

Astrology and Personality: A Study that Compares Its Results to Current Theories

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Abstract

As a field of study, astrology has long postulated that a person's personality traits are influenced by the alignment of the heavens at the time of their birth. A symbolic framework for understanding human behavior is provided by this. In contrast, modern conceptions of personality are based on scientific studies conducted in the discipline of psychology. A number of competing hypotheses have put forth explanations for personality based on quantifiable traits, biological components, and environmental factors. This article examines the Big Five personality traits through the lens of both modern psychology models and astrological theories of personality. analysis of the similarities and differences between scientifically validated frameworks of personality and astrological classifications, such as zodiac signs and the traits associated with them... As opposed to the intuitive and culturally based descriptions of human traits supplied by astrology, modern astrological theories prioritize dependability, validity, and predicted correctness. Generic trait descriptions are one area of agreement, but methodological rigor and empirical evidence are two key areas of disagreement. Astrological personality interpretations, cognitive biases, and the need for a consistent story about one's life are some of the other topics investigated in this study. The analysis covers all of these subjects. To this day, astrology has the same impact on people's self-perception and social interactions as more formal personality theories, even though it has never been proven scientifically.

Keywords Astrology , Personality Traits , Big Five Personality Traits , Psychology , Zodiac Signs

Introduction

Understanding human behavior, identity, and the dynamics of interpersonal relationships has long been centered around personality research. There have been a lot of ideas put forth over the years that try to explain human psychology and the wide range of human emotions and actions. As one of the first systems, astrology is among these. Astrology is the study of how the positions of the planets and stars impact the development of a person's unique personality traits at birth. Despite its lengthy history, astrology remains culturally significant because it gives people a symbolic language to understand themselves and others through the characteristics they see in the stars. However, more recent developments in psychology have led to the creation of evidence-based and systematic models of personality analysis. There are a number of widely used frameworks, and among them is the Big Five personality traits. According to this model, there are five primary aspects of personality: agreeableness, neuroticism, openness, and conscientiousness. Using these traits, which are derived from scientific research and used to assess behavior in many contexts, one can receive a trustworthy and quantifiable picture of personality. While astrology and modern conceptions of personality

intersect, serious issues emerge about how people make sense of their identities. The interpretations offered by astrology are not only easy to understand and intuitive, but they also seem to hit close to home for many people. The scientific models, on the other hand, stress objectivity and the veracity of predictions. A lot of people use astrological descriptions as a way to connect with themselves and others, even if there is not any scientific proof to support them. a study comparing and contrasting astrological personality models with modern theories of psychology? The essay looks at where the two approaches overlap, such using broad trait descriptions, and where they diverge, like in terms of reliability, technique, and the ability to explain phenomena. The study's overarching goals are to(1) comprehend the various domains that contribute to personality definitions and(2) determine the reasons for the persistence of astrology alongside more scientifically based ways in shaping human identity theories. Looking at both systems allows us to achieve this.

A Personality Map Based on Astrology

Astrology links human traits to cosmic patterns and planetary combinations via the development of a symbolic framework for understanding personality. In contrast to the empirically based theories employed in psychology, astrology offers an interpretation of personality through the use of archetypal meanings associated with zodiac signs and planetary positions at the moment of birth. This framework gives people an organized and adaptable way to understand themselves and their tendencies by organizing human behavior into easily identifiable patterns.

Assigning Characteristics to Zodiac Signs

The division of the zodiac into twelve distinct signs, with each sign associated with a distinct set of personality traits and behavioral tendencies, is a cornerstone of astrological personality theory. According to astrology, these signs—which are based on where the sun is when a person is born—serve as basic indicators of character.

Leadership, emotional sensitivity, analytical thinking, and sociability are just a few of the characteristics that are correlated with each zodiac sign. For example, those born under the fire signs are often thought of as dynamic and forceful, while those born under the water signs are thought of as having profound feelings and a keen sense of intuition. These characteristic attributions provide a simple and approachable framework that helps people understand themselves and others better.

