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Personality Traits and Childbearing Motivations: The Mediating Role of Psychological Well-being in Married Women

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ABSTRACT

Background & aim: The childbearing motivation is a global and complex common process. It depends on several economic, political, social, and individual factors. Therefore, the present study aimed to investigate the correlation between personality traits and childbearing motivations of married women, considering the mediating role of psychological well-being.

Methods: This was a correlational study designed to test a predictive conceptual model using structural equation modeling. The study population included all married women aged 18 to 45 in Hamedan, Iran, from the first April, 2023 to the end of September 2023, who selected through a multi-site stratified convenience sampling approach. Data were collected in person using the Childbearing Motivation Questionnaire, the Neuroticism-Extraversion-Openness Five-Factor Inventory, and the Scale of Psychological Well-being, with each session lasting 20 to 60 minutes. The final model was analyzed using Structural Equation Modeling and MIMIC analysis via SPSS and LISREL software.

Results: Five personality traits and psychological well-being were significantly associated with both positive and negative childbearing motivation. The findings also indicated that psychological well-being was associated with the relationship between personality traits and childbearing motivation ($P<0.01$). Among the personality traits, neuroticism showed the strongest positive association with negative childbearing motivation ($\beta=0.294$) and the strongest negative association with positive childbearing motivation ($\beta=-0.214$). Extraversion showed the strongest negative association with negative childbearing motivation ($\beta=-0.219$), and conscientiousness showed the strongest positive association with positive childbearing motivation ($\beta= 0.263$).

Conclusion: These findings clarify the associations between personality traits and individual childbearing motivation and provide preliminary implications for the development of interventions aimed at promoting psychological well-being.

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Introduction

Childbearing is a fundamental life event with far-reaching consequences for both individuals and society. Over the past three decades, a significant decrease in fertility rates has emerged as a major global demographic challenge (1). While the Middle East was traditionally a region of high population growth, countries like Iran have experienced a rapid decline in fertility; according to the World Bank, the total fertility rate in Iran was reported at 1.68 in 2022 (2-3). Given that the desire to have children is the strongest predictor of actual fertility behavior, understanding the

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determinants of this decision is of paramount importance (4).

At the heart of this issue is "childbearing motivation," defined as a complex, global, and multidimensional psychological process that drives an individual's intention to have children (5). In modern societies, a large number of people avoid childbearing due to various life priorities (6). This motivation is not formed in isolation; it is deeply rooted in an individual's inherent personality traits and life experiences that evolve from infancy and childhood (7).

Personality traits are vital factors in explaining differences in reproductive behavior (8-9). The Five Factor Model (FFM), the most dominant framework in personality psychology, evaluates individuals across five dimensions: extraversion (E), neuroticism (N), agreeableness (A), openness to experience (O), and conscientiousness (C) (10-11). Research indicates that these traits influence family formation. For instance, extraversion is associated with increased social contacts and a higher likelihood of forming romantic relationships, whereas shyness and neuroticism can act as barriers (12-13). Furthermore, while openness to experience is often negatively correlated with the number of offspring, reflecting a potential focus on self-actualization and perceived mental costs, conscientiousness and agreeableness demonstrate varying positive or negative associations with childbearing, which may depend on gender (14-15).

Parallel to personality, "psychological well-being" is a critical aspect of an individual's quality of life that significantly impacts reproductive decisions (16-17). Ryff's theory of psychological well-being is the most extensively used model, comprising six dimensions: 1) self-acceptance, 2) positive relations with others, 3) autonomy, 4) environmental mastery, 5) purpose in life, and 6) personal growth (18). There is robust evidence linking these components to overall mental health (19). Studies, such as those by Margolis and Myrskylä (2015), reveal that the childbearing experience itself can fluctuate a couple's well-being, where a decline in well-being after a first child often leads to lower motivation for a second child (20-21).

