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COMPARISONAL INVESTIGATION OF PERSONALITY TRAITS AND MENTAL HEALTH  
IN ARTISTIC PEOPLE AND NORMAL PEOPLE

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Introduction & objectives: The aim of research was comparisonal investigation of personality traits and mental health in people with artistic jobs and without artistic jobs.

Method: The research sample was comprised by 70 people with artistic experiences and jobs such as musician, theatre player, poet, actors, local singer, and 70 people without artistic jobs and experiences. The sample's characteristics were measured by Revised NEO Personality Inventory (FFM PI-R) and Goldberg's general health questionnaire (GHQ). Data were analyzed with T independent test.

Results: Findings showed significant differences between variables. People with artistic experiences and jobs were more extroverted, agreeable and conscientiousness in personality traits and were low in components of mental illness than people without artistic jobs and experiences.

Conclusion: Based on results it is concluded that art and its fields such as music, theatre, poem and singing have positive effect on mental health and well-being.