Two factors that add to zodiac-based classification's appeal are its story component and its accessibility. Many people find that these descriptions match their own experiences, which helps them form an identity that is in line with their own experiences. Conversely, a wide range of people are able to relate to these attributions because they are often broad and generalized.

The Role of Planets in Character Analysis

Astrology, which extends beyond the idea of zodiac signs, holds that a person's personality qualities are shaped by the placement of planets in their birth chart. People often assume that the positions of the planets influence certain aspects of an individual's character and actions. For instance, it is believed that a person's emotionality, communication skills, ambition, and relationships are all impacted by the placement of specific planets in their horoscope.

A complex and one-of-a-kind evaluation of a person's psychological structure is produced by astrological charts, which combine a multitude of planetary influences. Planetary interactions,

as seen through aspects or alignments, are believed by many to add complexity and depth to the study of personality. This allows astrology to reveal itself as a personalized system that can depict both outward successes and within struggles.

The interpretive flexibility of astrology is a major reason for its continued popularity. Since it offers multiple levels of meaning, it paves the way for people to find unique meanings for their actions and life events. There may be little empirical evidence for these interpretations, but their coherence, adaptability, and provision of a rich symbolic experience make them psychologically attractive anyway.

Comparative Analysis of Astrology and Modern Psychology

The examination of the similarities and differences between astrological frameworks and contemporary approaches within the field of psychology uncovers both astounding similarities and fundamental distinctions. Although astrology and scientific personality theories are derived from different epistemological underpinnings, they share the common goal of classifying human characteristics, providing an explanation for behavior, and shedding light on the variations that exist between individuals. Within this section, we investigate areas of convergence in the description of traits, as well as important divergences in technique and the validity of scientific conclusions.

Similarities in Trait Descriptions

Both astrology and contemporary theories of personality make use of trait-based descriptions, which is one of the most noticeable similarities between the two. There are some characteristics that are attributed to zodiac signs by astrological systems. These characteristics include friendliness, emotional sensitivity, and aggressiveness. In a similar manner, psychological models such as the Big Five Personality Traits classify individuals according to qualities such as agreeableness, openness, and extraversion.

In both of these systems, personality is thought to be a collection of characteristics that are reasonably consistent and that influence behavior in a variety of settings. An example of this would be a person who is labeled as "outgoing" in astrology, which may correspond to strong extraversion in psychological terms. This overlap can give the impression that astrological descriptions are intuitively genuine since they frequently correspond with characteristics that are commonly recognized in humans.

Furthermore, both frameworks offer individuals a vocabulary that can be utilized for the purpose of self-reflection and the comprehension of interpersonal relationships. They assist individuals in interpreting their own conduct and making sense of the behavior of others, which contributes to their continuous significance in different contexts, including academic and ordinary settings.

Differences in Methodology and Scientific Validity

Despite these superficial similarities, astrology and contemporary psychology are profoundly different in terms of the methodologies they use and the epistemological foundations they are based on. Statistical analysis, empirical study, and systematic observation are the three pillars around which contemporary psychology theories are built. The development of models such as the Big Five is accomplished by the conduct of extensive research, which guarantees the models' dependability, validity, and replicability across a wide range of populations.

Astrology, on the other hand, is founded not on empirical data but rather on the interpretation of symbolic meanings. The statements that it makes are not put through rigorous scientific testing, and the forecasts that it presents are not reproducible in a consistent manner. The scientific investigation does not provide any evidence to support the hypothesis that the assignment of personality traits based on celestial locations is a causative mechanism.

As an additional point of interest, psychological evaluations are intended to be measurable and falsifiable, which enables hypotheses to be verified and modified. Astrology, on the other hand, is characterized by its interpretive flexibility, which allows interpretations to be modified to correspond with the experiences of specific people. Despite the fact that this adaptability makes it more appealing to individuals, it restricts its ability to accept objective confirmation.