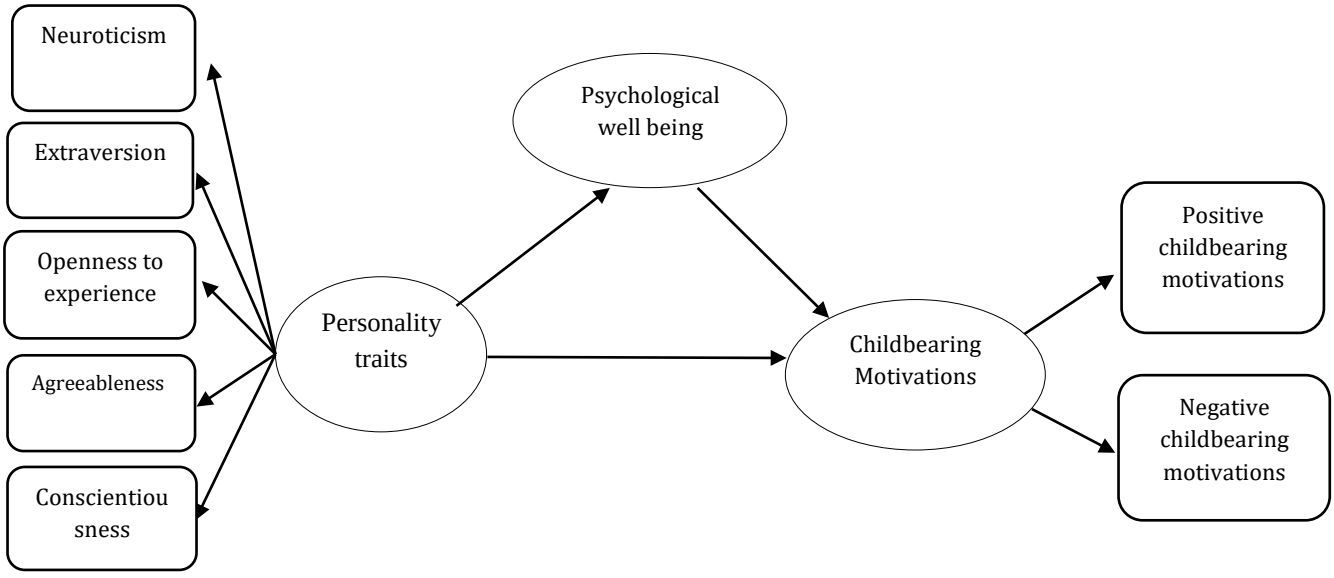

Figure 1. Conceptual model

A compelling theoretical link exists between these variables: personality traits are strong predictors of psychological well-being, with low neuroticism and high levels of extraversion, conscientiousness, and agreeableness fostering higher well-being (22-23). Conversely, increased psychological well-being is associated with higher childbearing motivation (24). Despite these established connections, a significant research gap persists: there is limited evidence regarding the direct and indirect pathways through which personality traits influence childbearing motivations, particularly the mediating role of psychological well-being.

Given the declining birth rate in Iran, identifying the underlying psychological determinants of fertility is essential (25). While personality traits are relatively stable and resistant to direct intervention, psychological well-being is more malleable and can be improved through targeted psychological support. Therefore, this study aims to investigate the correlation between personality traits and childbearing motivations in married women, specifically examining the mediating role of psychological well-being (Figure 1).

Materials and Methods

This study employed a cross-sectional correlational design to examine a mediation model linking personality traits to childbearing motivations through psychological well-being using structural equation modeling. The statistical population of the present investigation included all married women aged 18 to 45 in Hamadan City from 1 April, 2023 to the end of September 2023. To determine the appropriate sample size for Structural Equation Modeling (SEM), we followed the guidelines proposed by Westland (2010), which account for model complexity, anticipated effect size $(L = 0.2)$, statistical power $(1 - \beta = 0.8)$, and significance level $(\alpha = 0.05)$. The minimum required sample size (n) was estimated using the following formula:

$$n \geq \frac{\lambda^2 \cdot (\Phi^{-1}(1 - \alpha/2) + \Phi^{-1}(1 - \beta))^2}{L}$$

