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EFFECTS OF PERSONALITY TRAITS ON THE QUALITY OF LIFE IN ADULTS

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Abstract

The Quality of Life dimension has been a permanent concern for both psychologists and sociologists, in their attempt to find out the level of contribution that certain personality traits have on the image of a high Quality of Life. The purpose of the research is to analyze how Extraversion influences personal perception of quality of life and how certain dimensions of Quality of Life influence Emotional Stability. A sample of convenience, consisting of 69 people, was evaluated using the QOLI-Quality of Life Inventory and Five-Factor Personality Inventory (FFPI) from which we chose the Emotional Stability and Extraversion factor. The results showed that there is a direct positive correlation between Extraversion, Emotional Stability and Quality of Life in general. The study showed that a better quality of general life is directly related to our emotional stability. A poor quality of life can lead to sadness, frustration or despair. At the same time, the strong correlation between Extraversion and Quality of Life in general, brings to the fore the importance of extraversion as a mediator of an image of satisfaction and fulfillment.

Keywords: *quality, life, psychologists and sociologists*

INTRODUCTION

An important aspect in an adult's life is the quality of their own life.

Characterized by a continuous change of statuses and roles in society, the adult period comes with a certain fullness on all aspects of life. The tumult of youth has diminished considerably, and at this stage of life the responsibility for the family is at the highest level.

The Quality of Personal Life dimension has a well-defined outline, and aspects such as: family, financial status, goals, values, community, friends, love, etc., receive rigorous attention.

However, the subjectivity of approaching this dimension is important to analyze in terms of personality traits, due to the way they help us to see how each individual relates to both social and personal factors.

The need to have access to food and shelter, basic factors of the human condition, makes the financial aspect of great relevance. If the financial status is one that offers personal satisfaction, the other aspects of the quality of life can be easily accessed.

Through a continuous development at this level, the role of basic person within the family will be satisfied and the internal aspects, psychic, will also be satisfied.

I. QUALITY OF LIFE

Quality of life is a topic often debated by scientists and beyond, it is the ultimate goal of a better, more prosperous life. This must always be in our attention, as the main objective that needs continuous improvement and strengthening, representing the most valuable indicator to observe the progress of a society.

As the World Health Organization (1995) points out, according to Lopez and Snyder (2013), quality of life is the individual's perception of his or her own life situation in the context of culture, the patterns of values in which he or she lives, and the extent or incompatibility of goals and expectations. His interests in mental health, independence and personal and social relationships as well as individual circumstances of his life (WHO., 1995, Lopez & Snyder, 2013, p. 782).

It is a broad concept that incorporates in a complex way the physical health of people, psychological state, level of independence, social relationships, personal beliefs and their relationships with the obvious features of the environment (Briaçon; 2010; p. 21).

At the same time, Zamfir (1984) specifies that "this quality of life is ensured by all those conditions that offer the human person the possibility of a harmonious development of achieving a full, satisfying life" (Zamfir, 1984, p. 23).

We can say, therefore, that a good quality of life, at the micro level, includes elements such as: independent lifestyle, based on good taste, oriented towards authentic values, bypassing non-values.

The purpose of this chapter is to examine the ways in which quality of life has been conceptualized, defined, and integrated into human life as an imperative need for the physical, mental, and material well-being of the individual. At the same time, we want to observe how the field of psychology has assimilated this concept by observing human behavior in its attempt to highlight its goals that lead to a quality of life as high and implicitly beneficial for his psyche.

The earliest source of quality of life comes from the work *Ethics of Nicomachea*, by Aristotle (384-322 BC). He said that both the people in the crowd and the upper classes of society understand the good life in terms of their own happiness, but in a different way. Thus, he emphasizes that quality life is a state of mind, a kind of physical activity, meant to bring inner satisfaction.

Psychoanalyst Sigmund Freud apud Mahfouz (2006) sees the quality of life as a feeling of pleasure, happiness, pain relief and a fundamental goal of human behavior.

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Also, the quality of life brings with it the satisfaction of instincts, since the principle of pleasure is the dominant principle of the operations of the psychological system. Freud believed that the instinct for life or the principle of pleasure is a reason for the permanence of life and satisfaction (Mahfouz, 2006, pp. 125-180).

