

## **IMPACT OF EXTRAVERSION ON INTERPERSONAL RELATIONSHIPS AMONG UNIVERSITY STUDENTS; MEDIATING ROLE OF PERCEIVED SOCIAL SUPPORT**

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### **Abstract**

*This study aims toward investigating the impact of extraversion on interpersonal relationships among young adults enrolled at ISP Multan, a private university. It particularly focuses on studying the mediating role of perceived social support. Data gathered from the (N=300) students were collected via convenience sampling. The quality of interpersonal relationships (IR), perceived social support (PSS), and extraversion (BFI) have been assessed employing the self-reported questionnaires and scales. The associations among these variables have been investigated using a correlational methodology. The findings revealed an intense and statistically significant positive correlation ( $r=.691$ ) among extraversion and interpersonal relationships, indicating that those whom are more extraverted are more inclined to have relationships with individuals in a pleasant way. Additionally, extraversion has been demonstrated to possess a significantly higher positive impact on interpersonal connections ( $R^2=.57$ ), with perceived social support representing a contributing factor towards this*

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*relationship. The conclusions from the gender analysis revealed that women scored (M=114.8) on the interpersonal relationship subtest, quite higher than men. This study's results emphasize the significance of young adults developing social support networks to improve their interpersonal interactions. The two limitations that might impact the reliability and comprehensibility of the results encompass the study's utilization of measurements reported by participants and the way it relies on convenience sampling. Longitudinal designs with different populations ought to constitute included in future research in order to ensure these outcomes as well as perform a more comprehensive assessment of specific aspects.*

**Keywords:** *interpersonal relationships (IR), perceived social support (PSS), interpersonal interactions, Longitudinal designs ,comprehensive assessment.*

## INTRODUCTION

### BACKGROUND OF THE STUDY

*This concept of perceived social support holds the possibility of helping exacerbate the positive impacts of extraversion on interpersonal relationships, that have previously been demonstrated to possess a positive effect on inquiry. Perceived social support delivers combined practical as well as intellectual help, which makes it an effective approach to strengthen interpersonal relationships. This finding is corroborated by studies performed by Gleason et al. (2008) and Szkodk & McKinney (2020). By a significant extent, perceived social support mediates this entire procedure. Social support, which refers to the notion that the act of getting attention from other individuals, produces two benefits: enhancing the standard of connections and decreasing anxiety (Lakey & Orehek, 2018). Relationships are extremely important for the psychological and emotional wellness of young adults, and their phase of development renders them particularly susceptible to the consequences of this sort of interpersonal relationship (Charik 2016; Liu et al., 2020).*

### EXTRAVERSION

*Wilt and Revelle (2017) suggest that an individual's preference for demonstrating and expressing pleasant sentiments, along with their opinions, actions, and interest in getting attention from others may be utilized to elucidate extraversion. Extraversion, a central dimension of the Big Five personality traits, is characterized by sociability, assertiveness, and a tendency to seek out stimulation and the company of others (Ashton et al., 2018). Extraversion contains qualities such as gregariousness, assertiveness, warmth, as well as excitement seeking (McCann, 2018). To put it another way, extraversion sets apart gregarious, extroverted, and energetic individuals from reticent, quiet, and passive ones.*

Relatedly, individuals high on extraversion (i.e., extraverts) may effectively adapt to demanding social encounters (e.g. intrusions) via social interaction skills and high tolerance for social stress (Matthews, 2018). Gender inequalities in extraversion, exhibited by higher scores for females, noticed during adolescence in an analysis of personality traits among teenagers from 23 countries (De Bolle and colleagues, 2015). Longitudinal studies suggest that extraversion predicts changes in social support over time, with extraverted individuals experiencing increases in social support and satisfaction with social relationships (Wrzus et al., 2013).

According to Gale et al. (2013), extroverts tend to be talkative, gregarious, and enjoy being the center of attention, which makes their social circles broader. People are more probable to participate part in social events and establish significant connections, that improve their relationships with others (Bleidorn et al. 2019). It has been shown that extroverts prefer to have a smaller adverse impact and more positive affect is supportive of their normally good mental health (Steel et al., 2021). It has the potential in improving social competence and psychological well-being through therapies that consider the impact of extraversion on interpersonal relationships (Jeronin et al., 2020).

### **PERCEIVED SOCIAL SUPPORT (PSS)**

An individual's Perceived Social Support (PSS) corresponds to his or her perception in a wide range of interactions with others that are capable of helping with sentimental, helpful, and informational requirements. This web of relationships gets strengthened by the involvement of acquaintances, spouses, and ordinary acquaintances (Cohen et al., 2015). Perceived social support relates to a person's personal evaluations of the variety and standard of the assets accessible to them inside the social environment (Brock et al., 2018). When individuals express a significant amount of perceived social support (PSS), this indicates that they are encouraged and valued in their relationships with others. When PSS is powerful, participants express a greater sense of satisfaction with their relationships (Cohen et al., 2015). Participants' views regarding the quantity and availability of assistance they receive, in addition to their level of pleased with the assistance, are investigated by the perceived social support measures. In contrast, indicators that someone has received support emphasize on certain supportive activities that people experience via their social support relationships (Eagle et al., 2019). Nevertheless, it's crucial to acknowledge that there may be a variety of manner in which extraversion and perceived social support are associated. Extraversion can also be determined by a person's perceive social support, that can have an influence on their social behavior and relationships with other people (Huang & Neyer, 2019). People who report greater amounts of emotional assistance form their social network are prone to report extremely satisfying relationships that consist of deep connection and mutual understanding (Gleason et al., 2008).

