

I'm not a bot



Male personality test

The male hierarchy or the socio-sexual hierarchy is a way of categorizing heterosexual men in human society. Like many other animals, there's a dominance hierarchy of males in humans. Both men and women are sensitive to cues of social status. Men's value in society is primarily determined by their status, and vice versa- the value they offer to society determines their status. So men are sensitive to status to figure out their place in society. Women are sensitive to status cues in men so that they can choose the best, high-value mates. Think of the male hierarchy as a pyramid. At the top of this pyramid are the alpha males. The rare leaders that move society forward with their leadership and courage. After alpha males, who comprise a tiny part of the male population, we have beta males. These are the loyal, right-hand men of alpha males. They enjoy the benefits of being in the company of an alpha while avoiding the risks, responsibilities, and competition that the alpha faces. Next, we have delta males. These are the dutiful and hard-working men that run society. They're the 'worker bees' of human society. They prefer living ordinary lives, unconcerned with status and power. Gamma males occupy the next portion of the pyramid. These are the intellectuals who're resentful of the alphas. They tend to be rebellious and believe they're better equipped to take charge than the alphas. They want the status and power of the alphas without the responsibility. Omega males occupy the bottom portion of the male hierarchy pyramid. These are the social rejects- the 'losers' no one wants to associate with. They lack ambition, drive, and responsibility. Lastly, we have the rarest males- the sigma males. These males reject the hierarchy and 'hunt' alone like lone wolves. They truly don't care what others think and follow their own path. This test consists of 30 items on a 5-point scale ranging from Strongly agree to Strongly disagree. It scores you on each type of the male hierarchy. We all have a mix of different types. After you're done with the test, your dominant type will emerge, which will be the type you score the highest on. The test is confidential, and we don't store the results in our database. Hanan is the founder of PsychMechanics, a leading resource for understanding human psychology. With a Master's in Psychology and an MBA in Marketing, he blends scientific insight with real-world application to make psychology accessible and practical. His work has been featured in Business Insider, Entrepreneur, Reader's Digest, and scholarly publications. Quiz Review Timeline (Updated): Feb 24, 2025 + Our quizzes are rigorously reviewed, monitored and continuously updated by our expert board to maintain accuracy, relevance, and timeliness. Feb 24, 2025 Quiz Edited by ProProfs Editorial Team Jan 01, 2011 Quiz Created by Reaper2707 What is the Big Five Personality Test? The Big Five Personality Test is a scientifically backed method used to measure five core dimensions of your personality: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. These traits have been studied for decades and are recognized by psychologists as the most reliable way to understand human behavior. Our free test provides instant results, giving you a comprehensive breakdown of where you stand in each trait. Learn more about the science behind the Big Five model here. How accurate is the Big Five Personality Test? Extremely accurate! The Big Five test is backed by decades of research and has been proven reliable across many different cultures. Studies show that it consistently reveals stable aspects of personality that predict everything from career success to relationship dynamics. You can trust that your results reflect real, scientifically validated insights into your personality. For more information, check out this study on personality traits and work performance. Can I take a free personality test? Yes! Our Big Five Personality Test is completely free to take, and you'll get a detailed, accurate breakdown of your personality traits right after completing it. Unlike other tests that charge for detailed reports, we believe in providing actionable insights at no cost. What are the five personality traits? The five key personality traits in the Big Five model are Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Each of these traits helps explain how you think, feel, and behave. For example, high Openness means you're creative and open to new experiences, while high Conscientiousness indicates you're organized and dependable. Learn more about how these traits are measured in research here. How does the Big Five Personality Test work? The Big Five test uses 60 or 120 questions to assess your personality. Each question measures where you fall on the spectrum of the five traits. For example, are you highly sociable or do you prefer quiet time? After answering, you'll get a personalized report showing how your personality compares to others. The reliability of these results is discussed