Based on the structural complexity of our model, specifically the number of estimated parameters resulting from 4 latent variables, the minimum sample size was calculated as 422. To ensure this threshold was met and to account for potential attrition, 550 questionnaires were distributed using convenience sampling. Following a rigorous data-screening process, 150 responses were excluded due to missing values (n=85), multivariate outliers (n=40), and patterned or incomplete completion (n=25). Consequently, the final analytical sample consisted of 400 married women. While this final sample is marginally below the theoretical estimate, it satisfies the conventional SEM requirement of maintaining an adequate observation-to-parameter ratio, thereby ensuring the stability and convergence of the model. The inclusion criteria included 1) being married; 2) having at least three years of marriage duration (this threshold was established to minimize the influence of early-marriage 'honeymoon' fluctuations and to ensure that fertility motivations are grounded in a stable marital context, as supported by life-course perspectives on marital adjustment and role negotiation (13)); 3) being a woman; and 4) having a minimum secondary level of education. The Exclusion criteria also included 1) incomplete questionnaires and 2) reluctance to collaborate with the researcher. Questionnaires were given to the samples in paper form and in person. It took between 20 minutes and an hour to answer the questionnaires and it was different for different people. In the present study, the childbearing motivations was used as a criterion variable, personality traits as a predictor variable, and psychological well-being as a mediating variable. Data were collected using the following standardized instruments:

Miller's Childbearing Motivation Questionnaire: This instrument was originally developed by Miller in 1995 to assess the motivations behind reproductive decisions (26). For the current study, we utilized the Persian version of the CMQ, which has been psychometrically validated for the Iranian population by Khadivzadeh et al. (2014) (27). This validated version comprises 34 items for the Positive Childbearing Motivation (PCM) subscale and 19 items for the Negative Childbearing Motivation (NCM) subscale. The adjustment in the number of items, including the addition of seven items to the PCM subscale and the exclusion of two items from the NCM

subscale, was performed in the original validation study based on factor analysis results to ensure cultural applicability and construct validity within the Iranian context (27). In the present study, the internal consistency of the instrument was assessed using Cronbach's alpha method, which yielded 0.76 for the PCM subscale and 0.78 for the NCM subscale, confirming the reliability of the scale for our sample.

Personality Traits Inventory-Short Form: A five-factor personality inventory with 60 questions was created to cater a short form of five basic personality factors. For each scale, 12 part were chosen from 180 items of the personality inventory (NEO-PI). The NEO-FFI has been interpreted into many distinct tongues, and its validity has been shown in several distinct languages (28). In a study, Cronbach's alpha coefficients for neuroticism (N), extraversion (E), agreeableness (A), conscientiousness (C), and openness to experience (O) were obtained at 0.70, 0.69, 0.88, 0.71, 0.80, respectively, in the general population (29). In the present study, the reliability of the scale using Cronbach's alpha method for neuroticism (N), extroversion (E), agreeableness (A), conscientiousness (C), and openness to experience (O) was obtained at 0.76, 0.77, 0.73, 0.80, and 0.71, respectively.

Ryff Psychological Well-being Questionnaire: This questionnaire was developed by Ryff in 1989. The original questionnaire included 120 questions. In the subsequent studies, shorter forms of this questionnaire including 84-item, 54-item, and 18-item questionnaires were also developed. This questionnaire contains six subscales and each subscale contains 14 questions answered using a 6-point Likert scale from 1 (strongly disagree) to 6 (strongly agree). Cronbach's alpha coefficients for the 84-item form were reported at 0.77, 0.83, 0.80, 0.90, 0.84, and 0.82, respectively, for positive relations with others, personal growth, environmental mastery, autonomy, purpose in life, and self-acceptance (18). In the present study, the reliability of the scale was obtained at 0.74 using Cronbach's alpha method.

Data collection began after obtaining approval from the Ethics Committee of the University of Kurdistan. A multi-site recruitment strategy was employed, where the researcher selected various cultural, social, and educational centers in Hamadan, such as public libraries, community cultural centers (Farhang-sara), and adult education institutions, based on their accessibility and the diversity of attendees.

