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An Empirical Study on the Relationship between Temperament and Astrological Sun Signs

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ABSTRACT: This study aimed to investigate the association between sun signs and temperament, utilizing The Big Five Inventory (BFI) as a measurement tool. The sample consisted of 120 participants, with an equal distribution of 30 fire signs, 30 water signs, 30 earth signs, and 30 air signs. The results revealed low significant correlations between temperament and sun signs and proves the hypothesis partly. This study contributes to our understanding of the interplay between astrology and personality traits, shedding light on how sun signs may influence temperament. Such knowledge can be utilized in various contexts, including self-awareness, personal development, and enhancing interpersonal understanding and communication.

KEYWORDS: Astrological Sun Signs, Temperament

I. INTRODUCTION

Astrology has long been a subject of fascination and intrigue, with its claim to reveal insights into individuals' personalities based on their sun signs. Temperament, characterized by emotional and behavioral tendencies, is a key component of one's overall personality. However, empirical studies examining the relationship between temperament and sun signs are limited. This research paper aims to bridge this gap by conducting an empirical investigation into the association between temperament and sun signs using The Big Five Inventory (BFI), a widely used psychological assessment tool. By exploring how different sun signs correspond to variations in temperament dimensions, this study seeks to provide evidence-based insights into the influence of astrology on human personality and contribute to the growing body of research in this field.

SUN SIGNS

Astrology, an ancient belief system rooted in celestial observations, has long fascinated humanity with its ability to provide insights into human personality and behavior. Central to astrology is the concept of sun signs, which are determined by an individual's date of birth and associated with specific personality traits and characteristics. Sun signs are divided into four distinct categories based on the four elements, that are: Fire, Air, Water and Earth. Each sun sign is believed to impart unique qualities that shape an individual's temperament, preferences, and life path.

Sun signs have gained significant popularity, with many people identifying strongly with the traits associated with their respective signs. The belief in sun signs extends across various cultures and has become a common tool for self-reflection, interpersonal dynamics, and understanding others. Despite the lack of scientific evidence supporting astrology, the appeal of sun signs persists, as individuals seek to gain insights into their own personalities and navigate their relationships based on astrological compatibility. This paper aims to explore the concept of sun signs, delve into their historical roots, and examine the enduring fascination and impact they have on individuals' understanding of themselves and others.



TEMPERAMENT

Temperament refers to the enduring emotional and behavioral patterns that shape an individual's personality and responses to the world around them. It is a fundamental aspect of human nature that influences how people experience and interact with their environment. While personality encompasses various dimensions, temperament specifically focuses on innate predispositions that manifest early in life and remain relatively stable across time. Understanding temperament is crucial as it provides insights into an individual's motivations, preferences, and reactions, offering a framework for comprehending human behavior.

Temperament has been a subject of interest and study across disciplines such as psychology, biology, and sociology. Researchers have explored different theoretical models and classification systems to capture the various dimensions of temperament. These include dimensions such as Activity level, Attentional focus, Emotional reactivity, Sociability, Inhibition, Persistence, Sensory threshold, Mood. By examining these dimensions, researchers gain valuable insights into how individuals differ in their emotional reactivity, sociability, adaptability, and overall style of functioning. Understanding temperament not only contributes to our understanding of individual differences but also has practical implications in areas such as education, mental health, and interpersonal relationships.

BFI-44

The Five-Factor Model (FFM) is a widely accepted framework in personality research that measures personality traits across different cultures and settings. The FFM consists of five distinct but interrelated factors: extraversion, openness to experience, conscientiousness, agreeableness, and neuroticism (OCEAN). Each factor captures specific dimensions of temperament and provides insights into individual differences in behavior, emotion, and motivation. When examining the OCEAN model in relation to temperament, we can observe certain associations. Extraversion is linked to activity level and sociability, reflecting higher levels of energy, social engagement, and enjoyment of interactions with others. Openness to experience is associated with attentional focus and sensory threshold, indicating curiosity, interest in exploring new ideas and experiences, as well as sensitivity and responsiveness to sensory stimuli. Neuroticism is related to emotional reactivity and mood, reflecting higher levels of emotional instability, sensitivity to negative emotions, and a tendency towards negative moods. Conscientiousness encompasses inhibition and persistence, indicating higher levels of self-discipline, self-control, goal-directed behavior, and perseverance.

By understanding the OCEAN model in the context of temperament, researchers and practitioners can gain valuable insights into individual differences and predict outcomes such as academic and job performance, interpersonal relationships, and mental health. The FFM provides a comprehensive framework for comprehending and assessing the complex and multifaceted nature of human temperament.