in-depth here. What does Openness mean in personality tests? Openness in personality tests refers to how willing you are to embrace new experiences, ideas, and creative pursuits. High Openness suggests a love for adventure and novelty, while lower Openness might mean you prefer routine and familiarity. It's a great trait for identifying how imaginative or practical you are. This research on Openness and its impact can be explored further here. What is Conscientiousness in the Big Five test? Conscientiousness measures how responsible, organized, and detail-oriented you are. High Conscientiousness means you're likely the planner in your group, always getting things done on time. Low Conscientiousness, on the other hand, suggests you might take a more laid-back approach. For a deeper dive into Conscientiousness and its predictive power, read this research. What is Extraversion in personality testing? Extraversion reflects how outgoing and social you are. High Extraversion means you thrive in social situations, love meeting new people, and are energized by interacting with others. On the flip side, lower Extraversion suggests you might prefer alone time or smaller, more intimate gatherings. Explore how Extraversion impacts life outcomes here. What is Agreeableness in the Big Five test? Agreeableness measures how compassionate, cooperative, and trusting you are. High Agreeableness suggests you're empathetic, value relationships, and are generally easy to get along with. Lower Agreeableness indicates you may be more focused on self-interest or prefer to avoid conflict. Learn more about the science behind this trait here. What is Neuroticism in personality tests? Neuroticism measures your emotional stability. If you score high in Neuroticism, you might experience stress, anxiety, or mood swings more frequently. Lower Neuroticism suggests you're more emotionally resilient and able to handle life's ups and downs with ease. This trait has been studied extensively in psychology, and you can read more about its impact here. How long does the Big Five Personality Test take? The beauty of our Big Five Personality Test is its flexibility. You can breeze through the shorter 60-question version in about 5 minutes. If you're in for the deep dive, the full 120-question version will take around 10-15 minutes. Either way, you'll receive a comprehensive breakdown of your personality traits, backed by research demonstrating the reliability of these tests, as shown in a study on test reliability. Is the Big Five Test the most reliable personality test? Absolutely! The Big Five Personality Test is considered one of the most reliable and scientifically validated personality tests available. It has been used in thousands of studies and continues to be the go-to method for psychologists, particularly in its ability to consistently reveal meaningful traits across various fields, from business to psychology, as discussed in a research paper on work role performance. How are my Big Five results calculated? Your results are calculated based on your responses to each question, and how your answers compare to others who have taken the test. Each of the five traits Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism is scored individually, giving you a personalized report that shows where you stand in relation to the average person. This approach to personality measurement has been thoroughly researched in studies such as the exploration of AI and personality testing. Can my personality change over time? While your core personality traits remain fairly stable, research shows that certain aspects of your personality can shift over time. For example, as people age, they often become more agreeable and conscientious, while traits like Openness and Extraversion may decrease. Significant life events can also have an impact. You can learn more about how personality traits evolve with age in a longitudinal study on personality changes. What's the difference between the Big Five and MBTI? Unlike the MBTI, which places you in one of 16 personality types, the Big Five Personality Test scores you on a spectrum across five key traits. The MBTI is often criticized for being too simplistic and less reliable people frequently get different results if they take the test more than once. The Big Five, on the other hand, provides a more nuanced, research-backed analysis, as discussed in this research on the MBTI's reliability. Can I compare my results to others? Absolutely! Once you finish the Big Five Personality Test, you'll be able to see how your scores stack up against the millions of other people who've taken the test. It's a great way to understand how unique your personality is compared to the global average, with methods of comparison detailed in this research on personality data comparison. Why should I take a personality test? A personality test offers valuable insights into your strengths, weaknesses, and tendencies. It's a powerful tool for personal development, helping you better understand how you interact with the world and how