

**IPIP-NEO Narrative Report**

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I recently completed the International Personality Item Pool or IPIP-NEO and I was not shocked at my results. While I took the test while tired and wanting to simply complete the exam, the results still accurately reflect who I am today. Having done personality tests in the past, I was curious to see how I have changed and grown, since the last personality test I took was 7 years ago. To my surprise there are areas in which I scored differently than in the past and areas which remained the same. For example I already knew I was an introvert as I prefer my alone time and this test confirmed the results of my previous personality test. My overall scores were average across all areas, which makes sense for me.

### **Extraversion**

I found the results in the extraversion section interesting because as I mentioned above, I knew I was introverted prior to taking the test. The results indicate that I am neither too extroverted, nor too introverted. I am the kind of person who enjoys spending time with other people and at the same time I also like to be alone. Honestly, I've had many people tell me that I am a very nice and kind person, however my sister once told me that being too kind would cause people to look down on me. So after I listened to her opinion, I tried not to care too much about others' problems. Before this conversation with my sister, I was a lot more outgoing, as I was constantly focusing on others, their problems and how to help them. Her opinion, kindness and how others would take advantage of it, made me more introverted. In addition, I do not like arguments nor do I like to dispute with others. So usually I avoid or give up or say "sorry" to the other person even if I did not make a mistake at that moment.

### **Agreeableness**

In the Agreeableness test, I scored 76 points in Morality which is the highest agreeableness score, indicating that I value honesty and sincerity. Most of the other facets were

average (Trust 38/Morality 76/Altruism 64/Cooperation 57/Modesty 65/Sympathy53), but you can see the lowest score is Trust. The total results are average, but the trust result was the lowest; I kind of expected this. I often cannot trust people because I have experienced fraud and dishonest people. And this part made me realize that I need to grow as a counselor.

### **Conscientiousness**

I scored mostly average on the Conscientiousness test but scored the highest with a score of 66 for Dutifulness and the lowest with a score of 20 for Self-Efficacy. (Self-Efficacy 20/Orderliness 57/Dutifulness 66/Achievement-Striving 64/Self-Discipline 60/Cautiousness 58). This is probably because many restrictions in my current life have lowered my self-efficacy, and I grew up in a culture that basically requires me to be humble. Therefore, I always compare myself to others and think only of my shortcomings.

### **Neuroticism**

In the neuroticism test, I realized that my NEUROTICISM was low, but Self-Consciousness was the highest with 63 points, Anxiety was 55 points, and Depression was 44 points. I was not surprised by the result because I usually deal with anxiety from living in foreign country. I also do not express agitation and anger due to asian culture and christian code of conduct.

### **Openness to Experience**

This result made me realize that although I have low imagination, my artistic interest is average, and I prefer to deal with people and objects rather than being open to ideas. And above all, I mentioned again that my liberalism is low, I prefer safety and stability, but there is a conservative side. The reason I was surprised was that I heard that people around me had a lot of

imagination, so I recognized myself as a person with imagination, but I was disappointed because the results were not.

While taking this personality test, I knew that the results were not black and white, good or bad, but there were many "average" results, so I wondered if even that was my wrong personality. However, in the test description, it was explained that the average score could be misclassified, so I thought I would like to see the test again. In terms of extroversion, they explained that they enjoyed time alone on average, but also enjoyed time with others. In this part, the explanation that an introverted personality should not be interpreted as a lack of social engagement or depression removed the prejudice that I had for a long time that an introverted personality was not good. The average in the Agreeableness part came out, and although I was interested in the needs of others to some extent, the result that I generally had no will to sacrifice myself for others made me reflect. I realized that I was living only for myself. I felt good when I received a result that was reasonable, organized, and reliable in the Conscientiousness part. However, recognizing that my low self-esteem in self-efficacy is still not recovering, I thought that I should love myself a little more and live a trust. Although the neuroticism part came out low, I thought that the result of being exceptionally calm and not agitated, and not reacting with strong emotions to stressful situations was not necessarily a good result. Because I don't think it's good not to express emotions. In terms of openness to experience, respondents scored low on openness, liked to think in simple terms, and were realistic, pragmatic, and conservative. Until now, I thought I was an unrealistic person who only chased dreams, but the result came out realistic and conservative.

### References

*The IPIP-neo (international personality item pool representation of the neo pi-R)*. IPIP NEO-PI, Introductory Information. (n.d.). Retrieved February 13, 2023, from <http://www.personal.psu.edu/faculty/j/5/j5j/IPIP/ipipneo300.htm>