At the same time, the humanist psychologist, Abraham Maslow, in his theory, emphasized a set of needs that he developed hierarchically, depending on their importance. The quality of life depends on the level of satisfaction of these needs. This can lead to a feeling of deep happiness and a high sense of the inner life of the individual (Gepner, 2003, pp. 101-111 apud Aissaoui, Baida, 2019).

Hard to define and operationalize, the feeling of happiness can be approached only empirically, the subjective side of the phenomenon of quality of life referring to the satisfaction / dissatisfaction felt by the individual and how he perceives his own quality of life. However, the degree of satisfaction / dissatisfaction with one's own life does not necessarily correlate with its objective quality, as a rule, assessments are always relative and are based on past or desired experiences for the future or by comparison with the experiences of others.

While one person may define quality of life based on wealth, another may define it based on emotional and physical well-being. At the same time, a person with disabilities can report a high quality of life, while a healthy person who has recently lost a job can report a low quality of life.

As the study by American researcher Goode (1997) showed, people with disabilities share a strong desire to engage in their community and live independently as a way to strengthen self-esteem.

The basis of his study was the measurement of the four essential factors necessary to form a good quality of life in society, namely:

- ❖ individual needs for love and acceptance, sex, friendship, security and health;
- ❖ expectations about these needs, as part of the society in which individuals live;
- ❖ available resources, necessary to meet the needs in a socially acceptable manner;
- ❖ environmental resources associated with these needs (Goode, D. and Mitchel D. 1997);

Being an evaluative concept, the quality of an individual's life is determined by the evaluation that the individual makes on his own life, as well as the various factors that influence it in one way or another. Values can be different, from the negative extreme (weak, bad, critical, unsatisfactory, harmful) to the positive extreme (good, favorable, satisfactory, satisfactory or beneficial).

Based on these definitions of the concept, Abdel-Moati (2005) highlighted three major dimensions of quality of life: (1) the objective of quality of life, which includes the social aspects of the lives of individuals provided by the material requirements of the community; (2) quality of life itself, means the degree of personal satisfaction with life and the individual sense of quality of life; (3) the quality of emotional life, which is the ideal to meet the needs of the individual and the ability to live in a spiritual and psychological consensus with himself and his community (Abdel-Moati, 2005, p. 20).

1.1 Quality of life and its determinants

Research in the field of psychology seeks to find ways in which the mental health of the individual is improved. This goal is achieved through therapeutic prevention programs, as well as through the development of programs that include self-development and optimism, as well as finding out the purpose of life and the real level of satisfaction at the individual level.

Psychologists have paid special attention to quality of life and the factors that determine it. They tried to discover the positive characteristics of the personality, the positive habits of human nature that create energies that activate a state of well-being, that propel the perception of a better life. Thus, the quality of life represents the interaction between living conditions and personal values, the individual's perception of his status in life in terms of the social-culture-community context, but also personal satisfaction in relation to life.

In order to measure the quality of life, several indices have been developed that measure different aspects of individual and societal life (Zanc, Lupu, 1994,1999, 2004): "(1) Emotional or mental well-being, illustrated by indicators such as: happiness, contentment self-esteem, a sense of personal identity, the avoidance of excessive stress, self-esteem, the richness of the spiritual life, the feeling of security"; "(2) Interpersonal relationships, illustrated by indicators such as: enjoying intimacy, affection, friends, social contacts, social support (dimensions of social support)"; "(3) Material well-being, illustrated by indicators such as: property, job security, adequate income, adequate food, employment, possession of goods (movable - immovable), housing, social status;" "(4) Personal affirmation, which means: professional competence, professional promotion, captivating intellectual activities, solid professional skills/abilities, professional fulfillment, levels of education appropriate to the profession"; "(5) Physical well-being, materialized in health, physical mobility, adequate nutrition, availability of free time, ensuring good quality healthcare, health insurance, interesting favorite activities in free time (hobbies and their satisfaction), optimal fitness or fitness , embodied in the four S, "Strenght" - physical strength, "Stamina" - physical strength or endurance, "Suppleness" - physical suppleness and "Skills" - physical skill or ability;" "(6) Independence, which means autonomy in life, the possibility to make personal choices, the ability to make decisions, personal self-control, the presence of clearly defined values and goals, self-leadership in life;" „(7) Social integration, which refers to the presence of a social status and role, acceptance in different social groups, accessibility of social support, stimulating work climate, participation in community activities, activity in non-governmental organizations, belonging to a spiritual-religious community;" "(8) Ensuring fundamental human rights, such as: the right to vote, the right to property, privacy, access to education and culture, the right to a speedy and fair trial." (Zanc, I., Lupu, I., 2004, p. 64-68)

