

The Role of Self-Monitoring and Socialization in Shaping Personality Traits

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Abstract

The self-monitoring and socialization relationship in personality traits and life satisfaction have been examined in this paper. Information was gathered by an online survey using a structured questionnaire with a five-point Likert scale aimed at establishing self-monitoring of the respondents, their social interaction and satisfaction with their life involved more than a hundred participants with different backgrounds. The statistical analysis was used to analyze the results and data was presented graphically to facilitate representation of the results. The results of the study showed a positive role of self-monitoring ability with emotional regulation, flexibility and emergence of personality traits including extraversion, agreeable and conscientious personality traits. Socialization through family and friends proved a strong source of emotional support together with resilience with regards to personality improvement and overall life satisfaction. The outcome of the study clearly shows that self-monitoring and socialization are two variables that enhance positive personality change and life satisfaction. Further researches can be carried out in order to increase the understanding of these relationships in the context of modern technology.

Keywords: Self-Monitoring, Socialization, Personality Traits, Satisfaction,

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| 1 INTRODUCTION

1.1 Introduction to Personality and Life Satisfaction

The interest in personality traits and their relationship with subjective well-being has grown focus in the last few years within psychology. At the same time, people have tried to figure out the way their characteristics influence their well-being. Compared to other sources of life satisfaction, self-monitoring appears the easiest to measure when analysing how people engage with their environment and evaluating their level of life satisfaction (Alwahaishi, Al-Ahmadi, Ali, & Al-Jabri, 2024). Moreover, the contribution of socialization to personality development is essential since socio-cultural interactions give such traits as extraversion, neuroticism, and agreeableness a specific coloration in daily practice.

1.2 Linking Self-Monitoring to Life Satisfaction

Self-monitoring has been the subject of substantial research efforts about how people modify their behaviours in different social contexts, which are usually defined by the aim of compliance or social acceptance. One potential neuroscience basis for this has been improved interpersonal interactions that increase life satisfaction (Csathó & Birkás, 2018). Further, the results revealed that high self-monitors are likely to report a higher level of satisfaction with life, which enables them to accomplish personal and social objectives wherever they find themselves. The study by Jopeen, Chahal and Punia (2024) recognized the importance of self-monitoring and socialization and highlighting the need to deepen the understanding of the dynamics of personality and life gratification. Lv, Fang, Zhang, Wang, & Wang, (2022), posit that individuals with high level of self-determination have positive impact on their satisfaction. Findings imply a direct association between self-monitoring and life satisfaction.

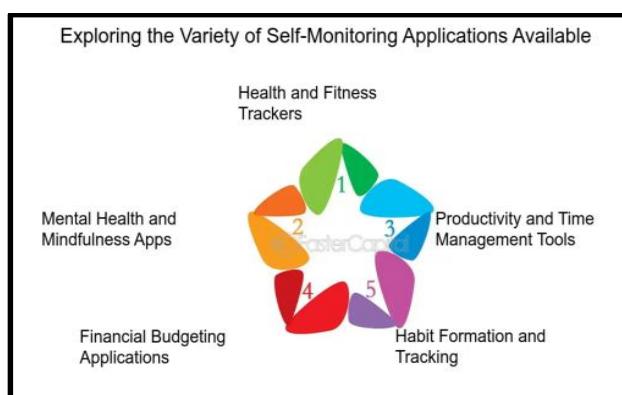


FIGURE-1. Self-Monitoring Application
(Source: FasterCapital, 2024)

1.3 The Role of Socialization in Personality Development

Socialization is the principal process that defines personality traits as individuals learn and internalize social norms and values during socialization (Roffarello & De Russis, 2023). Thus, people are trained or educated throughout childhood to adulthood in social roles, including family members, friends, employees, and others that shape personality. In particular, the roles parents play, friends and other associates, and the community combine to shape a person's character, clearly defining their quality of life, according to Şengönül, (2018). Bansal et al. (2025) found that affective commitment, emotional intelligence, and collectivism together enhance innovative work behavior wherein the emotional intelligence act as a mediator and creates an emotional bond with the organization, whereas collectivism as a moderator, when combined fosters a willingness to develop and implement new ideas.