To ensure a balanced representation, participants were recruited proportionally from these settings, including mothers attending community programs, educators, and married female students. Potential participants were invited to join the study if they met the inclusion criteria of being married, aged 18 to 45, and having at least a secondary education. Given the requirements of the study, 550 questionnaires were distributed using a combination of stratified and convenience sampling methods to ensure a broad reach across different socio-educational backgrounds. Ultimately, after excluding incomplete or invalid responses, a final sample of 400 participants was retained for analysis.

After the distribution and collection phase, 550 questionnaires were initially gathered. Following a rigorous data screening process, 150 questionnaires were excluded due to missing data (n=85), multivariate outliers (n=40), and patterned or incomplete responses (n=25). This attrition rate of approximately 27% resulted in a final analytical sample of 400 fully completed and valid questionnaires. Data analysis was performed using IBM SPSS Statistics (version 26), employing descriptive statistics (mean, standard deviation, and variance) and Pearson correlation coefficients. Subsequently, the structural model and the mediating effects were analyzed using LISREL software (version 8.8) to conduct Structural Equation Modeling (SEM) and MIMIC analysis.

Structural Equations Modeling (SEM) refer to a Collection of equations with accompanying suppositions of the analyzed system, in which the parameters are specified on the foundation of statistical observation. consequently, structural equations are called equations using parameters in the analysis of the observable or hidden variables. It is clear that a major advantage of SEM is that all regression relationships in SEM so that each variable can be considered both independent and dependent simultaneously. (30). The multiple indicators

multiple causes model (MIMIC) combines covariates of interest in the factor analysis. It is a particular instance of structural equation modeling (SEM), which is created under hidden variable framework (31). We illustrate this approach using an example from (30), in which a latent variable (collective participation) is defined by indicator variables such as group attendance, peer interaction, and social involvement. Simultaneously, this latent variable is predicted by observed exogenous variables, including income, employment status, and educational attainment.

Results

The sample of the study included 400 married women with an average age of 34.84 ± 5.87 years, ranging from 20 to 45 years. Regarding the demographic characteristics, the majority of the participants held a university degree. In terms of professional status, a significant portion of the women were housewives, while the rest were employed in various sectors. Furthermore, the economic status of the participants was predominantly reported as moderate, with a smaller distribution across low and high-income brackets. The majority of participants had one or two children, and marital duration varied among the sample. The descriptive statistics of the study variables, including Childbearing Motivations, Personality Traits, and Psychological Well-being, are presented in Table 1.

Table 1. Descriptive Statistics of the StudyVariables (Childbearing Motivations, Personality Traits, and Psychological Well-being) for Married Women in Hamadan

Variables	Mean±Std	Skewness	Kurtosis
Childbearing Motivations			
positive childbearing motivation	105.42±19.35	-1.16	1.13
negative childbearing motivation	45.78±10.94	-0.04	-0.03
Personality traits			
Neuroticism	22.63±7.20	0.21	-0.15
Extraversion	29.18±6.36	0.21	-0.47
Openness to experience	25.47±5.18	0.58	0.50
Agreeableness	30.52±5.52	-0.15	0.20
Conscientiousness	34.66±7.08	-0.63	0.31
Psychological well being			
Positive Relations with others	51.62±7.18	-0.87	0.79
Autonomy	45.67±6.53	-0.65	0.50
Environmental Mastery	57.05±8.48	-0.81	1.01
Personal Growth	50.99±6.67	-0.79	0.92
Purpose in Life	51.01±7.04	-0.60	0.99
Self-Acceptance	49.20±7.19	-0.46	0.23
Total Score	308.53±32.78	-0.61	1.20

According to Table 1, the value of skewness obtained for the investigation variables is in the range (2, -2); That is, in terms of the skewness of the variables of childbearing motivations, personality traits and psychological well-being, it is normal and its distribution is symmetrical. As well as, their kurtosis is in the range (2, -2); this indicates that the distribution of the research variables in normal.

Table 2 demonstrates that between positive childbearing motivations and neuroticism, openness to experience and conscientiousness at the 99% level there is a negative and meaningful association, and with extraversion, agreeableness and psychological well-being there is a positive and meaningful relationship.