American sociologist Schalock R. (2004), Al-Mashkaba (2015) apud Moudjahid (2019) has eight dimensions of quality of life: the emotional quality of life, which includes a sense of security, spiritual aspects, happiness, self-concept, satisfaction

or to convince; relationships between people, dimension that includes intimate friendship, emotional aspects, family relationships, interaction, social support; the quality of social status of life includes factors of social security, working conditions, property and social and economic status; educational improvement, includes the level of education, personal skills and level of achievement; physical quality of life includes health, nutrition, motor activity, health care, health insurance, leisure and daily activities; Self-determination, which includes independence, ability to choose, self-direction, goals and values; social interaction that incorporates social acceptance, social status, characteristics of the practical environment, integration and social participation, volunteering and one last dimension, namely, rights that include confidentiality, the right to vote and vote, the performance of duties and the right to property (Schalock R. , 2004, Al-Mashkaba, 2015, pp. 36 apud Moudjahid, Abdarrazak, 2019, p. 61).

Corroborating with all the above, it can be said that most human beings who want to have a normal human life, manage to integrate all the dimensions of life necessary to obtain a high quality of it. People base their personal vision on the quality of life they want to live by studying and examining reality, by confirming from others that their own values and visions are correct and in line with the society in which they live. All these aim to improve life as much as possible so that later to accept it in difficult moments and to be able to make concrete and appropriate decisions in order to live positively.

II. OBJECTIVE OF THE WORK

The purpose of this paper is to identify the relationship between Extraversion, Emotional Stability and Quality of Life.

2.1. Research hypotheses

This research is based on the following working hypothesis.

It is assumed that there is a correlation between Emotional Stability and Quality of Life.

2.2. Study participants

In order to carry out this research, a convenience sample was chosen consisting of 69 respondents, aged between 35 and 65 years, both from urban and rural areas, all from Constanța County. Thus, in the age group 35-45 years 31 people were part, the age class 46 -55 years was composed of 10 people, also 10 people were part of the age class 56-60 years and 8 people they were between 61-65 years old.

In terms of gender distribution, the sample consisted of 27 men (39.13%) and 42 women (60.87%).

2.3. Ethical requirements

The ethical aspects of the research were ensured by obtaining the consent of the subjects to participate in the study. The research was conducted online, due to the pandemic context, and the personal data of the participants were secured by encrypting their identity. Respondents agreed to capitalize on the overall results of the research in a scientific article.

2.4. Research instruments and working procedure

The research was based on the following tools: QOLI-Quality of Life Inventory, Five-Factor Personality Inventory (FFPI).

Quality of Life Inventory - QOLI

Through it one can evaluate mental health and happiness in terms of the 16 factors that actively influence the quality of life of the individual, namely: Health, Self-Esteem, Goals and Values, Money, Work, Play, Learning, Creativity, Help, Love, Friends, Children, Relatives, Home, Neighborhood, Community, but also the Welfare of the Individual in general.

The inventory is the basis of numerous assessments for understanding and treating mental and physical disorders, as support for the development of new treatments and the prediction of future health problems.

Five-Factor Personality Inventory (FFPI)

The Five-Factor Personality Inventory (FFPI Questionnaire) evaluates the five superfactors in the Big Five model: Extraversion (E), Kindness (A), Conscientiousness (C), Emotional Stability (S), and Autonomy (D). Two of the scales were capitalized, namely: Extraversion and Emotional Stability.

