



# Neuroticism, Critical Thinking, and Self-Awareness

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## Abstract

This study looked at the correlations between neuroticism, self-awareness, and critical thinking from the theoretical framework of Rogers's Self Theory and Eysenck's Theory of Extraversion and Neuroticism (F. Vingoe, 1968) and The Metacognitive Relationship of Self-awareness and Critical Thinking (Akcaoğlu, et al., 2023). The former study stated that people with higher neuroticism are less self-aware, and the latter concluded that those who are more self-aware are better at critical thinking. Therefore, putting the two theories together, it was hypothesized that those who score higher in neuroticism would score lower in critical thinking due to the lack of self-awareness. The study used a Qualtrics online questionnaire to gather data and was analyzed using Pearson's R value correlation and a two-t test to analyze results.

## Background/Terminology

The above section details the foundational literature in the creation of this study. Taking said theories it is important to define the terms used in this study. Roger's Self Theory, is broken down into two parts being **Self-aware** is the ability to notice one's own actions and its effect on self and others. **Self-regulation:** The ability to control one's actions to match desired effect found during introspection. Eysenck's Extraversion and Neuroticism: The Big 5 Personality characteristics where **Extraversion** is defined by "one's outer alignment towards the outer world (APA 2024) and **Neuroticism** is defined as chronic mental and emotional level towards psychological distress (APA 2024)". Finally in this study **Critical Thinking** refers to the ability to logically reason and come to rational answers of proposed solutions.

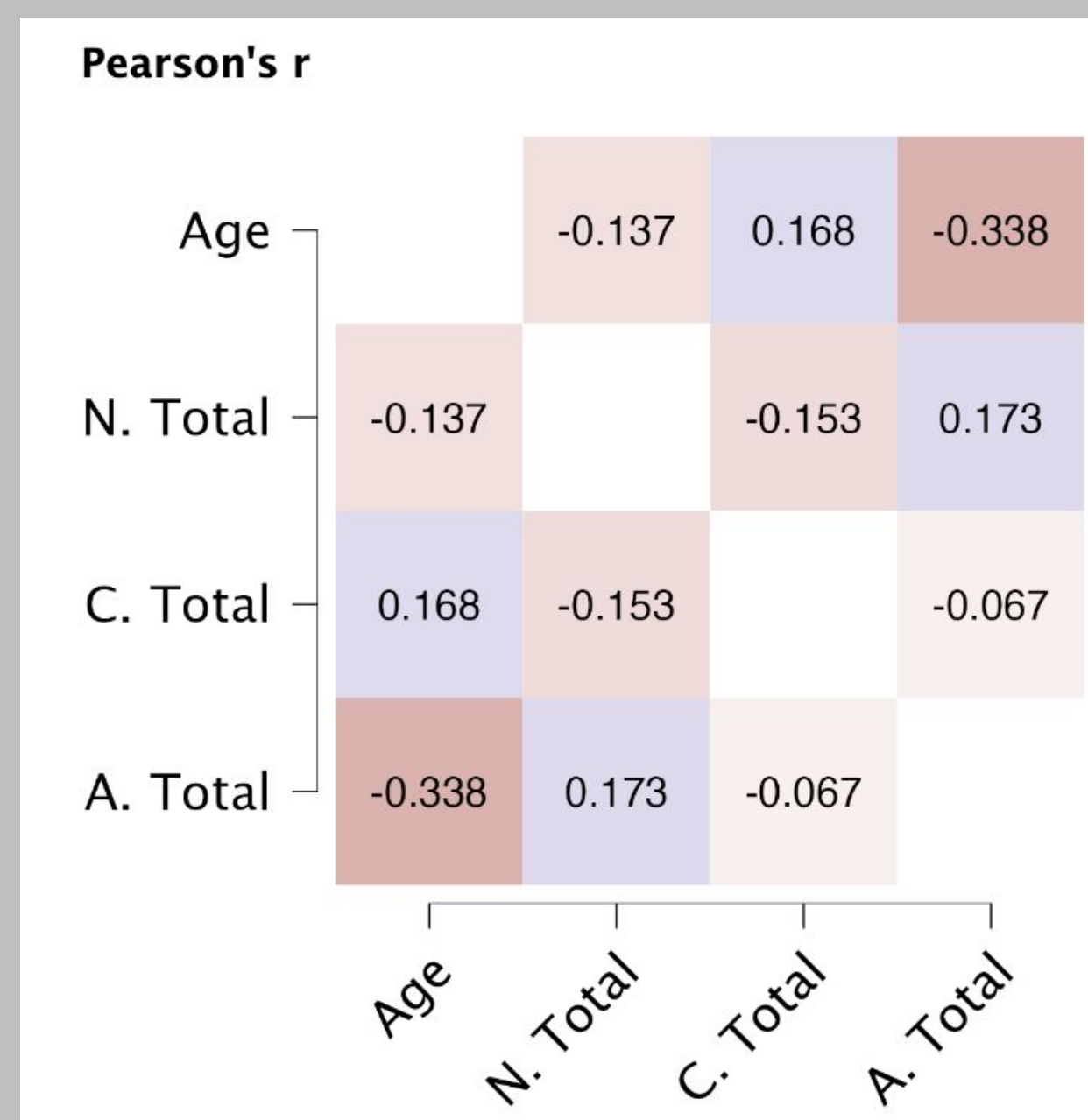
## References

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- Vingoe, Frank J. 1968. "Rogers' Self Theory and Eysenck's Extraversion and Neuroticism." *Journal of Consulting and Clinical Psychology* 32 (5, Pt.1): 618-20. doi:https://doi.org/10.1037/h0026253.