others perceive you. Whether you're looking to improve your relationships, excel in your career, or just gain some self-awareness, the Big Five test can guide you. The importance of personality assessments in personal growth has been highlighted in numerous studies, such as this research on personality traits and self-awareness. How does Extraversion affect my career? Extraversion plays a big role in your career, especially in jobs that involve social interaction or leadership. Highly extraverted individuals tend to excel in environments where collaboration, communication, and teamwork are key. Those with lower Extraversion may prefer roles that allow for more independent, focused work. The impact of Extraversion on career success is discussed in a study on work performance and personality. How does Agreeableness impact relationships? Agreeableness is a key trait when it comes to relationships. People who score high in Agreeableness tend to be empathetic, cooperative, and easy to get along with, making them great friends and partners. Those with lower Agreeableness may be more competitive or focused on self-interest. The role of Agreeableness in social dynamics is well-documented, as seen in this psychological study on personality traits. Is there a fast personality test I can take? Yes! If you're short on time, our 60-question Big Five Personality Test will give you quick, reliable insights into your personality. It takes just about 5 minutes but still provides a solid overview of your five key traits. Fast, easy, and highly accurate, the test draws on modern personality assessment methods like those explored in research on personality and technology. What are my strengths according to the Big Five test? Your strengths are determined by your highest scores across the Big Five dimensions. For example, if you score high in Conscientiousness, it suggests you're highly reliable, organized, and great at setting goals. If Extraversion is your strongest trait, you likely thrive in social environments. Each trait provides valuable insights into your natural abilities. Want to explore more? Take our full Personality Test and uncover the details of your strengths. Can I change my personality traits? While your core traits remain fairly stable over time, research shows that certain aspects of personality can be shaped through consistent effort. For instance, people can cultivate higher levels of Conscientiousness through better organization and time management strategies. If improving emotional stability is your goal, mindfulness and stress-reduction techniques can help manage Neuroticism. If you're curious to learn more about your current self-perception, consider trying our Self Perception Test for additional insights. How accurate are online personality tests? Not all online personality tests are created equal, but the Big Five Personality Test is widely respected for its accuracy, backed by years of scientific research. It consistently delivers reliable insights into personality traits and behavioral tendencies. If you're looking for a comprehensive assessment of how your personality aligns with your career aspirations, our Career Test can offer additional guidance based on your personality profile. How does Neuroticism affect my health? Neuroticism, which measures emotional instability, can impact both mental and physical health. Higher levels of Neuroticism are linked to increased stress, anxiety, and mood swings, all of which can take a toll on your well-being. Managing stress effectively is essential, and learning to recognize your triggers can make a huge difference in maintaining a healthy emotional balance. Practices like mindfulness or therapy can help manage this trait for better overall health. Can I use the Big Five test for job interviews? Yes! Many employers use the Big Five Personality Test to assess traits like Conscientiousness and Agreeableness, which can predict job performance and team compatibility. Knowing your strengths and areas for improvement before an interview can help you present yourself more confidently and authentically. If you want more specific career guidance, our Career Test can match your personality traits with suitable career paths. What's the scientific basis of the Big Five Personality Traits? The Big Five Personality Traits are grounded in decades of psychological research and have been validated through countless studies. Psychologists worldwide rely on this model to predict a wide range of behaviors, from workplace performance to relationship dynamics. By understanding where you fall on each of the five traits, you can gain deep insights into how you interact with others and how you approach life's challenges. How do I know if my personality test results are accurate? The accuracy of your results largely depends on how honestly you respond to the test questions. The Big Five Personality Test is designed to give reliable insights into your traits as long as you answer truthfully. The test has been scientifically validated to consistently reflect key