Table 2. Correlation Matrix of Research Variables

Variables	1	2	3	4	5	6	7	8
Positive childbearing motivation	1							
Negative childbearing motivation	-0.59**	1						
Neuroticism	-0.54**	0.56**	1					
Extraversion	0.56**	-0.55**	-0.64**	1				
Openness to experience	-0.35**	0.34**	-0.30**	0.36**	1			
Agreeableness	0.54**	-0.51**	-0.64**	0.61**	0.32**	1		
Conscientiousness	-0.59**	0.48**	-0.60**	0.66**	0.32**	0.61**	1	
Psychological well being	0.62**	0.51**	-0.45**	0.47**	0.23**	0.40	0.55**	**1**

*P<0.05, **P<0.01

The direct and indirect effect of personality traits with the mediation of psychological well-being on the childbearing motivations are investigated using path analysis. The research model in T-Value mode is shown in Figure 2.

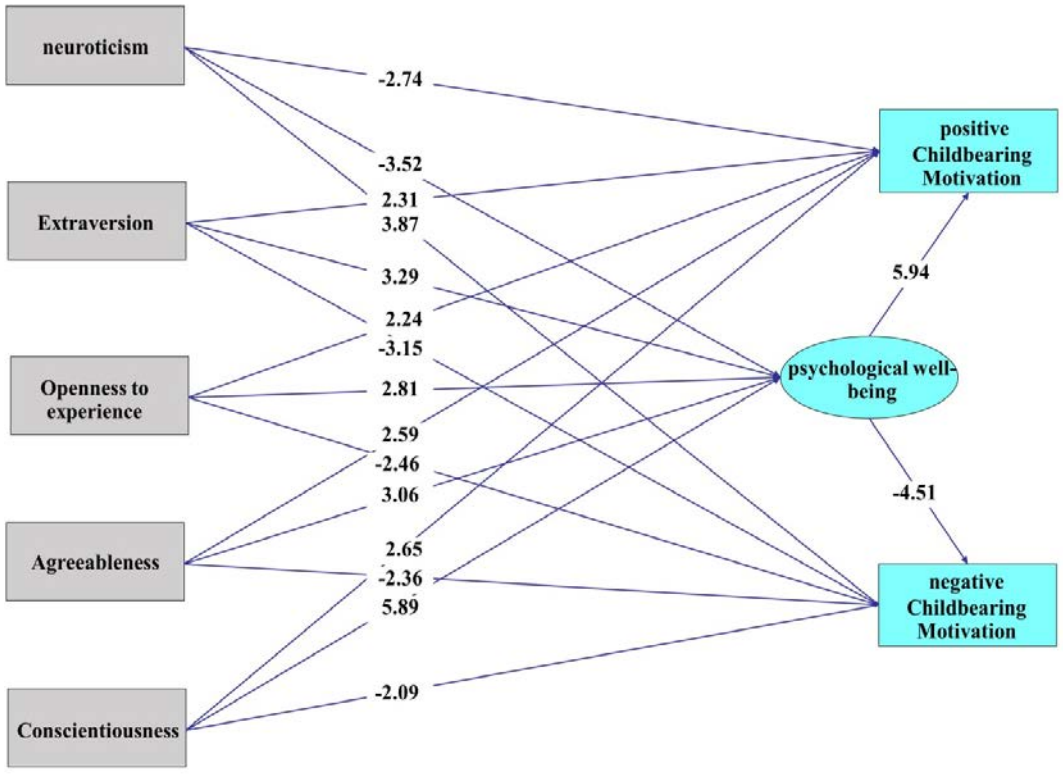

Figure 2. Research model test (in T-value mode)

Conforming to the fit indices of the research model, the comparative fit index (CFI)was equivalent to 0.93, the normalized fit index (NFI) was equivalent to 0.92, and the goodness

of fit index (GFI) was equivalent to 0.87, the chi-square ratio to the degree of freedom (χ2/df) was equivalent to 2.18. The root mean square error index (RMSEA) was equivalent to 0.065, which according to the received outcomes, the results suggested that the research model was confirmed and supported by the data, in terms of significant and fitting indicators.

