

SPIRITUALITY AND PERSONALITY PROFILE OF ARTISTS AND NON ARTISTS

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ABSTRACT

The study is intended to measure the relationship between Spirituality and Personality and also compare artistic and non artistic group on the basis of these study variables .The sample of 50 Artists and 40 non artists from various parts of Kerala were collected through simple random sampling method. The data were analyzed by using statistical methods such as Pearson correlation coefficient and t-test. The results revealed a significant positive correlation between spirituality and the personality dimensions such as extraversion and conscientiousness where as a significant negative correlation with openness to experience. The artists and non artists group significantly differed on the basis of Spirituality, on that, non artists possess high spirituality dimension than artists. When considering the personality dimensions of extraversion and conscientiousness, non artists secured high score than artists, but artists group scored well with respect to agreeableness and openness to experience dimensions of personality than non artistic group. Artists and non artists group did not show any significant difference on neuroticism dimension of personality. The findings of the study helps to provide an insight about the spirituality of artists group and thereby the connection with their personality profile.

KEY WORDS: Spirituality, Personality traits.

Spirituality is an integral part of human culture which shapes the personality and influences the human lives. The term spirituality is derived from Latin word “Spiritus” which means “breathe of life”. It is the search for a sense of meaning or purpose of life. Art is considered as a spiritual path i.e., a process of integration – of slowly bringing the whole of ourselves and our experiences to our crafting of meaning. Spirituality can be best characterized by psychological growth, creativity, consciousness, and emotional maturation. An individual’s behavioral system in different contexts was the reflection of personality traits. It is evidently not clear that whether or not spirituality is influenced by personality. Certain personality trait may influence the development of spiritual orientation. Wilkinson (2008) studied the relationship between personality and spirituality on 1000 old age persons and the result suggested that openness to experience is positively related to spirituality.

The comprehensive definition of Personality by Allport is “Personality is a dynamic organization of mental and physical system within the individual which determine the individual traits, behavior and thought”(Pervin, 2002). Koessel (2011) studied the relationship between spirituality and personality traits and found that those who are having high spiritual orientation tend to seem more extroverted, more compassionate and helpful and self motivated. Also neuroticism shows negative correlation with spirituality.

Creativity is a search for identity. Creative person is characterized by the possession of a curious and often paradoxical assemblage of qualities unlike an average person who may have just one or two particular attributes to him. The conflict between the opposed attributes naturally gives way to tension. The driving force behind the creation is the urge one feels to resolve the tension building up in one.

In the world of art, artists are the individuals having a drive to create and express nonverbally in a personal space. An artist is a person engaged in one or more of any of a broad spectrum of activities related to creating art, practicing art or demonstrating an art. Film, literature, graphic designing, photography, painting, writings etc comes under different categories of art like visual art, performing art and literary art. Artist sees the world from another perspective, and the things they do and the decision they make are just different from what others peoples would usually do. Kennedy and Kanthamani (1995) conducted a study on “Association between anomalous experiences among artistic creativity and spirituality”. The result revealed that the psychic experiences were positively and significantly correlated with interest in artistic creativity. Spirituality interest is suggestively related to paranormal experiences. The occurrence of transcendent experiences and paranormal experiences was positively and significantly correlated in all the three groups.

Artists usually have high expectations and they strive to achieve but unattainable one, which makes them frustrated and got depressed. The artists are reserved typed individuals and they are sensitive. If an artist can't make meaningful in life can be resulted in depression. The worst enemy of an artist's is himself. Personal criticisms lead to generate anxiety and which resulted in certain psychological issues. They have a strong desire to please and show their love through actions rather than words. They express their thoughts, feelings, intuitions etc in a different way. It is supposed that an artist who is having high spirituality might have an ability to maintain a harmonious life. It is the personality of the artist which determines to cope with the daily life. Only by creating a meditative space an artist can explore in to the insights of his own life and can resulted in his expression of thoughts. Through various spaces an artist explains the complexities of life.

The personality traits of artist found to be differ while comparing with the non artists. Also, they may have different personality traits and which may sometimes influence their unique creations. Aghaei, A & Jalalvand, L (2006) compared the personality traits of artists with ordinary people using random sampling method. The results indicates that there is significant difference exists between the personality traits of artists and ordinary people for the variables self control, intellectual efficiency, social presence , dominance, sociability etc. The tolerance level of artists was found to be high.

