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Personality's Influence on Mood Variability and Leading Behavior. A Narrative Review

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Abstract. The prevalence of mood swings in contemporary culture necessitates an examination of the influence of personality on the manifestation of associated symptoms and the inclination to address them. The current investigation entails a comprehensive literature assessment by examining scholarly papers from international bibliographic databases. The study examined the impact of individual traits and specific mental diseases on mood fluctuations, focusing on identifying patterns of enhancement or decline. The findings of these experiments indicate that this phenomenon has an impact on the temperament of every individual. Examining certain traits (extroversion, neuroticism, psychoticism, cockiness) yields insights into the extent to which these traits are either incorporated or excluded from the influencing elements, as well as the assessment of immediate emotional states. Hence, the significant significance of personality in the alteration of moods is acknowledged, given the distinctiveness of each individual and the examination of various aspects and traits associated with leadership.

Keywords. Personality, Mood Variability Leadership, Personality Traits. Big Five Factors

1. Introduction

The rapid tempo of contemporary life and the resulting psychological and emotional exhaustion experienced by individuals have notably impacted their mental state and everyday disposition. Disposition optimism is a significant facet of personality, encompassing an individual's psychological inclination to respond in a particular manner to specific situations (Antonopoulou et al., . This inclination extends beyond momentary events in everyday life and encompasses a broader perspective on life, characterized by a positive or negative approach. In a broader sense, the quality and variety of moods are influenced by numerous characteristics encompassing an individual's temperament, cognitive processes, personal history, and the quality of social connections and lifestyle choices (Gkintoni & Dimakos, 2022; Gkintoni et al. 2021c). While it is well acknowledged that environmental circumstances, conditions, and unforeseen occurrences in daily life significantly contribute to the development of one's mood, it is crucial not to underestimate the substantial significance of personal traits, life outlook, and self-regulation in each person (Antonopoulou et al., 2022a; Halkiopoulos et al., 2021a). Personality, comprised of interconnected components, can incorporate opposing traits that frequently give rise to significant conflicts, impacting psychosynthesis and emotional

experiences (Gkintoni et al., 2023d). In particular, the presence of broader sensitive traits or indicators of psychopathology and mental disorders frequently precede the manifestation of subsequent fluctuations in mood within an individual (Gkintoni & Ortiz, 2023). These modifications have adverse effects on individuals' transient feelings and their overall psychosomatic well-being, as they can lead to prolonged worry, excessive event analysis, and the emergence of pessimistic and futile beliefs (Tzachrista et al., 2023). Moreover, it is essential to consider that several external influences, including but not limited to social support, physical health, and life circumstances, can interact with individual personality features, influencing the variability of one's mood (Gkintoni et al., 2022a; Halkiopoulou et al., 2023b). Gaining insight into the intricate relationship among these variables might yield a more holistic depiction of an individual's emotional terrain.

2. Literature Review

In recent decades, there has been considerable scholarly interest in the complex association between personality traits and fluctuations in mood within the field of psychological research. The central focus of this investigation revolves around the Five-Factor Model, also known as the "Big Five," which outlines five fundamental qualities of personality: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. This particular model has emerged as a fundamental framework for comprehending how personality traits influence mood oscillations and the broader spectrum of emotional encounters.

One significant finding in this field is the strong association between Neuroticism and increased mood fluctuation. Several research, such as those conducted by Larsen (1987) and Watson (1988), have reported that persons with elevated levels of Neuroticism tend to exhibit frequent and dramatic fluctuations in mood, notably characterized by a propensity towards negative emotional states. It is postulated that this association can be attributed to an augmented susceptibility to environmental stresses, rendering these individuals more responsive to their immediate surroundings.

Conversely, it has been observed that Extraversion is linked to heightened positive affect and decreased mood fluctuation. The inclination of extroverted individuals towards external stimuli and social interactions is a source of positive reinforcements, which helps mitigate the impact of negative mood states. Similarly, Conscientiousness, marked by qualities such as discipline and orderliness, has been linked to the maintenance of stable moods. This connection can be attributed to adhering to routines and establishing structure can help alleviate extreme mood fluctuations.

Nevertheless, the existing literature concentrates on more than just the Big Five. Additional personality variables, such as resilience and optimism, have been identified as significant factors in determining mood responses. According to a research study, persons with greater resilience and an optimistic mindset tend to display diminished fluctuations in mood, even when confronted with stressful situations. These characteristics offer an adaptive strategy that safeguards individuals from excessive mood changes. Furthermore, it is worth noting that within the realm of leadership studies, there has been a persistent emphasis on the significant influence of a leader's personality on an organization's overall outcomes. At the core of this investigation lies the Five-Factor Model, a framework that classifies primary personality characteristics into five distinct dimensions: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. The study undertaken by Judge, Bono, Ilies, and Gerhardt (2002) made significant contributions to the field by proposing that specific personality

qualities, specifically Extraversion and Neuroticism, have a direct influence on leadership styles, which in turn affect the emotional state and unity of their teams.