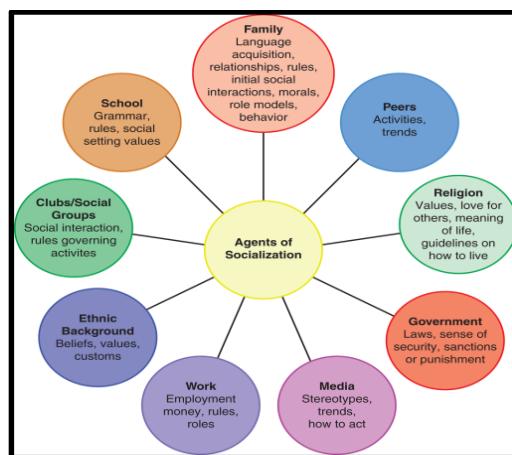


FIGURE-2. Agents of Socialization
(Source: Dimou, Dragioti, Tsitsas, Mantzoukas, & Gouva, 2023)

1.4 Self-Monitoring as a Moderator between Socialization and Personality Traits

Self-monitoring has been proposed as a moderator of the relation between socialization and personality that specifies how people encode and interpret norms, thus determining how socialization processes produce personalities. In this case, high self-monitors may respond to social cues and, as such, may be inclined to assimilate valued self-traits that will ultimately improve their life satisfaction (Dai, Tai, & Ni, 2021). On the other hand, people with low self-monitoring might not be as affected by socialization. They would express a personality close to the self, which might lead to distinct life happiness. Jopeen and Punia (2025) found that understanding of personality traits in changing professions and supported the idea that personality stability is a positive result as to how the aspiring professionals view their opportunities and privileges, even with a different perspectives in a global world for their future

growth perspectives.

1.5 Relationship between Self-Monitoring and Socialization

Self-monitoring and socialization are connected because of the capacity for an individual to modulate their behaviour based on social cues. The high self-monitors respond to social expectations and fit their actions with different social contexts to socialize as efficiently as possible. This contrasts with low self-monitors, where behaviour is more stable (less flexible) but less socialized due to the behaviour patterns being less consistent than those among high self-monitors (Tate et al., 2022). Self-monitoring tendencies are shaped by socialization due to the reinforcement of behaviour closely associated with group expectations. Consequently, self-monitoring determines the range and particularity of social interaction, which, in both depth and breadth, affects personality development and the capacity to form and maintain social ties.

1.6 Theoretical Models and Frameworks

Some theoretical approaches to use to enhance the significance of self-monitoring, socialization, and life satisfaction include: the theory of learning that is closely related to the ideas of modelling and reinforcement in personality development concerned with the concept, which combines self-monitoring and socialization considering an individual's life satisfaction (Roffarello & De Russis, 2023). Moreover, the Big Five Personality Traits Model offers a theoretical framework to analyse how the individual bigotry of temperament, derived through a process of socialization, influences such aspects of human beings as their level of extraversion or conscientiousness and the global life satisfaction they experience.

1.7 Purpose and Scope of the Study

This study aims to fulfil the empirical research question of self-monitoring, socialization, and personality characteristics concerning life fulfilment. Through analysing these variables, the research aims to reveal how self-monitoring can be an intermediate variable between socialization impact and personality traits to progress an understanding of life satisfaction. The study will also raise more questions relevant to other attempts at enhancing well-being using motivating socialization practices and regulatory actions.

Here is some research questions tailored to the research:

- RQ1: How does self-monitoring influence the development of personality traits such as extraversion, neuroticism, and agreeableness?
- RQ2: What role does socialization play in shaping life satisfaction through emotional

intelligence and social adaptability?

- RQ3: How does the interaction between self-monitoring and socialization moderate the relationship between personality traits and subjective well-being?
- RQ4: Are there cultural differences in the impact of self-monitoring and socialization on personality development and life satisfaction?
- RQ5: How does self-monitoring act as a mediator between socialisation processes and the formation of resilient personality traits?

| 2 **METHOD**

2.1 Survey and Questionnaires

Primary data collection occurred through an online structured Google Form questionnaire. The survey consisted of Likert-type questions measuring self-monitoring abilities, social skills, and life satisfaction. The survey collection survey acquired details about participants' demographics together with age categories, gender, and location in addition to their educational background (Isbulan, Cam, & Griffiths, 2024). Questionnaire responses were gathered from people with the help of the survey link through emails and social media platforms. The survey collected responses without personal information and was free from identification, facilitating honest reporting and unbiased statistical analysis of the measured variables. A structured survey examined how self-monitoring and socialization correlate with life satisfaction levels.

