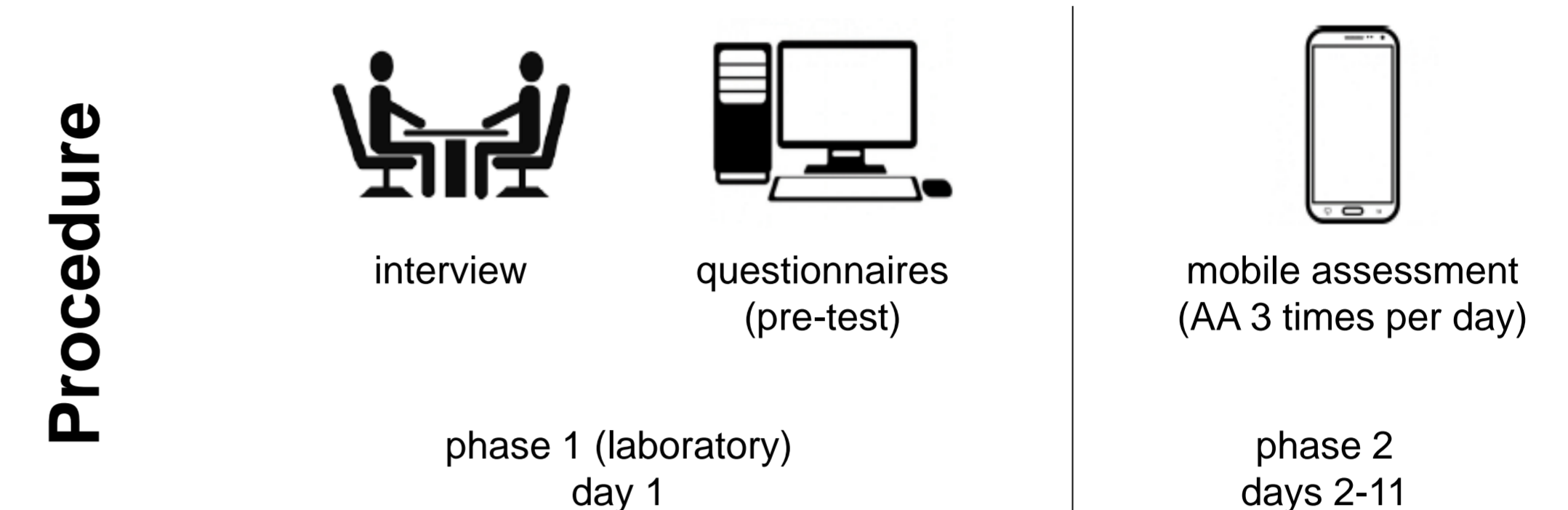
2. Research Questions

RQ1 How do older adults manifest personality-related experiences and behaviors daily life?

RQ2 How are personality-related experiences and behaviors related in daily life of older adults?

3. Methods

- Sample**
- $N=136$ healthy older individuals (41.2% male)
 - $M_{Age}=70.45$ years ($SD=6.27$, range=60-91 years)



- Measures**
- Personality-related experiences (Ten Item Personality Inventory; Gosling, Rentfrow, & Swann, 2003)
During the last two hours...
Anxious, easily upset
 - Personality-related behaviors (Daily Behavior Checklist; Church et al., 2008)
During the past 24 hours did you hug someone?

