

# New discovery: 5 types of personality that can 'extend life expectancy'

Are you friendly? Open? Strong emotions? Read the article below to see if you have any or all of these characteristics!

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Are you friendly? Open? Strong emotions?

There are many large scientific studies that take on the audience of the elderly in the world, suggesting that these personalities are one of the **characteristics related to prolonging life** .



Meanwhile, another study shows that we are not good at identifying these personalities, but only close friends can see those traits in us.

Read the article below to see if you have any or all of these characteristics! Here are **5 personality styles that can "extend life"**.

## 1. Thoughtful

In a 75-year study involving 300 couples from the mid-20s, researchers found that men were more thoughtfully rated by their friends - that is, those who were not only less likely to be impersonal Dangerous but also thorough and careful - often live longer.



Photo source: Shutterstock

The study participants selected a number of friends to assess their personality based on 36 psychological assessment questions by psychologist **E.Lowell Kelly** in 1940. To verify the questionnaire still "*ambiguous*", researchers have recently compared this questionnaire to other personality tests over the past decades.

The psychologist E.Lowell Kelly's questions are arranged from general questions like "*Is his physical energy full or agile?*"; give personal questions like "*How did he come to his appointments?*".

Men in this study are considered to be more thoughtful and live longer. In addition, a 2007 study of men and women living in California between the 1930s and 2000s made similar conclusions. During the period of life, regardless of gender, male or female, those who are thoughtful when they are young and mature often live longer than those who are not caring.

See also: 10 healthy habits that help you live to be 100 years old

## **2. Open up**



Photo source: Flickr / US Department of Agriculture

In this same 75-year study, **openness is also considered a personality that is related to prolonging life, just behind thoughtfulness** . Highly regarded men in this personality tend to live longer than the rest of the men. Their openness is expressed through the willingness to listen to ideas and emotions as well as new and different opinions from others.

A 2006 study with Japanese participants aged between 100 and 106 also showed that openness is linked to longevity. Researchers presented in the report: "*We speculate that the oldest, more imaginative and open-minded people to experience life will help them accept losses (friends, family, health, ability) occurs at this age.*"

### 3. Strong emotions

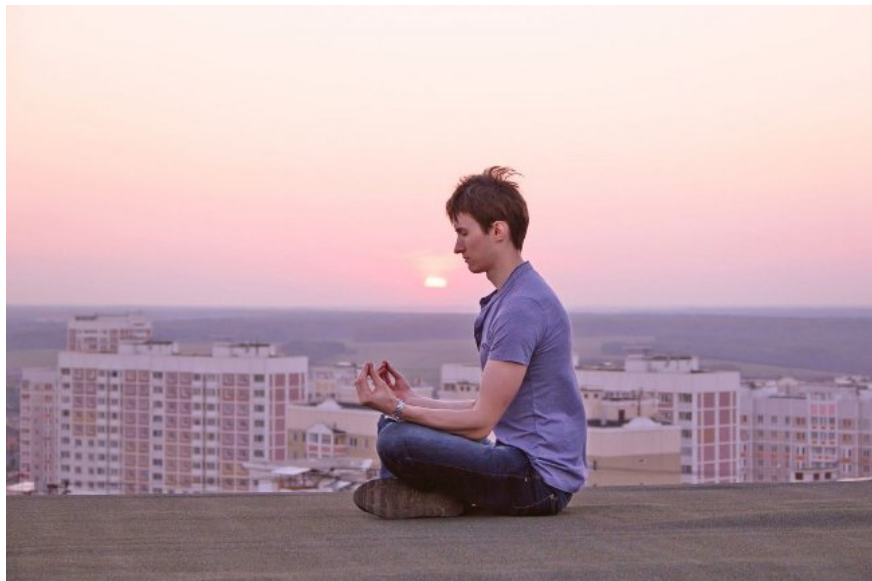


Photo source: Flickr / Pawel Maryanov

There is a small but important difference in both women and men - those who participate in 75-year research, **strong emotions** are strong personalities for longevity. When the research began to take place in the 1930s, women tended to show more unstable emotions and strong emotions that created better benefits for women than men.

This result is also more evident in a recent study conducted in 2,400 men and women. Research shows that **emotional balance plays an important role in longevity** . Moreover, only in this period of time will the feelings of stability affect both men and women evenly.

See more: [Drinking 5 cups of coffee a day can help you live longer?](#)

## 4. Friendly



Photo source: Christopher Furlong / Getty Images

The second personality has a connection to life expectancy in women that is consent or friendliness. A recent study conducted in 243 men and women between the ages of 95 and 100 ( *75% female* ) showed that all of them were appreciated for being easy-going and extrovert. Women in this study also tended to be appreciated for thoughtfulness, an important personality identified in the 75-year study.

## 5. The ability to express emotions



Photo source: Flickr / KKendall

The study conducted in people aged 95 to 100 also showed that in addition to being easier and more outward than usual, participants also tend to **laugh more** and **express their feelings of taking off. open more** to another person, as opposed to being self-contained.

However, this study focused only on the elderly ( *and at a certain age* ), so it is difficult to know exactly whether the study participants developed these characteristics as a result. of old age or these characteristics help them live longer.

See also: Science proves: The more time you spend with your parents, the longer your parents will live

Having fun!

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