The Extraversion Scale assesses the well-being of the individual, the level of sociability and the participatory social level in daily life as opposed to social isolation.

Regarding the Emotional Stability scale, it assesses positive thinking, optimism, emotion control, self-confidence as opposed to anxiety, anxiety or managing stressful situations.

2.5. Research design

The research was started starting with July 2021 by applying the tests - QOLI Inventory - Quality of Life Inventory and Five-Factor Personality Inventory (FFPI) - on a sample of convenience consisting of 69 people. Thus, based on the answers received, we closely followed how certain determinants of personality, influence the way it is perceived Quality of life in general.

Following the results obtained through statistical calculations, the present research aims to demonstrate that there is a direct positive correlation between Quality of Life and two of the five personality factors, namely: Extraversion and Emotional Stability. It is thus intended to highlight the fact that a positive state and a balanced emotional control directly influence the individual's perception of his own quality of life.

2.6. Data analysis and processing

To verify the two hypotheses, we started from the verification of the normality of the distribution for each factor, by calculating the starting indices, plotting the histograms and the normality curve.

Thus, below we have the calculation table of the starting indices as well as the graphical representation of the normality with the help of the histograms for each analyzed factor, in part:

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Table 1. Calculation of starting indices

Descriptives										
		Statistic	Std. Error			Statistic	Std. Error			
Scor Global QOLI	Mean	1,946	,2011	Extraversiune Mean	60,42	1,416	Stabilitate emotionala	Mean	63,35	1,464
	95% Confidence Interval for Lower Bound	1,544		95% Confidence Interval for Lower Bound	57,59		95% Confidence Interval for Lower Bound	60,43		
	95% Confidence Interval for Upper Bound	2,347		95% Confidence Interval for Upper Bound	63,25		95% Confidence Interval for Upper Bound	66,27		
	5% Trimmed Mean	2,007		5% Trimmed Mean	60,37		5% Trimmed Mean	62,90		
	Median	1,940		Median	61,00		Median	62,00		
	Variance	2,792		Variance	138,335		Variance	147,907		
	Std. Deviation	1,6708		Std. Deviation	11,762		Std. Deviation	12,162		
	Minimum	-2,3		Minimum	30		Minimum	42		
	Maximum	4,6		Maximum	90		Maximum	96		
	Range	6,9		Range	60		Range	54		
	Interquartile Range	2,3		Interquartile Range	14		Interquartile Range	18		
	Skewness	-,484	,289	Skewness	,072	,289	Skewness	,526	,289	
	Kurtosis	-,386	,570	Kurtosis	,212	,570	Kurtosis	-,224	,570	

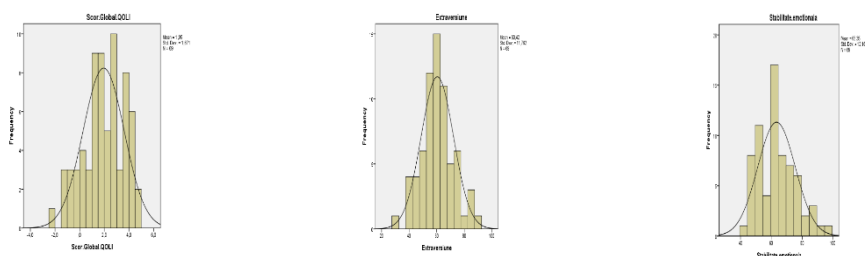


Fig. 1. Representation of histograms with the plot of the normality curve

To obtain the results, we calculated the normality of the distributions using the Tests of Normality test, taking into account the values obtained in the Kolmogorov-Smirnov test.

Table 2. Normality analysis - Tests of Normality test

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Scor Global QOLI	0,081	69	,200*	0,965	69	0,051
Extraversiune	0,062	69	,200*	0,992	69	0,932
Stabilitate emotionala	0,095	69	,200*	0,968	69	0,07

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

According to the analysis of the normality test, we notice that all the analyzed factors - Global Score of Quality of Life, Extraversion, Emotional Stability - respect the normality curve, with a Kolmogorov-Smirnov index greater than 0.05 (Sig > 0.05, Sig = 0.200) indicating that for the next step the parametric analysis of the Pearson correlation index will be used.