Extraversion, defined by assertiveness and friendliness, has positively correlated with transformational leadership styles. According to research study, leaders with elevated degrees of extraversion tend to generate a cascade of favorable energy and motivation among their teams. The inherent sociability of individuals within the team facilitates the establishment of effective communication channels, thereby creating an environment where team members perceive a sense of worth and are provided with opportunities to express their thoughts and opinions. This frequently leads to an increase in team morale, resulting in a decrease in overall mood fluctuation across team members.

Conversely, those who exhibit heightened levels of Neuroticism may provide difficulties when assuming leadership positions. According to research study, leaders who exhibit greater susceptibility to mood swings tend to add an element of unpredictability into the dynamics of their teams. This discrepancy may lead to decreased trust since team members may need help accurately predicting their leader's responses. As a result, teams that persons lead with high levels of Neuroticism frequently experience heightened fluctuations in mood, which negatively impacts their overall cohesiveness and productivity. In summary, the complex interplay between a leader's personality and its impact on the variability of team mood presents exciting implications for organizational psychology and leadership development (Antonopoulou et al., 2021a; Antonopoulou et al., 2021b; Antonopoulou et al., 2020; Antonopoulou et al., 2019). Acknowledging the significant consequences associated with mood variations underscores the importance of developing emotional intelligence, self-awareness, and adaptability within leadership positions to promote favorable and stable team interactions (Giannoulis et al., 2022a; Giannoulis et al., 2022b).

3. Methodology

The consequences mentioned above underscore the necessity of examining the phenomenon of mood swings, which necessitates a preliminary comprehension of the impact of personality characteristics. This action represents the initial measure towards early intervention and assistance for individuals encountering profoundly distressing circumstances.

Sample

The study's sample comprises research articles published in reputable scientific journals. These articles present and analyze data on mood quality and variability. Specifically, they examine mood concerning psychological factors, symptoms of mental illness, and personality traits. This examination is conducted through experimental methods or by collecting daily records of emotions using mood questionnaires.

Material and Method

This study thoroughly examines existing literature through a systematic review approach. The search strategy involved querying international bibliographic databases, including Google Scholar, Scopus, and Academia, utilizing keywords such as "mood differences," "mood changes," "individual differences," "feelings," "human," "personality," "attitude," and "leadership."

The search parameters utilized in the databases encompassed several criteria. These included the requirement for articles to be written in English, their pertinence to the subject matter being examined, and their publication within the timeframe spanning from 1997 to 2023. Additionally, it was imperative that the articles were sourced from reputable and authoritative scientific journals. Furthermore, it was judged essential to incorporate an experimental

approach in the intervention or research, which involved the daily recording of questionnaires and selecting a random sample of adults encompassing both men and women, regardless of whether they were students or older individuals. To be eligible for inclusion in the study, papers were required to incorporate a minimum of one control group and one experimental group (in cases where an experimental condition was present) and response scales/conditions for questionnaire surveys. Following an initial search using search engines and applying filters to ensure the relevance of the results to the topic, 14 articles were obtained. These articles were evaluated based on their title and abstract, identifying the six most suitable articles for the study. Subsequently, a comprehensive examination of the full text of each selected article was conducted to ascertain their suitability for providing the necessary information for the development of the subject and the execution of the research. The researchers studied and selected two studies that matched the inclusion requirements in the research. They thoroughly examined the pertinent factors and analyzed the data and conclusions.

4. Results

Mood Variability and Elements of Psychoticism, Neuroticism, and Extroversion

The initial academic article chosen comprised two studies examining the impact of personality traits and psychopathology on fluctuations in mood. Both investigations utilized a sample of male and female young individuals who were either university attendees or residents of the local area. The daily recording approach was employed through the administration of a questionnaire. The primary investigation for the study encompassed 56 female participants, 21 male participants, and one person who did not disclose their biological sex. The age range of the participants ranged from 18 to 53 years. The participants were provided with questionnaires that were to be promptly completed. These questionnaires comprised ten positive items, six negative items, one current health report, and one notable daily occurrence. The structure of these questionnaires was contingent upon the pertinent theoretical framework about the personality characteristics and disorders under investigation. The perspective on personality traits is grounded in the notion that, similar to how the study of psychopathology's past prompts additional exploration of emotional states, the magnitude of mood fluctuations serves as an indicator or potentially even a contributing factor to the presence of a psychological condition. The Eysenck questionnaire examined four distinct categories of individuals, which were organized into quadrants based on the relative prevalence and interplay of extroversion and neuroticism. Simultaneously, the schizotypy questionnaire consisted of two scales: one for measuring schizotypy/schizophrenia (STA) and another for assessing borderline disorder (STB). Notably, these measures were found to have no direct impact on mood variability. The present study investigates the relationship between impulsivity and the subject of interest, specifically examining how boldness and empathy contribute to changes in mood.