## Predictions

- Hypothesis 1:** Individuals with a higher neuroticism score will score lower in critical thinking.
- Hypothesis 2:** Individuals who score higher in critical thinking will be more self-aware.
- Hypothesis 3:** Individuals who are self-aware will score lower in critical thinking.

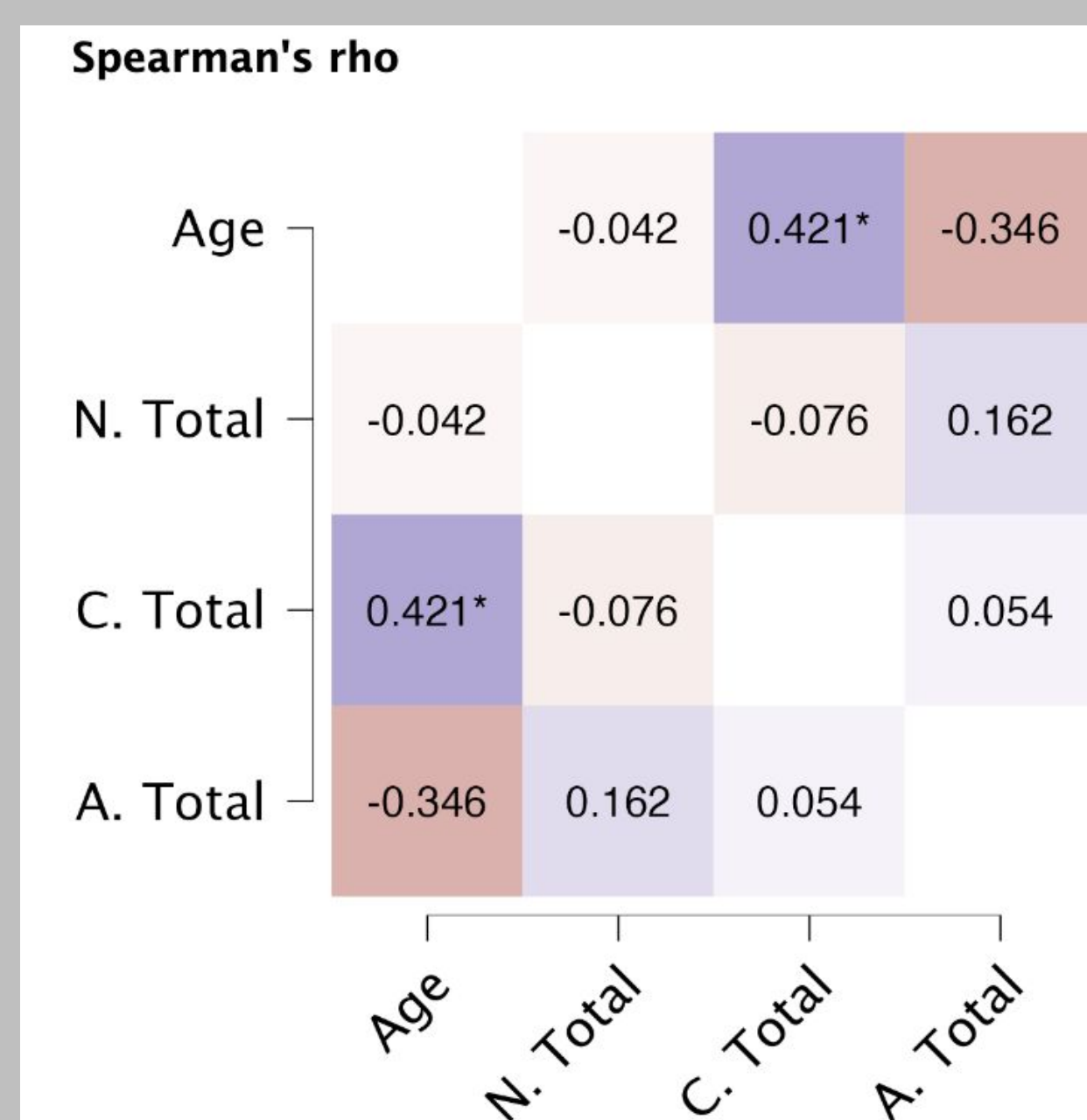
## Results



Independent Samples T-Test

	Test	Statistic	df	p
N. Total	Student	-1.561	32.000	0.128
	Welch	-2.913	9.105	0.017
A. Total	Student	1.250	32.000	0.220
	Welch	0.912	3.366	0.422
C. Total	Student	0.604	32.000	0.550
	Welch	0.378	3.238	0.729
Age	Student	0.639	29.000	0.528
	Welch	1.922	28.961	0.064

