RELATIONSHIP BETWEEN PERSONALITY TRAIT AND ANXIETY AMONG STUDENTS OF CBSE RECOGNIZED SENIOR SECONDARY SCHOOLS

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Abstract:

The present study reveals levels of anxiety i.e. Normal level, Average level and higher level and the type of personality (introvert and Extrovert type) of students studying in CBSE recognized private secondary schools of district Mewat of Haryana. A sample of eighty students of class 11th from four CBSE recognized senior secondary schools of district Mewat of Haryana was taken randomly for the study. Majority of students (71.25%) were found under Extrovert type of personality, whereas less number (28.75%) was counted under Introvert category. The relationship between personality trait and anxiety of students was investigated. Under Extrovert category of students (N=57) the value of correlation was calculated as r= 0.34 which was found significant at both the levels of confidence, it shows some positive relationship between extrovert personality trait and anxiety of students. It reveals that extroverts are more susceptible to anxiety and must be treated with proper love care by the teachers and parents to get desired results. But under Introvert category (N=23) the value of correlation was calculated as r=0.16 and that was found insignificant, which indicates very low positive or none relationship between personality trait and anxiety.The results of study may help to teachers, principals to understand student's needs for better adjustment in school and parents at home in dealing with their children problems.

From the origin of life man directly or indirectly has been trying to educate himself in order to improve his life to meet the new challenges of life for better survival. Education is an essential source through which one can live and lead a civilized life and also it is a guiding force by which one can fulfill our needs and ambitions.

A developed nation is known for its strength of education and economy where both the aspects are very much interrelated and without the progress of youth one cannot think about the development. One of the impressive features of human behavior is the ability to change as per the need and situation, where several biological and environmental factors are responsible for these changing patterns. These changing patterns may be called as the 'personality' which separates a person from others.

The personality and stress are the two terms connected to each other; a person who can handle the stress and tough situations properly, known to be as a person possess good personality, whereas vice versa has a bad personality. The overstress situation changes into a mental disease called as 'Anxiety', where a person becomes nervous and unable to take his/her decisions. Today's most of the children and youth are victims of this severe disease and they take narcotic drugs and even go for suicide to fulfill their false dreams.

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Meaning and Nature of Personality

Personality is the identification of a person in a group based on external as well internal characteristics or combination of several traits of an individual or even total behavior of a person. A 'trait' of personality means such a distinctive character of a person's thought, feeling and actions that marks him common or different from others like as; friendly and isolated nature, active and passive nature etc. are the distinctive features of the people and these are visible right from the childhood. Personality is a distinctive pattern of behavior including thoughts and emotions that characterize each individual's adaptation to the situations of life (Michele, 1976). Psychologists *Allport, Catell* and K*arl Jung* have been classified the personality into two main categories; Introvert and extrovert type. But in real sense 'personality' is the integration of various traits; most are inborn and some are acquired by the individual.

Introvert type

It is the kind of personality where a person possess generally a shying nature, self-centered, over thoughtful, less active, less friendly and lack of leadership quality. People in this category are retiring sort of person, less achievers, more idealistic, less adjustable and adorable cannot be more successful in their life.

Extrovert type

People in this class of personality are more active, enthusiastic, social, and adjustable. They are more realistic less idealistic and high achievers; show leadership quality at most of the situations. They are more emotional, take part in any social gathering and contribute their part to get personal satisfaction.

Meaning and Nature of Anxiety

'Anxiety', is like a fire and a subjective experience of the organism in a catastrophic condition. The reaction of anxiety may be the inner tension to extreme states of terror (Sigmund Freud).Anxiety is the unpleasant emotions which are related with fear doubt confusion and frustration, bar the peace of individual (Hill guard).It has several levels right from very high to low level, plays an important role in determining the behavior and some time as motivator to get success in our life.

Anxiety is one of the most common psychological disorders in school-aged children and adolescents worldwide (Costello, Mudsill, Erkanli, Keeler & Angold, 2003). Anxiety is associated with substantial negative effects on children's social, emotional and academic success (Essau, Conradt & Peterman, 2000).