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## **INTERPERSONAL RELATIONSHIP**

*An individual's interpersonal relationships encompass all of their relationships with other people, regardless of whether they simply become acquaintance or possess down, significant connections (Vanqelisti, 2018). The consequences of different kinds of attachments on interactions across various contexts, including those among others, close relatives, and those containing intense feelings, has become the focus of recent research in the theory of attachment. The effect of strong attachments on conflict resolution tactics, emotional control, and relationships efficiency (Mikulincer & Shaver, 2016). The discipline of social learning theory has come to a stage that we know better why social actions develop and stay behind in a variety of interpersonal relationships. Researchers focused on how technology and online sites affect social learning as well as the utility of learning through observation for emulated interpersonal relationships (Bandura, 2016).*

*Recent findings in social support theory indicates that offline as well as online interpersonal relationships have value in offering support to mitigate the impact of anxiety. Diverse kinds of assistance, includes in-person interactions, virtual networks, or online platforms, are being proven to contribute to better resilience and good health in general (Primack et al., 2017). There are quite a lot of variables that regulate the interactions and extent of interpersonal relationships, such customs from cultures, social setting, and personal characteristics. Importance is being made to the relevant components: Personality characteristics such as extraversion, social skills, and kindness exert an impact in the way individuals establish and maintain relationships (Barelds et al., 2017). Developmental patterns of attachment modify individual opinions and desires regarding relationship intimacy and the declaration of independence, resulting in an enormous effect on interactions in adulthood (Mikulincer & Shaver, 2016).*

*Interpersonal relationships are susceptible to various difficulties, such as disagreements, failures in communication, and changes in life circumstances. Resilient relationships exhibit flexible strategies for dealing with challenges and the capacity to maneuver through difficult situations. Some of the challenges and factors that contribute to resilience are: Conflicts are unavoidable in all relationships but can be controlled by employing efficient communication, empathy, and compromise (Bodenmann et al., 2017).*

## **LITERATURE REVIEW**

### **IMPACT OF EXTRAVERSION ON INTERPERSONAL RELATIONSHIP**

*Soto (2015) proposed that is happiness good for your personality. He found that extraverts tend to be happier, which positively impacts their interpersonal relationships. This happiness promotes stronger and more supportive social networks. Hill and*

Jackson (2016) suggested the invest and-accrue conscientiousness. Extraverts invest more in social relationships, which accrues benefits such as increased social support and stronger interpersonal connections. Leila's and Salmela-Aro (2015) explored how relational transitions impact personality traits and found that extraverts tend to handle these transitions better, maintaining and even improving their interpersonal relationships. Another study utilized machine learning to show that extraverts are more likely to develop robust social networks, which support better interpersonal relationships (Bleidorn & Hopwood, 2019).

Wetzel and Robins (2020) concluded the role of personality in shaping positive and negative interpersonal experiences. Individuals who rank higher on the scale for extraversion are more probable to report a significant degree of relationship satisfaction and get involved in social activities on an ongoing basis, two strong indicators of a positive interpersonal relationship. In accordance with Denissen and Penke (2013), extraverts are more inclined to construct and maintain satisfying relationships because their motivational interpersonal response norms lead them to give priority to social objectives over personal ones. In line with Anglim and O'Connor (2019), possessing a significant amount of extraversion is an accurate predictor of having satisfying relationships and possessing effective social support mechanisms. Bleidorn and Schwaba (2018) assessed the influence of extraversion on developing personalities and social interactions, those who score highly on the scale for extraversion are more likely to have an extensive network of acquaintances and close friends by supporting them. Higher interpersonal consequences, particularly more positive relationships as well as greater social support, have a strong connection with extraverted traits including hospitality and boldness (Soto and John, 2017). Wrzus et al. (2013) noted the association among social interactions among individuals and their physical wellness. The strong social networks of extraverts are a component of are what make individuals more likely to continue keeping their physical condition in excellent condition.

Luhmann and Hawkey (2016) determined that loneliness fluctuates all over age groups, starting with people in the latter stages of their teens through those in their golden years. Regardless of their age group, extraverts tend to be less vulnerable to experiencing sadness due to their strong social connections and availability of supporting relationships. Extraverts are more effective able to adapt to new social circumstances, which enables them to maintain relationships consistent and access to networks of social support (Lang & Bliese, 2013). De Young (2015) examined that extraverts' constant effort to achieve enhanced social connections, coupled with their focus on objectives carry out and keen engagement with the world around them, provides for better relationship experiences. Mund and Neyer (2014) demonstrated that extraverts who participate in purposeful social behaviors and establish lasting

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*connections are less probable to feel solitary all through the span of their existence.*

