

THE ROLE OF SELF-TRANSCENDENCE IN PERSONALITY AND ITS IMPACT ON QUALITY OF LIFE

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Introduction: The concept of person is connected to personality and self-transcendence belongs to its structure, as core component. The assessment of self-transcendence as part of human personality opens the gate of self-awareness in personology. Robert Cloninger is a distinctive researcher because he states that the comprehensive assessment of the human being includes the moral-spiritual dimension which implies deep self-awareness, in the absence of which subjective well-being is not possible.

Thus, in Cloninger's view self-transcendence is a character dimension. Self-transcendent individuals are often described as un-demanding, fulfilled, enduring, creative, altruistic, spiritualized. High self-transcendence has adaptive advantages when the individuals deals with suffering and death, which are inevitable once the person grows older.

Material and method: 131 patients with personality disorder aged 19 to 62 were included in the study. Temperament and Character Inventory; Multicultural Quality of Life Index (J. Mezzich et al, 2000).

Specific objective of the study: The assessment of the relationship between the scores in personality dimensions and the quality of life.

Results: Significant correlations were ascertained between the character dimension Self-transcendence and the Multicultural Quality of Life Index. Thus, according to this correlation analysis, ($r^2 = 0,035$) of the variation of the score on the Multicultural Quality of Life Index is given by variations of the Self-Transcendence score.

Conclusions: The assessment of the self-transcendence dimension as part of human personality opens the doors of knowledge in personology.

Human personality directly influences scores in quality of life scales through character dimensions.