4. Results

RQ1

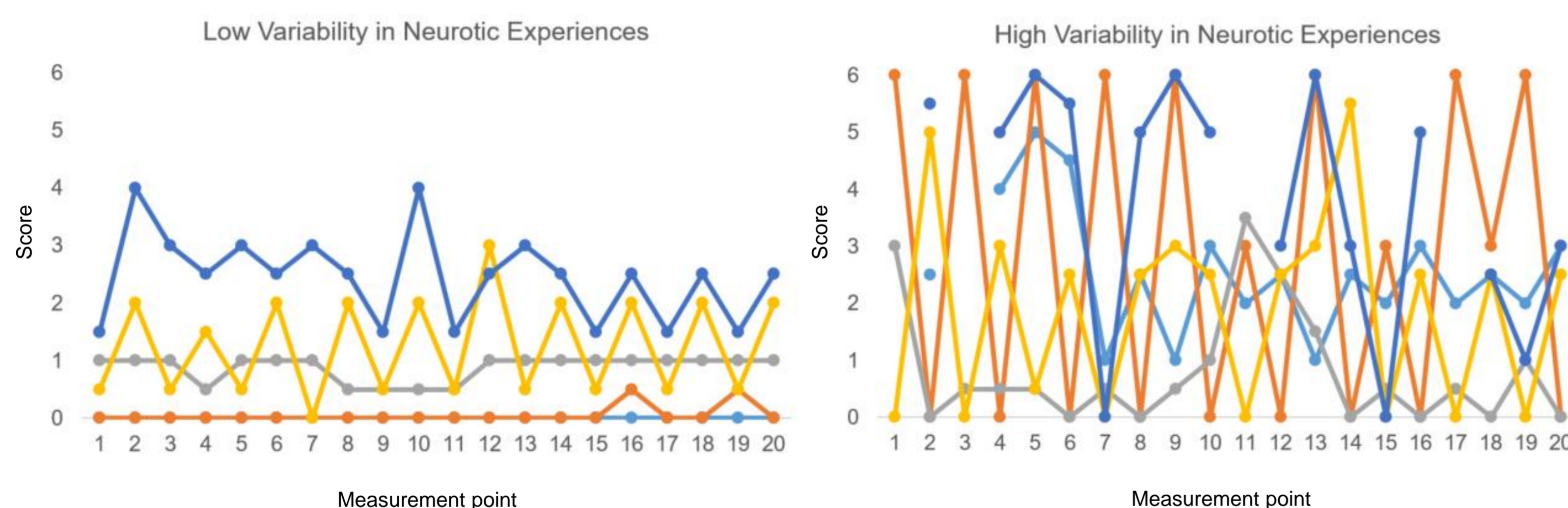


Figure 2. Intraindividual variability of personality-related experiences for six individuals in each figure.