A Five-point Likert Scale operated within the survey because it employed close-ended questions ranging from "Strongly Agree" to "Strongly Disagree." Participants responded using answer scales that enabled stakeholders to perform numerical analysis about variables linked to their experiences, behaviours, and perceptions. The questionnaire examined how participants monitored themselves, which social factors from family, peers, media, and social settings influenced them, as well as their feelings about life success and self-worth (Furnham, & Cheng, 2019). The survey collected information about participants' demographics in addition to the research variables. To have a wider perspective the participants were selected from a range of educational backgrounds and geographic locations.

A survey instrument was disseminated through online mode and in-person also using convenience sampling to have information on their experiences of socialization combined with

self-monitoring tendencies. Largely the respondents group was a mix in the age group of 18-55 years of professional relevant groups. The students, early and mid-career individuals and a range of varying self-monitoring experiences and socialization patterns were included. In addition, the respondents were from both genders and covered urban, suburbs, and rural areas to provide an inclusive analysis of socio-environmental factors on self-monitoring. On academic fronts, the respondents were picked from social sciences, business, engineering, and healthcare disciplines to gain largely multidisciplinary perspective (Kanafa-Chmielewska, 2021). For a holistic perspective, how self-monitoring, from the lives from respondents, tied back to socialization and personality traits as these demographic factors were reasonable representations of data to work with. The participants were assured anonymity to promote honest and unbiased responses. Essential design components for the questionnaire created a consistent process of data collection, reducing possible biases. This method provided a systematic process for achieving trustworthy data to facilitate the empirical inquiry on self-monitoring, socialization, and their relations.

2.2 Tools and Measurements

Socialization, life satisfaction, and self-monitoring were evaluated with structured questionnaire/tools. The study evaluated self-monitoring through interviews with the participants which identifies how effectively participants control their social expression and self-display when interacting with others (Liu et al., 2022). This evaluation tool features items to judge acting behaviours alongside extraversion personality traits and patterns related to other-directedness to provide an extensive measurement of self-monitoring characteristics.

Participants were asked to rate their agreement on statements that asked them to indicate the extent to which they were exposed to socialization agents of family, peers, media, and cultural settings, on a five-point scale. Besides assessing through standardized psychological indicators distinct personality traits including the three traits involving extraversion, agreeableness, and neuroticism, the survey also measured. Google Forms made data collection a breeze, allowing data to be collected in no time with automatic tracking of the response. Statistical software was used to create visual interpretations of correlations between self-monitoring, socialisation and personality traits and bar graphs were made to represent these correlations. Built-in analytics, especially available for filling out Google Form surveys such as automatically creating bar graphs, pie charts, and histograms to provide visual results from

the Google Form survey (Kurmanova, et al., 2024). They had real-time visualizations of the platform's response summary that gave a basic indicator of trends for self-monitoring, socialization, and personality traits. Digital survey tools and graphical representation allowed the ability of the study to analyse relationships between variables while providing a graphically simple understanding of findings.

Standardized tools used to measure personality traits are systems and measurements of behaviours, emotions, and cognition, which differ. These instruments generally depend on self-report questionnaires and avoid questionnaires or behavioural assessments of personality dimensions. These tend to use Likert scale responses or provide the degree to which statements apply to them. Often, factor analysis is used to validate the structure of these scales, making them reliable and consistent. These measurements are good for seeing what the person needs about personality development and behavioural tendencies, interpersonal relationships, psychology, organizational behaviour, and personal growth (Vomberg & Klarmann, 2021).

