



## Personality Traits as Correlate to Parents Adolescence Relationship among Secondary School Students in Delta State Central Senatorial District

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### ABSTRACT

*This study investigated personality traits as correlate to parents adolescence relationship among secondary school students in Delta State Central Senatorial District. Five research questions and five hypotheses guided the study with the adoption of correlational research design. The population of this study consists of 45,318 senior secondary (SSI- SSIII) students in all the 190 public secondary schools in Delta Central Senatorial District of Delta State. The sample of this study consisted of 380 students drawn from the entire population size by Krejcie and Morgan (2006). The instrument that was used for data collection was a self-designed questionnaire. The validity of the instrument was established by three (3) experts in the Guidance and Counselling Department. A reliability test of the instrument was carried out on 50 senior secondary school students in Delta North Senatorial District of Delta State. The result of the test was used to compute the reliability of the instrument. The Cronbach Alpha was applied for the computation of the reliability coefficient of the subscales of the instrument, and a general reliability coefficient of 0.94 was obtained for the entire scale to establish the internal consistency of the instrument. The questionnaire was administered to senior secondary school adolescent students directly by the researcher with the help of two (2) research assistants. The research questions were answered using Pearson Product Moment Correlation (PPMC) and coefficient of determination while hypotheses were tested using Linear Regressions at a 0.05 level of significance. The findings among others showed that there is a significant relationship between the personality trait of openness to experience, conscientiousness and parent-adolescent relationships among secondary school students in Delta Central Senatorial District, Delta State.*

**Keywords:** Personality Traits, Parents-Adolescence Relationship, Secondary School Students

### INTRODUCTION

Adolescence can be a challenging period for both parents and their children. The researcher has observed that as young people struggle to come to terms with the physical, cognitive, psychological, and social changes they are experiencing, parents often feel that their relationship with their child has been "turned upside down." These developmental transitions, common in adolescence, can create significant strain within family dynamics, as both adolescents and parents try to adjust to the shifting roles and emotional needs of the child. The researcher has witnessed

several cases, both at home and in school, where these changes manifest in ways that lead to tension, misunderstandings, and conflict between parents and their adolescent children (Povedano-Diaz, et al 2020).

At home, one of the most common sources of conflict arises from the adolescent's growing desire for independence. In one case, a 14-year-old adolescent, who had previously been cooperative and respectful, began to assert their autonomy more strongly. This included seeking later curfews, spending more time with friends, and making decisions about their interests. The parents, accustomed to a more controlled family structure, struggled to accept these changes. The adolescent, feeling restricted and frustrated, responded with anger, perceiving their parents as overly controlling. This situation highlights how an adolescent's need for independence can clash with a parent's desire to maintain authority, creating conflict and confusion on both sides.

These observations highlight the significant emotional, social, and cognitive changes adolescents undergo, which can lead to tension and miscommunication within the family. According to Berk and Meyers (2020), adolescence is characterized by a developmental push for autonomy, which often results in emotional distancing from parents. Parents, who have often been accustomed to their child's previous behaviours, may feel confused or threatened by their child's growing independence and emotional shifts. The adolescents, on the other hand, may feel misunderstood or restricted by their parents' attempts to maintain control, which may further strain family relationships. These cases underscore the importance of open communication, empathy, and mutual understanding in maintaining healthy relationships between parents and their adolescent children during this challenging developmental phase (Ogundele et al., 2022).

Van, et al (2023) state that Parent-child relationships can become more complex during adolescence because children undergo profound developmental changes during these years. For example, their physical development progresses at a rapid rate. Changes in height and weight are common, and puberty leads to the development of several secondary sexual characteristics. Brain development continues into late adolescence. It is not unusual for adolescents to feel awkward, compare their appearance to that of others, worry they are not developing at the same rate as others, and ask questions regarding sex. Cognitively, adolescents develop advanced reasoning skills and abstract thinking skills. They become able to think about how they feel and how they are perceived by others. They are much more self-conscious and tend to believe everyone is watching them and is concerned about what they do and think (Van et al 2023). This study will look at parenting process.