personality traits, offering a solid measure of where you stand. Why is the Big Five test considered the best personality test? The Big Five Personality Test is considered the best by many psychologists because it doesn't box people into rigid personality types. Instead, it scores you on a spectrum for each trait, offering a more nuanced understanding of personality. This flexibility makes it both accurate and adaptable to a wide range of applications from personal development to career growth. Can I print my personality test results? Absolutely! Once you've completed the test, you can print your full results, including a breakdown of your scores for each of the Big Five traits. This can be helpful for personal reflection, sharing with a coach, or even using in a professional setting. Printing your results allows you to revisit them as you grow and change over time. How does personality affect success in life? Personality traits can have a significant impact on your success in life. High Conscientiousness, for example, is linked to better job performance, while lower Neuroticism is associated with emotional resilience. Understanding your personality can help you set realistic goals and leverage your strengths to achieve success in both your personal and professional life. 1. Do you find it easy for you to make friends? It's fairly difficult. People often seem intimidated by me. It's pretty easy. I tend to connect with people on a deeper level. It's super easy! I'm very outgoing and social. I'll talk to anyone. It's very difficult, but I'm not usually interested in making friends. 2. What's your response when someone disrespects you? I make sure they know what I will and won't put up with. I do my best to forgive and forget. I play it off and make a joke out of it. I get back at them by working harder and becoming more successful. 3. Which quality do you like most about yourself? I'm a leader and well respected. I'm observant and sensitive. I'm good-humored and easygoing. I'm independent and free. 4. Which quality do you least like about yourself? I like things to go my way, and I'm not super flexible. I sometimes lack courage. It's sometimes hard for me to get serious. I spend so much time alone that I sometimes neglect my loved ones. 5. What do you do when you're under a lot of stress? Lock in and focus. I know I'm good under pressure. Take a step back to think and relax. Approach things with positivity and a smile. Things work out! Bail on the situation and look for something easier. 6. What motivates you to achieve? My ambition and goals. Selflessness. Happiness. My sense of duty. 7. What role do you take in group projects? I'm the leader who organizes the group and makes sure things get done. I come up with new ideas and directions for the group. I keep the mood upbeat and keep everyone motivated. I keep my head down and do my own work. I don't like to work with others. 8. How do you feel about rules? I like rules, but only when I'm setting them. I like them when they're for the greater good. It depends. Some rules are good, some are worth breaking. I hate rules. 9. Do you think you're more of a giver, or a taker? I'm more of a taker, but I still give plenty. I'm a giver, and it makes me happy. I'm more of a giver, but I take my fair share, too. I'm a taker, and I'm not ashamed of it. 10. Do you think people tend to listen to you when you speak? Yes. I know how to command a room easily. Rarely. I'm more of a listener. Usually. People tend to like me, but I'm not a big talker. Not really, but I don't care. I'm more about action than talk. 11. Do you enjoy competition? Yes. I'll never pass up a chance to prove myself. Not really. I'd rather collaborate or do things together. Usually, but I'm only in it to have fun. No. I don't see the point in competing. 12. Choose your motto: Go big or go home. Be yourself. Life is beautiful. March to the beat of your own drum. The typology of male social hierarchies has become part of internet culture and is a categorization system that sorts heterosexual men into archetypes. The system has variously been called a piece of modern mythology, pseudoscience, and a great heuristic for navigating social relationships. Where in the male social hierarchy would you be? For each of the following statements, indicate how well it applies to you below. The Male Hierarchy Test was developed by IDRIAs on the basis of a theory that has become popular with youth culture online. While popular, the typology makes use of stereotypes or archetypes and may not be suitable for all audiences. The information is provided for educational purposes only and should not be construed as an endorsement of statements, comments, or ideas that go against our community guidelines. Furthermore, be advised that not all of the archetypes in this system are flattering. The test provides feedback such as the following: Sigma males are the lone wolves of the masculine social hierarchy. They are the men who have chosen to live outside the hierarchy. Indeed, sigmas often turn their backs on many of