Types of Anxiety

Psychologists 'Liddell Cannon' and 'Coombs', have classified anxiety into three levels; Normal level, Medium level and Superior or higher level. The persons belonging to normal category show the symptoms of general alertness, effective integration and inability for productive behavior. Persons belonging to medium category show the symptoms; rigidity, less spontaneity, narrow perception and more effort in adjustment. The people in this superior category have the symptoms; more irritability, rigidity, inattentive and impaired learning and thinking.

Causes of Anxiety

There are several causes for anxiety among our youth all over the world such as; problems of adjustment of adolescents at home and in the society, Over expectations of parents with regard to their performance, rapid physical, mental and emotional development during this growing age. In India, the main documented cause of anxiety among school children and adolescents is; the parent's high educational expectations and pressure for academic achievement (Deb, 2001).

Rationale of Study

In present study investigator has tried to find out the levels of anxiety, that is of mainly three types e.g. Normal level ,Medium and Average level and the type of personality trait i.e. Extrovert and Introvert types of the students studying in CBSE recognized private senior secondary schools of district Mewat of Haryana. Study further investigated the relationship between personality trait and anxiety of students. This study may help to understand the reasons for poor performance and maladjustment of students having different kind of personalities and levels of aspirations causing anxiety. The results of study may help the teachers and parents to understand student's needs and solve the problems in better way. Since limited number of studies have been addressed anxiety among adolescents in India, and because of the seriousness of its adverse consequences, it was considered important to explore this issue further.

Statement of Problem

"To find out the relationship between personality trait and anxiety of students studying in CBSE recognized private senior secondary schools of district Mewat, Haryana".

Objectives

1. To study the status of personality traits of students studying in senior secondary schools of district Mewat, Haryana.
2. To study the anxiety level of students studying in senior secondary schools of district Mewat, Haryana.
3. To find out the relationship between personality traits(extroversion and introversion) and anxiety of students studying in CBSE recognized private secondary schools of district Mewat,Haryana.

Hypotheses

Investigator has been formulated the **Null hypothesis (Ho)** for the present study;
Hypothesis (Ho-1)
1. There is no significant relation between personality trait and anxiety level of students studying in senior secondary schools of district Mewat,Haryana.

Delimitations

The study was delimited in the following manner;
➢ District Mewat of Haryana state was the area selected to conduct the study.

- ➢ Descriptive research survey method was applied to conduct the present study.
- ➢ Four CBSE recognized private senior secondary schools were randomly selected to get the sample of 80 students.
- ➢ Only class 11th of every school was considered for the study to get twenty students from each school class through random sampling process.
- ➢ Only standardized tools were used to collect the relevant data.

Design of Study

The descriptive research survey method has been applied to conduct the study; All private senior secondary schools of district Mewat of Haryana, has been constituted the population of study.

Sample

Simple random sampling method has been applied to choose a sample of eighty students of class 11th from four private senior secondary schools of district Mewat of Haryana for the present study.

