

## Counselling and its effect on personality dimensions of young adults

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■ **ABSTRACT** : This study aims to examine the effect of counselling on personality dimensions among young adults. The current article presents the mean differences of personality dimensions among young adults before and after counselling. To conduct the study a sample of 120 young adults belonging to the age group of 20-40 years were selected. To measure the personality dimensions among young adults Big five personality inventory developed by Goldberg (1993) consisting of five dimensions such as extraversion, agreeableness, conscientiousness, neuroticism and openness was used. Highly significant mean differences were observed in all the dimensions of personality inventory. Young adults after intervention had significantly high scores in all the traits of personality and low score on neuroticism depicting better emotional stability after counselling. Therefore, it was found that counselling techniques were facilitative in bringing about positive changes in the personality among young adults.

■ **KEY WORDS**: Personality dimensions, Extraversion, Agreeableness, Conscientiousness, Neuroticism, Intervention, Counselling, Young adults

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