The concept of personality traits and parent-adolescent relationships is another intricate factor to be discussed. Personality traits are enduring patterns of thoughts, feelings, and behaviours that characterize an individual's consistent way of interacting with the world and others. These traits are relatively stable over time and across different situations, influencing how a person perceives, interprets, and responds to their environment. Personality traits wield a significant influence on the dynamics between parents and adolescents, shaping the quality and nature of their relationship. For instance, parents who exhibit high levels of openness to experience tend to foster an environment of exploration and intellectual curiosity within their families, encouraging their adolescent children to pursue diverse interests and new endeavors.

Conversely, conscientious parents, known for their organization and discipline, often establish clear boundaries and rules, providing structure within the parent-adolescent relationship and nurturing a sense of security and trust. Extraverted parents, characterized by their sociability and outgoing nature, often engage in frequent communication and shared experiences with their adolescent children, fostering warmth and closeness. However, these parents need to respect their

adolescent's need for privacy and independence. Agreeable parents, known for their kindness and empathy, prioritize harmony and cooperation in their relationships, creating a supportive environment where adolescents feel understood and valued. On the other hand, parents with high levels of neuroticism, marked by emotional instability and anxiety, may struggle to regulate their emotions effectively, leading to heightened conflict and stress within the parent-adolescent relationship. In contrast, emotionally stable parents, characterized by their calmness and resilience, provide a stable and supportive environment for their adolescent children, facilitating healthy communication and coping mechanisms.

The interplay of these personality traits may significantly influence the communication patterns, emotional dynamics, and overall quality of the parent-adolescent relationship. Understanding these influences enables parents to adapt their parenting styles and approaches to better meet the needs of their adolescent children, fostering a stronger and more fulfilling relationship. Odiase and Egbule (2018) posit that recognizing how personality traits affect parent-adolescent interactions can have practical implications. It can help parents adjust their parenting styles to better suit their child's unique personality, fostering more positive interactions and communication.

### **Statement of the Problem**

The relationship between parents' personality and adolescents is critical for the psychological, emotional, and social development of adolescents. The personalities of parents and adolescents play a significant role in shaping these relationships. Therefore, it is essential to comprehend how personality traits and the parent-adolescent relationship interact to promote adolescent well-being and family harmony. Personality traits may significantly influence academic outcomes during adolescence, making it vital to explore their roles in this context. Adolescents are vulnerable to engaging in risky behaviours, such as substance abuse and delinquency, which can have long-term effects. Therefore, it is critical to understand how personality traits can either mitigate or exacerbate these risks to develop targeted prevention strategies. This study aims to investigate the influence of these factors on the well-being, educational achievement and risk behaviors of adolescents. Therefore, the researchers intend to provide answer to these questions: To what extent does personality traits correlates parent adolescents' relationship?

### **Research Questions**

The following research questions guided the study:

1. What is the relationship between personality traits of Openness to Experience and parents' adolescents' relationship among Secondary school students in Delta State?
2. What is the relationship between personality traits of Conscientiousness and parents' adolescents' relationship among Secondary school students in Delta State?
3. What is the relationship between personality traits of Extraversion and parents' adolescents' relationship among Secondary school students in Delta State?
4. What is the relationship between personality traits of Agreeableness and parents' adolescents' relationship among Secondary school students in Delta State?
5. What is the relationship between personality traits of Neuroticism and parents' adolescents' relationship among Secondary school students in Delta State?

### **Hypotheses**

The researchers formulated the under-listed hypotheses to be tested at a 0.05 level of significance:

1. There is no significant relationship between personality traits of Openness to Experience and parents' adolescent relationships among Secondary school students in Delta State.
2. There is no significant relationship between personality traits of Conscientiousness and parents' adolescent relationship among Secondary school students in Delta State.
3. There is no significant relationship between personality traits of Extraversion and parents' adolescent relationship among Secondary school students in Delta State.
4. There is no significant relationship between personality traits of Agreeableness and parents' adolescent relationship among Secondary school students in Delta State.
5. There is no significant relationship between personality traits of Neuroticism and parents' adolescent relationship among Secondary school students in Delta State.

