

## RELATIONSHIP BETWEEN PERSONALITY TRAIT WITH SUPER SIGNAL DREAM EXPERIENCE AMONG RELIGIOUS AND NON-RELIGIOUS PEOPLE

Noshaba Razaq<sup>\*1</sup>, Naila Azam<sup>2</sup>, Humaira Mahmood<sup>3</sup>, Mushtaq A Sajid<sup>4</sup>, Zunaira Naveed<sup>5</sup>,  
Javed Habib Ur Rehman<sup>6</sup>

<sup>\*1</sup>Researcher at Community Medicine Department Foundation University Medical College;

<sup>2</sup>Prof HOD of Community Medicine Department Foundation University Medical College;

<sup>3</sup>Professor Public Health (AFPGMI) & PhD Scholar;

<sup>4</sup>Dean and Director Campus (Mohi-u- Din Islamic University Nerian Sharif Trarkhal AJK);

<sup>5</sup>Assisstant Professor Wah Medical College NUMS University; <sup>6</sup> visiting Faculty University of Kotli AJK

Corresponding Author: \*

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### ABSTRACT

**Objective:** The aim, of current study was to investigate (a) the significant differences in the response of male and female participants on super signal dream experience (b) to analyze; big five personality traits were predictors of super signal dream experience among people from different religion and anti-religion background.

**Methodology:** This Cross-sectional Correlational study was conducted in in Foundation University Medical College Rawalpindi Pakistan from January 2024 to May 2024. Study comprised sample of 160 male and female participants age range 20 to 50 years were randomly selected. The questionnaires, the big five personality trait and super signal dream instruments were used to investigate the relationship between personality traits with super signal dream experience among religious and non-religious participants.

**Result:** The score of male participants for super signal dream experience (M = 51.55, SD = 9.26, and score of female participants for super signal dream experience (M=50.08, SD=8.47). super signal dream among participants has positive effect with .026 for extraversion, .416 for conscientiousness and .676 for openness to experience.

**Conclusion;** our study results confirm the formulated objectives by exhibiting that male and female participants were showing a little significant difference on experiencing super signal dream experience. Moreover study results were showing that personality traits (extraversion conscientiousness and openness to experience) were positive predictor of super signal dream experience among participants.

**Keyword:** super signal dream experience, personality traits, religious, non-religious.

### INTRODUCTION

Super signal dream experience is actually the precognitive dream is a psychic ability to see event in the future [1] Dreams are stories and images that our minds create while we sleep. They can be entertaining, fun romantic, disturbing, frightening bizarre and sometimes future fore-casting.

It has long been suspected that the brain part hippocampus playing a Vitol role in dreaming due to is close association with memory, moreover about half of all dreams originating from a specific experience while the subject was awake [2] Freudian

revolution transformed dreams into introspective tools and key to the unconscious[3] In ancient Christian monasticism erotic dream and nocturnal emissions served as tools for diagnosing the dreamer inner disposition.[4] Kegaan Danial explores the frames through which early modern people experienced and conceptualized their dream.[5]

Research study conducted by Florentine et., al suggests that age gender attitude and personality traits influenced the frequency of dream, furthermore this study also suggests that person with higher

scores of openness to experience and neuroticism were more influenced by their dream. [6] Research study shows that the recurrent dream of Nigerian undergraduate were significantly different between men and women. [7] Spano *et. al.* reported that the dream of four patients lacking a hippocampal memory system do not have richness of detail found in most dreams. [8] It has been noted that there is a relationship between personality factors and dream measure. A research survey was conducted in three major German Universities. The survey report shows that the incidence of dream measure was very high with negatively correlation with age.<sup>[9, 10]</sup>

In the light of above evidence, we focused on super signal dream experience in relation to (a) personality traits and then with (b) religious point of view either it is common among religious or non-religious persons. The present study was design to see the relationship between personality traits with super signal dream experience among religious and non-religious people. There was less literature available on this study so due to insufficient knowledge we find a need to explore about this more.

On the basis of above mentioned variables two objectives were developed as fellow;

- There is not any significant difference in the response of male and female participant on super signal dream experience.
- Big five personality traits will predict super signal dream experience among participants from different religious and non-religious groups.

