

# Study of High Risk Behaviors and their Association with Personality Factors

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**Abstract**— This paper focuses on studying the issue of risky behavior and its relation to personality factors in students.

**method:** The sample included 100 students who were selected via cluster random sampling from among all students of the university. To collect data on Eysinck personality questionnaire and Iranian Adolescents Risk-taking Scale, Zuckerman sensation seeking inventory and Beck Depression Inventory was used .The data were analyzed using Pearson correlation coefficient and multiple regression analysis. **Finding:** Pearson correlation coefficient showed that high-risk behavior personality traits of extraversion, neuroticism and psychosis-oriented, but a significant positive correlation with introversion personality characteristic and significant negative relationship. Multiple regression analysis showed that personality factors can be used to predict their risk behaviors. **Conclusion:** Considering the role of personality factors in high-risk tendency of people to different behavior.

**Keywords**— *Personality Trait, Risky Behaviors, Adolescents.*

## I. INTRODUCTION

Adolescence can be a difficult time. It is an important time in life for making many decisions.

There are a multitude of decisions made during this time including education, friends, dating, and sex. Some of these decisions can affect teens for the rest of their life. For example ,research shows that one in four adolescents has an STD3, there are major risks associated with tobacco and drug use, and reports show that risks such as homicide and suicide are very high in the teen years(Brener and etal,2004).

Risky behavior can be defined as performing outlandish unacceptable acts rejected by society. Risk taking has been an important feature of youths for many years and will undoubtedly continue in the future. There is a host of potentially risky behavior in which youths engage (Fischhoff, 1992).High risk behaviors expose health and well-being of young people to peril, they also define as

weird behaviors that are not acceptable in society(Biltagy,2014). High risk behaviors are divided to two groups: first group: behaviors that expose health and well-being of person to peril, second group: behaviors that are dangerous for health of other people ( Shamloo,2004).Behaviors such as substance abuse, aggressive, impulsive, sensation seeking, adventuress and unusual experience seeking are high risk behaviors that led to addiction, smoke and drinking alcohol.

We can see high risk behaviors like smoke , alcohol and other substance among guidance and secondary school students( Barikani , 1387).according to investigation that has done in Ardabil city in 1378 (1999) , addicted people are in 26 until 46 ages ( Majidpour and Kheirkhah,1380).

Study of high risk behaviors such as smoke, alcohol and other substance is important because Young people are in a sensitive condition, they tend to have boy or girl friend and they seek their identity. According to research that have done in 2013, there is a negative relationship between tending to high risk behaviors and age (Pinero, Delrio, Lopez, Martin &Becona , 2013) . behavioral addictions ( BAS) can be characterize as a disorder that happen along with impulsive and uncontrollable behaviors that have complication (Nicola, Tedschi, Harnic, Pozzi&Juniri,2010) , for example : people who drink much more alcohol are expose to unsafe sexual behaviors and people who inject substance are expose to HIV(Marchand, Evans,2013).young people who smoke cigarette are expose to heart , lung , respiratory disease and cancer. Substance using has many complications, adolescents drink alcohol behave brutally with others and hurt them (Xue, Zimmerman&Giunighel ,2009).

There are many factors that are related to taking high risk behaviors. Results of Some research indicate that personality traits predict behavioral problem, guiltiness and high risk behaviors (Markey et al ,2003). Mahmood Aliloo and colleagues(2010) investigated substance users and they showed that individuals who got high score in high risk

behaviors will get high score in sensation seeking, impulsive and nervousness.

Mcghee and colleagues (2012) investigated big five models of personality, they showed that there is a significant relationship between openness to experience, extroversion, job conscience and high risk behaviors. Torgersen and Vollrath (2002) found that those who got high score in extroversion and psychoticism and less score in responsibility were more tend to do multiple high risk behaviors. Those who got high score in responsibility and less score in extroversion probably do not like to do high risk behaviors.