There are considerable differences between astrology and modern psychology in terms of their approach and legitimacy, despite the fact that both attempts to understand personality share a shared purpose. The intuitive attractiveness of astrology can be partially explained by the parallels in the descriptions of traits; however, the methodological rigor and empirical base of psychology establish it as a more dependable and scientifically founded framework for the study of human behavior.

Role of Psychology in Personality Assessment

Scientific research on personality evaluation is mostly based on the field of psychology, which seeks to describe, measure, and forecast human behavior patterns by the application of methodical and evidence-based techniques. The focus of psychological methods is on validity, dependability, and objectivity, as opposed to symbolic or intuitive systems. This guarantees that personality assessments are conducted using established and reproducible techniques.

An essential contribution of psychology to the field of personality assessment methodology is the development of organized models for the quantifiable classification of human traits. Frameworks like the Big Five Personality Traits give a comprehensive framework for researching personality across five basic dimensions. Neuroticism, agreeableness, openness, conscientiousness, and extraversion are some of these dimensions. These traits are the result of extensive empirical research and have been confirmed across cultural contexts. This has led to their broad adoption in both theoretical and practical settings.

Another way psychologists help advance the discipline is by creating normative tools for evaluation, like surveys, inventories, and behavioral tests. Data that is consistent and quantifiable can be collected by researchers and practitioners using tools like self-report surveys and observational methodologies. These strategies have been established to ensure that results are comparable across individuals and contexts and to decrease the likelihood of bias.

Making sure the results are reliable and genuine is another crucial part. There is extensive testing of psychological competence assessments to ensure they are valid, meaning they measure the traits they claim to and provide consistent findings across time. Psychological personality assessment stands out from non-empirical approaches due to its scientific rigor, which provides a more solid basis for understanding individual differences.

Furthermore, the field of psychology recognizes the interplay between biological, environmental, and social factors that contribute to the development of an individual's personality. It considers multiple effects, including as genes, environment, culture, and life

experiences, rather than attributing traits to a single source. One can gain a deeper and more complete understanding of people's characteristics with this multi-faceted viewpoint.

Clinical psychology, education, organizational behavior, therapy, and many more areas rely heavily on personality evaluations in their practical applications. This has implications for the identification of mental health issues, the direction of career decisions, the enhancement of interpersonal interactions, and the promotion of individual growth.

Conclusion

Astrology and modern theories of personality are two competing frameworks for explaining human character; they are fundamentally different from one another, but they coexist in modern society. With deep historical and cultural origins, astrology offers a framework that is intuitive and metaphorical. In contrast, modern psychological approaches provide models that are systematic, grounded in facts, and that place an emphasis on precision, consistency, and scientific verification. The gap between belief-based and empirical systems of knowing is illustrated by juxtaposing these two categories of knowledge. The enduring attraction of astrology can be attributed to its accessibility and its ability to provide individuals with a consistent narrative of their identity. It offers a simple yet insightful method of understanding personality traits and relationship dynamics through the use of zodiac signs and planetary interpretations. Its versatility is one reason for its enduring popularity across cultures; it inspires individuals to find their own unique importance and relevance. On the flip side, there are scientific frameworks like the Big Five that attempt to explain personality traits in a more scientific and quantifiable way. These models can predict behavior in a range of situations and are based on empirical research, so they can be used in both academic and applied settings. The strength of their approach and their ability to be tested, adjusted, and verified throughout their existence are their greatest assets. In conclusion, this study's results demonstrate that, while modern psychology and astrology share certain commonalities in the description of traits, their methods and the degree to which they are believed to be accurate are very different. Astrology persists not because it has the backing of science but because it meets cultural and psychological needs linked to questions of self-definition, purpose, and reflection. However, when it comes to understanding human behavior, modern theories of personality remain the most reliable and research-based approach. By considering both perspectives, this analysis provides a more complete understanding of how people perceive personality traits, shedding light on the ever-changing dynamic between cultural belief systems and scientific inquiry in shaping perceptions of human uniqueness.

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