As Table 3 demonstrates, the direct effect of personality traits on positive and negative childbearing motivations is significant at the 99% confidence level. To check the indirect effect of personality traits on positive and negative childbearing motivations with the mediation of psychological well-being, the Sobel test was used and to specify the severity of the indirect effect via intermediation, a statistic named VAF was used. The result of which are shown in Table 4.

According to the structural model, in the case of meaningful coefficients, the amount of indirect T statistic (T-Sobel) amongst the mentioned variables is beyond the range (1.96 & -1.96); Thus, the indirect effect of personality traits on the childbearing motivation is accepted.

Table 3. Direct Effects of Personality Traits on Childbearing Motivations and Psychological Well-being

Variables	Std. Coefficients	T	Std. Error	Significance
Neuroticism				
Positive childbearing motivation	-0.14	-2.74	0.118	0.021
Negative childbearing motivation	0.24	3.87	0.092	0.001
Psychological well being	-0.20	-3.52	0.041	0.001
Extraversion				
Positive childbearing motivation	0.12	2.31	0.123	0.039
Negative childbearing motivation	-0.17	-3.15	0.111	0.009
Psychological well being	0.18	3.29	0.045	0.004
Openness to experience				
Positive childbearing motivation	-0.11	-2.24	0.155	0.038
Negative childbearing motivation	0.12	2.46	0.119	0.036
Psychological well being	0.14	2.81	0.054	0.022
Agreeableness				
Positive childbearing motivation	0.12	2.59	0.120	0.028
Negative childbearing motivation	-0.11	2.36	0.224	0.020
Psychological well being	0.15	3.06	0.051	0.012
Conscientiousness				
Positive childbearing motivation	-0.13	-2.65	0.092	0.010
Negative childbearing motivation	0.10	2.09	0.142	0.029
Psychological well being	0.36	5.89	0.021	0.001
Psychological well being				
Positive childbearing motivation	0.37	5.94	0.017	0.001
Negative childbearing motivation	-0.27	-4.51	0.024	0.001

Therefore, in addition to the direct effect, personality traits also indirectly affect the childbearing motivations via psychological well-being. Conforming to the amount gained for the VAF statistic, it can be seen that 34.6% of the effect of neuroticism, 35.7% effect of extraversion, 32% effect of openness to experience, 31.6% effect of agreeableness and 50.4% effect of conscientiousness on the positive childbearing motivation and 18.4% effect of neuroticism, 22.2% effect of extraversion, 23.9% effect of openness to experience, 26.9% effect of agreeableness and 46.9% effect of conscientiousness on the negative childbearing motivation through psychological well-being can be explained.

Table 4. Result of Indirectand total Effects Analysis

Research hypothesis	T-Sobel	Std. Path Coefficient	VAF	Test Result	Total effects
Neuroticism					
Psychological well being					
Positive childbearing motivation	7.144	-0.074	0.346	0.001	-0.214
Negative childbearing motivation	5.145	0.054	0.201	0.001	0.294
Extraversion					
Psychological well being					
Positive childbearing motivation	6.476	0.067	0.357	0.001	0.187
Negative childbearing motivation	4.660	-0.049	0.222	0.001	-0.219
Openness to experience					
Psychological well being					
Positive childbearing motivation	5.244	0.052	0.320	0.001	0.162
Negative childbearing motivation	3.765	-0.038	0.239	0.001	-0.158
Agreeableness					
Psychological well being					
Positive childbearing motivation	5.583	0.056	0.316	0.001	0.176
Negative childbearing motivation	4.009	-0.041	0.269	0.001	-0.151
Conscientiousness					
Psychological well being					
Positive childbearing motivation	13.535	0.133	0.506	0.001	0.263
Negative childbearing motivation	9.749	-0.097	0.469	0.001	-0.197

Discussion

The present study aimed to investigate the relationships among personality traits, psychological well-being, and childbearing motivation in married women. Specifically, it explored the direct effects of personality traits on childbearing motivation and the mediating role of psychological well-being in this relationship.

