



## Relationship between personality trait and anxiety among adolescents studying in HBSE senior secondary schools

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### Abstract

Present study displays the relationship between personality traits (extroversion and introversion) and anxiety level of adolescents studying in schools affiliated to HBSE. A sample of 150 students (75 males and 75 females) of XI class from four schools was randomly selected. As per the findings percentage of introverts was higher (32.67%) as compared to extrovert (25.33%). Percentage of females with high anxiety level was higher (73.66%) as compared to males (62.67%). Significant difference was found between the anxiety level of males and females. Extroversion and anxiety level of adolescents were more susceptible to anxiety.

**Keywords:** HBSE, adolescents, personality, extroversion and anxiety

### Introduction

Personality is the dynamic organization of this psychophysical system which determines the unique adjustment of the individual in the environment (Allport, 1972). 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, where vice-versa has a bad personality. The overstress situation change into a mental disease called as 'Anxiety' where a person becomes nervous and unable to take his/her decisions. In the modern scenario, adolescents are victim of this disease as this period is a period of stress and strain.

Personality is the total behavior of a person. A trait of personality means such a distinctive character of a person's thought, feeling, emotions and actions that makes him common or different from others like as- friendly and isolated nature, active and passive nature etc. Psychologists Allport and Jung have classified the personality into two main categories- 'Introvert and extrovert type although personality is the integration of various traits.

Person with introvert type of personality possess generally a shy nature, self-centered, less active, less friendly and lack of leadership qualities. Person with extrovert type of personality are more active, enthusiastic, social and adjustable, are less idealistic and show leadership qualities.

Anxiety: Anxiety is the unpleasant and subjective emotions which are related with fear, doubt, confusion and frustration and spoil the peace of the individual (Hillgard). Anxiety has several levels-from very high to low level and sometimes it act as motivator to get success in life. Anxiety is a most-common disorders in adolescents due to rapid physical, mental and emotional development in this age.

### Need and Significance of the study

Since very few studies have been conducted in the field of anxiety among adolescents in India, and because of the

seriousness of its adverse consequences, it was considered worthwhile to explore this field future, specially to find its relationship with personality traits.

It is expected that the findings of this study may help to understand the poor performance and maladjustment of students having different kind of personality and levels of aspirations causing anxiety. The study will also be helpful to teachers and parents to help the adolescents in solving their problems.

### Review of related studies

Joshi (2000) [4] found significant negative relation between neuroticism, extraversion and academic achievement. Devi & Ahmed (2006) [1] found that anxiety level of college students is high and there is a significant difference between the anxiety level of males and females. Parvathamma & Sharnamma (2010) [5] found significant negative correlation between anxiety and academic achievement. Gupta & Awasthi (2013) [3] in their study concluded that higher the anxiety, lowest the achievement; lowest the anxiety, highest the achievement.

### Objectives of the study

1. To study the status of personality traits of students studying in private Sr. Sec. Schools affiliated to HBSE.
2. To study the anxiety levels of students studying in private Sr. Sec. Schools affiliated to HBSE.
3. To find the relationship between personality traits (extroversion and introversion) and anxiety of students studying in private in private Sr. Sec. Schools affiliated to HBSE.
4. To find the anxiety level of males and females.

### Hypotheses

1. There is no significant relation between extroversion and anxiety level of students studying in private Sr. Sec.

- School affiliated to HBSE.
- There is no significant relation between introversion and anxiety level of students studying in private Sr. Sec. School affiliated to HBSE.
  - There is no significant difference between the anxiety level of males and females.

**Method**

Descriptive survey method was used in the present study.

**Sample**

All students of XI<sup>th</sup> class studying in HBSE private recognized Sr. Sec. Schools of Jind city were the population of the study. 150 students in all comprising 75 boys and 75 girls were selected through random sampling technique from four schools of Jind city.

**Tools**

- The Personality Inventory by Yashveer Singh & Dr. Harmohan Singh
- Comprehensive Anxiety scale by A.K P. Sinha

**Statistical techniques used**

Mean, Standard deviation (SD), t-test, Pearson’s Product moment method of correlation and percentage techniques.

**Analysis and interpretation**

Personality traits and anxiety level of students were studied with the help of percentage technique.

**Table 1:** Percentage of adolescents as per their personality traits

Type of Personality	Number of adolescents	% value
Extrovert Type	49	32.67%
Introvert type	38	25.33%

As per the results of table1, 32.67% adolescents were found to be extrovert, whereas 25.33% were having introvert type of personality. Thus percentage of extrovert was higher as compared to introverts.

**Table 2:** Percentage of adolescents having different anxiety level

Group	Anxiety Level		
Male (75)	High (47) 62.67%	Average (16) 21.33%	Low (12) 16%
Female (75)	High (53) 73.66%	Average (17) 17.68%	Low (5) 8.66%

As per results of table2, 62.67% male adolescents were having high anxiety level whereas 73.67% females were having high anxiety level. Thus anxiety level of female adolescents was higher as compared to males.

**Table 3:** Relationship between anxiety and personality traits

Personality type	Correlation
Extroversion (N =49)	r = 0.421**
Introversion (N =38)	r = 0.134

As per the results of table3. Under extroversion the value of correlation was found to be 0.421, which was significant at.01 level. Thus extroversion and anxiety level of adolescents were associated positively. It means extroversion are more

susceptible to anxiety. Therefore, parents and teachers must treat them love and affection. Therefore hypothesis 1 was rejected. Under introversion category of students, the value of coefficients of correlation was found to be 0.134, which was insignificant at.05 level. Thus hypothesis 2 was accepted here.

**Table 4:** Anxiety level of males and females

Group	N	Mean	SD	SE <sub>D</sub>	df	t-value
Males	75	17.31	3.07	0.59	148	4.03**
Females	75	19.69	4.16			

According to the results of table4, significant difference was obtained between the anxiety level of males and females due to significant t-value (=4.03) at .01 level. After comparing the mean scores, it was found that anxiety level of females was higher (mean =- 19.69) as compared to males (mean =17.31). Thus females should be treated with sympathy. Therefore, hypothesis3 was rejected.

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