**METHODOLOGY:**

This Correlational cross-sectional study was conducted in Foundation University Medical College Rawalpindi. Pakistan from January 2024 to May

2024, sample of 160 male and female, adolescents, age range, 20 to 50 years. The questionnaire, big five personality traits and inventory of super signal dream experience assessment were used to analyze the relationship of super signal dream experience among religious and non-religious persons. Consent was taken from Foundation University Medical College Rawalpindi authority.

Demographic sheet containing the information consists of items related to age, gender, religious status and non-religious status.

The big five inventory -2 extra short form consists of 15 items used for assessment of personality. It is reliable and valid tool having five subscales; the five subscales are as fellow;

- (1) Openness to experience (OEAA),
- (2) Extraversion (EAAA),
- (3) Neuroticism (NEAA),
- (4) Conscientiousness (CAAA),
- (5) Agreeableness (AGAA).<sup>[11]</sup>

The inventory super signal dream experience assessment was used to assess the super signal dream event either experienced by people or not and how frequently these experiences occurred.<sup>[12]</sup>

SPSS version 20 was used to analyze the objectives formulated for this study. the Pearson correlation, regression analyses, T test, one way ANOVAs, were used to analyze the objective formulated for this study.

**RESULT:**

In the current study there were 160 male and female participants from different religion and non-religion. Their demographic characteristics have been presented in table no 1.

**Table-1: Frequency distribution of participant’s s demographic characteristics (n =160).**

		<b>f</b>	<b>%</b>
<b>Age</b>	15-30	79	48.8
	30-45	62	38.3
	45-60	19	11.7
<b>Religion</b>	Muslim	40	24.7
	Christian	40	24.7
	Hindus	40	24.7
<b>Non-religion</b>	Atheist	40	24.7
<b>Gender</b>	Male	68	42.0
	Female	92	56.8

The frequency distribution of the participants' demographic characteristics shows that the majority of participants are between the ages of 15-30, comprising 48.8% (79 participants) of the total sample, followed by 38.3% (62 participants) aged 30-45, and 11.7% (19 participants) aged 45-60. In terms of religion, the sample is evenly

distributed with 24.7% (40 participants) each identifying as Muslim, Christian, Hindu, and Atheist. Regarding gender, there are more females (56.8%, 92 participants) than males (42.0%, 68 participants) in the sample.

**Table-II: independent sample t-test comparison of super signal dream experience among male and female (n = 160).**

Super signal dream	n	Mean	S.D	Df	t-values	P
SSDE Male	44	51.5455	9.25970	87.70	-.828	.410
SSDE Female	61	50.0820	8.47407	103	-.840	.403

Above table results shows, male score for experience super signal dream (M = 51.5455, SD = 9.25970), and female score for experience super signal dream (M = 50.0820, SD = 8.47407), which shows that there was a little significant difference in the male and female score for experiences super signal dream.

**Table-III: Multiple linear regressions predicting super signal dream experience among religious and non-religious participants from age, gender and all the five personality traits (n =160).**

SSDE	Un-standardized coefficient			Standardized coefficient	
	B	Std.error	$\beta$	T	P
Constant	52.437	6.493		8.076	.000
EAA	.026	.431	.007	.060	.952
AGAA	-.447	.513	-.120	-.872	.386
CAAA	.416	.381	.135	1.092	.278
NEAA	-.899	.427	-.255	-2.104	.038
OEAA	.676	.408	.186	1.655	.101

Multivariate regression analysis was computed with five different personality traits as predictor variables and super signal dream as outcome variable. The results in above table showing that three personality traits, (Openness to experience, Extraversion, Conscientiousness) were positive predictors of super signal dream experience among participant ( $\beta = 1.271, .026, .416, .676$ ). While two personalities traits, (Agreeableness and Neuroticism) were negative predictors of super signal dream experience ( $\beta = -1.008, -.477, -.2550$ . Respectively,  $p < .05$ ).

