

Abstract:-

The aim of the study is to 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 Jürgen 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,



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RELATIONSHIP BETWEEN PERSONALITY TRAIT AND ANXIETY AMONG COLLEGE STUDENTS



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INTRODUCTION

PERSONALITY

The combination of characteristics or qualities that form 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 psychoticism. According to Guilford (1959) defined as personality is a person's unique pattern of traits. Neuroticism

Is a long-term tendency to be in a negative emotional state. People with neuroticism tend to have more depressed moods. They suffer from feelings of guilt, envy, anger and anxiety, more frequently and more severely than their individuals. Neuroticism is the state of being neurotic.

What is the difference between neurosis and neuroticism? Basically, neurosis is an actual disorder, such as obsessive thoughts or anxiety, while neuroticism is the state of having the disorder. In modern non-medical texts the two are often used with the same meaning. For psychologists and psychiatrists today, these terms are rarely used.

Psychoticism

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

ANXIETY

A feeling of worry, nervousness, or uneasiness about something with an uncertain outcome. The APA defines anxiety as an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Anxiety disorder is characterized by chronic pathological worry and other manifestations of non-phobic anxiety, which is accompanied by various symptoms of tension. Anxiety disorder has been described as the "basic" anxiety disorder (Barlow, 1988). This implies that many of its features characterize all anxiety disorders 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 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. Stiffness in the muscles
6. Change in bowel movement
7. Dizziness

TREATMENT OF ANXIETY

A. Systematic Desensitization

Systematic Desensitization is a type of behavioral therapy based on the principle of classical conditioning. It was developed by Wolpe (1950). The systematic desensitization is effective in reducing anxiety and panic attacks. 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 activites,then it may be a disorder, The Eysencks theory of psychotism in personality and how it could related direct to creativity among the college students. The mainly 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 ones studies and work, sometimes people will compensate for their feelings of inferiority by having in ways that seems to indicate the opposite .They may become aggressive and belligerent. This study elicit 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 used 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.

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