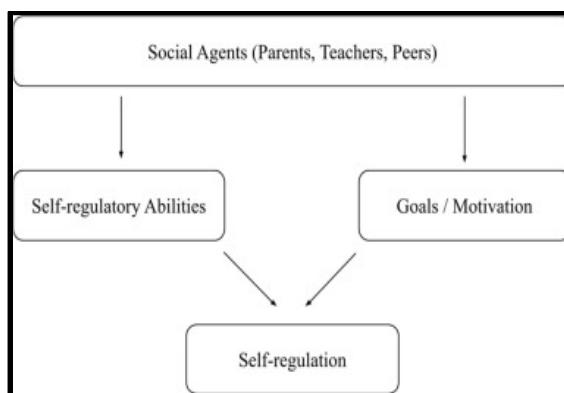


FIGURE-4. Overview of Self-Regulation
(Source: Wesarg-Menzel et al., 2023)

Social agents such as parents, teachers, and peers can significantly impact self-regulatory proficiency, encouragement, and the self-regulation operation itself. These factors help an individual's capacity to control emotions, thoughts, and behaviour. Self-regulation helps individuals perform well in social environments by developing adaptive skills and goal-oriented actions to nurture personal and academic development (Antonoplis, 2024). These assessment tools demonstrate proven accuracy and reliability when evaluating psychological and behavioural constructs. Each instrument has been chosen to establish reliability and validity as measures of the relevant constructs to achieve data reliability.

A structured quantitative investigation-based research design was used to establish

connections between self-monitoring aspects and socialization practices.

Self-Monitoring:

Self-Monitoring Index (SMI) will be

$$SMI = \frac{\sum(R_i)}{N}$$

Where,

R_i represents individual self-monitoring responses on a Likert scale, and N is the total number of survey items measuring self-monitoring.

Socialization:

Socialization Influence Score (SIS) will be

$$SIS = \sum (W_j * S_j)$$

Where

W_j denotes the weight assigned to each socialization agent (e.g., family, peers, media), and S_j represents the participant's response score for each agent.

The article utilized data visualization approaches to study the collected results. The research utilized different visualizations through pie charts to display distribution patterns and compare object quantities of key variables. Self-monitoring and life satisfaction relationships became visible when we saw the visual displays. The research methodology enabled deep analytical examination of different variables while expanding demographic accessibility throughout various demographic groups across populations (Leckelt, König, Richter, Back, & Schröder, 2022).

The implementation of a survey instrument accomplished both reliability and construct validity assessments. Preliminary questionnaire testing involved a small sample of participants to refine data clarity. Response monitoring validated representative sample composition as measurement consisted of a single specified time interval. Research participants experienced full confidentiality protection alongside comprehensive informed consent support from beginning to end of the research activity. Developments were made understandable by focusing on direct observations of trends in the survey. Through this approach, the patterns can be recognised to make useful data driven decisions for developing well-being and social adaptation enhancement strategies.

| 3 **RESULTS**

a. Self-Monitoring

Investigating self-monitoring results on personality traits necessitates the art of identifying patterns by statistically analysing survey data collected from individual responses and behaviours. Conditions that permit the identification of patterns arise during the correlation of self-monitoring behaviours to measures of psychological and demographic variables that signal where interventions are required. Training that teaches behavioural skills for self-awareness, emotional regulation, and sociability offers students a means to develop self-monitoring capability.

TABLE 1: Findings from Survey Analysis - Self-Monitoring Variable

Questionnaires	Key Observation
Question 1	Majority agree or strongly agree, but significant neutral responses indicate mixed emphasis.
Question 2	Neutral responses dominate, showing uncertainty or varied opinions.
Question 3	Opinions are evenly distributed, indicating varied comfort levels.
Question 4	Mixed responses, with agreement slightly outweighing disagreement.
Question 5	Neutral responses are most common, suggesting variability in habits.
Question 6	Neutral responses dominate, showing no clear consensus.
Question 7	Agreement levels slightly higher, showing moderate reflection tendencies.
Question 8	Neutral responses dominate, indicating mixed emotional impacts.
Question 9	Neutral responses dominate, showing no clear consensus on assertiveness.
Question 10	Neutral responses dominate, showing diverse approaches.
Question 11	Slight agreement dominance, indicating mild apprehension.
Question 12	Neutral responses are most frequent, reflecting mixed concerns.
Question 13	Neutral responses dominate, with varied tendencies.
Question 14	Neutral responses dominate, showing mixed levels of concern.

Question 15	Neutral responses dominate, showing a balanced awareness.
Question 16	Neutral responses dominate, indicating moderate anxiety.
Question 17	Responses are evenly distributed, showing mixed communication ease.
Question 18	Responses evenly distributed, showing varied perceptions of impact.
Question 19	Responses are evenly distributed, indicating mixed comfort levels.
Question 20	Responses are evenly distributed, indicating diverse interaction styles.