After disseminating questionnaires and brochures, including personality and motivation scales, a comprehensive session was conducted to provide participants with detailed instructions and guidelines. The experimenters gave the participants explicit instructions to record their current mood daily in each of the 32 booklets shortly before going to bed. They were then required to deposit these booklets in the matching numbered envelopes that were provided to them along with the booklets. The explicit instruction was to articulate the emotional state experienced in the current instant instead of describing the overall tone of the day or recalling the most vivid memory of an emotional experience. The survey included only participants who distributed more than 24 flyers to enhance the findings' comprehensiveness and validity.

The subsequent survey in the article examines a cohort including 43 individuals, encompassing males and females aged between 6 and 70. This sample was comprised of individuals who were either enrolled as university students or residents. The current investigation employed a modified version of the Eysenck questionnaire, consisting of 12 items for each personality attribute. These items were evenly distributed between positive and negative statements, with ten items for each polarity. Consequently, twenty adjectives about emotions were compiled, with participants rating them on a five-point scale. Every participant was given a personality profile and instructed to complete 28 mood measures daily for 14 days. This involved recording their responses once in the morning and once in the evening. The underlying justification for developing this approach was predicated on the notion that assessing fluctuations in mood over numerous time points during the day would yield a more comprehensive and comprehensive understanding of the phenomenon, resulting in enhanced outcomes. This study's instructions were clearly apparent since they emphasized the need to document the participants' present mood. Additionally, they explicitly stated that if any scale was skipped, participants should move to the next one without attempting to recollect their previous mood. Implementing such a measure would introduce a confounding factor that could compromise the integrity of the findings (McConville & Cooper, 1999).

Big Five Factors on Quality and Mood Swings

The present study draws upon relevant scientific research that contributed crucial data. Utilizing a questionnaire, this research investigated the impact of specific experimental conditions on mood changes. Furthermore, it explored these effects within the Five Factors of Personality theory framework. The research sample consisted of 218 psychology students, both male and female, who were roughly 24 years old. The participants were selected based on specific criteria, including having standard or corrected vision, no previous history of psychopathology or mental diseases, and being right-handed. Initially, the participants were subjected to a random assignment process when they were allocated to one of four distinct situations. Subsequently, the experimenters administered training and coping instructions to the individuals, perhaps employing a technique known as "mood manipulation." The conditions mentioned above exhibited a correlation with both happy and negative moods, as well as cognitive stress. The participants were thereafter subjected to a duration of 7 minutes, during which they were exposed to 250 photographs containing either sad or happy content. This exposure was accompanied by the simultaneous presentation of music and verbal stimuli that corresponded to the emotional content of the images.

In addition to this particular circumstance, individuals were allocated to undertake a survey that focused on seven essential elements (including those encompassed under the Big Five) to self-evaluate their self-awareness regarding their ability to regulate emotions. The survey comprised adjectives accompanied by mood regulation scales, which exhibited distinct and interrelated properties. Fifteen items were found to be associated with an improvement in mood, while 12 items were associated with a worsening in mood. Completing these tasks enabled the analysts to classify them based on their reactions to the presence of a hedonistic tone, level of tension, or degree of energy stimulation. Subsequently, the third stage of the study, "mood induction," encompassed the assessment of emotional responses (using ANOVA) after the participants' exposure to a narrative accompanied by background music that elicited either sadness or happiness. The research was ultimately concluded by employing the lexical decision task, wherein 108 letter sequence tests were administered and categorized accordingly. The dataset consists of nine positive words, nine negative words, nine neutral words, and nine non-words. The categories were organized into nine experimental blocks, establishing a controllable

condition (+) with a delay of 500ms and a more intricate condition (++) with a delay of 1000ms. The participants were given instructions to promptly determine if a given letter sequence was a valid word by pressing the P key on the computer or whether it was not a word by clicking the Q key. The researchers implemented the final experimental condition intending to investigate the impact of training parameters, repetition, and cognitive load on mood induction and its dimensional changes while omitting extreme values. According to Marszał-Wisniewska and Nowicka (2017), participants' ability to do these activities effectively indicated their ability to differentiate between rising and declining mood types.

