

A Perspective of Personality  
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This semester I had the opportunity to take a variety of self-report inventories and assess them. I found that the inventories that assessed multiple factors covered an interesting range of traits. In particular I found the factors in the Trios Scale, the BEM, the Costa and McCrae NEO, and the Comfrey Scales to be note-worthy. Of these four inventories, I found the Costa and McCrae NEO and the Comfrey Scales to be the most comprehensive. Both of these inventories measure for many factors at once and because of this, can display much more information about an individual.

For example, on the Costa and McCrae NEO Personality Inventory, the following factors were measured: Neuroticism, Extraversion, Openness, Agreeableness, and Conscientiousness. Within the factors of Neuroticism and Extraversion, several traits related to those factors were also measured. I also found the graphing of the results at the end of taking this inventory to be very helpful. Too often from other inventories there were statistical results that seemed somewhat arbitrary and held no meaning to me because I could not see their relationship with one another. The results from the NEO that I found most interesting were from within the traits describing Openness, and the factors Agreeableness and Conscientiousness. I already thought I was a pretty open person, but I really didn't expect to score quite so high on fantasy (28). I also thought of myself as more agreeable and conscientious than the NEO showed.

The Comfrey Personality Scales also measured several factors. Of the eight factors measured by this inventory, I found my scores on the Masculinity vs. Femininity and the Empathy vs. Egocentrism to be somewhat different than I thought they would be.

I was pretty certain I would not seem very feminine by the standards of this inventory based on some of the questions that were asked, but I did not expect to score so high on the masculinity scale (97). Also, I think of myself as more empathic than this inventory reads, but I know that my feelings of empathy tend to be rather situational.

The Trios Scale also covers a handful of factors, including Spirituality, Improvisation, Orality, Present Orientation, and Arythmia. To me, this particular inventory seemed to be trying to measure traits of an even more ephemeral nature than the others. I don't feel that I was scored accurately on some of these factors because of the wording of some of the questions. For example, I felt that some of the spiritually questions did not account well for someone who feels she is a spiritual person but not a religious one. I also don't feel that I have a clear understanding of what the scores from this scale are trying to measure and how my scores relate to the scores of others.

The BEM/BSRI inventory was another personality inventory that measured femininity vs. masculinity. Based on my raw scores (4.35 F and 4.85 M) I guess I measured higher on the masculinity scale, but there didn't seem to be as much difference as there was on the similar scale in the Comfrey. Like with the Trios Scale, I don't have a clear understanding as to what the scores here mean and how they relate to me or others.

Overall, the process of administering the variety of self-report inventories to myself was an interesting one. I would have liked to receive more background information on each of the inventories and it would have been helpful to be able to discuss the inventories with everyone, although I understand that since these are being used for a research project, it could not be the case.

I also found myself taking issue with the assessments that were looking for levels of femininity and masculinity. I didn't feel that the questions were really measuring those factors, except by old-fashioned ideals of what is feminine or masculine. The traits within these factors being defined as masculine and feminine are out-dated and I don't think it's useful or positive to have these factors viewed as opposites or counter to one another. Within the context of the personality inventories, the impression isn't clear that it would be part of a healthy, normal personality to have a combination of these factors. I would be interested in researching the idea of manipulating the current inventories that assess masculine and feminine traits, like the Comfrey Scales, in such a way that would allow one to assess the real traits that seem to be the focus, like sensitivity and tough-mindedness, without equating them with ideas of masculinity and femininity. Again, this seems to be an out-dated notion and I personally found it to be somewhat offensive. I guess it's no secret as to why I scored higher on the masculine scales than the feminine ones.

Taking personality inventories can be very enriching and intriguing if taken in context. I'm glad that I had the opportunity to experience so many different types and I hope that I get to work on more of them in the future. I definitely would like to research more of the background information related to some of these self-reports and how to assess them and compare them to other subjects.