Tools used

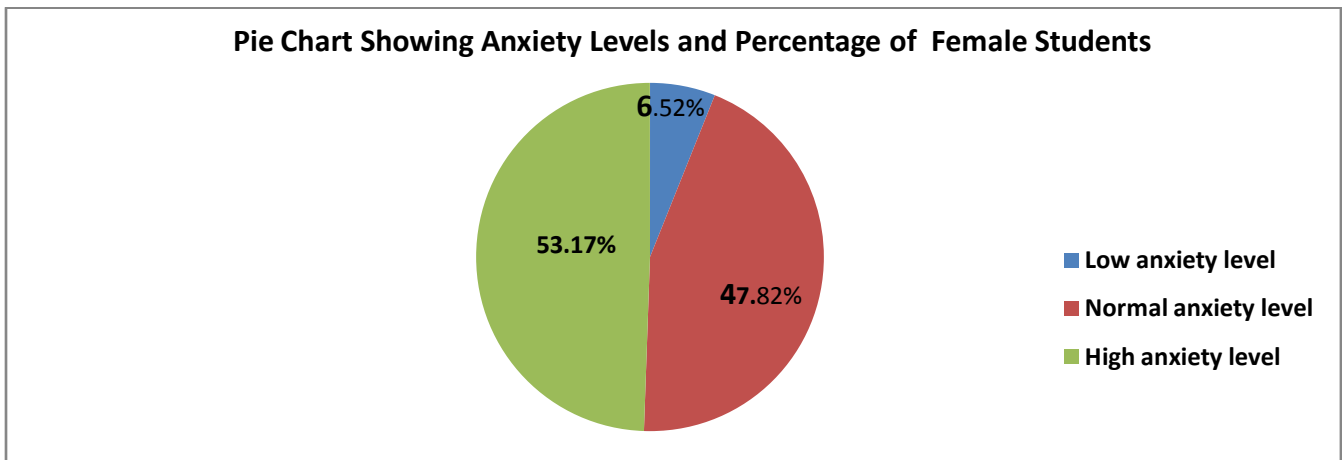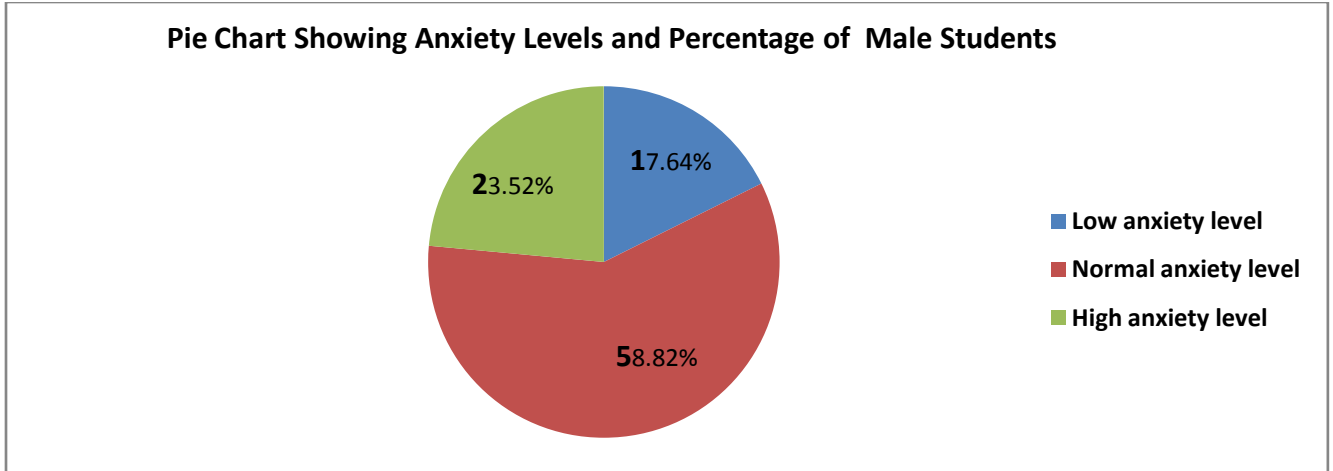Two Standardized tools have been used for data collection are;

The Personality Inventory by Dr.Yashveer Singh & Dr. Harmohan Singh and, **Comprehensive Anxiety Test** by Dr. A.K.P.Sinha.

Analysis and Interpretation

The analysis and interpretation of relevant data have been done quantitatively and qualitatively by using statistical techniques; Mean (M) Standard Deviation (S.D) and Correlation(r) by Spearman's Rank Difference Method. Pie chart and tables were also used to analyze the data and interpret results.

Graphical Presentation of Data

Data is the main source of any research thus its classification and arrangement should be done cautiously to get useful results. Following pie charts have been showing the status of anxiety among male and female students.

