

Kaila French

Abstract

This research project explores whether personality traits can help predict what someone needs or wants in a friendship. Middle school friendships can be hard to start and even harder to keep, so understanding what makes certain friendships stronger might be helpful. This study asks whether a person’s personality profile can show who they are most likely to become friends with and how long those friendships might last. To investigate this idea, pairs of friends will take two personality assessments: the Myers–Briggs Type Indicator (MBIT) and the Big Five Personality Test. Their results will be compared to answers about their friendship, including how long they have known each other and how much they value or enjoy the friendship, measured on a 1–7 Likert scale. After collecting all the data, the project will look for patterns or trends that show whether certain personality traits are linked to stronger or longer-lasting friendships.

Introduction

This question is important to me because as a middle school student I notice that friendships can be difficult, whether it’s making new friends or keeping old ones. By answering this question, I can find better ways for people to find someone who they can have a long and healthy friendship with. Sometimes it can be confusing when you see people who seem very similar get along, as well as people who seem totally different from one another. Understanding what another person wants or needs can help build a closer connection and a stronger friendship.

Research question: Can personality traits predict how strong a friendship becomes?

Significance: Understand how personality traits play a role in our friendship.

Methods

- Sample:** 60 middle school students (pairs of friends)
- Approach:** Take a personality test and compare results to your friends
- Tools:** The Big Five, MBIT, and Likert Scale
- Likert scale Questions:** **Rate from 1-7**

(1 = Not so much, 7 = A lot)

How much do you value this friendship?

Does your friend make you feel supported?

Are you able to be yourself around your friend?
- Data Questions:**

How long have you been friends?

What trait do you dislike the most about your friend?

What trait do you love the most about your friend?

Results

Openness – imaginative or consistent

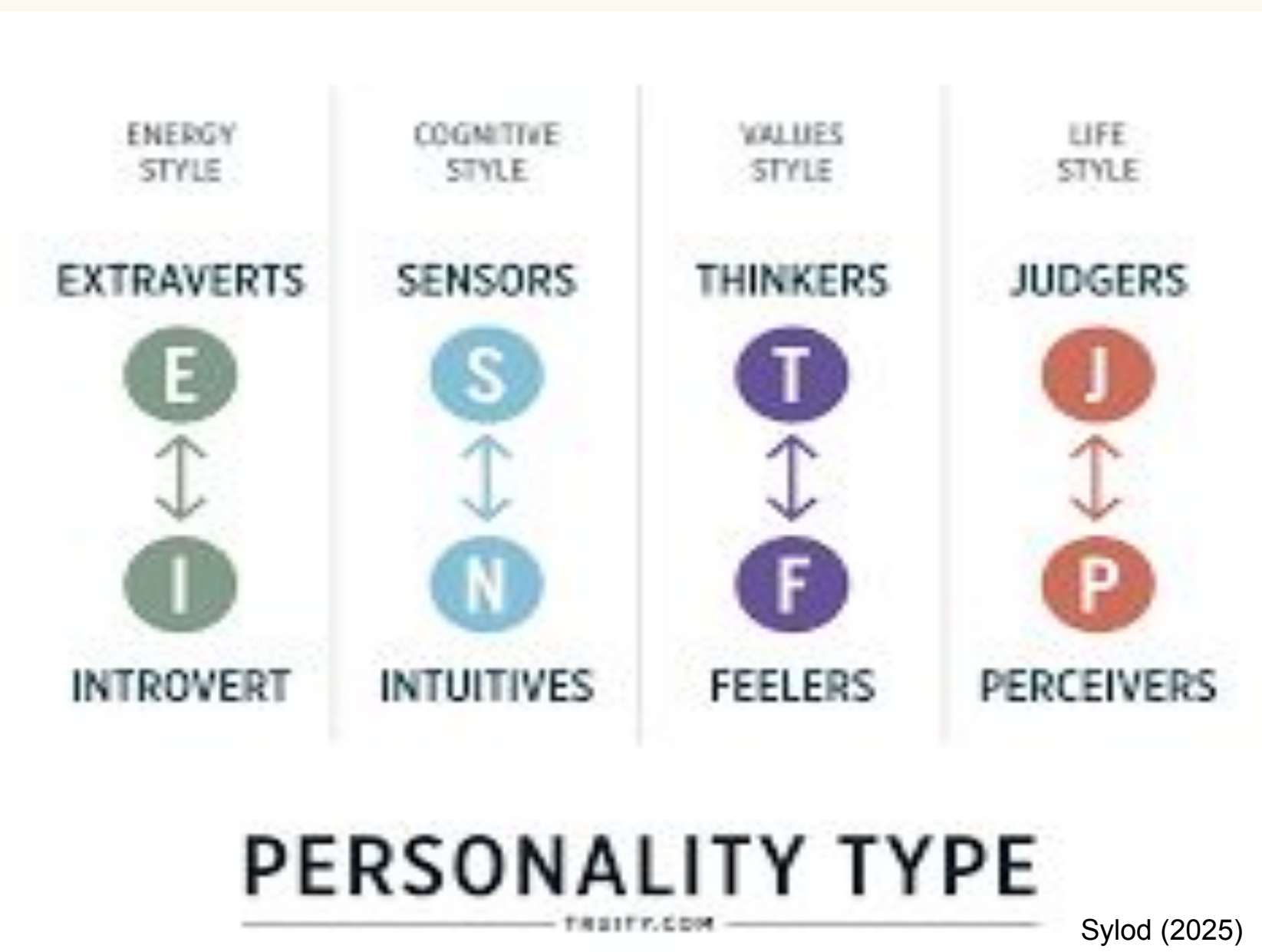
Conscientiousness – Step by step or unorganized

Extraversion – outgoing or solitary

Agreeableness – trusting or skeptical

Emotional stability – easily stressed or stable

Table 1	Friend A	Friend B
Big Five Test	Introversion, low emotional stability, high agreeableness, high conscientiousness, and low Imagination.	Extroversion, high emotional stability, low agreeableness, low conscientiousness, and low Imagination.
MBIT	ISFJ	ESFJ
How much do you value friendship?	7	7
Does your friend make you feel supported?	6	6
Are you able to be yourself around your friend?	7	7



Discussion

Friend A and Friend B have known each other for 1.5 years and both answered these two questions: What trait do you dislike the most about your friend? What trait do you love the most about your friend?

Friend A said they dislike that Friend B is hard to persuade, but they like how comfortable Friend B makes them feel. Whereas Friend B said they dislike Friend A’s pickiness, but they value Friend A’s honesty.

Conclusion

Personality traits play a meaningful role in how middle school friendships form and grow. Completing this research with a larger sample size will help students recognize what they value in a friend, make positive connections, and develop a stronger sense of self worth.

References

• Drabot, K. (2026). Lumiere-Personality Traits https://docs.google.com/presentation/d/1MBGdM4VkgngdwBg7OzTR_wMXyaQ8laPc/edit?usp=sharing&ouid=105036285380300851671&rtpof=true&sd=true. Unpublished work.

• Likert, R. (1932). *A technique for the measurement of attitudes*. Archives of Psychology, 22(140), 1–55.

• Open Psychometrics. (n.d.). *Big Five personality test*. <https://openpsychometrics.org/tests/IPIP-BFFM/>

• Sylod.com. (2025). *[Image cropped using Sylod image tool]*. <https://sylod.com/summer-2024.html>

• The Myers-Briggs Company. (2023). *Myers-Briggs Type Indicator (MBTI) assessment*. <https://www.themyersbriggs.com>