### **IMPACT OF EXTRAVERSION ON GENDER AND AGE**

*Lucas and Donnellan (2011) found that extraversion tends to decrease slightly with age but remains a strong predictor of interpersonal relationship quality and social support throughout life. Another study highlighted that women usually receive greater results in warmth and gregariousness, which are components of extraversion that enhance their ability for developing close and supportive bonds. Men often score higher on assertiveness, influencing social dominance and leadership in relationships (Weisberg et al., 2011). Kandler et al., (2014) examine that individuals who maintain higher levels of extraversion as they age tend to have more supportive and fulfilling relationships, emphasizing the role of extraversion in lifelong social connections.*

*Soto et al. (2011) proposed that extraversion peak in young adulthood and declines gradually. However, maintaining high extraversion at any age is associated with better social relationships and increased perceived social support. Mund and Neyer (2014) suggest that extraverts are less likely to experience loneliness across their lifespan due to proactive social behaviors and strong relationships, highlighting the protective effects of extraversion against loneliness.*

### **IMPACT OF PERCEIVED SOCIAL SUPPORT ON INTERPERSONAL RELATIONSHIP**

*Wang et al., (2014) discuss the impact of perceived social support & interpersonal relationships. Higher levels of perceived social support are associated with better interpersonal relationships among college students due to increased feelings of belonging and reduced stress. Siedlecki et al., (2014) found the relationship between social support and subjective well-being. Perceived social support contributes to higher levels of subjective well-being and more positive interpersonal relationships across different age groups. Another study emphasis the perceptions of support in relationships. Perceived social support in close relationships leads to increased intimacy and satisfaction by providing a sense of security and trust (Vangelisti, 2015).*

*In another study showed the role of association between perceived social support and depression. Strong perceived social support is linked to fewer depressive symptoms and better interpersonal relationships among youth (Rutger et al., 2016). Siedlecki et al., (2014) examine the relationship between social support and subjective well-being. Perceived social support contributes to higher levels of subjective well-being and more positive interpersonal relationships across different age groups. Chen et al. (2015) investigates the connection between social support and quality of life. When people in their golden years feel supported through others, it enhances their quality of life as well as makes their interpersonal relationships stronger. Wong & Upenieks,*

(2019) included the influence of social support on life satisfaction and health. High perceived social support is associated with greater life satisfaction and stronger interpersonal relationships among older adults. Rueger et al., (2016) found the review of the association between perceived social support and depression. Girls benefit more from perceived social support in terms of reduced depressive symptoms and improved interpersonal relationships compared to boys.

### **IMPACT OF EXTRAVERSION ON PERCEIVED SOCIAL SUPPORT**

Neto, (2012) investigated social support and personality. Adolescents with high extraversion scores report greater perceived social support from their peers and family. Hill et al., (2014) found the relationship of extraversion and social support. The connection between extraversion and perceived social support is mediated by the larger social networks of extraverts, and this results in higher levels of support. Cheng & Furnham, (2012) highlighted personality, peer relations, and self-esteem. Extraverted children report higher perceived social support from their peers, enhancing their self-esteem. Swickert et al., (2014) emphasized extraversion, resilience, and social support as predictors. Extraverts' resilience and perceived social support jointly contribute to their higher psychological well-being. Zhou et al., (2012) discuss extraversion and perceived social support. The positive relationship between extraversion and perceived social support holds true across both Chinese and American cultural contexts. Uchino et al., (2013) examine personality and social support. Extraverts consistently report higher levels of perceived social support across different studies and populations.

Hakulinen et al., (2015) investigated extraversion, social support, and health outcomes. Extraverts' higher perceived social support is linked to better health outcomes over time. Swickert et al., (2012) explore the roles of social support and positive affect in the relationship. Social support and positive affect mediate the relationship between extraversion and life satisfaction, with extraverts experiencing higher levels of both. Costa & McCrae, (2013) examine personality. Adults who are considered more extroverted likely to have a greater sense of social support because of their friendliness and trust. Lounsbury et al., (2012) evaluated how distinct traits in individuals related with a capacity to adjust and manage. Understanding online enables extroverts feel less isolated in society, which promotes their adaptability and freedom. Swickert et al. (2013) reveal whether extraversion, social support, and persistence are interconnected. Perceived social support and adaptability, when put together, are significant indicators of more joy for extraverts. Another investigation provides insight into the link among extraversion and social support. Adolescents that tend to be extroverted express a decrease in anxiety as they feel greater perceive social support (Wagner et al., 2015). Strong relationships with others are correlated with enhanced wellness (Holt-Lunstad et al., 2015). Whenever it is about extraverts' well-being and satisfaction, they're

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centered around these close bonds with others and that significant perceived social support.

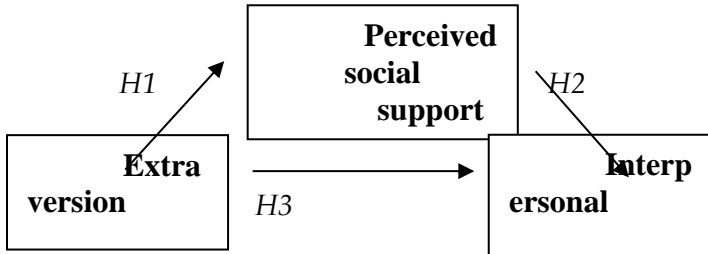
## RATIONALE OF THE STUDY

A significant mediator in a variety of psychological procedure has been proven to have perceived social support. It lowers strain and improves general health and happiness by providing assistance with emotions, expertise, and useful assistance (Feeney & Collins, 2015; Uchino, 2013).

