

PREDICTORS OF COMMUNICATION COMPETENCES IN ADOLESCENTS: THE ROLE OF PERSONALITY TRAITS

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Abstract

During adolescence, social and emotional competences contribute to the effective interpersonal communication. The formation, development and manifestation of these competences are based on the predispositions, skills and other individual resources the adolescents possess. This paper summarizes the design and main findings of a correlational study aimed at exploring the predictive role that personality traits have in explaining the individual differences in communication competences. Eighty-eight adolescents (47 girls and 40 boys) completed a standardized protocol based on two questionnaires. Personality traits were measured with Big Five Inventory (O.P. John, E.M. Donahue, and R.L. Kentle). Competences related to verbal and non-verbal communication and assertiveness were assessed using The Profile of Social and Emotional Competences (M. Tufeanu and V. Robu). Extraversion was a positive predictor of the ability to express one's emotions as well as of verbal and non-verbal communication. Openness was a positive predictor of verbal and non-verbal communication, while agreeableness was a positive predictor of assertiveness. The results are discussed from the perspective of the importance of personality traits and other developmental characteristics in the approach of adolescent counseling and personal development.

Keywords: communication competences; emotional expression; assertiveness; verbal and non-verbal communication; personality traits; adolescents; prediction

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