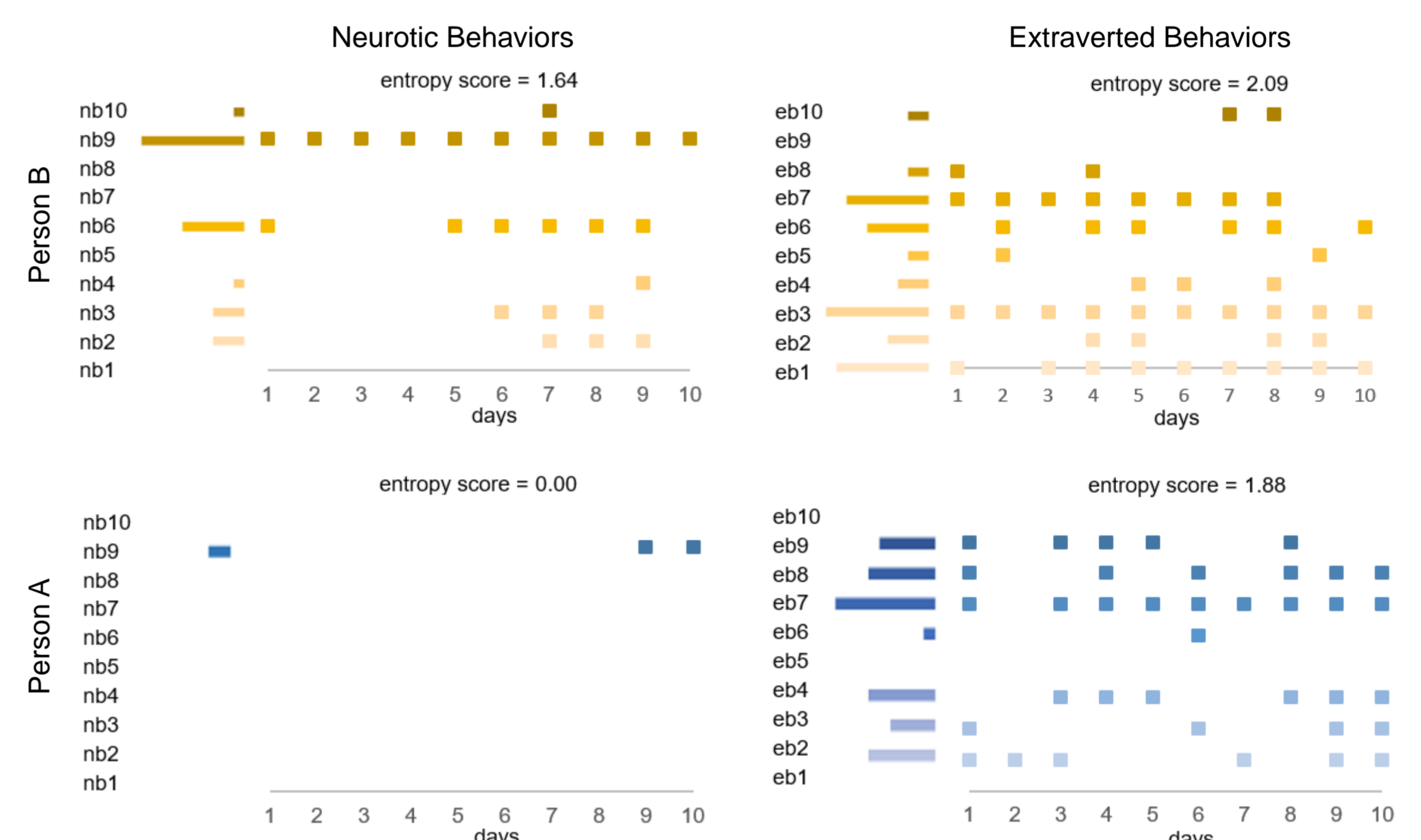


Figure 3. Diversity of personality-related behaviors for two individuals. nb = neurotic behavior; eb = extraverted behavior.

Table 1
Variance Decomposition and Descriptive Statistics of Personality-Related Experiences and Behaviors

Variable	ICC	Intraindividual mean (iM)				Intraindividual variability (iSD)				Diversity		Stability			
		M	SD	Min	Max	M	SD	Min	Max	M	SD	Min	Max	iM_{w1w2}	iSD_{w1w2}
Experiences															
Neuroticism	.67	1.12	0.98	0	4.25	0.53	0.43	0	2.83	-	-	-	-	.96***	.69***
Extraversion	.63	3.47	1.17	1.25	5.90	0.80	0.39	0.21	2.48	-	-	-	-	.95***	.82***
Behaviors															
Neuroticism	.31	1.23	0.56	0.10	3.80	0.66	0.42	0	1.89	0.93	0.64	0	2.08	.43***	.29**
Extraversion	.34	3.97	1.54	0	8.25	1.89	0.67	0	3.60	2.08	0.29	0	3.49	.64***	.34***

Note. $N_1 = 136$ participants, $N_2 = 2,504 - 2,720$ observations; ICC: intraclass correlation, iM: intraindividual mean, iSD: intraindividual standard deviation, iM_{w1w2} : Pearson correlations of experiences respectively behaviors for iM between Week 1 and Week 2, iSD_{w1w2} : Pearson correlations of experiences respectively behaviors for iSD between Week 1 and Week 2.

** $p < .01$. *** $p < .001$.

RQ2 Table 2
Fixed Effects of Multilevel Modeling of Personality-Related Experiences on Corresponding Behaviors

Variable	Behaviors			
	Neuroticism		Extraversion	
	Estimate	CI 95 %	Estimate	CI 95 %
Intercept	.93*** (.09)	[.79, 1.08]	2.22*** (.40)	[1.42, 3.03]
Between	.23*** (.05)	[.15, .32]	.52*** (.11)	[.30, .73]
Within	.07*** (.02)	[.03, .11]	.15*** (.04)	[.07, .24]
Time	.00 (.00)	[.00, .01]	.00 (.01)	[-.03, .02]

Note. $N_1 = 136$ participants, $N_2 = 2,504 - 2,720$ observations; estimates are unstandardized multilevel regression coefficients, with standard errors in parentheses; CI: confidence interval.

*** $p < .001$.

5. Conclusion and Outlook

RQ1 These findings redress the old question of personality stability versus personality change by showing that **stability and variability can exist in parallel** with regard to different **personality processes**, such as intraindividual stability, variability, and diversity in daily life of older adults.

RQ2 Older adults' **experiences are reflected in their behaviors** in daily life. Multilevel modeling shows that personality-related experiences and behaviors significantly co-vary in daily life, both at the between- and within-person level.

RQX Further research needs to investigate **mechanisms and factors** (e.g., social role, temporal trends) that can help to understand stability and variability of personality manifestations.

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