the norms society expects of them. They forfeit the benefits of hierarchy in exchange for the freedom that comes from pursuing their individual destiny. Sigmas can be hard to cooperate with, and, for this reason, alphas generally don't trust them. Bravos sense that sigma males - while competent - will not be good leaders and therefore ignore them. On the other hand, women often find the self-determination and aloofness of sigmas attractive, so sigmas are usually well-liked among the opposite sex. Sigmas are often romanticized in internet culture. However, opting out of the social order is often a high-risk play that is not guaranteed to go well. There is no denying, however, that when a sigma does manage to be successful, his lifestyle tends to command a certain glamor and mystique. Sigma benefits: Freedom from social obligations. Sigma drawbacks: Loneliness, no support network if things fail. Bravo males are the lieutenants of the masculine social hierarchy. (Contrary to popular belief, bravos are not at the bottom of the hierarchy but are, in fact, near the top.) They are usually found in close proximity to the alpha, where they act as his trusted advisors and perform essential roles in the hierarchy. Bravos are loyal and competent staff officers to the alpha and, in exchange, get to enjoy many of the benefits of high social status. They are usually well-liked by women and enjoy the privileges of rank while avoiding the intense burdens of responsibilities the alpha has to bear. Because they do not have to constantly fight for their position the way alphas do, bravos can also afford to be a bit friendlier with people. Bravos get many of the benefits of the alpha lifestyle while avoiding the downsides. Bravos are crucial to stable hierarchies as they enforce and coordinate the alpha's vision to maintain order and structure. Bravo benefits: Power, high status. Bravo drawbacks: Their power and status are dependent on their relationship with the alpha. The authors of this free online Male Hierarchy quiz are certified in the use of various personality tests and have worked professionally with psychology and personality typology. Before using our online test, be advised that this typology is a theory and not a piece of peer-reviewed science. The results of the quiz are provided "as-is," meaning they should not be understood as the equivalent of a professional assessment or recommendation of any kind. For more on our free online Male Hierarchy Test, please refer to our Terms of Service. "Search for your true identity with our fun quiz, ""What Type of Man Are You?"" by Brian Whitney. Are you the rugged outdoorsman who can fix anything, the sports fanatic, the fashion-forward heterosexual, or the artistic hipster? This quiz helps you answer question on your mind on ""What Type of Male am I?"" Discover your true type and embrace your unique qualities. Being a man is complex, with societal expectations and personal desires shaping our identities. Take a break from the everyday and dive into this quiz to learn more about yourself and the different types of men that make the world interesting and diverse. Unleash your inner manliness or embrace your softer side by taking our quiz today. Find out what makes you tick and have fun exploring the different facets of masculinity. Who knows, you might surprise yourself with the results! So, what are you waiting for? Take the quiz and discover ""What Type of Man Are You?"" When you go out to a bar, are you the personal bouncer for all your friends? No, are you kidding? I hate violence. No, but I can handle myself okay. bymuratdeniz/Getty Images How long does it take you to grow a good beard? What is important in a movie? Do you ever ride shotgun? No, I'm usually the driver. What sounds the most fun to do? Going to nice restaurant. Going to a football game. ozgurcankaya / Getty Images On a personality tests, How much road rage do you have? How many fights have you been in? Hero Images/Digital Vision/Getty Images How often do you go to the gym? Never, I don't need that to be in shape. Never, it's not my scene. Do you watch a lot of sports on TV? Did you play sports in high school or college? Yeah, I played all sorts. Only until I found more interesting things to do. What sounds best to drink? Do you play any team sports as an adult? How often do you look at yourself in the mirror? Do you use a lot of hair products? Well yeah, how else is my hair going to look so good? Sure, I do it all the time. How much would you pay for a haircut? Have you ever used teeth whitener? How often have you been hunting? Never, but I don't mind people that do. As a sigma male, Are you good at fixing cars? I know nothing about cars. As a beta males, Have you ever tried writing a novel? I have tried, but have not gotten far. No, but I have thought of it. Of course, I write often. Have you ever played in a band? Yes, but it was a long time ago. No, but I have a drum set. As a sigma male, Do you question authority? I don't pay any attention to authority. What are you most likely to wear?