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

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
- N=136 healthy older individuals (41.2% male)
- M_Age=70.45 years (SD=6.27, range=60-91 years)
- Procedure:
  - Interview
  - Questionnaires (twice)
  - Mobile assessment (4A 3 times per day)

4. Results
RQ1

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

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

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

<table>
<thead>
<tr>
<th>Variable</th>
<th>ICC</th>
<th>Intraindividual mean (M)</th>
<th>Intraindividual variability (SD)</th>
<th>Diversity</th>
<th>Stability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neurotic</td>
<td>0.67</td>
<td>1.12 0.98</td>
<td>0.425</td>
<td>0.53 0.43</td>
<td>0 2.43</td>
</tr>
<tr>
<td>Extraversion</td>
<td>0.63</td>
<td>3.47 1.17</td>
<td>1.25</td>
<td>0.50 0.80</td>
<td>0.39 0.21</td>
</tr>
<tr>
<td>Neurotic</td>
<td>0.31</td>
<td>1.23 0.56</td>
<td>0.10</td>
<td>0.66 0.42</td>
<td>0.18 0.53</td>
</tr>
<tr>
<td>Extraversion</td>
<td>0.34</td>
<td>3.97 1.54</td>
<td>0.82</td>
<td>1.89 0.67</td>
<td>0.36 0.26</td>
</tr>
</tbody>
</table>

RQ2

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

<table>
<thead>
<tr>
<th>Variable</th>
<th>Neurotic</th>
<th>Extraversion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intercept</td>
<td>0.93*** (0.06)</td>
<td>2.22*** (0.49)</td>
</tr>
<tr>
<td>Between</td>
<td>0.23** (0.05)</td>
<td>0.52*** (0.11)</td>
</tr>
<tr>
<td>Within</td>
<td>0.07** (0.03)</td>
<td>0.15*** (0.07)</td>
</tr>
<tr>
<td>Time</td>
<td>0.00 (0.00)</td>
<td>0.00 (0.00)</td>
</tr>
</tbody>
</table>

Note: N=136 participants, R²=0.250-0.720 observations; ICC: Intraclass correlation, M: Intraindividual mean, SD: Intraindividual standard deviation, MDoing: Pearson correlations of experiences respectively behaviors for M between Week 1 and Week 2, SDDoing: Pearson correlations of experiences respectively behaviors for SD between Week 1 and Week 2.

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.

References