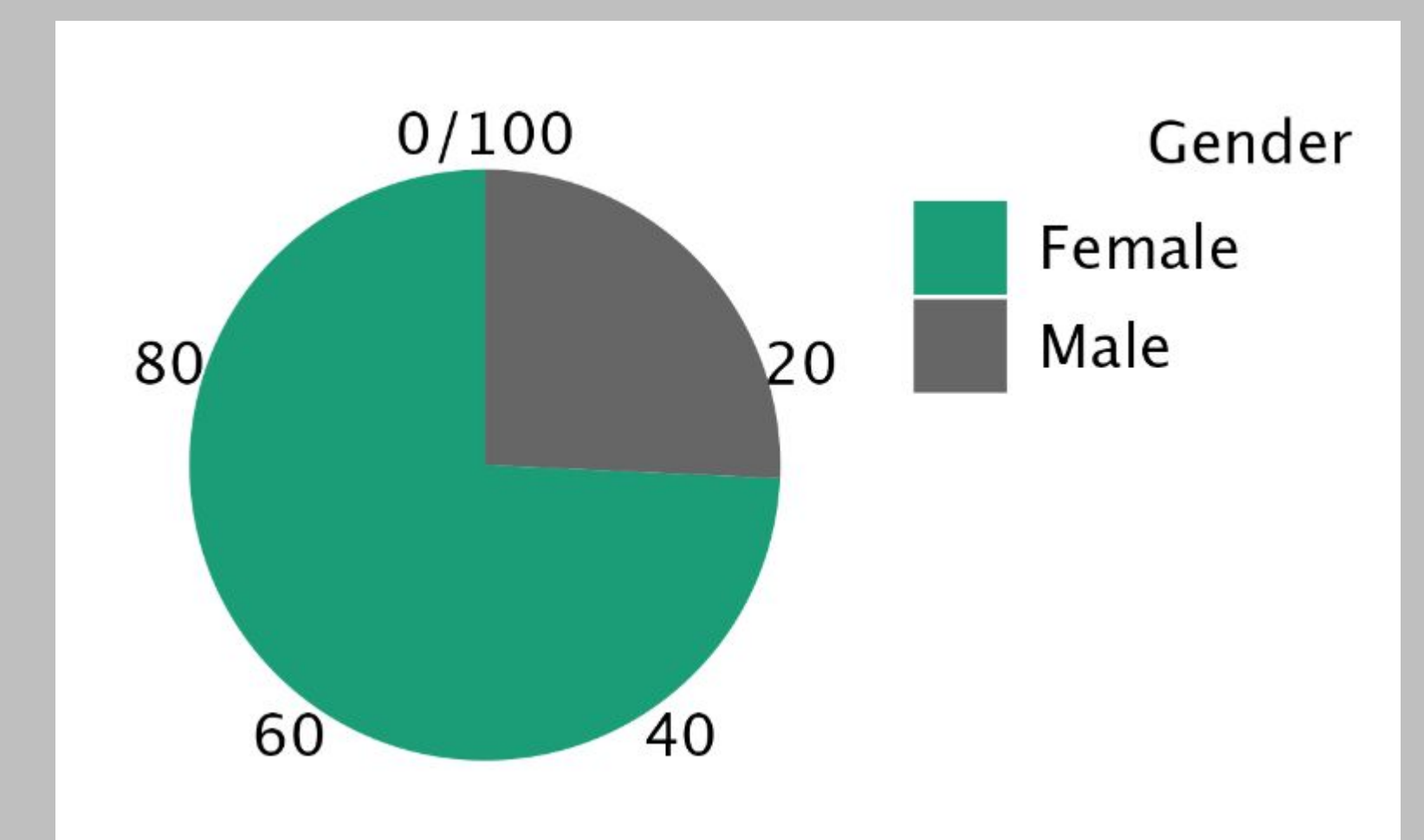
Hispanic/Latino Independent Sample T-Test



## Methods

A Qualtrics questionnaire was used to gather data about an individual's Neuroticism score in the form of a personality test, a critical thinking exercise, and a self-awareness test. Majority were white females and 56 resources were collected, after clean up 50 were used.

## Discriptives



Frequencies for Age

Age	Frequency	Percent	Valid Percent	Cumulative Percent
19	4	11.429	12.903	12.903
20	10	28.571	32.258	45.161
21	10	28.571	32.258	77.419
22	3	8.571	9.677	87.097
55	1	2.857	3.226	90.323
64	1	2.857	3.226	93.548
79	1	2.857	3.226	96.774
85	1	2.857	3.226	100.000
Missing	4	11.429		
Total	35	100.000		