A few investigations have explored the role of perceived social support as a mediator between extraversion and interpersonal relationships. It is crucial to understand this mediation because it may elucidate the processes by which extraversion contributes to improved relationship satisfaction and wellbeing (Srivastava & Beer, 2020).

## CONCEPTUAL FRAMEWORK

Based on the theoretical background and review of the previous literature review in this model, it has been suggested that the perceived social support may function as a mediator in the association between Extraversion (IV) and Interpersonal Relationship (DV).



## RESEARCH OBJECTIVES

1. To examine the relationship between extraversion and perceived social support on interpersonal relationship
2. Mediating role of perceived social support between extraversion and interpersonal relationships
3. To find out the demographic variables with extraversion and interpersonal relationship

## RESEARCH HYPOTHESIS

1. There would be positive correlation between extraversion and perceived Social Support.
2. Extraversion would be positively correlated with Interpersonal Relationship.
3. Perceived social support would be positively correlated with Interpersonal



4. *Extraversion would predict Interpersonal Relationship.*
5. *Extraversion would be higher among women as compared to men.*
6. *Perceived social support has a mediating role between extraversion and interpersonal relationship.*

## **METHOD**

### **RESEARCH DESIGN**

*The objective of this study is to explore the impact of extraversion on interpersonal relationships, with a focus on the mediating role of perceived social support, utilizing a correlational design. The study determined to examine the relationship between study variable therefore correlation design is used. This study*

### **PARTICIPANT OF THE STUDY**

*Participants were recruited from a private university in Multan, Pakistan, throughout this study. The study population comprises (N=300), gender 99 were male respondents and 201 female respondents were 17-26 age range (M=20.5, SD=1.58). Many of were 78.7% from middle socioeconomic status. The study employs a convenience sampling approach (non-probability sampling technique.*

### **MEASURES AND INSTRUMENTS**

#### **OPERATIONAL DEFINITIONS**

***Extraversion.*** *Extraversion in the BFI is defined by traits such as sociability, assertiveness, activity, and positive emotions. Individuals high in extraversion tend to be outgoing, energetic, and seek social stimulation and the company of others. The BFI measures extraversion through items that assess these characteristics, capturing the extent to which individuals are talkative, enthusiastic, and enjoy being the center of attention (Rammstedt et al., 2007).*

***Perceived Social Support.*** *Perceived social support relates to a person's subjective evaluation of the quantity and quality of social support they believe they obtain from friends, family, and significant others, amongst other sources. It is an indicator of the extent to which individuals are cherished, cared for, and acknowledged (Zimet et al., 2016).*

***Interpersonal Relationships.*** *Interpersonal relationships are distinguished by the constantly shifting character of the relationships and interactions between people that encompass affection, encouragement, and conversation. Interpersonal relationships relate to the constant interactions and connections between individuals that comprise affectionate relationships, assistance, and conversation. Emotional intimacy, trust, resolution of disputes, and satisfaction with the relationship comprise a few of the relationship aspects of quality assessed using the scale. The important role of effective interpersonal connections is emphasized by the capacity they have to demonstrate the complexity and value of relationships, including a*

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*concentration on feelings of connection as well as successful communication (Horowitz & L. M, 2000).*

### **DEMOGRAPHIC DATA FORM**

*The information collected on the demographic sheet required participants to correctly fill out subjects relevant to their age, gender, marital status, socioeconomic standing, where they had their place of residence, name of higher education, and course of study, besides other information. The objective of collecting these features was to establish a comprehensive overview of the participants and to investigate the correlations and differences among BS students in Multan concerning social support, interpersonal relationships, and extraversion personality characteristics.*

### **BIG FIVE INVENTORY (BFI-10)**

*Rammstedt and John (2007), developed the Big Five Inventory-10 (BFI-10) is a comprehensive and concise scale that evaluates each of the following five personality traits: comfort, integrity, openness to experience, neuroticism, and extraversion. The BFI-10 is appropriate for applications in research that emphasize brevity as its 10 items are evaluated on a 7-point Likert scale (Disagree strongly to agree mildly), that instantly captures the basic elements of personality. The BFI-10's high psychometric characteristics enable it to deliver accurate and trustworthy evaluations of personality traits, regardless of it is in a shortened version. The BFI-10 scales have been evaluated in the following order (R = item is reverse-scored): Extraversion: 1R, 5; Agreeableness: 2, 7R; Conscientiousness: 3R, 8; Neuroticism: 4R, 9; Openness to Experience: 5R, 10. Reverse the order and calculate the sum. This scale is frequently utilized in a number of disciplines and it offers researchers with a powerful instrument for investigating individual differences in personality across a range of groups and conditions. The significance level of Cronbach's alpha is ( $\alpha=.807$ ).*

### **MULTIDIMENSIONAL SCALE OF PERCEIVED SOCIAL SUPPORT SCALE (MSPSS)**

*The majority of individuals utilize the Perceived Social Support Scale to figure out how much support they perceive that they are receiving from relatives and close acquaintances. An individual's ultimate rating can be calculated via adding up their scores on all of the questions throughout the scale followed by dividing that amount by the overall amount of items (12). Zimet (2016) indicates that the total score can be something from 1 to 7, with higher scores indicating a greater sense of social support. In particular, results that range from 1 and 2.9 are considered to be indicative of low social support, while findings among 3 and 5 suggest moderate social support and scores from 5.1 and 7 are deemed to be representative of high social support. The significance level of Cronbach's alpha as ( $\alpha=.827$ ).*

