

P02-93 - PERSONALITY TRAITS AS A PREDICTOR OF OPTIMISM IN UNIVERSITY STUDENTS

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**Introduction:** The study aimed to investigate relationship between personality characteristics and optimism in university students.

**Method:** Study sample included a number of students that randomly were selected. To measure characteristics of personality questionnaire, NEO-FFI and optimism inventory was used. After collecting data Pearson correlation coefficient was used to analyze the data.

**Results:** Findings showed that there were positive significant correlation between Extroversion, Agreement, Conscience and optimism in university students.

**Discussion:** Based on results, it is recommended that with applying plans to increase optimism elements in students, mental health will increase.