Workshop-based learning and counselling sessions deliver methods which help people merge self-awareness with authentic behaviour to minimize anxiety and strengthen social connections. Ongoing performance evaluation through feedback systems maintains the method's operational excellence as well as its adaptive quality throughout extended usage.

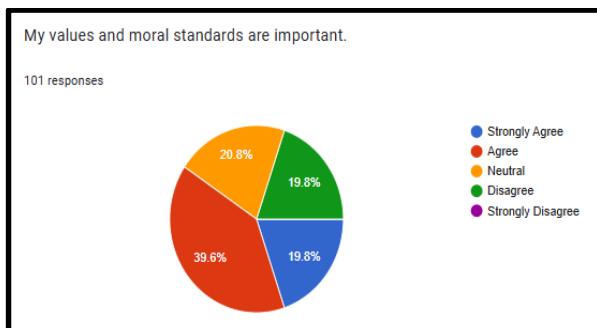


FIGURE-5. Pie Chart of Personal Values and Moral Standards

The chart for "Personal Values and Moral Standards" displays respondents who "disagree" with the statement at "39.6%" but "agree" and "strongly agree" respondents are a combined "19.8%." More than half of the survey sample agreed that their personal values relate to their personality characteristics.

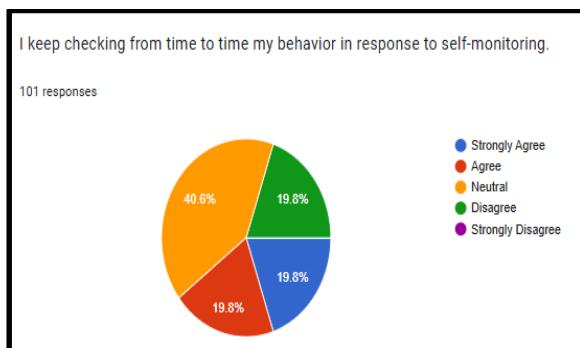


FIGURE-6. Pie Plot of the Condition of Timely Checking of Personal Behaviour

In terms of "Timely Checking of Personal Behaviour," 40.6% are "Neutral," indicating indifference to frequent self-monitoring. Self-awareness programs designed to promote personal reflection should be promoted as a solution for enabling people to check their behaviour against moral standards.

3.2 Socialization:

Through socialization people fulfil two essential tasks that shape their personality and life satisfaction by connecting socially while building emotional intelligence and learned behaviour adaptations. Leckelt, König, Richter, Back, & Schröder, (2022), suggested that

emotional intelligence is an essential trait to achieve success and it can be enhanced via social learning. When parents and peers support a young person, their self-awareness improves as does their confidence and social conscience that media exposure enhances overall. Through their social interactions individuals learn better ways to handle social interactions and create meaningful connections while forming a sense of group membership.

TABLE 2: Impact of Socialisation in Personality Traits

Responses	Frequency (n = 101)	Percentage (%)
Strongly Agree	20	19.8
Agree	20	19.8
Neutral	21	20.8
Disagree	20	19.8
Strongly Disagree	20	19.8
Overall Agreement Level (Strongly Agree + Agree)	40	39.6
Overall Disagreement Level (Disagree + Strongly Disagree)	40	39.6
Neutral Responses	21	19.8

It has been observed that social networks build life satisfaction while also making people more resilient and better equipped to handle life difficulties.

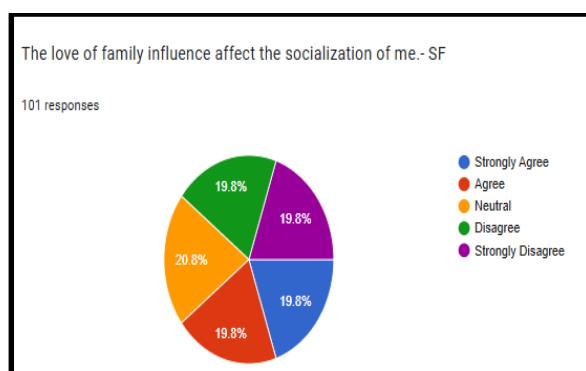


FIGURE-7. Graphical Results of Socialisation by Family Influence

A pie chart depicts how respondents divided their opinions about family socialization aspects including their experiences with family love and control along with guidance.