## **FIAT-Q-SF (INTERPERSONAL RELATIONSHIPS QUESTIONNAIRE - SHORT FORM)**

Horowitz designed a short and confirmed scale in 2000 entitled the Inventory of Interpersonal Problems (IIP-32). Horowitz et al. (1988) initially created the Interpersonal Problems Inventory (IIP), that has been shortened to the present format. Developed for assessing relationships between individuals' difficulties, the IIP-32 includes a total of 32 items. Add up the number of points for every 32 items. Analyze the entire score in accordance with already established criteria. The extent to which respondents perceive certain interpersonal difficulties, such as enduring problems being assertive or determining close relations, is assessed by the way they react to every single item. The ordinal alpha that applies to IIP-32 items, Cronbach's alpha, equals ( $\alpha = .904$ ).

### **PROCEDURE**

Author and copyright holders' approval was gained prior utilizing the Big Five Inventory (BFI), the Interpersonal Relationships Questionnaire Short Form (FIAT-Q-SF), and the Multidimensional Scale of Perceived Social Support (MSPSS) in the present study. In order to confirm that both intellectual property and copyright rights were adhered to, formal inquiries were submitted to every author. The implementation of such scales in the study was granted approval given that all standards and necessities were fulfilled. In order to ensure ethical conduct and accurate information, this study that concentrated on students adopted rigorous guidelines. In an effort to prepare the students for the survey, we reviewed about the goals of the research project and the method we used, that consisted of having them select checkboxes while employing a Likert scale ranging. In order to make ensure the students were completely conscious of the research's objectives and procedures before it started out, investigators had them signed a declaration of consent. Participants were encouraged as well to ask inquiries regarding the survey if they weren't sure about anything prior to having completed it out. We explained to respondents that the questionnaire would require approximately 15 to 20 minutes of time to complete in order that they could incorporate it into their schedules. Students deliberately gathered information for assessment by submitting the surveys to the investigator when they were completed. At each step of the study process, these rigorous steps were implemented into place in order to guarantee the precision of the data, improve participant comprehension and uphold the standards of ethics.

### **ETHICAL CONSIDERATIONS**

To preserve the welfare and rights of research participants, researcher followed identified standards of APA Ethics Code.

1. Participants were debriefed about aim and nature of research, before agreeing to be the part of it.
2. Participant's responses were kept confidential, and their personal information

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*will be protected.*

**RESULTS**

*Understanding the influence of extraversion on interpersonal relationships is pivotal in psychological research. This study utilizes the Big Five Inventory (BFI) to assess extraversion alongside the Perceived Social Support Scale and Interpersonal Relationships Scale. By integrating demographic data, this research aims to elucidate how extraversion shapes social interactions and the quality of relationships, particularly through perceived social support mechanisms. This investigation not only explores individual differences in extraversion but also examines how these traits affect interpersonal dynamics, providing insights into their broader psychological implications.*

**TABLE 1**

*Demographic characteristics for Extraversion, Perceived Social Support and Interpersonal Relationship (N=300)*

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| <i>Characteristics</i>             | <i>N</i> | <i>%</i> |
|------------------------------------|----------|----------|
| <b><i>Gender</i></b>               |          |          |
| <i>Male</i>                        | 99       | 33.0     |
| <i>Female</i>                      | 201      | 67.0     |
| <b><i>Socioeconomic status</i></b> |          |          |
| <i>Lower</i>                       | 10       | 3.3      |
| <i>Middle</i>                      | 236      | 78.7     |
| <i>Higher</i>                      | 54       | 18.0     |

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*The above table shows that in gender 99 were male respondents (N=300) respondents and 201 female respondents were 17-26 age range (M=20.5, SD=1.58).*

Many of were 78.7% from middle socioeconomic status.

**TABLE 2**

Reliability for Big five inventory (Extraversion), interpersonal relationship scale and Perceived social support scale (N = 300)

| Scale                      | M      | SD    | Range | Cronbach alpha |
|----------------------------|--------|-------|-------|----------------|
| Extraversion               | 34.93  | 9.94  | 50.0  | .80            |
| Perceived Social support   | 62.01  | 16.2  | 72.0  | .87            |
| Interpersonal Relationship | 114.80 | 36.95 | 160.0 | .90            |

Note  $p < 0.1$ , M=Mean, SD=Standard Deviation

The table displays the reliability of Extraversion scale. Scales were Extraversion, Perceived Social Support and Interpersonal Relationships. Cronbach's alpha was used to assess the internal consistency. The coefficient values were for Extraversion .807, Perceived Social support .872, Interpersonal Relationship .904, which are suggested as higher.