## METHODOLOGY

This study adopted the correlational research design. This design was chosen because it allowed the study of the relationship that existed between personality traits, and parent-adolescent relationships among secondary school students. According to Tan (2014), a correlation research design seeks to ascertain relationships between two or more variables. The population of this study consists of 45,318 senior secondary (SSI- SSIII) students in all the 190 public secondary schools in Delta Central Senatorial District of Delta State during the 2022/2023 academic session. The sample of this study consisted of 380 students drawn from the entire population size by Krejcie and Morgan (2006). In Krejcie and Morgan's statistical table, the sample size of a population of about 40, 000 is 380 which is adequate for a 95% confidence level to ensure a manageable sample. Multi-stage sampling procedure comprising a stratified sampling technique and a simple random sampling technique was used to select the sample for the study. First, 20% of the entire secondary schools were selected using stratified Random Sampling. The stratification was based on the educational zone in the senatorial district (Ughelli Zone and Sapele Zone). Hence, 16 secondary schools from the Sapele Zone and 22 secondary schools from the Ughelli Zone, making a total of 38 secondary schools from the entire public secondary schools across the local government areas in the Delta Central Senatorial District. Secondly, 10 students were selected from each sampled secondary school through a simple random sampling technique. The instrument that **was used** for data collection **was** a self-designed questionnaire. The questionnaire, titled "Personality Traits and Parent-Adolescent Relationship" (PTPARQ), **was designed** by the researchers. The questionnaire **was divided** into two sections: Sections A and B. Section A **collected** respondents' data such as sex, while Section B **consisted** of three sub-scales which **measured** personality traits, and parent-adolescent relationship. Each subscale in the questionnaire originally **consisted** of 25 items, but each of the subscales **was reduced** to 10 and 15 items respectively, making a total of 25 items in the entire subscale. The respondents **were asked** to indicate their opinions on a point scale with close-ended items as Strongly Agree (SA) = 4, Agreed (A) = 3, Disagree (S) = 2, Strongly Disagree (SD) = 1. The validity of the instrument **was established** by three (3) experts in the Guidance and Counselling Department. These experts **assessed** the instruments for appropriateness and suitability to the study, and their suggestions **were implemented**. A reliability test of the instrument **was carried out** on 50 senior secondary school students in Delta North Senatorial District of Delta State. The result of the test **was used** to compute the reliability of the instrument. The Cronbach Alpha **was applied** for the computation of the reliability coefficient of the subscales

of the instrument, and a general reliability coefficient of 0.94 **was obtained** for the entire scale to establish the internal consistency of the instrument. The questionnaire **was administered** to senior secondary school adolescent students directly by the researcher with the help of two (2) research assistants, who **were properly sensitized** on the purpose and nature of the study. The research questions **were answered** using Pearson Product Moment Correlation (PPMC) and coefficient of determination. On the other hand, the hypotheses **were tested** using Linear Regressions at a 0.05 level of significance.

## RESULTS AND DISCUSSION

**Research Question 1:** What is the relationship between personality traits of Openness to Experience and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State?

**Table 1: Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Openness to Experience and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State**

Variable	N	Mean	SD	r	r <sup>2</sup>	r <sup>2</sup> %	Decision
Openness to Experience	380	34.94	6.03	0.448	0.200	20.0	Positive Relationship
Parents' adolescents' relationship		59.40	6.48				

Table 1 showed the Pearson Product Moment Correlation and coefficient of determination of relationship between personality traits of Openness to Experience and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State. As shown in the table,  $r = 0.448$ ,  $r^2 = 0.200$  and  $r^2\% = 20.0\%$ , which is the relationship between relationship between personality traits of Openness to Experience and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State. This indicates a positive relationship between personality traits of Openness to Experience and parents' adolescents' relationship. From the result, Openness to Experience contributed 20.0% of the variance in parents' adolescents' relationship in Delta Central Senatorial District of Delta State.

