Personality Traits and Family Size as the Predictors of Alexithymia among University Undergraduates

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The present study was aimed at investigating the personality traits and family size as the predictor of alexithymia. In addition, gender differences in alexithymia were also the focus of interest. The convenient sample of the study consisted of 200 undergraduates of University of Sargodha. Students belonged to large family size ($n = 100$) and small family size ($n = 100$) were given equal representation. Sample was further divided into ($n = 100$) girls and ($n = 100$) boys from different departments. Toronto Alexithymia Scale and NEO Five Factor Inventory were used to measure alexithymia and personality traits respectively. Step wise regression analysis revealed that Neuroticism is the most significant predictor of alexithymia, Agreeableness is the second most predictor of alexithymia, Openness to experience is the third predictor of alexithymia and conscientiousness is the last predictor of alexithymia. Analysis also revealed that Extroversion and family size is the non significant predictor of alexithymia. Further t-test demonstrated non significant gender differences in alexithymia.

Keywords: Personality traits, family size, Alexithymia