

INTRO

- Self-Control appears to be underrepresented within established Big Five Measures.
- Facets of Self-Control (FSC) developed within the BFI-2 framework to address the structure of Conscientiousness including Self-Control.

METHODS

- Total N = 827 undergraduate students from UC Riverside.
- Data collected with BFI-2 and Facets of Self-Control (FSC).
- Exploratory Factor Analysis used to identify underlying structure of FSC and BFI-2.

RESULTS

- Three factor structure best fits FSC data.
 - Table 2 contains factor names (in yellow), items and factor loadings.
 - Factors include Goal Focus, Impulse Control and Undistractibility.
- Facets of FSC load distinctly onto Conscientiousness dimension the BFI-2. (Table 1)
- No correlations between BFI-2 Conscientiousness facets and FSC exceed .50.

DISCUSSION

- FSC captures distinct aspects of faceted self-control. (Table 2)
- BFI-2 Conscientiousness seems to be best described by including facets of self-control and Impulse Control in particular. (Table 1)
 - FSC provides a more complete explanation of Conscientiousness.

Future Direction

- Additional exploration into Undistractibility facet required due to strong negative loadings on Agreeableness facet.

Facets of Self-Control: A New Measure

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Table 1: Exploratory Factor Analysis of BFI-2 with Facets of Self-Control

	Neuroticism	Conscientiousness	Agreeableness	Extraversion	Openness
Neuroticism					
Depression	.79	-.07	-.19	-.14	.06
Anxiety	.79	.10	.07	-.02	.00
Volatility	.74	-.09	-.04	.13	-.05
Conscientiousness					
Impulse Control	.00	.74	-.08	-.12	.00
Productiveness	-.08	.71	.09	.15	.01
Responsibility	.06	.60	.31	.01	.02
Goal Focus	-.38	.53	-.24	.09	.09
Order	.17	.44	.38	.18	-.22
Undistractibility	-.10	.31	-.35	-.06	.16
Agreeableness					
Respectfulness	-.10	.13	.71	-.12	.14
Compassion	-.02	.04	.66	.04	.20
Trust	-.28	-.12	.58	.04	-.01
Extraversion					
Sociability	-.02	-.08	-.07	.80	.02
Assertiveness	.06	.22	-.11	.59	.19
Energy Level	-.11	.04	.23	.56	.02
Openness					
Creative Imagination	-.05	-.05	.05	.14	.75
Aesthetic Sensitivity	.25	.02	.15	-.04	.56
Intellectual Curiosity	-.02	.11	.12	-.03	.47

Table 2: FACETS OF SELF-CONTROL

Goal Focus

I never question whether I can attain my goals. (.67)
Even my own doubts don't seem to deter me from pursuing my goals. (.63)
When I choose to pursue a goal, little can deter me. (.62)
Pursuing my goals often feels automatic, requiring little effort. (.61)
When pursuing a goal, thoughts about other activities rarely cross my mind. (.60)
I can easily focus on my long-term goals and not notice distractions along the way. (.55)
I enjoy many activities but like to stay focused on getting things done. (.46)
I can stay focused on working even when I am not feeling well. (.43)

Impulse Control

I rarely act on impulse. (.81)
I rarely act on the spur of the moment. (.64)
My actions are usually based on logic rather than impulse. (.50)
I often turn down chances to be with friends so I can work to achieve my goals. (.43)
Distracting impulses rarely occur to me. (.43)
I would rather do what is wise than what is fun. (.40)

Undistractibility

I can get work done, even at a party. (.69)
I can comfortably read a book in a noisy environment. (.66)
I don't seem to notice distractions. (.40)

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