The present research was to compare the spirituality and dominating personality trait of artists by using Spirituality Scale and Five Factor Personality Inventory, between artists and non artists. Also an attempt is made to examine the relationship between the study variables such as Spirituality and Personality.

There are specific traits which makes an individual most influential to mental constellation. It is the personality trait which describes the individuals qualities and guide behavior. The study sought to measure the personality traits and compared with non artist to make proper judgment based on the documented scientific evidence.

Objectives:

- To explore the relationship between five factors of personality (Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness to experience) and the Spirituality.
- To explore whether there is any difference in five factors of personality and Spirituality of artists and non-artists group.

Hypotheses:

H1. There is significant relationship between five factors of personality and Spirituality.

H2. There is significant difference among artists and non-artists group in their five factors of personality and Spirituality.

Method

Participants

The sample consists of Artists (N=50) and Non-Artists (N=40) groups, randomly chosen from the various institutions in Kerala.

Instruments

1. Five Factor Personality Inventory (Ranjith, 2006) was used for the investigation. The scale consists of five personality factors, such as Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness to experience.

a. Extraversion

The extraversion end of the continuum is characterized by talkativeness, assertion, action, energy, friendliness, spontaneity and boldness, while extraversion is characterized by quietness, reserve, shyness, silence, aloofness, inhibition and timidity.

b. Agreeableness

Agreeableness is characterized by sympathy, kindness, appreciation, affection, good nature, helpfulness, trustfulness and leniency. Disagreeableness includes fault finding nature, coldness, unfriendly, quarrelsome, irritability, uncooperativeness, suspicion and criticism.

c. Conscientiousness

Conscientiousness is characterized by organized nature, thoroughness, planning ability, efficiency, self-reliance, scrupulousness and knowledge. Unstructured personality indicates carelessness, disorderliness, frivolity, irresponsibility, helplessness, laxity and ignorance.

d. Neuroticism

Neuroticism is characterized by tension, anxiousness, nervousness, mood swings, insecurity, and jealousy. Emotional stability involves mental stability, calmness, contentment, unemotional response, security, and being non envious.

e. Openness to experience.

Openness to experience indicates wide interest, imagination, intelligence, originality, daringness, independence and artistic talent. Closed to experience shows a common place personality, narrow in interest, simple mindedness, shallowness, lacking in adventurousness, conformity and are in artistic.

The Reliability of Five Factor Personality Inventory is 0.5 and Validity ranges from 0.150 to 0.874.

2.Spirituality Scale (Sreekumar &Sananda Raj, 2005) consists of 26 items, used to measure one's personal, subjective side of religious experience. Spirituality includes a broad focus on the immaterial features of life, which are used to understand material life.

The scores of the odd items and even items were correlated using product-moment formula, and a correlation coefficient of 0.83 was obtained. The whole test reliability was estimated using Spearman Brown formula and which was found to be 0.91(significant at 0.01). The value indicates that the test is highly reliable measure of spirituality.

The Spirituality Scale was correlated with Mathew Materialism-Spiritualism Scale for estimating the criterion related validity of the scale. The two tests were administered to a sample of 50 people selected randomly and their scores were correlated and a correlation coefficient of 0.89 was obtained (significant at 0.01 levels). The value indicates that the test is a highly valid measure of spirituality.

Procedure

After securing permission from the respective authorities in the institutions, the subjects were administered the five factor personality inventory, spirituality scale and personal data sheet, with their consent. They were asked to read the instructions carefully and answer the questions without omitting any. The subjects were assured that their responses would be kept confidential.

RESULTS AND DISCUSSION**Relationship between Five personality factors and Spirituality****Table 1 Correlation of Five personality factors and Spirituality (N=90)**

Correlation		Extraversio	Agreeablene	Conscien	Neuroticis	Opennes
Variables		n	ss	ti-	m	s to
				ousness		Experien
						ce
Spirituality	Pearson correlatio n	.272**	-.057	.286**	-.122	-.263*

Note : * significant at 0.05 level

**significant at 0.01 level

Correlation analysis was carried out in order to find out the relationship between five factors of personality and spirituality.

