

Vol 4 Issue 3 Sept 2014

ISSN No :2231-5063

---

# International Multidisciplinary Research Journal

## *Golden Research Thoughts*

Chief Editor  
Dr.Tukaram Narayan Shinde

---

Publisher  
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor  
Dr.Rajani Dalvi

Honorary  
Mr.Ashok Yakkaldevi

## Welcome to GRT

**RNI MAHMUL/2011/38595**

**ISSN No.2231-5063**

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

### **International Advisory Board**

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Center For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Dept of Chemistry, Lahore University of Management Sciences[PK]
Janaki Sinnasamy Librarian, University of Malaya	Ecaterina Patrascu Spiru Haret University, Bucharest	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pintea, Spiru Haret University, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Anurag Misra DBS College, Kanpur	George - Calin SERITAN Faculty of Philosophy and Socio-Political Sciences AL. I. Cuza University, Iasi	.....More
Titus PopPhD, Partium Christian University, Oradea,Romania		

### **Editorial Board**

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University,Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yaliker Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU,Nashik
Salve R. N. Department of Sociology, Shivaji University,Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary,Play India Play,Meerut(U.P.)	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra Maulana Azad National Urdu University
	Sonal Singh, Vikram University, Ujjain	

**Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India**  
**Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.aygrt.isrj.net**



## RELATIONSHIP BETWEEN PERSONALITY TRAIT AND ANXIETY AMONG COLLEGE STUDENTS

P. Chandra Bose<sup>1</sup> and R. Neelakandan<sup>2</sup>

<sup>1</sup>Research Scholar, Department of Psychology, Annamalai University .

<sup>2</sup>PhD , Assistant Professor, Department of Psychology, Annamalai University

**Abstract:**-The aim of the study is to be identify the relationship between the type of Personality Trait and Anxiety disorders among the college students.50 samples were selected on the basis of random sampling techniques. The data were collected from Annamalai University, Chidambaram. The Eysenck Personality Questionnaire (EPQ) revised by Hans jurgen Eysenck and Sybil B.G Eysenck (1985) was used to measure the types of Personality and Hamilton Anxiety Rating scale developed by Br.J.Med Psycho (1959) was used to measure the level of Anxiety. Correlation was used to find out the relationship variables. Result trail there is a positive and significant relationship between Personality Trait on Anxiety.

**Keywords:**Personality, Anxiety,

### INTRODUCTION

#### PERSONALITY

The combination of characteristics or qualities that from an individual's distinctive character like nature, make-up, identity. Personality is that pattern of characteristic thoughts, feelings, and behavior that distinguishes one person from another and that persists over time and situation. More recently, some have argued that personality is at best superfluous and at worst misleading concept as sturdy, resilient or enduring as personality. The principal types discussed by Eysenck are introversion, extraversion, neuroticism and psychotisiom According the Guilford(1959) defined as personality is a person unique pattern of traits than their individuals. Neurotosisam What is the different anxiety,

#### Psychotisiom

Individuals high on psychotisiom are tough-minded, non-conformist, willing to take risk and may engage in antisocial behavior. The name of the scale reflect Eysenck original suggestion that the trait tapped personality traits related to psychosis, just as neuroticism seems to measure traits related anxiety and depression.

#### ANXIETY

A feeling of worry, nervousness, or uneasy about something with an uncertain outcome. The APA defined Anxiety is an emotion characterized by feeling of tension, worried thoughts and physical changes like increase blood pressure. Anxiety disorder characterside by chronic pathological worry and otter manifestations of non- phobic

anxiety, which is accompanied by various symptoms of tensions, Anxiety disorder has been described as the “basic” anxiety disorder (Barlow, 1988). This implies that many of its features characterized all anxiety disorder and it's not surprising that it has been difficult to single out. Clinical features and other characteristics that might be specific for Anxiety. Bearing this in mind, Anxiety can be conceptualized as heterogeneous conditions that encompass in various proportions. Sometimes college students have difficulty identifying the worry about or are vague about it.

For example, they may have non-specific concerns about some existential and philosophical issues (such as meaning and purpose of life) or state they are “anxious about everything”, They may also report what has been referred to as “free-floating anxiety” –a pervasive anxious feeling without a clear focus of anxiety.

### **SYMPTOMS OF ANXIETY**

1. Restlessness
2. Irritability
3. Increased heart rate
4. Feeling of breathlessness
5. Stiffens in the muscles
6. Change in bowel movement
7. Dizziness

### **TREATMENT OF ANXIETY**

#### **A. Systematic Desensitization**

behavioral therapy conditioning. (1950). The systematic desensitization is effective in reducing anxiety and panic attack. Systematic Desensitization has the following steps learning to relax, deep breathing, progressive muscle relaxation and Visualization.