**TABLE 3**

Correlation between Big Five Inventory (Extraversion), Perceived Social support and Interpersonal Relationship among adults (n=300)

| Variable                   | M      | SD    | 1 | 2     | 3     |
|----------------------------|--------|-------|---|-------|-------|
| Extraversion               | 34.93  | 9.94  |   | .46** | .69** |
| Perceived Social Support   | 62.01  | 16.52 |   |       | .56** |
| Interpersonal Relationship | 114.80 | 36.95 |   |       |       |

Note  $p < .001$

Table 3 investigated that extraversion was positively correlated with perceived social support ( $r = .469$ ) which reveals the positive correlation among young adults. Similarly, Extraversion was positively correlated with interpersonal relationships ( $r = .691$ ). Perceived social support is positively correlated with interpersonal relationship ( $r = .568$ ) which reveal that higher is perceived social support higher is interpersonal relationships. Hence, third hypothesis of the study has been proven.

**TABLE 4**

Regression Coefficient of Big five inventory (Extraversion) and Interpersonal Relationships among young adults (n=300)

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| Variables      | Interpersonal Relationships |       |      |
|----------------|-----------------------------|-------|------|
|                | B                           | B     | SE   |
| Consent        |                             | 37.53 | 4.13 |
| Extraversion   | .756                        | 2.26  | .114 |
| R <sup>2</sup> | .57                         |       |      |

**Note** N = 300,  
P<.000<sup>b</sup>

The table 4 linear regression was used, R<sup>2</sup> value of .52 revealed that the predictor variance explained 57% variance in the outcome of the variable with F (398.65). Extraversion is positively predicted interpersonal relationship ( $\beta = .57$ ). Hence results reveal that extraversion predicts interpersonal relationship.

**TABLE 5**

Independent sample t – test showing Gender Differences among Big five inventory (Extraversion), Perceived Social Support and Interpersonal Relationship (N = 300)

| Variables                      | Men<br>(n=99) |       | Women<br>(n=201) |       | t    | P    | d    |
|--------------------------------|---------------|-------|------------------|-------|------|------|------|
|                                | M             | SD    | M                | SD    |      |      |      |
| Extraversion                   | 32.86         | 5.27  | 36.14            | 11.10 | 2.79 | .000 | 0.07 |
| Perceived<br>Social<br>support | 60.37         | 13.09 | 64.19            | 15.74 | 2.08 | .193 | 0.26 |
| Interpersonal<br>Relationships | 111.36        | 14.97 | 119.79           | 33.58 | 2.38 | .000 | 0.32 |

Note. \*p<.05, M=Mean, SD=Standard Deviation, Cohen's d=Effect size

Table 5 revealed significant gender differences on extraversion with (t=-2.79, p<.000). Findings showed that women (young adults) were higher level of perceived social support (M=60.19, SD=15.74) and interpersonal relationship (M=119.79, SD=33.58) as compared to male adults.

**TABLE 6**

Mediation analysis (direct effect) of Big Five Inventory (Extraversion), Perceived Social Support and Interpersonal Relationship

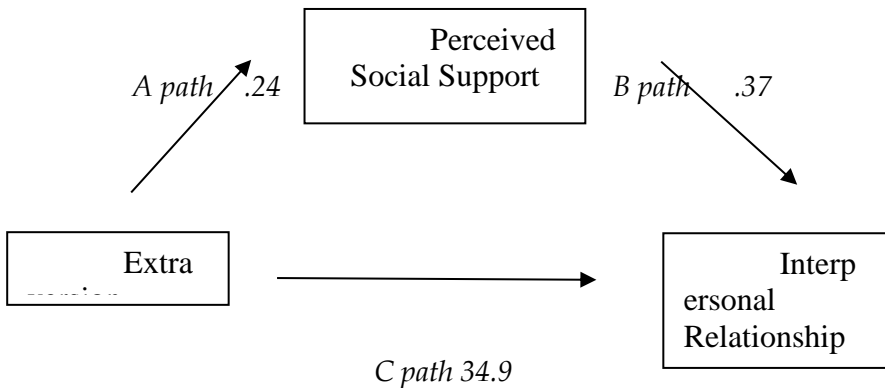
| Antecedents              | Consequent                |      |      |                            |       |      |
|--------------------------|---------------------------|------|------|----------------------------|-------|------|
|                          | Perceived Social Support  |      |      | Interpersonal Relationship |       |      |
|                          | Coeff.                    | SE   | P<   | Coeff.                     | SE    | P<   |
| Extraversin              | 36.10                     | 2.83 | .000 | 34.95                      | 5.133 | .000 |
| Perceived Social support | ---                       | ---  | ---  | 37.53                      | 4.12  | .000 |
|                          | R <sup>2</sup> = .24      |      |      | R <sup>2</sup> = .57       |       |      |
|                          | F (1,298) = 96.32, p<.000 |      |      | F (2,297) = 199, p<.000    |       |      |

Note. Coeff = Standardized regression coefficient

The table analyzes the mediating function of perceived social support and interpersonal relationship. Mediation analysis was carried out between extraversion, perceived social support and interpersonal relationship using PROCESS macro v4.1, (Hayes,2019). The results of direct effect showed that extraversion was found to be more significant positive predictor of interpersonal relationship. Whereas perceived social support was found to be significant positive predictor of interpersonal relationship, hence perceived social support mediates between extraversion and interpersonal relationships.

**FIGURE**

The Mediating path C of Extraversion, Perceived Social Support and Interpersonal Relationship among young adults.



**DISCUSSION**

The study investigated into how extraversion impacts interpersonal relationships and how perceived social support serves as a mediator.