Relationship between five personality factors and spirituality

Table 1 shows the correlation between the study variables such as five factors of personality (extraversion, agreeableness, conscientiousness, neuroticism and openness to experience) and Spirituality. It can be observed that the spirituality was found to be significantly positively correlated with extraversion ($r=.272$ $p<.01$) and conscientiousness ($r=.286$ $p<.01$) factors of personality and significantly negatively correlated with openness to experience ($r=-.263$ $p<.05$) factor of personality. Interestingly, agreeableness and neuroticism had no bearing on spirituality, as expected. A number of studies have documented the consistent finding i.e., the relationship of personality and spirituality. Warr (2009) found out there was no relationship found between neuroticism, extraversion and agreeableness and spirituality.

It was found that higher spirituality dimension going hand in hand, mainly with extraversion and conscientiousness factors of personality and in opposite direction with openness to experience. i.e., those who are higher in spirituality tend to be more extraverted and enjoy the company of others and possess an upbeat disposition.

Even though the relationship between spirituality and agreeableness/neuroticism factors of personality were not significant, they were seemed to be related negatively.

Artists and Non-Artists difference in five factors of personality and spirituality

The mean and the standard deviation scores obtained by the artists and non artists in the different factors of personality and spirituality and the corresponding t-values are given in Table2.

Table 2 t-test comparing mean difference between artists and non-artists in the study variables of five factors of personality and spirituality

Variables	Group	N	Mean	Std Deviation	df	t
Spirituality	Artists	50	90.94	14.10	88	3.709**
	Non-artists	40	102.32	14.92		
Extraversion	Artists	50	48.04	6.75	88	6.25**
	Non-artists	40	58.52	9.14		
Agreeableness	Artists	50	59.06	7.73	88	5.08**
	Non-artists	40	51.52	5.90		
Conscientiousness	Artists	50	47.56	7.86	118	6.04**
	Non-artists	40	57.17	7.00		
Neuroticism	Artists	50	42.52	8.60	118	1.84
	Non-artists	40	39.55	6.05		
Openness to exp	Artists	50	47.02	6.60	118	6.56**
	Non-artists	40	37.17	7.61		

Note : *significant at 0.05 level, **significant at 0.01 level

t-test was carried out to compare artist and non artist groups in terms of their mean scores in different factors of personality and spirituality. Result showed that there was significant difference between two groups in scores of all the variables of personality except Neuroticism. There was significant difference favoring artists in Agreeableness (Artists, $M=59.06$, $SD=7.73$;

Non-artists, $M=51.52$, $SD=5.90$) and Openness to Experience (Artists, $M=47.02$, $SD=6.60$; Non-artists, $M=37.17$, $SD=7.61$) factors of personality. When considering the other factors of personality such as Extraversion (Artists, $M=48.04$, $SD=6.75$; Non-artists, $M=58.52$, $SD=9.14$) and Conscientiousness (Artists, $M=47.56$, $SD=7.86$; Non-artists, $M=57.17$, $SD=7.00$) non-artists groups scored well than artists group. Artists and Non-artist did not show any significant difference on Neuroticism. The result is in consonance with those obtained by.

The significant difference exists between artist and non artist groups in the spirituality and all the factors of personality except neuroticism. In these variables, artists were showed high agreeableness and openness to experience than non-artists. As with art preferences, personality differences underlying individuals' art interests seem to be captured mostly by the Openness to Experience dimension. Thus open individuals are more likely to both enjoy art works and engage in art-related behaviors. And they may expect to have specific aspects such as fantasy, aesthetics, and feelings. Whereas, non artists were showed high extraversion and conscientiousness. In general, artists work independently and think to act in an individual way; moreover they are in an imaginary world which makes them creative.

Conclusion:

The results of the study have brought to light that spirituality has significant positive relationship with extraversion/conscientiousness and significant negative relationship with openness to experience of personality. Both agreeableness and neuroticism are found to be independent of spirituality. Non-Artists are found to be high in the spirituality, and both extraversion and conscientiousness factors of personality than Artists. Artists scored higher in agreeableness and openness to experience and low in extraversion and conscientiousness. The findings will be of help to understand the behavior pattern, attitude and personality profile of artists group.

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