Hypothesis 1. For the analysis of the final results in order to interpret them and taking into account the values of the Kolmogorov-Smirnov index obtained using the

test Tests of Normality- Global Score of Quality of Life and Emotional Stability with Sig > 0.05, where Global Score Quality of Life- Sig = 0.200; Emotional Stability - Sig = 0.200), shows that the next stage of the analysis is the use of the Pearson parametric method.

Table 3. Correlation table Global Score Quality of Life - Emotional Stability

		Correlations	
		Stabilitate.e motionala	Scor.Globa I.QOLI
Stabilitate.e motionala	Pearson Correlation	1	,555**
	Sig. (2- tailed)		,000
	N	69	69
Scor.Globa I.QOLI	Pearson Correlation	,555**	1
	Sig. (2- tailed)	,000	
	N	69	69

** . Correlation is significant at the 0.01 level (2-

Since Sig 2-tailed < 0.05, (Sig. (2-tailed) = 0.001), value less than 0.05, highlights a statistically significant correlation between the two measured parameters (Global Score Quality of Life / Emotional Stability). At the same time, the value of 0.555 of the Pearson coefficient, shows the existence of a moderate positive direct correlation between the two measured factors.

At the point cloud of the calculated correlation, its direction to the upper right corner is observed, indicating, once again, the identified positive correlation.

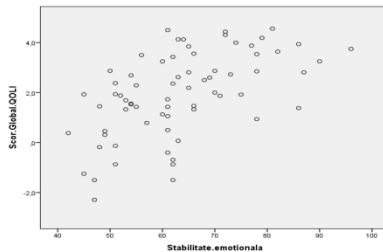


Fig. 2. Graphical representation of the correlation. The point cloud.

Thus, we can say that the hypothesis It is assumed that there is a correlation between Quality of Life and Emotional Stability has been confirmed.

The positive correlation between Quality of Life and Emotional Stability, shows the close connection between the two measured factors, so we can say that as quality of life increases, so does emotional stability, so emotions are directly proportional to how we perceive quality of life.

All aspects of an individual's life, from physical to mental well-being complete the picture of Quality of Life. So, any factor that could disrupt this balance makes its mark on that person's behavior and the way he perceives life on a mental level. Although each factor in the QOLI inventory does not correlate significantly with the Emotional

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Stability factor, taken as a whole shows how sensitive the Quality of Life dimension is and how easily it can positively and negatively influence emotional stability.

The current context of the Covid-19 pandemic, which since March 2020, has substantially altered social interpersonal ties, has forced the human being to reevaluate his life, values and personal needs in order to be happy.

Restrictive measures applied in several countries around the world appear to be effective in limiting the spread of Covid-19 (Bedford et al, 2020, pp. 1015-1018).

With the development of the vaccine for the prevention of severe forms of the virus and the immunization of the global population, an attempt is being made to return to normalcy before the pandemic.

However, the measures taken have disrupted and continue to disrupt people's daily employment and activities and may therefore have important implications for their health and well-being (Galea et al, 2020).

The results of the monitoring program of public opinion in the current situation started by IRES (Romanian Institute for Evaluation and Strategy), provided a worrying picture in terms of emotional stability: 89% of respondents believe they can get sick at any time, 65% they consider that someone close to them will get sick, 57% consider that due to the pandemic, their salary will be reduced, 51% that they will lose their job. 37% feel that they will not be able to take care of their loved ones because they are far away, 24% think that someone in the family would lose their job, 19% consider that they are not protected at work by coronavirus, 18% are affected by stress to stay at home and 11% are affected by the fact that children cannot go to school (Zamfir and Zamfir, 2020, p. 9:24).

People are deeply affected by every constitutive aspect of life: security of self, self-esteem, family, financial and job security, friends, community, etc.

In order to get a clearer picture of the sensitivity of the constitutive factors of quality of life to emotional stability, we will turn our attention to the answers provided by the respondents of this study. We will take into account the significant differences in answers.