The articles mentioned above have been published in England and Poland. Among the research mentioned above, two were published in 1999, while the most recent one was published in 2017. It is worth noting that all of these studies were published in the English language. The two studies conducted by C. McConville and C. Cooper revealed that the mean age of the participants in the sample was 21 years. The selection of participants primarily focused on those within the university vicinity, with a notable presence of women in both survey samples. The individuals in the initial survey did not participate in the subsequent study. The study by Magdalena Marszał Wisniewska and Magdalena Nowicka focused on a sample group with an average age of 24.3 years, including solely individuals enrolled as students.

Additionally, there is a prevalence of the female gender. The focus of all the studies was to investigate the relationship between personality traits and their ability to predict fluctuations in an individual's mood and tendency for personal growth or decline. Additionally, significant attention was given to the 5-factor model, encompassing availability for experiences, conscientiousness, extroversion, cooperativeness, and neuroticism. The initial investigation conducted by McConville and Cooper employed two distinct questionnaires: the Eysenck Personality Questionnaire (EPQ) and the Schizotypy Questionnaire (STQ). The observed sample had a general tendency towards reduced levels of negative affect and moderate levels of positive affect. There is no significant difference in EPQ scores between groups of students that are equivalent to those stated in the EPQ manual (Eysenck & Eysenck, 1975). In contrast, no discernible association was found between extroversion and mood fluctuation. A positive association was established between psychoticism and neuroticism, with a more significant correlation coefficient.

In a subsequent investigation, the mood variability calculation involved standard scores derived from the individual positive and negative mood variables. The results again demonstrated that the relationship with neuroticism exhibited consistency throughout both studies, but the previously observed strong correlation with psychoticism in the initial survey was no longer present. Ultimately, there is no discernible association between extroversion and mood fluctuation.

5. Discussion & Conclusion

Based on the research mentioned above findings, it can be observed that mood fluctuation is a distinguishing trait of individual variances. Nevertheless, the existing body of research on this topic needs to comprehensively capture the specific personality traits that play a role in influencing mood fluctuations (Halkiopoulou et al., 2021b). Stone et al. (1996) argue that mood is an essential psychological element that must be considered to comprehend normal and pathological human behavior. According to the research conducted by McConville and Cooper, it has been demonstrated that schizotypal qualities, as conceptualized by Claridge (1985), exert a more substantial impact on mood variability compared to extroversion and

neuroticism, which exhibit a considerably less pronounced influence. Individual variations in mood variability align with the traits associated with schizophrenia and depressive episodes.

Furthermore, the scholarly work of Magdalena Marszał Wisniewska and Magdalena Nowicka has significantly contributed to comprehending the impact exerted by both automatic and regulated cognitive processes on mood. In a broader sense, examining mood fluctuation reveals numerous facets that can be analyzed, such as the 5-factor model and patterns related to improvement or deterioration. The resulting results, however, exhibit variations while still being grounded in common assumptions. Ultimately, it is widely believed that mood variability can be regarded as a fundamental human personality trait (Gkintoni et al., 2016; Halkiopoulos et al., 2022). Nevertheless, the existence of specific and quantifiable elements that influence changes in mood remains uncertain.

Moreover, the deep and compelling relationship between personality, mood fluctuation, and leadership warrants further examination. At its essence, leadership extends beyond the realm of strategic decision-making and delegation, encompassing the nuanced practice of human interaction, which is significantly shaped by the personality attributes of a leader (Gkintoni et al., 2021a; Gkintoni et al., 2021b). Furthermore, considering the possible significance of mood variability in the context of leadership, the importance of emotional intelligence (EI) becomes crucial (Antonopoulou et al., 2023). Individuals who possess a high level of emotional intelligence (EI) exhibit a heightened awareness of their own emotions and demonstrate proficiency in perceiving and reacting to the emotions of others in their vicinity. Leaders who can accurately assess the prevailing atmosphere in a given setting and modify their communication approach possess valuable skill sets. Additionally, these leaders can mitigate the potential negative impact of their emotional fluctuations on team dynamics (Gkintoni et al., 2023a).

The role of personality is crucial in exerting influence on the variability of mood. By developing a comprehensive grasp of an individual's personality, individuals can enhance their ability to anticipate and effectively manage their emotional reactions, promoting enhanced mental well-being (Antonopoulou et al., 2022b; Antonopoulou et al., 2021; Gkintoni et al., 2023c; Gkintoni et al., 2022b). As the research in this particular domain progresses, the complex interplay between personality and mood can provide additional understandings regarding human behavior and emotional well-being (Sortwell et al., 2023).

In summary, although the Five-Factor Model offers a thorough framework for comprehending the association between personality and fluctuations in mood, it is evident that additional personality traits also exert a substantial influence. Further investigation is warranted to explore these relationships in greater depth, providing a more comprehensive comprehension of the complex interplay between personality and mood within the fabric of human emotion.

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