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**Impact of the Six Personality Types Among  
RIASEC Theory on the Student Participation of  
Extra-Curricular Activities**

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**Abstract**

In 1997 John Holland proposed the RIASEC Theory of career planning and future career choices, which consists of six personality types, including realistic, investigative, artistic, social, enterprising and conventional personality types. It aims to guide people's future career choices and planning through the different personality types (Holland, 1997). With the rise in research on the Holland Code, more and more scholars have explored the merits of RIASEC Theory for future career planning. The present study examines whether students in higher education choose their extra-curricular and co-curricular activities based on the six personality types in the Holland Code and whether these personality types affect their participation in extra-curricular activities and their participation in the classroom, based on the RIASEC Theory. The study also explored whether these six personality types would affect the amount of time they spent on extra-curricular activities and the number of extra-curricular activities they participated in. The current study used linear regression to analyse the influence relationship between the six personality types in the Holland Code and the time and number of extra-curricular activities that students participated in. The results of the present study showed that students with higher education were influenced by the Artistic personality types ( $p < 0.05$ ) and Conventional personality types ( $p < 0.05$ ) of the theory in their choice of extra-curricular activities. It was also found that the three personality types of the theory, namely Investigate, Enterprising, and Conventional personality types ( $p < 0.05$ ), influenced the number of extra-curricular activities students participated in. The current



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study's findings provide implications for the future of RIASEC Theory in terms of the amount of time and number of extra-curricular activities that students participate in.

**Keywords:** Personality, Holland Code, Education, Extracurricular Activities