**IMPACT OF EXTRAVERSION ON PERCEIVED SOCIAL SUPPORT**

Based on the first hypothesis, extraversion might have a significant impact on perceived social support. The correlation study indicated a moderate positive connection between extraversion and perceived social support (r=.46). This finding supports the hypothesis and indicates that persons with elevated degrees of extraversion are more likely to perceive a higher degree of social support. These findings reveal that among

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*young adults, there's a positive relationship among extraversion and the perceived social support. Associations between traits of personality and early-adult interpersonal relationships were the focus of a comprehensive study (Mund and Neyer, 2017). The research revealed a beneficial relationship between extraversion and the size and support of social media platforms, emphasizing the value of extraversion to improve perceived social support.*

*Wang and Chen (2018) established to figure out how various elements of young people's dispositions connect to the community of support they feel oneself are a constituent of. The findings indicate there is an important connection among extraversion and the perceived social support. Soto and John (2020) researched whether a group of young individuals' interaction with others, joy, and personality characteristics are linked. A greater connection among extraversion and perceived social support is linked with greater levels of satisfaction, they observed.*

*A research investigation mostly focusing on young adults (Thompson & Green, 2023). Perceived social support and extraversion were determined to be associated with an extensive and ongoing positive relationship. Based on the findings of this research, people with extraverted attributes indicated greater amounts of social support, that significantly assisted in their adaptation on both the emotional and social levels.*

### **IMPACT OF EXTRAVERSION ON INTERPERSONAL RELATIONSHIP**

*In accordance to the second hypothesis, interpersonal relationships could be significantly affected by extraversion. The findings of the correlation research indicate that there is a significant beneficial connection among extraversion and interpersonal relationships ( $r=.69$ ). The findings corroborate the theory and demonstrate that more intense and beneficial interpersonal relationships are linked with higher levels of extraversion. The outcomes demonstrate that there is a favorable correlation among extraversion and interpersonal interactions between young people.*

*Several research have demonstrated that when teenagers approach young adulthood, the influence of extraversion on the extent of their relationships is a significant consideration (Selfhout et al., 2018). Individuals who ranked higher on the extraversion scale additionally performed higher on the standard of their relationships, demonstrating that individuals who are extroverted prefer to have more satisfying and pleasant partnerships throughout. According to Donnellan et al. (2019), extroverted traits in people have an impact on content in intimate relationships. A suitable connection between extraversion and interpersonal satisfaction was identified in the findings, indicating the importance of extraversion in developing connections with people. Harari et al. (2021) investigated whether extraversion influence the*



establishment as well as sustainability of social relationships in young adults. The results they obtained demonstrate that extraversion is positively correlated with interpersonal relationships, because it enhances the probability that an individual will develop close, lasting connections with friends and social connections. Allen and Wilson (2023) have investigated a diverse sample of young adults to figure out the connection between extraversion and interpersonal relationships. Results demonstrated a positive connection between extraversion and satisfaction with relationships and connectedness. The crucial role of being extroverted in establishing productive and satisfying connections is demonstrated by this.

### **IMPACT OF PERCEIVED SOCIAL SUPPORT ON INTERPERSONAL RELATIONSHIP**

The third theory hypothesized that people perceive social support would significantly impact their interpersonal relationships. The outcomes of the correlation analysis demonstrated that there is a significant positive correlation ( $r=.56$ ) among perceived social support and interpersonal relationships. The results obtained assistance the hypothesis and demonstrate an immediate connection between greater levels of perceived social support with more satisfactory relationships with others. This outcome emphasizes the beneficial relationship among young adults and corresponds with previous studies demonstrating an encouraging relationship between perceived social support and interpersonal relationships.

Rueger et al. (2017) additionally looked on whether teenagers perceive social support influenced their level of fulfillment with relationships. Perceived social support has a positive relationship with relationship satisfaction and support, based to existing studies, indicating that social support is essential to sustaining effective interpersonal relationships. King et al. (2018) discovered that young adults perceive social support have a connection with their feelings of satisfaction in relationships with partners. Results demonstrated a direct correlation, suggesting that intimate relationship happiness was greater among those who expressed higher levels of perceived social support. Perceived social support improves young individuals' perception of social affiliation (Chu et al., 2020). Their research discovered that the emotions of connection with others and comprehensive relationship quality had a positive association with greater amounts of perceived social support. Miller and Brown (2022) explored into whether early in life, young adults, perceived social support altered various facets of their interpersonal relationships. A significant positive relationship between the two variables has been suggested by the researchers' finding of an association between perceived social support and satisfaction with a relationship.