**DISCUSSION:**

In the current study, 160 male and female participants from different religious and non-religious backgrounds were analyzed. Their demographic characteristics are summarized in Table-1, revealing that the majority of participants are aged between 15-30 years (48.8%), followed by those aged 30-45 years (38.3%), and the smallest group aged 45-60 years (11.7%). The sample is equally distributed across four religious categories, with 24.7% each identifying as Muslim, Christian, Hindu, and Atheist. Additionally, there are more

female participants (56.8%) than male participants (42.0%).

An independent sample t-test was conducted to compare the super signal dream experiences between male and female participants (Table-II). The results indicate that males (M = 51.5455, SD = 9.25970) and females (M = 50.0820, SD = 8.47407) have similar scores for super signal dream experience, with t-values of -0.828 ( $p = 0.410$ ) and -0.840 ( $p = 0.403$ ), respectively. This suggests no significant gender difference in the super signal dream experiences among the participants. The score for male super signal dream experience was (M = 51.55, SD = 9.26, and score for female super signal dream experience was (M=50.08, SD=8.47). This shows that male and female showing a little significant difference in the experience of super signal dream experience. The result of our study is in line with previous research by Oluwole s suggests that there is a significant differences among women and men to feel dream experience [7] Previous research has shown mixed results regarding gender differences in dream experiences. For instance, studies by Schredl & Reinhard (2008) found that females tend to have more vivid dreams than males, while other research

by Nielsen et al. (2001) reported no significant gender differences in dream recall frequency. (15,16) Additionally, research by Wiebe et al (2007) suggested that men and women differ in the emotional content of their dreams, with women experiencing more intense emotions. (17) A study by Rajendrakumar et al (2024), also indicated that women report a higher frequency of dreams involving interactions with others. This study's findings align more closely with the latter, indicating that super signal dream experiences do not significantly differ between genders.

A multiple linear regression analysis was conducted to predict super signal dream experiences based on age, gender, and five personality traits (Table-iii). The analysis revealed that three personality traits—Openness to Experience ( $\beta = 0.676$ ,  $p = 0.101$ ), Extraversion ( $\beta = 0.026$ ,  $p = 0.952$ ), and Conscientiousness ( $\beta = 0.416$ ,  $p = 0.278$ )—were positive predictors of super signal dream experiences. Conversely, Agreeableness ( $\beta = -0.447$ ,  $p = 0.386$ ) and Neuroticism ( $\beta = -0.899$ ,  $p = 0.038$ ) were negative predictors. The significant negative association between Neuroticism and super signal dream experiences ( $p < 0.05$ ) suggests that individuals with higher levels of neuroticism are less likely to experience super signal dreams. These findings are consistent with previous research by Micheal & Price (2023), who found that personality traits, especially Neuroticism and Openness to Experience, significantly influence dream recall and content. (19) Additionally, Noshaba Razaq et al, found that Neuroticism personality trait was negatively associated with paranormal activities experience like déjà vu experiences, further supporting this study's results.

The results of our study is in line with previous research which suggests that two personality traits (agreeableness and neuroticism) had negative association with paranormal belief and that the occurrence of paranormal belief was high in particular situation and the super signal dream experience was negatively related with age. [6, 13, 14]

### CONCLUSION:

Our finding suggests that different personalities and increasing age groups are positively related when it comes to super signal dream experience. Our finding suggests that male and female showing similar respond on super signal dream experience. This shows that super signal dream experience was bound

to deal with one owns mind and it is actually can be regarded as a person own thinking ability and his own personality that makes the super signal dream to occur. The data available on this aspect is still insufficient and thus on the basis of our study one can conclude it's the mere ability of human brain or thinking ability which makes this event to take place. Moreover it was concluded on the basis of study results that personality traits, (extraversion, conscientiousness and openness to experience) were positive predictors.

### Future recommendation and limitation of the study

However, our study had several limitations. The study included a very small sample size. The results may be different for large sample size and for respondent from different ethnicity background. The study also suggests some future recommendation. The study pattern show the relationship of age, gender, religious and non-religious with super signal dream experience. Pattern may be different for participants having different age groups or for people of different religions other than those mentioned above or it can be different for different ethnicity and cultures. It is also not understood why conscientiousness was relate to dream recall and attitude toward dream. Overall studding sample with diverse educational background and large sample size seem necessary in order to validate the findings obtained from participants' samples in this field.

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