Pie Chart Showing Anxiety Levels and Percentage of Male Students

Pie Chart Showing Anxiety Levels and Percentage of Female Students

Table-1

Number and Percentage of students related to Anxiety Levels

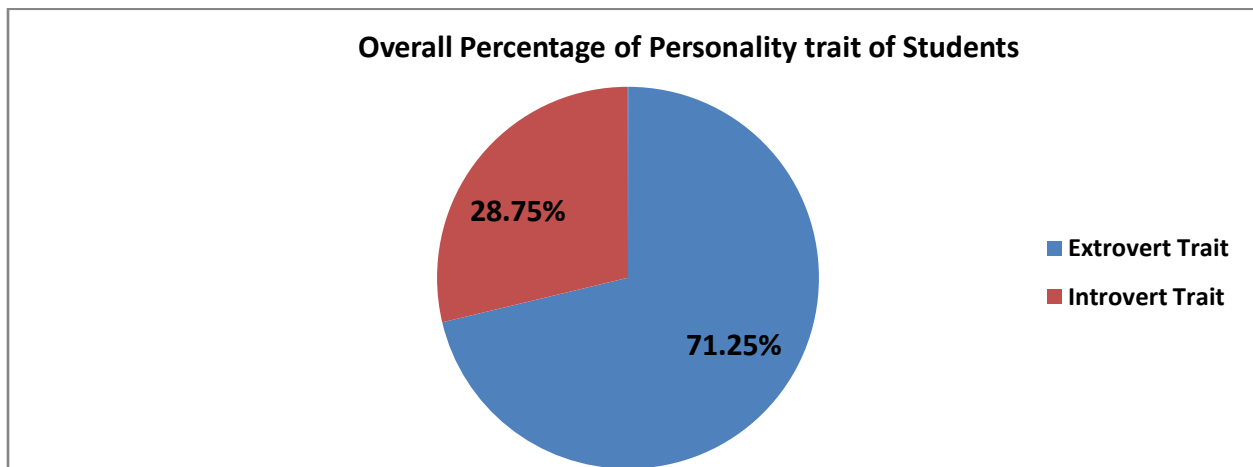| Sr.No.	Gender of student	Anxiety Levels of Total Students (Five levels)					
		V.High	**High**	**Average**	**Low**	**V.Low**	**Overall Status of Anxiety Level**
1	**Male** (34)	00	08	20	05	01	*High Level = 08*
	Percentage Value (%)	00	23.52	58.82	14.70	2.94	***High Level =23.52 %***
2	**Female** (46)	03	18	22	03	00	*High Level=21*
	Percentage Value (%)	6.52	46.65	47.82	6.52	00	***High Level = 53.17 %***
Total	**N= 80**						***Total High Level = 76.69%***

Table-1 reveals that more than fifty three percent (53.17%) female students were counted in category of high anxiety level, which is more than double in number as compared to male students in same category on anxiety. Around forty eight percent (47.82 %) female students were reported under normal or average category on anxiety level. Less number around six percent (6.52 %) were found under low category of anxiety, whereas none or zero percent (0 %) were recorded in very low category on anxiety level. The high number of female students under high anxiety level at adolescence age was again a serious concern for teacher and parents.
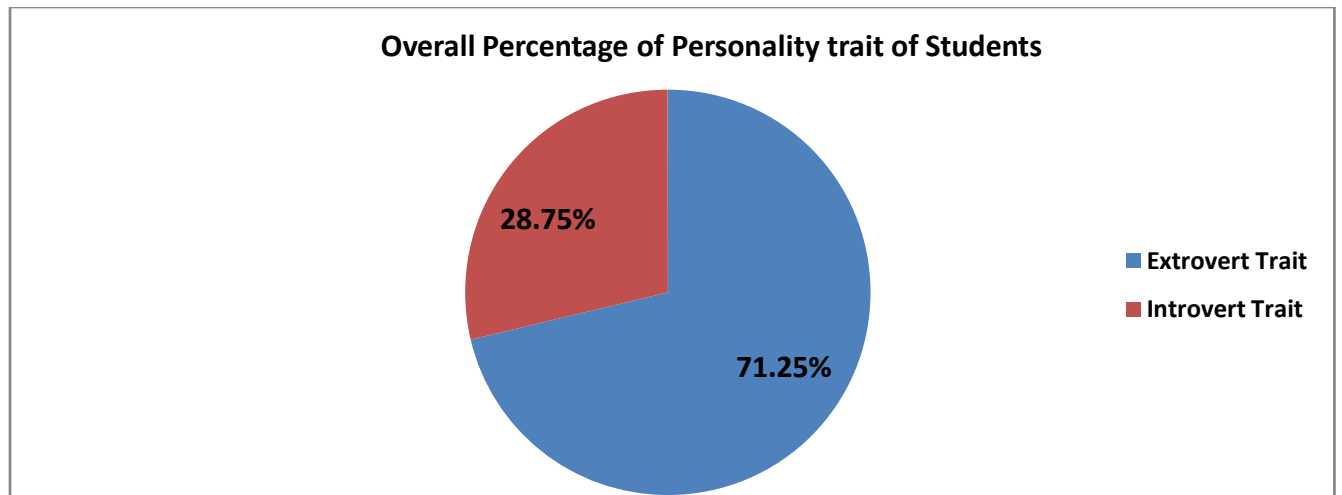
Table-2