### **EXTRAVERSION PREDICT INTERPERSONAL RELATIONSHIP AMONG YOUNG ADULTS**

Under our fourth hypothesis, we hypothesized that within young adults,

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*extraversion could significantly predict their interpersonal relationships. The favorable and statistically considerable connection between extraversion and interpersonal relationships ( $\beta=.57$ ) was determined via the regression analysis. It suggests extraversion performed a significant role in assessing the quality of interpersonal relationships in this specific set of people. The study proves that interpersonal relationships might be predicted through extraversion.*

*Cao et al. (2018) explains that whenever it concerns social relationships and interaction quality, extraversion and social support can act as predictors. Adults' favorable social interactions and outcomes in relationships have been shown as being strongly predicted by extraversion and perceived social support, according to the study. The matter regarding if perceived social support is an accurate indicator of spouse satisfaction in partnerships (Zhao et al., 2020). Researchers discovered that greater levels of support are linked with improved relationship fulfillment, showing that perceived social support is a beneficial indicator of interpersonal relationships. Allen and Wilson (2022) examined extraversion, social support, and interpersonal relationships between young individuals. Significant indicators for relationship delight and sustainability, extraversion and perceived social support have an integral influence on the final result of interpersonal relationships. Thompson and Green (2023) evaluated the relationship among young people's opinions social support and their capacity to develop interpersonal relationships. Therefore, by demonstrating the important function that perceived social support performs in interpersonal relationships, their study accurately foresees the success of relationship creation and preservation.*

### **GENDER-BASED COMPARISONS OF EXTRAVERSION**

*The main purpose of the hypothesis was to investigate disparities in scores for extraversion among both sexes. To figure out if there's significant variation within extraversion scores among men and women, we conducted a t-test. In accordance with the investigation, men scored 32.86 (SD=5.27) in the extraversion scale, yet women obtained with an average of 36.15 (SD=11.10). The outcomes indicate that women have a greater probability than men to be extroverted.*

*Costa et al. (2017) recruited as significant, worldwide sample to explore differences between genders in the Big Five personality traits. On the basis of this research's outcomes, women had significantly greater levels of extraversion in comparison to men, particularly in regions concerning warmth and favorable emotions. Chapman et al. (2019) investigated into whether extraversion affected by gender in a variety of age groups. Their results indicate that there is definitely exists a consistent disparity between genders with regard to concerns extraversion; women constantly score higher than men in this field throughout all life stages, demonstrating an ongoing*

gender gap. Kajonius and Mac Giolla (2021) investigated gender distinctions in traits of personality throughout cultures. The investigation's findings that women, on an average, score greater on the extraversion scale than men do correspond to accordance with cultural and social standards that value socializing and kindness in females.

### **PERCEIVED SOCIAL SUPPORT MEDIATES BETWEEN EXTRAVERSION AND INTERPERSONAL RELATIONSHIP**

The hypothesis ought to be clarified according to previous research. The association among extraversion and interpersonal relationships could potentially be mediated by perceived social support. Based on the findings of the immediate impact, extraversion is a stronger suitable indicator of interpersonal relationships ( $R^2=.57$ ). Research findings revealed that extraversion and interpersonal relationships are mediated through perceived social support, and this is an excellent indicator of interpersonal relationships ( $R^2=.24$ ).

Wang and Dong (2019) analyzed the connection between young people's extraversion and relationship satisfaction, with an emphasis on the mediating role of perceive social support. Based on findings, perceived social support served as a mediator between extraversion or interpersonal relationship. Soto and John (2020) researched the mediating role of perceived social support in the connection among teens' capacities for extraversion and the scope of their interpersonal relationships. Investigators discovered that perceived social support were important for explaining the positive connection among extraversion and interpersonal relationships. Young people' attitudes toward extraversion and interpersonal satisfaction in relationships are mediated by their perceive social support, according to research by Thompson and Green (2022). These outcomes reveal that the perceive social support plays an important part as a mediator, improving the helpful effect of extraversion on relationship satisfaction.

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## **CONCLUSION**

*Apparently, this research sought to investigate how extraversion affects interpersonal relationships and how young adults' have perceive social support mediate this relationship. The results of the study indicated an important connection among perceived social support and extraversion. Extraversion and interpersonal relationships seem to exist together hand in hand, particularly when it involves young adults. Perceived social support has a favorable relationship with the quality of one's interpersonal relationships, since there is an obvious connection among the two factors. The goal of the research was to explore how extraversion impacts interpersonal relationships via the mediating role of perceived social support. Findings demonstrated that women became more extroverted than men if these traits were comprised. Research results indicate to a positive relationship between extraversion as well as general interpersonal relationships and perceived social support. As compared with other characteristics, the significance of extraversion within young individuals is demonstrated in the present research.*

## **SUGGESTIONS AND RECOMMENDATIONS**

- 1. Provide an organized setting whereby students may look for help by establishing support groups which correspond for their intellectual, emotional, and social needs.*
- 2. Establish frequent events and training sessions centered on management, interaction, and teamwork to help students in developing their social networks while improving relationships with other people.*
- 3. Regularly perform surveys and focus groups to collect feedback from students on the efficacy of existing initiatives and their requirements for social support.*

## **LIMITATIONS**

- 1. The results might not be applicable to a bigger sample when convenience sampling was used in many studies, included this particular one.*
- 2. This particular method of sampling frequently yields findings that are not representative of the whole group that is being studied.*
- 3. It is critical to take into account that research with small samples might lack the statistical ability to identify significant connections between variables. For verification of the outcomes and establish their resilience, we require additional data.*

## **IMPLICATIONS**

- 1. Perceived social support serves as a facilitator, indicating that raising students' access to social assistance could enhance their interpersonal connections and, in consequently, their psychological and emotional health.*
- 2. With the goal to establish a campus environment that is requesting and welcoming for all students, it is crucial to promote social contacts and support*



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