The results indicate that personality traits directly influence both positive and negative childbearing motivations. These findings are consistent with the results of Avison and Furnham (2015) (16), Tavares (2016) (14), Mohammed et al. (2020) (15), and Peters (2023) (9). Our findings reveal that personality traits within the five-factor model are systematically related to childbearing decisions. Specifically, extraversion, high agreeableness, conscientiousness, openness to experience, and low neuroticism are correlated with positive childbearing motivation. Extraversion, for example, increases the likelihood of childbearing, suggesting a growing significance of personality traits in this regard. It is possible that individuals with certain personality traits may opt to delay or avoid the long-term commitment associated with childbearing. In contemporary, affluent societies, childbearing decisions may be less influenced by economic necessity and more by individual characteristics, such as personality (32). Personality plays a crucial role in both postponing certain life events and accelerating others, with childbearing being one such event. Research outcomes have suggested that personality traits may be more significant for women than for men (33). The likelihood of childbearing is higher among women with high agreeableness compared to those with low agreeableness (34). Individuals with high neuroticism tend to be more cautious about childbearing, focusing on the potential anxieties and stressors involved. They may require more time to decide on parenthood, which is directly associated with negative childbearing motivation (34). Openness to experience, characterized by a desire for diversity, change, creativity, and imagination, has been linked to a greater likelihood of long-term singleness and divorce in women (12). Consequently, individuals high in openness may hold less traditional beliefs and exhibit greater resistance to social pressures regarding childbearing, often resulting in fewer children or delayed childbearing (34). Conducted studies consistently indicate that

personality plays a significant role in individuals' childbearing motivations (8), a factor more pronounced in nations with fewer economic and social challenges. For instance, individuals with high conscientiousness may have fewer children or even refuse to have children, as they tend to approach their responsibilities with complete dedication (15-16). Additionally, individuals high in extraversion tend to cultivate larger social networks (35-36), which may provide more opportunities for starting a family due to increased connections. This can lead to earlier marriage and higher childbearing motivations (37).

Results reveal that psychological well-being directly influences childbearing motivations, aligning with previous findings by Veenstra et al. (2022) (22). Their research indicated that increased well-being may indeed enhance the likelihood of having a child (22). People's decision-making processes often stem from the pursuit of happiness, with children being a likely important component. Childbearing rates tend to be higher in societies where couples derive greater psychological well-being from the experience of having children. The experiences of gestation, childbirth, and motherhood are complex and significantly shape women's lives, influenced by various factors. These include a woman's attitudes and expectations about childbearing, her sense of personal agency and empowerment, and her relationships with her spouse, family, and community (19). Spouses reporting higher levels of happiness are more likely to have a first child, with the effect being more pronounced when the woman is happier. Consequently, happier individuals are presumably more inclined to become parents. Women's happiness appears to be more significant than their partner's in determining the decision for a second child. Both very low and very high levels of happiness in women are correlated with a decreased probability of childbearing. Women experiencing significant life challenges may be hesitant to have more children, while those who are very content might be reluctant to risk disrupting their current positive circumstances, indicating an aversion to lifestyle changes (18). Societal context also plays a role; adults who choose not to have children may report lower happiness and satisfaction in societies where childbearing is highly normative (21). Thus, psychological well-being emerges as a crucial factor influencing both positive and negative childbearing decisions across diverse societies (20). Aspects such as self-acceptance, positive relationships, environmental mastery, a sense of purpose in life, and personal growth contribute to psychological well-being and, in turn, influence childbearing motivations. Some individuals may forgo childbearing to pursue their life goals and personal development. A woman with strong self-acceptance and positive relationships with her husband and social circle can more readily overcome personal and social challenges, potentially leading to higher childbearing motivations. Conversely, couples enjoying more satisfactory lives, growth, and prosperity often hold a more favorable view of childbearing(38-39, 40, 22).