Similar research in china investigated Chinese adolescents, results showed that those who got high score in depression and anxiety probably do more high risk behaviors (claro, Zhu, Yau,2009). Internal factors such as anxiety (Reynolds, Scheeriber, Geisel, Emset & Lejuez,2013) ,borderline, narcissistic and antisocial personalities effect on substance using and taking high risk behaviors (Navidian,Davahi and Bashardoost,2001),physical pains and hedonism (Ghoreishizadeh and Nedaei,1381) anxiety and depression(Aaarian ,Amiri and Akbari,1383) are related to impulsiveness (Nickola et al ,2013) and sensation seeking (Chartigho et al ,2013).

Experts have estimated that 10 million people will die until 2030 due to smoking (Slusky,2004). Sexual high risk behaviors, substance using and brutalization are related to death of adolescents and young people (Lindberg, Boggest, Williams,2000). If young people engage in high risk behaviors they would not be successful in the future because these behaviors have a lot of complications and unfavorable impact on society and people they also cause irreparable damage. Those who are active in universities must learn students how they can behave in a favorable way because if they do not learn them they would behave in an unfavorable way that are harmful for society ( Aliverdina,2014). We did this investigation with below hypothesis because personality factors play an important role in high risk behaviors.

## II. METHOD

The study which is a descriptive survey was carried out with cross – sectional and correlational. Correlational research include investigations that investigator try to know or determine relationships between variables using correlation coefficient ( Delavar, 2001). We gathered

information in their university then we analyzed data using spss software.

### Instruments

1. **Eysinck personality questionnaire (EPQ):** this questionnaire devised by Eysinck in 1964. Revised version of this questionnaire for adolescents has 90 yes or no questions that subject answer them. Kaviani investigated two groups of individuals who were from Shiraz and Tehran, he found reliability coefficient of revised version of EPQ for neurosis (0/89) and psychosis using retest method for extroversion scale (0/92). Eysinck administered this scale on a group in different times due to determination of validity and reliability and got its validity and reliability. internal validity coefficient( cronbach's alpha) were  $N = 0/88$  ,  $E = 0/90$  ,  $p = Q /78$  for males and  $N = 0/85$  ,  $E=0/85$  ,  $P = 0/76$  for females. correlation coefficient results of test –retest of two times EPQ administrations in a month on 230 individuals were  $N=0/76$ , $E=0/83$  ,  $P = 0/77$  for males and  $N= 0/81$  ,  $E = 0/89$  , $P = 0/81$  (Eysinck,1975). Validity coefficient using re-test in Iranian sample in two months was  $L = 0/88$  ,  $N = 0/89$  ,  $E = 0/92$  .  $P= 0/72$  and it shows high validity and acceptable of EPQ (Kaviani,1382).
2. **Iranian Adolescents Risk-taking Scale (LARS) :** this scale includes 38 items for testing vulnerability of adolescents toward high risk behaviors such as violence, smoking cigarette ,substance use , drinking alcohol, sexual relationship and behavior and tendency to opposite sex. Subjects answer to these items in a scale with 5 selection options ( completely agree 5 , completely disagree 1).validity of LARS have investigated by internal consistency and its Cronbach's alpha and construct reliability using exploratory factor analysis and principle component analysis .results of Kaiser-Mayer-Oklin measure of sampling were 0/931 and favorable , kmo and bartlett test was statistically significant. This questionnaire Cronbach's alpha for below scales are :  
Dangerous driving 0/74, violence 0/78 , smoking cigarette 0/93,substance using 0/88 ,drinking alcohol 0/90, tendency to opposite sex 0/83,sexual relationship 0/87

### Method and data analysis

We used descriptive, pearson correlation coefficient and multivariable regression in order to analyzing data.

### III. RESULTS

In this paper age mean of students was 21.44/1 percent were females and 55/9 were males. As we see in table 1 , mean and standard deviation for extroversion is 12/98 (1/01) , for introversion is 10/13 (2/22) , psychoticism is 10/93(2/51) and neuroticism is 13/80(2/75).

Table.1: Mean and Standard Deviation of Students' Personality Traits

Standard deviation	mean	variable
<b>1/01</b>	12/98	<b>extroversion</b>
<b>2/22</b>	10/13	<b>introversion</b>
<b>2/18</b>	13/80	<b>neuroticism</b>
<b>2/51</b>	<b>10/93</b>	<b>psychoticism</b>

According to table 2 , mean and standard deviation for below scales are :

Violence 10/55(3/50), dangerous driving 12/01 (4/43), drinking alcohol 11/24 (5/37), substance using 12/47(4/18), sexual relationship and behavior 8/58(4/40) and mean and total deviation of high risk behaviors 78/09(19/27).