Personality and life satisfaction experience significant family influence according to most respondents.

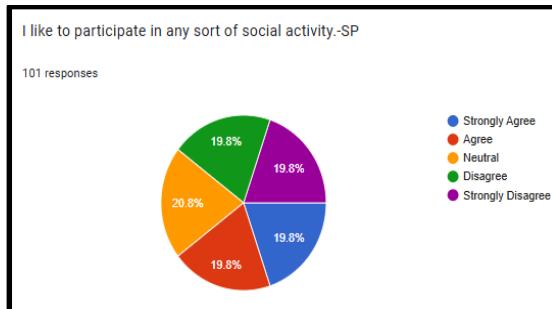


FIGURE-8. Social Activity Consequences

Social activity consequences data reveals participant responses through a balanced distribution between agreement and neutral viewpoints. The two charts demonstrate that family interactions along with broader social connections build up the formation of behaviours with political and social effects and contentment in life.

The enhancement of individual life satisfaction is bound to be benefited from improvements to both self-monitoring skills and social interaction skills. Self-monitoring acts as a catalyst of skill of shaping individual behavior and their responses with cues from the environment for successful ecological learning. Life satisfaction gets enhanced as a result of socialization in large part, as an outcome of socialization providing emotional support while expanding perspectives and producing feelings of belonging to a community. The growth of resilient personality traits requires self-reflection and strong relationships which an organization appears to maintain happiness and wellbeing.

4 DISCUSSION

4.1 Analytical Solutions

Research-related findings suggest that self-monitoring and socializing are two essential contributors to building personality strengths and contributing to improved life satisfaction. An analysis of survey data identifies self-monitoring behaviours may have variable results but support both emotional regulation and adaptability skills as foundational components of individual growth. The variability observed in self-report measurements highlights the need for specialized intervention systems that promote emotional awareness and social adaptability as an intervention for improved life satisfaction.

Individuals should engage in interpersonal activities which essentially factor into the development of life satisfaction because family and peer relationships provide significant emotional support to establish confidence. Individuals need social ties like family members and friends, in developing better connections to others and improving resilience in the management of everyday challenges. The research indicates positive effects from self-monitoring along with socialization process on personality characteristics and life satisfaction, and recognizes the influences are concurrent yet complex. The research study indicated that personality, and therefore wellbeing, is based on developing an internal sense of self-regulation and an external social support system, and emotional intelligence.

4.2 Empirical Findings

Studies of research analytics reveal how self-monitoring links the socialization functions to enhanced personality characteristics and higher life satisfaction levels. Research literature indicates the skill of self-monitoring allows individuals to change behaviours for given social situations creating enhanced performance quality while enhancing adaptability with one another. Adaptive behaviours generate positive personality attributes that serve to reinforce the psychology of being social and caring. These attributes account for life satisfaction. Prior studies indicate that individuals develop emotionally intelligent behaviours and enhance resilience from the benefits of a helpful family environment and support from peers. Individuals who experience high-quality social environments acquire skills for effective social navigation, which contributes to development in the traits of openness and conscientiousness (Lv, Fang, Zhang, Wang, & Wang, 2022). These specific traits are key components in achieving optimal levels of life satisfaction. Subjective well-being emerges from the synergistic effects of socialization and a person's ability to self-regulate. People derive higher life satisfaction because their effective self-regulation and active social engagement support their ability to manage their social engagement and develop authentic relationships. Self-regulation and social efficacy form the rationale for them both developing practices that promote higher levels of overall well-being. Research emerges using psychological data indicating that the combination of self-regulation and social experience forms foundational personality traits that produce greater life satisfaction (Furnham & Cheng, 2019). Self-development herein enables the individuals to transform more socially competent and

emotionally competent or intelligent social relationships, which in turn breeds a more satisfying and enjoyable social structure in life.

4.3 Limitations

Though the outcome of the study offers an exciting opportunities to explain diverse behaviours and well-being, yet, it cannot be free from limitations. The limitations could be an outcome of theoretical, methodological, and contextual matters, and the same have been discussed hereunder.

