

Abstract

The present study examined the association between neuroticism, social problem-solving, stressful daily events, and daily mood within an integrated theoretical framework. It was hypothesized that neuroticism contributes to higher levels of daily negative mood, increases exposure to stressful daily events, and heightens mood reactivity to stressful events. In addition, it was hypothesized that neuroticism leads to higher exposure and reactivity to stress because neurotic individuals possess poorer social problem-solving. Forty-three university students completed daily diaries measuring daily mood and stressful daily events every day for 21 consecutive days. Results based on hierarchical linear modeling supported only the reactivity effect but not the other effects of neuroticism on daily mood. Contrary to the hypothesis, social problem-solving was neither related to the amount of stressful daily events nor daily mood. Based on the present findings, it is shown that individuals high in neuroticism tend to experience more daily negative mood when they are confronted with stressful daily events. It is also suggested that the construct of social problem-solving have to be clarified before it could be studied meaningfully. Moreover, methodological implications of the present study concerning the daily diary approach were discussed.