Thus, although Health plays an important role for 45 people (65.22%) of the total sample, only 14 respondents (20.9%) say they are very satisfied with it, while the vast majority, 32 (46.7 %), stated that they are somewhat satisfied. It is worth mentioning that 10 people were very dissatisfied with their health, ie 14.5% of the total sample and this may sound an alarm that people tend to neglect their health due to the fear of getting sick with the new virus. .

Current research shows that dramatic changes and measures imposed in the context of the pandemic, social and physical distancing, pose important challenges to the health and well-being of individuals and those with existing morbidity from other acute and chronic diseases have the highest risk of losing the fight. Covid-19.

The survey conducted by Wang et.al. (2020) on 1210 respondents from 194 Chinese cities in January and February 2020 found that 54% of respondents considered the psychological impact of the Covid-19 outbreak to be moderate or severe; 29% reported symptoms of moderate to severe anxiety; and 17% reported moderate to severe depressive symptoms (Wang, Pan, Wan, 2020).

In the literature, health, according to Apostol (2008) is a state of general well-being of the individual that includes the dimensions: emotional, intellectual, physical, social and spiritual, each of which complements and interrelates throughout life. In order to maintain good health, a person must systematically examine and strengthen each of these dimensions in order to orient himself in the sense that he is allowed not only to live a long period of time, but to enjoy a good life. Fulfilled life (Apostle, 2008).

Emotional stability is closely linked to psychological health, referring to that state of the person in which his ability to work, to know or to carry out his favorite activities creatively, with pleasure and success is achieved. It also refers to the person's ability to understand and manage their emotions, to know how to deal with everyday problems and difficulties. Research and clinical observations in the field suggest that, during the pandemic, many people show stress or anxiety, which are fueled by the fear and pathological fear of becoming infected, of coming into contact with objects or surfaces possibly contaminated. Likewise, there is a growing fear of foreigners who may have an infection (ie, xenophobia related to the disease), fear of the socio-economic consequences of the pandemic, seeking reassurance about possible pandemic threats and pandemic-related traumatic stress symptoms (for example: nightmares, intrusive thoughts, etc. (Taylor, Thomas, 2020).

Money is another important aspect of satisfying daily needs. Lack or uncertainty of a job or other source of income has a negative and direct effect on emotional balance. For 20 people (29%) of our sample, money is very important and for 44 of the total respondents (63.77%) money is important. Regarding the level of satisfaction of the financial status, 32 people (46.38%) are somewhat satisfied and 17 people (24.47%) are not very satisfied. This aspect reflects the difficulty that the person faces and the emotional impact felt due to the lack of financial stability.

Recently, researchers have argued that the relationship between economic hardship (for example, making lifestyle adjustments due to financial needs) and psychological well-being is explained by worrying about one's financial situation. That is, a greater experience of economic hardship is associated with an increased concern for the financial situation, which in turn is associated with higher levels of psychological distress (Fiksenbaum et al, 2017).

Stevenson C and Wakefield J. (2020) through their research have shown that financial distress leads to suicidal thoughts due to increased levels of depression and loneliness. On a sample of 457 participants, they applied a series of tools to measure: the level of anxiety and depression - HADS Scale (Hospital anxiety and depression Scale), the financial threat with the help of the FTS Scale (Financial Threat Scale), suicidal thoughts - Questionnaire of Revised Suicidal Thoughts (SBQ-R) and level of group and family membership using the Group Identification Scale. The answers were obtained over a period of 6 months, all tools being used twice - in May 2020 and July 2020, respectively. The results showed a strong significant correlation between financial distress and suicidal thoughts by increasing depression and loneliness. This relationship is mediated by group / family membership. As the

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study's authors state, mental illness is directly associated with financial difficulties that put enormous pressure on the psyche (Stevenson C., Wakefield J., R., (2020), pp. 2665-2675)

The current pandemic has disrupted the normal, routine, unprecedented economic system and caused significant losses and changes among mankind. Considering the high unemployment rates, according to the National Agency for Employment in Romania, a significant percentage was registered, the total unemployment rate from January 2020-December 2020 being 3.38% of the total population- no. total registered Jan-258,917- Dec- 296,051. (cf. http://mmuncii.ro/j33/images/Date_lunare/Somaj_rata_122020.pdf).

