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The Acculturation Puzzle: Unravelling The Connections Between Personality and Life Satisfaction of Pakistani Immigrants in Belgium

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Abstract

The study explores the relationships between Big Five personality traits and the acculturation strategies adopted by Pakistani immigrants living in Belgium, and how these variables are related to their overall life satisfaction. A survey was conducted (N=212). The study provides a nuanced view on the individual and cultural experiences of the participating population. Regression analyses were carried out to explore the relationships among personality traits, acculturation strategies, and life satisfaction. The results reveal that, certain personality traits play an important role in shaping acculturation strategies for immigrants. Precisely, extraversion and openness to experience were found to promote integration into Belgian society, and are positively linked with life satisfaction. Conversely, neuroticism was associated with separation and marginalization, which may lead to reduced life satisfaction. The study contributes to a richer understanding of immigrant adaptation by offering valuable insights into relationships between personality traits, acculturations strategies, and life satisfaction.

Keywords: Personality, Acculturation, Immigrants, Life satisfaction