**Research Question 2:** What is the relationship between personality traits of Conscientiousness and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State

**Table 2: Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Conscientiousness and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State**

Variable	N	Mean	SD	r	r <sup>2</sup>	r <sup>2</sup> %	Decision
Conscientiousness	380	28.19	5.81	0.591	0.349	35.0	Positive Relationship
Parents' adolescents' relationship		59.40	7.92				

Table 2 showed the Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Conscientiousness and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State. As shown in the table,  $r = 0.591$ ,  $r^2 = 0.349$  and  $r^2\% = 35.0\%$ , which is the relationship between the relationship between personality traits of Conscientiousness and parents' adolescents'

relationship. This indicates a positive relationship between personality traits of Conscientiousness and parents' adolescents' relationship. From the result, personality traits of Conscientiousness contributed 35.0% of the variance in and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State

**Research Question 3:** What is the relationship between personality traits of Extraversion and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State

**Table 3: Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Extraversion and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State**

Variable	N	Mean	SD	r	r <sup>2</sup>	r <sup>2</sup> %	Decision
Extraversion	380	28.57	4.61	0.356	0.127	13.0	Positive Relationship
Parents' adolescents relationship		59.40	7.92				

Table 3 showed the Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Extraversion and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State. As shown in the table,  $r = 0.356$ ,  $r^2 = 0.127$  and  $r^2\% = 13.0\%$ , which is the relationship between the relationship between personality traits of Extraversion and parents' adolescents' relationship. This indicates a positive relationship between personality traits of Extraversion and parents' adolescents' relationship. From the result, personality traits of Extraversion contributed 13.0% of the variance in and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State

**Research Question 4:** What is the relationship between personality traits of Agreeableness and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State.

**Table 4: Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Agreeableness and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State**

Variable	N	Mean	SD	R	r <sup>2</sup>	r <sup>2</sup> %	Decision
Agreeableness	380	46.44	6.91	0.310	0.096	10.0	Positive Relationship
Parents' adolescents relationship		59.40	7.92				

Table 4 showed the Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Agreeableness and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State. As shown in the table,  $r = 0.310$ ,  $r^2 = 0.096$  and  $r^2\% = 10.0\%$ , which is the relationship between the relationship between personality traits of Agreeableness and parents' adolescents' relationship. This indicates a positive relationship between personality traits of Agreeableness and parents' adolescents' relationship. From the result, personality traits of Agreeableness contributed 10.0%

of the variance in and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State

**Research Question 5:** What is the relationship between personality traits of Neuroticism and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State

**Table 5: Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Neuroticism and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State**

Variable	N	Mean	SD	R	$r^2$	$r^2\%$	Decision
Neuroticism		29.02	5.27				
Parents' adolescents relationship	380			0.732	0.535	54.0	Positive Relationship
		59.40	7.92				

Table 5 shows the Pearson Product Moment Correlation and coefficient of determination of the relationship between personality traits of Neuroticism and parents' adolescents' relationship among Secondary school students in Delta Central Senatorial District of Delta State. As shown in the table,  $r = 0.732$ ,  $r^2 = 0.535$ , and  $r^2\% = 54.0\%$ , which is the relationship between the personality traits of Neuroticism and parents' adolescents' relationship. This indicates a positive relationship between personality traits of Neuroticism and parents' adolescent relationship. From the result, personality traits of Neuroticism contributed 54.0% of the variance in parents' adolescents' relationships among Secondary school students in Delta Central Senatorial District of Delta State

**Hypothesis 1:** There is no significant relationship between personality traits of Openness to Experience and parents' adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State.

**Table 6: Regression Analysis on personality traits of Openness to Experience and parent's Parent-adolescent Relationships among Secondary School Students**

Model	Sum of Squares	df	Mean Square	F	Sig.	Decision
Regression	8158.276	1	8158.276	162.336	.000	Rejected
Residual	32565.522	348	50.255			
Total	40723.798	349				

a. Dependent Variable: Parent-adolescent Relationships

b. Predictors: (Constant)Openness to Experience

In Table 6, a linear Regression Analysis was employed to investigate the relationship between personality traits of Openness to Experience and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State. The results indicated a significant positive relationship relationship between personality traits of Openness to Experience and parent's parent-adolescent relationships, as evidenced by an  $F(1, 349)$  value of 162.336at a significant level of  $p < 0.05$ . Consequently, the null hypothesis was rejected, signifying a significant relationship between personality traits of Openness to Experience and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State



**Hypothesis 2:** There is no significant relationship between personality traits of Conscientiousness and parents' adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State.