The results revealed that personality traits indirectly influence childbearing motivations through psychological well-being. While no study has directly replicated this specific mediation in the context of childbearing, existing research underscores the crucial role of personality in shaping life experiences and evaluations (41). Traits such as extraversion, neuroticism, and conscientiousness demonstrate a significant correlation with psychological well-being. Researchers have indicated that psychological well-being is more closely related to personality than subjective well-being (42). It has been established that personal growth is predicted by all five personality traits, with openness to experience being the strongest predictor in this regard. Positive interpersonal relationships show a positive correlation with agreeableness and a negative correlation with conscientiousness. These relationships are also predicted by extraversion, agreeableness, and neuroticism. Furthermore, well-being affects the probability of childbearing and can increase the likelihood of having subsequent children (22). Individualism, self-awareness, choice, and personal growth are key drivers of many contemporary childbearing decisions (17). Findings support the notion that a woman's decision to have children has implications for

her health and overall well-being (43). It is concluded that childbearing rates are higher in societies where couples derive a greater level of psychological well-being from the experience of childbearing (21). Therefore, personality traits can affect individuals' childbearing motivations through their significant relationship with psychological well-being, potentially influencing childbearing decisions by either enhancing or diminishing psychological well-being.

The present study, in line with many others, has certain limitations. The cross-sectional design of this study makes it challenging to conduct a detailed investigation into the causal relationships between the variables. As the data were collected solely through self-report questionnaires, some participants may have provided responses that do not reflect their true experiences. Additionally, the extensive number of questions in the questionnaires may have led to a decrease in respondents' focus and concentration due to the time required for completion. Many individuals inquired about the potential benefits of participating and were hesitant to answer. Furthermore, officials from several offices, institutions, and schools that facilitated access to potential participants unfortunately did not permit the distribution of the questionnaire. Variables such as income and economic conditions, which could influence the results, were not considered in this study.

Conclusion

This study investigated the intricate relationships between personality traits, psychological well-being, and childbearing motivations among married women. Our findings reveal a significant association between personality traits and childbearing motivations, with psychological well-being serving as a notable mediator in this relationship. This research uniquely contributes to the existing literature by providing empirical evidence, within a specific cultural context, for the indirect pathway through which personality influences reproductive decisions, a connection previously underexplored in this particular domain.

Conceptually, these results underscore the profound influence of individual disposition (personality) on significant life choices (childbearing), operating not only through direct links but also by shaping an individual's internal experiential state (psychological well-being). Theoretically, this study enriches models of reproductive decision-making by explicitly incorporating the mediating role of psychological well-being in the personality-childbearing motivation nexus. It reinforces that understanding an individual's core characteristics (personality) is key to comprehending their affective responses (well-being), which subsequently informs their choices regarding procreation. The practical implications of this research are considerable. By highlighting the significant role of psychological well-being and individual personality traits, interventions designed to enhance childbearing motivations can be made more precise and effective. For instance, educational centers and counseling services can utilize this understanding to develop targeted strategies that foster psychological well-being and acknowledge diverse personality profiles. Such tailored guidance can assist individuals in navigating their motivations for childbearing, ultimately empowering them to make more informed and congruent decisions. The findings advocate for a comprehensive approach, recognizing psychological factors as integral components of reproductive choices, thereby offering valuable insights for family planning services and public health initiatives.

Declerations

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Conflicts of interest

The authors declared no conflicts of interest.

Ethical considerations

This investigation was conducted in accordance with the Declaration of Helsinki and adhered to established ethical principles for medical research, including ensuring participant privacy, providing clear guidance for questionnaire completion, and obtaining written informed consent from all participants who were assured of receiving the study results. The study also respected cultural and religious standards and aimed to contribute to scientific advancement by generating data, aligning with

principles of beneficence and participant autonomy. All procedures followed relevant ethical guidelines and bylaws.

Code of Ethics

34977**.**

Use of Artificial Intelligence (AI)

We have not used any AI tools or technologies to prepare this manuscript

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Authors' contribution

FM Conceptualization, Data collection. SE Conceptualization, Data collection, Formal analysis, Writing-original draft, Review & editing, Supervision. MZ Methodology, Formal analysis. All authors read and approved the final manuscript.

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