

## **Meta-cognitive awareness and personality as predictors of creativity among young adults**

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### **Abstract**

The competitive world predisposes young adults with variety of challenges requires an individual to be creative and innovative in every domain to be successful. Hence, the present research explores to show personality (which are inherent as per the trait theory) and Meta-cognitive awareness (which is learnt) predict the extent of creative skills in university students of India. The sample consisting of 120 students from universities from Delhi and NCR region were administered a self-reporting questionnaire on creativity, personality and Meta-cognitive awareness. The results reveal some variables of personality (extraversion and conscientiousness significantly) correlated with and were predictors of creativity (self/everyday, scholarly, performance, mechanical/scientific and artistic). Meta-cognitive awareness is also a significant predictor of overall creativity in university students as variables like declarative, planning, information management strategies and comprehension monitoring correlated with creativity.

**Key Words:** Meta-cognitive awareness, personality, creativity, young adults, creative skills.