Type number and percentage of students as per their personality traits

Sr.No.	Type of Personality	No. of Students	Percentage value
1	**Extrovert Type**	57	71.25 %
2	**Introvert Type**	23	28.75 %
Total	*Two Type*	*N= 80*	*100 %*

Table -2 reveals the distribution of total students (N=80) on the basis of two types of personality traits (Extroversion &Introversion). Majority of students (71.25%) were found under Extroversion type of personality, whereas less number (28.75%) was counted under Introversion category. It clearly indicates that, under selected sample of eighty students of class 11th, majority of the students have shown extroversion kind of personality which is a good sign for their future progress.

Overall Percentage of Personality trait of Students

- Extrovert Trait
- Introvert Trait

28.75%

71.25%

Overall Percentage of Personality trait of Students

28.75%

71.25%

■ Extrovert Trait
■ Introvert Trait

Table-3

Relationship between anxiety and personality traits of Senior Secondary Students

Sr. No.	Sample Size	Type of Personality Trait	Degree of Freedom (D.F)	Correlation Value (r)	Result
1.	N=57	Extroversion	N- 2 = 55	r = 0.34	*Significant (at both levels)*
2.	N= 23	Introversion	N- 2 = 21	r = 0.16	**Insignificant*
Total	N= 80				

Table-3 reveals the sample distribution and its relationship based on Extroversion and Introversion type of personality traits. Under **Extroversion** category of students (N=57) the value of coefficient of correlation was calculated as **r= 0.34** which shows low positive correlation and was found '**significant**' at both the levels of significance. Thus the **null hypothesis,** 'that there is no significant relationship between personality trait and anxiety of students was **rejected**.

Whereas, *under* **Introversion** category of students (N=23) the value of coefficient of correlation was calculated as **r=0.16** which indicates **very low** type of correlation and was found '**insignificant**' at both levels of significance.Thus the **null hypothesis,** 'that there is no significant relationship between personality trait and anxiety of students was **accepted**.
Discussion of Results

I.   Majority of students (71.25 %) were found under category of *Extroversion personality trait*, less number were reported under *Introversion category of* personality trait, which indicate that in modern times students are changing from traditional to modern life styles and becoming smart enough to meet the life challenges.

II.   Female students were found more in number under *High level of Anxiety, (53.17%)* as compare to the male students (23.52%) under same category, which is a serious concern for both teachers and parents.

III. As per the major findings of study it was concluded that; there is a significant positive relation between personality trait (Extroversion) and anxiety of students studying in private schools. No significant relation was found between personality trait (Introversion) and anxiety. It reveals that extroverts are more susceptible to anxiety and must be treated with proper love and care by the teachers and parents to get desired results.

Educational Implications

Every study has its meaning and importance in education, thus the present study has also some important points to be considered by the educational practitioners are as under;

1. In the present study, Female students were found more depressed than the male students. Which indicate that generally females are more vulnerable to stress and become tensed soon due to some difference in their physiology and psychology, thus should be treated carefully?

2. A significant relationship was found between personality traits (extrovert) and anxiety among the selected students of class 11th which shows that extroverts are more vulnerable to stress as compare to introverts thus treated with proper love and care.

3. Extroverts are generally friendlier, active and energetic and optimistic and usually predictable, they are to be motivated in right direction to get desired results.

4. Introverts are usually unpredictable and should be handled with love and proper care because they are usually pessimistic and less worried about the day to day issues.

5. Anxiety excites the concentration and effects the academic achievements by making learning process easy. It is duty of all teachers and parents to stimulate anxiety in desirable form and level which may help to student's learning.

6. Generally private school students become more tensed and often depressed during their pre-board and final board exams and often due to high expectations of their parents to get best results.

Conclusions

Keeping in mind the changing needs and aspirations of private school's students, teachers and parents must be careful and sincere to reduce the stress and anxiety among all students, since they are the future of nation. Therefore, it is an imperative need to find out the reasons for high anxiety among female students studying in private senior secondary schools, and find out the remedial measures to reduce stress and anxiety.

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