#### **B. Cognitive Restructuring**

Psychotherapeutic process of learning to identify and dispute irrational or maladaptive thoughts known as cognitive distortions

### **SIGNIFICANT OF THE STUDY**

Anxiety is a normal human emotion, felt by most college students on a daily basis life, when it rises to the level of causing significant distress, or interfere with activities, then it may be a disorder. The Eysenck's theory of psychotism in personality and how it could be related directly to creativity among the college students. The main psychotism can under certain circumstances, exhibit some qualities commonly found among psychotism. Psychotism similar to those of antisocial personality disorders and schizophrenia

The obvious of the neurotic is diminished self-worth, expressed in insecurity and feeling of inferiority. These inferiority feelings are pervasive. They manifest as a lack of confidence in one's studies and work, sometimes people will compensate for their feelings of inferiority by having in ways that seem to indicate the opposite. They may become aggressive and belligerent. This study elicits the Type of Personality and how to overcome their Anxiety level (Sharma SCI 2003)

### **OBJECTIVES OF THE STUDY**

To find out the relationship between Types of personality and anxiety among college students.

### **HYPOTHESIS**

There is no significant relationship between types of Personality and anxiety.

### **METHODS**

The Researcher is using Descriptive type of Research. A 50 College Students Samples were collected by Random Sampling techniques.

**INCLUSION CRITERIA**

College students are selected as sample from both genders

**EXCLUSION CRITERIA**

Below the age 17 and above the age 24 were omitted.

**TOOLS USED**

The Eysenck Personality Questionnaire (EPQ) developed by Hans Jurgen Eysenck and Sybil B.G Eysenck (1985 revised) it consists of 100 statements with yes or no responses. This questionnaire used for screening out individual's type of personality. Hamilton Anxiety Rating scale developed by Br.J.Med Psycho (1959) it consists of 14 items with response of not -respond, mild ,moderate,sever,very sever responses. This scales used to evaluate the level of anxiety.

**RESULTS ON DISCUSSION**

**Table 1 .Showing Level between Anxiety and Psychotisiom**

Variable	Psychotisiom
Anxiety	.016* (S)

Correlation is Significant at the 0, 05 level (2 tailed)

The above table exhibits the Correlation between Anxiety and Psychotisiom .Results indicates that there is a positive and significant relationship  $P>0.05$  .Therefore it is conclude that there is a direct relationship between Anxiety and Psychoticism.

**Table 2 .Showing Level between Anxiety and Extraversion**

Variable	Extraversion
Anxiety	.022 (NS)

Not Significant

The above table exhibits the Correlation between Anxiety and Extraversion .Results indicates that there is a Negative and not significant relationship  $P<0.05$  .Therefore it is conclude that there is a indirect relationship between Anxiety and Extraversion.

**Table 3 .Showing Level between Anxiety and Neurotisiom**

Variable	Neurotisiom
Anxiety	.001* (S)

Correlation is Significant at the 0, 01 level (2 tailed)

The above table exhibits the Correlation between Anxiety and Neurotisiom .Results indicates that there is a positive and significant relationship  $P>0.01$  .Therefore it is concluded that there is a direct relationship between Anxiety and Neurotisiom.

### CONCLUSION

1. Anxiety influence positive correlation with the personality trait (Psychotisiom).
2. Anxiety does not influence negative correlation with the personality trait (Extraversion).
3. Anxiety influence positive correlation with the personality trait (Neuroticisom)

### IMPLICATION

The outcome of this research will provide through therapy regarding the experiences and perceptions, which would be of paramount importance to policy makers, law enforcers, academicians, educators, researchers and public in general. This study will create awareness about anxiety among the students community. The results of this study would alleviate the lack of empirical data. Also it helps to develop academic achievement among the students.

### REFERENCES

1. E.Jerry Phares, (1991), Introduction to Personality. Third Edition.
2. Barlow,D.H (1988), Anxiety and its Disorders.The Nature and Treatment of Anxiety and panic.New York.
3. Sharama SCI (2003),Generalished anxiety disorders and Personality.
4. Joseph Bienvenu.O and Murray B. Stein, (2003),. Personality and Anxiety Disorders: A Review. Journal of Personality Disorders: Personality Disorder, and Psychopathology, Vol. 17,pp. 139-151.
- 5 Vladan Starcevic, (2005), Anxiety disorders in Adults by Oxford University Press.
6. James N.Butcher,Susen Mineka,Jill, M.Hooley, (20140) Abnormal Psychology Fifteen Edition.
- 7.Review of Eysnencks theory of Psychotisiom and creativity.



**P. Chandra Bose**

Research Scholar, Department of Psychology, Annamalai University .

# Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

## Associated and Indexed, India

- \* International Scientific Journal Consortium
- \* OPEN J-GATE

## Associated and Indexed, USA

- \* EBSCO
- \* Index Copernicus
- \* Publication Index
- \* Academic Journal Database
- \* Contemporary Research Index
- \* Academic Paper Database
- \* Digital Journals Database
- \* Current Index to Scholarly Journals
- \* Elite Scientific Journal Archive
- \* Directory Of Academic Resources
- \* Scholar Journal Index
- \* Recent Science Index
- \* Scientific Resources Database
- \* Directory Of Research Journal Indexing

Golden Research Thoughts  
258/34 Raviwar Peth Solapur-413005, Maharashtra  
Contact-9595359435  
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com  
Website : www.aygrt.isrj.net