- **Complexity of Variables**

A notable research limitation pointed out when it comes to this research topic is that the study variables are numerous and interactive. Self-monitoring, and socialization: all are complex constructs for which it is difficult to obtain valid and reliable measures. In this case, self-monitoring includes factors such as social flexibility and conduct management while socialization includes various harassing factors including family, and peer culture among others (Sowmya, Chakraborty, Polisetty, Khorana, & Buhalis, 2023). This complexity makes it easier to end up with confounding factors making it difficult to know with ease the exact causality between self-monitoring, socialization, and life satisfaction.

- **Cultural and Contextual Differences**

Culture and society play a very large role in the dynamics and how developmental processes occur and personality is manifested. Such as, African tribal actions that can be seen as healthy by their standards, might be regarded as pathologic by European ones (Dai et al., 2021). Self-monitoring and its connection to such phenomenon as socialization depends on the culture, and the results may therefore not apply globally (Kiel, Lind, Nissen, Bleidorn, & Hopwood, 2024). Research that has centred on solely one cultural community may miss these differences, resulting in an inconsistent picture of the processes.

- **Influence of Modern Technology**

Socialization and self-monitoring challenged by the enhancing role of digital technology constitute another limitation of the research topic. The increased adoption of smartphones specifically and the use of social media alters general social interaction processes by which individuals socialize – conventional socialization processes (Kang, Yoon, Kim, Gratch, & Woo, 2025). Some of these technological factors are not reflected in the studies and,

therefore, researchers lack a proper understanding of how such a modern mechanism of socialization affects personality traits.

- **Potential Overemphasis on Self-Monitoring**

One of the limitations is that there might be an overemphasis on the role of self-monitoring as a mediating variable. That is why, although self-monitoring is one of the important prerequisites for controlling social behaviour, there can be other psychological constants, including the role of Emotional intelligence or self-control are also considered key determinants for personality and well-being (Furnham, & Cheng, (2019). The centralized emphasis on the concept of self-monitoring can lower the level of understanding of relations between different psychological and social factors.

- **Lack of Consideration for Later-Life Outcomes**

There are many studies on the role of socialization and self-monitoring, especially in youth or teenagers' age, but there is an issue with further investigation of its effect on personality and life satisfaction in middle and old age. According to Jach, Bardach, & Murayama, (2023), the link between socialization and well-being is dynamic over the life cycle and can confirm that late-life changes in social roles such as retirement, changing health status, and social networks may influence the dynamics under study.

15 CONCLUSIONS AND IMPLICATIONS

This research outcome portrays that self-monitoring together with socialization serve as a vital developmental agents of personality traits and individuals' subjective well-being. The results demonstrate that self-monitoring drives emotional regulation and adaptability which results in diverse personality traits. It has been revealed that these individual attributes lead to elevated life satisfaction. It has been further established that socialization as the primary element because family interactions together with peer networks provide emotional backing while nurturing resilience. Contact with others helps the people develop social navigation skills and increase openness while building relationship attachments up to the attainment of enhanced life satisfaction. The study demonstrated that personal self-regulation, as well as secure social environments, help in accomplishing basic conditions for holistic personality development and emotional health. However the findings were limited by the intricacy of measuring interactive processes and the impact of cultural elements within the research. Additionally, the subjective

measurement of personality discovered challenges in the form of the impact of technology on social environments, and little to no research on middle age and later in life outcomes were noted as unaddressed gaps within the literature. The use of data restricted the researcher from establishing temporal causal connections across the variables.

The study of self-monitoring development and socialization causal relationships demands future research to focus on longitudinal investigations. This research we have conducted involving researchers studying populations across a variety of cultural contexts will extend our understanding regarding the application of these constructs in global contexts. A focus on exploring contemporary processes of socialization through new technology and the impact of these forms of socialization on personal characteristics and daily satisfaction with life would be an ideal avenue for future research. Additionally, researching the relationship among joint psychological constructs such as emotional intelligence and self-control, along with self-monitoring would advance our knowledge of the relationships between personality and well-being. Research should analyse later-life results to track self-monitoring and socialization trends during lifespan developments, particularly concerning social role transformations combined with health regimen changes for developing age-evolved intervention support tool. It is widely recognized that self-monitoring and socialization significantly influence interpersonal behavior, increase adaptability to circumstances, and the ways to display in their social group. They promote social cohesion, occupational cohesion, and cultural conformity, but they can also potentially result in pressures or challenges around conformity, authenticity, and psychological well-being.

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