Table.2: Students' High Risk Behaviors Mean and Standard Deviation

Standard deviation	mean	variable
<b>3/50</b>	<b>10/55</b>	violence
4/43	12/01	Dangerous driving
5/37	11/24	Drinking alcohol
5/30	11/05	smoking cigarette
4/18	12/47	Substance using
4/40	8/58	Sexual behavior and relationship
19/27	78/09	High risk behavior total score

Table.3:Calculation of Pearson Correlation Coefficient in Order To Study of Relationship Between Personality Traits and High Risk Behaviors in all Students

کل رفتارهای پرخطر	Sexual relationship and behavior	Substance using	Smoking cigarette	Drinking alcohol	Dangerous driving	violence	
***0/79	**0/69	**0/72	**0/70	***0/75	**0/68	***0/65	extroversion
** -0/25	* -0/14	* -0/21	* -0/17	* -0/14	** -0/14	*0/13	introversion
***0/74	*0/64	**0/70	**0/69	**0/65	**0/67	*0/68	neuroticism
***0/60	**0/55	***0/54	**0/49	**0/52	**0/50	**0/57	psychoticism
***0/55	*0/48	**0/43	**0/50	***0/49	** -0/48	** -0/45	depression
***0/80	**0/75	***0/69	**0/77	**0/74	**0/71	***0/64	Sensation seeking

\* P<0/05      \*\* P<0/01      \*\*\* P <0/001

pearson correlation coefficient showed that there is a positive significant relationship between extroversion personality traits (p<0/001 , r = 0/79 ) ,neuroticism (P<0/001, r = 0/74) , psychoticism(P<0/001, r= 0/60),depression(P<0/001, r = 0/55) and sensation seeking (P< 0/001,r = 0/80) with high risk behaviors.there is also negative significant relationship between extroversions traits and high risk behaviors.

#### IV. DISCUSSION AND CONCLUSION

In this paper Result showed that there is a positive significant relationship between extroversion and high risk behaviors.result of this study is similar to Mack Gey and colleauges (2012) ,Nickelson and colleauges(2005),Torgressen and Wolras (2002) that showed significant relationship between extroversion and high risk behaviors and it is also is not similar to result of Mahmoudi and colleauges (2014).

According to results of present study there was a negative significant relationship between introversion and high risk behaviors.introvert people like being alone and they do not like to have communication with others , they preffer being alone.they do their work accurately and when they do their activity they are calm, eventually we can conclude that they do not tend to high risk behaviors.

Results also showed that tere is a positive significant relationship between neuroticism and high risk behaviors.these findings are similar to Aliloo and colleauges (2009) , Malof and colleauges (2006) and Torghresen and Wolras (2002) findings.we can say that those who suffer from high range of neuroticism are mentally unstable.those who suffer from high range of neuroticism have automatic neural system in compare of normal people.there is a relationship between high range of neurocism and radical tend to biological reaction and mental unstability.in the other hand, Agrawal and colleauges (2013) indicated that neuroticisim is a reason to take high risk behaviors like substance using.

According to the results we can conclude that neuroticism is a personality trait that people who suffer from it are usually worried , anxious , depress and their mood is not stable , they can not sleep well and they suffer from psychosomatic disorders.these people think emptionally and they react radically to enviromental stimuleses(Mack gra and Kasta,1992 ,transcribed by Abdolahzadeh,2007).these personality traits led to take high risk behaviors and substance using.people who get high score in neuroticism probably they have irrational believes and can not control their impulses , they are not sociable and they have stress ( Aliloo et al ,2010).previous reasearch showed that there is a correlation between high score in neuroticism and high risk behaviors as a method that contrast to negative moods ( Abdolahzadeh,2008).therefore,some reasearchers belive that neuroticism traits are related to high risk behaviors (Malouff et al ,2007).

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