**Table 7:** Regression Analysis on personality traits of Conscientiousness and parent's Parent-adolescent Relationships among Secondary School Students

Model	Sum of Squares	df	Mean Square	F	Sig.	Decision
Regression	5156.582	1	5156.582	93.948	.000	Rejected
Residual	35567.217	348	54.888			
Total	40723.798	349				

a. Dependent Variable: Parent-adolescent Relationships

b. Predictors: (Constant)Conscientiousness

In Table 7, a linear Regression Analysis was employed to investigate the relationship between personality traits of Conscientiousness and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State. The results indicated a significant positive relationship between personality traits of Conscientiousness and parent's parent-adolescent relationships, as evidenced by an  $F(1, 349)$  value of 93.948 at a significant level of  $p < 0.05$ . Consequently, the null hypothesis was rejected, signifying a significant relationship between personality traits of Conscientiousness and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State

**Hypothesis 3:** There is no significant relationship between personality traits of Extraversion and parents' adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State.

**Table 8:** Regression Analysis on Personality Traits of Extraversion and parent's Parent-adolescent Relationships among Secondary School Students

Model	Sum of Squares	df	Mean Square	F	Sig.	Decision
Regression	3903.204	1	3903.204	68.692	.000	Rejected
Residual	36820.595	348	56.822			
Total	40723.798	349				

a. Dependent Variable: Parent-adolescent Relationships

b. Predictors: (Constant)Extraversion

In Table 8, a linear Regression Analysis was employed to investigate the relationship between personality traits of Extraversion and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State. The results indicated a significant positive relationship between personality traits of Extraversion and parent's parent-adolescent relationships, as evidenced by an  $F(1, 349)$  value of 68.692 at a significant level of  $p < 0.05$ . Consequently, the null hypothesis was rejected, signifying a significant relationship between personality traits of Extraversion and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State



**Hypothesis 4:** There is no significant relationship between personality traits of Agreeableness and parents' adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State.

**Table 9:** Regression Analysis on Personality Traits of Agreeableness and parent's Parent-adolescent Relationships among Secondary School Students

Model	Sum of Squares	df	Mean Square	F	Sig.	Decision
Regression	17512.323	1	17512.323	488.895	.000	Rejected
Residual	23211.475	348	35.820			
Total	40723.798	349				

a. Dependent Variable: Parent-adolescent Relationships

b. Predictors: (Constant)Agreeableness

In Table 9, a linear Regression Analysis was employed to investigate the relationship between personality traits of Agreeableness and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State. The results indicated a significant positive relationship between personality traits of Agreeableness and parent's parent-adolescent relationships, as evidenced by an  $F(1, 349)$  value of 488.895 at a significant level of  $p < 0.05$ . Consequently, the null hypothesis was rejected, signifying a significant relationship between personality traits of Agreeableness and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State

**Hypothesis 5:** There is no significant relationship between personality traits of Neuroticism and parents' adolescent relationship among Secondary school students in Delta Central Senatorial District of Delta State.

**Table 10:** Regression Analysis on Personality Traits of Neuroticism and parent's Parent-adolescent Relationships among Secondary School Students

Model	Sum of Squares	df	Mean Square	F	Sig.	Decision
Regression	17512.323	1	17512.323	488.895	.000	Rejected
Residual	23211.475	348	35.820			
Total	40723.798	349				

a. Dependent Variable: Parent-adolescent Relationships

b. Predictors: (Constant)Neuroticism

In Table 10, a linear Regression Analysis was employed to investigate the relationship between personality traits of Neuroticism and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State. The results indicated a significant positive relationship between personality traits of Neuroticism and parent's parent-adolescent relationships, as evidenced by an  $F(1, 349)$  value of 488.895 at a significant level of  $p < 0.05$ . Consequently, the null hypothesis was rejected, signifying a significant relationship between personality traits of Neuroticism and parent's parent-adolescent relationships among Secondary school students in Delta Central Senatorial District of Delta State

## Discussion of Findings

### Personality traits of Openness to Experience and parents' adolescent relationships

The first finding shows that there is a significant relationship between the personality trait of openness to experience and parent-adolescent relationships among secondary school students in Delta Central Senatorial District, Delta State, underscoring the role personality plays in shaping family interactions. Adolescents who are high in openness, characterized by curiosity, creativity, and a willingness to explore new ideas, tend to engage in more meaningful conversations with their parents, fostering better communication and deeper mutual understanding. Such adolescents are often more receptive to parental guidance and more inclined to share their experiences, thereby strengthening the parent-adolescent bond. This aligns with the findings of Okafor and Eze (2024), who observed that openness promotes emotional closeness and enhances conflict resolution between parents and adolescents. Similarly, Chukwuemeka and Okonkwo (2023) emphasized that adolescents with higher openness scores tend to foster trust and cooperation within the family, as their willingness to consider different perspectives creates a more harmonious parent-adolescent relationship.

