

Abstract

The adolescent stage is a particularly challenging period in development. This stage is challenging because it is marked by changes to both the body and the mind. This article reviews four articles which discuss the personality types in both childhood and adolescence, known as the little six and big five, and how these personality types change through adolescence. All four articles report the personality types (extraversion, agreeableness, conscientiousness, neuroticism, openness to experience, and activity), how they change, and how gender relates to personality trait.

How the stages of adolescence affect personality traits

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Introduction

The adolescent stage is a period in development known for being difficult. This stage is particularly challenging because it is marked by changes to both the body and the mind. Adolescents also gain additional knowledge and extraversion during this time. Teens are acutely aware of their doings and if these behaviors are socially acceptable. Adolescents often get trapped in a bubble, designed by their own mind, and experiences, often morphing the bubble or personalities. Psychologists categorize children personalities using the little six, the categorical hierarchy of children's personalities are extraversion which is a personality characterized by sociability, assertiveness, and energy level; agreeableness which is a personality characterized by compassion, politeness, and trust in others; conscientiousness which is a personality characterized by organization, industriousness, and reliability; neuroticism which is a personality characterized by anxiety, depressiveness, and emotional volatility, and openness to experience which is a personality characterized by intellectual curiosity, creativity, and aesthetic sensitivity; and activity which is a personality characterized by physical energy and motor activity (Soto et al., 2015). As the children transition into an adolescent so can their personality which can bring in a new categorical hierarchy of personalities into the big five. The big five is an adult hierarchy of the core personalities. The first personality type in the big five is extraversion which is characterized by sociability, assertiveness, and energy level. The second is agreeableness which is characterized by compassion, politeness, and trust in others. The third is conscientiousness which is characterized by organization, industriousness, and reliability. The fourth is neuroticism which is characterized by anxiety, depressiveness, and emotional volatility. Finally, openness to experience is characterized by intellectual curiosity, creativity, and aesthetic sensitivity (Soto et al., 2015).

Methods

A literature review was conducted by identifying peer reviewed studies that examine personality and mental health through adolescence. Literature searches were conducted on Google Scholar between March and May 2026. Search terms include 'personality types,' 'personality traits among teenagers,' 'personality traits in childhood and adolescence,' and 'transactions between life events and personality traits across the adult lifespan.' Research articles were included if they met the following criteria: 1) examined personality traits in adolescence, 2) were published between 2015 and 2026, and 3) written in the English language. Articles were excluded if 1) content did not focus on personality traits during adolescence (e.g., in childhood or adulthood only), and/or 2.) were published before the year 2015.

Results

The total title I have read are 15+, topics ranging through mental disorders such as depression and anxiety, and personality traits such as the big five and little six. I also read about development in this stage and read a full text review 9 and counting. The article I will include 6 and counting. I will mainly use the information as references and results.



Discussion

The discussion follows up on information presented in the introduction and reviews one deep analysis conducted on adult personality development supports two key principles. One is the cumulative-continuity principle which states that personality becomes increasingly stable across adulthood. The second conclusion is the maturity principle. And one In a gender specific report on mid life personality development, both males and females were found to longitudinally decrease in extraversion and increase in emotional stability. By contrast, only males were found to decrease in conscientiousness and openness, while females only increase in agreeableness (Costa et al., 2000). A cross-sectional study using internet reports, showed a sharp increase in agreeableness among adult women resulting in smaller gender differences in emotional stability with age. These results also showed that extraversion slightly

Conclusion

In conclusion, the goal of this literature review was to understand how the little six childhood personality traits convert into the adult big five before personality traits through the adolescent period. Specifically, four research articles were examined to further review the transformation of personality across the life span. The results of the included research suggest that the little six personality traits transform into the big five with predicted outcomes. More research is needed to identify patterns and predicated outcomes.

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