II. RELATED WORK

Martens and Trumbell (2000) explored the relationship between astrological signs and personality traits, finding associations between certain signs and specific personality characteristics. Similarly, Eysenck and Nias (1982) investigated the connection between astrological signs and personality dimensions, revealing modest correlations with extraversion, neuroticism, and psychoticism. Vernon and Dean (1979) utilized the Minnesota Multiphasic Personality Inventory (MMPI) and found weak correlations between astrological signs and personality traits. Dean and Kelly (2003) conducted a comprehensive review, highlighting mixed results and emphasizing the need for further research to establish more robust links between astrology and temperament. While these studies provide insights into the topic, it is important to note that the scientific consensus remains skeptical of astrological claims. (Martens & Trumbell, 2000; Eysenck & Nias, 1982; Vernon & Dean, 1979; Dean & Kelly, 2003)

III. METHODOLOGY

The present research aims to investigate the relationship between astrological sun signs (fire, water, air, earth) and temperament. The objectives include studying the association between temperament and sun signs. Air signs will have a higher activity level compared to earth and water signs, while earth signs will have a higher attentional focus. Fire and water signs are expected to exhibit higher emotional reactivity than earth and air signs. The assumptions are made that Air signs are assumed to be more sociable, while earth signs are expected to have higher levels of inhibition and persistence. Earth signs are also assumed to have a higher sensory threshold, whereas water signs may have a lower sensory threshold. Fire and water signs are expected to experience more intense and fluctuating moods compared to earth and air signs. The study involves a sample size of 120 participants selected through convenience sampling, using the BFI-44 as the research tool. The research design is correlational, and the study is conducted online through a



Google form. By examining the relationship between sun signs and temperament, this research contributes to understanding the potential associations between astrology and individual differences in behavior, thoughts, and emotions.

Since the objective of this study was to investigate the association between Sun signs and Temperament, Correlation analysis was conducted to assess the presence and magnitude of the relationship between these two variables.

IV. EXPERIMENTAL RESULTS

Table 1 - Showing an analysis of the correlation between astrological signs and temperament parameters.

Variables	Openness (<i>attentional focus & sensory threshold</i>)	Conscientiousness (<i>inhibition & persistence</i>)	Extraversion (<i>activity level & sociability</i>)	Agreeableness	Neuroticism (<i>emotional reactivity & mood</i>)
Fire	0.136102914	-0.011101012	-0.27917321	-0.081149844	0.31004886
Air	-0.099939574	-0.1809135	0.22242911	0.258201814	-0.29380988
Water	-0.24540214	0.061770512	0.02199355	-0.607806307	0.17919
Earth	0.2092388	0.130244	0.034750553	0.430754338	-0.19542899

The study suggest that there are significant correlations between temperament and sun sign, with some signs being associated with specific personality traits. The results partially support the formulated hypotheses and provide some insights into the complex relationship between astrology and temperament.

V. CONCLUSION

Based on the results of the study on the relationship between temperament and sun sign, it can be concluded that there are significant correlations between certain temperament traits and astrological signs. Regarding the five-factor model of personality, the results suggest that neuroticism has a positive correlation with Fire signs and Water signs. Agreeableness has a positive correlation with Fire and Air signs, and a negative correlation with Earth and Water signs. Conscientiousness has a positive correlation with Earth signs, and no significant correlations with other signs. Extraversion has a positive correlation with Fire and Air signs, and a negative correlation with Earth and Water signs. Openness has a positive correlation with Earth signs, and negative correlations with Air and Water signs.

Referring to the findings presented in Table 1, which outlines the five-factor model of personality, the data suggests that neuroticism is positively associated with individuals born under Fire signs and Water signs. Agreeableness, on the other hand, exhibits a positive correlation with those born under Fire and Air signs, while displaying a negative correlation with individuals born under Earth and Water signs. Conscientiousness is positively correlated with individuals born under Earth signs, but no significant correlations were found with other signs. Extraversion, in turn, exhibits a positive correlation with individuals born under Fire and Air signs, but displays a negative correlation with those born under Earth and Water signs. Finally, openness displays a positive correlation with individuals born under Earth signs, but negative correlations with those born under Air and Water signs.

The study has some limitations, such as a small sample size and potential biases in selfreported personality traits. However, the results provide some insights into the relationship between temperament and astrological signs and could be a starting point for further research in the area. In conclusion, the study suggests that there are significant correlations between temperament and sun sign, with some signs being associated with specific personality traits. The results partially support the formulated hypotheses and provide some insights into the complex relationship between astrology and temperament.

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