### **Personality traits of Conscientiousness and parents' adolescent relationship**

The second finding revealed that there is a significant relationship between the personality trait of conscientiousness and parent-adolescent relationships among secondary school students in Delta Central Senatorial District, Delta State, which highlights the importance of responsible and organized behavior in fostering positive family dynamics. Conscientious adolescents, who are often dependable, disciplined, and goal-oriented, are more likely to adhere to family rules, respect parental authority, and communicate effectively with their parents. This responsible behavior reduces conflicts and creates a climate of trust and cooperation within the family. Obi and Ibe (2023) found that conscientious adolescents experienced fewer misunderstandings with their parents, largely due to their reliability and structured approach to life. Similarly, Nwosu and Adekunle (2024) reported that parents tend to perceive conscientious adolescents as mature and dependable, which enhances mutual respect and strengthens the parent-adolescent bond.

### **Personality traits of Extraversion and parents' adolescent relationship**

The third finding shows that there is a significant relationship between the personality trait of extraversion and parent-adolescent relationships among secondary school students in Delta Central Senatorial District highlights the positive role of sociability and expressiveness in family interactions. Extraverted adolescents, who are naturally outgoing, talkative, and socially confident, are more likely to engage openly in conversations with their parents, express their thoughts and feelings freely, and seek guidance when needed. This openness promotes better communication, emotional closeness, and mutual understanding between parents and adolescents. Obi and Adeyemi (2023) observed that extraverted adolescents reported more frequent and positive interactions with their parents, while Okorie and Nwachukwu (2024) found that such adolescents foster stronger bonds by creating an environment where open dialogue thrives.

### **Personality traits of Agreeableness and parents' adolescent relationship**

The fourth finding shows that there is a significant relationship between the personality trait of agreeableness and parent-adolescent relationships among secondary school students in Delta central Senatorial District, Delta State underscoring the importance of empathy, cooperation, and kindness in fostering positive family interactions. Adolescents who exhibit high levels of agreeableness tend to be more understanding, compassionate, and willing to compromise, which helps to reduce conflict and enhance trust and emotional closeness with their parents. Ogbu and Enahoro (2023) reported that agreeable adolescents experienced better conflict resolution and mutual respect within the family, while Eze and Aluko (2024) emphasized that such adolescents

often prioritize maintaining harmony in their relationships, ultimately contributing to healthier parent- adolescent bonds.

### **Personality traits of Neuroticism and parents' adolescent relationship**

The fifth finding shows that there is a significant relationship between the personality trait of neuroticism and parent-adolescent relationships among secondary school students in Delta Central Senatorial District, Delta State, highlighting the role of emotional instability in shaping family dynamics. Adolescents with high levels of neuroticism tend to experience frequent mood swings, heightened anxiety, and emotional reactivity, which can strain communication and lead to frequent misunderstandings and conflicts with parents. South et al. (2008) noted that neurotic tendencies often contribute to lower relationship satisfaction within families, while Cao and Liu (2023) further explained that emotionally volatile adolescents may perceive parental guidance as overly critical or intrusive, thereby weakening the overall quality of parent- adolescent relationships.

### **CONCLUSION**

Based on the findings of this study, it can be concluded that adolescents' personality traits play significant roles in shaping parent-adolescent relationships among secondary school students in Delta State, particularly in Delta Central Senatorial District. Specifically, personality traits such as openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism, significantly influence the quality of parent-adolescent relationships. This implies that the unique personality dispositions of adolescents, contribute meaningfully to how they relate with their parents.

### **RECOMMENDATIONS**

From the findings, it is therefore concluded that:

1. Schools should organize personality awareness workshops to help parents and adolescents better understand individual personality traits and how they influence family dynamics.
2. School counsellors should integrate personality assessments and family counselling into their guidance services.
3. Specific parenting strategies that align with different adolescent personality traits should be promoted.

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