During the pandemic, worries about losing a job and difficulty finding a new job can increase worries about financial stability, leading to low emotional stability and, consequently, mental health.

The results obtained by the economic analysis of Sumner et.al (2020) estimate a major impact of the Covid-19 pandemic on poverty indexed according to income and consumption per consumer. Global poverty growth, projected by statistical analysis, would be an obstacle to the goal of eradicating poverty by 2030 (Sumner, A., Chris H., Eduardo O., 2020).

Also, the study of Blanchflower (2009) showed that a high financial situation and good health determine a high degree of life satisfaction, implicitly a high quality of life (Blanchflower, D. G., 2009, pp. 155-226).

Another aspect that needs to be mentioned is that for a high quality of life, the community plays an important role. Thus, for 45 (65.21%) of the respondents the community plays an important role and for 18 (26.1%) of the total of 69 respondents, the role played by the community is a very important one. However, 23 of the respondents (33.3%) say they are somewhat satisfied with the community they belong to and 22 respondents (31.89%) say they are dissatisfied.

According to Community Box (2018), "a healthy community is a community that empowers all residents to experience a good quality of life."

Christakopoulou et.al (2001) apud Dumitru M. et.al (2011) defined the community quality of life as a dimension that includes the economic, political, psychological and social factor of the activity of human communities (Dumitru M. et.al, 2011, pp.131).

The measurement of the quality of community life is done at a subjective level in the light of what is observed by each participant of the community. The existing pandemic substantially altered the connections that existed between the members of the community by applying preventive measures that involve isolation, physical distance, implicitly affecting the face-to-face relationship.

It is known in the literature that depending on the degree of loneliness and the time spent in solitary confinement, pathological forms of loneliness can be achieved: from transient states of dissatisfaction, boredom in the presence of others to a chronic feeling of mental isolation, lack of communication, distrust of others, which can lead to a serious state of mental illness: even the decision to commit suicide (Zamfir & Zamfir, 2020, pp.11).

Following all the above, by highlighting the sensitivity of the factors that constitute the dimension of an individual's Quality of Life but also tracing how these factors can easily influence emotional stability, we can say that the current state in a pandemic context, generates difficulties in maintaining a mental state. good, balanced of contemporary man.

CONCLUSIONS

A Hard to be defined and understood, quality of life is a concept that is permanently affected by individual subjectivity. While one person may define quality of life in terms of wealth, another may define it based on emotional or physical well-being.

The present study aimed to find out what are the determining factors that underlie a satisfactory image of quality of life.

Thus, we found out that extraversion is that surface factor of the human personality that mediates between certain aspects of life and the components of Quality of Life. The positive attitude that characterizes extraversion helps the individual to develop a sense of fulfillment and satisfaction of his own life. At the same time, I found out that the components of extraversion vibrate strongly in the current context, and limiting socialization and physical distancing can lead to emotional collapse. The change of the concrete environment that humanity knew was replaced by a dynamic and unstable one.

Calmness and serenity are feelings that are quite difficult to find nowadays, being bombarded every second by a multitude of stressors that undoubtedly influence our psyche.

The Covid-19 epidemic has caused a widespread blockade worldwide. This pandemic is already showing a high negative impact on physical and mental health. The socio-economic consequences will also be significant, consequences that will negatively affect the mental and emotional stability of all individuals. Thus, emotional stability is in a vicious circle with a sinusoidal direction, people experiencing both feelings of relief and hope with the discovery of the vaccine against Sars-Cov-2 virus, but also feelings of despair and fear in the presence of a pandemic that does not will ever be eradicated again.

Regarding the present study, we consider that it has achieved its purpose, by confirming the two hypotheses issued. Of course, the results obtained cannot be considered as representative for the general population, but it gives us a limited picture of the Quality of Life approach by the respondents who formed the research sample.

It is hoped that this study will be replicated in the future, after the disappearance of both the virus and the situations to which people are subjected, to observe how people rediscover physical socialization, direct relationships, various outdoor activities, what they aim at transforming a psyche tried by the difficulties of this period, into a strong and healthy one.

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